



After setting up his law practice in Chicago, Harris gathered several business associates to discuss the idea of forming an organization for local professionals. On 23rd February 1905 Harris, Gustavus Loehr, Silvester Schiele, and Hiram Shorey gathered at Loehr's office in Room 711 of the Unity Building in downtown Chicago. This was the first Rotary club meeting.

In February 1907, Harris was elected the third president of the Rotary Club of Chicago, a position he held until the fall of 1908. During his presidency, he formed the Executive Committee, later called the Ways and Means Committee, which met during lunch and was open to any member. The noon meeting was the foundation for Rotary's tradition of club luncheon meetings.

Toward the end of his club presidency, Harris worked to expand Rotary beyond Chicago. Some club members resisted, not wanting to take on the additional financial burden. But Harris persisted and by 1910 Rotary had expanded to several other major U.S. cities.

Harris recognized the need to form an executive board of directors and a national association. In August 1910 Rotarians held their first national convention in Chicago, where the 16 existing clubs unified as the National Association of Rotary Clubs. The new association unanimously elected Harris as its president.

At the end of his second term, Harris resigned, citing ill health and the demands of his professional practice and personal life. He was elected president emeritus by convention action, a title he held until his death.

In the mid-1920s Harris became actively involved in Rotary again, attending conventions and visiting clubs throughout the world.



4 Way Test

of the things we think, say and do

1. Is it the TRUTH ?
2. Is it FAIR to all concerned?
3. Will it build GOOD WILL and BETTER FRIENDSHIP ?
4. Will it be BENEFICIAL to all concerned?



EDITORIAL

There is no beginning. There is no end. There is only change.

- Robert Monroe

Dear Readers!

It is with enormous pride and joy we welcome you all to a new year with new hope and energy!

The Rota year 2017-18 has been one of increased excitement, enthusiasm and overall progress. Keeping up with the expectations and maintaining the legacy of all these years of hard work and toil has been a consistent challenge for Rotaract Club of Kathmandu. Yet again, this year, Rotaract Club of Kathmandu has managed to live up to its legacy.

This year might have brought with it welcomed beginnings or unprecedented ends. It might have brought us with unparalleled happiness or unexpected sorrows. Whatever may be the case, we have always experienced a family with Rotaract Club of Kathmandu to share all our moments with; moments of joy as well as of sadness. With all our combined moments in life, we stand strong and firm.

We accept change and experience delight and empathize together as a family.

Many hands have kindled this fire you have on your hands, this source of pride, our dear Souvenir. It would never have been possible with the complete effort and support from our members. We are extremely grateful to everyone who has directly and indirectly contributed with articles, messages and useful contents. It is a great pleasure to be a part of this family and serve as editors of our esteemed publication.

With its prime motto of social service, our parent rotary, Rotary Club of Kathmandu has been a forefront in helping the people of Nepal. There unparalleled devotion has been an excellent example for all the youths in Nepal. We are fortuitous to have been children of such ideal individuals and for helping us with the publication.

Our utmost gratitude reaches out to our donors and sponsors that have made this project successful. Special thanks to Mr Pranesh Tandukar who have toiled day and night to edit and present with you our prideful creation.

Editorial Team

Rtn. Suresh Satyal
Rtn. Alina Karki
Rtr. Mridul Acharya
Rtr. Ritika Adhikari
Rtr. Abhijan Wasti

Marketing Team

Rtn. Sunita Karmacharya
Rtr. Sunil Phuyal
Rtr. Nisha Khatiwada
Rtr. Bishal Roka

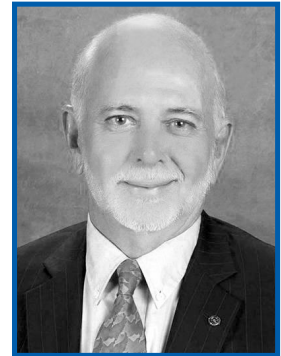


Message from RI President

19 June 2018

Ram Gartaula
Seagull Travel
Naxal
Kathmandu
NEPAL

Barry Rassin
President, 2018-19
T +1-847-866-3235
barry.rassin@rotary.org



Dear fellow Rotarian,

I want to congratulate you on your installation to the office of 2018-19 as club President.

Although the details of each position differ from year to year and place to place, your ultimate responsibility is the same as mine.

We work to move Rotary forward, doing whatever we can do to make the part of Rotary that we're responsible for as effective and efficient as it can be. We make sure that we are transparent and accountable while changing the lives of as many people as possible. And we ensure that Rotary provides the best possible experience to its members and continues to grow, all while remaining useful to the world.

It's only by coming together that we're able to accomplish so much. Without active members like you, Rotary wouldn't be the organization it is today. As our new vision statement says: Together, we see a world where people unite and take action to create lasting change across the globe, in our communities, and in ourselves.

Congratulations again on your appointment as club President. I look forward to having you join me to "Be the Inspiration".

Sincerely,

Barry Rassin
2018-19 President, Rotary International



Message from District Governor



ROTARY INTERNATIONAL
District 3292

Chintamani Bhattarai
District Governor 2018-19



June 21, 2018

Rtn. Ram Gartaula
President 2018-19
Rotary Club of Kathmandu



Dear Fellow Rotarians,

My wife Lelina joins me in congratulating you and your team for assuming a responsible position of a Club President for the year 2018/19. In the meantime, we would like to congratulate the outgoing President and his team for the wonderful work they have done for the community and the club during the year 2017/18, and for successfully completing their assignments.

Friends, Rotary, a renowned international humanitarian organization today, started with fellowship. With the passage of time, service was considered as its value. Today service is considered as prime core value, and fellowship, diversity, integrity and leadership as other important core value of Rotary. Rotary's Image today is because Rotarians around the world practice these values in their daily life. Therefore, it is our responsibility to promote and practice these values in our communities and within ourselves.

As a Rotarian, we understand the importance of working together and its scope which knows no limits of achievement.

Rotary always believes in action and in teamwork, obtaining first hand response from those we work with and with those we work for, which are essential in making teamwork more effective. Hence "Reach out" will be our priority for the year 2018/19 in RI District 3292.

Relevance of Rotary is ever increasing and it is even greater in our area. We have numerous expectations and needs in the clubs, communities and many untouched areas in the fields of disease prevention and treatment, water and sanitation, maternal and child health, basic education and literacy, economic and community development and peace and conflict resolution. We need to work hard to use Rotary network, our experience, and 360 degree "Reach-out" to inspire, explore, invent, connect, serve and set an example for a positive change that benefits the communities in all those areas. Our belief as a Rotarian is that a genuine desire to serve above self and persistent efforts will surely take us to our goal and "Be The Inspiration".

I urge the President and club officials of your club to be prepared for making some sacrifices in terms of your time, treasure and talent, because the joy of achieving your goal will be well worth the sacrifices.

Let us use the wisdom as prioritized by Rotary International in supporting and strengthening Clubs, focus on and increasing humanitarian services, enhancing public image and awareness of Rotary, and thus inspiring a positive change.

Kasturi Marg 102,
Baneshwor, Kathmandu
Nepal

Phone:
977-1- 4473554 (R)

Cell:
977 9851021438

Email:
cmb.lufil@gmail.com

Let us "Be The Inspiration".

Thank you and best wishes.

Yours in Rotary

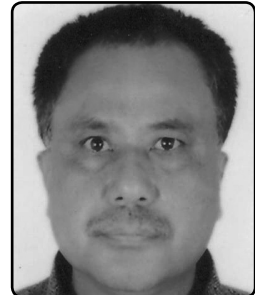
Chintamani Bhattarai
District Governor (2018/19)



Message from IPP Rotary, 2018-19

Dear Fellow Rotarians & Rotaractors,

It gives me great pleasure to extend my best wishes to all family member of Rotary Club of Kathmandu on the auspicious occasion of 61st installation ceremony of the club. As we know, sixty years ago our club's charter member felt that Rotary's ideal of service was worthy and for this reason they laid the foundation for Rotary Club in Kathmandu. Under the banner of the club hundreds of Rotarian contributed their high quality community service addressing the needs of less fortunate and marginalized section of our community. I would like to salute them for inspiring us and coming generations.



On 4th July 2017 I was installed as the President of the oldest and most prestigious Rotary Club in Nepal. Taking the job of president, It was big challenge for me to retaining the legacy and heightening the image of the Club; But the Rotary Year 2017/18 passed very smoothly. During this Rota Year we have run several social projects and completed two more global grant projects. We have established "Sindhuli Scholarship Projects" for the needy and marginalized student of Kamala Mai Higher Secondary School, Sindhuli and other community school in the nation. At the end of tenure as the president I would like to expressed my deep sincere thanks to all the members, Board of Directors, Past President, District Officials, Inner wheel Members, Rotractors, Interacts, RCC and well wishers for their support and abundance guiding throughout the year and a big thankful to our international partners in service in every activity that we do for the lasting change in needy section of our community. I am confident with pleased that the new team under the dynamic leadership of Rtn. Ram Gartula will surely surge the image of Rotary to its greater height in the coming days.

Finally, once again I would like to extend you my best wishes on behalf of Rotary Club of Kathmandu and the outgoing Board of Rota Year 2017/18.

Jai Rotary
Yours in Rotary
Rtn. Surendra Pratap Shah
President, 2017-18
Rotary Club of Kathmandu



Message from President Rotary, 2018-19

It is a matter of pride for us to publish this souvenir on the happy occasion of 61st Installation ceremony of Rotary Club of Kathmandu. I believe this will speak about our endeavor and achievement in Rotary.

“BE THE INSPIRATION” is the presidential theme for this year. In the words of President Barry Rassih “My personality of such that I want to hear all the options, make decision and go on to the best thing. So, we moved through the process fairly rapidly.” In fact this would be the guiding principle for us to move ahead. While talking about the Rotaractors, IPRIP Ian H.S. Risely rightly says that “The impact of their service is particularly impressive when contested with their resources, their energy and vision brings something wonderful to our Rotary family.” This is almost true in our case because without their support it would have been difficult to bring this publication in time.

At the end, I would like to express my heartfelt thanks to the editorial board for their untiring effort in this matter.



Yours in Rotary,
Rtn. Ram Gartaula
President 2018/19



Message from District Rotaract Representative

Dear fellow Rotaractors from RAC Kathmandu

On behalf of Rotaract District Committee I would like to congratulate you for your successful Rotaract journey so far. Also, I highly appreciate for the initiative to publish the directory of club. I am sure this everyone will treasure this publication as one of your major milestone. First of all let me congratulate outgoing president Rtr. Sarbesh Rijal for successfully completing his tenure as one of the successful presidents in RID 3292, Nepal and Bhutan. I would also like to extend best wishes to president Rtr. Sunil Phuyal for the successful tenure ahead.



Let us internalize and thrive to compliment the theme, Be the Inspiration of RI President Barry Rassin. I am sure your club will plan to work for a sustainable future and to inspire youth and the community at large. In the meantime, let us not forget to ACT and most importantly REFLECT on your actions. ACT and REFLECT is not only about complimenting DRR's theme, it is more of prioritizing the process rather than product. It is high time now we start to questioning critically and reflect more. For that we have to re learn the whole Rotaract-ING so let us make our priority as learning and doing Rotaract rightly.

I extend my best wishes to all the club members for being delegated as Rotaract Ambassador to promote Rotaract near you.

Let's ACT & REFLCT this year.

With Best Regards,

Rtr. Saugat Gautam
District Rotaract Representative (2018-19)
RID 3292, Nepal & Bhutan



Message from IPP Rotaract, 2018-19

Dear Leaders,

“You have got to take the initiative and play your game. In a decisive set, confidence is the difference.” This is a famous quote by a former World No. 1 tennis player, Chris Evert. This saying in many aspects resembles life.

I feel utterly delighted to write this message as Immediate Past President of Rotaract Club of Kathmandu. Rotaract Club of Kathmandu, as the history depicts, is centred on the journey of the leaders who have upheld its name and fame through their outstanding leadership capabilities. My journey in Rotaract started on March, 2011 AD. I was raw, confused and aimless. At that time, I felt that the only reason I joined the club was to develop myself more



than serving the community and I believe I achieved both. After all these years, I have to thank PP Rajiv Ghimire dai for motivating me to be a part of something that will remain in my life forever.

Rotary Year 2017-18 will remain as a golden year in my life. Working as a president of one of the pioneer clubs of Rotaract District 3292 with such a legacy was a tough task. However, I salute the team for pulling off a wonderful year in Rotaract Club of Kathmandu. At the end of the year, I believe that we have achieved some of the toughest targets we made at the start of the tenure. I heartily thank all the Members, BODs, Past Presidents and Rotarians for their continuous guidance and support throughout the year. I am truly grateful to all of you for your belief in me and decisions I made during this time.

Rotaract Club of Kathmandu has been a family to me and as I look back I think we did a great job during this short time. I believe that the leadership in you is only justified if you are able to produce a few more leaders. During this one year time, we excelled in projects that helped in the development of personal and professional skills of members. We had projects like Effective Public Speaking Training and Photography workshop which we were able to accomplish smoothly. The responsibility of being in the chair is more challenging than difficult. And through all your beliefs I have now learned never to lose faith in myself.

As it is said “the show must go on”, yet another year comes with a great enthusiasm and freshness to Rotaract Club of Kathmandu. There are hurdles and challenges, but more than that there is learning. I have a faith that the upcoming president and his team will take this club to a newer height. It is your turn to achieve another year of success that Rotaract Club of Kathmandu has been achieving for the last 21 years.

As I finish, I would like to thank everyone who is directly or indirectly associated with Rotaract Club of Kathmandu. There is a leader in everyone and I believe that you need to unleash that quality to achieve something big. One thing I learned from my experience till now is that there's a lot more than what you see around the world. The world itself is an infinite space. So, it's your choice where and how you want to expand your world to. Every day is a new beginning. Every second is a new experience.

“Just beyond the horizon of the so-called impossible is infinite possibility.”

Rtr. Sarbesh Rijal
Immediate Past President (2018-19)
Rotaract Club of Kathmandu



Message from President Rotaract, 2018-19

Fellow Rotaractors,

Tom Peters jokingly in one of his books wrote that “If you are not confused, you are not paying attention” which pretty much is what I am going to take shield of as I am confused. Confused not in the sense that I don’t know what to do, but confused in a sense that, Rotaract Club of Kathmandu family with forty four different members and at least twice as much ideas and opinions, each willing to sprout out and take the lead and I just have a mere 365 day starting from July 1st 2018 to make all those ideas and opinions grow and all those individuals excel. But again, at Rotaract Club of Kathmandu, hurdles are considered joys and year after year we all manage to do better, take many things in and give something back to the community. I have no fear.



Fellow Rotaractors, I am eternally grateful towards you and the whole Rotaract Club of Kathmandu family for having faith in me and bestowing upon me the title of President of this prestigious institution. Yes RaC Kathmandu, for me is an institution and a family. An Institution because it has taught me so much regarding the dos and don’ts of life and family because the club feels like a home filled with siblings who help each other develop into a better person, a better professional.

It has been said through ages that the surest way to not fail is to determine to succeed. This year, RaC Kathmandu is going to excel like never before because I believe that within each of the Rotaractor of RaC Kathmandu, there is a hidden store of determination. Determination to learn. Determination to excel. Determination to develop and above all, Determination to keep us in race when all seems lost. The projects we have conjured up for this year are a bit off and a whole lot tougher than the ones we have been doing because while continuing continue some of the age long projects of the club, we are going to add something new and take everything a notch higher. I believe that if all the members of RaC Kathmandu were to work together, there is nothing we cannot accomplish. Either we will find a way or make one, but at the end of the day we sure will be able to reach to the height that we all have planned and dreamed, because from what I have seen and felt, each individual member of this club knows that once you learn to quit, it becomes a habit. I am thankful to all the Past Leaders that the club has seen and developed for bringing the club to where it stands today. Each year we learn something new. We fall, learn from the fall and always have the courage to stand back up and keep marching up. I salute this spirit of all the past and present leaders of RaC Kathmandu. It is because of reasons like this, we are such a close-knit family, at RaC Kathmandu we help each other develop. This year too, the club will march up, we might take some tumbles, fall some times but we will not fail. We will cross the hurdles, march up and develop ourselves and the club so much so that the insignia of Rotaract Club of Kathmandu will shine like never before. I am sure that I will be getting the guidance of the past presidents, support of the Rotarians and above all the enthusiasm of the members to achieve the goals we have set for ourselves this year. Again, I am eternally indebted towards RaC Kathmandu family for believing in me and allowing me this opportunity of learning, developing and excelling. The journey is going to be surreal.

“If you Keep doing what you have always done, you’ll keep getting what you have always gotten.” What Neil Strauss once said applies to us as well, we have done great things in the past, and we have learned plenty. This year, let us try doing something more, something different so that we may achieve something new, a learning that is fulfilling and bountiful. Fellow Rotaractors, let us walk together, let us work hand in hand, let us excel like never before. Let us REJUVINATE.

Yours in Rotaract,

Rtr. Sunil Phuyal
President (RY 2018-19)
Rotaract Club of Kathmandu



EXECUTIVE BOARD RY 2018-19, ROTARY CLUB OF KATHMANDU



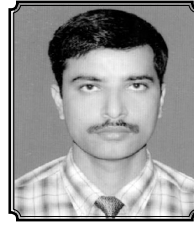
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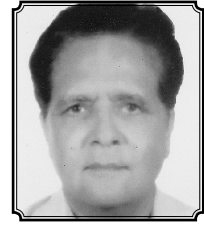
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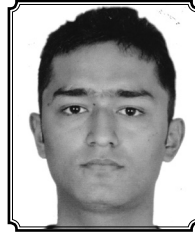
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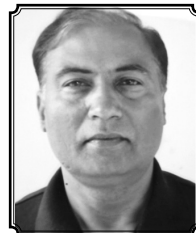
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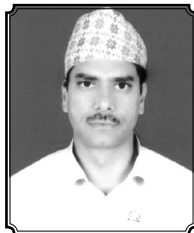
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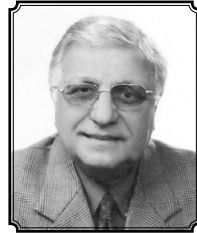
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Chairman
RPDC



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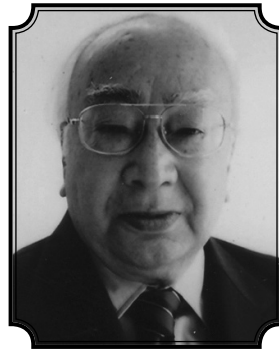
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Rtn. Alina Karki
Sgt. At Arms



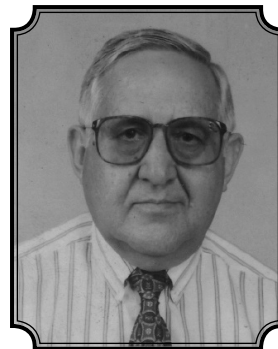
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PP Rtn. Manindra Raj Shrestha



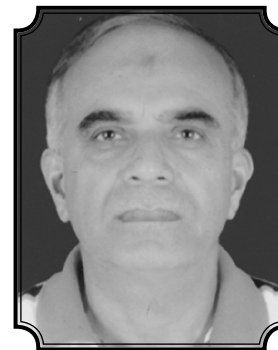
PDG PP Rtn. Ratna Man Shakya



PP Rtn. Dr. Loke Bikram Thapa



PP Rtn. Bala Krishna Shrestha



PP Rtn. Kamal Dahal



Members Profile of Rotary Club of Kathmandu

Name : Acharya Dr. Nuna
Classification : Dental Surgeon
Address : Dhapasi, Kathmandu
Cell : 9841868320
Email : careme_nuna@yahoo.com
Date of Birth : December 10
Designation : Joint Secretary



Name : Adhikari Amod (MPHF+1)
Classification : Geo-Tech Engineer
Address : Buddhanagar, Kathmandu
Tel : 01-4482310
Cell : 9851003470
Email : amod_adhikari2013@yahoo.com
Date of Birth : March 21
WA : March 5
Spouse : Bina
Designation : Past President



Name : Adhikari Mona (MPHF)
Classification : Anthropologist, Interpret
Address : Buddha Nagar, Kathmandu
Tel : 01-4781716, 01-4783201
Cell : 9841531172
Email : mona.adhikari@gmail.com
Date of Birth : September 18
WA : January 19
Spouse : Dr. Subodh
Designation : Immediate Past President



Name : Bhatta Vishnu Raj
Classification : Computer Engineer
Address : Kusunti-13, Lalitpur
Cell : 9840068322
Email : aaeronn.bhatta@gmail.com
Date of Birth : March 8
Designation : Member



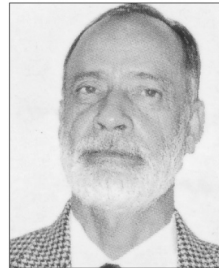
Name : Bhattarai Sushil (MPHF)
Classification : Environmentalist
Address : 104, Civil Homes, Sunakoti, Lalitpur
Tel : 01- 4371708
Cell : 9851148777
Email : sushilb9@gmail.com
Date of Birth : July 4
WA : March 1
Spouse : Shanti
Designation : Past President





Members Profile of Rotary Club of Kathmandu

Name : Bhandary Achyuta Nand (PHF)
Classification : Geologist, ITECO-CEMAT
Geotech Services (P) Ltd. (ICGS)
Tel : 01-4411787
Cell : 9851090032
Email : icgs_1997@yahoo.com
Date of Birth : November 28
WA : July 13
Spouse : Sama
Designation : Member



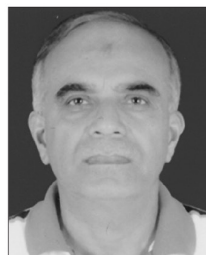
Name : Chalise Suresh Raj (PHF)
Classification : Educator, Climate Change, Water, Environment
Address :
Cell : 9851031795
Tel : 4416395
Email : srchalise2002@yahoo.com
Designation : Member



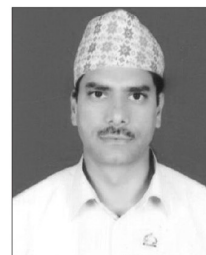
Name : Chand Dan Bahadur (PHF)
Classification : Carpet mfg. & exporter
Address : Bhainsepati, Lalitpur
Tel : 5590357, 5590108
Cell : 9851052396
Email : tripuracarpets@gmail.com
Date of Birth : November 6
WA : Magh 29
Spouse : Ranju
Designation : Past President, Club Trainer



Name : Dahal Kamal (PHF)
Classification : Jute Technology
Address : Maitidevi, Kathmandu
Tel : 4418966
Cell : 9841284072
Email : rujakamal@gmail.com
Date of Birth : October 10
WA : April 15
Spouse : Ruja
Designation : Past President



Name : Dahal Rajendra Kumar (MPHF)
Classification : Account, Nepal Telecom C/o
Address : Kathmandu
Tel : 4911791
Cell : 9851067240
Email : rajendrak.dahal@ntc.net.np
Date of Birth : January 17
WA : March 8
Spouse : Geeta
Designation : Past President, Chairman - Membership Dev.



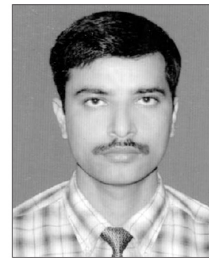


Members Profile of Rotary Club of Kathmandu

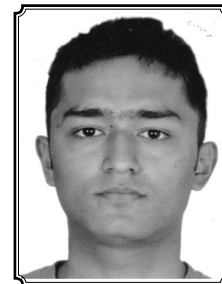
Name : Dahal Shree Krishna
Classification :
Address : Kritipur-4, TU height, Kathmandu
Cell : 9841300934
Tel : 01-4331648 (R), 01-4245783 (O)
Email :
Date of Birth : May 13
WA : Baishakh 13
Spouse : Yashoda
Designation : Executive Secretary



Name : Dahal Tirtha Raj (PHF)
Classification : Business Study
Address : Sinamangal-9 Kathmandu
Cell : 9851109494
Tel : 01-4110988
Email : tirtha.dahal@ntc.net.np
Date of Birth : Mangsir 28
WA : Mangsir 16
Spouse : Binita
Designation : President Nominee



Name : Dangi Utsav (PHF)
Classification : MBS, Chartered Accountant
Address : Pepsicola, Kathmandu
Cell : 9841715543
Email : dangiutsav@gmail.com
Date of Birth : January 11
Designation : Treasurer



Name : Dugar Hukum Chand (MPHF)
Classification : Pharmaceutical Mfg
Address : Kamlalaya 112- Kapoor
Dhara Marg, Lazimpat, Kathmandu
Tel : 01-4218888
Cell : 9851025506
Email : dugarhukamchand@hotmail.com
Date of Birth : December 17
WA : April 18
Spouse : Kamala
Designation : Past President



Name : Gartaula Ram (Major Donor)
Classification : Trek Operation, Seagull Travel
Address : Naxal, Kathmandu
Cell : 9851023889
Tel : 5525919
Email : gartaular@gmail.com
Date of Birth : October 10
WA : July 3
Spouse : Urmila
Designation : President





Members Profile of Rotary Club of Kathmandu

Name : Gautam Rajendra (PHF)
Classification : Business/Social Worker
Address : Dillibazar, Kathmandu
Tel : 01-2299688
Cell : 9851049804
Email : rajendragautam07@gmail.com
Date of Birth : July 8
Designation : IT Officer



Name : Ghimire Nirajan (PHF)
Classification : Telecom Engineer
Address : Lamatar, Lalitpur
Cell : 9851081261
Email : nirajan.ghimire@ntc.net.np
Date of Birth : April 14
WA : April 12
Spouse : Roshani
Designation : Youth Service



Name : Karki Alina
Classification : Geologist
Address : Hepali height-8, Kathmandu
Cell : 9843473659
Email : karkialina26@gmail.com
Date of Birth : March 10
WA : Baishak 15
Spouse : Khuba Raj
Designation : Sergeant-At-Arms



Name : Karmacharya Sunita Shrestha
Classification : Human Resource Management
Address : Kel Tole Janabahal Kathmandu Nepal
Tel : 01-4780666
Cell : 9851037260
Email : karmasuni@gmail.com, octpusre@gmail.com
Date of Birth : Oct 28
WA : Feb 10
Spouse : Jibendra Lal
Designation : Secretary



Name : Khadka Prajun
Classification : Travel Agent, Tosha Travel
Address : Bishal Nagar-4, Kathmandu
Tel : 01-4009194
Cell : 9841360494
Email : prajunkhadka@gmail.com
Date of Birth : Oct 3
WA : February 2
Spouse : Jamuna
Designation : Member





Members Profile of Rotary Club of Kathmandu

Name : Kharel Narayan Krishna (PHF)
Classification : Exporter Asterisk International Services
Address : Kadaghari, Kathmandu
Tel : 01-4620162
Cell : 9851119925, 9841550463
Email : bullet_kharel@hotmail.com
Date of Birth : December 30
WA : February 2
Spouse :
Designation : President Elect



Name : Malla Prof. Dr. Om Krishna (PHF)
Classification : Ophthalmologist, Ktm Medical College
/ Himal Hospital and Research Centre
Address : Khumaltar Height, Lalitpur 15
Tel : 01-5524219
Cell : 9841250920
Email : okmalla@hotmail.com
Date of Birth : June 30
WA : April 23
Spouse : Pushpa
Designation : Past President



Name : Ojha Achut Babu (PHF)
Classification : Public Health Management
Address : Hattiban, Lalitpur
Tel : 5251450
Cell : 9851182289
Email : babuojha@hotmail.com
Date of Birth : 14th Jan
WA : 23rd Jan
Spouse : Pabitra
Designation : Mentor



Name : Pandey Dr. Pradeep (PHF)
Classification : Neuropsychologist
Address : Jawalakhel, Lalitpur
Cell : 9841741929
Email : pradeep_sant1@hotmail.com
Date of Birth : October 28
WA : July 5
Spouse : Srijana
Designation : Member



Name : Pant Rajeswar Prasad (PHF)
Classification : Cottage Industry
Address : Chundevi, Maharajgunj
Cell : 9851084236
Tel : 4429261
Email : pantraj@gmail.com
Date of Birth : 16th May
Designation : Past President





Members Profile of Rotary Club of Kathmandu

Name : Paudel Mukunda Sharma (PHF)
 Classification : Advocate
 Address : Buddhanagar-10, Kathmandu
 Cell : 9851186103
 Tel : 01-4243526 (O), 01-4780259 (R)
 Email : mpaabg@gmail.com
 Date of Birth : June 7
 WA : Magh 7
 Spouse : Pimala
 Designation : Past President



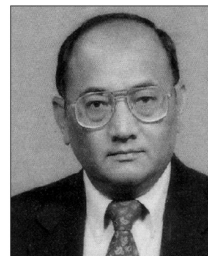
Name : Pokhrel Tek Chandra (Major Donor)
 Classification : Travel Consultant
 Address : 446 Aananda Bhairav Marg, Naxal
 Cell : 9851022239
 Tel : 01-4434343
 Email : tcpokhrel@gmail.com
 Date of Birth : 16th March
 WA : 27th May
 Spouse : Usha
 Designation : Past President/Chairman-RPDC



Name : Raut Rajan Bahadur (MPHF+1)
 Classification : Pharmaceutical Market
 Address : Maligan, Kathmandu
 Tel : 01-4436070
 Cell : 9851076034
 Email : rbrautgr@gmail.com
 Date of Birth : Dec 9
 WA : March 5
 Spouse : Amul
 Designation : Past President



Name : Sakya Ratna Man (Major Donor)
 Classification : Handicraft
 Address : Pulchowk, Lalitpur
 Tel : 5521220, 5527273
 Cell : 9851038917
 Email : csia@wlink.com.np
 Date of Birth : January 22
 WA : January 28
 Spouse : Chandra Devi
 Designation : Past District Governor, Past President



Name : Satyal Suresh (MPHF+3)
 Classification : Economist
 Address : Putalisadak
 Tel : 01-4168039
 Cell : 9841292245
 Email : sureshsatyal11@gmail.com
 Date of Birth : January 16
 WA : November 29
 Spouse : Dr. Indira
 Designation : Past President, Vice-President





Members Profile of Rotary Club of Kathmandu

Name : Paudel Mukunda Sharma (PHF)
Classification : Advocate
Address : Buddhanagar-10, Kathmandu
Cell : 9851186103
Tel : 01-4243526 (O), 01-4780259 (R)
Email : mpaabg@gmail.com
Date of Birth : June 7
WA : Magh 7
Spouse : Pimala
Designation : Past President



Name : Pokhrel Tek Chandra (Major Donor)
Classification : Travel Consultant
Address : 446 Aananda Bhairav Marg, Naxal
Cell : 9851022239
Tel : 01-4434343
Email : tcpokhrel@gmail.com
Date of Birth : 16th March
WA : 27th May
Spouse : Usha
Designation : Past President/Chairman-RPDC



Name : Raut Rajan Bahadur (MPHF+1)
Classification : Pharmaceutical Market
Address : Maligan, Kathmandu
Tel : 01-4436070
Cell : 9851076034
Email : rbautgr@gmail.com
Date of Birth : Dec 9
WA : March 5
Spouse : Amul
Designation : Past President



Name : Sakya Ratna Man (Major Donor)
Classification : Handicraft
Address : Pulchowk, Lalitpur
Tel : 5521220, 5527273
Cell : 9851038917
Email : csia@wlink.com.np
Date of Birth : January 22
WA : January 28
Spouse : Chandra Devi
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Name : Satyal Suresh (MPHF+3)
Classification : Economist
Address : Putalisadak
Tel : 01-4168039
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Email : sureshsatyal11@gmail.com
Date of Birth : January 16
WA : November 29
Spouse : Dr. Indira
Designation : Past President, Vice-President



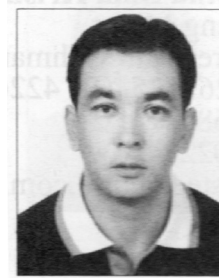


Members Profile of Rotary Club of Kathmandu

Name : Shrestha Dr. Suresh Das (PHF)
Classification : Hydrogeologist
Address : Nepal
Tel : 4259061
Cell : 9851084659
Email : suresh@rainwater.org.np
Date of Birth : Feb 2
WA : Falgun 29
Spouse : Sarita
Designation : Past President, Editor



Name : Singh Suresh Man (PHF)
Classification : Marketing- Communication Goods
Tel : 4279427, 4230493
Address :
Cell : 9851042753
Email : sm.singh@hotmail.com
Date of Birth : April 4
WA :
Spouse :
Designation : Member



Name : Subedi Bishnu (MPHF+6)
Classification : Hospital Administration
Address : Kathmandu
Tel : 01-5525116
Cell : 9851024103
Email : subedisane@gmail.com
Date of Birth : July 21
WA : May 9
Spouse : Pramila
Designation : Past President, Chairman-Service Project



Name : Thapa Dr. Loke Bikram (MPHF)
Classification : General and Cardiothoracic Surgeon
Address : Kamalpokhari
Tel : 4419672, 4435676
Cell : 9851021906
Email : lokbikram_thapa@yahoo.com
Date of Birth : April 28
WA : December 26
Spouse : Dr. Jun
Designation : Past President



Name : Upreti Kishor (PHF)
Classification : Accounting Management
Address : Kathmandu
Tel :
Cell : 9851089555
Email : kishor.upreti@ntc.net.np
Date of Birth : October 11
WA : February 26
Spouse : Rita
Designation : Member, Chairman-Club Administration





EXECUTIVE BOARD RY 2018-19, ROTARACT CLUB OF KATHMANDU



Rtr. Sunil Phuyal
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Rtr. Sarbesh Rijal
IPP



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Rtr. Romit Amgai
Club Leadership Trainer



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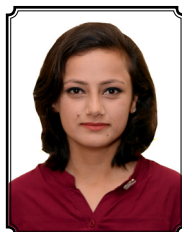
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Treasurer



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Rtr. Nisa Khatiwada
Dir. Professional Dev.



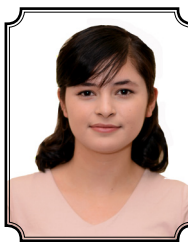
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Rtr. Aakrity Pandey
Dir. Youth Service



Rtr. Smriti Chauhan
Dir. International Service



Rtr. Anu Paudel
Sgt. At Arms



Rtr. Abhijan Wasti
Editor



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Past President



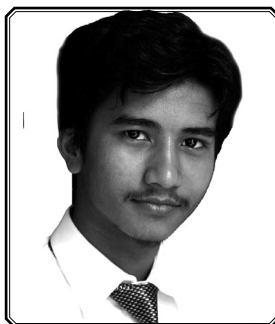
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Past President



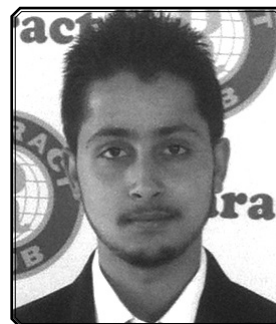
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Past President



Rtn. Rajendra Gautam
Past President



Rtr. Sangam Dahal
Past President

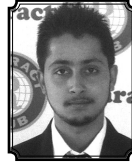


Rtr. Mridul Acharya
Past President



Members Profile of ROTARACT CLUB OF KATHMANDU

Name: Acharya Mridul
Designation: Past President
Address: Lohakilthali, Bhaktapur
Cell: 9801071700
Blood Group: A-ve
Classification: BPH
Email: achmridul@gmail.com
DOB: May 31



Name: Bhujel Prachan
Designation: Vice President
Address: Tikathali, Lalitpur
Cell: 9841611953
Blood Group: A+ve
Classification: Environment Science
Email: prachanbhujel@gmail.com
DOB: May 29



Name: Adhikari Ritika
Designation: Secretary
Address: Dhobighat, Lalitpur
Cell: 9801066489
Blood Group: B+ve
Classification: BBA
Email: secretary.rackathmandu@gmail.com
adritika1@gmail.com
DOB: February 7



Name: Chand Bhawana
Designation: General Member
Address: Baneshwor, Kathmandu
Cell: 9823714117
Blood Group: B+ve
Classification: BPH
Email: vawanachand211@gmail.com
DOB: June 1



Name: Amgai Romit
Designation: Club Leadership Trainer
Address: Kalopul, Kathmandu
Cell: 9849106724
Blood Group: B+ve
Classification: Engineering
Email: rtrromitamgai@gmail.com
DOB: April 17



Name: Chauhan Smriti
Designation: Dir. Int'l Service
Address: Gattaghar, Bhaktapur
Cell: 9843661706
Blood Group: B+ve
Classification: BALLB
Email: smritichauhan16@yahoo.com
DOB: August 23



Name: Baskota Aarjan
Designation: General Member
Address: Balkot, Bhaktapur
Cell: 9849321326
Blood Group: A+ve
Classification: Engineering
Email: baskotaaarjan@gmail.com
DOB: August 25



Name: Chaulagain Sakar
Designation: General Member
Address: New Baneshwor
Cell: 9849753016
Classification: Student, BE
Email: sakarchaulagain@gmail.com
DOB: Feb 27



Name: Bist Kamala
Designation: General Member
Address: Baneshwor, Kathmandu
Cell: 9848792208
Blood Group:
Classification: Student, BPH
Email: kamalabist122@gmail.com
DOB: May 26



Name: Chitrakar Shreeya
Designation: General Member
Address: Balkumari, Lalitpur
Cell: 9849037898
Blood Group: B+ve
Classification: BBA
Email: raga.chitra.94@gmail.com
DOB: June 20





Members Profile of ROTARACT CLUB OF KATHMANDU

Name: Dahal Sangam
Designation: Past President
Address: New Baneshwor
Cell: 9842166488
Blood Group: A+ ve
Classification: BBA
Email: sangamdc@gmail.com
DOB: March 21



Name: Karki Sushil Kumar
Designation: Past President
Address: Jhule 05, Dholakha
Cell: 9841674157
Blood Group: A+ve
Classification: Environmentalist
Email: sushil.karki@rotaractnepal.org
DOB: March 8



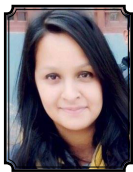
Name: Dangol Sonu
Designation: General Member
Address: Lokanthali, Bhaktapur
Cell: 9813290490
Blood Group: A+ve
Classification: Student, Botany
Email: dangolsonu14@gmail.com
DOB: July 30



Name: Karmacharya Sanjay
Designation: Joint Secretary
Address: Kritipur
Cell: 9849133026
Blood Group: A+ve
Classification: CA
Email: karma_619@yahoo.com
DOB: January 11



Name: Dawadi Rina
Designation: General Member
Address: Dhapasi, Kathmandu
Cell: 9860104885
Blood Group: A+ve
Classification: Student, BPH
Email: reenah71@gmail.com
DOB: January 1



Name: K.C. Sunita
Designation: Vice President
Address: Samakhushi, Kathmandu
Cell: 9843377431
Blood Group: A+ve
Classification: LLB
Email: kshetree.sunita@gmail.com
DOB: May 1



Name: Ghimire Smrity
Designation: General Member
Address: Khumaltar, Lalitpur
Cell: 9849725050
Blood Group: O+ve
Classification: Student (Microbiology)
Email: smrityghimire@gmail.com
DOB: November 22



Name: Khadka Pratikshya
Designation: General Member
Address: Ghattekulo, Kathmandu
Cell: 9862066398
Blood Group: A+ve
Classification: Student, Botany
Email: pratikshyakhadka2018@gmail.com
DOB: September 8



Name: Jha Kamana
Designation: General Member
Address: Maitidevi, Kathmandu
Cell: 9841454214, 9801054214
Blood Group: A+ve
Classification: Environmentalist
Email: envkamana03@gmail.com
DOB: February 17



Name: Khatiwada Nisha
Designation: Dir. Professional Development
Address: Kapan, Kathmandu
Cell: 9849707206
Blood Group: O+ve
Classification: Student, BPH
Email: nisha.khatiwada1@gmail.com
DOB: June 11



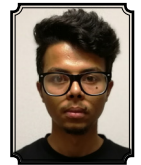


Members Profile of ROTARACT CLUB OF KATHMANDU

Name: Kunwar Aakanksha
Designation: General Member
Address: Thapathali, Kathmandu
Cell: 9843670104
Blood Group:
Classification: BBA
Email: kunwaraakanksha251@gmail.com
DOB: July 15



Name: Panthi Bipul
Designation: General Member
Address: Buddhanagar, Ktm
Cell: 9840466625
Blood Group: O+ve
Classification: Student, BE
Email: panthibipul@gmail.com
DOB: June 20



Name: Neupane Babita
Designation: General Member
Address: Koteswor, Kathmandu
Cell: 9844482563
Blood Group: A+ve
Classification: Architect
Email: babita.neupane14@gmail.com
DOB: November 6



Name: Paudel Anu
Designation: Sergeant-At-Arms
Address: Buddhanagar, Ktm
Cell: 9846177229
Blood Group: O+ve
Classification: Student, BALLB
Email: itsmeanu3@gmail.com
DOB: March 10



Name: Neupane Susmita
Designation: General Member
Address: Tikathali, Lalitpur
Cell: 9801068115
Blood Group: A+ve
Classification: BPH
Email: susmitaneupane369@gmail.com
DOB: August 16



Name: Phuyal Sunil
Designation: Presidnet
Address: Pepsicola, Kathmandu
Cell: 9840060440
Blood Group: B+ve
Classification: CIMA
Email: president.rackathmandu@gmail.com
sunilph12@gmail.com
DOB: March 19



Name: Pandey Aakriti
Designation: Dir. Youth Service
Address: Imadol, Lalitpur
Cell: 9844782756
Blood Group: AB+ve
Classification: Student
Email: aakriti.pandey31@gmail.com
DOB: October 3



Name: Pokhrel Anju
Designation: General Member
Address: Banasthali, Kathmandu
Cell: 9849098791
Blood Group: A+ve
Classification: Environment Science
Email: anju.pkhl49@gmail.com
DOB: July 26



Name: Pandeya Lok Raj
Designation: Dir. Community Service
Address: Koteswor, Kathmandu
Cell: 9843496894
Classification: Student (BSW)
Email: pandeya.lokraj58@gmail.com
DOB: February 19



Name: Poudel Suraj
Designation: Past President
Address: Luba
Cell: 9841180952
Blood Group: A+ve
Classification: Environmentalist
Email: pouraj_s5397@yahoo.com
DOB: Poush 4





Members Profile of ROTARACT CLUB OF KATHMANDU

Name: Rai Guru Prasad
Designation: General Member
Address: Kritipur
Cell: 9860872185
Blood Group: B+ve
Classification: Student (MBS)
Email: gururaee@gmail.com
DOB: August 30



Name: Shrestha Kripa
Designation: General Member
Address: Basundhara, Kathmandu
Cell: 9810185377
Blood Group:
Classification: Environmentalist
Email: k.kripashrestha@gmail.com
DOB: June 26



Name: Ramtel Netra Bahadur
Designation: General Member
Address: Shankhamul, Lalitpur
Cell: 9843131455
Blood Group:
Classification: B.Sc.Physics
Email: netramtel833@gmail.com
DOB: January 23



Name: Shrestha Pujan
Designation: Treasurer
Address: Kathmandu
Cell: 9842353339, 9807088572
Blood Group: B+ve
Classification: Account Officer
Email: pasapujan@gmail.com
DOB: July 6



Name: Rijal Sarbesh
Designation: IPP
Address: Kadaghari, Kathmandu
Cell: 9841080289
Blood Group: A-ve
Classification: Microbiology
Email: sarbeshrizal@gmail.com
DOB: April 4



Name: Silawal Pramij
Designation: General Member
Address: Dhapasi
Cell: 9841483796
Blood Group: A+ve
Classification: Software Developer
Email: mepramij@gmail.com
DOB: May 24



Name: Roka Bishal
Designation: Dir. Club Service
Address: Banasthali, Kathmandu
Cell: 9808470697
Blood Group: A+ve
Classification: Student (Bachelor)
Email: bishalroka123@gmail.com
DOB: July 3



Name: Silwal Saman
Designation: General Member
Address: Kupondole, Lalitpur
Cell: 9860353017
Blood Group: A+ve
Classification: Student
Email: kalu.sam@yahoo.com
DOB: November 6



Name: Shrestha Ayush
Designation: General Member
Address: Lohakilthali, Bhakatpur
Cell: 9849693562
Blood Group: A+ve
Classification: Software Engineer
Email: ayushshrestha07@gmail.com
DOB: Chaitra 7



Name: Subedi Siddhartha
Designation: General Member
Address: Sanepa, Lalitpur
Cell: 9841336635
Blood Group: A+ve
Classification: BIM
Email: subedisiddhartha@gmail.com
DOB: June 7





Members Profile of ROTARACT CLUB OF KATHMANDU

Name: Thapa Hari Bahadur
Designation: General Member
Address: Kathmandu
Cell: 9860636345
Classification: Student
Email: thapahari971@gmail.com
DOB: May 17



Name: Upadhyaya Kul Shekhar
Designation: General Member
Address: Babarmahal
Cell: 9867635633
Blood Group: A+ve
Classification: Student, Botany
Email: kulshekharu@gmail.com
DOB: October 16



Name: Thapaliya Sonika
Designation: General Member
Address: Kathmandu
Cell: 9849810619
Blood Group: O+ve
Classification: Microbiologist
Email: cuteysonika@gmail.com
DOB: November 1



Name: Wasti Abhijan
Designation: Editor
Address: Gatthaghar, Bhaktapur
Cell: 9843565178
Classification: Student, Engineering
Email: abhijanwasti@gmail.com
DOB: November 7





BEST WISHES

TO

Rotary Club of Kathmandu Family

RY 2018-19



Rtn. Ram Gartaula
Major Donor

Rtn. Tek Chandra Pokhrel
Major Donor

Rtn. Ratna Man Shakya
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MPHF + 3

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MPHF + 1

Rtn. Dr. Loke Bikram Thapa
MPHF

Rtn. Hukum Chand Dugar
MPHF



Rotary Non-Rotary cooperation in post-quake recuperation

-Rtn. Rajan B Raut

It was terrible midday of 25th April in 2015, the devastating earthquake and subsequent after-shocks took lives of over 8 thousand, injured over 25 thousand and demolished several hundred private as well as public buildings including architectural & cultural heritage. The rescue and relief team from within the country and abroad rushed to affected sites and thereby saved several precious lives. Hat's off to the rescuers for saving lives by risking their own lives. The organizations like Rotary and others, having no skill of rescue work, engaged in immediate relief work. Rotary and other organizations became active to supply fund and relief materials to the earthquake victims.

Amongst many, Impact Foundation UK promptly responded with funds and relief materials to the earthquake victims also supported to mobilize medical teams in the rural clusters of quake victims. During this period, myself was floating Rotarian without home-club, availed the opportunity as philanthropist to be in the team of Impact Nepal and BP Eye Foundation thereby travelled various quake affected areas. Our attention was also to include the persons with disability and ensure the proper care to them in the relief camp. Safe drinking water, hygiene, sanitation including menstrual hygiene was also of paramount concern were catered to them. Thanks to all - the speculations of outbreak of epidemics could not hold true due to special precaution on sanitation and waste disposal.

Several hundred temporary shelters were fabricated and handed over to the quake displaced families in the remote villages of Dhading, Dolakha, Gorkha, Sindhupalchok, Kavre Palanchok, Nuwakot, Sindhuli and Kathmandu valley. Several medical camps were held in those remote areas. We applaud the efforts of volunteers and medical team from TU Teaching Hospital for rendering valuable services.

In the meantime US based charity organization Orphan Grain Train – OGT offered to provide medical equipment, hospital beds and ready to cook food through BP Eye Foundation. The initiation was led by Prof Dr. Barbara Engebretsen. Our Rotary experiences in handling humanitarian services and receiving vessel cargo helped us to meet the laid criteria to be its partner. The large size container with all requisite materials arrived Kathmandu, though bit late due to bureaucratic intricacies, was of great help to provide

relief.

I availed the honor to join Rotary club of Kathmandu at the end of June 2015. I was so impressed with several relief works being executed by RC Kathmandu. Various Rotary clubs across the globe were extending hands of cooperation in its mission of relief to quake victims.

Impact Foundation UK offered Impact Nepal to reconstruct public education and health infrastructure subject to involvement of Rotary in the reconstruction work. Rotary club of Kathmandu unanimously and wholeheartedly decided to be engaged in the reconstruction work. RC Kathmandu planned to focus the reconstruction in its adopted village Bhotechaur, where our active and functional Rotary Community Corps - RCC exists. Thus RC Kathmandu proposed recommended to Impact for the construction of 8 schools with 34 class rooms and 1 community health-post. Impact Foundation UK agreed the proposal and released the fund equivalent to approx. US \$ 400 thousand through Impact Nepal.

Now the reconstruction of 34 class rooms in 8 schools across Bhotechaur area is complete and handed over to respective school management committee. The children and local community are happy to see the children are pursuing their studies under the safe roof. The health-post is also in the final lap of completion. The sanitary and electrical works are yet to be completed in the building through local community participation.

By this period the construction of Himaganga Higher Secondary School Chaulakhark Solukhumbu, and construction of school in Bakanje in Solukhumbu is also complete and handed over to the local community. Construction of both the schools is accomplished under Rotary Foundation and Rotary Northbridge Australia's involvement.

Several other important projects like Mulapani Godavari drinking water, Rainwater harvest in Kavre, Wheelchair distribution to the physically challenged have been accomplished.

Our heartfelt gratitude to our beneficiaries, who provided us the opportunity to serve.

We acknowledge and appreciate the compassion and generosity of our project partners; RCC Bhotechaur Sindhupalchok, RC Kathmandu leaders and individual members for their involvement and dedication in humanitarian services.



BEST WISHES

TO

Rotary Club of Kathmandu Family

RY 2018-19



Rtn. Surendra Pratap Shah
MPHF

Rtn. Kamal Dahal
PHF

Rtn. Mona Adhikari
MPHF

Rtn. Rajendra Kumar Dahal
MPHF

Rtn. Sushil Bhattarai
MPHF

Rtn. Prof. Dr. Om Krishna Malla
PHF

Rtn. Dan Bahadur Chand
PHF

Rtn. Rajeshwar Prasad Pant
PHF



Air Pollution: Silent Killer

- *Sonu Dangol*

Human body needs approximately 25 kg of air per day to fulfill oxygen requirement. Any contamination in the air will have a different impact on our health. Simply put, the component that alters the inherent compositional property of air is termed as air pollutants. The 'pollutants' be natural or anthropogenic. The major air pollutants observed are Nitrogen oxides (NOX), sulphur dioxide (SO₂), carbon monoxide (CO), hydrocarbons, ozone, lead, and particulate matter.

Air pollution is one of the major issues in Kathmandu valley and is continuously increasing year after year.

Population index 2016 listed Kathmandu as the third most polluted city in the world. The growing population, unplanned urbanization and increase in the number of vehicles are



major causes of pollutants. Unplanned road expansion and digging of road for Melamchi water supply project can both be attributed towards increased pollution now-a-days.

And since the surrounding hills restrict proper air movement, trapping the pollutants, Kathmandu valley is highly vulnerable.

The annual population growth rate in the valley is 4.7 percent and annual motorisation is 12 percent. A health research based samples



of total suspended particles collected in 2013-14 showed that Kathmandu valley has a high amount of polycyclic hydrocarbons which are mutagenic and carcinogenic. Particulate matter (PM) includes dust, dirt, soot, smoke and liquids droplets. Medical science considered PM-2.5 is life killing carbon. Normal surgical masks can't block PM-2.5 from being inhaled. According to World Health Organization (WHO) guidelines, the amount of PM-2.5 should not cross 10 micrograms per cubic meter air, but in Kathmandu valley the maximum permitted level is 80 micrograms per cubic meter air.

The effect of air pollution is high in human health. High exposure in air pollution may cause chronic bronchitis, lung cancer, asthma

and other respiratory problems. It also affects cardio vascular system and nervous system. Particulate matter is the main cause of air pollution in Kathmandu valley, which not only affects the health but also the tourism industry and lowers the human productivity.

List of most polluted cities in the world. Courtesy: Numbeo
Nepal's Kathmandu ranks 5th in Pollution Index 2017



Rank	City	Pollution Index	Exp Pollution Index
1	Accra, Ghana	103.20	188.13
2	Ghaziabad, India	97.60	177.38
3	Tetovo, Macedonia	97.46	178.30
4	Faridabad, India	97.41	176.72
5	Kathmandu, Nepal	96.57	175.53
6	Cairo, Egypt	96.18	174.83
7	Kabul, Afghanistan	95.94	174.19
8	Karachi, Pakistan	95.70	1722.83
9	Ulaanbaatar, Mongolia	95.53	177.52
10	Kanpur, India	94.61	172.75



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Rtn. Bishnu Subedi
MPHF+6

Rtn. Mukunda Sharma
PHF

Rtn. Rajan Bahadur Raut
MPHF+1

Rtn. Tirtha Raj Dahal
PHF

Rtn. Kedar Prasad Sharma
PHF

Rtn. Shree Krishna Dahal

Rtn. Suresh Das Shrestha
PHF

Rtn. Achyuta Nanda Bhandary
PHF



Cryptocurrency: An Extended Look

Cryptocurrency has been a buzzword in recent times. Popularized by the Bitcoin, the most popular cryptocurrency to date, it is an abstract monetary means, rather than a physical currency we generally use. Intermingled with cryptocurrency, another word is on the hype train; blockchain. But what exactly is cryptocurrency and blockchain? Rather than explain it, let us embark on a journey to discover these ideas on our own.

Let's first begin with the idea of money. If you reach out to your wallet, you probably have some cash inside. But just how did humanity, the most advanced and intelligent being on earth, come to terms and accept paper notes; pieces of rectangular tree barks, worth spending 8 hours in office? How did we end up here? To understand all of this, let's go back to pre-historic times.

A brief history of currency

Even before humans settled as society, we would use trade to exchange "treasures" we might have found throughout our nomadic adventures. Say you had come across a pile of apples and I had caught a handful of fish. I'm tired of having fishes and want to have a bite of your delicious apples. You aren't too good at fishing but are willing to try some fish for a change. So, we agree to

exchange some fishes for some apples.

But as time progressed on and we existed as a society, this form of trade wasn't easy. From our previous example, if I didn't want your apples and you didn't want my fishes, we cannot trade, can we? On top of that, what if I have my fishes now and you can only bring me apples that grow after another six months. How can we trade? If only there was a common medium everyone desired.

So, what is this common medium of trade then? We have no idea yet, but we can think of some criteria for it. For our first criteria, our common means of trade should not deteriorate. If we agree to use apples or fishes, they are sure to rot away soon. That rules these out. Cattles or metals, however, last for a longer time. Thus, people could use these as the common means, aka currency. Another criteria would be its scarcity. If it's rare, it is difficult to find or re-create. That would rule out common items like plants or stone. However, things like alcohol, tools and instruments and even cigarettes in prisons have been used as this common medium. For our third criteria, the thing we trade should have intrinsic value i.e. it should have its self-worth. For example, precious

metals like gold and silver could be worn as ornaments, giving them intrinsic value. As our pervious example, cattle could be used to trade as well as used for their skin, meat, milk, etc.

With this broad definition of a common medium, we arrive on the concept of currency. However, the basis we just defined is some what flawed. For one, most of the goods are too heavy or too precious to transport. There is always an obvious chance of theft. Also, using these commodities lead to interesting cases, for example when cattle bears offspring. What is it worth? Does it's worth change over time as its grows into an adult? An even bigger problem lies in scarcity. The entire idea of money is based on scarcity. The rarer something is, the more valuable it is. But once we run out of the material, what do we trade in? Our economy would be constrained by our natural resources. For example, if precious metals like gold and silver are used as a basis, what do we do when our mines run out of them? The very thing that made money precious hinders the growth to a larger economy.

The 7th century China faced a major dilemma. Metal coins were used as currency but as time progressed and people had to buy more and more



materials, it was difficult to transport large number of coins from place to place. So how do we trade? The Chinese government then proposed a brilliant idea. What if they promised a written set amount of coins for certain goods and services? The government could then issue written amount of coins (backed by the government) to traders and merchants, who could then redeem the set amount anytime they wanted. This was the first instance to use a fictional medium to represent actual goods. A pretty huge step in modern economy, this step would later inspire Europeans to build a robust monetary system and introduce banks.

From our exploration so far, we have come in terms with trade and the idea of commodity money and its inherent limitation. However, we can all agree that cash or money in general is only worth as much as we are willing to pay. For example, say the government issues a new Rs 25 bill. Everyone accepts and casually uses this as the standard currency because it is backed by the government and everyone agrees on its inherent value. However, if I were to publish my own Rs 25 bills and try to circulate it in the market, nobody would use it to trade goods. Nobody would trust my currency because there is no central body to oversee nor back my claims for my currency's worth. Nobody would agree in my claims that it actually is worth Rs 25. Another example, if you trade your bike worth Rs 15000 in exchange for a hairpin, between us, my hairpin would be worth 15000 too, because we agreed on it. We placed a value on an item and agreed on it, and thus the item is worth that much unit of physical currency. Similar is the case for cryptocurrencies.

Blockchains

To understand cryptocurrency, let's begin with an example. Let's say you are a group of friends who hang out together often. After going out to eat, you split the bills. Sometimes, however, there won't be exact change money available or somebody forgets their wallet and someone else has to lend them money. So instead of going into

all this complication, you decide to maintain a common ledger. All of you decide to put some initial sum into your common ledger at the start of every month and use this sum to pay your bills throughout the month. You note down who owns who how much and when. Also, everyone sees and verifies that no one has used more than the sum they have put initially. In this way, you don't have to use physical cash amongst yourself throughout the month.

This concept of common ledger is what is in the backbone of cryptocurrency. Here, we decide to use this fictional idea of maintaining a common ledger to make economic transaction without ever using physical cash. The transaction history, in a sense, is in itself the currency here i.e. the value or worth somebody owns depends on all his past transaction history. It's a pretty wacky concept, but if we really think about it, it makes sense. The above example is a rather small illustration. What if the ledger the group of friends used was broadened so that everyone on earth could write their transactions too? What if instead of settling at the end of every month, we never ever settled on actual physical currency? This is where the beauty of cryptocurrency really shines. Now, for the entire world to maintain their own version of this public ledger would be quite difficult. Thus, comes the concept of blockchain. Whenever someone makes a transaction, they broadcast it into the world for everyone to listen. When a bunch of these transaction are recorded and (with the power of cryptography) encrypted, this forms a block. This block is then transmitted across the web for everyone to pick up. Similar blocks are then received and "chained" together to form a blockchain. Each block contains a bunch of transaction set in a particular order. If two different people transmit their own version of a block with their own set of transactions, the block with the most computational power used is chosen to be the right block to add to the chain.

In such a system, transactions are legitimized by digital signatures. When you submit a cheque in a bank, the bank demands your signature



to authorize the transaction. Similarly, in a digital transaction, there is a “digital” signature. However, if actual signatures can be forged, can’t digital signatures? The answer is no. A digital signature, unlike an actual one, has a set of two keys, a private (or sometimes called a secret key) and a public key. Since it’s a digital world, private and public keys are actually a combination of little bits of 1’s and 0’s. Unlike a real-world signature which looks the same no matter the document, a digital signature depends upon the message as well as the private key- public key pair; meaning a digital signature differs vastly for 1) slight change in the message content, 2) different private-public key pair. Mathematics is intensively used for authentication. Going into the actual mathematics is beyond the scope of this text but there are plenty of resources to understand the actual mathematics.

Mining

From our exploration on the development of money, we learned that money is backed by some sort of authority, like the government or a central bank. But for a decentralized system like ours, where there is no central authority to back or regulate the flow of cash, money cannot be generated in the traditional sense of things. In our day to day life, whenever we purchase some goods, the shopkeeper earns a small amount of cash in every transaction. Similarly, when somebody creates a block, s/he is entitled to a small sum of bitcoin, which s/he would mention at the end of their block. This process is called mining and the person or group that does this is called a miner. This is how new money is created in cryptocurrency.

Conclusion

Before it ended up in your hand, a Rs. 1,000 note was probably printed in a secure facility somewhere, put on with further numbering and processed and then circulated for use by

the governing body. But if you were to take the same cash outside of your country (or the premises where its accepted), it has no intrinsic value. If you really think about it, it’s just a piece of paper.

Whenever we generalize and use a common mode of money, such as the Bitcoin to make transactions, we overcome our geographical and national boundaries. This new system of transaction has proved to be fast, secure and functional. Because it is a decentralized system with no governing body, transaction in cyptocurrency thus can neither be taxed nor be recognized as both parties of transactions operate under secure digital signatures. This is why it is made illegal in so many countries. However, it is an important field of economics and it is my hope that governments around the world allow its transactions sooner than later.

Some facts about Bitcoin

1. A limited amount of Bitcoin is set to exist i.e. \$21,000,000.
2. Each transaction earns the miner a set amount of Bitcoin. For example, when started at 2009, a miner could earn around \$100 per day. At current, the rate is \$12.5 per block
3. Bitcoin uses the SHA-256 algorithm that is based on proof-of-work schemes for cryptography.
4. The average time to create and verify a block is 10 minutes.

Cryptocurrency

1. Some other cryptocurrency include Ethereum, Dogecoin, Litecoin,
2. You can start your own cryptocurrency. It just has to be popular and widely accepted to actually be worth something.
3. Earning cryptocurrency is like competitng to solve a mathematical problem; whoever solves the problem fast earns.

The writer is an Electronics and Communication Engineering student at Thapathali Campus. You can contact him at abhijanwasti@gmail.coms



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*Rt. Suresh Raj Chalise
PHF*

*Rtn. Achyut Babu Ojha
PHF*

*Rtn. Niranjana Ghimire
PHF*

*Rtn. Dr. Pradeep Pandey
PHF*

Rtn. Sunita Karmacharya

Rtn. Prithvi Shrestha

*Rtn. Narayan Krishna Kharel
PHF*

*Rtn. Suresh Man Singh
PHF*



Sexual Dysfunction & Its Management

Among the many known health problems sexual dysfunction is one of the common mental health problems known to humankind. But, due to the stigma attached with the topic, many people still whilst suffering from sexual problems, hesitate to speak and share about it. In this article we go through some of the topics related to sexual dysfunction and its management.

Phases of sexual cycle:

- I. Desire
- II. Excitement
- III. Orgasm resolution
- IV. Resolution

Desire: It's a psychological phase which involves a strong want for sexual stimulation and/or sexual intimacy. It is characterized by sexual fantasies and the conscious desire for sexual activity. Desire may be biologically driven or resulting from a wish to bond sexually with a particular partner.

Excitement: This phase is brought either by psychological or physical stimulation or the combination of both. It consists of subjective sense of pleasure and objective signs of sexual excitement, erection in men & lubrication in women. Peaking of sexual pleasure with release of sexual tension and rhythmic contraction of the perineal muscles and reproductive organs are seen in this phase.

Orgasm: Mentally this phase lasts for 3 to 25 sec and is associated with a slight clouding of consciousness. This phase is characterized by well-developed skin flush, loss of voluntary muscle control, rhythmic involuntary contractions of internal and external anal sphincter. Marked elevation of vital signs is seen more in males than females.

Resolution: It's characterized by sense of

general relaxation, feeling of well-being and muscle relaxation. It consists of disgorgement of blood from the genitalia which brings the body back to its resting state. Resolution phase is rapid if orgasm occurs otherwise it may take several (2 to 6 hrs) associated with irritability and discomfort.

Sexual desire disorder:

This particular disorder is characterized by a deficiency of sexual fantasies and desire for sexual activity. This is the more common one among the two types of sexual disorder experienced by both men and women. Lack of desire may be expressed by:

- *Decreased frequency of coitus*
- *Perception of partner as unattractive*
- *Overt complaints of lack of desire.*

Sexual aversion disorder is defined as persistent or recurrent avoidance of all or almost all genital sexual contact with a sexual partner. Disorder can result from traumatic sexual assault, such as rape or childhood abuse and from repeated painful experiences with coitus.

Sexual arousal disorder:

Female sexual arousal disorder: It is characterized by the persistent or recurrent partial or complete failure to attain or maintain the lubrication–swelling response of sexual excitement until the completion of the sexual act. Women who have excitement phase dysfunction often have orgasmic problems as well.

Male erectile disorder: It is characterized by the recurrent and persistent partial or complete failure to attain or maintain an erection until the completion of the sex act also called erectile dysfunction and impotence. Masters and Johnson reported a fear of impotence in all men over 40 years of age, which the researchers believed reflects the masculine fear of loss



of virility with advancing age. Psychological conflicts that cause erectile dysfunction are related to an inability to express the sexual impulse because of fear, anxiety, anger, or moral prohibition. Erectile dysfunction in an ongoing relationship may reflect difficulties between the partners, particularly if one person cannot communicate his or her needs or results in angry feelings in a direct and constructive manner.

Some interesting facts about sex life

- 85 percent of the married woman and 75 percent of the married men are faithful to their spouses.
- 41 percent of the married couples have sex twice a week or more compare with 23 percent of the single persons.
- The median number of sex partners over a lifetime for men is 6 and for women are 2.
- Both men and women as children, had been sexually abused by an adult were more likely, as adults, to have had more than 10 sex partners, to engage in group sex, to report a homosexual or bisexual identification and to be unhappy.
- More than half of the men said that they thought about sex every day or several times a day, compared with only 19 percent of the women.

Management:

- Sex education is one of the primary and vital steps in its management.
- Exercises: In case of men squeeze technique should be used to raise penile excitability.(man or women will stimulate the penis and until ejaculation is felt and then stimulation is stopped abruptly and coronal ridge of penis is forcibly squeezed for several seconds). Kegels exercise and vibrators and for erectile disorder women should tease the penis. Gradually couple gains the confidence and learns to communicate verbally and sexually.
- Hypnotherapy: It focuses specifically on the anxiety producing symptom and helps

the patient to gain control over his self esteem and disruption psychological homeostasis. For vaginismus women, advice must be given that she will not feel any pain during sex and will be able to relax her muscles near the vagina. Women having arousal disorder must be taught to think about erotic and romantic images to have good lubrication.

- Group therapy: It has been used to examine both intrapsychic and interpersonal problems in patients with sexual disorders. It provides a strong support system for the patients who feel ashamed anxious or guilty about a particular sex problem. Two groups are made of all men and women with having different sexual problems.
- Pharmacotherapy: Medicines like NO enhancers as sildenafil (Viagra), tadalafil, Verdanafil are there in treatment of sexual erection problems and SSRI's like Dapoxetine, paroxetine can be used for premature ejaculation.
- Surgical:
 - o Male prostheses for maintaining erection and revascularization of penis, electrostimulation at the base of the penis
 - o Female procedures include hymenectomy in case of dyspareunia, vaginoplasty in multiparous women complaining of lessened vaginal secretions.

Sexual problems are present in society and this problem needs proper guidance. Psychotherapy and sometimes medication may be needed for its proper management. So let us not hide it, let us speak up and share problems to your partner. With this you can seat together to solve it and have a beautiful relationship.

- Rtn. Dr. Pradeep Pandey
Neuropsychiatrist
Secretary
RC Kathmandu



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***Rtn. Kishor Uprety
PHF***

***Rtn. Rajendra Gautam
PHF***

Rtn. Dr. Nuna Acharya

***Rtn. Utsav Dangi
PHF***

Rtn. Alina Karki

Rtn. Prajun Khadka

Rtn. Bishnu Raj Bhatta



New generation – our responsibility

-Suresh Satyal

In the words of Gabriele Mistrel, a noble laureate, “many things we need can wait. The child cannot... To him we cannot answer ‘tomorrow’ his name is ‘today’”

Therefore, Rotary International recognizing that:

1. Children need special care and protection
2. There are children living in exceptionally difficult condition.
3. All children should be able to grow into adulthood in an environment of peace, dignity, tolerance, freedom, and equality.

Endorses and supports the right of all children to food, shelter, healthcare, education, and freedom from abuse and violence.

But what do we find around us?

- Krishna, 14 years, working in construction firm falls down from 5th floor and dies.
- 8years, a cleaner at a tea shop was beaten black and blue for breaking a glass tumbler worth Rs 10/-
- Laxmi, 15 years, working at a carpet factory is abandoned in the street because she needed a lung inspection.
- Binod, 16 years, working in an engineering workshop lost his fingers when his hand was stuck in machine.

- Sudha 18 years, working in garment factory was sexually abused by the supervisor.

- Asha 9 years, a ref picker engaged to collect polythene bags from the road was knocked down by a lorry.

These are but a few examples of children

In fact, a Rotarian who holds the souls of children and youth not only holds his community and his district but he holds the whole world.

-Suresh Satyal

at risk. This is the reality of children of risk. This is the reality of world surrounding us. Children today, are facing grave danger. A cruelty which has to be stopped. The reason why we are in Rotary, John Ruskin,

a noted educationalist said “Making children capable of honesty begins only with education.” Rotary Clubs must involve on primary education whilst tackling the problem of drop outs. They should take responsibility in educating the parents of dropouts and getting the street children into schools.

Children of today are tomorrow's destiny. The time has come we teach children to set goals and work towards the goal. And in return they can pass on their life affirming value to the



new generations. It is high time Rotary established a positive relationship with them to give young people the chance to voice their hopes.

In fact, a Rotarian who holds the souls of children and youth not only holds his community and his district but he holds the whole world.

Children have been rightly called the most precious human source but the statistics relating to children are mind boggling. Across continents thousands die every day from hunger and preventable diseases. A very small percentage has access to schools. Innumerable children are homeless or destitute street children. Child labor is another problem. Despite constraint, Rotary is embarking on the mammoth task of immunizing the children of the world against the dreaded and deforming polio. Rotarians proved to have sustained their deep-rooted intensity with the stupendous program. However, we can not rest on our laurels. It is worthwhile to the eradication of the polio virus sooner than later. Soap operas can take a break, but there is no break for us.

Rotarians hold the fortunes of the new generation in trust. This is Rotary's opportunity. Giving the young people the opportunity to educate themselves and providing them employment should be the guiding principle of Rotarians. The concern and responsibility the

older generation has for the new, the anxiety to prepare them the confidently face the challenges of new world have been consistently displayed by Rotarians.

We have excellent tools in the shape of Rotaract, Interact, RYLA and Youth Exchange. Let us extend these programs to prepare our youth for the future. Rotary has youth platforms for just about every age group with Rotarians acting as a guiding force.

The older generation has the responsibility to prepare the young ones to diligently face the challenges of the newer world to entice a source of righteousness. As a responsible parents, citizens and members of various organizations, it has been our constant endeavor to ensure a better future for the younger generations while recognizing the diversity of their needs. To build them to face a future rather than building the future for them. To make them befitting citizens of their competitive era. The need of the hour is to train them as idealistic and properly channel with strong commitments.

We all Rotarians should demonstrate ourselves as role model for the youth. We should think how best we can develop the younger generation for the better community life and to create best opportunities for their personal advancement and overall development.



Service Trip : A Learning Experience

-Nisha khatiwada

As a Rotaractor, I got to do many varied tasks and meet lots of interesting people. However, the thing I always wanted to do was volunteering. One and a half year ago I was lucky enough to find a wonderful organization called Rotaract Club of Kathmandu which hosts Service Trip from various Rotaract clubs each year. This year, Rotaract Club of Kathmandu hosted Service Trip from Rotaract Club of University of Hongkong, HKUSU R.I.D 3450.

The focus of the trip was voluntary teaching, school painting, rafting, elephant volunteering and sightseeing around Chitwan and Kathmandu.

Participants designed games for 3 days to provide students some quality time. For the very first time, I along with some of my fellow Rotaractors, were translating for the students as well as for the Rotaractors from Hongkong. All of the students were too active to learn a lot of new skills and ideas. Students learned to make handicrafts and played a lot of games. Accordingly, the joint meeting was arranged between RAC Kathmandu and HKUSU. The Rotaractors from HKUSU showed some of their events and shared their flags with the President of our club.

Starting from the second day, some of the participants painted the wall of the Primary School. All of us had so much fun painting the wall and meeting the children. They were so kind, generous and were really thankful.

Then, we moved to Charaudi for rafting. I was excited for the new adventure. We drifted through the river and even hopped out of the raft into the cold water for more than 10 minutes. I looked up seeing that the sky was as calm as ever and I felt glad.

We headed towards Chitwan. We had an exciting ride on an open top jeep into the dense forest of jungle and observed the wild animals and birds. We visited Gharial Crocodiles Hatchery Project. After this we drove back towards hotel canoeing at Rapti river. The view from the areas was so eye catching. We got opportunity to take part in cultural experience including the performance of Tharu community. Tharu cultural show, however was just one of many unique show where we got to dance with performers and participants. The highlights of the trip were animal volunteering. The next day participants went to clean elephant and the surroundings.

We came back to Kathmandu. Last but certainly not least, the service trip ended up sightseeing around the Bhaktapur Durbar Square, Swoyambhunath and Thamel.

The sites I witnessed were ones that will always be instilled in my minds. However, nothing I do at college will ever quite compare to the feelings I had while in Service Trip. It was truly life changing experience.



Why Join Rotaract ?

You would ask what Rotaract is? Rotaract is a club for adults ages 18-30 that meets twice a month (or weekly) to exchange ideas, plan activities and projects, and socialize. While Rotary clubs serve as sponsors, Rotaract clubs decide how to organize and run their club and what projects and activities to carry out.

Why Join Rotary Family? (courtesy of Rct. Club USIU)

1. **Friendship:** In an increasingly complex world, Rotaract provides one of the most basic human needs: the need for friendship and fellowship. It is one of two reasons why Rotary began in 1905.

2. **Business Development:** The second original reason for Rotary's beginning is business development. Everyone needs to network. Rotary consists of a cross section of every business community. Its members come from all walks of life. Rotarians help each other and collectively help others.

3. **Personal Growth and Development:** Membership in Rotary continues one's growth and education in human relations and personal development.

4. **Leadership Development:** Rotary is an organization of leaders and successful people. Serving in Rotary positions is like a college education. Leadership: – learning how to motivate, influence, and lead leaders.

5. **Citizenship in the Community:** Membership in a Rotary club makes one a better community citizen. The average Rotary club consists of the most active citizens of any community.

6. **Continuing Education:** Each week at Rotary there is a program designed to keep one informed about what is going on in the community, nation, and Each meeting provides an opportunity to listen to different speakers

and a variety of timely topics.

7. **Fun:** Rotary is fun, a lot of fun. Each meeting is fun. The club projects are fun. Social activities are fun. The service is fun.

8. **Public Speaking Skills:** Many individuals who joined Rotary were afraid to speak in public. Rotary develops confidence and skill in public communication and the opportunity to practice and perfect these skills.

9. **Citizenship in the World:** Every Rotarian wears a pin that says "Rotary" There are few places on the globe that do not have a Rotary club. Every Rotarian is welcome – even encouraged – to attend any of the over 32,000 clubs in 168 nations and geographical regions. This means instant friends in both one's own community and in the world community.

10. **Assistance when Traveling:** Because there are Rotary clubs everywhere, many a Rotarian in need of a doctor, lawyer, hotel, dentist, advice, etc., while traveling has found assistance through Rotary.

11. **Entertainment:** Every Rotary club and district has parties and activities that provide diversion in one's business life. Rotary holds conferences, conventions, assemblies, and institutes that provide entertainment in addition to Rotary information, education, and service.

12. **The Development of Social Skills:** Every week and at various events and functions, Rotary develops one's personality, social skills and people Rotary is for people who like people.

13. **Family Programs:** Rotary provides one of the world's largest youth exchange programs; high school and college clubs for future Rotarians; opportunities for spouse involvement; and a host of activities designed to help family members in growth and the development of family values.

14. **Vocational Skills:** Every Rotarian is expected to take part in the growth and



development of his or her own profession or vocation; to serve on committees and to teach youth about one's job or vocation. Rotary helps to make one a better doctor, lawyer, teacher, etc.

15. The Development of Ethics: Rotarians practice a 4-Way Test that governs one's ethical standards. Rotarians are expected to be ethical in business and personal relationships.

16. Cultural Awareness: Around the world, practically every religion, country, culture, race, creed, political persuasion, language, color, and ethnic identity is found in Rotary. It is a cross section of the world's most prominent citizens from every background. Rotarians become aware of their cultures and learn to love and work with people everywhere. They become better citizens of their countries in the process.

17. Prestige: Rotary members are prominent people: leaders of business, the professions, art, government, sports, military, religion, and all Rotary is the oldest and most prestigious service club in the world. Its ranks include executives,

managers, and professionals – people who make decisions and influence policy.

18. Nice People: Rotarians above all are nice people – the nicest people on the face of the earth. They are important people who follow the policy of it is nice to be important but it is important to be nice.

19. The Absence of an "Official Creed": Rotary has no secret handshake, no secret policy, no official creed, no secret meeting or rituals. It is an open society of men and women who simply believe in helping others.

20. The Opportunity to Serve: Rotary is a service club. Its business is mankind. Its product is service. Rotarians provide community service to both local and international communities. This is perhaps the best reason for becoming a Rotarian: the chance to do something for somebody else and to sense the self-fulfillment that comes in the process and return of that satisfaction to one's own life. It is richly rewarding.

-Anonymous

If I have to recall a moment which is special as well as a life-learning experience, then it would be my decision of involvement with

Voice Of Past Leader

Rotaract. It overshadows everything else. I Knew nothing about Rotaract movements, its impact in the community before I started attending regular meetings. Once I got to know, it became a part of life. Leaders from Rotaract Club of Kathmandu not only helped me in overcoming my deficiencies in communication strategies, team play, event management, community projects but also instilled a sense of responsibility towards helping people in need. I feel really happy to know that Rotaract Club of Kathmandu has been a brand to itself because of its impactful activities and projects and heading towards maintaining its long-time legacy. I can remember a moment when I used to serve RaC Kathmandu as an executive member and Rtr. Sunil used to be the aspiring member of the club. The zeal and dedication he used to have while discussing club activities and project plans were applaudable, He has come a long way with same enthusiasm and sincerity and I believe Rtr. Sunil and his team will do their best in all possible ways to serve the society and one self. I would like to wish all the best to President Rtr. Sunil Phuyal and his executive board for RY 2018-19 to help take the club to new height of success and prosperity among the members. Jay Rotaract!



E-Clinic Nepal

(Online Solution to Your Health Problem)

Introduction-

The idea of an E-Clinic is based on the Health services provided via the internet, and thus the name we have given to such a service is (electronic) e- Clinic. As name itself explains, “e” is the electronic or online component and “clinic” is how health issues are put forward and a primary diagnosis is done through online applications. This is a purely online solution to health problems where the public with access to computers, laptops, tablets, smart phones and even regular phones or telephones can directly ask health professionals questions related to health issues and get an idea of whether their condition requires urgent medical attention in a hospital or can be cured by general suggestions from doctors via video, chat or telephone call.

Origin of concept-

An online news portal stated that “461 people Nepalese died abroad every 6 month”, which can be followed on <http://www.spotlightnepal.com/News/Article/Nepalese-died-in-foreign-country-increased>. Another news from <http://www.malaysiakini.com/news/327999> says that “A Nepali a day dies working in Malaysia”.

More than thousand Nepali are dying abroad, and the problem might be difficulty in language, financial issue and lack of health knowledge.

Till the date around 70% are still not access to the hospital.

Disease prevalence is higher in Nepal than it is in other South Asian countries, especially in rural areas. Moreover, the country’s topographical and sociological diversification helps to promote periodic epidemics of infectious diseases, epizootics and natural hazards like floods, forest fires, landslides and earthquakes. Millions of people are at risk of infection and thousands die every year due to communicable diseases, malnutrition and other health-related events which particularly affect the poor living in rural areas. However, some improvements in health care have been made, most notably significant progress in maternal-child health.

So, the idea to develop e-Clinic came to help all the people in their health issue.

This idea of an e-health center will benefit everyone, not only by answering queries but also by sharing information. It will provide equal access to rural and urban, rich and poor, educated and barely literate, from wherever they choose to access the internet, or telephone. This concept will benefit particularly those areas in Nepal where geographic reasons make it extremely difficult to access health services. It will target the population that is outside the country, working as unskilled and semi-skilled workers abroad who are hesitant to seek medical help due to financial and language constraints.

Major Objectives

- To provide health services to those people who cannot afford or access health service in rural areas of Nepal, through online physician consulting using photo’s, and questioning the patient.
- To provide health services to those working abroad, who are unaware of health service providers and do not know what to do when sick or injured.
- To provide general health related information to the people in remote areas who have access to telecommunication but far away from medical services.



- To promote the use of traditional (Ayurveda/Herbal) medicines in the rural areas where they are in abundance.
- To maintain a health portal/data base for the subscribing people who come in contact through E-Clinic App so that the health professionals can evaluate the patient and recommend next steps.
- To form Rapid Emergency Rescue Team to serve in Emergencies like earth quake, calamities etc.
- To formulate the data base of Doctors/Health Practitioners that can be app. linked throughout Nepal.

Targeted Groups

We can list our targeted group as:

- People abroad, like workers in the gulf countries or general people who cannot afford service and don't even know what to do.
- People in rural areas who can't get health service but are connected to technology or just phone.
- People who are very busy and don't have time for health checkups but spend time with technology.
- People who are careless about health issues and that carelessness might lead to chronic medical conditions.
- Other younger people.

Design and Implementation

This system was established in early 2015 and continued till early 2016. Till the period eClinic helped a lot of people with nearly 1000 questions and their solution. 22 Doctors were working to help people.

Later on, it was difficult to run the system and was shut down due to lack of funding.

After a lot of requests from the people who were benefited from the system, Rotary Club of Kathmandu again planned to start the system with a lot of features like video call, chat, phone recording etc.

This concept will be implemented by Rotary club of Kathmandu and will monitor and fund for two years.

Plan:

The plan includes:

- Software development
- Coordination and identification of health queries and people seeking medical aid
- Coordination and management of panel of experts, including communication.
- Training for moderator for health queries and system management
- Additional Consultations
- Publicity

Working Methodology of System

As mentioned, it is a social service with few employees devoted to any society, as the internet is accessible to anyone in the world. We are however, are targeting Nepali citizens either within the



country or outside of the country. In the past we have seen that migrant and non-migrant workers in countries outside Nepal use our system to consult medical services in the absence of paid medical treatment and insurance.

A. Public/Patients

They are our target group. They either view the medical issues that have already been discussed and solved or they ask their own questions to the system.

B. Moderators

They are those who maintain the user activity. The major tasks of the moderator are to clarify the question either written or from phone call, so that it is well understood by any community, either the common people, or the medical community. This includes reviewing the questions, edit the contents and generalizing it, removing the incorrect words and trolling/spam any others, and the use of appropriate language. Furthermore, they can also remove or block users who post irrelevant or inappropriate questions other than the health-related issues.

C. Doctors and Other Medical Experts.

They are at the heart of the system. They first analyze the questions and decide the best fitted solutions. They answer the queries so that the answer not only benefits the person requiring help but also the regular visitors to the forum. Also, they keep updated about the users' queries as well as the reviews.

Doctors will be facilitated to give their available time for video call to the patient. They can publish their monthly calendar of availability.

D. System Admin

The system administrator is the central coordinator for the system. The system administrator manages all the tasks such as handling the system and occurring errors, updating the system, managing the system and server.

Current Services

Our Current Services can be listed as:

- Online health forum
- Doctor profile and Hospital profile
- Online appointment to specific hospital
- Live chat, video conference to specialist
- Phone calls those who do not have access to internet.
- Home health assistance & follow-up
- Mobile Applications (IOS*, Android, Windows) * IOS version is being developed.
- Vacancies, health feeds, Blogs and many more....

Continuity of the Project

It is not enough to create a system and an idea that can make health care an affordable idea. We also need to ensure that it should be sustainable as well as efficiently run and cost effective. So, continuity of the project is also one of the major tasks. In the beginning, we thought this project would be very effective for the target group and thought that it would not need a large effort once it got off the ground.

It was realized that there is a wealth of innovative ideas from technical experts as well as medical experts; resulting in greater effectiveness for people seeking medical advice and help the initial project and the prototype are currently running smoothly.

Till date, the e-clinic has been able to address around one thousand health issues. Nearly seventy percent of those queries had been solved by our health experts. We have been able to



handle the medical personnel along with the electronic and web-based system, management, its issues and challenges.

So far, as the project was being run only by like-minded people with a passion to help people in medical need, especially those that cannot afford to go to a doctor, either because of financial reasons or because of geographical remoteness. These Social workers experienced its wide complexity as the project took off. It contains many more features which include costs regarding repair, maintenance, skilled manpower and handling the management.

Therefore, it is imperative that there should be a stronger support from the community especially the social sector.

Effectiveness

We found this project is very effective. So far, all the users of the system are satisfied with the answers to their questions. We have conducted seminars among the doctors and medical experts and prepared questionnaires, where we found that most of the doctors were also satisfied.

The other area where our e-clinic was very successful was with the young adults between the ages of 20-30, who enquired about gynecology, dermatology, sexual health, psychology and mental health. We found that most of the questions are being posted from the gulf countries and Middle East countries, from the very group of migrant workers that we were targeting. Furthermore, most of the questions do not contain the name of the user. It shows that the people using this system also want to remain private to a certain extent.

Future Expansion and sustainability

Sustainability of the project like this is the main challenge. You cannot find people working for the cause for long months or years. There will be no question of finding doctors (Medical) for this reason. Therefore, we have to find out the way making some money at least to run the project. The sources we could see are:

- Payment can be done using in-app purchase
- Getting money from International health forum (such as eClinic Hongkong, eClinic Bangladesh etc.)
- Service charge to the Government for Emergency health Assistance, Rapid Response Team for communicable diseases (such as Ebola, Zika, Malaria, Measles etc)
- Online medical store
- Some sort of payment on video chat.
- Patient Hospital Appointment System and commission
- Online database for Pharmaceuticals Company.
- Online advertisements. Etc...

Being an online social service, once E-Clinic is established and operated for a few years we could run it on our own after few years. We will have a good reputation to go for advertise which will support us in software development.

As this project focus on the health sector which Rotary has priorities for many years. If this project could be implemented in a successful way it could be an example of health care system which could have copied by many developing countries like Nepal and it could also uplift the rotary image.



I Want a Wife

- JUDY BRADY

I Want a Wife (1971)

Judy Brady's essay became an instant classic when it appeared in 1971 in the premier issue of the feminist magazine Ms. As you read, analyze the definitions of "husband" and "wife" that Brady uses, and consider why this essay became so powerful in the 1970s.

I belong to that classification of people known as wives. I am A Wife. And, not altogether incidentally, I am a mother.

Not too long ago a male friend of mine appeared on the scene fresh from a recent divorce. He had one child, who is, of course, with his ex-wife. He is looking for another wife. As I thought about him while I was ironing one evening, it suddenly occurred to me that I, too, would like to have a wife. Why do I want a wife?

I would like to go back to school so that I can become economically independent, support myself, and, if need be, support those dependent upon me. I want a wife who will work and send me to school. And while I am going to school I want a wife to take care of my children. I want a wife to keep track of the children's doctor and dentist appointments. And to keep track of mine, too. I want a wife to make sure my children eat properly and are kept clean. I want a wife who will wash the children's clothes and keep them mended. I want a wife who is a

good nurturant attendant to my children, who arranges for their schooling, makes sure that they have an adequate social life with their peers, takes them to the park, the zoo, etc. I want a wife who takes care of the children when they are sick, a wife who arranges to be around when the children need special care, because, of course, I cannot miss classes at school. My wife must arrange to lose time at work and not lose the job. It may mean a small cut in my wife's income from time to time, but I guess I can tolerate that. Needless to say, my wife will

arrange and pay for the care of the children while my wife is working.

I want a wife who will take care of my physical needs. I want a wife who will keep my house clean. A wife who will pick up after my children, a wife who will pick up after me. I want a wife who will keep my clothes clean, ironed, mended, replaced when need be, and who will see to it that my personal things are kept in their proper place so that I can find what I need the minute I need it. I want a wife who cooks the meals, a wife who is a good cook. I want a wife who will plan the menus, do the necessary grocery shopping, prepare the meals, serve them pleasantly, and then do the cleaning up while I do my studying. I want a wife who will care for me when I am sick and sympathize with my pain and loss of time from school. I want a wife to go along when our family takes a vacation so that someone can continue to care for me and my children when I need a rest and change of scene.

2 BRADY I Want a Wife

I want a wife who will not bother me with rambling complaints about a wife's duties. But I want a wife who will listen to me when I feel the need to explain a rather difficult point I have come across in my course of studies. And I want a wife who will type my papers for me when I have written them.

I want a wife who will take care of the details of my social life. When my wife and I are invited out by my friends, I want a wife who will take care of the babysitting arrangements. When I meet people at school that I like and want to entertain, I want a wife who will have the house clean, will prepare a special meal, serve it to me and my friends, and not interrupt when I talk about things that interest me and my friends. I want a wife who will have arranged that the children are fed and ready for bed before my guests arrive so that the children do not bother us. I want a wife who takes care of the



needs of my guests so that they feel comfortable, who makes sure that they have an ashtray, that they are passed the hors d'oeuvres, that they are offered a second helping of the food, that their wine glasses are replenished when necessary, that their coffee is served to them as they like it. And I want a wife who knows that sometimes I need a night out by myself. I want a wife who is sensitive to my sexual needs, a wife who makes love passionately and eagerly when I feel like it, a wife who makes sure that I am satisfied. And, of course, I want a wife who will not demand sexual attention when I am not in the mood for it. I want a wife who assumes the complete responsibility for birth control, because I do not want more children. I want a wife who will remain sexually faithful to me so that I

do not have to clutter up my intellectual life with jealousies. And I want a wife who understands that my sexual needs may entail more than strict adherence to monogamy. I must, after all, be able to relate to people as fully as possible.

If, by chance, I find another person more suitable as a wife than the wife I already have, I want the liberty to replace my present wife with another one. Naturally, I will expect a fresh new life; my wife will take the children and be solely responsible for them so that I am left free.

When I am through with school and have a job, I want my wife to quit working and remain at home so that my wife can more fully and completely take care of a wife's duties.

My God, who wouldn't want a wife?

SUNITA KARMACHARYA
MANAGING DIRECTOR
CELL: 977-9851037260 (NEPAL)
CELL: 971-0562294995 (UAE)

License No. 975/067/068
Reg No. 74362/067/068

Octopus Recruitment Pvt. Ltd.
Buddhanagar, KTM, Nepal
Phone: 977-01-4780666
FAX: 977-01-4780655
Email: octopusre@gmail.com
octopusre@yahoo.com

Octopus

www.octopusrecruitment.com

Mukunda Sharma Paudel
Senior Advocate
Cell: 98511-86103

Sankalpa Legal Chamber
Babarmahal, Kathmandu
E-mail: mpaabg@gmail.com

Office:
Babarmahal
+977-1-4243526

Home:
Janekta Marg Buddhanagar
Baneshwor
+977-1-4780259

Experience about the Rotaract

Voice Of Past Leader

I found Rotaract as an Institution which taught me about the people, places and moreover it provides an opportunity to work with others and work for others. To work being a Rotaractor was an incredible experience if I mesmerize those days today. I realized that experience was probably what made me finally reach out to develop new friends, new circles, and new relations. Those friends encouraged me to develop my lifelong interest in social service. More importantly, that experience of social service gave me a lifelong compassion for others. Finally I was motivated to join the Rotary, the first step of joining Rotary movement for serving the humanity was joining the Rotaract itself.



ROTARY CLUB OF KATHAMANDU DISTRICT 3292-NEPAL-BHUTAN

Rotary Year	President	Secretary
1959-60	Gen. Kiran SJB Rana	Jagdish SJB Rana
1960-61	Gen. Kiran SJB Rana	A. Bhattacharya
1961-62	Gen. Kiran SJB Rana	A. Bhattacharya
1962-63	K.D. Shrestha	Manindra Raj Shrestha
1963-64	Gen. Kiran SJB Rana	Manindra Raj Shrestha
1964-65	Gen. Arjun SJB Rana	Gopa Rajbhandari
1965-66	Gopal Rajbhandari	Tom Mendies
1966-67	Manindra Raj Shrestha	Soli R. Manekshaw
1967-68	M. Ramunny	Soli R. Manekshaw
1968-69	K.P. Gautam	C. S. Banerji
1969-70	Mani Harsha Jyoti	C. S. Banerji
1970-71	Gulab S. Harjani	R. L. Fleming
1971-72	Ranjit Kumar Ghosh	Kamal Mani Dixit
1972-73	A. Scordialos	Kamal Mani Dixit
1973-74	R. K. Shrestha	B. L. Khoshla
1974-75	P. P. Shrestha	Trailokya Nath Shrestha
1975-76	Tom C. Medies	G. H. O. Keuntje
1976-77	Jay Kumar Nath Shah	K. B. Basynat
1977-78	Hulas Chand Golchha	Kamal Mani Dixit
1978-79	Ranjit Kumar Ghosh	Kuber P. Sharma
1979-80	Dr. Jogendra Jha	D. D. Shrestha
1980-81	Kuber P. Sharma	Om P. Singh
1981-82	Dr. Jogendra Jha	D. D. Shrestha
1982-83	Soli R. Manekshaw	Kamal Mani Dixit
1983-84	Ratna Man Sakya	Tehmas R. Manekshaw
1984-85	Kunj Bihari P. Singh	Tehmas R. Manekshaw
1985-86	Murari SJB Rana	Robert O. Weise
1986-87	H.E. Kazuo Kaneko	Robert O. Weise
1987-88	Bhubaneswar Amatya	K. Radha Krishnan
1988-89	Robert O. Weise	Ravindra Kumar Kohli
1989-90	Tehmas R. Manekshaw	Bishwa Nath Jajodia
1990-91	Trailokya Nath Shrestha	Jagdish Bhakta Mathema
1991-92	Col. Hem Bahadur Karki	Krishna Murari Timilsina
1992-93	Dr. Jogendra Jha	Bala Krishna Shrestha
1993-94	Hukum Chand Dugar	Krishna Murari Timilsina



1994-95	Ratna Man Sakya	Krishna Murari Timilsina
1995-96	Dr. Loke Bikram Thapa	Kamal Dahal
1996-97	Krishna Murari Timilsina	Kamal Dahal
1997-98	Dr. Om K. Malla	Bishnu Subedi
1998-99	Tek Chandra Pokharel	Bishnu Subedi
1999-2000	Dr. Kishore Kumar Pradhan	A. S. Grover
2000-01	Kamal Dahal	Kedar Prasad Sharma
2001-02	Satya Pal Sachadeva	Rajeswar P. Pant
2002-03	Bala Krishna Shrestha	Suresh Satyal
2003-04	Amod Adhikari	Bijaya Lal Shrestha
2004-05	Bishnu Subedi	Rajeswar P. Pant
2005-06	Sushil Bhattarai	Narayan Pd. Manandhar
2006-07	Krishna Murari Timilsina	Dinesh Raj Sharma
2007-08	Kedar Prasad Sharma	Narayan Khatri
2008-09	Rajeswar P. Pant	Anup Subedi
2009-10	Narayan Pd. Manandhar	Anup Subedi
2010-11	Suresh Satyal	Dan Bahadur Chand
2011-12	Dinesh Raj Sharma	Rajendra Kumar Dahal
2012-13	Anup Subedi	Keshav Thapa
2013-14	Dan Bahadur Chand	Surendra Pratap Shah
2014-15	Rajendra Kumar Dahal	Narayan Krishna Kharel
2015-16	Suresh Das Shrestha	Sujata Nepal
2016-17	Mona Adhikari	Achut Babu Ojha
2017-18	Surendra Pratap Shah	Pradeep Pandey
2018-19	Ram Gartaula	Sunita Karmacharya



PRESIDENTS: ROTARACT CLUB OF KATHMANDU

S. No	Rota Year	President
1.	1996-1997	Mr. Suraj Man Singh Adhikari
2.	1997-1998	Mr. Jeevan Pokharel
3.	1998-1999	Mr. Parash Mani Pokharel
4.	1999-2000	Mr. Upendra Karki
5.	2000-2001	Mr. Subodh Koirala
6.	2001-2002	Mr. Yog Raj Niraula
7.	2002-2003	Mr. Kuber Karki
8.	2003-2004	Rtn. Dan Bahadur Chand
9.	2004-2005	Mr. Kumar Jung Shah
10.	2005-2006	Mr. Tapa Kumar Shrestha
11.	2005-2006	Mr. Himal Lamichhane
12.	2005-2006	Mr. Ramesh Dahal
13.	2006-2007	Mr. Anup Subedi
14.	2007-2008	Mr. Ram Prasad Ghimire
15.	2008-2009	Rtn. Achut Babu Ojha
16.	2009-2010	Mrs. Kalpana Bastola
17.	2010-2011	Mr. Rajiv Ghimire
18.	2011-2012	Rtr. Sushil Kumar Karki
19.	2012-2013	Mr. Padam Kumar Shrestha
20.	2013-2014	Rtr. Suraj Poudel
21.	2014-2015	Rtr. Rajendra Gautam
22.	2015-2016	Rtr. Sangam Dahal
23.	2016-2017	Rtr. Mridul Acharya
24.	2017-2018	Rtr. Sarbesh Rijal
25.	2018-2019	Rtr. Sunil Phuyal



Rotary Club of Kathmandu Secretarial Report-Rotary Year 2017-18

Number of Regular Meetings:	42
Number of Board Meetings:	12
Number of Club assembly:	4
Average no. of Members Attended in Regular Meeting:	24
Average Percentage of Attendance in Regular Meeting:	61
Total Number of Club Bulletin (Yak Bell) Published:	42
Participation on District Governor's Installation Ceremony by :	5 members
Participation on District Conference by :	7 members
Participation on President Meet:	2 members
Participation on District Assembly by:	3 members
Participation on RI convention in Atlanta by :	2 members and 1 Spouses)
Registration of Members in My Rotary (till June 2018):	26 (53%)
Participation at TRF seminar by :	2 members
Participation at ICM meeting by:	7 members
Participation at District Rotary Foundation Seminar by :	2 members
Active members as of July 1, 2017:	36
Active members inducted (July 2017 – June 2018):	4
Active member terminated (July 2017- June 2018):	1
Active members as of June 2018:	39
No of Women Member Inducted (July 2017- June2018):	0
No of Rotarians below 40 inducted (July 2017- June 2018):	3
Net Growth:	8.33
Retention:	97%
Total TRF contribution in Rota Year 2017-18:-	\$ 32, 000

Major Service Projects:

Support for Sindhuli technical institute, Sindhuli is going on and it is more in the state of expansion of its subjects and specialty. We are further planning to incorporate staff nurse as well in this year.

Scholarship Project: Contributed by Rotary Australia world community service and Rotarians from RC Kathmandu. Total scholarship till date is to 91 students and per student scholarship is NRS 4500. Total budget is 880,370 to Shree Kamalamai Higher Secondary School, Sindhuli. Scholarship kit contains copy, pencil, woolen sweater, pants/skirts, 1 pair of shoes and shocks and day meal.

Drinking water Project: With the help of RC Oregon USA; we did second global grant project of supplying Drinking Water to the 120 houses in Godamchour Village, Mulpani (Now Godawari Municipality, ward no 1) for a sum of 67,000 USD. Sponsors are more than 8 partner clubs. We made 1 Lakh lite capacityr tank carrying water from 1200 meter down and provide it to the community. 2300 people are getting drinking water every day for 2 hours in morning/evening.

Rain water harvesting Project: The concept of this project is to harvest the rainwater with the help of gutter by collecting water through 63mm HDP pipe in a BIG Pond (Solpadine tank 40 x 33 size) which is used for vegetable farming, animal husbandry in the dry season. Now this



project is completed and we have made 100 ponds to 100 family and capacity of one pond is 20,000 liter.

Shree Chunadevi School Project: RC Kathmandu has donated Nrs. 3 Lakhs for school dress (woolen Sweaters) of Shree Chunadevi Secondary School student, Nagarkot, Bhaktapur. Total beneficiaries were 150 students and Partner club was RC Urawa, Japan for this project.

Solukhumbu Project: Another global grant project is in Solukhumbu of 54, 000 USD with Danish Rotary club for reconstructing school, providing furniture for class rooms, and providing education material to them. This project has been approved and we are continuing this project. Rotary Club of Kathmandu jointly with Rotary Club of Northbridge Sydney, Australia and Himalayan Project Nepal has reconstructed the building destructed by earthquake in 2017 at Chandrajyoti Higher Secondary School, Bhakanje Solukhumbu. Rtn. Utsav Dangi along with Rtr. Sushil Kumar Karki and Office Assistant Mr. Binod Raut has visited school for the handover of the completed school to the management committee of the school in November 2017.

AWON Library: Support will continue for Rotary AWON Library in our premises which has about 500 College Graduates and others as users. We would very much like to extend the number of visitors to 1000 this year so that it can be self-sustaining. An E-Library has been set up and a Children's Wing will be added.

E-library has been already established and its going well.

Telemedicine: We already started telemedicine in Bhaktapur. For next phase we have approached Sahid Gangalal Hospital and other Government hospital to continue telemedicine

RYLA: We have sponsored in RYLA for 2 Rotaractors as previous years.

Support for drinking water: In coordination with SPLASH PP. Rajeshwor Pant initiate support for drinking water in Arbind Ashram, Nawalparasi approx. of Nrs. 70,000.

Ongoing Projects:

Bhotechaur: Our regular support program for community health center, Nagarkot and Community Hospital Bhotechaur, Sindhupalchowk is also continued as previous year.

Sindhuli Community Technical Institute: With support of PP. Rtn. Dr. Loke Bikram Thapa we have established a Community Technical Training Institute at Sindhuli by the financial contribution of Australian Rotary Clubs worth of Nrs. 29,62,228 and we are still in the phase of expansion of different other paramedical programs. This year also we will continue our support and will go on in upcoming years.

Upcoming Projects:

E-clinic: E-clinic is new global grant project in initiation of Rtn. PP. Bishnu Subedi. This is health service facility to remote needy people with the help of Internet/Information technology. Here client can take suggestions directly through internet and get help. They can also have live chat like telepathy in long run. Nepalese people from abroad, remote areas can get benefitted through internet by taking suggestion.

Green Laptop Project: With the help of OLE Nepal we are giving 20 computer set to 2 school in Gorkha Districts and one in Nagarkot. This project would be sponsored by Rotary club of Silkeborg, Denmark worth of 41,000 USD. This project will enable students of middle class to learn the computer knowledge which has been a necessity among the youngsters.

Poison Centre: We are planning to establish poison Centre soon in upcoming year and looking for sponsor for this project.

Vocational Award : from this year we have restarted a Vocational Award with cash prize to one person.

An Annual Picnic : was held at Pataleban Resort with family and friends.

Annual Souvenir is publishing to mark a starting Diamond Jubilee year of the pioneer club of Nepal



SECRETIAL REPORT – ROTA YEAR 2017-18

Rotaract Club of Kathmandu reached the pinnacle of success in Rota Year 2017-18 under the leadership of enthusiastic and Dynamic team of Board of Directors of Rotaract Club of Kathmandu. The entire board worked as a team with high appreciation of Parent Rotary Club, Past Presidents, Immediate Past President, members, office staffs and everyone else. It is my immense pleasure to disseminate the report and the activities that the club performed in Rotary Year 2017/18.



Rtr. Sunil Phuyal
Secretary, RY 2017-18
Rotaract Club of
Kathmandu

Club Statistics RY 2017-18

Total Number of Regular Meetings:	42
Total Number of Board Meetings:	10
Total Number of Club Assembly:	3
Total Number of Regular Rotaract Meeting Quiz:	38
Total Number of Joint Meeting:	4
Total Members:	41

S.N.	Project Name	Objective	Avenue
1.	10th District Leadership Training Seminar & Recognition Ceremony	To enhance Knowledge about Rotaract and different portfolios	Club Service Avenue
2.	22nd Installation Ceremony	Installation of new Board of Directors	Club Service Avenue
3.	Twin-ship with Rotaract Club of East Central University RID 5770	To enhance fellowship between the clubs	International service avenue
4.	Twin-ship with Rotaract Club of Pokhara	To enhance fellowship between the clubs	Club Service Avenue
5.	Twin-ship with Rotaract Club of Butwal South	To enhance fellowship between the clubs	Club Service Avenue
6.	Effective Public Speaking Training	To train the youths of today in the matter of importance of public speaking and its do's and don'ts	P r o f e s s i o n a l Development Avenue
7.	Club COTS	To train the Club officials and members of the club	Club Service Avenue
8.	Letterhead exchange with RaC San Pedro South	To exchange information about each other club	International service avenue
9.	Joint Meeting (Friendship Day)	To enhance Fellowship between the clubs	Club Service Avenue



10.	Friendship Day Dance Party	To enhance Fellowship between the clubs	Club Service Avenue
11.	Food and Stationery distribution at SAP	To promote healthy eating habits and education	Community Service Avenue
12.	Joint Essay Writing Competition with RaC Kohlapur Midtown Phoenix	To promote writing habits among school going children.	International service avenue
13.	Teej 'Dar' Celebration	To promote the culture and fellowship	Club Service Avenue
14.	TOT on Menstrual Hygiene & Alternative Sanitary Pad Making	To create a pull of trainers eligible of providing awareness regarding menstrual hygiene	Youth Service Avenue
15.	Photography Training	To train participants about exposure, composition and editing tools	P r o f e s s i o n a l Development Avenue
16.	Relief Distribution for flood victims	To help the disaster victims with basic their needs	Community Service Avenue
17.	Dashain Aayo	To enhance fellowship and culture among members	Club Service Avenue
18.	President's Message Exchange with RaC HITK	To exchange greetings and information between clubs	International service avenue
19.	Letterhead Exchange - RaC Muzaffarpur	To exchange information about each other club	International service avenue
20.	Deusi Bhailo	To promote culture and enhance fellowship.	Club Service Avenue
21.	Joint Meeting and Greeting exchange with the clubs of Zone V	To enhance fellowship and exchange Dashain greetings	Club Service Avenue
22.	22nd Charter Day Celebration	To celebrate the charter day and enhance fellowship	Club Service Avenue
23.	4th Late Rtr. Sachin memorial blood doantion	To aid blood bank collect different blood groups	Community Service Avenue
24.	Rotaract Futsal Tournament	To promote fellowship among the Rotaractors all over the country	Club Service Avenue
25.	Report writing training	To provide basic knowledge about preparing a report	P r o f e s s i o n a l Development Avenue
26.	Secret Santa	To enhance fellowship	Club Service Avenue
27.	Service trip from RaC University of Hongkong	Jointly with an international Rotaract clubs helping a community develop in terms of literacy	International service avenue



28.	Ramdi Project with RaC Butwal South and RaC Pokhara	To distribute food itineraries and slippers	Community Service Avenue
29.	Friendly futsal with Rac Manohara	To promote fellowship	Club Service Avenue
30.	13th Inter College Rotaract Running Shield Quiz Competition	To promote Rotaract and promote enhancement of knowledge among students	P r o f e s s i o n a l Development Avenue
31.	Happy Project	To share happiness with children of SAP	Community Service Avenue
32.	Mental Health awareness	To educate the college going youth regarding the issue of mental health	Youth Service Avenue
33.	Holi Celebration	To promote culture and enhance fellowship	Club Service Avenue
34.	Zonal Picnic	To enhance fellowship	Club Service Avenue
35.	Scholarship Project	An initiation towards literate Nepal	Community Service Avenue
36.	Goodwill Visit: RaC Kantipur	To promote and enhance fellowship	Club Service Avenue
37.	Basic Share Market Training	To share general information about stock market	P r o f e s s i o n a l Development Avenue

Participated:

1. 1st PS Meet
2. 3rd Rtr. Santosh Memorial Rotaract Quiz Competition
3. 60th Installation Ceremony of Rotary Club of Kathmandu
4. Participation in Installation ceremony: 28 Clubs
5. 60th Chartered day ceremony of Rotary Club of Kathmandu
6. Teej Celebration of RaC Butwal South
7. Zonal COTS
8. Rotaract Sahittik Sanj
9. Presentation Skills Workshop
10. Chartered day of RaC Phulnaru
11. Rota Splash
12. Resurgence
13. Zonal Dashain greeting Exchange
14. Polio Rally
15. 3rd Rotaract Hiking
16. 3rd Late Rtr. Santosh Memorial Nationwide Quiz Contest
17. 10th Rotaract District Conference
18. STATA training
19. 2nd Rotaract startup workshop
20. 2nd PS Meet and PETS, SETS
21. Rotary Picnic



Activities done in the Rota Year - 2017-18





Activities done in the Rota Year - 2017-18











Best Wishes

to
Rotary Club of Kathmandu
for the year
2018-19

From

Himal Hospital

Kaze Darbar



Kamalpokhari, Kathmandu, Nepal

Tel.: 01 -4439303 / 4420737

Email: sales@kazedarbar.com

Website: www.kazedarbar.com

www.facebook.com/HotelKazeDarbar

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