

# NEPALESE COMMUNITY SOCIETY OF CALGARY (NCSC)



Phone: 587-352-6272 Email: [ncsc@nepalisociety.ca](mailto:ncsc@nepalisociety.ca) Website: [ncsccalgary.com](http://ncsccalgary.com) [nepalesecommunitysociety](https://www.facebook.com/nepalesecommunitysociety)

## Annual Project Report 2023



## Nepalese Community Society of Calgary (NCSC)



3961 52 Ave NE, Unit 4194, Calgary, Alberta, T3J 0J7

Phone: 587-352-6272

Email: [ncsc@nepalisociety.ca](mailto:ncsc@nepalisociety.ca)

URL: [www.ncsccalgary.com](http://www.ncsccalgary.com)

Estd. 2004



## Words from the Program Lead

It has been my immense pleasure to be part of NCSC's diverse activities in the past couple of years and most importantly the many initiatives NCSC has implemented to provide support services to the vulnerable Calgarians. Since the beginning of 2020, I joined hands with NCSC as a Board of Advisor-cum-Project Manager (Volunteer) and then Program Lead (Volunteer) up to mid-2024. While it has been a new voyage working with the Community-Based Organization (CBO) to implement funded initiatives during the last four years or so, I have witnessed bumpy roads along the way. Together with the NCSC Executive Teams, Project Teams, and volunteers, we found the best course of action and resolved the issues. During the course of action, based on my personal experience, NCSC has learned a lot and developed resiliency to adapt to the changing circumstances. To the best of my knowledge, expertise, and skills, I have contributed thousands of hours to make all initiatives successful in achieving the proposed outcomes. Mobilizing hundreds of volunteers, several project team members, facilitators, and project participants was a challenge that, I believe, has been tackled prudently without deteriorating the quality of the outcomes.

Several milestones have been achieved in the last couple of years: the concept of the Nepali *Mela* and Multicultural Showcasing (NMMS) Event has been conceived, conceptualized, and materialized making it one of the largest events of this scale in North America, the concept of resource exploration hackathon conceptualized, the concept of Women Conversation Café materialized and the sessions gave birth of the very popular activity for women – Zumba, participatory action research to scope out and prioritize issues and activities completed, opening an avenue for NCSC in academia, MOU signed with Mount Royal University for the placement of the intern, making NCSC one of the first community organizations supervising students, over 200 individuals/families supported in cash or in-kind through project fund, idea of backyard gardening has been implemented and expanded to composting, value addition and community gardening, spiritual singing sessions that bring multiple generations together have been regularized, and multicultural tours and sharing sessions implemented, to name a few. If there was anyone who has witnessed such successes, challenges, struggles, and pressures and traversed through the path of project planning, implementation, management, and evaluation, it is me, fortunately, or unfortunately.

It is worthwhile to mention that the outcomes achieved thus far are the concerted efforts of the NCSC Project Team and staff, Nepali Radio Calgary teams, Nepali Pathshala teams, dedicated volunteers, funders, collaborators, NCSC Executive Members, interns, activity facilitators, and most importantly the community members and leaders who directly or indirectly supported NCSC to achieve this stature. And I can not remain silent without acknowledging their contributions. The project staff who worked day in and day out deserve special recognition.

I hope the current executive team will add new milestones to bring NCSC to an even higher stature and keep doing what they are supposed to do to support vulnerable Calgarians.



Gopal Bhatta, Ph D  
Project Lead (Volunteer)



**Gopal Sharma Poudel** is with Raajip Adhikaari and Manju Sharma.

1h · 🌐

Nepal Calgary Samaj ko karesabari competition ma pratham puraskar, nagad, samman patra ra ratri bhoj ko lagi thank you **Nepalese Community Society of Calgary** !!!

See translation



**Nepal Embassy Ottawa**

7h · 🌐

Embassy of Nepal successfully conducted yet another mobile consular service camp in Calgary on 20-21 July 2024. This is the 5th mobile consular camp that was rolled out in a matter of 3 months. About 300 Nepali nationals received consular and passport services from the camp.

The camp saved an enormous amount of money and time and rendered great convenience to the service seekers. The Embassy of Nepal in Ottawa appreciates NCSC, CNCA, NRNA, and other community organizations in Calgary for the local support towards the smooth operation of the camp.





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## EXECUTIVE SUMMARY

With funding support from the Government of Canada, the Government of Alberta, the City of Calgary, and non-profit organizations, the Nepalese Community Society of Canada (NCSC) managed around \$400,000 in 2022-2023 and hosted programs and services for all demographics benefitting over 3000 vulnerable Calgarians annually. Engaging several facilitators to facilitate specific activities, full and part-time staff to oversee daily operations, volunteers to help run activities, and an expert to work on grant proposals, plan, manage, execute, and evaluate projects, NCSC has demonstrated its potential as one of the vibrant ethnic communities in Calgary. Several flagship initiatives and project activities have been implemented in 2022-23 in collaboration with other organizations. Whether you talk about backyard gardening, composting, and celebrations, monthly spiritual signing sessions, tours to historical sites, celebrations of retirement, or board games for the seniors, mental health education and intergenerational learning components have been integrated. Activities like badminton, arts and crafts, dancing, soccer, home-alone safety, mentor-mentee programs, multiculturalism and anti-racism quizzes and essays, etc. have been programmed to reduce kids' screen time and help them grow smarter. Women's conversation cafes and Zumba, make-up and henna, storytelling through arts, etc. have been programmed to empower women and destress them from their day-to-day chores. Instructor-led sessions on Drum (*Madal*), Piano, Guitar, cultural dance, arts, and crafts have been programmed to preserve and transfer the culture from one generation to the next. Preparation of a strong foundation for the organization by making over a dozen policies and procedures such as HR Policy, FOIP Policy, Project Management Guidelines, Resource Centre Guidelines, Election Code of Conduct and Guidelines, Finance Policy, senior resource kit in multiple languages, and Nepali Pathshala Guideline, among others have been initiated. Several awareness sessions in mental health, senior fraud and abuse, government programs and services, parenting, etc. have been designed and implemented. Skill development sessions like resume writing and interview skills, data analytics, driving license, simply accounting, grant preparation, etc. have been successfully hosted. Strategic action planning for the organization has been concluded and is expected to guide the new committee for the next couple of years. Participatory action planning sessions with diverse demographics have been hosted, results presented, cross-triangulated and weighted, and presented to the university symposium, thereby opening an avenue for NCSC in academia. Two interns have been supervised which is a testament to NCSC's academic caliber. The concept of Nepali *Mela* has been conceived, conceptualized, and materialized in the leadership of NCSC making the event a signature product of all Nepalese in Calgary. The current Cultural Community Award, 2024 awarded by SAIS Calgary, is a further testament to NCSC's strenuous efforts in nurturing cultural heritage and providing services to a wider audience beyond its membership.



## सारांश

क्यानाडा, अल्बर्टा, स्थानीय सरकारहरू र गैर सरकारी संस्थाहरूको लगभग \$ ४००,००० आर्थिक सहयोगमा क्यानाडाको नेपाली सामुदायिक समाज (NCSC) ले वार्षिक रूपमा विभिन्न उमेर समूहहरूका तिन हजार भन्दा बढी क्यालगेरियनहरूलाई लाभान्वित हुने कार्यक्रमहरू र सेवाहरू २०२२-२०२३ मा सफलतापूर्वक सम्पन्न गरेको छ। परियोजनाका गतिविधिहरू सहज बनाउन धेरै सहजकर्ताहरू, दैनिक कार्यहरू सञ्चालन गर्न पूर्ण र आंशिक कर्मचारीहरू, गतिविधिहरू सञ्चालन गर्न मद्दत गर्न स्वयंसेवकहरू र अनुदान प्रस्तावहरूमा काम गर्न, योजना, व्यवस्थापन, कार्यान्वयन, र परियोजनाहरूको मूल्याङ्कन गर्न विशेषज्ञहरू परिचालन गर्दै NCSC ले विगतमा आफ्नो विशिष्ट क्षमता प्रदर्शन गरेको छ। चाहे हामी बगैंचाको बारेमा कुरा गरौं, कम्पोस्टिङ, र फसल उत्सव, मासिक आध्यात्मिक सत्रहरू, ऐतिहासिक स्थलहरूको भ्रमण, सेवानिवृत्तिको उत्सव, वा बोर्ड खेलहरूको बारेमा कुरा गरौं, यी कार्यक्रमहरू सामाजिक पृथकता कम गर्न, मानसिक स्वास्थ्य सुधार गर्न र अन्तरपुस्ताको शिक्षालाई प्रवर्द्धन गर्न उद्देश्य राखेर गरिएका थिए। ब्याडमिन्टन, कला र शिल्प, नृत्य, फुटबल, मेन्टर-मेन्टी कार्यक्रम, बहुसांस्कृतिकता र जातीयवाद विरोधी प्रश्नोत्तरी र निबन्धहरू जस्ता गतिविधिहरू बच्चाहरूको स्क्रिन टाइम घटाउन र उनीहरूलाई स्मार्ट हुन मद्दत गर्न गरिएका कार्यक्रमहरू हुन्। महिला वार्तालाप क्याफेहरू र जुम्बा, मेकअप र हेन्ना, कलाको माध्यमबाट कथा कथन आदि महिलाहरूलाई सशक्तिकरण गर्न र उनीहरूलाई दिनहुँको कामबाट राहत प्रदान गर्नका लागि गरिएका कार्यक्रमहरू थिए। संस्कृतिको संरक्षण र एक पुस्ताबाट अर्को पुस्तामा हस्तान्तरण गर्न प्रशिक्षकको नेतृत्वमा ड्रम (मादल), पियानो, गिटार लगायतका सत्रहरू आयोजना गरिएका थिए। मानव संसाधन नीति, FOIP नीति, परियोजना व्यवस्थापन दिशानिर्देश, स्रोत केन्द्र दिशानिर्देश, निर्वाचन आचार संहिता र दिशानिर्देश, वित्त नीति, धेरै भाषाहरूमा स्रोत किट जस्ता दर्जन भन्दा बढी नीति र प्रक्रियाहरू बनाएर संगठनात्मक आधार मजबुत बनाउने लक्ष्य राखिएको थियो। मानसिक स्वास्थ्य, ठगी र दुर्यवहार, सरकारी कार्यक्रमहरू र सेवाहरू, अभिभावकत्व आदि क्षेत्रमा धेरै सचेतना सत्रहरू डिजाइन र कार्यान्वयन गरिएको थियो। रेजुमे लेखन र अन्तर्वार्ता सीप, एकसेल, ड्राइभिङ लाइसेन्स, लेखा, अनुदान तयारी आदि जस्ता सीप विकास सत्रहरू सफलतापूर्वक आयोजना गरिएका छन्। नयाँ समितिलाई आगामी वर्षहरूको लागि मार्गदर्शन गर्ने अपेक्षा गरिएको संगठनको लागि रणनीतिक कार्य योजना निष्कर्षमा पुगेको छ। विभिन्न उमेर समूहहरू सहितको सहभागितामूलक कार्य योजना सत्रहरू आयोजना गरिएको छ, नतिजाहरू प्रस्तुत गरिएको छ, र विश्वविद्यालयको गोष्ठीमा नतिजाहरू प्रस्तुत गरिएको छ, जसले गर्दा NCSC ले आफ्नो अनुसन्धान क्षमता देखाएको छ। NCSC को नेतृत्वमा परिकल्पना गरिएको नेपाली मेलाको अवधारणा लाई वास्तविकतामा परिणत गर्न सफल भएका छौं यसले क्यालगारीमा नेपालीहरूको पहिचान बढाउन मद्दत गरेको छ। SAIS Calgary द्वारा प्रदान गरिएको हालको सांस्कृतिक सामुदायिक पुरस्कार, २०२४ सांस्कृतिक सम्पदाको संरक्षण र प्रवर्द्धन र सेवाहरू प्रदान गर्ने NCSC को कडा प्रयासको थप प्रमाण हो।

## Key Initiatives in 2022-23

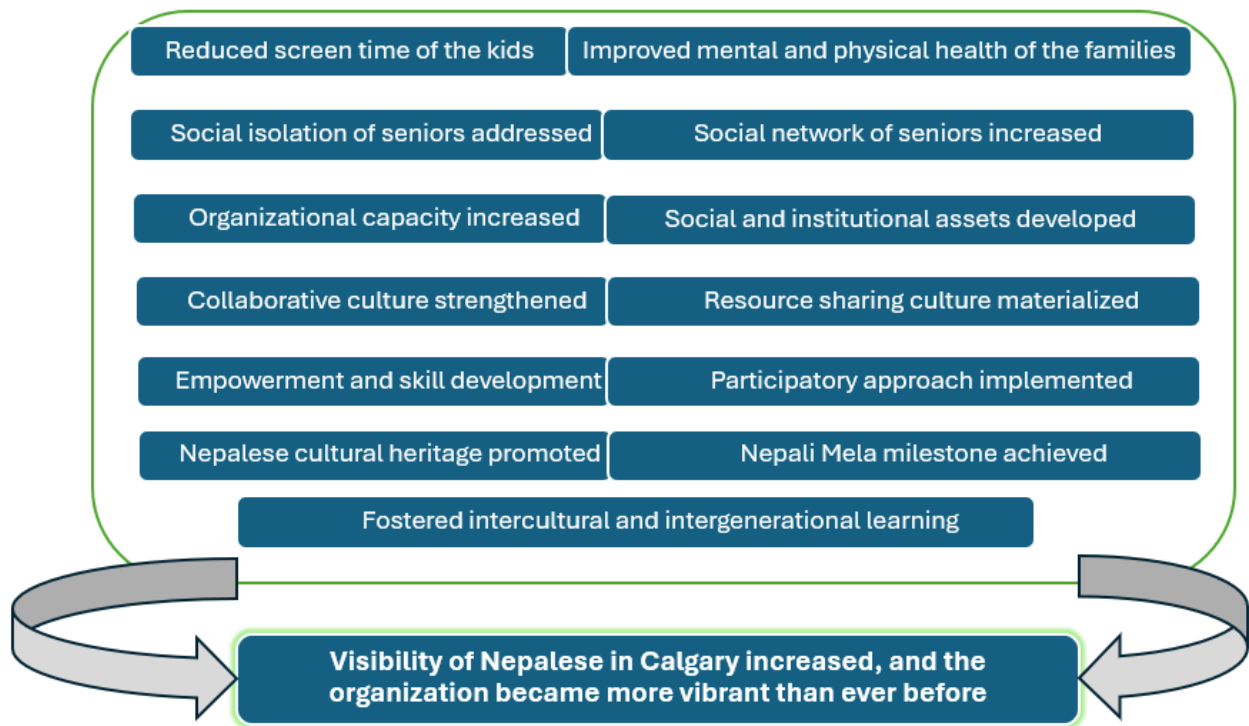
- Support Services to Socially Isolated and Vulnerable Nepalese in Calgary (Apr 2021 – July 2023)
- Social Isolation and Inclusion Support to Elders (April 2023 – March 2024)
- Multiculturalism and Anti-racism Engagement Activities (March 2023 – Feb 2024)
- Nepali Mela and Multicultural Showcasing (NMMS) Event (Jan – Aug 2023)
- Healthy Women, Healthy Families (Sep 2023 – Dec 2023)
- Adapting to and Coping with Changing Circumstances: Developing Organizational Assets (April 2023 – June 2024)
- Breaking the Past: Kids Engagement in Badminton Sessions (Feb 2023 – June 2023)
- Consular Services to Nepalese Canadians, July 2023
- Volunteer Appreciation Program, July 2023
- NCSC in Academia (2022-2023)
- Cultural Heritage through Project Activities, 2023
- Project Support to Sports, 2023

## Ongoing Initiatives (2024-25)

- Social Isolation and Inclusion Support to Elders, 2024
- Project Weave – Mental Health Project, 2024
- Celebrating Activism and Visioning through Artistic Systems Shift (CANVASS), 2024
- Address Social Isolation of the Immigrant Elders, 2024-25
- Fostering Anti-Racism and Multiculturalism, 2024
- Empowering Multicultural Bonds and Celebrating Diversity, 2024-25
- Nepali Mela and Multicultural Showcasing (NMMS) Event, 2024
- Consular Services to Nepalese Canadians, 2024
- Volunteer Appreciation Program (VAP), 2024
- Cultural Heritage and Celebrations, 2024-25
- Community Gardening, 2024

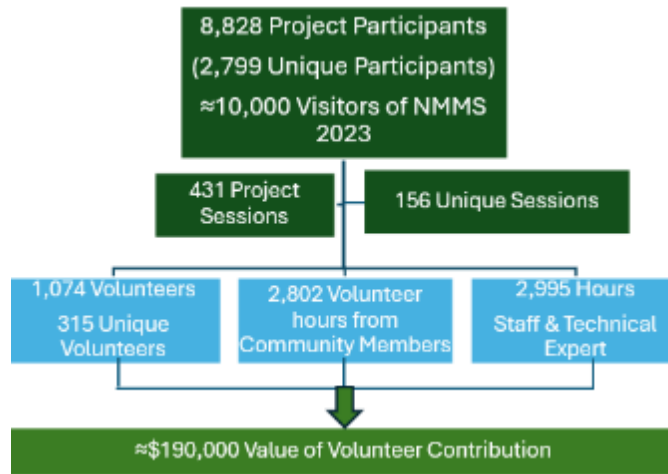
## Key Outcomes

Several initiatives implemented by the Nepalese Community Society of Calgary (NCSC), in collaboration with and without other organizations in the last year, touched on multiple outcomes and some outcomes have been the results of the initiatives carried out before the reporting period. However, for the brevity of this document, they have only been mentioned in a specific category. The following outcomes have been achieved in the year 2023 which were the result of several initiatives implemented in 2022 and 2023. The important outcome of the project activities was increased visibility of Nepalese in Calgary, making NCSC a vibrant community organization serving vulnerable Calgarians.



# Key Indicators and Implementation Approach

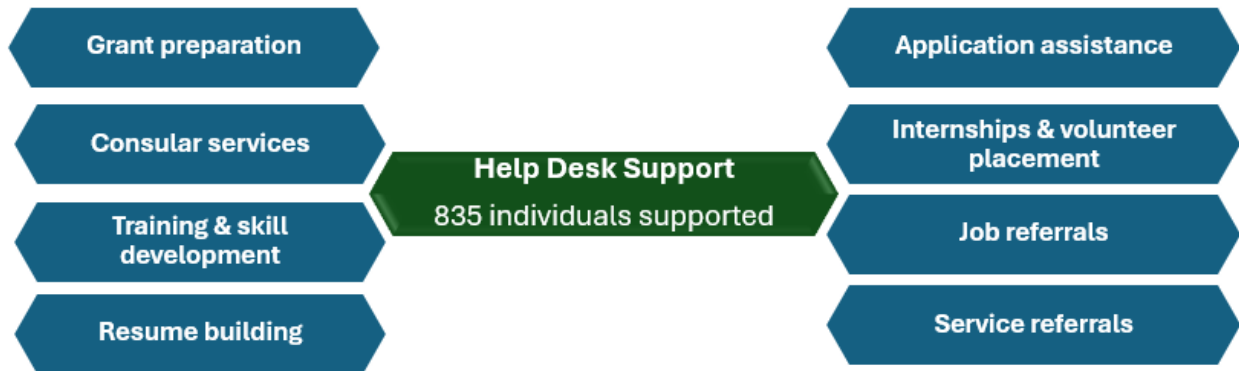
## Indicators



## Implementation Approach



# Help Desk Support



# Collaborations and Partnerships



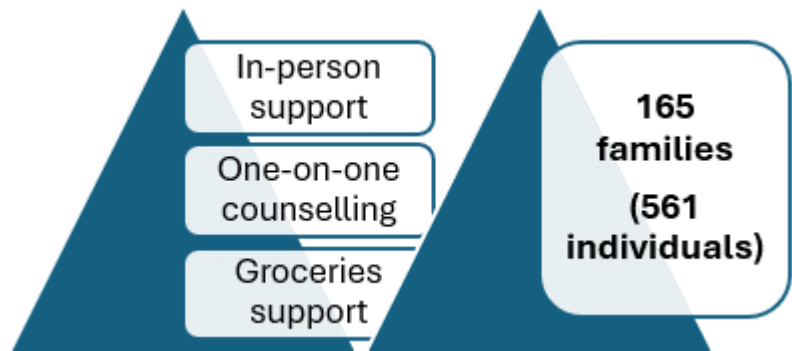
## Glimpse of Activities, Outputs, and Outcomes



## NCSC Projects 2022-23

### Support Services to Socially Isolated and Vulnerable Nepalese in Calgary

Supported by the Alberta Health COVID-19 Recovery and Post-Recovery Funding (2021-2023), the NCSC, in collaboration with Together with Seniors Society (ToSS), Danfe Sports Club, and Nepalese Literary Society of Calgary (NLSC), implemented a project aiming to provide support services to the socially isolated and vulnerable Nepalese in Calgary that included activities like awareness about COVID-19, post-pandemic recovery activities, in-person support during the pandemic and engagement sessions for different age groups and gender.



#### Outcome 1: Improved social and mental wellbeing

- Unique individual served: 2,799

#### Outcome 2: Increased engagement of individuals, families, communities, and civil society

- Number of organizations engaged: 9
- Number of volunteers and staff engaged: 315
- Total number of volunteer hours: 3,315
- In-kind contributions: \$99,450

#### Outcome 3: Social infrastructure developed

- Project management skills and capacity developed
- Help Desk started
- Concept of Nepali Mela and Multicultural Showcasing (NMMS) Event conceived
- Collaborations with multiple organizations started and materialized
- Digital resources prepared (refer to link below)

<https://www.youtube.com/watch?v=tyeygcMldPc>

### Kids engagement

- 9 out of 10 parents (n = 470) found that their kids made notable progress through project engagement activities
- 9.5 out of 10 parents (n = 428) noted that project activities helped reduce mental and physical stress caused directly or indirectly by COVID-19

### Intergenerational learning & engagement

- 9.5 out of 10 participants (n = 610) expressed that project activities provided an opportunity to share their ideas and strengthen social ties
- 9 out of 10 participants (n = 283) of virtual mindfulness sessions helped reduce stress and promoted a healthy lifestyle

### Seniors' engagement

- Almost 92% of the seniors (n = 618) agreed that they learned new things from the project activities
- Around 95% of the seniors (n = 585) agreed that the project provided an avenue for them to share their ideas, stories, and lived experience
- Nearly 9 out of 10 seniors (n = 570) reported that they got an opportunity to resume their socialization

To sum up, the project achieved the following outcomes:

- ✚ Reduced screen time for the kids
- ✚ Enhanced social network and reduced social isolation of the elders
- ✚ Strengthened social and human capital of the community
- ✚ Revived volunteer culture
- ✚ Increased outreach of the organization
- ✚ Fostered intergenerational and intercultural learning
- ✚ Improved mental and physical health of the community members.

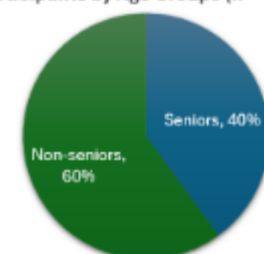


## Engagement Activities to Address Social Isolation of the Elders

Funded by the New Horizon for Seniors Program (NHSP), the Government of Canada, and the FCSS Program of the City of Calgary, the projects aimed at reducing the social isolation of the elders in the community and developing a culture of volunteerism. The activities included in the project are:

- Backyard gardening, resource sharing, and celebrations
- Spiritual singing
- Cross-cultural tours
- Know Your City (KYC) tours
- Awareness sessions
- Celebrations of special days of the elders

Participants by Age Groups (n = 416)



## Key Outcomes

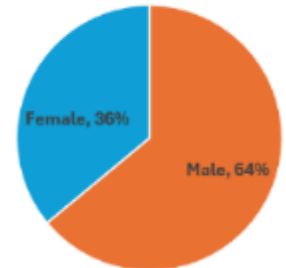


## Survey Results

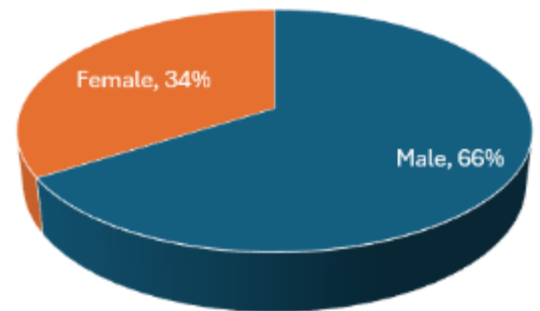
The percentage of program participants who agreed on:

- ≈ 87%: helped increase social inclusion, and social network, and reduced social isolation
- ≈ 83%: helped to promote intercultural learning and to preserve Nepalese culture
- ≈ 90%: of parents agreed that their kids and youth learned about Nepalese culture
- ≈ 77%: developed strong social capital for the community
- ≈ 80%: improved their mental wellbeing

Participants by Gender



Project Volunteers by Gender (n = 93)



### Verbatims

*I felt honored and respected. I have been waiting for this kind of activity and NCSC projects made it a reality. Please count on community seniors as they are the most important untapped resources.*

*I truly appreciate the efforts made by NCSC in acknowledging the contributions of seniors in the development of the local community and national economy. Keep up doing good work, NCSC.*

*I felt so amazed to see all the retired seniors from the Nepalese community on one platform. This has provided an opportunity to know each other and bond with like-minded people. Thank you, NCSC Project Team, for connecting us with the retired and some isolated seniors from our community.*

### Celebration of Retirement/Special Days of the Seniors

- Number of retired seniors invited: 61
- Number of retired seniors attended and felicitated: 47
- Number of volunteers mobilized: 9
- Volunteer hours contributed to the program: 52





## Backyard Gardening

Nurture the Nature (NtN) initiative aims to revive the elders' day-to-day practice of keeping themselves busy in gardening and making them grow older and smarter. Given that elders are the primary target populations associated with higher levels of social isolation, this program is particularly important for its potential to create positive mental health outcomes for the participants and create a sphere to interact with fellow gardeners. Informal interactions and visits, and formal means of interactions via the method and result demonstrations not only provide a platform for the elders to share their life skills but also motivate other participants to get engaged in this kind of activity down the road.

- Total seniors engaged: 47
- Total family members engaged: 189
- Number of compost bins distributed: 29
- Seniors/families awarded with best backyard gardens: 7
- Number of celebration events: 2
- Number of volunteers (evaluators) engaged: 9
- Total Volunteer hours contributed: 450



### Verbatims

*It has been fun getting engaged with the nature. It is not something new to us as we have been doing gardening back home. However, the kind of fun element the NCSC project team has introduced has made all family members refreshed, respected, and relieved. My favorite part of gardening was seeing a group of NCSC volunteers coming to us to evaluate the garden beds and celebrating the joy of gardening with a cup of tea at my house. Getting an award as an appreciation of my gardening skills was an addition to the joy of gardening.*

*The gardening activity promoted by the NCSC project team has made all of my family members engage in the outdoors to make their hands dirty, physically active, and mentally distressed. While it is a joy working with different generations together, this is how our culture of agriculture could be transmitted to the new generation. Many thanks NCSC project team for making this program available on our doorsteps and spending countless hours in doing volunteer work in the community.*

*When I saw a group of volunteers coming to my place to evaluate the garden stuff, I felt so happy welcoming them. I got an opportunity to join them as an evaluator and observed the backyard gardens of fellow Nepalese around Calgary. What a fantastic idea of social inclusion during the summer months.*

*I am a retiree, retired recently. I have been living in Canada for 15 years with my family. After retirement in early February of 2023, I felt passive, helpless, and disconnected from all social relationships. One day, NCSC approached me and briefed me about the backyard gardening project. I felt encouraged and participated in the program. With the logistic support, I started my own back-yard gardening where I planted flowers, seasonal vegetables, and other herbs. I was involved in the backyard garden visit of all 24 participants. This has helped me to increase social connection, social engagement, cooperation, and experience-sharing opportunities. This program has reactivated my sense of belonging, social inclusion, and networking.*

## Spiritual Singing

Back home, South Asian elders have a habit of getting engaged in spiritual singing either within the household or in a group which they lack here. The project aims to make this culture live by inviting elders to spiritual singing and religious activities at least monthly and inheriting this culture to the next generation. These sessions not only benefit elders but also the adults and youth in the family. When groups of people perform rhythmic activities like *Bhajan* they tend to become synchronized. This synchronization reflects social coordination and fosters feelings of social connection, specifically around interpersonal trust and bonding. These activities promote social inclusion, develop volunteerism, feeling valued, and cultural engagement of both male and female elders.

### Indicators

- Total number of sessions: 8
- Total participants: 225
- Volunteers engaged: 19
- Volunteer hours: 113



### Verbatims

Monthly spiritual singing helps us to get refreshed and energized. This program shall be extended throughout the year.

Bhajan sessions not only connected seniors and non-seniors through singing and dancing but also helped transfer culture to the next generation. Whoever conceived the concept of spiritual singing and materialized it should be appreciated.

Staying at home idea sometimes be frustrating for seniors like me. Thank you, NCSC, for bringing this activity as it has expanded our social network and made us physically and mentally refreshed.

I came to Canada May 2023 in as a visitor to visit my son and daughter-in-law. I noticed that my son and daughter-in-law were super busy almost 7 days a week. When they would go to work, I experienced loneliness, helplessness, depression, and guilt of being here because I had to spend the whole day without talking to anyone. I felt I missed my social connections being here. One day, from my son, I heard about the NCSC Bhajan program. My son, daughter-in-law, and I attended the program that evening. In the program, I met many seniors on visit visas, and other Nepalese families living in the same city. I got an opportunity to interact with all and share my contact information with them. After that, I gradually started enjoying life in Canada and felt happy, engaged, connected, and included. This program connected me to my culture, friends and expanded my social relationships so that I started to visit these friends' other days and program opened a new social avenue for me to connect with hundreds of Nepalese people in Calgary. Through this program, I increased my social engagement, inclusion, and sense of belonging.

## Tours and Interactions

Multicultural tours and interactions are aimed at educating people about heritage and key attractions and interacting with each other from diverse cultures. By developing friendships through project activities, the activity fostered multiculturalism and promoted intercultural and intergenerational learning.

- A tour of Calgary Tour and Devonian Garden
- A tour of the World Heritage Site (Head-Smashed-In Buffalo Jump)
- Multicultural interactions and engagement in Prairie Winds Park



### Indicators

Number of participants: 219

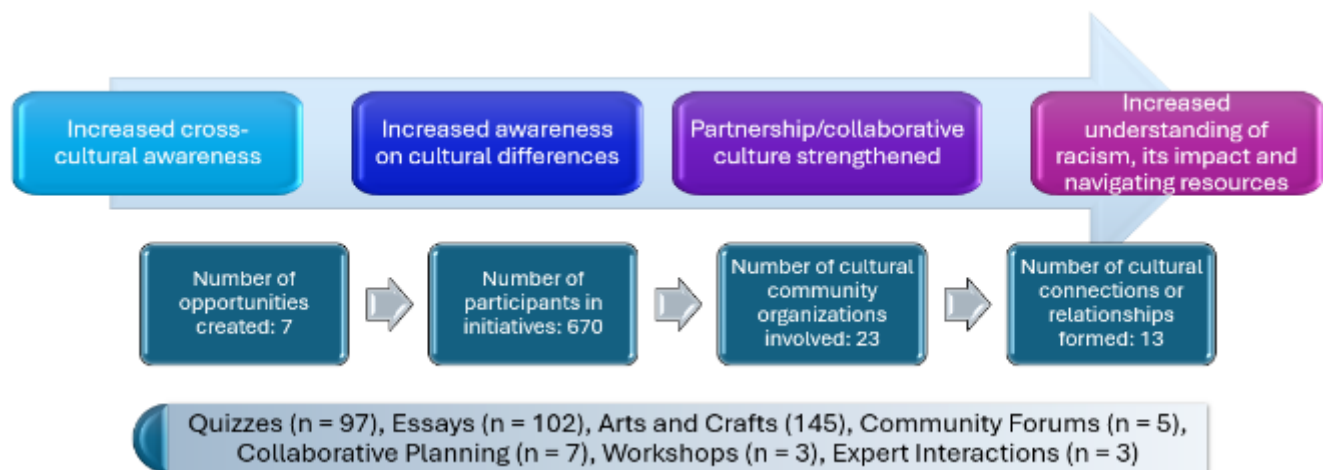
Number of volunteers mobilized: 17

Number of volunteer hours contributed: 155

## Anti-racism and Multiculturalism Project Activities

Funded by the Provincial Government of Alberta and Canadian Heritage of the Government of Canada, the projects aim to promote and foster multiculturalism and build knowledge and awareness about racism and discrimination. aims at promoting multiculturalism and enhancing knowledge on anti-racism and multiculturalism by bringing diverse communities in Calgary into one platform thereby facilitating friendly discussion, sharing, and exchanging knowledge. A series of educational and engagement activities like community forums, essays and quizzes, multicultural arts and crafts, expert interactions, etc. have been hosted throughout the reporting period to build a strong foundation in addressing racism and discrimination and expanding knowledge about Canadian diversity and multiculturalism.

## Project Outcomes and Indicators





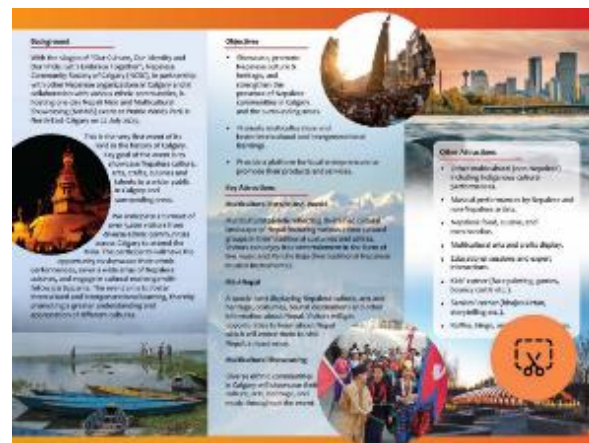
# Nepali Mela and Multicultural Showcasing (NMMS) Event

With a slogan of “Our Culture, Our Pride, and Our Identity”, the Nepalese Community Society of Calgary (NCSC), together with several Nepalese organizations in collaboration with ethnic communities in Calgary, hosted a day of the outdoor event at Prairie Winds Park in Calgary on 22 July 2023 ([First Nepali Mela in Calgary, Canada \(youtube.com\)](https://www.youtube.com/watch?v=...)) for the first time in its history ([Nepali Mela Multicultural Showcasing - RED 106.7FM Calgary \(redfm.ca\)](https://www.redfm.ca/...)). The event was financially supported by the Government of Alberta, the City of Calgary, the Federal Government of Canada, and several local entrepreneurs and well-wishers from Calgary and other parts of Canada. A national artist from Nepal added a strong flavor to the event and attracted a huge mass from the stage through his performance ([The 2023 Nepali Mela Multicultural Showcase in Calgary \(youtube.com\)](https://www.youtube.com/watch?v=...)). Local entrepreneurs offered their authentic cuisines to the visitors through the sale of Nepalese ethnic foods



([https://www.tiktok.com/@mareshmd/video/7260944784510979334? r=1& t=8eS12bjCnQc](https://www.tiktok.com/@mareshmd/video/7260944784510979334?r=1&t=8eS12bjCnQc)).

## Promotional Materials



OUR CULTURE, OUR IDENTITY, OUR PRIDE - LET'S EMBRACE TOGETHER

EXPERIENCE NEPAL AT

# NEPALI MELA

July 22

A MULTICULTURAL SHOWCASING EVENT

MINI NEPAL • ETHNIC CULTURAL PERFORMANCES  
 MULTICULTURAL PARADE • LIVE MUSIC AND CONCERT  
 DELICIOUS FOODS • AND MUCH MORE

**ABSOLUTELY FREE ENTRY**

Saturday, July 22, 2023  
 8:00 am to 6:00 pm

**Prairie Winds Park**  
 223 Castlebridge Blvd NE, Calgary, AB

MEENA NIRLA SINGER

PRAKASH SAPUT SINGER/ACTOR

NEPALI MELA MULTICULTURAL SHOWCASING

Sponsored by: CGI, PRADIP, Punjab, Canada

Supported by: Calgary, Alberta, Canada

Contact: 587 777 1173  
 adminassist@nepal.ca

Organized by: [Logos of various community organizations]

Mcknight Station

P Parking

P Parking

YAK & YETI

Parade Start

P Parking

OUR CULTURE, OUR IDENTITY, OUR PRIDE  
 LET'S EMBRACE TOGETHER

# NEPALI MELA

## Key Features of the Event

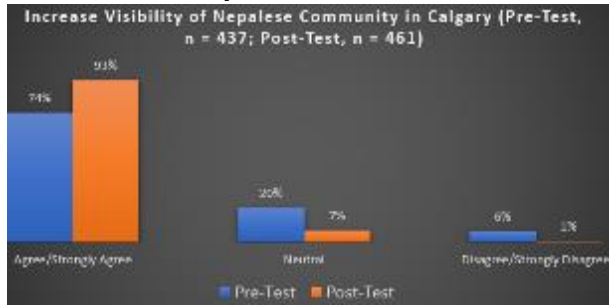


## Pre & Post Event Survey Results

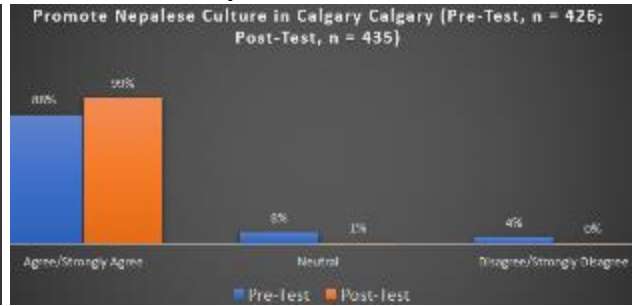
A survey was administered prior to and after the event to find out the expectations and outcomes of the event and to make sure the visitors' expectations were met. The community members expected that the multicultural showcasing event would increase the visibility of Nepalese in Calgary (30% of the respondents), cultural showcasing (27%), foster multiculturalism (13%), and partnership building (13%).



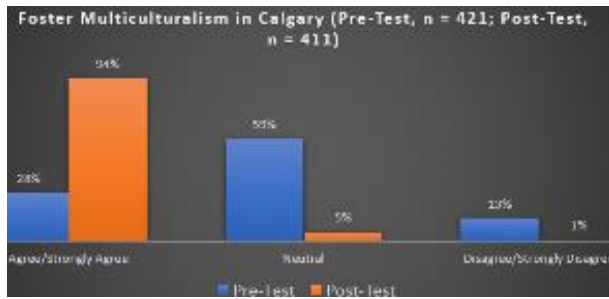
### Increase visibility



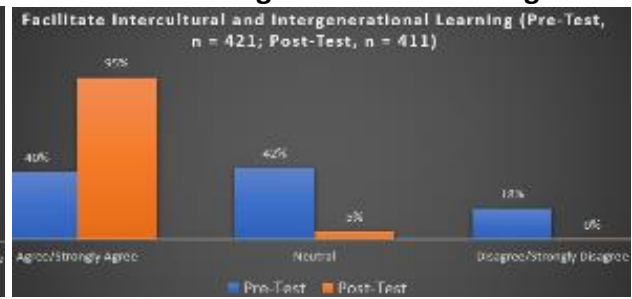
### Promote Nepalese Culture



### Foster multiculturalism



### Facilitate intergenerational learning





## Key Indicators

### Nepali Mela and Multicultural Showcasing (NMMS) Event

Total visitors: ≈10,000

Number of performances: 33

Number of ethnic communities involved: 44

Number of non-profit organizations: 11

Number of sponsors: 67

Number of volunteers on event day: 220

Volunteers in pre-event planning sessions: 31

Total volunteer hours contributed: 2500

Number of pre-event project activities focusing on anti-racism and multiculturalism: 7  
(total sessions: 26)

Number of pre-event project activities participants: 355

## Key Outcomes

The visibility of Nepalese in Canada increased

Institutional capacity for planning, managing, executing, and evaluating large-scale event increased

Partnership/collaborative culture strengthened

Promoted cultural heritage and fostered intergenerational and intercultural learning

## Organizers, Collaborators, Funders, and Sponsors of the Event



## Media Coverage and Event Promotion

<https://www.facebook.com/profile.php?id=100093151009264> - Nepali Mela Facebook page (most of the promotional materials can be found on this page)

<https://calgary.redfm.ca/nepali-mela-multicultural-showcasing/> - Media coverage (ReD FM)

<https://fb.watch/mfFhkHyHQX/> - Multicultural Parade

<https://fb.watch/mfFWOwc-dT/> - Nepali Event special episode in ReD FM

<https://fb.watch/mfFZ3C3uj2/> - Nepali Event special episode in ReD FM

<https://fb.watch/mfG2V2bFrB/> - Multicultural Parade

<https://fb.watch/mfG9iYvZ58/> - Nepali Festival Town Hall Episode 1

<https://www.tiktok.com/@mareeshmd/video/7260944784510979334?r=1&t=8eS12bjCnQc>

<https://letsgocalgary.ca/calgary-nepali-mela/> - A snapshot of the event

## Visitors' Perspectives about the Event

 **Dashmesh Culture Centre Gurdwara Sahib Calgary**  
32m · 🌐

Waheguru Ji Ka Khalsa, Waheguru Ji Ki Fateh.

Congratulations to Nepalese community and organizers for putting on great first annual Nepali community Mela. Dashmesh culture centre was honored to be part of this great event. It was honor to learn and share the day with the Nepalese community. It's great when different cultures and traditions are showcased to all Calgarians. Great for communities to come together and support one another. We look forward to growing our relationship with our Nepalese brothers and sisters. We look forward to next year's event!

 **Shahnaz Munir**  
1h · 👤

Nepalese community society of Calgary proved that they have a unique, strong and rich culture, through their highly successful, extremely organized and well-planned multicultural event at Prairie Winds Park. Their event showed their community unity, and meaningful interaction with other communities as well as their own communities as almost more than a dozen of their own organizations showed their culture in a mesmerizing way. Kudos to all organizers and volunteers for their meticulous efforts, dedication, unwavering passion and commitment to bringing this incredible opportunity to others to enjoy their culture and learn about history. Thank you to Sameer Pandey, and Shreekant for their invitation and for giving me an opportunity to enjoy their culture.  
#multicultural



to NCSC, NCSC: ygram47, me

Bonjour à vous,

Hope you are doing well. I wanted to extend my heartfelt thanks for inviting me to the Nepalese Mela. I attended the event on Saturday, and I must say it was an incredible experience!

The way the event was organized truly impressed me, and it was evident that a lot of effort went into making it a success. The vibrant atmosphere, colorful displays, and the delicious Nepalese cuisine made it a memorable day for me.

Moreover, I was amazed to see the tremendous turnout of people at the Mela. It was evident that the Nepalese community holds a special place in the hearts of the people in Calgary, and rightfully so.

As a supporter of multiculturalism and diversity, I firmly believe that events like the Nepalese Mela play a vital role in fostering understanding and appreciation among different cultural communities. I will be delighted to see if the Nepalese community has a space during the Franco Festival Calgary, to showcase your rich cultural heritage alongside other communities of Calgary.

Once again, thank you for the wonderful invitation and for organizing such a fantastic event. I'm already looking forward to the upcoming Franco Festival and the opportunity to witness more of the beautiful Nepalese culture.

Wishing you all the best, and please convey my warm regards to the entire Nepalese community.

Best regards,

Mario

-----  
**Franco Festival Calgary**  
830-840 7th Avenue SW  
Calgary, AB T2P 3C2  
E - info@francofestivalcalgary.ca  
Tel: 403-606-0298 ext. 7

10:58



GR Neupane was tagged.



**Jeeban Katuwal is with ShreeKanta Aryal and 15 others at Prairie Winds Park.**

2h · 25

Providing Sponsorship, Free Water and Lucky Draw as well in First "Nepali Mela" 2023 in Calgary organized by NCSC. It has been Successfully done Yesterday by the greatest efforts of all Nepalese and other communities people as well. Hopefully it will be continued every year. Let's see all of you in next year again. Thank you NCSC and Team for organizing such a great Community Event and also thank to all the participants, entrepreneurs and volunteers for making this event success by putting your huge efforts. Jay Nepal 🇳🇵 and Namaste 🙏❤️



12:40



**Raj Dhaliwal**

3h · 6

**Nepalese Community Society of Calgary** had their first ever **Nepali Mela Calgary 2023** at the Prairie Winds Park. It was a **HUGE SUCCESS** and turnout was amazing. Congratulations to the organizers, volunteers and the entire Nepalese community in our great city.

The cross cultural-religious harmony was one of the many highlights of this Mela. A big thank you to **Gurudwara Dashmesh Culture Center** and their team of senior citizen volunteers for doing langar Sewa all day long. Our Ward 5 is indeed a beacon of love, unity and inclusiveness.

Looking forward to Mela 2024!



Thank you from CCCS Orchestra External Print Share

**Peter Chan**

to me, president, Kenny ▾

Sun, Jul 23, 8:49PM (6 days ago)

☆ ↶ ⋮

Hello Shrookanta & Gopal,

Congratulations to you and your Association for the successful event last Saturday. Thank you so much for giving us the opportunity to participate in this spectacular event. We had a wonderful time there. We appreciated very much for the hospitality of everyone in the event, from the organizational team, volunteers, fellow participants and the audience. We thank you for the certificate of appreciation as well as for your generous donation to support our Orchestra. We all wish we will have the privilege to contribute to your success next year.

We cordially invite your Association to join us to participate in the Dragon Boat Race & Festival in North Glenmore Park on Saturday, August 12th.

<https://calgarydragonboatsociety.com/>

We have mentioned to the Calgary Dragon Boat Society about it. They have agreed to the invitation and your association may have close to 20 minutes to perform.

Please let me know if you are interested and have the time. Thanks!

Best regards,

Peter Chan

Production Director, CCCS Orchestra

← **Nepali Mela Calgary 2023's post** 🔍



**Vikram Adhikari**

This was the best event I ever attend and had opportunity to become part of it. Despite of July's heat, people were mingling around, enjoying music, live performances, delicious food, Nepali crafts/ clothes from Nepal. It was event that brought everyone close to back home, Nepal. Mini-Nepal was able to show case every part of Nepal and culture. Thank you everyone become part of this historical event.

on Tue Like Reply 1



**Ananta Acharya** Thank you Nepali c...



**Nimesh Dahal**

Looking forward to attending next year!! We had so much fun!

on Tue Like Reply 1



**Prajwal Pradhan**

Great Nepali mela

last Mon Like Reply 1



**Momin Devkota**

Such an amazing event. Thank you for organizing this event and waiting for more future events like this 🍷🔥🥳

← **Nepali Mela Calgary 2023's post** 🔍



**Padam Raj Gautam**

Great program truly multi cultural and educational , hope to see this kind of mela on future .

on Tue Like Reply 1



**Karuna Sedhain Dev**

'Nepali Mela' was a phenomenal event with spectacular performances and unique multicultural showcases..it was a celebration of unity in diversity ...people from diverse background and culture visited and enjoyed the event fully despite the hot weather...it was amazing to see the hard work of many dedicated volunteers and organizing members...thank you everyone...my families, friends and colleagues are very grateful 🙏

on Tue Like Reply 1



**Paresh Shrestha**

Absolutely amazing Program congratulations to organizer we enjoyed a lot and already waiting for next year Mela

on Tue Like Reply 1



**Nirmala Panthi – Nepali Mela Calgary 2023**

20m · 🌐

Expressing our Gratitude to Nepali Mela organizing team & sponsors. 🙏🌟🌟🌟

The Mela was very successful in the eyes of visitors. Great to see many ethnical groups & Nepalese, Even the ones living in other cities participated in the cultural shows and volunteering activities. The mela brought us all together in a great platform. I had an opportunity to volunteer in the mini Nepal showcasing and many visitors from other communities were interested in our heritage and often, they expressed, they would like to visit Nepal once in their life.

Interestingly, My son, Pranjal and he is 13 would also like to participate in volunteering activities next year, his expression tells a lot!

The Mela connect a gap from 1st generation of Nepalese living in Canada to next generation. It is certainly one of a way to transfer our cultural legacy to future generations.

Kudos to everyone, you made us proud 🙏🌟🌟🌟🌟🌟

We can't wait to visit next Mela 😊



← Nepali Mela Calgary 2023's post 🔍

Most relevant ▾



**Mingma Sherpa**  
 Congratulations to the entire Nepali Mela Committee , for the outstanding and successful Historic event! Let me take this opportunity to extend my thankfulness and recognition of my achievements of Summiting Mt Everest. I want to give my high appreciation to the entire Nepali Mela committee/ chairman for awarding me the Award Certificate.  
 – I am deeply gratified about this award. Wishing you all great summer

Kind regards  
 Mingma Tenji Sherpa

7 hrs Like Reply 🔒 1



**Raajip Adhikaari** Thank you so much...



**Bibhu Ojha Kattel**  
 Congratulations and best wishes always for your leadership Dhruba dai.

on Tue Like Reply 🔒 2



## Healthy Women & Healthy Families (HWHF)

Funded by Action Dignity, the HWHF project aimed to create opportunities for women to learn, share, develop self-confidence, and improve their physical and mental well-being through Zumba and awareness sessions in an inclusive environment. It aspired to empower women and build their capacity through workshops and awareness sessions focusing on women's health and nutrition, anti-racism awareness sessions, and women's conversation and learning circles.

Indicators	# Sessions	# Participants
Zumba sessions	24	290
Beauty & make-up workshops	2	63
Truth & Reconciliation, maternal health, nutrition, meditation & potluck	3	74
Volunteers engaged		49
Volunteer hours		175
Collaborations developed (# collaborative partners)		3



## **Verbatims**

*Personal grooming helps to present people in the best possible manner. Makeup art is one of the components of it. The beauty and Makeup workshop organized by the NCSC I attended on Dec 2nd was very useful not only from a physical beauty aspect but also from a mental health perspective. This workshop helped me focus on self-care, which is also instrumental in gaining self-confidence and self-esteem. It also contributed to the way we love and care for ourselves regularly. The instructor did a fantastic job of making the workshop more interesting and valuable through her extensive knowledge, skills, and experience. I am looking forward to attending this type of program in the near future.*

*I attended sessions under "Healthy Women and Healthy Families," which have been a transformative experience for me! The energetic music and dynamic dance moves in each session provided not only a great workout but also a joyous celebration. Additionally, makeup sessions enhanced self-confidence and offered practical tools for daily grooming. These programs provided skills and the opportunity to connect and engage with women from all ethnic backgrounds. I am grateful for the fitness, creativity, and engaging sessions these programs brought to my life.*

*I joined Zumba with the intention of getting fit, but I gained so much more. The sessions are a perfect blend of fitness and fun, and I've never enjoyed working out this much. Zumba has become my go-to stress buster, and I've seen improvements in my endurance and coordination. It's a holistic fitness experience for me that helped improve my mental health as well. I also enjoyed participating in a makeup session, a game-changer for my beauty routine. I'm grateful for the newfound confidence and skills I gained from this workshop. These opportunities as a part of community involvement have become integral to my life, providing a sense of purpose and connection. I've had the opportunity to meet diverse individuals and build lasting relationships. The collective effort to address community needs has shown me the strength that lies in unity, which has a ripple effect that positively impacts the community as a whole.*



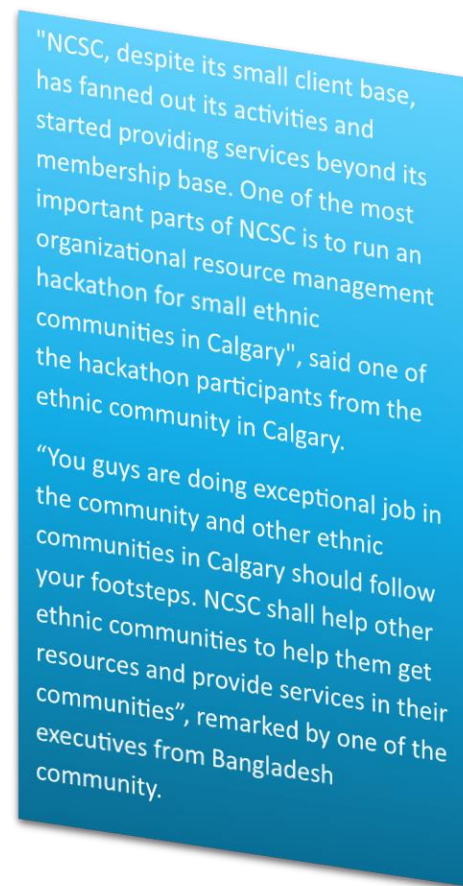
## Adapting to and Coping with Challenges (ACC)

With the support from United Way of Calgary and the area's COVID-19 Recovery Fund, NCSC implemented the ACC project intending to develop organizational capital (social infrastructure and social capital). With staffing support and funding for preparing institutional infrastructures such as policies and guidelines, agreements were made with the key resource personnel to prepare policies and guidelines. As the project focused on internal resources, NCSC's executives were mobilized to prepare policies. NCSC started maintaining a calendar of activities each month and made these calendars available to all Calgarians via our social media. As there have been requests from other ethnic communities to build their capacity, we started an "ethnic community" hackathon that has been applauded by the participants and ethnic communities in Calgary and beyond.

A draft of the following policies has been prepared and awaiting the executive's discussion and feedback:

- FOIP Policy
- HR Policy
- Financial Guidelines
- Nepali Pathshala Guideline
- Media and Communications Policy
- Data Storage and Handling Policy
- Project Steering Committee Guideline
- Inclusion, Diversity, Equity, and Accessibility Policy
- Election Code of Conduct and Guidelines
- Health and Safety Policy
- Information Technology Policy
- Resource Centre Guideline
- Volunteer Engagement Policy

The funding enabled the completion of eight mental health series along with mental health knowledge videos in the Nepali language, a series of capacity-building training sessions for the executives and staff, the onset of resource exploration and organizational management hackathon, and training sessions for the community members.



"NCSC, despite its small client base, has fanned out its activities and started providing services beyond its membership base. One of the most important parts of NCSC is to run an organizational resource management hackathon for small ethnic communities in Calgary", said one of the hackathon participants from the ethnic community in Calgary.

"You guys are doing exceptional job in the community and other ethnic communities in Calgary should follow your footsteps. NCSC shall help other ethnic communities to help them get resources and provide services in their communities", remarked by one of the executives from Bangladesh community.



## Breaking the Past: Kids Engagement through Badminton

Funded by the Calgary Foundation and implemented by the Nepalese Community Society of Calgary (NCSC), Breaking the Past (BP): Kids Engagement through Badminton Sessions Project aimed at reducing screen time while enhancing the physical fundamentals of the participants and reducing social isolation of the parents through badminton sessions. The project made a remarkable contribution in getting 22 youths engaged in sports that fostered good health and well-being among participants. According to the parents, the badminton sessions helped their children engage in physical activities enhanced parent-child bonding, and promoted better mental and physical well-being among family members.



### Key Highlights

- Completed sessions: 15
- Participants in each session: 22
- Volunteers mobilized: 5
- Volunteer hours: 88 hours (\$1320.00)

### Key Results

- My Kid(s) made new friends sharing similar culture (95% agreed)
- This activity increased the skill of my kid(s) (90% agreed)
- The activity helped make use of kids' leisure time (90% agreed)



- My kid(s) screen time has been reduced (90% highly agreed)
- I will put my kid (s) in a guided badminton session next time (95% highly agreed)

## Key Outcomes

- Increased bonding between parents and children.
- Enhanced mental and physical well-being of children and parents.
- Reduced screen time of the participants and increased physical engagement in sports.
- Enhanced volunteering culture among participants.
- Developed social capital in the community.



## Verbatims

*We will need more sessions and to continue other programs as well. It seems we have one session for one program and discontinue. It will help parents to engage with our children and children will share their thoughts about our culture and make new friends with our community.*

*Thank you for providing the opportunity for our community children. If possible, I would like to request to provide more sessions on Badminton like this and other summer programs for our kids.*

*The badminton session under the "Break the Past" Project organized by NCSC has engaged my kids meaningfully while allowing me to strengthen my social network with other parents. I noticed that my son has developed the habit of playing after getting enrolled in the badminton sessions organized by the NCSC project team. Particularly in the summertime when we are in an outdoor environment, my son would like to play either soccer, badminton, etc. This has reduced his screen time which made me a bit of worry free.*

*I would like this kind of session to be continued to keep kids and youth engaged long-term. NCSC should explore funds to make this program available throughout the year.*

## Beyond the Border: Activities with the Academia

To further increase the visibility of the Nepalese Community Society of Calgary (NCSC) and its contribution to research and academia, it started joining hands with the universities in early 2022. It has signed a Memorandum of Understanding (MoU) with Mount Royal University (MRU) and developed partnerships with the University of Calgary.

- ✚ Number of interns supervised: 2
- ✚ Hours contributed to NCSC project activities by interns: 290
- ✚ Hours contributed by intern supervisor: 130
- ✚ Number of funded projects by intern: 1
- ✚ Number of presentations made: 4
- ✚ Number of scientific forums attended: 2

“Being a researcher, I felt extremely happy to bring NCSC project insights, particularly the result of PAR to a large number of researchers and non-profit professionals. Research results shall be disseminated, and the scientific platform is the best avenue for doing so”, remarked by the community researcher and expert.

## Presentations Made

Participatory action research together with community seniors and non-seniors was started in 2022 and completed in 2023. The main objective of this exercise was to scope out and prioritize activities for the seniors. The collected data was analyzed and the results were presented in a workshop hosted by the Newcomer Research Network (NRN) of the University of Calgary.

Nepalese Community Society of Calgary (NCSC) together with the Centre for Research, Education, and Social Service (CRESS Centre) hosted a series of instructor-led multicultural arts and craft sessions at multiple locations and anti-racism and multiculturalism quizzes to raise awareness of the participants in the area of anti-racism and multiculturalism. Data was collected using structured surveys and results were presented to the workshop hosted by NRN of the University of Calgary.



# My Voices are Heard: Participatory Action Research to Community Engagement of the Immigrant Seniors



Gopal Bhatta, Bishnu Bajgain and Shreekanta Aryal  
Nepalese Community Society of Calgary (NCSC)



## Research Problem

The most common risk factors that increase the chances of immigrant elders becoming socially isolated and vulnerable include lack of awareness of or access to resources, physical and mental health issues, linguistic and socio-cultural barriers, and lack of motivation in community engagement activities. Continuous hours of childminding further exacerbate the issue. The social isolation of seniors can cause higher social and financial costs.



## Objectives

The goal was to increase the social and community engagement of the elders. Specifically:

- Develop the methodology for scoping pertinent issues and activities.
- Find out the activities that have the potential to reduce the social isolation and vulnerability of the seniors.

## Methods and Data



Issues/Gaps	Weighted Average
Lack of motivation to attend programs/services	71
Lack of seniors' database	68
Mental and physical health issues	58
Intergenerational gap	57
Lack of cross-cultural awareness	56
Mobility problems	53
Lack of technical knowledge (documentation)	52
Lack of awareness on senior resources and services	51
Childminding a type of silent abuse of seniors	46
Linguistic problems	40
Lack of cooperation among organizations	39
Loss of Nepalese culture and heritage	33
Lack of space for culture program	23

**Issues/gap and activities identification**  
Different age groups to capture diverse perspectives

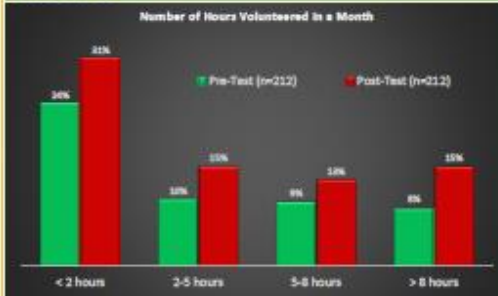
Email + word of mouth + ethnic radio + project launch + social media  
Registration: Google form  
Follow up: Email + Phone

**Prioritization of the activities**

- Prioritized using a scoring method (1 to 10 scale) with randomly selected elders (n = 35)
- Second stage of prioritization by the members of the Project Steering Committee (PSC), Project Implementation Committee (PIC), and the project staff (n = 24)
- Weighted average was calculated:  $W_{av} = \frac{\sum_{i=1}^n W_i X_i}{\sum_{i=1}^n W_i}$
- Final expert mapping by the Program Lead based on previous experience and learning



## Results

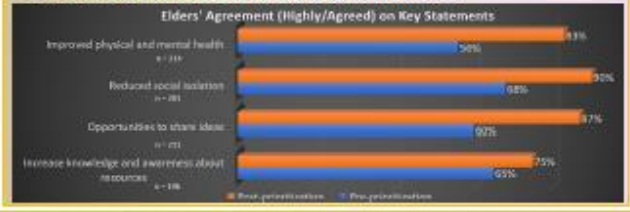


- **Socio-cultural activities** stood to be a top priority to:
  - effectively engage seniors
  - help relieve their physical and mental stress
  - pacify their craving for back home
  - potential for intergenerational learning
- **Backyard gardening and engagement** to:
  - mimic their lives back home
  - make them engaged with nature
  - transfer the culture via agriculture
- The results from the participatory action research were an eye-opener for the community to start implementing a bottom-up approach while defining and refining engagement activities for the seniors.
- The degree of uptake in earlier activities (pre-prioritization) was poor while there has been a consistently higher rate of participation afterwards.
- **Pre-prioritization versus Post-prioritization Survey Results**



**Top 10 issues/gaps and activities identified and prioritized through Participatory Sessions**

Motivation to attend seniors' activities	Socio-cultural events
Lack of seniors' database	Backyard gardening & engagement
Mental and physical health issues	Seniors database
Intergenerational gap	Awareness sessions
Lack of cross-cultural awareness	Cross-cultural tours
Mobility problems	Hearing test campaign
Documentation problem	Indoor activities during winter
Lack of awareness on available resources	Meet and greet
Childminding	Celebration of special days
Linguistic issue	Support to seniors in need



## Conclusions

- ✓ Participatory exercises for scoping and prioritization of engagement activities make the participants feel valued and increase community buy-in.
- ✓ The bottom-up approach values the voices of the vulnerable community members, provides optimal benefits, and meets the project outcomes with less effort.
- ✓ Social inclusion and reduction of social isolation could be accomplished by implementing activities that interest the target group and that has a higher potential for participation.

**Contact:**  
Gopal Bhatta, Ph D  
Program Lead & Social Science Researcher  
Nepalese Community Society of Calgary (NCSC)  
E-Mail: [manager@nepesociety.ca](mailto:manager@nepesociety.ca)  
Website: <https://www.ncscalgary.com/>

**Acknowledgments:** The researcher would like to extend heartfelt thanks to our funders: The City of Calgary, Alberta Health, and the Government of Canada.

Mobilizing Knowledge on Newcomer Symposium, 6 Oct 2023, The Newcomer Research Network (NRN), University of Calgary

## Volunteer Appreciation Program

A total of 220 volunteers have been mobilized on the day of the event to make the Nepali Mela and Multicultural Showcasing (NMMS) Event successful. Several volunteers have also helped NCSC implement different project activities throughout the reporting period. These volunteers are the pillar of the organization and they deserve special recognition.



NCSC hosted a Volunteer Appreciation Program (VAP) to honor the contribution of the volunteers who helped to make the NMMS Event successful, the event Steering Committee Members who helped plan, manage, execute, and evaluate the event, project volunteers who helped run diverse type of project activities, and the performers of the NMMS event.

## Consular Services in Calgary

Nepalese Canadians have to go to Ottawa for consular services. This has a huge opportunity cost associated. As demand has risen for consular services in different cities and the overwhelming number of requests coming from the community people, NCSC started offering consular services through the Nepalese Embassy in Canada in 2022. NCSC has hosted this service in 2023 with the following indicators:



Indicators	Statistics
Number of beneficiaries	467
Volunteers mobilized	13
Volunteer hours contributed	140
Monetary saving	\$233,500
Cities covered: Calgary, Okotoks, Red Deer, Edmonton, Lethbridge, Vancouver, Kelowna, Kamloops	

## Nurturing Cultural Heritage through Project Activities

Most of the projects implemented by NCSC have some activities that aim to nurture cultural heritage. Wherever possible and eligible, funding is requested for some project activities. Projects supporting seniors have some funds that support seniors' participation in cultural programs. As a matter of fact, seniors 65+ years old are given free access to NCSC's cultural programs and the NCSC project team provides technical and administrative support in hosting all of the cultural programs.

Cultural programs	# Participants
Buddha Jayanti	164
Saraswoti Pooja	74
New Year Celebration	272
Deusi Bhailo Program	21
Dashain Celebration	228
Teej Celebration	208
Guitar sessions	10 sessions, 17 participants
Madal sessions	20 sessions, 17 participants
Piano sessions	10 sessions, 15 participants





## Supporting Sports Activities

Youth empowerment is one of the key tenets of NCSC. Accordingly, NCSC provides support (sponsorship, fund, technical/administrative) to the local sports clubs/organizations that host sports competitions/events. NCSC has supported different sports clubs/organizations in hosting friendly competitions: Danfe Sports Club in hosting a soccer competition and celebration night, Thunder Strikers in hosting a cricket, and Golf Club in a friendly golf match. NCSC has also hosted card and board game competitions in-house with the funding support from the Neighbourhood Grant of the City of Calgary. A total of 66 seniors and non-seniors attended the event.



## Awards, Recognitions, and Felicitations

### Dr Gopal Bhatta

Diversity Awards 2023 was awarded to Dr Gopal Bhatta for his contribution to making the Nepalese Community Society of Calgary vibrant and promoting multiculturalism ([Diversity Awards 2023 | Diversity Magazine](#)).

Dr Gopal Bhatta has been also awarded with the Diversity Awards hosted by Diversity Magazine in Red Deer. He served as a panelist on ED&I action items for the communities. Dr Bhatta played a pivotal role in fostering multiculturalism and promoting intercultural and intergenerational learning by materializing the concept of Nepali Mela and Multicultural Showcasing Event as an Event Lead, hosting a series of intercultural and intergenerational learning and sharing sessions, educational tours, and expanding outreach of NCSC.



**Diversity Awards**  
**Panelists**  
**“ED&I Action Items for Starter, Medium and Advanced Cases”**

**Luciana Erregue-Sacchi**      **Dr. Gopal Bhatta**      **Sherri Smith**      **Ben Acquaye**

**April 28, 2023**      **Baymont by Wyndham Red Deer**  
**5-8pm**      **4311 49 Ave, Red Deer, Alberta**  
**780 709 0965**      **780 340 0476**      **info@diversitymag.ca**



Dr Gopal Bhatta, an expert and then Project Lead of NCSC, has also been awarded the Queen Elizabeth Jubilee Medal for his outstanding dedication and exemplary service to the community and his service helped NCSC grow substantially in terms of resources, expertise, skills, and outreach. Dr Bhatta contributed thousands of hours to preparing grants, being the funder liaison, implementing and evaluating projects, and developing a strong foundation for the organization.

To: bhattagopal@gmail.com

Subject: **Queen Elizabeth II's Platinum Jubilee Medal**

Dear Dr. Gopal Bhatta,

As you may be aware, Queen Elizabeth II approved the creation of a commemorative medal in honour of the 70th anniversary of Her late Majesty's accession to the Throne as Queen of Canada. This medal will be awarded to 7,000 residents of Alberta who have made a significant contribution to Canada, Alberta, their communities, or fellow citizens.

As you have demonstrated exceptional qualities and outstanding service to our province in helping shape our economy, I am pleased to let you know that Alberta Trade, Immigration and Multiculturalism nominated you to receive this honour as a lasting recognition of your dedication and service. We are so excited to inform you that you have been selected to be a recipient of one of these prestigious medals.

I would like to invite you and a guest of your choice to attend a presentation ceremony at McDougall Centre in Calgary on Saturday, January 28, 2023, where we will present you with your Queen Elizabeth II's Platinum Jubilee Medal and certificate. McDougall Centre is situated at 455 6 St SW, Calgary, AB T2P 4A2. The Ceremony will start at 1:00pm sharp. Please RSVP by Thursday January 26, 2023, to [TIM.Minister@gov.ab.ca](mailto:TIM.Minister@gov.ab.ca).

If you are unable to attend the ceremony, we will make arrangements to mail the award package to you. In your RSVP, please include the address you would like to use to receive your award package so that we can ensure its safe arrival.

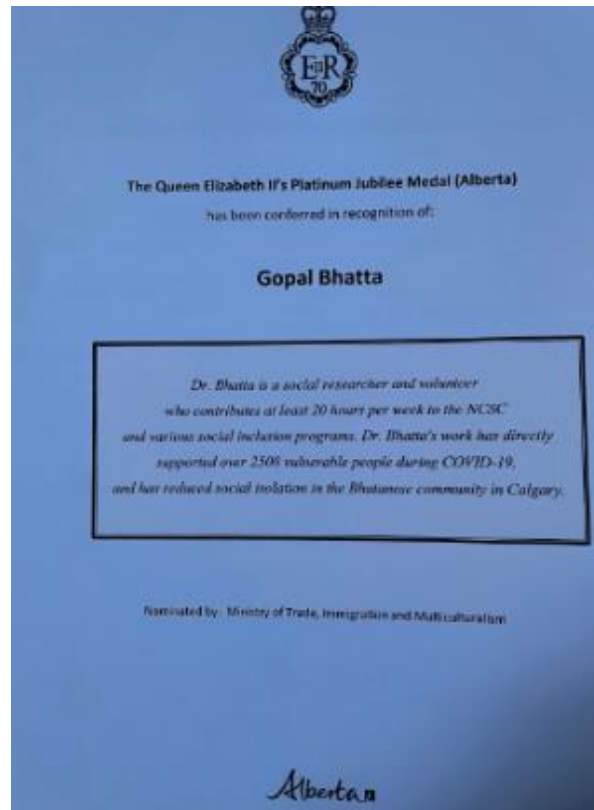
Please accept my most sincere thanks for the contributions you have made.

Yours sincerely,



The Honourable Rajan Sawhney ECA  
 Minister of Trade, Immigration and Multiculturalism

Classification: Public



## Mr Shreekanta Aryal

Mr Shreekanta Aryal, then President of NCSC, has been recognized with the 2023 Stars of Alberta Volunteer Award for his exemplary service to the community. As a President, Mr Aryal contributed thousands of hours in streamlining the organizational process that helped NCSC to come to the current state of affairs. The leadership role Mr Aryal played during his tenure and the successful start of the Nepali Mela and Multicultural Showcasing (NMMS) event will be remembered in the history of NCSC.



Mr Shreekanta Aryal has also been nominated as a Council Member of the Alberta Anti-Racism Council (ARAC) for 2024-2027 ([Alberta Anti-Racism Advisory Council | Alberta.ca](https://www.alberta.ca/alberta-anti-racism-advisory-council)) to provide advice on addressing systemic racism that exists in government programs and services.

## Shreekanta Aryal

Shreekanta Aryal is a social activist and community volunteer. He has been volunteering and contributing hundreds of hours to the community and different organizations for the past several years in various roles. His most recent positions have been as a board member of Nepali Pathshala (language and culture school), event coordinator, secretary, vice president and he is currently serving as the president of the Nepalese Community Society of Calgary (NCSC).

Shreekanta holds a Master of Economics from Tribhuvan University Kathmandu Nepal.

## Dr Krishna Neupane

Dr Krishna Neupane, community volunteer and coordinator of the backyard gardening program, has been awarded the appreciation certificate by the U-Turn Project and the Government of Alberta for his contribution to the community. Dr. Neupane has contributed hundreds of hours to implementing the senior project's backyard gardening and composting component, helped evaluate gardeners' performance, and motivated seniors to get engaged in project activities.



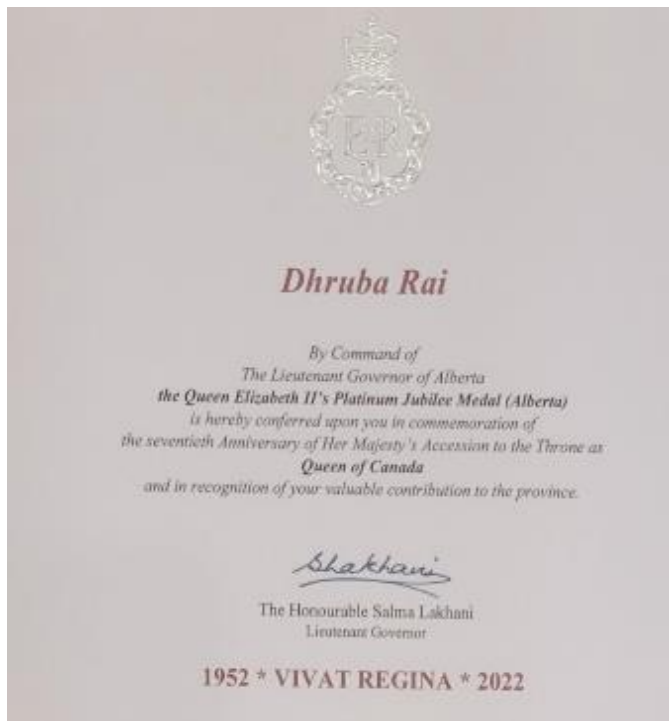
## Ms Karuna Sedhain

Ms Karuna Sedhain has been awarded the leadership award for her contribution to driving women-related community activities. She contributed hundreds of volunteer hours during her tenure as Women Coordinator of NCSC in 2022-2024. Some of the key activities in which Ms Sedhain played key roles were women's conversation cafes and Zumba sessions, the celebration of Women's Day, and virtual meditation sessions implemented by the NCSC project team.



## Dhruba Rai

Providing leadership as a President for two terms in a row (2015 – 2020), Mr Dhruba Rai has been tirelessly working for the betterment of the community. Whether there is a community event or project activity or leading resource centre initiative or anything related to the growth of the community, Mr Rai is the person to count on. He has graciously accepted as the Chair of Nepali *Mela* and Multicultural Showcasing (NMMS) Event both in 2023 and 2024 and provided hundreds of volunteer hours in making the event successful. Given his tireless and generous contribution to the Nepalese Community Society of Calgary, he has been awarded with the Queen Elizabeth II Platinum Jubilee Medal in 2022 and appreciation certificate by MLA – Calgary Falconridge in 2021.





## NCSC Team Felicitated

Mr Prakash Bashyal, President of NCSC, Mr Bishnu Bajgain, then Treasurer of NCSC, and Dr Gopal Bhatta, NCSC Volunteer, have been felicitated by ICDC Alberta and MTG Health Care Academy on the event of Canada Day 2024, to recognize their volunteer contributions in the community.



## Cultural Community Award 2024

And, finally, NCSC has been awarded the Cultural Community Award by the South Asia Inspirational Awards Society (SAIA) Calgary to recognize the efforts of NCSC in fostering multiculturalism and providing support services to thousands of vulnerable Calgarians.



August 14, 2024

**Nepalese Community Society of Calgary (NCSC)**

4194 3961 52 Ave NE  
Calgary, Alberta T3J 0J7

**Attention: Gopal Bhatta, Ph D, Program Manager ([ncsc@nepalisociety.ca](mailto:ncsc@nepalisociety.ca))**

**RE: 2024 South Asian Inspiration Awards Winner Notification – Cultural Community Award**

On behalf of the Board of the South Asian Inspirational Awards Society (SAIA) I am very pleased to inform you that the Nepalese Community Society of Calgary (NCSC) was chosen unanimously as the recipient of the first Cultural Community award for raising the visibility of a cultural, regional, or ethnic group.

Nepalese Community Society of Calgary has made a tremendous contribution to the larger Calgary community by preserving Nepalese cultural heritage and empowering vulnerable Calgarians by fostering social inclusion, well-being, and cultural exchange.

We look forward to honoring Nepalese Community Society of Calgary at the SAIA Awards Gala on Saturday, September 21, 2024. This event will be a wonderful opportunity to share and celebrate the impactful work your organization is doing. We ask that you keep Nepalese Community Society of Calgary's selection as the recipient of this award confidential until it is announced publicly at our Awards Gala.

To prepare for the event, please provide us with the following:

- Organizational information for your bio
- A contact person
- The name you would like printed on the award
- Your logo for use in our PowerPoint presentation at the Gala and on our website

We will forward two complimentary tickets for the Nepalese Community Society of Calgary Executive to attend the Gala and receive the award. We strongly encourage you to attend the Gala with all members and their families. Additional tickets can be arranged directly through me. A table of 10 is available for \$750, and individual tickets are \$80, which can be purchased from Eventbrite.

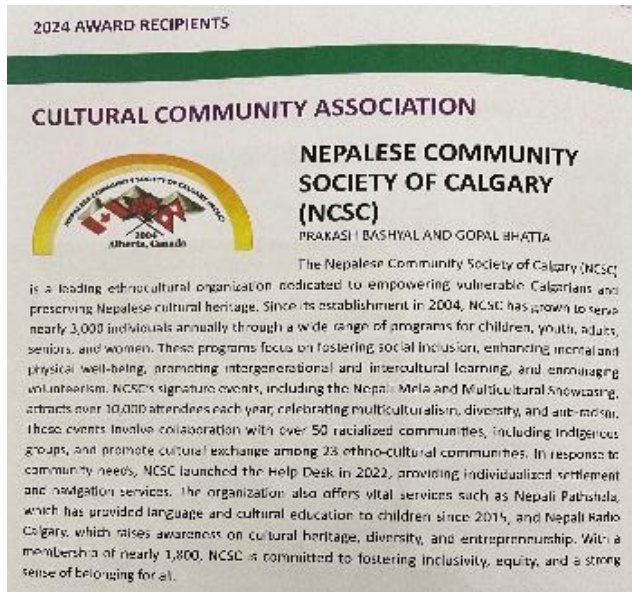
We look forward to meeting you all in person at the Gala.

Sincerely,

[Redacted Signature]

[Redacted Name] (she/her)

President & Board Chair  
South Asian Inspirational Awards Society, Calgary



## Our Funders, Partners, and Collaborators

NCSC always acknowledges the contribution of the funders to help make several initiatives available for the community members, vulnerable Calgarians, and needy people from different walks of life. We also acknowledge the contributions of our partners and collaborators in jointly implementing project activities and helping achieve collective outcomes.

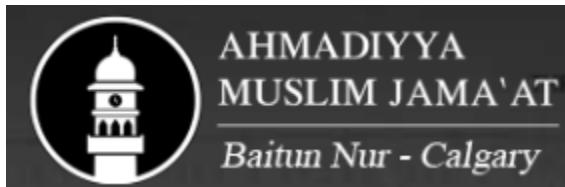
### Our Funders



Partners/Collaborators



Centre for Research,  
Education, and Social Services  
(CRESS Centre)



Centre  
for Sexuality

