



## Abha Upadhaya

July 24, 1953 - May 25, 2026

In Loving Memory of Abha Upadhaya  
July 24, 1953 - May 25, 2026

It is with deep sadness that we remember Abha Upadhaya, a loving wife, mother, grandmother, and the true "glue of the family."

Born in Brahmapuri, Janakpur, Nepal, to Basudev Poudel and Indu Poudel, and raised in Biratnagar, she built a life grounded in love, resilience, and generosity. On June 24, 1973, she married Sharad Chandra Upadhyay, and together they created a home filled with warmth, laughter, and togetherness.

Abha spent many years in Tinkune, Kathmandu before moving to the United States in 2006 to be with her children, and she made it her permanent home in 2008.

She was a trailblazer in her own right, working as an Accountant at Nepal Commerce Campus, a respected full-time role at a time when few women of her generation pursued professional careers. She balanced this with her devotion to family while remaining actively involved in local politics, community development, and demonstrating a strong entrepreneurial spirit, including revitalizing a struggling printing press business.

More than anything, Abha lived a life rooted in giving and humility. She taught those around her the value of kindness, generosity, and staying grounded, no matter the circumstances. Her actions spoke louder than words, and her legacy lives on in the countless lives she touched.

She was a devoted sister to her brothers-Damodar, Shashi, Ravi, and Kiran Sharma-and her sisters-Usha Adhikary and Bina Baral. Her relationships were deep and enduring, and she remained a unifying force across generations and distances.

She had a remarkable gift for bringing people together. Her home was always open, her heart always giving, and her presence always comforting. She leaves behind a family united by her love, strengthened by her example, and forever grateful for her presence.

Her life was a testament to the power of compassion, the importance of family, and the beauty of a life lived with purpose.

She is lovingly remembered by her children, grand children

Ashish Dhungel & Manisha Dhungel

Grandchildren: Aryan Dhungel, Aarika Dhungel and Momo (Shih Tzu)

Pooja Bhusal & Mohan Bhusal

Grandchildren: Agrani Bhusal, Atharva Bhusal

Ichaya KC & Shandip KC

Grandchildren: Aarnav KC, Avaanti KC

Abha passed peacefully, surrounded by loved ones. Her legacy of kindness, humility, and family unity lives on in all who knew her.

She will be deeply missed, lovingly remembered, and forever cherished.

The service celebrating Abha's life is Wednesday, May 27, 2026, in the chapel of McKoon Funeral Home, 38 Jackson Street, in Newnan. The family will receive friends from 1:00 PM until service time at the funeral home. The Hindu rituals will begin at 3:00 PM with Abha's immediate family.

# Cemetery Details

## McKoon Funeral Home & Crematory

38 Jackson Street  
Newnan, GA 30263  
care@mckoon.com  
<http://www.mckoon.com>

# Previous Events

## Visitation

**MAY 27.** 1:00 PM - 3:00 PM (ET)

McKoon Funeral Home  
38 Jackson Street  
Newnan, GA 30263

# Tribute Wall



“ *McKoon Funeral Home & Crematory created a Webcast in memory of Abha Upadhaya*



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**McKoon Funeral Home & Crematory** - May 27 at 10:06 AM

MW

“ *Though our words were different, God allowed our souls to understand one another. Love became our language, and that bond will remain in my heart Forever. I will always cherish our time together and remember you always as a bright light with an infectious smile.*



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**Melinda Wrighter** - May 27 at 07:49 AM

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“ *Abha and I met last labor day. I was helping her with exercise. We got along very well from the beginning. There was a lot of laughing and convincing her to do just 5 more exercises. We had a language barrier but we work through it, mostly with help from her family. Over the last couple of months I watched her decline, it broke my heart. She still smiled and said good morning to me when she saw me. I will forever hold her in my heart, I loved her. I know she is finally at peace with no more pain and suffering.*



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**Alice Reilly** - May 26 at 01:47 PM