

# *In a Loving Memory*



*Rotary Club of Kathmandu  
family deeply saddened by  
the great loss of  
Past President **Rtn. Krishna  
Murari Timalisina***

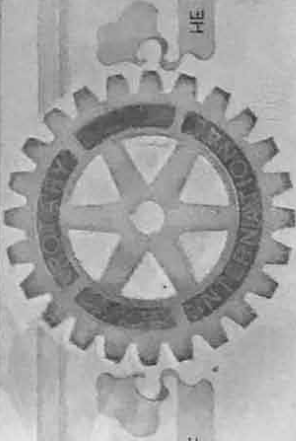


*Rotary Club of Kathmandu  
family deeply saddened by  
the great loss of Spouse  
**Dr. June Thapa***

*Your contribution and dedication is always an inspiration for all  
Rotarians of Rotary Club of Kathmandu and Rotary Movement.*

*Our gratitude and tribute to our beloved Rotary family members.*

SERVICE ABOVE SELF



HE PROFITS MOST WHO SERVES BEST

This Certifies that the Rotary Club of  
**Kathmandu, Nepal**

having been duly organized and having agreed, through its officers and members, to be bound by the Constitution and By-Laws of Rotary International, which agreement is evidenced by the acceptance of this certificate, is now a duly admitted member of

**Rotary International**

and is entitled to all the rights and privileges of such membership.

*In witness whereof* the seal of Rotary International is hereto affixed and the signatures of its officers, duly authorized, are subscribed hereto this **thirteenth** day of **April** Anno Domini 19**59**.



*Walter S. Randall*  
President, Rotary International

*George C. Meigs*  
General Secretary, Rotary International

Recommended by

District Governor

4

Rotary is a global network of 1.2 million neighbors, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves. Solving real problems takes real commitment and vision. For more than 110 years, Rotary's people of action have used their passion, energy, and intelligence to take action on sustainable projects. From literacy and peace to water and health, we are always working to better our world, and we stay committed to the end.

Rotary is an organization of business and professional persons united worldwide, who provide humanitarian service, encourage high ethical standards in all vocations and help build goodwill and peace in the world.

Rotary is a secular organization open to all persons regardless of race, color, creed, religion, gender or

political preference. Rotary members believe that we have a shared responsibility to take action on our world's most persistent

issues. Our 35,000+ clubs work together to:

- Promote peace
- Fight disease
- Provide clean water, sanitation, and hygiene
- Save mothers and children
- Support education
- Grow local economies

### Rotary Motto

Rotary's principal motto, "SERVICE ABOVE SELF", is a powerful testament to the enthusiasm with which Rotarians embrace the ideal of service.

### The Mission of Rotary International

The mission of Rotary International is to provide service to others, promote integrity, and advance world understanding, goodwill, and peace through our fellowship of business, professional, and community leaders. Including to:

- Support its member club/s in fulfilling the Object of Rotary
- Globally promote the concept of service as a worthy endeavor
- Strengthen and expand Rotary to communities around the world
- Foster unity among member clubs of the association

### Objective of Rotary:

The object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster.

**First:** The development of acquaintance as an opportunity for service.

**Second:** High ethical standard in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society.

**Third:** The application of the ideal of service in each Rotarian's personal, business, and community life.

**Fourth:** The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

### Rotary Code of Conduct

As a Rotarian, I will:

1. Act with integrity and high ethical standards in my personal and professional life
2. Deal fairly with others and treat them and their occupations with respect
3. Use my professional skills through Rotary to mentor young people, help those with special needs, and improve people's quality of life in my community and in the world
4. Avoid behavior that reflects adversely on Rotary or other Rotarians



**Paul Percy Harris**  
Rotary Founder

## **The Five Avenues of Service**

Five Avenues of Service Based on the Object of Rotary, the Five Avenues of Service are Rotary's philosophical cornerstone and the foundation on which club activity is based:

**Club Service** focuses on strengthening fellowship and ensuring the effective functioning of the club. This "Avenue" promotes the development of acquaintance as an opportunity for service. It involves the activities necessary to make the Club function successfully and achieve its goals.

**Vocational Service** encourages Rotarians to serve others through their vocations and to practice high ethical standards. This area represents the opportunity that each Rotarian has to represent the dignity and utility of one's vocation as an opportunity to serve society. Rotarians promote and foster high ethical standards in business and professions and promote the recognition of the worthiness of all useful occupations.

**Community Service** covers the projects and activities the club undertakes to improve life in its community. This "Avenue" relates to the activities that Rotarians undertake to improve the quality of life in their community. Particular emphasis is given to helping children, needy families, the aged, the handicapped, and those most in need of assistance. Rotarians strive to promote the ideal of service in their personal, business, and community lives.

**International Service** encompasses actions taken to expand Rotary's humanitarian reach around the globe and to promote world understanding and peace. In this area, Rotarians strive for the advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service. International Service Projects are designed to meet the humanitarian needs of people in many lands, with particular emphasis on the most underprivileged children and families in developing countries.

**Youth Service** recognizes the positive change implemented by youth and young adults through leadership development activities as RYLA, Rotaract and Interact, service projects, and creating international understanding with Rotary Youth Exchange.

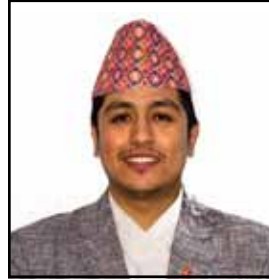
Rotary International Council of Legislation (CoL) on April 28, 2010 has recognized the youths in Rotary by approving enactment to add "New Generation" as the Fifth Avenue of Service. The CoL of 2013 had made an amendment to change the name from "New Generation" to "Youth Service".

## **THE FOUR WAY TEST**

of the things we think, say or do

- 1. Is it the TRUTH?**
- 2. Is it FAIR to all concerned?**
- 3. Will it build GOODWILL and BETTER FRIENDSHIP?**
- 4. Will it be BENEFICIAL to all concern?**

## Editorial



**Rtn. Sushil Kumar Karki**  
Editor, Souvenir RY 2020-21

### **Editorial Committee**

Rtn. Achut Babu Ojha  
Rtn. Sonika Thapaliya  
Rtn. Sushil Kumar Karki  
Rtn. Mohan Krishna Maharjan  
Rtn. Rajendra Gautam  
Rtn. Bhaskar Kafle  
Rtr. Aadhar Wasti  
Rtr. Sumikshya Pathak

### **Marketing Committee**

Rtn. Tirtha Raj Dahal  
Rtr. Nisha Khatiwada  
Rtn. Narayan Krishna Kharel  
Rtn. Rajendra Kumar Dahal  
Rtn. Utsav Dangi  
Rtn. Ashish Jajodia  
Rtn. Rabindra Karkee

Rotary Club of Kathmandu, a pioneer club of Nepal is involved in service since its charter in 1959 A.D. We, the editorial team is pleased to present this souvenir in front of you all highlighting the history of the Rotary Club of Kathmandu along with details of the club activities, members profile and necessary information related to club and its partner in service clubs.

This year, we all the Rotarians around the globe are working together to build opportunities through and within the Rotary as mentioned by Rotary International President's theme "Rotary Building Opportunities". We believe that this publication will be a medium to reach among Rotary club, Rotaract club, Interact club, Inner wheel club, partner organizations, and government agencies building opportunities for fellowship and service.

We the Rotary club of Kathmandu family would like to celebrate the 25th glorious year of service rendered by our Partner in Service club, Rotaract Club of Kathmandu. We heartily congratulate all the members, past presidents, and leaders for their tremendous contribution to the professional development of youths, building international understanding, and serving the community. Together we will explore the new pinnacle of service in days to come.

We are also grateful towards all the supporting hands for their support for publishing this souvenir despite the pandemic COVID-19.

Let's frequently wash our hands, sanitize our surroundings, keep social distancing, and enjoy reading.

Thank you.





**Holger Knaack**  
President, 2020-21  
Rotary International  
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[holger.knaack@rotary.org](mailto:holger.knaack@rotary.org)

24 March 2020

Dear fellow Rotarians:

Ask any Rotarian what led them to Rotary, and you'll usually get different answers. Why? Not only does Rotary mean different things to members in different parts of the world, it also has a unique meaning for each Rotarian.

However, we are all brought together in three important ways. We believe in Rotary values and all share the same Four Way Test. We believe in friendships and love spending time together. And we take great satisfaction in helping others – we are committed to Service.

The District Board has assumed important responsibilities and I thank them for this hard work. They have made a commitment to help grow Rotary, adapt to the digital future and make Rotary more appealing to younger generations.

We have important work in front of us and so many opportunities to open for others and ourselves.

I hope you will continue your journey with us, as we continue to serve our communities so that future generations can thrive as Rotary Opens Opportunities.

Regards,

A handwritten signature in black ink that reads "Holger Knaack".

Holger Knaack  
President, Rotary International 2020-21

**ROTARYINTERNATIONAL  
DISTRICT 3292**

## Message from the DG



Dear Rotaractors,

Greetings to you.

At the outset, let me Congratulate you for taking over the leadership of the club for the year 2020/21.

We all should consider ourselves to be very fortunate that we are a member of a very reputed and extremely popular organisation called Rotary. Since its inception more than hundred years ago Rotary has done so many wonderful and life changing service projects that has benefitted many people and communities around the world for good.

Having said that, though Rotaract joined the Rotary family only in the sixties I must admit that Rotaractors have played a very significant role to put Rotary in a strong position that it is in today. The youths have contributed so much in service projects, RYLA, vocational training programmes, leadership to name a few. It is also very encouraging to see that many Rotaractors are gathering to open their own Rotary Clubs or joining various other Rotary Clubs.

Recognising the excellent contribution of the Rotaractors and the contribution that they have made in the growth of Rotary the Rotary International has decided in its last “Council of Legislation” meeting that Rotaract will no longer be a Programme of Rotary but a member of the Rotary International. In fact, from July 2022 Rotaractors will get the opportunity to pay a minimum fee and become the member of Rotary International. What a positive change the Rotary International has made and I would like to Congratulate each one of you for this achievement.

In the coming year 2020/21 as the serving District Governor I have made changes to include Rotaractors in various important District Committees. These inclusions will not only encourage Rotaractors but will also give a good exposure to them about Rotary and will motivate them and others to join and work for Rotary.

With the support of all the youths I look forward to work with you together in the year 2020/21 as Rotary is a platform where opportunities open not only to serve but to develop our own personalities. Therefore, let us take the advantage of RI President Rtn. Holgar Knaack’s theme of “Rotary Opens Opportunities.” with the mindset of “Together We Can” and work together to do good in the world.

Thank You and Good luck.

Rajib Pokhrel  
DG 2020/21  
District 3292  
Nepal/Bhutan.





## Message from the Immediate Past President

On the auspicious occasion of 63rd Installation Ceremony of Rotary Club of Kathmandu, I would like to offer my heartiest greetings and sincere facilitation to the President and distinguished members of the Board for the year 2019/20.

Rotary is indeed a great place to practice compassion, joy, loving-kindness, and generosity. Furthermore, it was abundant learning about the core values of rotary like leadership, integrity, fellowship, diversity, and service.

2019-20 was a great year as a president of this historic club. My sincere gratitude to all the members of the Rotary Club of Kathmandu for bestowing me the responsibility of club leadership. This year we were able to create various milestones in RC Kathmandu's history with great teamwork.

I would like to remember charter presidents, charter members, past presidents, and former members in this auspicious moment, their effort and dedication had kept our club in the apex of social service.

My sincere thanks to Board members, members, innerwheel, anns, Rotaractors of Rotaract Club of Kathmandu, Interactors, club office Secretariat, District Governor Rtn. Kiran Lal Shrestha sir, AG Rtn. Basudev Neupane sir, fellow president of zone 2 (Rtn. Hark Saud, Rtn. Nabin Pandey, Rtn. Kiran Nath Pyakurel), fellow batchmate Rotarians, and District officials of RI Dist. 3292 for all the support and guidance during RY 2019-20. I am very thankful to my wife Rachana Aryal and my family for their understanding and support in Rotary's Noble cause.

Let's keep serving, let's serve for the benefit of many.

Rtn. Narayan Krishna Kharel  
Immediate Past President (2020-2021)





## Message from the President

Dear fellow Rotarians

I express my gratitude to the fellow Rotarians of Rotary Club of Kathmandu for bestowing me this opportunity to serve the club as the president for 2020-2021

Rotary Opens Opportunities, presidential theme, of Rotary International President Holger Knaack encourages Rotarians to seize the many opportunities Rotary offers to enrich their lives and the communities they serve.

I would also like to express my gratitude to past presidents, members, Inner Wheel member, Rotaractors, Interactors, RCC members, district leaders, and Rotary International leaders whose special efforts and decades of commitments has heightened the club to what it is today.

I am humbled and honored to be called the president of the most prestigious and pioneer Rotary club of Nepal and maintain its legacy.

I am confident that with the support of fellow Rotarians who have decided to contribute their efforts, talents and treasure will surely surge the image of Rotary to its greater height in the coming days. I would like to thank my Board of Directors who are committed to enhancing the rotary image by embracing Rotary motto "Service above Self"

The rotary year 2019-2020 was a benchmark for the rotary movement and the leadership shown by very young president Rtn. Narayan Krishna Kharel even during the difficult period of panic of Covid-19 is praiseworthy. I congratulate Rtn. Narayan Krishna Kharel and his team for the wonderful and remarkable tenure.

Wrapping up I would like to express my heartfelt thanks to the editorial board for their untiring effort in this matter.

Regards with jay Rotary to you all

Rtn. Tirtha Raj Dahal  
President (2020-2021)



## Biodata of President RY 2020-2021

**Rtn. Tirtha Raj Dahal**, a permanent residence of Dharan Sub Metropolitan city ward no.6, Panbari of Sunsari district, was born on 15th September 1971 as the son of Mr. Nandi Keshor Dahal and Ms. Randata Devi Dahal. He holds a Master's degree in Business Studies from Nepal Commerce Campus Minbhawan. He is happily married to Ms. Binita Bhandari and the couple is blessed with two daughters Kritika & Sailika and a son Shubham Raj.

Instructor by profession, he is affiliated as Technical Officer in Telecom Training Center. Besides service, he is also a renowned teacher of Math and Science for secondary and higher secondary levels. He has been contributing to adult learning and is teaching in Mahila Chetana Bidhyala Gangabu and Mahila Prerana School Satdobato. He is also involved with many social/community as a facilitator.

Mr. Dahal was inducted as a member of the Rotary Club of Kathmandu on 13th April 2012, on the auspicious occasion of club's 54th charter day. He was unanimously elected as president of the Rotary Club of Kathmandu on 2018-19. Previously, he has served the club in different designations, Sergeant at Arms 2012/13, Treasurer 2014/15, Club Admin Chair 2015/16, Public Image Chair 2016/17, Vice President 2017/18, President Nominee 2018/19, and President-Elect 2019/20. He has been actively involved in service projects, district events, and many community visits of clubs.

## Message from District Rotaract Representative

Dear President  
Rtr. Nisha Khatiwada  
Rotaract Club of Kathmandu



Namaskar and warm Rotaract Greeting,

I am delighted to congratulate clubleaders of Rotary Year 2019-20 for noteworthy performance throughout the year to take Rotaract moment forward and take club to a newer height. Congratulations to all office bearers of the club as we welcome the new Rotary Year 2020-21 and look forward to work together to create value.

The theme for this Rotary Year “Creating Value” refers to the process of creating value of our members within the club, District, community, and society. Furthermore, Creating Value resonates with the idea of enhancing professionalism and supporting the community’s needs to create the value of Rotaractors and Rotaract as a brand.

Extending this concept, the objective of Creating Value is to establish the Rotaract fraternity as a place for not just community service but the place where you can have professional benefits as well. It is a high time to recognize Rotaract as the forum where you can grow professionally, build networks with other professionals, and nurture young leaders.

Rotary Year 2020-21 also marks the final year of 3 years vision set by Rotaract District 3292. As we work together to achieve our shared vision, we shall also focus on enhancing professional opportunities for our member. As RI President Rtn. Holgar Knaack explained the theme for Rotary Year 2020-21 Rotary Open Opportunities, he highlighted that “everything we do opens another opportunity for someone, somewhere”. Amid the global COVID-19 pandemic that we find ourselves surrounded in, this can be reflected in the ways our clubs and members have embraced technology and explored creative opportunities in ways we conduct our projects and serve our communities.

As your District Rotaract Representative, I strongly believe that embracing values of Rotary, we are capable of opening doors of opportunities to create value of our clubs and members within Rotary-Rotaract and beyond. As District Rotaract Representative, and of behalf of the District team, I wish your club a successful year ahead and would like to ensure our support in every step as we embark our journey to a new Rotary Year.

Rtr. Sanjib Paudel  
District Rotaract Representative  
Rotary Year 2020-21  
Rotary International District 3292,  
Nepal and Bhutan

## Message from Immediate Past President



Dear Fellow Rotaractors,

The quote that has really touched me is “Leaders don’t tell you what to do they show how it’s done.”. I still remember the day i.e 7th July 2019, when I took my oath of secrecy followed by acceptance speech and I remember I taking oath as “म रोटयाक्टर लोकराज पाण्डेय अध्यक्ष पदस्वकार सगै यो प्रतिवदा गर्दछु कि, म आफ्नो स्वार्थलाई पछाडि राखेर सधै क्लबको हितका निम्ति कार्य गर्नेछु । Serving as President I have learned that the collar comes with huge responsibility and that responsibility can be fulfilled with the proper co-ordination and co-operation with members and of course as a team the only way to maintain legacy and let club prosper. Members are the asset of any clubs and as we are serving for the youths I believe each one of us should be heard and complied to if its best for the club members as a whole while giving sufficient opportunity to grow. That’s what makes the members dedicated and retained and serves the purpose of any Club. This supports the fact that president is the only FACE of the Club.

Serving as the president of Rotaract Club of Kathmandu was indeed a challenge for me to upheld the legacy of 23 years and 25 presidents. But with the guidance and immense support of members of Rotaract club of Kathmandu, we without any obstacles accomplished activities and able maintained the legacy with some added amazing programs in the list. My sincere gratitude goes to all the members, Board Members and guests. Also, I am grateful to past presidents for their immeasurable support and guidance throughout the year. Special words of thanks to Rotary Club of Kathmandu; indeed we received a huge support in every possible way which truly was real motivation for Rotaract Club of Kathmandu. As always, we appreciate our Sponsoring Rotary Club and the Rotarians for their constant support and guidance.

Some are innately leaders while others are made. And I strongly suggest Rotaract, as a wonderful platform that has groomed and made me competent enough to lead this prestigious organization. And more than that, it is to me an extended family with members from diverse stream having their own way of working while being open to change ourselves for our own good and betterment of the Club. We make mistakes and process of learn and unlearn follows. We LEARN from these mistake, LISTEN our advisors and polish the mistake and again rise up to LEAD.

In any organization members are the important assets and same goes in Rotaract too. As I always say, every president should listen to every member’s need; president must be in reach with all the members of club. They must guide members and also define their roles and responsibilities in club level and beyond club level. The most important thing that every leader or president must have patience to handle any circumstance. One president will not have any difficulties during his /her tenure if he/she goes through 3L (Listen, Learn and Lead). If leader is able listen his/her member, their interest of program and also if he/she is able to understand them and important factors they must learn their club identity the way how their club has been functioning, the one who is able to listen and learn can lead the tenure easily. In Rotaract, let’s have fellowship within club and outside the club with members, let’s groom ourselves and let’s serve to the needy.

Be Listener Be Learner Be Leader

Yours’s In Rotaract

Rtr. Lok Raj Pandeya

President RY 2019-20

Rotaract Club of Kathmandu

## Message from President



I vividly remember the day I first stepped in to attend the “General Meeting”. Rtr. Sangam Dahal was conducting the meeting as the president of RaC Kathmandu, and the way he did, it kindled something in me and compelled me to vow to be the President from that very day. I have always believed that if one has the desire and urge to achieve what one aspires, one just has to follow their beliefs with honesty and things will shape it up into reality. At this moment, as I try to express my feelings, I feel that I am shaping it by becoming 27th President of this club.

Rotaract Club of Kathmandu has a great history with its dynamic leaders who have sculptured the name of the club, remarkably. I feel blessed by the responsibility that the fellow Rotaractors have deemed me capable of shouldering. And to the board of RY 2020-21 I just want to say; it is our responsibility to make sure that this year the insignia of RaC Kathmandu will shine brighter than ever before.

Rotaract has been playing an incredible role among youth through different initiatives. It always has been a platform for youth to enhance their knowledge & skills thus assisting in their personal development and promoting their goal of global relationship through its motto “Fellowship through Service”. Rotaract, for me, is a platform where I can explore myself, my capabilities and my ideas. RaC Kathmandu is a family for me where I learned to perform various tasks with ease and thus know myself. I have no doubts when I say, that each member of RaC Kathmandu, is willing to explore, and is determined to learn and is committed to give their best.

This year we are celebrating our 25th year of service in the Rotaract movement. And by toiling for twenty-five glorious years, we have grown and have managed to create a new milestone in the Rotaract movement. This has been possible only by the hard work, dedication, guidance and continuous support from all the past and present leaders. I want to take this opportunity to thank all the Past Leaders whose efforts and supervision has taken us this far in upholding the legacy of our club. Also, huge words of gratitude towards Rotary Club of Kathmandu for supporting us at all times. I hope to get similar kind of guidance and support towards the club in the days to come. This is the time to celebrate our glorious journey and also is high time for us to commit ourselves. I believe each one of us will apply our thoughts, project ideas and innovative thinking to achieve the goals we have. In the same way, we must strive to continue the outstanding projects we have had and also add some new projects focusing on the interests of the members of the club. As we commence yet another year, let's promote fellowship, develop leadership skills and execute the project ideas collaboratively in order to succeed.

It always takes a group of people working together with a common purpose to get extraordinary things done; Fellow Rotaractors, we should continue the good work that has been carried out through ages and make sure to develop new ways to ensure ourselves and the club to be the best with the theme “Working together to be the Changemaker”.

Yours in Rotaract  
Rtr. Nisha Khatiwada  
President (RY 2020-21)  
Rotaract Club of Kathmandu

## Executive Board RY 2020-21

### Rotary Club of Kathmandu



**Rtn. Tirtha Raj Dahal**  
President



**Rtn. Narayan Krishna Kharel**  
Immediate Past President



**Rtn. Suresh Man Singh**  
President Elect



**Rtn. Achut Babu Ojha**  
President Nominee



**Rtn. Kishor Upreti**  
Vice President



**Rtn. Sonika Thapaliya**  
Secretary



**Rtn. Sushil Kumar Karki**  
Joint Secretary



**Rtn. Prajun Khadka**  
Treasurer



**Rtn. Dr. Pradeep Pandey**  
Joint Treasurer



**Rtn. Rajendra Gautam**  
Chair,  
Service Project



**Rtn. Prithvi Shrestha**  
Chair,  
Membership Development



**Rtn. Rabindra Karki**  
Chair,  
Club Administration



**Rtn. Bhasker Kalle**  
Chair,  
Public Image



**PP Rtn. Bishnu Subedi**  
Chair,  
The Rotary Foundation



**Rtn. Utsav Dangi**  
Chair,  
Youth Service



**Rtn. Alina Karki**  
Editor/IT



**Rtn. Asmin K. Dhakal**  
Sergeant At Arms



**Rtn. Dan Bdr. Chand**  
Mentor



**PP Rtn. Rajendra K. Dahal**  
Club Trainer



## **Advisory Board RY 2020-21**

### **Rotary Club of Kathmandu**



**PDG Ratna Man Shakya**



**PP Dr. Loke Bikram Thapa**



**PP Suresh Satyal**



**PP Mona Adhikari**



**PP Rajan Bahadur Raut**



**PP Mukunda Prasad Poudel**



**PP Ram Gartaula**



**PP Prof. Dr. Om Krishna Malla**

## List of Committees for RY 2020-21

### Service project Committee

**Advisor:-**Prof.Dr.PP Loke Bikram Thapa  
PP Ram Gartaula

**Chair:-**Rtn.RajendraGautam

**Co-chair:-**Rtn.AshishJadodia

**Members-**PP Rtn. Rajan Bahadur Raut  
PE Rtn. Suresh Man Singh  
PN Rtn.AchutBabuOjha  
Rtn.Dr.Pradeep Pandey

### TRF Committee

**Advisors:-**PDG PP Rtn.Ratna Man Shakya  
PP Rtn Ram Gartaula

**Chair:-**PP Rtn.Bishnu Subedi

**Members:-**PP Bala Krishna Shrestha  
PP Rtn. Mona Adhikari  
PP Rtn.Dan Bahadur Chand  
IPP Rtn. Narayan Krishna Kharel

### Public Image Committee

**Advisor:-**PP Rtn.SureshSatyal  
PP Rtn.Rajendra Kumar Dahal

**Chair :-**Rtn.Bhaskar Kafle

**Members:-**Rtn SonikaThapaliya  
Rtn.Mohan Krishna Maharjan  
Rtn.Sushil Kumar Karki  
Pro.Dr.Rtn.Puspa Sharma

### Club Administration Committee

**Advisors:-**PP RtnMukund Sharma Paudel

**Chair:-**Rtn. Rabindrakarkee

**Members:-** Rtn.KishorUprety  
Rtn.Utsav Dangi  
Rtn. Bimal Bist  
Rtn. Asim Kumar Dhakal

### Membership Development Committee

**Advisors:-**PP Rtn. SurendraPratap Shah

**Chair:-**Rtn.Prithbi Shrestha

**Members:-** Rtn Alina Karki  
Rtn.Prajun Khadka  
Rtn.Ganit K.C.

### Youth Service Committee

**Advisors:** PP Rtn.SureshSatyal  
PP Rtn. Ram Gartaula

**Chair:** Rtn. Utsav Dangi

**Member:** Rtn. Dr.Pradeep Pandey  
Rtn.Ganit KC  
Rtr. Nisha Khatiwada  
Rtr. Bibek Khanal

### TEACH Committee

**Chair:** Rtn.Suresh man Singh

**Teachers Training:** Rtn. Achut Babu Ojha

**E-Learning:** Rtn. Sushil Kumar Karki

**Adult Literacy :** Rtn. Tirtha Raj Dahal

**Child Development:** Rtn. Bhasker Kafle

**Happy School:** Rtn. Rajendra Gautam

### Peace Committee

**Chair:** Rtn.BhaskerKafle

**Member:** Rtn. Sushil Kumar Karki  
Rtn. SonikaThapaliya  
Rtn. Rajendra Gautam

### Rotary Plaza Development Committee (RPDC)

**Chair:** Rtn. BishnuSubedi

Ex-Officio Member, President, Rtn. Tirtha Raj Dahal

Ex-Officio Member, Secretary, Rtn. Sonika Thapaliya

Rtn. Suresh Man Singh

Rtn. Mukunda Sharma Poudel

Rtn. Rajendra Dahal

## Members Profile RY 2020-21

### Rotary Club of Kathmandu



Name : Adhikari Amod (MPHF+1)  
Classification : Geo-Tech Engineer  
Address : Buddhanagar, Kathmandu  
Tel : 01-4781868  
Cell : 9851003470  
Email : amodadhikari2013@yahoo.com  
Date of Birth : March 21  
WA : March 5  
Spouse : Bina  
Designation : Past President



Name : Adhikari Mona (MPHF)  
Classification : Anthropologist  
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 : Past President



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



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



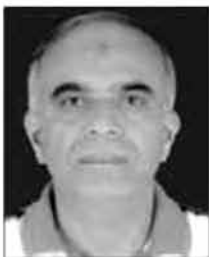
Name: Bist Bimal Singh  
Mobile Number: 9851010313  
Email: bimalbist@gmail.com  
Date of Birth: Jan 19  
WA: Jan 12  
Name of Spouse: Dilu KC  
Designation : Member



Name : Prof. Dr. Chalise Suresh Raj (PHF)  
Classification : Educator, Climate Change, Water, Environment  
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Tel : 4416395  
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Date of Birth : January 15  
Designation : Member



Name : Chand Dan Bahadur (PHF)  
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 Cell : 9851052396  
 Email : tripuracarpet@gmail.com  
 Date of Birth : November 6  
 WA : Magh 29  
 Spouse : Ranju  
 Designation : Past President



Name : Dahal Kamal (PHF)  
 Classification : Jute Technology  
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 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  
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 Cell : 9851067240  
 Email : rajendrak.dahal@ntc.net.np  
 Date of Birth : January 17  
 WA : March 8  
 Spouse : Geeta  
 Designation : Past President



Name : Dahal Tirtha Raj (PHF)  
 Classification : Business Study  
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 Cell : 9851109494  
 Tel : 01-4110988  
 Email : tirtha.dahal@ntc.net.np  
 Date of Birth : December 14  
 WA : December 2  
 Spouse : Binita  
 Designation : President



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



Name : Dhakal Asmin Kumar  
 Classification : Lawyer  
 Address : Koteswor, Ktm-32  
 Cell : 9841291797  
 Email : asminkumardhakal@gmail.com  
 Date of Birth : Feb 9  
 Spouse : Sabina Pokharel  
 Designation : Sgt At Arms



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



Name : Gartaula Ram (Major Donor, PHS)  
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 : Past President



Name : Gautam Rajendra (PHF)  
Classification : Social Entrepreneur & Development worker  
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Tel : 01-2299688  
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Date of Birth : July 8  
Designation : Chair, Service Project



Name: Jajodia Ashish  
Classification: Business Petroleum and Food Products.  
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Telephone No.: 1-4212024/4100179  
Cell No.: 9851103018  
Email : jajodia.ashish@gmail.com  
Date of Birth: 28.05.1984  
Spouse: Shraddha Jajodia  
Designation: Member



Name: Jaishwal Dr. Chandni  
Classification : Dental Surgeon, Department of Health Service  
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Cell : 9852821785  
Email: chandnijaishwal1@gmail.com  
Date of Birth: July 27  
Designation : Member



Name: Kifle Bhasker  
Classification: Peace and Conflict Management  
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Date of Birth: March 18  
WA: Feb 5  
Spouse: Rupa Upreti  
Designation: Chair, Public Image





Name: Karkee Rabindra  
Classification: Logistic Management  
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Cell: 9851156490  
Email: rabinkr2009@gmail.com  
Date of Birth: November 7  
WA: Feb 12  
Spouse: Sumita Lamsal  
Designation: Chair, Club Administration



Name: Karki Sushil Kumar (PHF)  
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Date of Birth: March 8  
WA: February 7  
Spouse: Kamana Jha  
Designation: Joint Secretary



Name : Karki Alina ( PHF)  
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Date of Birth : March 10  
WA : Baishak 15  
Spouse : Khuba Raj  
Designation : Editor



Name : Khadka Prajun  
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Email : prajunkhadka@gmail.com  
Date of Birth : Oct 3  
WA : February 10  
Spouse : Jamuna Khadka  
Designation : Treasurer



Name: K.C Ganit Kumar  
Classification: Pilot  
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Tel: 015709711 (Res)  
Cell: 9841889744 (Mob)  
Email: kcganit@gmail.com , k\_ganit@yahoo.com  
DOB: April 22  
WA: March 4  
Spouse: Reema Lama K.C.  
Designation: Member



Name : Kharel Narayan Krishna (MPHF)  
Classification : Exporter  
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Tel : 01-4991177(O)  
Cell : 9851119925, 9841550463  
Email : amigodenepal@gmail.com  
Date of Birth : December 30  
WA : February 2  
Spouse : Rachana Aryal  
Designation : Immediate Past President





Name: Maharjan Mohan Krishna  
 Classification: Event Manager  
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 Telephone: 01-4443422  
 Cell: 9851072082  
 Email: creative.maharjan@gmail.com  
 Date of Birth: January 13  
 WA :Baishakh 19  
 Spouse: Bidhya  
 Designation: Member



Name : Malla Prof. Dr. Om Krishna (PHF)  
 Classification : Ophthalmologist  
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 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 (MPHF)  
 Classification : Public Health Management  
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 Tel : 5251450  
 Cell : 9851182289  
 Email : babuojha@gmail.com  
 Date of Birth : Jan 14  
 WA : Jan 23  
 Spouse : Pabitra  
 Designation : President Nominee



Name : Pandey Dr. Pradeep (PHF)  
 Classification : Neuropsychiatrist  
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 Cell : 9841741929  
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 Date of Birth : October 28  
 WA : July 5  
 Spouse : Srijana  
 Designation : Joint Treasurer



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



Name : Paudel Mukunda Sharma (PHF)  
 Classification : Senior Advocate  
 Address : Buddhanagar-10, Kathmandu  
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 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 : Raut Rajan Bahadur (MPHF+1)  
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 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  
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 Tel : 5521220, 5527273  
 Cell : 9851038917  
 Email : rmsakya@gmail.com  
 Date of Birth : January 22  
 WA : January 28  
 Spouse : Chandra Devi  
 Designation : Past District Governor, Past President



Name: Shah Surendra Pratap (MPHF)  
 Classification: Financial Managment  
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 Tel: 4771977 (R)  
 Cell: 9851091944  
 Email: surendrapp.shah@ntc.net.np  
 Date of Birth: August 11  
 WA: March 6  
 Spouse: Sachu Sen  
 Designation: Past president



Name: Shrestha Bala Krishna (Major Donor,PHS)  
 Classification: Banking Managment  
 Address: Tripureswar, Kathmandu,  
 Tel: 4226474 (R)  
 Cell: 9851022846  
 Email: hamasteel@info.com.np  
 Date of Birth: October 18  
 WA: Feb 11  
 Spouse: Amir Shrestha  
 Designation: Past President



Name: Sharma Kedar Prasad (PHF),  
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 Cell: 9849091587  
 Email: kedarpsharma@hotmail.com  
 Date of Birth: July 15  
 Designation: Past president



Name: Shrestha Prithbi (PHF)  
 Classification: Tourism Business (Hotel/Trekking/  
 Travel & Tour)  
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 Tel: 01-4439118(R)  
 Cell: 9851021950  
 Email: prithbi@mos.com.np  
 Date of Birth: July 6  
 WA: March 26  
 Spouse: Chie Shrestha  
 Designation: Chair, Membership Development



Name : Satyal Suresh (MPHF+6)  
 Classification : Economist  
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 Tel : 01-4168039  
 Cell : 9841292245  
 Email : sureshsatyal11@gmail.com  
 Date of Birth : January 16  
 WA : November 29  
 Spouse : Dr. Indira  
 Designation : Past President



Name : Shrestha Dr. Suresh Das (PHF)  
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 Cell : 9851084659  
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 Date of Birth : February 2  
 WA : Falgun 29  
 Spouse : Sarita  
 Designation : Past President



Name: Sharma Prof. Dr. Puspa Raj (PHF)  
 Classification: Professor, CDM, TU  
 Address: Kirtipur-2, Tyanla chock  
 Telephone: 061-531717  
 Cell: 9856030890  
 Email: prsbhandar@yahoo.com  
 Date of Birth: March 9, 1967 A.D.  
 WA : Magh 21  
 Spouse: Durga  
 Designation: Member



Name : Singh Suresh Man (MPHF+1)  
 Classification : Belt manufacturing & Marketing  
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 Cell : 9851042753  
 Email : sm.singh@hotmail.com  
 Date of Birth : April 4  
 WA : Marga 29  
 Spouse : Sangita  
 Designation : President Elect



Name : Subedi Bishnu (MPHF+7)  
 Classification : Hospital Administration  
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 Tel : 01-5525116  
 Cell : 9851024103  
 Email : subedisanepe@gmail.com  
 Date of Birth : July 21  
 WA : May 9  
 Spouse : Pramila  
 Designation : Past President/TRF Chair



Name : Thapa Dr. Loke Bikram (MPHF)  
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Cell : 9851021906  
Email : lokbikram\_thapa@yahoo.com  
Date of Birth : April 28  
WA : December 26  
Designation : Past President



Name: Thapaliya Sonika (PHF)  
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Tel: 9615368893  
Cell: 9849810619  
Email: sonikathapaliya@gmail.com  
Date of Birth: November 1  
Spouse : Sabin  
WA : May 11  
Designation: Secretary



Name : Uprety Kishor (PHF)  
Classification : Accounting Management  
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Date of Birth : October 11  
WA : February 26  
Spouse : Rita  
Designation : Vice President

### Office Staffs:



**Shree Krishna Dahal**  
Executive Secretary



**Binod Raut**  
Office Assistance



**Panna Newa**  
Office Helper

## Presidents and Secretaries of Rotary Club of Kathmandu

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. Shretha	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 Amatyia	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

<b>Rotary Year</b>	<b>President</b>	<b>Secretary</b>
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
2019-20	Narayan Krishna Kharel	Utsav Dangi
2020-21	Tirtha Raj Dahal	Sonika Thapaliya



# A brief account of activities 1959-2019

## Rotary Club of Kathmandu

### **1959 Gen. Kiran SJB Rana was installed as the president**

Rotary club of Kathmandu (sponsored by RC Darbhanga, India, District 325) was chartered on April 13, 1959 and admitted into Rotary International under the District 325.

The Charter of the Rotary Club of Kathmandu (RCK) was presented on Sunday, June 28, 1959 in the presence of king Mahendra at the Army Hall. There were 30 Charter member, Gen. Kiran SJB Rana served as Charter President for three consecutive years.

-During the meeting Rotary Club of Kathmandu proposed a school for the visually impaired students and the then Prime Minister announced the establishment of a school for visually impaired students at kirtipur, Nepal.

-Dance and drama were performed by artists of Tagore's Sura Mandir institute of dance and drama, Calcutta to collect fund for the Blind School from November 25-29 and the proceeds were handed over to Government of Nepal to run the school. King Mahendra had arranged for the air transport of the artists in his private plane, and made arrangement for lodging and boarding in Kathmandu.

### **1962-63 Kumar Das Shrestha was installed as the President.**

-To observe the U.N. day variety entertainment program was organized on October 24.

-King Mahendra contributed Rs.1 lac to purchase land and construct Rotary Building with a big hall.

### **1963 Gen Arjun SJB Rana was installed President.**

### **1964-65 Gopal Raj Bhandari was installed president.**

-RCK organized an eye camp at the Bharat Darshan Exhibition Hall at Sano Tundikhel on March 19, 1966. More than seven thousand patients were benefited. King Mahendra visited the camp and encouraged Rotarians for more service projects at community.

### **1966-67 Manindra Raj Shrestha was installed as the president.**

-On March 4, 1967, first district conference was organized at the Exhibition Ground. The then District 325 Comprised of clubs of East India (then east Pakistan), Nepal and Burma. King Mahendra as the Chief Guest attended the conference and addressed the participant.

-On October 4, Dattu Village near Swayambhu was adopted by RCK. 500 books were given to start a library. 400 fruit tree saplings were planted in the village. Later annual salary of a school teacher was also given to the village.

### **1967-68 M. Ranunny was installed as the President.**

-King Mahendra inaugurated the Rotary Building on May 11, 1969. RCK became the 13th Club in the whole world to have its own building. -The Rotary Anns established Inner Wheel Club in 1969, sponsored by RCK with founder President Mrs. Kamala Rajbhandari. In collaboration with inner Wheel Club, RCK started running a weekly children's clinic, providing service of a pediatrician and free medicines.

-The Inner Wheel club also started international cooking classes for expatriate women.

-A Rotary Technical Scholarship was awarded to a school for higher study at abroad.

-A donation of RS. 5,000 was sent to Pakistan relief Fund.

### **1969-70 Mani Harsha Jyoti was installed as the President.**

### **1970-71 Gulab S. Harjani was installed as the President.**

### **1971-72 Ranjit K. Ghosh was installed as the President.**

### **1972-73 A Scordialos was installed as the President.**

### **1973-74 Raj Krishna Shrestha was installed as the President.**

### **1974-75 Prem Prakash Shrestha was installed as the President.**

### **1975-76 Tom C. Mendies was installed as the President.**

-RCK organized District Conference in Kathmandu on April 9-11. The program was attended by 500 Rotarians from Bhutan, Burma, Bangladesh, India and host Nepal. The participants included RI President Ernesto Imbassahy de Mellow and DG Iftekharul Alam.

### **1976-77 Jaja Kumar Nath Shah was installed as the President.**

-RCK sponsored Rotary Club of Biratnagar the second Rotary club in Nepal and first one in the terai region. Former Prime Minister Nagendra Prasad Rijal became the Charter President of the club.

**1977-78 Hulas Chand Golchha was Installed as the President.**

-RCK in cooperation with Rotary Clubs of Saitama, provided assistance and support to Nepal Anti TB Association for TB control and construction of NATA Building/ sanatorium at Kalimati under WCS project 858/859.

**1978-79 Ranjit K. Ghosh was installed as the President**

-Support and assistance to TB control continued.

**1979-80 Dr. Jogendra Jha was installed as the President**

- RCK started contributing Rs. 5000 monthly to Bir Hospital for the needy patients at the Emergency ward.

-Support to TB control through Nepal Anti TB Association continued.

**1980-81 Kuber P. Sharma was installed as the President**

- Support to TB control project continued .

**1981-82 Dr. Jogendra Jha was installed as the President.**

-RCK started second World Community Service Project no. 1552. This project focused on helping TB patients of Nepal through Nepal Anti Tuberculosis Association and to help leprosy patients through Nepal Leprosy Relief Association. Japan contributed significantly for this project. Rotary Club of Saitama played a major role in TB control program in Nepal. Provide custodial care and impart education were the main features of the project.

-Rs.15000 was contributed annually for the rehabilitation and another RS 15000 for children's education.

-Construction works of Nepal's first Children Park at Bhirkuti Mandap was initiated in cooperation with embassy of India.

**1982-83 Soli R. Manekshaw was installed as the President**

**1983-84 Ratna Man Sakya was installed as the President**

(Vice President Kunj Bihari took over the charge as acting president after Ratna Man left for the USA)

-US\$1000 was donated to anti-TB Association.

-Vocational Award was given to lady Traffic Officer and best trainer .

-RCC Shikoku, Japan sponsored 2 nurses for training for 9 months .

- Water Supply Project at Manikhel VDC of Lalitpur .

-Sri Krishna Madhyamik Vidyalaya Building at Dapakhel and Mahalaxmi Campus building at Lubhu, Lalitpur were completed under the grant provide by USC Canadian in 1983 (under SSNCC).

-A cheque of Rs.50,000 was handed over to Ms. Christina for the medical support of emergency ward at Bir Hospital and arrangement was made to donate Rs. 5000 monthly for several years .

-Enquiry counter was established at Bir Hospital and salary of Telephone operator was also donated.

-Rotary Club of Kathmandu celebrate its Silver Jubilee 11-14 April 1984. Queen Aishwarya inaugurated the celebration on April 11.

-A cheque of Rs. 75000 was handed to Leprosy Relief Association . The amount was collected from Runa Laila Musical Night Charity show at Royal Nepal Academy Hall.

-Beds and mattress were donated to Kanti Hospital.

**1984-85 Kunj Bihari Prasad Singh was installed as the President**

-Arrangement was made to donate one third of the amount of rent collected from Rotary Hall, renting to Inner Wheel to run three Children's Clinics :Bhimen Gola, Baneshwor, Balaju and Gue Tole Patan .

-Rotary Club of Biratnagar (RCK sponsored )sponsored Rotary Club of Dharan and was chartered on June 12, 1985

**1985-86 Murari SJB Rana was installed as President**

-Mrs Amira Dali was sent to Japan for nurses training .

-PP Gopal Raj Bhandari became Polio Plus Committee Chairman .

-Rotary Club of Kathmandu sponsored Rotary Club of Patan on August 9, 1985.

-Salyanthan became the first Rotary Village Corps (RVC) of Nepal . Sri Krishna Dahal became the first RVC chairman.

**1986-87 Kazuo Kaneko (Ambassador of Japan) was installed as the President**

- A deep tube well was bored at Teku Hospital at the cost of Rs.18,989.
- Rotary Hall was partially renovated ,drainage were made around the complex , garden was designed and saplings were planted by Japanese botanist Toru Kundo. Renovation cost about Rs 700000 was used (Rotarians contributed Rs. 68000 and Teise Company managed the rest). After renovation Japanese company Taisei co. handed over the building on Jan 30.1987.
- Salyanstan , Kirtipur was adopted as model village .
- Rotary Foundation scholarship was given to Jay Sing Shah.
- Salyanstan , Clinic was inaugurated by Kazuo Kaneko.
- Kazuo Kaneko, Mani Harsha Jyoti ,Hukum Chand Dugar became PHF.
- Scholarship of US\$750 from Anchorage East and US\$300 from RC Salt Lake was given to Prem Thapa.

**1987-88 Bhubaneswar Amatya Was installed as President**

- A donation of US\$3407 was given to Salt Lake District Clinic Calcutta, India through Kazuo Kaneko.
- US\$6000 was raised for Polio Plus Program .
- US\$2000 donated by RC Ontario, Canada was handed over to Patan Hospital to purchase dental equipment .
- PP Hukum Chand Dugar became 2nd Polio Plus Committee Chairman .
- President Bhubaneswar Amatya and Robert Weise contributed Rs. 6000 each for PHF .Bhubaneswar also committed Rs. 5 per day for three years .

**1988-89 Robert O. Weise was installed as the President**

- Water supply Project at Sindhuli Chowk sponsored by RC East Lane , UK was completed
- 10 hoarding boards for children at various bus stops were installed .
- RI Zone II Institute was organized and hosted . District Governors of 14 District participated

**1989-90 Tehmas RJC Manekshaw was installed as the President**

- American Concert was organized on November 3.
- On November 19, 1989 Charter Certificate was presented to Rotary Club of Kathmandu Mid – Town (sponsored by RC Kathmandu ) by RIPE Paulo VC Costa.
- Asia Zone II was hosted on 16-19 November . Queen Aishwarya inaugurated the institute . RIPE Paulo V C Costa was chief . Past Rotary International Director Raaja Saboo was also present.
- Inter city meeting was hosted on November 19.
- District Governor Kamal Seth granted Rs. 380000 for Duwakot water project .

**1990-91 Trailokya Nath Shrestha was installed as the President**

- Dr. Alan Gale of RC Northbridge Australia initiated to establish a Cardiac Surgical unit at Bir Hospital with the donation of Australian \$50000 and RC Kathmandu matched US Dollar 1000 in July 1990.
- Over head water tank project at Phaika Ganesthan, Duwakot Bhaktapur was completed at the cost of Rs. 409322 and inaugurated by US ambassador Julia Chang Bloch in October . This project was initiated by District Governor Kamal Seth
- A library cum clinic building was inaugurated at RVC Salyanstan by Smuel E. Moyal Israeli Ambassador.
- Rtn Ron Marcus of RI District 9680 Australia Provided technical support to establish cardiac surgical unit at Bir Hospital along with medical, surgical and electric equipment donated by SAN Hospital of Sydney on October ,1990. A team of doctors of SAN was with him .
- Dental chair equivalent to US\$18000 were handed over to Nepal Oral Health Society , Bharatpur Hospital, Teaching Hospital, Biratnagar Hospital and Friends Club. One dental chair was delivered to Dolakha hospital by Purushottam Acharya .

**1991-92 Col. Hem Bahadur Karki was installed as the President**

- RI President Rajendra Kumar Saboo and Anne Usha visited Nepal on 15th April 1992. RIP Saboo inaugurated the renovated and modernized Coronary Care Unit at Bir Hospital . Australian Rotarians and a medical team had lent their financial , medical and technical support to renovate and modernize the unit. DG Subimal Ghosh , DG Tek Atkinson , District 9680 Anne Lois , team leader Lee Russel , Rtn Graham Goodfellow and Rtn. Dr .Alan Gale were present .

**1992-93 Dr. Jogendra Jha was installed as the President .**

– With the donation of Rs 600000 from members of RC Kathmandu CCU was constructed and renovated at Bir Hospital in Dec 1993 on the initiation of Dr. Loke Bikram Thapa.

**1993-94 Hukum Chand Dugar was installed as the President**

– Dr. Prof. James Thomas Chief Cardiac Surgeon from St. Stephens Hospital , Delhi and Dr. Alan Gale conducted first open heart surgery at Bir Hospital in Dec 1993.

**1994-95 Ratna Man Sakya was installed as the President**

- A Water Tank at Salyanstan was completed at the cost of Rs. 1, 62,723 sponsored by RC Essendon, Victoria RID 3040 Australia under Aid UK and RC Kathmandu.
- Rotary Club of Mansfield initiated the Nepal Cancer Project to provide Radiotherapy services at Bhaktapur Hospital establishing Bhaktapur Cancer Care Centre in response to a request made by Nepal Cancer Relief Society through Rotary Club of Kathmandu.

**1995-96 Dr. Lok Bikram Thapa was installed as the President**

- Rotary Club of Mansfield and Rotary Club of Kathmandu Jointly applied for a 3-H grant of \$ 373,025 for the Bhaktapur Cancer Care Centre. Rotary Clubs of Kathmandu-Mid town, Ktm North, Patan and Patan West co-sponsored the project contributing US\$1000 each.
- Rotary International South Asia Conference of Peace and Development was held at BICC, Kathmandu on January 11-13, 1996. Queen Aishwarya inaugurated the conference. About 450 participants from India, Bangladesh, Pakistan, Sri Lanka and host country Nepal attended the conference. Among the participants were RI President Herbert G. Brown, PRIP Raja Saboo, DG AlokeMitra. RCK played key role to make the conference a grand success.
- RCK agreed to support ADRA/Rotary Australia joint program initiatives in Nepal as follows:
  - Rotary volunteer support for the Shahid Gangalal National Heart Center at Bansbari that included site manager for six months,
  - Rotary support the overall volunteer construction objectives of NHC for up to five year period,
  - Construction of Scheer Memorial Hospital Staff Quarter Building at Banepa,
  - Support for the construction of a Clinic and Primary Health Care Training Centre at Kalikasthan, Rasuwa.
  - The above mentioned projects were jointly sponsored by Rotary Clubs of Australia and ADRA. Rtn. Ron Marcus and Paul Dulhunty were heavily involved with these projects.
  - A MBBS Student Umesh Chandra Sharma was awarded full expense for his study for three years with the contribution of RCK Members.

**1996-97 Krishna M. Timilsina was installed as the President**

- Rtn. Tehmas RJC Manekshaw, Past President of Rotary Club of Kathmandu was installed as the District Governor of 3290. He became the first DG from Nepal in 37 years of Rotary moment in Nepal.
- On 6 November, 1996 The Rotary Foundation Trustees approved the total grant of \$ 3,78,025 for Bhaktapur Cancer Care Centre.
- On 6 November 1996 Rotaract Club of Kathmandu, sponsored by RCK was chartered.
- Rotary District 3290 Conference was held at Royal Nepal Academy Hall on 21-22 February 1997.
- The conference was attended by RIPR PRID M.K. Panduranga Setty, DG TehmasManekshaw, PDG Jagdish Rana (from Shimla), PDG Subimal Ghosh, PDG Amit Kumar Majumdar, PDG Amiya Shanker Gupta, PDG Mihir Roy, PDG Vijay S. Bhandari, PDG Jyotindra M. Vakil, PDG Amitava Bhattacharya, DGN Anjan Kumar and president of host club Kathmandu and co host clubs of Calcutta.
- In January First National Immunization Days were observed in Nepal and RCK played the lead role to make the polio eradication campaign. PP Dr. Jogendra Jha of RCK was the Chairman of Polio Plus National Immunization Committee.
- Rtn. Tehmas Manekshaw, a member of RCK was awarded Benefactors Recognition by the Trustee of The Rotary Foundation.
- In collaboration with Dublin-Worthington, USA a Poison Control Center was established and was inaugurated by US Ambassador Julia Chang Bloch. RCK had proposed that center.
- In collaboration of Rotary Club of Chiba-West, Japan a second drinking water project was

proposed for Salyanstan (RVC) village, near Kritipur at the cost US\$ 3,500.

- A group of Gandharvas, whose only means of livelihood was on the brink of collapse were provided financial support which made them capable for earning their bread.
- RCK provided immediate relief to the flood and landslide victims of Dolakha.
- Dr. Binod Kumar Parmar, Ms. Samjhana Uprety and Rtr. Paras Pokharel were selected for the Rotary Foundation Japan Ambassadorial Scholarship.
- In March 1997, The Rotary Foundation approved a Matching Grant of \$16,000 to establish Saraswati Teacher's Resource Center at Shuva Tara School.
- Extension of one big room at the Community Health Center at RVC Salyanstan.

**1997-98 Dr. Om K. Malla was installed as the President**

- Rs. 44,503 was donated to Baba Batika School.
- Scholarships of Rs. 51,400 were distributed to school students.
- Medical Camps were organized and Rs. 1,11,075 was contributed for that purpose.
- RCK supported the purchase of a Mobile Operating Van proposed by ADRA. The van was purchased with the financial assistance of RC Epping, Australia.
- The implementation of Bhaktapur Cancer Center project continued. Dr. Om served as Primary Contact Person.

**1998-99 Tek Chandra Pokharel was installed as the President**

- Rajya Shree Scholarship Fund was established by Tek Chandra Pokharel in memory of his wife on 1 July.
- Mobile Clinic Van purchased under the Matching Grant No. 8234 in cooperation with Rotary Clubs in Australia was donated to Rasuwa Community Health Center. Rtn. J.A. Castely and Rtn. MAlcomDeall were heavily involved in the project implementation.
- Health Minister K.B. Gurung inaugurated ADRA Clinic and Family Planning Center at Kalikasthan, Rasuwa. The projects were sponsored by RCK.
- Four month long Hosiery Training was conducted in March at Salyanstan RVC.

**1999-2000 Dr. Kishor Kumar Pradhan was installed as the President**

- King Birendra inaugurated the Bhaktapur Cancer Care Center on October 8, 1999 the first 3-H Grant Project of Rotary Club of Kathmandu co-sponsored by Rotary Club of Mansfield and four other clubs in the Kathmandu valley.
- MBBS student Binod Gupta was awarded entire expense for his study.
- PDG Tehmas became the First Major Donor from the club.
- Free Dental Camp was organized at the Rotary Hall.
- A Health Camp was organized at Godamchaur VDC Lalitpur and Tistung on October 9, 1999.
- Dibyeswari Drinking Water Project (DhrubaDhara) at Lokanthali, Bhaktapur was inaugurated on November 25, 1999. The WCS project was sponsored by RC Nishinomiya (cost Rs. 3,41,000).
- A reservoir was constructed under WCS Project worth \$2,850 at Matatirtha sponsored by RC Chiba West, RI District 2790 Japan. Rtn. Ram Gartaula was instrumental in formulating and implementing the project and also a grant to Dental Hospital.
- Three months cane, bamboo goods making training at Aurobindo Ashram at Thankot, Chalk clay handicraft training at Rotary Hall Thapathali were conducted.
- 3-H Grant Project for the Center for Maxillofacial Surgery (TRF \$ 1,55,018 + RC Peebles, Scotland RI District 1020 \$ 1,93,870 started implementation. Dr. David Geddes was the Primary Contact Dr. Andrew C. Wong visited the project site.
- Cath Lab was inaugurated at ShahidGangalal National Heart Center on Wednesday 26 April. The lab, first of its kind in Nepal was donated by St. Vincent Hospital in Australia through Rtn. Ron Marcus in response to the request made by RC Kathmandu.
- RCK hosted All Nepal ICM on 25 March 2000.
- A building for Mathurapati School at Kavre was constructed. It was sponsored by RC Gananoque, Canada.
- A health camp was organized at Katunje, Bhaktapur.

**2000-01 Kamal Dahal was installed as the President**

- Bhotechaur Community Hospital Project was initiated. President Kamal served as Primary Contact Person.



- Social Service Wing at National Dental Hospital was formed and \$12,495 was provided under Matching Grant (12342) by Rotary Club of Suginami, Japan.
- A reservoir of 1,00,000 liter capacity was constructed at Kritipur Municipality Ward no. 6 at the cost of \$5,000 from RC Sapporo, Japan and local government institutions Rs.10,00,000.
- A donation of Rs. 1,72,457 was sent to the earthquake victims in Gujarat on 7th March, 2001.
- Scholarships of Rs. 68,750 were distributed to students.
- RCC at Godamchaur and Interact Club of Kanya School Lainchaur were formed.
- MCH Eye Camp was organized at Moolpanivilaage on 7th April, 2001.
- GSE Team from Canada was hosted.

**2001-02 Satyapal Sachadev was installed as the President**

- Rs. 60,000 was donated to Kuruwaghar at Bhaktapur cancer Hospital.
- Health Camp was organized at Tathali, Bhaktapur.
- An Ambulance was handed over to Kyung Hee Hospital at MadhyapurThimi.
- Vocational Training Center for Blind and Disabled Persons was established at Nagaun, Kritipur.

**2002-03 Bala Krishna Shreshtha was installed as President**

- Medical equipment received under Matching Grant was handed over to Phaplu Hospital at Solukhumbu.
- A reservoir construction was completed under WCS project worth \$ 2,850 sponsored by RC Nishinomiya.
- Nagarkot Community Clinic was renovated.
- Scholarships of Rs. 67,250 were distributed to school students.
- Chhauni Children's Orphanage Project at Gokarna was completed under Matching Grant of Rs. 4,48,121 sponsored by RC Limoux, France.
- All Nepal Intercity Meeting was organized on September 4 hosted by RC Kathmandu.

**2003-04 Amod Adhikari was installed as the President**

- Rs. 13,500 was provided to a student Sunil Pokharel as scholarship.
- Medical supplies received from RC Cincinnati, USA were distributed to health institutions.
- Construction work on the Prosthetic Center at Jorpati started under the Jaipur Limb Project.
- National Center for Oral and Maxillofacial Surgery was inaugurated at National Dental Hospital Building at Panipokhari. A separate floor was constructed for the center by PP Gopal Raj Bhandari at the cost of Rs.25,00,000 and was named Gopal-Kamala Block.
- Construction of Technical Training Building for the disabled persons at Kritipur was completed at the cost \$ 16,412 in cooperation with RC Ermelo Puttin, Holland.
- Construction of reservoirs at Matatirtha in cooperation with RC Nishinomiya, Japan.
- Health Camp at Godamchaur VDC, Gagalphedi, 2 weeks free Artificial Limb Camp at Jorpati Hospital, pap smear examination at Rotary Hall were organized and World Sight Day was observed organizing eye screening camp at Buddhanagar Primary School.
- PP Tek Chandra Pokharel donated Rs. 26,640 for the Rajyashree Pokharel Scholarship Fund created in memory of his wife.
- Scholarships of Rs. 1,08,118 were distributed to school students.

**2004-05 Bishnu Subedi was installed as the President**

- Scholarship of Rs. 25,000 for the Centennial Expedition team to Mt. Everest led by Rtr Moni Mulepati.
- Children's Painting exhibition at Koshigaya, Japan
- Rotary Centennial year was observed with many programs. Centennial Bell Ringing program was organized at Rotary Hall on 26 September. Chief Guest was Prime Minister Sher Bahadur Deuba. Similar Bell Ringing was organized at RC Biratnagar followed by a procession in the town. Chief Guest was Bharat Mohan Adhikari.
- A water tank was installed at Buddhanagar Primary School and eye check camp also organized.
- One day Oral Health Camp was organized at Bishankhunaryan VDC.
- An Ambulance donated by Indian Embassy was handed over to Nagarkot Community Health Center.
- Health Camps at Tathali, Nagarkot and Bhadrabas Villages were organized.



- Scholarships of Rs. 48,000 to 10 students of Mathurapati School, Kavre were awarded. The Scholarships were donated under Rajyashree Scholarship Fund donated by PP Tek Chandra Pokharel in memory of his wife.
- Basic Nursing Training was provided to two girls at the expense of Rs. 30,000.
- Mr. Manoj Sharma (a blind) was supported with Rs. 32,606.
- PP Gopal Raj Bhandari became the Major Donor from the club.
- Medical equipments supplies worth millions of Rupees received from RC Cincinnati, USA were donated to various health institutions.
- Training Center for the blind at Kritipur under Matching Grant of 32,824 No. 18709 sponsored by RC Ermelo Puttin Holland was completed.
- Medical equipments to Phaplu Hospital, Solukhumbu worth \$3,100 under Matching Grant No. 17980 sponsored by RC Steamboat spring, Netherlands handed over.
- Construction of Bhotechaur Community Health Center building under Matching Grant No. 17668 sponsored by RC Rouge Gateway, USA was completed at the cost of \$ 48,000.
- Individual Grants (No. 0450655) of \$ 3,900 and (No. 0450739) of \$3,838 were provided to National Dental Hospital.

#### **2005-06 Sushil Bhattraai was Installed as the President**

- An ambulance was donated by RC Arizona under Matching Grant was handed over to National Kidney Center.
- 300 IOL operations at Kathmandu Medical College ,Sinamangal and 700 IOL operations at Ram Lal Golcha Hospital Foundation , Biratnagar were initiated under matching grant project
- Artificial Limb project was initiated
- Rs. 48000 was donated by RC Ganannoque was handed over to staff nurse of Biratnagar Hospital Roshani Ranjit on Dec 14
- Cardiac X-ray Image Laboratory was installed at Shahid Gangalal National center on 12Jan . The WCS project was sponsored by RC in Australia in cooperation with western hospital .Melbourne .
- Nagarkot community health center was adopted for further development . Vocation award was given to BegamRokka.
- Medical supplies received from RC of Cincinnati ., Louisville Kentucky USA were distributed to Health institutions .
- Inter city meeting on population and development was hosted on 23 Feb
- Newly constructed school building at Mathurapati ,Kavre was inaugurated on April 4. The project was sponsored by RC Lexington and Ganannoque , Canada under the WCS (\$7354)
- Rotary Library was inaugurated by DG Swapan Mookherji on June ,2006

#### **2006-07 Krishna M. Timilsina was installed as the President .**

- Financial assistance was provided to Mrs. LeelaKandel , a cance patient
- Health Camp was organized at Padampur , Chitwan and Rs 15000 was donated for that Purpose .
- Financial support of Rs 5000 to each heart patient Basu Prasad Khatiwada, orthopedic patient Nava Raj Poudel and Rs 6000 to community Development society was given
- Financial support to blind student Manoj Sharma was provided.
- Vocational award to Mana Kaji Kanandhar and Rajendra B. Silwal was given for the protection of environment at Salambu Community Forest.
- A donation of Rs 10000 to flood victims
- Children's participation in Art exhibition organized by RC Koshigaya, Japan World Diabetes Day was observed organizing one-day interaction program at Rotary Hall.
- Health Camp was organized at Thathali village on 25th Nov
- Eye camp at Rotary Hall on Dec 9
- Scholarship of Rs 60000 from Rajyashree Scholarship Fund was distributed to school students.
- Medical Supplies received from CFI International Universal Aide Society Canada was distributed
- RCK agreed to be primary Host Partner for the Jaipur Limb Project later named Nepal Orthotic and Prosthetic center to be stationed as Jorpati. The project partner was RC of

Loughborough,UK.

-Nepal Orthotic and Prosthetic Centre officially inaugurated jointly by District Governor Rajkumar Rajgaria and Nwang Sherpa who had successfully scaled Mount Everest with artificial legs.

-1000 IOL operation (300 from Kathmandu Medical college and 700 hundred from Golchha Eye Hospital Foundation Biratnagar completed).

-US \$6,104 received from RC Sydthey, Denmark for the Pikey Lower Secondary school at Solu.

-Personal Collection of Rotary News Magazine over the last 12 years by president Krishna was handed over to Rotary Library .

-Polio Plus Orientation Workshop was organized on November 6, Scholarship of Rs 52,203 from Rajya Shree Scholarship Fund was distributed .

-A Rotaract was sponsored for the RYLA Camp .

-Free artificial limb camp was organized at Jorpati.

-PP Ratna Man Sakya was unanimously proposed for the candidate of DG 2009-10 by the club on November 8

**2007-08 Kedar P. Sharma was installed as the President**

-ANM project under matching grant was initiated .

-Eye and Dental Camp was organized at Rotary Hall on July 28.

-Science Lab at Shree Chandra Jyoti LS School was establish with the sponsorship of RC Padborg, Denmark at the cost of Rs 1439000.

-US\$ 1980 was donated to Sahara Griha, Sankhamul .

-Mass Vision test was conducted at various schools .

-Health Camp at Panchakanya School ,Baluwatar organized on 19th Dec.

-PP RtnTek Chandra Pokhrel Donate Rs. 54,108 to Rajyashree Scholarship Fund

-Free Artificial Limb Camp was organized at Jorpati.

-Rs 10000 was contributed to celebrate the inaugural of New District 3292 . Rs 336956 was donated to Nagarkot Community Health Center.

-US\$1987 was handed over to National Center for oral and maxillofacial suregery .

-Scholarship of Rs 43500 from Rajyashree Scholarship Fund was distributed to students .Donation od Rs 678191 received from RC Denmark was handed over to Jana Chetana School at Solu.

-Rs 600000received from RC Rougue , Gateway , USA was handed over to Bhotechor Community Hospital .

-Rs 360000 to solu school Rs. 136023 to Loding School and Rs 287677to Tamakhani School were handed over .

-Water Supply project at Khadga Bhanjyang VDC ,Nuwakot was completed at the cost of Rs 808248

**2008-09 Rajeswar P Pant was installed as the President .**

-On October 1, 2008 long awaited Rotary Plaza Construction Agreement was signed with Tundi Construction Company Pvt. Ltd.

-Scholarship of Rs 18878 were given to the students of Nagarkot.

-Rs. 6000 was given to cancer patient at GokulSwar.

-Vocational award was given to Subarna Vaidya (Ghate Vaidya ) in recognition of his services to the patients .

-Matching Grant no. 6444 Drinking Water Project of Khadga Bhanjyang,Nuwakot was completed .

-A donation of Rs.80000 was sent to Koshi Flood victims.

-Rs. 65000 was donated to Nagarkot Community Health Center .

-A donation of Rs. 1 lac. From Dr. Shambhu Prasad Pant was given to Bhaktapur Cancer Care Centre for the construction of Kuruwaghar.

-MG no. 63261 Driling and water Supply Project at Aurobindu Ashram Thankot was completed

-PP Tek Chandra Pokharel donated Rs. 54,015 for the Rajyashree Pokharel Scholarship Fund

-PP Dr. Loke Bikram Thapa donated Rs. 3 lacs for Khaniya Kharka School at Sindhuli.

-MG no. 60266 Bhotechor Community Health Center Project was completed PP Kamal Dahal and PP Amod Adhikari were heavily involved with this project .

-Charter Member Biswanath Jajodia donated Rs. One lac for Kuruwaghar at Bhaktapur Cancer

Care Centre .

-Charter Member BiswanathJajodia donated Rs.11000 for Nagarkot Community Health Centre .

-A donation received from RC Skivehus , Denmark was handed over to Jana Chetana School at Solukhumbu .

-MG no. 64201 ANM Project was started with the TRF contribution of Rs 1401959 . PP Tek Chandra and PP Bishnu are heavily involved with this project .

-PDG Tehmas Manakshaw donated Rs. 10000 to Nagarkot Community Health Center .

**2009-10 Narayan Pd. Manandhar was installed as the President.**

- A Matching Grant No 69394 of US \$ 11,400 sponsored by Rotary Club of Nishinomiya Japan for the Chhaling water project at Bhaktapur. A Rotary Club of Australia in Perth (Rotary Club of Freshwater Bay RID 9450) has sponsored the financial support of Rs. 2,04,247 to the Angel Academy of Kirtipur.

- A Matching Grant project No. 72153 of US \$ 19,100 (Rs.13,99,063) for the Library Management at Bani Bilas School, Chapagaun, Lalitpur. The project was supported by Rotary Clubs from Korea with the DDF.

- Matching Grant Project No. 64201 (US\$ 52,283) for the ANM at the Makwanpur, Dhading, Rasuwa and Nuwakot.

**2010-11 Suresh Satyalwas installed as the President.**

-A Matching Grant Project No. 71745 sponsored by Rotary Club of Jamestown Rotary Club, Jamestown, North Dakota amounting NPR 17,97,180 for the Soap Making by differently able people in Sindhuli.

- Cultural exchange painting competition was organized jointly with Rotary clubs from Japan.

- Matching Grant No.71171 forthe construction of drinking water system at Bhotechaur Community Hospital, Sindhupalchowk sponsored by Rotary Club of Rogue Gate Way, RC of Grant Pass, RC Greater Grant Pass and District 5110 USA. The amount of Rs: 8,36,853 was spent for Drinking Water Pipeline System.

-Interact Club of BaniBilash Secondary School was chartered by RCK at Chapagaun, Lalitpur.

-Stone laying ceremony of Rotary Community Health Center building at Boharatar, Balajurun by Inner Wheel Club of Kathmandu was done.

**2011-12 Dinesh Raj Sharma was installed as the President.**

-Completion of soap making factory project in Sindhuli.

-Women Health Project run by NAHUDA, donation of medical equipment of worth \$30,000 was done.

-Braille Printer worth \$3000 was handed to Disable Service Association, Bungmati, Lalitpur. The equipment was supported by Rtn. Scott Rossi, from Rotary club of Kaldeikare, USA.

-Five units of the Toilet project for the Girl students have been completed under the Matching Grant Project atSringswari School, Jaleswari Primary School, JalkeshworiLower Secondary School and Shiva Puri Schools of Bhotechaur and Shree KaipalPra.Vi of Baitadi.

**2012-13 Anup Subedi was installed as the President**

- With the objective to support pilgrimage of JanaipurnimaMela, mobile health camp was organized from Sankhu, Kathmandu to Gosaikunda, Rasuwa. 16 membered medical team along with club members were present in the camp. More than 200 pilgrimage were supported with medical facility during the camp.

-Monthly donation of Rs: 42,250/- to the PavitraSewaSamajwas done for 24 months. The project was sponsored by Rtn. Robert Harrison Chair, World Community Service of Rotary Club of West Ottawa, Canada.

**2013-14 Dan Bahadur Chand was installed as the President**

-Health Camp, Janajagriti H.S.S, Golfutar Kathmandu

-4 days health camp at NayaGaun VDC, Kavrejointly with Rotaract Club of Kathmandu and Rotary clubs from Australia. The project was worth of NRs. 5.53,546.

-Goat Project: Matching Grant No. 79326 for Goat Project at the NayaGaun VDC Kavre. Amount US \$ 23,500 sponsored by RC Howden andKogarah, Australia for the 365 Goats.

- General Health and Eye camp campwas organized at Bhotechaur Health Post.

- Music system support was provided to RCC Bhotechaur followed by annual family picnic

at Harsingpauwa.

- 5 days Suzuki Accupressure health camp at Rotary Hall

- Ambulance support to Godamchaur Community.

- MG No. 75838 for the Ambulance to the Community Health Center Nagarkot. This was sponsored by the Rotary Clubs of Denmark.

- Dictionary support at Saraswoti Secondary School, Lele and Ganesh Secondary School, Dukuchhap, Lalitpur.

#### **2014-15 Rajendra Kumar Dahal was installed as the President**

- Shoe Rack was installed at Guheshwori temple from sunshine fund.

- Blood sugar screening camp and health camp at Panchakanya Ma. Vi. Chundevi, Baluwatar

- Matching Grant No. 78795 for the support of autoclave to the National Kidney Center run by the HECAF. The Grant worth of US\$ 25,000.00 sponsored by Rotary Club of Anchorage East, Alaska USA. RC Kathmandu Metro has contributed US \$ 500 for this project. His Excellency the Ambassador Peter W. Bodde handed over the equipment as Chief Guest last month to the HECAF. Matching Grant No. 78350 US\$ 15,168 to help provide furnishings, science equipment, computers, printer and audiovisual equipment to Shree Ringmu Lower Secondary School in Solukhumbu, Nepal. Sponsored by RC of Northbridge Club.

- Matching Grant 79314 of US\$ 28,451.00 has been implemented for the birthing center by the cooperation of NEPAL TRUST, at Sarkeghad of Humla District.

- Matching Grant No. 79637 worth of US\$ 16,091.00 for the compound walls, wooden panels and furniture to Sagar Bakanje School, Bakanje VDC, Solukhumbu, Nepal. Rotarian Kurt Lumborg Project Coordinator for Nykøbing Mors Rotary Klub, Denmark.

- School building was constructed at Shree Shingery School, Lama Tar VDC of Lalitpur. The project was of worth Rs: 18,42,342. The project was done in the initiation of Rtn. Suresh Man Singh by the support of Australian Rotary Club.

- 2000 dictionaries have been distributed to students of different schools jointly with

- Scooter and vocational award was provided to EPSA Nepal.

#### **2015-16 Suresh Das Shrestha was installed as the President**

- Global Grant project with total cost of US \$ 30,25. Under the project three ambulances were provided at Godamchaur VDC of Lalitpur district, Baitadi District and Dhanusha Yangya Bhumi through Srimad Bhagbat Prachar Prasara Sewa Sangh for Janakpur Zone.

- Teachers salary, school dress for students, day meal for students, multimedia projector and other equipment support was provided to Shree Chunadevi Secondary School, Nagarkot. Through Rtn. Kozi Tsujimura from Rotary club of Urawa Naka, had supported US\$ 5000 (Nrs. 5,28,721)

#### **2016-17 Mona Adhikari was installed as the President**

- Gink sheet, Pipe etc support to earthquake victims of Sindhupalchowk, Bhaktapur and Lalitpur worth Rs. 11,09,520

- Donation for EQ Victims from RC Japan 2,50,000

- Donation to Sindhuli Com. Tech Institute 10,93,000

- Donation to Sindhuli Com. Tech Institute 6,30,600

- Library establishment at Shree Panchakanya School, Sindhupalchowk

#### **2017-18 Surendra Pratap Shah was installed as the President**

- Under Global Grant no. 1639634 Rainwater harvesting in plastic pond project was organized at Godamchaur water project at Panchkhal Municipality and Namobuddha Municipality. The project was supported by Rotary club of Gananoque, Kingston, Cataraqui-Kingston, Kingston Frontenac, Montreal, Napanee, Foundation Coup de Coeur and Rotary District Funds 7040.

- Reconstruction of Nagarkot Clinic.

• Ambulance Project: A MG No. 75866 for an Ambulance to the National Kidney Center under the Health Care Foundation Nepal worth of 16,125 USD (NPR: 11,86,933) project is sponsored by Rotary Club of Arizona USA.

• Class room construction and toilet construction: 6 class rooms and school toilet construction was provided to Sagardanda Primary School, Bakanje, Solukhumbu and Ringmu Primary School, Solukhumbu. Rs: 2,85,000/- was supported to Sagardanda Primary School and Rs: 4,94,891/- to the Ringmu Primary School. Support was made by Himalayan Project and various Rotary Clubs in Denmark under the World Community Service project in the initiation of Rtn. Kurt Lumborg.

- Education Fund: A fund of Rs: 19,22,731 has been created as the Education fund for the study at the Angel Academy, Kirtipur by the sponsorship of Rotary Club of Perth, Australia on 11th July 2012.
- Dental camps: Global Grant No. 1526535 of NRs. 39,60,000 for 3 dental camps.
- Microcredit project: Matching Grant 64201, US\$52,283 to help train Auxiliary Nurse Midwives and provide micro-credit in the districts of Makwanpur, Rasuwa, Dhading and Nuwakot, sponsored by RC Naumburg /Saale (D-1800), Germany.
- Medical equipment support: Matching Grant Project for Equipment Supplies in the Post Up ward of Nepal Ortho Hospital with the support of Rotary Club of Arizona USA. The project was of worth US\$ 21,000.

**2018 -19 Rtn. Narayan Krishna Kharel was installed as President**

- Sanitation Project at Chaulakharka, Solokhumbu : Under this project, furniture (desk and bench) in all classes, gender and child friendly toilet with bathroom and drinking water supply scheme was constructed at Himganga Secondary School, Chaulakharka, Solokhumbu.
- Green Laptop distribution Project: Under this project green laptops were distributed to Shree Bagh Bhairab Primary School, Sagun English Secondary school, Gorkha Shree Chunadevi Secondary School of Nagarkot, Bhaktapur.
- Tree Plantation Program “ Rotary Batika” : Around 100 saplings of different species were planted by members in the loving memory of family members and past presidents at Shree Chunadevi Secondary School, Nagarkot.
- Scholarship and Lunch Support Project: Scholarship along with school uniform, stationary, school bag and school shoes were provided to 100 students of Shree Kamala H.S. School and 70 students of Shree Kalika H.S. School. Similarly, regular tiffin support was provided to 40 student of Shree Kamala H.S. School, 70 students of Shree Kalika H.S. School and 60 students of Shree Himalayan Secondary School, Newroad Kathmandu.
- Support to School Students: Distributed shoes and socks to 30 underprivileged students of Shree Sankhu Basic School, Sankharapur, Sankhu, Kathmandu.
- Interact Club Formation: Charter presentation ceremony of its new partner in service club; Interact club of Shree Chunadevi Secondary School, Bhaktapur. 25 members interact club lead by Charter president Itr.Aashman Tamang was inducted into Rotary family.
- Menstrual Hygiene Management Project: In coordination with Rotary Club of Corrimal and cooperating partner organization Connection Nepal supported 400 school girls of Shree Jalpa Devi Secondary School, Kamalbazar Municipality, Achham, Shree Satya Secondary School, Budhinanda Municipality, Bajura and Shree Samundra Secondary School, Shivapuri Rural Municipality, Nuwakot with reusable & eco-friendly Menstrual Hygiene Management Kits. Similarly, reusable and eco-friendly sanitary pad making training was provided to 50 womens of Kamalbazar Municipality, Achham and Budhinanda Municipality, Bajura.
- Computer Lab construction at Shree Chunadevi School: With the support of Rotary club at Japan, Rotary club of Kathmandu supported Shree Chunadevi Secondary with Rs. 21 lacs for the construction of computer lab.
- Uniform and stationary distribution: 70 students of Kalika Secondary School and 110 students of Dhaulagiri Primary School and Udaya Secondary School of Sindhuli, Baglung and Gulmi district were supported with uniform and stationary.
- Container Kitchen Project: Volunteers from Rotary clubs at Australia volunteered to convert container into Kitchen at Kamala Higher Secondary School, Sindhuli. Those kitchens will assist to provide day meal to students, so that they will be able to receive quality education with nutritious food.
- Training on Child Birth Education & Emergency Birthing Skills : In collaborations with Rotary Club of Gisborne RID 9800 Australia and Rotary club of Timaru RID 9980 New Zealand organized “3 days training on child birth education and emergency birthing skills” .82 health professionals were benefitted from the training.



## Highlights projects implemented during RY 2020-21



Tree plantation program organized at Shree Chunadevi Secondary School, Nagarkot in coordination with Interact Club of Shree Chunadevi Secondary School & Planted more than 150 plants (fruits and other plants) on 21 July, 2019.

Financial Support of Nrs. 250,000 made to Shree Chunadevi Secondary School, Nagarkot for the construction of wall affected by landslide in the school premises on 15 Jan, 2020.



Distributed school bag, stationery materials & hygiene kit to 50 students of Shree Sunali Primary School, Dang on 10 Jan, 2020 in support from Australian and Canadian Rotary Club.

Vision screening camp organized for the students of Shree Chunadevi Secondary School, Nagarkot in coordination with Rotaract Club of Kathmandu & with Interact Club of Shree Chunadevi Secondary School on 31 Jan, 2020.



Hand Washing Program was organized at Bal Sarathi, Pashupati in coordination with Connection Nepal on 15 Oct, 2019.





SEE preparation class of Math and Science was facilitated by PE Rtn. Tirtha Raj Dahal at Shree Chunadevi Secondary School, Nagarkot.

Flood Response Program was organized at Inaruwa, Sunsari in support from RC South Wagga Wagga and RC Katherine, Australia. Mosquito Nets, Mattress, Bucket, Hygiene Kit (Soap, toothpaste, toothbrush, sanitary pad, ORS Stationery Materials for Children) worth of Nrs. 116,170 for 80 families were distributed on 3rd August, 2019.



Rotary Club of Kathmandu constructed Girls Toilet worth of NRs. 300,000 at Shree Churiya Basic School, Mohanpur, Gaighat, Udayapur in support from RC Timaru and RC Waimate, New Zealand.



RC Kathmandu provided scholarship worth of Nrs. 700,000 to 300 students of Shree Kalika Primary School; Kamalamai Municipality-05, Pokhrelgaun Sindhuli, Shree Kamala Secondary School; Dhunggraybash-09 Sindhuli, Shree Kalika Secondary School; Pallo Rampur -07; Sindhuli, Shree Himalayan Secondary School; Kathmandu Metropolitan City-22 and Shree Chunadevi Secondary School; Changunarayan Municipality -06 Bhaktapur. The project was supported by RC South Wagga Wagga, Australia.



Reuable Sanitary Pad making Training for 30 community women worth of Nrs. 100,000 was organized at Thaha Municipality, Makwanpur in coordination with Connection Nepal and Rotary Club of Liverpool West, Australia on 21st Dec, 2019.





RC Kathmandu distributed 200 school bags under PROJECT JHOLA in coordination with Solidarity Nepal to the students of three schools namely Dharmawati Mavi, Janajyoti Secondary School and Suryodaya Secondary School of Siranchowk Rural Municipality Gorkha, two schools namely Shree Bhagwati Maa Vi, Kewabung; Shree Janakalyan Basic School, Aangdaang, Deumai, Illam and one school namely Shree Bhanu Jana Mavi, Phungling, Taplejung. The project is worth of Nrs. 112,000.



40 Green Laptops were distributed to Shree Bagh Bhairab Primary School and Sagun English Secondary School, Gorkha and Shree Chunadevi Secondary School, Nagarkot worth of US \$40,982 under GG1752558 in partnership with RC Silkeborg Østre, Denmark. This project is supporting government objective of Digital literacy and Rotary International Goal for Basic education and Literacy.



RC Kathmandu supplied school furnitures, drinking water system, constructed 2 toilet blocks, provided training on sanitation at Himganga Higher Secondary School, Chaulakharka, Solukhumbu under GG1639191 to benefit 150 school going students. This project is worth of 53,146 USD in coordination with RC Sollerod, Denmark.

Supported NRs.15,000 for the registration of 3 Rotaractors of Rotaract club of Kathmandu for their participation in Rotaract Global Model United Nation and sponsored NRs. 20,000 for Rotaract Global Model United Nation program organized by Rotaract District Committee at Pokhara.

Supported 2 Rotaractors for participation in International RYLA at Bangladesh.



Handover of Chandrajyoti Secondary School, Linkhu Pike Rural Municipality Ward No. 5, Bhakanje, Solukhumbu. The Reconstruction of the school building is funded by Rotary Club of Northbridge – Australia, Rotary Club of Kathmandu – Nepal, Rotary Club of Nykobing Mors – Denmark and Himilayan Project Nepal.



Supported Day meal program at Shree Chunadevi Secondary School, Nagarkot.: NRs.50,000 has been handover to School administration to provide regular day meal to 30 deprived students.

Training on Financial Literacy and Menstrual Hygiene Management and Reusable Menstrual Pad Making was provided to the Rotaractors of Rotaract Club of Kathmandu.



## Response to Coronavirus disease (COVID-19) in Nepal Project

Responding to the health emergency created by COVID-19, Rotary Club of Kathmandu has established a “COVID-19 response fund” to support government and front line workers to fight against pandemic. With the financial and technical support of club members, cooperating partners and international Rotary clubs especially Rotary Club of Northbridge NSW, Sydney, District 9685, Disaster Aid Australia (DAA), Rotary Club of South WaggaWagga RID 9705, Rotary Club of The Entrance RID 9685, Rotary Club of Albury RID 9790, Rotary club of Crows Nest, Rotary club of Lane Cove, Rotary Club of Chatswood Sunrise, different relief package distribution, hand washing station establishment at hospitals, health care centres and public spaces, swab collection booth handover and awareness program were conducted. In total support of around \$15,000 has been provided till this reporting period.



At the beginning, Rotary Club of Kathmandu jointly with Panchakanya Group handover two sets of swab collection booths to the Ministry of Health and Population in the presence of Hon. Health Minister Mr. Bhanubhakta Dhakal and Hon. Women, Children, and Senior Citizen Minister Mr. Parbat Gurung.

Similarly, in coordination with Rotary club of Dhulikhel one unit of Swab collection booth was provided to Dhulikhel Quarantine centre to collect swab for PCR testing.



In addition, 5 sets of PPE has been provided to Sahodar Hospital of Lamjung district, 5 PPE set and 2 thermal gun to Telkot health post and Nagarkot health post. Medical items like Foley's catheter, CIC pipe, Urine bag, etc. were provided to lockdown hard-hit spinal injury persons residing at Nepal Disabled Association, Jorpati.

5000 Pcs mask, 20-liter hand washes liquid, 120 Pcs sanitizer, and 500 pair of hand gloves through Rotary club of Gongabu for the frontline health workers, security personnel and media persons working at Bhulke, Triyuga Municipality of Udaypur district.



Food relief package was provided to around 500 plus families, person with disabilities and orphans residing at different part of Kathmandu valley. Food packages were provided at EPSA Nepal (group of disabled women), Yungal club, newa Journalist, and child care home of Ombahal community, deprived communities at Bhaisepati, Lalitpur, needy community of Kathmandu metropolitan city ward no.11, Srijanshil Children Welfare Centre, Aasatit Child Home, deprived family of Devichaur, Godavari Municipality, and Blind Rocks.



Since handwashing with soap and water is the best way to stop transmission of coronavirus from hand, to break the chain of transmission mechanical handwashing stations were installed at public places like municipality offices, bus stations, and hospitals. In total twenty two units of mechanical handwashing stations has been installed at different places. Four units of mechanical handwashing station was installed at Nakkhu Jail, one unit at Maternity Hospital-OPD section at Bhaisepati, two units at Maternity Hospital Thapathali, two units at Patan Hospital Lagankhel, one unit at National Kidney Center, two



unit at Nepal Eye Hospital, one unit at Mulpani health center, one unit at BP Eye and Children Hospital, one unit at Sanga Spinal Injury Hospital, one unit at Tilganga Eye Hospital, one unit at PurnaMoti Memorial Society Ramechhap, two unit at Bir hospital, one unit at Sukraraj Tropical Hospital Teku, one unit at Badegaun Police Station Lalitpur, and one unit at Manmohan Hospital Swayambhu.

In collaboration with Radio Kathmandu 92.1 MHZ, Public Service Announcement (PSA) related to Coronavirus pandemic awareness is being broadcasted regularly from March to July 2020. Information about COVID 19, its symptoms, advice for being safe from infection, emergency contact numbers, etc. are being shared through PSA.





## Rotary Global Grant #2098538 - Training Violence Against Women Advocates in Nepal

- Peace Area of Focus Grant: Humanitarian Project Nepal
- International Club: Rotary Club of Newberg, D5100
- Host Club: Rotary Club of Kathmandu, D3292

The Kathmandu Rotary Club in Nepal and the Newberg Rotary Club in Oregon USA are working together on a Peace Global Grant to provide training to leaders already working hard in Nepal to prevent violence against women and girls.

Every family has a mom, a sister, a daughter, or a granddaughter. Every country faces the issue of safety for their women. In the United States, in Nepal, and around the globe, violence towards women exists. It exists everywhere, but we do not want to talk about this violence because it raises issues that we do not want to talk about. Rotary recognizes this. That is why the safety of women is included in the area of focus for peacebuilding and conflict prevention.

To our male Rotary colleagues, imagine if you died tomorrow and know that your wife and daughters won't get any inheritance – they will not be allowed to stay in your family home or continue the life that they had. They will not be kept safe and they may experience violence and social isolation. This law changed in Nepal in 2002. Just like the inheritance and domestic violence laws in Nepal, we want laws, policies, and services that keep women and girls safe, which can happen by advancing and fully implementing these laws.

Our two Rotary clubs, along with 21 other Rotary clubs from 3 countries have come together on this grant. The grant will train men and women on how to best equip the community and its leaders to create and follow the laws to protect women. Leaders already working as women's advocates will receive training in a manner that allows them to bring the information back to their organizations and communities. Capacity building and using the new skills to do ongoing education throughout Nepal is a very important part of this grant.

This is the first area-focused global grant in peacebuilding and conflict prevention for District 5100 and also for the RC Kathmandu. One of the features of this grant is that we initiated this grant as a 'Peacebuilder Club' as part of its mission to promote positive peace both in Nepal and across the globe. Furthermore, the primary co-operating organization for this grant 'Every Women Treaty' is a global campaign for an international treaty to end violence against women and girls and is itself a diverse coalition of women's rights advocates, scholars, lawyers, frontline practitioners and organizations working in more than 128 countries. In late 2018, Every Woman Treaty launched its public campaign as a global initiative to amplify the call for a treaty to end violence against women and girls. This GG 2098538 will essentially be linked to this global campaign.

All of the works being done in this grant will lead towards an independent, self-sustaining federation/coalition that advocates jointly advancing women's rights in Nepal contributing to the Sustainable Development Goal no. 5. This Federation will lead to the greater integration of women in decision making structures in Nepal, which is called out by the United Nations Security Council Resolution 1325 (UNSCR 1325) on Women, Peace and Security as vital for peace and security. The work in Nepal will contribute and be linked to the global Every Women Treaty campaign. Similar initiatives are being developed in Nigeria and Pakistan for which the need assessments are being conducted by Every women Treaty in these countries. The coalition in Nepal will later work with similar collation/federation that will come in to place in other countries to contribute to the global advocacy for violence against women ultimately advocating for a global treaty to curb VAW.

This worthwhile project will bring solutions to women and their families, knowing they can be safe without the threat of violence, and if violence does occur, there are resources to help them.

## Global Earth Day Celebration

Since 1970 Global Earth Day celebration is the largest civic-focused day of the world. Celebration of 50th Anniversary of Earth Day on Wednesday 22 April will unite hundreds of millions of people around the world to inspire an action against environmental degradation and climate changes even if it is online. Climate Action is the 2020 Earth Day. At the end of 2020, Nations will be expected to increase their national commitments to the 2015 Paris Agreement on climate change, so the time is now for all of us to call for greater global ambition to tackle our climate crisis for healthier ecosystems, more sustainable communities and a brighter future for all of us.



Ratna Man Sakya

In August 2019, aged 16, Greta Thunberg, a committed climate activist from Sweden, has almost face of the world through her ambitious and rigorous protests against climate crisis and all the failed policymakers and responsible stakeholders. She gave an impassioned tearful speech at UN Climate Action Summit. Her words has touched our heart. “How dare you, you have stolen my dreams and my childhood with your empty words.”

The Paris Agreement, in seeking to strengthen the global response to climate change, reaffirms the goal of limiting global temperature increase to well below 2 degrees Celsius, while pursuing efforts to limit the increase to 1.5 degrees Celsius. The Paris Agreement, signed in 2015, seeks to limit global warming to 1.5 degrees compared to pre-industrial levels. To reach that goal, the world would have to cut emissions by 7.6% annually to 2030. A 2 C warming would likely destroy around 13% of the world’s ecosystems and summer temperatures would simply be unbearably hot. Earth has already warmed 1.1 C since pre-industrial times due to greenhouse gas emissions from burning coal, oil and gas.

Political interference still needs to clear to on undiluted point. President Donald Trump pulled out the United States out of the 2015 Paris climate accord. Trump has argued that the Paris agreement was a bad deal for the U.S. because reducing emissions would kill jobs and make energy more expensive but when it comes to sticking to the Paris Agreement, and all the members of G7 (Canada, France, Germany, Italy, Japan, the United Kingdom, and the United States) wanted the same thing — all but one. Everybody wanted to take action except Trump.

Natural resources are the elements of nature that man can use and take advantage of. They represent source of wealth for the development of our societies. The best use of a natural resource depends on the knowledge that man has about it, and the laws that govern its conservation.. \*What is the Corona Covid-19 Virus Really teaching us? Bill Gates said. “I am a strong believer that there is a spiritual purpose behind everything that happens, whether that is what we perceive as being good or being bad.

The Buddhist view of environment protection is grounded in the law of dependent origination. Nagarjun, a great Buddhist Scholar, explained in treatise on the Middle Way “There was never any phenomena that did not arise from conditionally”. This means that nothing in the universe can exist independently, and all phenomena arise because of the culmination of various causes and conditions. In Nature, nothing exists alone “.

All species on earth are impacted by Climate Change. Since humans are assumed to be the most intelligent of the species, it is our responsibility to help bring our environment back to a healthy balance where every species can thrive and survive. Earth Day is important as it is an event of political activity and civic interest toward serving and preserving the earth.



Bhasker Kafle

## Social Cohesion in the context of COVID-19 in Nepal

In early April 2020, a news media ran a sensational story suggesting that certain religious groups were plotting to spread the coronavirus in the communities. Hundreds of thousands of social media posts quickly amplified it, stoking religious violence. This led to rioting in parts of eastern Tarai, with the police having to resort to using force to bring the situation under control. The news report was fake - but the very fabric of social cohesion was shaken.

With widespread job losses and the looming prospect of hundreds of thousands of returning migrants, fake news of this nature will only play into people's frustration and anger. In the coming days and months, Nepal needs to brace for the bigger challenges of socio-economic recovery.

The pandemic has threatened to exacerbate the already existing inequality and instigate conflict, more so where certain communities and groups are exposed to stigma and discrimination. Besides the economic impact, the social impact can be widespread, long lasting and devastating for countries like Nepal given its diversity and a history of armed conflict and disasters.

While in the recent past Nepal has successfully managed a turbulent peace process, a great deal remains to be done to address the root causes of the conflict, injustices and inequalities, which can easily resurface in the wake of major societal shocks, such as the recent earthquake and the ongoing COVID crisis.

The concept of social cohesion can be discussed primarily as the extent of trust in government as its vertical dimension and trust within society as its horizontal dimension which indicates the relationship between various social groups (religious, ethnic etc.). The Nepali word for social cohesion is *samajiksadbhav*; translated back into English it becomes 'social harmony', which however only emphasizes the horizontal dimension of the concept and misses the equally relevant vertical one.

The challenges of social cohesion in Nepal are emerging from this overlooking of the vertical dimension. On this premise, here I discuss some of the key social cohesion issues in Nepal that are surfacing now because of the COVID-19 crisis.

### **Returning labor migrants**

Hundreds of thousands of jobless migrants will be returning home this year. They are coming back from India and other countries. Many others are moving to their homes from different cities within Nepal. Many of them are now facing stigma and discrimination in their communities. These challenges are compounded by the historical injustice and inequality as they are from lower economic background.

Just focusing on their livelihood recovery as a response to the crisis will not be enough. This will require integrating them into society and creating both social and economic interdependence in their communities to build back better as a more cohesive society. This will involve mainstreaming social cohesion and conflict sensitivity across humanitarian response plans and strengthening humanitarian, development and peace nexus.

### **Suspicion and fear towards other religious groups**

While Nepali society in general is seen to be tolerant towards religious diversity, religious tensions in the past have at times turned violent. These kinds of crises and disasters fuel existing frustrations created from an unequal access to employment opportunities and meaningful civic engagement in social and governance structures. This exposes some of the communities and groups to discrimination. This also emerges from the lack of understanding and appreciation for each other's cultures, ways of life and world views.

Any solution to this should not only focus on mitigating hate speech and rumors in social media through messages of social harmony and tolerance but it also demands delving deep into the causes. The response to this will require measures such as integrating peace education into the school curriculum, community learning centers, and adult literacy programs and incorporating the idea of global citizenship as part of the national civic education programs.

### **Political culture and lack of trust**

Looking back at 2013, the time of the elections for the second constituent assembly in Nepal, three kinds of conflicts were identified as being prevalent: political, resource-based and identity-based (PRI). The latter two categories of conflict subsided to a large extent after the promulgation of the constitution and implementation of federalism. The kind of political fragmentation and polarization of that time had decreased, and it was assumed that Nepal was experiencing the most peaceful time in its recent history.

However, there are rooms for improvement in the areas of internal democracy within parties and the ‘political culture’ in general in Nepal. Political culture is the acceptance of opposing viewpoints and acknowledging others who also need to be taken into confidence for better and inclusive governance. After the outbreak, there has been increasing global trend of consolidating more power by the state and decrease in the trust in the government. As the extent of trust in the government—the contract between the state and citizen—decreases, the questions arise on its capacity and intention to deliver on development or protecting its citizen from a pandemic or any disaster. The current situation underscores the need for increased support to dialogue facilities and multi-stakeholder forums if we are to foster the ‘political culture’ for a sustainable peace and development in Nepal.

### **Social distancing and social discrimination**

The pandemic has made social distancing a catchphrase and an essential ingredient to deal with it. The social distancing though does not mean keeping away from social connections and bonding. It rather means physical distancing to limit the transmission of the virus in social interactions. However, when the social distancing measures are played out in countries like Nepal, where there is caste-based discrimination, its unintended connotation may resonate with already existing social distancing practices further re-enforcing and legitimizing the prevalent social, cultural and gender-based discriminations towards the marginalized population.

Furthermore, the economically disadvantaged groups will have to bear the burden more from the social distancing measures who will have fewer choices at their disposal. They are also becoming the victims of the new digital divide as the economy and services are more and more digitized. This perpetuates poverty, deepens inequality and runs the risk of exposing more people to social discrimination. This is another social cohesion challenge, which needs to be addressed through policy intervention that bridge the digital gap and make the digital connectivity and services accessible for all in the spirit of ‘leaving no one behind’.

Bhasker Kafle

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Prof. Dr. Puspa Raj Sharma

## Social Entrepreneurship, Cov 19 and Rotary

Rotary is a global network of 1.2 million neighbors, friends, leaders and problem solvers who see a world where people unite and take action to create lasting change – across the globe, in our communities and ourselves. It follows principal motto “SERVICE ABOVE SELF”. The object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and the dignifying of each Rotarian’s occupation as an opportunity to serve society. Therefore, society and Rotarians are closely inter-related.

Social entrepreneurship should reflect the need for a substitute for the market discipline that works for business entrepreneurs. We cannot assume that market discipline will automatically weed out social ventures that are not effectively and efficiently utilizing resources.. In brief, this definition can be stated as follows:

Social entrepreneurs play the role of change agents in the social sector, by:

- Adopting a mission to create and sustain social value (not just private value),
- Recognizing and relentlessly pursuing new opportunities to serve that mission,
- Engaging in a process of continuous innovation, adaptation, and learning,
- Acting boldly without being limited by resources currently in hand, and
- Exhibiting a heightened sense of accountability to the constituencies served and for the outcomes created.

The closer a person gets to satisfying all these conditions, the more that person fits the model of a social entrepreneur. Those who are more innovative in their work and who create more significant social improvements will naturally be seen as more entrepreneurial

The COVID-19 pandemic (8 525 042 confirmed cases, confirmed deaths 456 973) is exposing the systemic inequalities of our global economic system, and threatening progress towards equality and the advancement of human rights. The UN University estimated that the economic fallout could push an estimated half a billion people into poverty and take global development progress back three decades, primarily in emerging economies. In higher income countries, stimulus packages are unlikely to reach those already excluded from the economic mainstream. Last week, the International Labor Organization (ILO) warned that the steep decline in the ability to work and operate due to the pandemic is threatening the livelihoods of 1.6 billion workers in the informal economy, almost half of the global workforce.

In this backdrop, The COVID-19 crisis illustrates the need for innovation from within companies by “social entrepreneurs.” Social entrepreneurs use business to both generate profit and solve some of the world’s most daunting social problems. Innovation takes many forms, and it’s wonderful when insightful ideas can work to address global social issues created by Cov-19. Social entrepreneurs take the road less traveled to build flourishing hybrid businesses with triple-bottom lines. A new report from the Schwab Foundation for Social Entrepreneurship, Yunus Social Business and Porticus presents best practices from these employees who are working to address environmental or social problems. Beyond providing societal benefits, corporate social intrapreneurship motivates employees, increases innovation and incites corporate transformation.

Consider the Grameen Bank, a “social business” founded by Muhammad Yunus. Grameen was established to provide collateral-free microloans to the poorest of the poor in rural Bangladesh. Grameen now has over 8 million borrowers, and a 95% percent repayment rate. It is the first and only for-profit business to ever be awarded the Nobel Peace Prize. Bill Drayton is recognized as one of the pioneering social entrepreneurs of our time. Drayton founded Ashoka: Innovators for the Public in 1981, which takes a multifaceted approach to finding and supporting social entrepreneurs globally. Drayton also serves as chair of the board for Get America Working! and



Youth Venture. “Yoga Girl” is the name of Rachel Brathen’s New York Times best-selling book and the handle for her Instagram account, which reaches 2.1 million followers. In addition to showing her audience fresh yoga poses and tips, Rachel hopes to connect teachers with people in the online community who need healing. “What if social media could become a social mission?” asks Brathen. Her online channel oneoeight.tv was an “online studio” that offered health, yoga, and meditation services. Delancey Street Foundation. Founded as a nonprofit by Mimi Silbert and John Maher to help substance abusers and the homeless get back on their feet, Delancey Street accepts no government funding. More than 65% of their funds come from businesses run by the clients themselves: a moving company, restaurants, a print shop, and more. The businesses serve as vocational schools, teaching job skills to the clients. Over 14,000 people have turned their lives around at Delancey Street. Social entrepreneurs use business to both generate profit and solve some of the world’s most daunting social problems. Innovation takes many forms, and it’s wonderful when insightful ideas can work to address global social issues created by Cov-19. Social entrepreneurs take the road less traveled to build flourishing hybrid businesses with triple-bottom lines.

Social entrepreneurship is an innovative blend of social action and entrepreneurial strategies. These new enterprises take a variety of forms, and come in all sizes. Some are organized as for-profit businesses dedicated to social change. Others are nonprofit organizations paying their own way with income-earning enterprises. Still others are professionals in private practice who offer their services pro bono to people in need.

Rotary International is already helping to build sustainable communities through Social Enterprise linked to Rotary Clubs and in partnership with The Rotary Foundation, which empowers women and poor in their own community to build their own business to alleviate the cycle of chronic poverty of Cov-19 in different parts of the world.

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डा. हरिकुमार श्रेष्ठ

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पद्मकुमार श्रेष्ठ

कार्यकारी निर्देशक  
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# इन्टरनेशनल सीड रिसर्च एण्ड ट्रेडिङ्ग सेन्टर

काठमाडौं-१६, बालाजु, माछापुखरी (तरकारी बजार अगाडी)

हाम्रा सेवाहरु:

यहाँ गुणस्तरीय बीउ विज्ञ, कीटनाशक तथा रोगनाशक बिषादी, कृषि औजार र जैविक मल आदि पाईनुका साथै कृषि तालिम र परामर्श पनि दिईन्छ ।

## घर बहाल सम्बन्धी कानूनको सामान्य चिनारी

### पृष्ठभूमि :

घरधनीले घरबहालमा दिने र लिने सम्बन्धी मुलुकी ऐन २०२० को घरबनाउनेको महलको ८ र ९ नम्बर मा भएको कानुनी व्यवस्था पर्याप्त नभएको कारण घरधनी र घरबहालका बीचमा विभिन्न समयमा विभिन्न मुद्दामामिलाहरु उठ्दै सर्वोच्च अदालतसम्म पुगी कानुनी सिद्धान्त समेत प्रतिपादन भएका छन् । नेपालमा कतिपय सरकारी अड्डाहरु समेत घरबहालमा लिई सरकारी कामकाज संचालन गरिएका छन् भने केही संचयकोष जस्ता संघसंस्थाले भवननिर्माण गरी बहालमा दिदै आएका छन् । नेपालमा घरबहालमा लिनेदिने र बहाल निर्धारण गर्ने वैज्ञानिक व्यवस्था नभएको भनी नेपाल सरकारलाई वैज्ञानिक आवास नीति तयार पार्ने गरी सर्वोच्च अदालतबाट राजीव बास्तोला विरुद्ध मन्त्रीपरिषद् कार्यालयसमेत भएको ने.का.प.२०६८, अंक ३, नि.नं.८५७४ को मुद्दामा निर्देशात्मक सिद्धान्त प्रतिपादन भएको पाइन्छ । २०७५ साउन १ गतेबाट लागू भएको मुलुकी देवानी संहिता २०७४ को परिच्छेद ९ मा घरबहालसम्बन्धी २२ वटा दफाहरुमा घरबहाल सम्बन्धी कानुनी व्यवस्था गरिएको पाइन्छ । यस व्यवस्थाबाट घरबहाल सम्बन्धी धेरै कुराहरुलाई सम्बोधन गरिएको छ । तापनि यस कानूनमा घरबहाल वृद्धि के कति समयमा गर्ने र घरबहाल निर्धारणको वैज्ञानिक मापदण्डको प्रावधान यसमा स्पष्ट नखुलाइएको कारण घरधनी र घरबहालवालाको बीचमा हुने समझदारी र सम्झौतामा नै निर्भर हुनुपर्ने अवस्था छ । अतः यस लेखमा वर्तमान अवस्थामा भएको घरबहाल सम्बन्धी कानूनलाई संक्षेपमा जानकारी गराउने कोशिश गरिएको छ ।



मुकुन्द शर्मा पौडेल

### घरबहालमा लिने दिने भन्नाले केलाई बुझाउँछ :

कसैले आफ्नो हक, भोग वा स्वामित्वमा रहेको घर रकम लिने गरी निश्चित समयको लागि कुनै व्यक्तिलाई उपयोग गर्न दिएको र घरको कुनै भाग वा कुनै तला वा कुनै कोठा वा जग्गा वा लिगलगापात समेतलाई पनि घरबहालमा लिनुदिनु गरेको मानिन्छ ।

### घर बहालमा लिनेदिने अवधि :

साधारणतया घर बहालमा लादादिदा ५ वर्षमा नबढाई लिनेदिने गर्नुपर्ने तर व्यापारिक प्रयोजनका लागि घर बहाल लादादिदा सम्झौतामा लेखे बमोजिम हुने र घरबहालको अवधि समाप्त भएपछि घर बहालमा लिने दिने व्यक्तिहरुको सहमतिमा घरबहाल अवधि पटक पटक थप गर्न सकिने कानुनी व्यवस्था छ ।

### घरबहालमा लादा दिदा सम्झौतामा सुलाउनुपर्ने कुराहरु :

(क) घर बहाल लिने र दिने व्यक्तिको पुरा नाम र ठेगाना, नागरिकता नम्बर र विदेशी भए राहदानी वा परिचय खुल्ने प्रमाणपत्र, (ख) घर जग्गाको ठाउँ र कित्ता नम्बर, (ग) बहालमा लिने प्रयोजन, (घ) घरबहाल शुरु हुने मिति, र घरबहालको अवधि, मासिक बहाल रकम (ङ) बहाल बुझाउने समय, प्रक्रिया र तरिका, कर कसले तिर्ने सो कुरा, घरको बीमा सम्बन्धि कुरा (च) घरमा प्रयोग भएका विजुली, खानेपानी, टेलिफोन आदिको महसुल बुझाउने कुरा, (छ) घरबहालबाट घरधनीले हटाउदा वा बहालवालाले घर छाड्ने शर्त र बहालवालाले अन्य व्यक्तिलाई दिन पाउने नपाउने कुरा, (ज) अन्य आवश्यक कुराहरु ।

### घरबहालमा लादादिदा सम्झौता गर्ने कुरा :

साधारणतया मासिक बीस हजार रूपैयासम्मको घर बहालमा लादादिदा लिखित सम्झौता गर्नुपर्दैन । लिखित सम्झौता गर्दा घर बहालमा बस्ने व्यक्तिको फोटो टास्नुपर्ने, दुवै पक्षका एक एक जना साक्षी राखी लिखित तयार गर्नुपर्ने । घरधनीले घरबहालमा दिनुअगाडि बहालवालालाई टेलिफोन वा अन्य कुनै फर्निचर प्रयोग गर्न दिएका भए त्यस्तो विवरण समेत बनाई भरपाई गरी दोहोरो रेकर्ड राख्नुपर्ने, मासिक १ लाखभन्दा बढी बहाल लिनुदिनु गर्ने भए त्यस्ता लिखित मालपोत कार्यालयमा गई रजिष्ट्रेशन गर्नुपर्ने कानुनी व्यवस्था छ ।

### घरबहालमा दिने घरधनीको दायित्व :

(क) बहालमा बस्ने व्यक्तिलाई सम्झौतामा लेखिएबमोजिम उपलब्ध भएसम्म पानी, विजुलीको आपूर्ति, ढलनिकास र फोहोर मैलाको व्यवस्थापन मिलाउनुपर्ने, घरबहालमा बस्ने व्यक्तिलाई अन्य व्यक्तिबाट हुने असुरक्षा, हैरानी हुनबाट रोक्ने आदि कुराको दायित्व बहन गर्नुपर्ने छ ।

### घरबहालमा बस्ने व्यक्तिको दायित्व :

(क) सम्झौतामा वा समझदारी भएबमोजिम घरधनीलाई महिना भुक्तान भएको सात दिनभित्रै नगद वा चेक वा विद्युतीय प्रविधिबाट तोकिए वा समझदारी भएबमोजिम बहाल रकम भुक्तानी गर्नु पर्ने, (ख) बहालमा लिएको घर आफ्नो घर सरह मानी सरसफाइ, उचित

र मनासिब तवरले हेरचाह, संरक्षण तथा सुरक्षा गर्नु पर्ने, (ग) आफु बहालमा रहेको घरका अन्य व्यक्ति वा छिमेकीलाई अशान्ति, हैरानी वा असुरक्षा हुने जस्ता कुनै काम गर्न नहुने, (घ) सम्झौतामा उल्लिखित अन्य कुराहरू पालन गर्ने ।

### कर तथा अन्य दस्तुर बुझाउने दायित्व :

(१) साधारणतया घरबहाल कर, घरजग्गा कर, सम्पत्ति कर, मालपोत समेत घरधनीले तिर्नु बुझाउनुपर्ने हुन्छ तर व्यापारिक, औद्योगिक वा शिक्षण संस्थाहरूका बीचमा घरबहाल कर बहालवालाले तिर्ने गरी लेखिएकोमा बहालवालाले तिर्नु बुझाउनुपर्छ । कथंकदाचित बहालवालाले बहाल कर नबुझाएमा बहाल कर तिर्ने अन्तिम दायित्व घरधनीसाग हुने कानुनी व्यवस्था छ ।

### घरबहालमा लिएको घरको मर्मत तथा सम्भार सम्बन्धी व्यवस्था :

सम्झौतामा लेखिएकोमा बाहेक बहालमा दिएको घरको आवश्यक मर्मत सम्भार गर्ने दायित्व बहालमा लिने व्यक्तिको हुनेछ । सम्झौतामा घरधनीले बहालमा दिएको घरको मर्मत सम्भार गर्ने शर्त भएकोमा घरधनीले नगरेमा बहालमा बसेको व्यक्तिले त्यस्तो घरको आफैले मर्मत सम्भार गर्न सक्नेछ । घरको मर्मत सम्भार गर्दा लागेको बिल बमोजिमको रकम बहालमा बस्ने व्यक्तिले घर धनीलाई दिनु पर्ने बहाल रकमबाट कटाई लिन पाउनेछ । घरको मर्मत, सम्भार गर्दा घरधनी र बहालमा बस्ने व्यक्ति बीच त्यस सम्बन्धमा छुट्टै सहमति भएकोमा बाहेक मर्मत सम्भार गर्नु अघि बहालमा लिने व्यक्तिले मर्मत, सम्भारको लागत अनुमान तयार गरी घरधनीलाई पन्ध्र दिन अघि नै लिखित जानकारी गराउनु पर्नेछ ।

बहालमा लिएको घर अर्को व्यक्तिलाई कगद भिवकभ वा पुनः बहाल दिने सम्बन्धी व्यवस्था : साधारणतया ठुला ठुला संघसंस्था (संचय कोषका भवन वा ठुलाठुला मल) वा निकायले घर बनाई घरबहालमा दादा कगद भिवकभ मा दिन पाउने वा नपाउने व्यवस्था करार नामा घरधनीसाग सम्झौता हुदा नै उल्लेख गरिएको हुनुपर्छ । बहालवालाले पुनः घरबहालमा दादा पुनः बहालमा दिने व्यक्तिको नाम, थर, ठेगाना समेत खुलाई घरधनीलाई १५ दिनभित्र लिखित रूपमा जानकारी दिनुपर्छ । यसरी बहालमा लिएको व्यक्तिले बहालमा बस्दा शर्त बमोजिम काम नगरेमा, निजले बहालमा लिएको घरको सरसफाई, संरक्षण वा सुरक्षा नगरेमा वा निजले बहालमा बस्ने अन्य व्यक्ति वा छिमेकीलाई हैरानी, दुःख वा अशान्ति हुने कुनै काम गरेमा बहालमा दिने व्यक्तिले निजलाई जुनसुकै बखत घरबाट हटाउन सक्नेछ ।

### घरबहालवालामा बस्नेले स्वीकृति बिना संरचना हेरफेर गर्न नपाइने व्यवस्था :

सम्झौतामा नै घरको संरचना हेरफेर गर्ने गरी कुनै शर्त राखिएकोमा सोही बमोजिम हुनेछ र शर्त नराखिएकोमा कुनै पनि बहालमा लिएको व्यक्तिले घरधनीको स्वीकृति बेगर घरको संरचना हेरफेर गर्न पाउने छैन । घरधनीलाई कुनै नोक्सानी पुऱ्याएमा घरधनीले बहालमा बस्ने व्यक्तिबाट आफुलाई परेको नोक्सानीको क्षतिपुर्ति भराई लिन पाउनेछ ।

### सम्झौता विपरीत घर प्रयोग गर्न नहुने र सम्झौता संशोधन गर्न सकिने :

बहालमा लिने व्यक्तिले घरधनीको पुर्वस्वीकृति बिना जुन प्रयोजनको लागि घर बहालमा लिएको हो त्यस्तो प्रयोजन बाहेक अन्य कामको लागि घर प्रयोग गर्न पाउने छैन । दुवै पक्षको आपसी सहमति भएमा घरबहाल सम्झौताका शर्तहरू हेरफेर गर्न सकिनेछ । घरधनीले बहालवालालाई जानकारी गराई समयसमयमा घर वा कोठाको निरीक्षण गर्न सक्नेछ ।

### घरबहालवालाले घरबहाल सम्झौता अवधि अगावै छाड्न सक्ने सम्बन्धी व्यवस्था :

(क) घरधनीले घरबहालमा बस्ने व्यक्तिका उपरको दायित्व पुरा नगरेमा, (ख) घर बहालमा लिएको प्रयोजनअनुसार घर नचाहिने भएमा, (ग) घरधनीले सम्झौता विपरीत कुनै काम गरेमा । घरबहालमा लिने व्यक्तिले सम्झौता अगावै घर छाड्दा पौतीस दिन अगावै घर धनीलाई लिखित रूपमा सुचना दिनु पर्नेछ । सुचना नदिई बहालमा लिने व्यक्तिले घर छाडेमा घरधनीले त्यस्तो समयको घरको बहालको रकम बहालमा बस्नेले अग्रिम दिएको भए त्यसबाट कट्टा गर्न र नदिएको भए निजबाट भराई लिन पाउनेछ ।

### घरधनीले घरबहालमा बस्ने व्यक्तिलाई हटाउने सम्बन्धी व्यवस्था :

(क) बहालमा बस्ने व्यक्तिले आफ्नो दायित्व पुरा नगरेमा, (ख) बहालमा बस्ने व्यक्तिले बहालमा लिएको घरभित्र कानुनले निषेध गरेको कसुरजन्य कुनै क्रियाकलाप गरेमा, (ग) घर धनी आफैलाई घर आवश्यक भएमा, (घ) घरबाट मानिस हटाई घरको मर्मत सम्भार गर्नु परेमा, (ङ) प्राविधिक तथा स्वास्थ्यका दृष्टिले बहालमा दिएको घरमा मानिस बसोबास गर्न उपयुक्त नदेखिएमा, (च) घर बहालको अवधि समाप्त भएमा, (छ) बहालमा बस्ने व्यक्तिले सम्झौता विपरीत घरको सरसफाई नगरेमा, छिमेकी वा अन्य व्यक्तिलाई दुःख हैरानी दिने काम गरेमा, (ज) बहालमा लिएको व्यक्तिलाई घरबाट हटाउनु परेमा घरधनीले कम्तीमा पौतीस दिनको अग्रिम लिखित सुचना दिनु पर्नेछ । (झ) घरधनीले आफैलाई चाहिने भनी घरबहालबाट हटाएकोमा त्यस्तो घर आफुले प्रयोग नगरी तीन महिनासम्म अन्य व्यक्तिलाई बहालमा दिन पाउने छैन ।

**घर बहालको सम्झौता समाप्त भएको मानिने अवस्था :**

(क) घरबहालमा लिने व्यक्तिले घर छाडेमा, (ख) घरधनीले बहालमा बस्ने व्यक्तिलाई घरबाट हटाएमा, (ग) बहालमा लिने, दिने व्यक्तिले आपसी सहमतिमा सम्झौता रद्द गरेमा, (घ) घर बहालको अवधि समाप्त भएमा ।

**घरबहालबाट छोड्दा मालसामान वा वस्तु घरधनीलाई दुरुस्त बुझाउनु पर्ने :**

(१) बहालमा लिने व्यक्तिले आफुले लिएको घर बहालबाट छोड्दा आफ्नो जिम्मामा रहेको मालसामान वा वस्तु गन्ती गरी तथा घर सफा वा रङ्गोगन गर्नु पर्ने भए सो समेत गरी घरधनीलाई दुरुस्त बुझाउनु पर्नेछ । (२) घर बहालमा लिने व्यक्तिले आफ्नो जिम्माको कुनै मालसामान वा वस्तु हराएमा वा हानि, नोक्सानी गरेमा त्यस्तो मालसामान वा वस्तु वा सो मालसामान वा वस्तुको प्रचलित मुल्य बमोजिमको रकम बहालमा लिने व्यक्तिले घरधनीलाई दिनु पर्नेछ ।

**घरबहालमा बस्ने व्यक्ति विनासुचना घरबहालमा नरहेमा घर खाली गराउने व्यवस्था :**

घरबहालमा लिने व्यक्ति बिना सुचना तीन महिना वा सोभन्दा बढी अवधिसम्म घरबहाल रकम नबुझाई बेपत्ता भएमा र निजलाई सार्वजनिक रूपमा सुचना गर्दा वा निजको ठेगानामा पत्राचार गर्दा पनि फेला नपरेमा वा फेला परे पनि निज वा निजका कुनै हकवाला वा प्रतिनिधि उपस्थित नभएमा घरधनीले स्थानीय तहको सम्बन्धित वडा कार्यालयमा त्यस्तो व्यहोराको निवेदन दिनु पर्नेछ । यसरी प्राप्त निवेदन उपर सम्बन्धित वडा कार्यालयले बहालवालालाई पन्ध्र दिनको सार्वजनिक सुचना जारी गर्ने र त्यस्तो सुचनामा उपस्थित हुन नआएमा सम्बन्धित वडा कार्यालयले बहालमा रहेको घर खोली मालसामान आफ्नो वा कुनै मानिसको जिम्मा रहने गरी घर खाली गराउन सक्नेछ । बेपत्ता भएको मानिस छ महिनाभित्र फर्की आएमा वा आफ्नो कुनै प्रतिनिधि पठाएमा सम्बन्धित वडा कार्यालयले बहाल वापतको बाँकी रकम लिई मालसामान निजलाई फिर्ता दिनु पर्नेछ । स्थानीय तहको सम्बन्धित वडा कार्यालयमा निवेदन परे को एक महिनाभित्र पनि त्यस्तो कार्यालयले कुनै कारवाही नगरेमा सम्बन्धित घरधनी आफैले सम्बन्धित वडा कार्यालय र नजिकको प्रहरी कार्यालयमा निवेदन दिई प्रहरी कर्मचारी र कम्तीमा दुईजना स्थानीय व्यक्तिलाई साक्षी राखी लिखत खडा गरी घर खोली निजको मालसामान प्रहरीको जिम्मा दिई घरधनीले घर खाली गराउन सक्ने कानुनी व्यवस्था छ ।

**हदम्याद सम्बन्धी व्यवस्था :**

घरबहालको काम कारवाहीबाट मर्का पर्ने व्यक्तिले काम कारवाही भए गरेको मितिले छ महिनाभित्र सम्बन्धित जिल्ला अदालतमा नालिस गर्न सक्नेछ ।

निष्कर्ष : नेपालका ठुला शहरहरूमा बहालमा बस्ने व्यक्तिहरूलाई राज्य एवं सरकारको तर्फबाट आवासको लागि बहालमा दिने गरी घर भवनहरू बनाई बहालमा दिने गरेको पर्याप्त अभ्यास पाइदैन । केवल छिटफुट रूपमा ठुला संघसंस्थाले व्यापारिक मल बनाई बहालमा दिने र केही निकायहरूले ससाना सटरहरूसमेत बनाई बहालमा लिनेदिने गरेका अभ्यास पाइन्छ । मलेसिया लगायतका केही विदेशी मुलुकहरूमा सरकारले नै बहालमा बस्ने व्यक्तिहरूलाई आवासहरू बनाई घरबहालमा लिनेदिने गरेको पाइन्छ । नेपालको सन्दर्भमा पनि नगरपालिकाहरू वा उपत्यका विकास प्राधिकरण वा नगर विकास समितिजस्ता संस्थाले भवनहरू बनाई नीजि आवासको लागि घरबहालमा दिने व्यवस्थाको नीति क्रमशः अवलम्बन गर्दै नजाने हो भने आगामी दिनमा काठमाडौं लगायतका ठुला शहरहरूमा घर बहालमा बस्नेका लागि ठुलो समस्या र चुनौतीको विषय बन्दै जाने देखिन्छ । हाल घरबहालसम्बन्धी कर स्थानीय तहले बहालरकमको १० प्रतिशतबहाल गरेको रूपमा वार्षिक रूपमा लिने कानुनी व्यवस्था रहेको छ । कुनै व्यक्तिको घरबहालमात्र आम्दानीको स्रोत हुने व्यक्तिको एकल वा दम्पतीलाई आयकरमा कुनै छुट प्रदान नगरिएको र बिजुली महशुल, पानी महशुल र मर्मत खर्च समेत खर्च कटौती गर्न पाइने कानुनी व्यवस्था छैन । घरबहाल कर घरधनीले जेजति तिरेपनि हुने वा नतिरे पनि हुने अवस्था रहेको हुदा घरबहाल कर पनि केही घटाई, बिजुली पानी महशुल र मर्मत खर्च समेत कटौती गर्न पाउने र सम्पुण घरधनीहरूलाई घरबहालको दायरा भित्र ल्याउनु जरुरी छ ।

घरबहालमा लिने दिनेले मौकैमा वास्तविक विवरण नलिने पारस्परिक रूपमा हार्दिकता नभएका कारण केही दलितलाई दलित भएको कारण घरबहालको पेशकी लिई सामान लिई डेरामा आएपछि घरबहालमा बस्न नदिएको कारण घरधनी थुनामा जानु परेको र घरधनीलाई नै घरबहालमा बस्नेले ज्यान मारेका घटना यो पक्षिकारको जानकारीमा रहेका छन् । घरबहालमा बस्नेले प्रयोजन लुकाई घर बहालमा बस्ने गरेका र बसेपछि विष्फोटक पदार्थ बनाउने, जुवा खेल्ने, खेलाउने र वेश्यागमन गर्ने गराउने समेतका घटना देखादा घर बहालमा दिनुपूर्व घरधनीले र घरबहालमा बस्नुपूर्व बहालवालाले एकअर्काको परिचय एवं प्रयोजन खुलाई विवरण लिई हार्दिकतापूर्वक घरधनी र घरबहालको सम्बन्ध स्थापित गरी घरबहालमा लिने दिने गर्नु आजको आवश्यकता रहेको प्रतीत मिल्छ ।





Sushil Kumar Karki

## Menstrual Hygiene Management during Pandemics like COVID-19

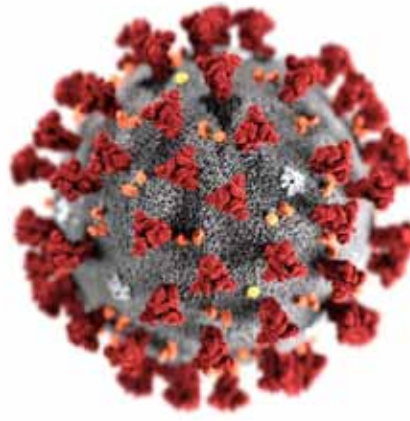
Menstruation is a normal biological phenomenon and a key sign of reproductive health. Behavioral change on menstrual hygiene management (MHM) is required to ensure that every woman and adolescence girls manage their period with dignity for which availability of menstrual products, privacy, WASH facilities along with proper disposal facility of used menstrual product is required. Along with the management of physical components required for hygienic menstruation, societal beliefs and cultural taboos surrounding the issue, poverty, and gender inequality obstruct for dignified and healthy management of menstruation.

Due to a lack of coping capacity, people from the poorest and disadvantaged communities are the ones highly vulnerable to the consequences of the epidemics on human health. During the pandemics, to cope and resist the chance of infection, special attention should be provided on a regular supply of clean water, soap, handwashing facility, and sanitation products. Though the direct or immediate impact of the COVID-19 has not been observed on the menstrual cycle, indirect impacts are observed due to lack of proper health facilities, malnutrition, stress, anxiety, restrictions from activities (due to prevailing social stigmas) and lack of menstrual products during the lockdown. Since we don't have records of COVID-19 transmission through faces or blood along with menstrual blood, more attention should be provided on managing menstruation with dignity.

In the context of Nepalese society where discrimination of different forms during menstruation prevails even in the normal circumstances, special attention should be provided to the women and girls at home quarantine, quarantine camps, isolation wards, and hospitals. On the background where complaints and dissatisfaction on the management of basic facilities required at quarantine camps and isolation wards are being logged by citizens, social workers, civil society members, and health workers, attention on Menstrual Hygiene Management by government and service providers is ambiguous.

During Pandemic, women and girls at home may get a scarce supply of menstrual products along with other WASH products. Due to panic buying during a pandemic, materials get stock out resulting raise in price that can be unaffordable for underprivileged women and girls. To ensure the regular supply of menstrual products at an affordable price, government and related agencies should focus on the manufacturing and supply of menstrual products as an essential commodity. Individually one should not practice panic buying and buy responsibly, further, we should promote reusable materials like reusable cloth pads, menstrual cups, and period panties. Locally, with the support of local government and I/NGOs, community-based organizations can produce reusable cloth pads for distribution to needy one. Also, during pandemic access to health care centers will be disrupted, so to make girls and women aware of sexual and reproductive health, information's should be disseminated through broadcasting media, mobile, and telephone services.

In addition to the women and girls in the community, those at quarantine camps and other institutional settings like a prison, security personnel's camps, hostels, etc. should be considered for hygienic menstrual management during pandemics. At such camps, an adequate quantity of menstrual products should be made available. If a disposable sanitary pad is used, proper disposal site should be allocated where one can dispose of used pads with privacy and proper waste management system should be. Similarly, if reusable cloth pads are used, adequate water supply for washing and space for drying of the pad should be allocated. The proper facility for bathing and cleaning should be provisioned. Special attention for persons with disabilities should be provided and their needs and assistance required should be addressed on camps. Supply of Menstrual products at camps should be prioritized along with other hygiene products and regular



medical counseling and awareness should be provided to girls and women at camps. Facilities required for changing, cleaning, and washing is required.

Front line workers are likely to be severely impacted during the pandemics like COVID-19. According to a study made by WHO across 104 countries in 2019, globally, 70 percent of the health workforce consists of women and most of them are the front line workers. This reveals the severity of the exposure of women during pandemics. In the context of COVID-19 where front line workers have to use Personal Protective Equipment (PPE) for hours, managing menstruation hygienically with dignity is a challenge. So, the supply of enough quantity of PPE and high absorbent menstrual products for female healthcare workers should be ensured during pandemics. Proper WASH facilities within the hospitals for changing and cleaning along with proper counseling on MHM is required for both health care workers and patients.

To assure that everyone who menstruates gets their right for dignified menstruation during pandemics focus on the supply of menstrual products as NFI at the community, camps, and health care centers in affordable price is required. Since girls and women with disabilities are unable to manage their menstruation safely and are most vulnerable, special attention should be provided to persons with disabilities so that they can manage their menstruation with dignity. Also, prevailing social stigmas regarding menstruation can be a challenge for girls and women during menstruation so we all should work together to prevent the situation from getting worse and make girls and women more vulnerable from COVID-19.

We Rotarians can join hands together with local government and other organizations to ease the life of adolescent girls and women during a pandemic by facilitating them to manage their menstruation with dignity.

Best Wishes to  
**Rtn. Tirtha Raj Dahal**  
 and Entire Team of  
**Rotary Club of Kathmandu**  
 on the occasion of  
**63<sup>rd</sup> Installation Ceremony**

Membership No. 5918  
 ICAN no. 2109  
 Pan no. 301844695  
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## Rotaract

Rotaract clubs are part of Rotary global effort to bring peace and international understanding to the world. A non-religious, non-political and non-profit organization which are involved in community and international service which are open to people above the ages of 18 years old. Rotaract stands for “Rotary in Action” and is supported by Rotary International. Rotaract initially began as a Rotary youth programme in 1968 but has now become an independent group.

Today, it comprises over 7000 clubs worldwide with over 173000 members. Club meets at least twice a month to exchange ideas, plan activities and projects, and socialize. Clubs plan and implement a variety of humanitarian and environmental projects locally or internationally based on the interest of members. Rotaract also aims to assist its members with networking, business and leadership to form well rounded individuals for the working world.

### Goals of Rotaract

- To develop professional and leadership skills.
- To emphasize and respect the rights of others based on recognition of the worth of each individual.
- To recognize the dignity and value of all useful occupations as opportunities to serve.
- To recognize, practice, and promote ethical standards as leadership qualities and vocational responsibilities.
- To develop knowledge and understanding of the needs, problems and opportunities in the community and worldwide.
- To provide opportunities for personal and group activities to serve the community and promote international understanding and goodwill toward all people.

Why join Rotaract?

- Friendship
- Business Development (Networking)
- Personal Growth and Development
- Leadership Development
- Citizenship in the Community
- Continuing Education
- Fun
- Public Speaking Skills
- Citizenship in the World
- Assistance when Traveling
- Entertainment
- The Development of Social Skills
- Family Programs
- Vocational Skills
- The Development of Ethics
- Cultural Awareness
- The Opportunity to Serve

There is a lot more!!

- Taking advantage of all that Rotary has to offer, including:
  - Scholarships and peace fellowships
  - RYLA events
  - Friendship exchanges or vocational training teams
  - Rotary club membership
- International Connections
  - Attending international events
  - Joining a Rotarian Action Group
  - Twin Clubs

## Executive Board RY 2020-21

### Rotaract Club of Kathmandu



**Rtr. Nisha Khatiwada**  
President



**Rtr. Lok Raj Pandeya**  
Immediate Past President



**Rtr. Smriti Chauhan**  
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**Rtr. Netra Ramtel**  
Vice President



**Rtr. Ritika Adhikari**  
Club Leadership Trainer



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**Rtr. Abhijan Wasti**  
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Director



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**Rtr. Ajay Yadav**  
International Service  
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**Rtr. Sumikshya Pathak**  
Editor



## Officer



**Rtr. Sita Bhadari**  
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**Rtr. Bibek Khanal**  
Interact Co-ordinator



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Publication Officer

## Advisory Board RY 2020-21 Rotaract Club of Kathmandu



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Past President RY2012/13



**Mr. Suraj Poudel**  
Past President RY2013/14



**Rtr. Sangam Dahal**  
Past President RY2015/16



**Rtr. Mridul Acharya**  
Past President RY2016/17



**Rtr. Sarbesh Rijal**  
Past President RY2017/18



**Rtr. Sunil Phuyal**  
Past President RY2018/19

## **Presidents Rotaract Club Of Kathmandu**

<b>S.No.</b>	<b>Rota Year</b>	<b>President</b>
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. Himal Lamichhane
11.	2005-2006	Mr. Ramesh Dahal
12.	2005-2006	Mr. Tapa Kumar Shrestha
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	Rtn. Sushil Kumar Karki
19.	2012-2013	Mr. Padam Kumar Shrestha
20.	2013-2014	Rtr. Suraj Poudel
21.	2014-2015	Rtn. 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
26.	2019-2020	Rtr. Lok Raj Pandeya
27.	2020-2021	Rtr. Nisha Khatiwada

## Members Profile RY 2020-21

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DOB : September 26



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DOB : May 15



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DOB : Feb 7



Name : Bist Kamala  
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DOB : May 26



Name : Aryal Bikisha  
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DOB : May 7



Name : Bist Pariwesh Raj  
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Name : Bhandari Sita  
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Classification : Bachelor in Public Health  
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DOB : October 8



Name : Chand Bhawana  
Designation : General Member  
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Blood Group : B+ve  
Classification : Bachelor in Public Health  
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DOB : June 1



Name : Bhandari Srijana  
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Address : Kritipur, Kathmandu  
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Blood Group : AB +ve  
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DOB : July 25



Name : Chauhan Smriti  
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DOB : August 23

## Rotary & Rotaract Club of Kathmandu



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Blood Group : B+ve  
Classification : BBA  
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DOB : August 8



Name : Khanal Bibek  
Designation : Interact Co-ordinator  
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DOB : July 29



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



Name : Khatiwada Nisha  
Designation : President  
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Cell : 9849707206  
Blood Group : O+ve  
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DOB : June 11



Name : Dangol Sonu  
Designation : Treasurer  
Address : Lokanthali, Bhaktapur  
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DOB : July 30



Name : Koirala Rashik Raj  
Designation : General Member  
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DOB : September 9



Name : Dangol Suman  
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DOB : October 3



Name : Kunwar Aakanksha  
Designation : Joint Treasurer  
Address : Kathmandu  
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Blood Group :  
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DOB : July 15



Name : Karki Rabindra  
Designation : General Member  
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DOB : February 5



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Designation : Sgt. At Arms  
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DOB : August 13



Name : Khadka Gita  
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Blood Group : A+ve  
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DOB : July 12



Name : Luitel Nikita  
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Blood Group : A+ve  
Classification : BBA  
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DOB : September 29



Name : Khadka Pratiksha  
Designation : General Member  
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DOB : September 8



Name : Mishra Srijana  
Designation : Professional Development Director  
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DOB : December 1



Name : Khadka Roshan  
Designation : General Member  
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DOB : January 9



Name : Neupane Rupak  
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DOB : November 15





Name : Pandey Aakriti  
Designation : General Member  
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DOB : October 3



Name : Ramtel Netra  
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DOB : January 23



Name : Pandey Arun  
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Name : Pandeya Lok Raj  
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DOB : February 19



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DOB : July 3



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DOB : March 12



Name : Pradhan Rubina  
Designation : General Member  
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DOB : July 2



Name : Subedi Siddhartha  
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DOB : June 7



## Rotary & Rotaract Club of Kathmandu



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Name : Tripathi Sandesh  
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DOB : August 27



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DOB : November 10



Name : Silwal Sirjana  
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DOB : October 18

# SECRETARIAL REPORT – ROTA YEAR 2019/20

## Rotaract Club of Kathmandu

Rota-Year 2019/20 was a roller coaster ride as the pandemic hit hard which made it impossible to meet in person ultimately affecting the functioning of the Club yet it was successful to maintain its legacy by the immense support from an industrious Board of Directors, and constant support from Immediate Past President, Past Presidents, Parent Rotary Club, all members, office staffs and everyone else. As we know, every crisis comes with opportunities; this pandemic gave us opportunity to explore digitally and make us engaged virtually while staying safe at home. Furthermore, it also helped us connect with our Past Presidents too in our virtual interactive sessions. It is my immense pleasure to publish the report and the activities that the club performed in the Rotary Year 2019-20.

Club Statistics RY 2019-20

Total Number of Regular Meetings: 43

Total Number of Board Meetings: 9

Total Number of Club Assembly: 3

Total Number of Regular Rotaract Meeting Quiz: 43

Total Number of Joint Meeting: 7

Total Number of Special Meetings: 3

Total Members: 60

S.N	Project Name	Objective	Avenue
1.	24th Installation Ceremony	Handover the presidency to the new president of RY 2019/20 and also to introduce new BOD's for new Rota year.	Club Service Avenue
2.	Club COTS	Provide information about Rotary /Rotaract and opportunity it bestows upon us. Likewise, to enlighten roles and responsibilities under all avenues. Furthermore, to give knowledge about documentation and reporting.	Club Service Avenue
3.	Friendship Day Dance Party	Celebrate friendship day and to foster fellowship	Club Service Avenue
4.	CV Building Workshop	Help the participants prepare their CV in an effective way and write emails in a professional way.	Professional Development Avenue
5.	Twin-ship with Rotaract Club of Negombo RID 3220	To enhance fellowship between the clubs	International Service Avenue
6.	Twin-ship with Rotaract Club of Pokhara	To enhance fellowship between the clubs	Club Service Avenue
7.	Twin-ship with Rotaract Club of Butwal South	To enhance fellowship between the clubs	Club Service Avenue
8.	Joint Essay Writing Celebrate Competition	International Youth Day and create bonding with international Clubs.	International Service Avenue
9.	Sunnalai Sunko Mala	Share anecdotes in a relatable way with life and be motivated.	Club Service Avenue
10.	Teej Celebration	Frolicking fellowship	Club Service Avenue
11.	Dengue Awareness	Awareness about dengue problem.	Community Service Avenue
12.	Dashain Aayo	Enhancing fellowship among Rotarians and Rotaractors.	Club Service Avenue
13.	Photo Karkhana (Photography Workshop)	To provide basic knowledge of photography skills to the participants. Along with camera handling, digital workflow skills. Also, to provide them with knowledge of exposure triangle (ISO, shutter speed, aperture etc.), basic photo editing skills with light room and amp. Furthermore, to help the participants in applying the knowledge received through photo walks.	Professional Development Avenue
14.	Mental Health Awareness	To aware Youths about Mental Problems.	Community Service Avenue
15.	Picturesque 2.0	Celebrate the International Tourism day and make Rotaractors from around the world aware about	International Service Avenue

## Rotary & Rotaract Club of Kathmandu

		famous touristic destinations.	
16.	Deusi Bhailo	Fellowship	Club Service Avenue
17.	24th Charter Day	To celebrate 24th charter day.	Club Service Avenue
18.	Financial Literacy	To help the participants know about the importance of saving, investment, budgeting and provide knowledge of financial institutions, loan processing, life and non-life insurance, and anti-money laundering.	Professional Development Avenue
19.	Scholarship Distribution	Support TEACH	Community Service Avenue
20.	Project Mitra Nepal	Support TEACH	Community Service Avenue
21.	1000th Meeting	To celebrate the special meeting with continued legacy and recall the history.	Club Service Avenue
22.	TOT on Reusable Sanitary Pad Making	To provide information on Menstruation Hygiene Management and Reusable Sanitary Pad Making.	Professional Development Avenue
23.	Vision Screening	To screen vision of students of Interact Club of Shree Chunadevi Secondary School	Community Service Avenue
24.	Love Letter Writing Competition	To celebrate love	International Service Avenue
25.	Know Your Rights	To provide information on fundamental rights, cyber crimes and related laws in Nepal.	Professional Development Avenue
26.	Friendly Futsal	To enhance fellowship among members and guests.	Club Service Avenue
27.	Dasna Project	To help in establishing safe quarantine.	Community Service Avenue
28.	15th Inter College Rotaract Running Shield Quiz Contest	To engage the youth in knowledge enhancing activities along with helping to build their confidence, competitive and sportsmanship spirit. And also, to promote the Rotaract movement among the youth.	Professional Development Avenue
29.	Project Scholarship	To ensure that money should not be barrier for learning.	Community Service Avenue

### Participated:

1. 62nd Installation of Parent Rotary Club of Kathmandu.
2. Installation Ceremony of 20 different Clubs.
3. Rota Jive
4. District Leadership Training Seminar
5. Coffee Connect
6. Zonal COTS
7. 1st PS Meet
8. Candle Night on the occasion of Constitution Day
9. Sahitik Sanjh
10. Zonal Greeting Exchange
11. R. Tihar
12. 12th District Conference
13. Inauguration of Visit Nepal 2020
14. ePETS SETS
15. eRyla
16. Rotaract Global Model United Nations
17. Motivational Speech Seminar
18. Global Skill Week
19. TOT on Design Thinking Workshop
20. Effective Communication at Workplace
21. Basic Photoshop Training
22. R-Dosti
23. Frame Spiel
24. The traveler

25. Gratitude
26. International RYLA
27. Quizader
28. Symbol of Unity
29. Corona
30. Online Painting Competition
31. Don't Panic
32. Expression of mind
33. Stay at home
34. Inter-district exchange
35. International ERYLA
36. Virtual Exchange
37. Rota- Youth Fest

#### Guest Speaker:

With the motive to make the general meetings more insightful to the members and guests present, we frequently invited guest speakers, where the guest speakers were requested to talk on the various topics as per their expertise. The guest speaker sessions as per the expectation indeed were successful and are to be continued in the coming Rota Year as well. Also, due to COVID-19 and complying with Stay-at-Home order of government deprived us from having meeting in person. However, our continued effort to make our members time fruitful encouraged us to invite intellects in virtual meetings as well.

We had a total of 9 speakers this Rota Year, and below is the list of the Guest Speakers and the respective topics they spoke on:

- Rtn. Achyut Babu Ojha – Experience in Club and Profession
- Roslini Shrestha – National Youth Movements against Tuberculosis
- Milan Pandey – Present and Future Education System in Nepal
- Dr. Surya Raj Adhikari – Public Policy and Role of Youth
- Rtn. Bhaskar Kafle – Youth and SDG's
- Past President Subodh Koirala – Journey and Experience in Rotaract
- Rtr. Saugat Gautam: Socio-Political Scenario after Corona
- Rtn. Dr. Pradeep Pandey: Post Pandemic Psychological Effect
- Miss Sudha Subedhi: Sustainable Living
- Rtr. Kishor Kuikel: Peace and Conflict

#### In-House Speakers:

Like guest speakers, we also conducted in-house speaking sessions for our members and guests where the members/guests got to voluntarily choose to speak up on the topics they were well acquainted with. The main motive behind such sessions was to encourage members to wipe off their fear of public speaking. At the same time embracing a way to have an informative meeting. Being a community based Club and having members from diverse stream; we believed knowledge sharing was a key to have more engaging meetings.

We had a total of 6 in-house speakers this Rota Year, and below is the list of the in-house speakers and the respective topics they spoke on:

- Rtr. Aakriti Aacharya – Safe Motherhood
- Rtr. Sonika Kunwar – Amazon Forest
- Rtr. Aadhar Wasti – Time
- Rtr. Ajay Kumar Yadav – Ikigey
- Rtr. Abhijan Wasti – How to Bamboozle
- Rtr. Bibek Khanal – Problems in Youth
- Rtr. Srijana Mishra – Depression
- Rtr. Srijana Bhandari: Book Review of Karnali Blues
- Rtr. Aadhar Wasti: Was Covid-19 predicted beforehand?
- Rtr. Ajay Yadav: Leadership



Geeta Khadka

## EXPLORING DRUG DEVELOPMENT PROCESS

Have you ever looked at a capsule or tablet out of your medication and wondered how these miraculous things that can cure your disease are discovered and developed? As simple these medicines look, as complex is it's development process. Every drug we're consuming is a product of 7 to 12 years, sometimes even longer tiring years of research, design, development and approval process. Fascinating, isn't it? Before a drug can reach a patient, it must go through rigorous testing to determine whether it is safe, effective at treating the disease it was developed for and to ascertain the correct dose.

The key and first foremost step of drug development is discovery of promising compounds which can be used at medical treatment. Researchers discover new drug compounds through extensive study of disease and testing of several compounds. After the discovery process, the second step is preclinical research. Before testing drugs in people, researchers must find out whether it has the potential to cause serious harm. Therefore, it is tested on animals to explore the properties of drugs. Experiments are generally performed on rodents such as mice, rats, rabbits and then on larger animals such as cats, dogs, monkeys. As the evaluation progresses, unfavorable compounds get rejected at each step. While preclinical research answers the basic questions about drug's safety, it is not a substitute for studies of ways the drug will interact with the human body. So clinical research or trials are performed as the third step, in which experiment is done on people. All effects of drugs on the human body are noted. The clinical trial may last anywhere from 2 to 10 years, with the average being 5 years.

A New Drug Application (NDA) is submitted to the Food and Drug Administration (FDA) after the investigation of the drug in clinical trial is complete and the drug is found to be safe and effective. With the application, the manufacturer submits all data collected concerning the drug during the clinical trials. A panel of experts, including pharmacologists, chemists, physicians, and other professionals, reviews the application and makes a recommendation to the FDA. The FDA then either approves or disapproves the drug for use. This process of review takes approximately 2 years. After FDA approval, the drug is finally launched and placed on market by manufacturer. Post-marketing safety surveillance, which is the final step of the drug development process is carried out after the manufacturer places drugs on the market. It is designed to evaluate the long term safety and efficacy of a drug on consumers and to understand real world problems with the drug formulation.

Generally out of 10,000 test compounds, only about 250 compounds are satisfiable enough to go for preclinical research. From this only less than five compounds are fit to go for clinical trials out of which approximately only one compound passes the trial and is approved by health authorities. The total cost of development of a single drug exceeds ten to hundreds of million US dollars. Thus development of a new drug is a very long and hectic process requiring a lot of knowledge, dedication and hard work however it's totally worth it since it is what it takes to cure disease and save millions of lives.

Rtr. Geeta Khadka  
General member



# Glimpses of Activities RY 2019-20

## Rotaract Club of Kathmandu





## Rotary & Rotaract Club of Kathmandu



Best Wishes to  
**Rtn. Tirtha Raj Dahal**  
and Entire Team of  
**Rotary Club of Kathmandu**  
on the occasion of  
**63<sup>rd</sup> Installation Ceremony**

**Radha Krishna Dhamala**  
Dharan 6, Panbari  
Present: USA

Best Wishes to  
**Rtn. Tirtha Raj Dahal**  
and Entire Team of  
**Rotary Club of Kathmandu**  
on the occasion of  
**63<sup>rd</sup> Installation Ceremony**

**Mukunda Acharya**  
Khairani-1, Chitwan  
Present: Pennsylvania , USA

Best Wishes to  
**Rtn. Tirtha Raj Dahal**  
and Entire Team of  
**Rotary Club of Kathmandu**  
on the occasion of  
**63<sup>rd</sup> Installation Ceremony**



**Asterisk International Services Pvt. Ltd.**  
**Manufacturer and Exporter of Felt and Nepalese Handicrafts**

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Best Wishes to  
**Rtn. Tirtha Raj Dahal**  
and Entire Team of  
**Rotary Club of Kathmandu**  
on the occasion of  
**63<sup>rd</sup> Installation Ceremony**

**Chandra Raut**  
Prithvinagar, Jhapa  
Present: Sanfrancisco, California,  
USA

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# Kaze Darbar



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- ★ Culture Club
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### OUR SERVICES

- |                            |  |
|----------------------------|--|
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| • Gynaecology & Obstetrics | • Diabetology & endocrinology                                |
| • Orthopaedics             | • Neurology  |
| • E.N.T                    | • Nephrology   |
| • Dermatology & Venerology | • Free Haemodialysis   |
| • Radiology                | • IUI- Intrauterine Insemination (management of Infertility) |
| • Ophthalmology            | • Dental   |
| • General Health Check-up  | • ICU- Intensive Care Unit ( With Ventilators)               |
| • Physiotherapy            | • HDCU( High Dependency Care Unit)                           |
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Best Wishes to  
**Rtn. Tirtha Raj Dahal**  
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on the occasion of  
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## मिर्गौला बचाओ अभियान



उद्देश्यहरू

- १) मिर्गौला नराम्रोसँग काम गर्नु नदिनु ।
- २) विपुलक दिग्गज शिष्टाचारको जर्ज्जल गर्नु ।
- ३) मिर्गौला नराम्रोसँग काम गर्नु नदिनु ।


रु. ५०० खोजादा जसो मिर्गौला बचाओ अभियानको सहयोगी बनी ।

मिर्गौला बचाओ अभियान

संस्थापक: काठमाडौं

फोन नं.: ९७७-०१-४३६३४५२, ४३६०८८९, ९८५०१०१००

फैलाव: ९८५३३३०३८०



डा. प्रदीप कुमार कार्की  
उपनिवेश विज्ञान विभाग  
मिर्गौला बचाओ अभियानका अध्यक्ष

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### मिर्गौला स्वस्थ राख्न के गर्ने ?

- नियमित व्यायाम गरौं । कतिमा दिनमा १० हजार पाईला हिडौं ।
- पिसाव २ देखि ३ लिटर हुने गरी भोल पदार्थ पिउने बानी बसालौं ।
- सुती, खैनी, चुरोटको अम्ल पटकै नगरौं ।
- दुखाई कम गर्ने कडा औषधी सकेसम्म कम लिने गरौं ।
- उचाई बमोजिमको तौल राखौं ।
- स्वस्थकर खाना खाने बानी बसालौं बढी चिनी, बढी नुन नखाऔं ।
- रक्तचाप ठीक राखौं, नियमित नापौं र चिकित्सकको सल्लाह लिने गरौं ।
- मधुमेहका विरामीले चिनीको मात्रा ठीक राखौं, समय समयमा जचाउने गरौं ।

वर्षमा एक पटक रगतमा क्रियाटिनिन र पिसावमा प्रोटीन (अल्बुमिन) जाँचेर दुक्क होऔं । रोग देखापरमा समयमै उपचार गरौं ।

एक जनाको मिर्गौला बिग्रानबाट जोगाएमा लाखौं जोगिन्छ, सय जनाको जोगाएमा करोड र हजार जनाको जोगाएमा अरब जोगिन्छ ।

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### मिर्गौला बचाओ अभियान

वनस्थली, काठमाडौं, नेपाल, फोन: ४३६३४५२, ४३६०८८९ एक्सटरेन्सन ५००  
सिधा सम्पर्क: ९८५३३३०३८०

मिर्गौला बचाओ अभियानको ग्लोबल आई डन ई साता नम्बर:  
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Best Wishes to

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### श्री सरस्वती माध्यमिक विद्यालय पानवारी

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☎ ०२५-४५२०४५

**Barsha Shrestha**

**Front Desk Officer**



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