



Rotary

Club of Kathmandu

RI District 3292 Nepal Bhutan, Club No. 16204
Charter: 13 April 1959



Souvenir 2021-2022

Serve to Change Lives



Rotary Bhawan, Thapathali, Kathmandu, Nepal

G.P.O: 1053, Tel: +977-1-4245783

info@rckathmandu.org.np / rotaryclubkathmandu@gmail.com

www.rckathmandu.org.np

Rotary's seven areas of focus

Rotary is dedicated to seven areas of focus to build international relationships, conserve environment, improve lives, and create a better world to support our peace efforts and end polio forever.



**Prevention and Resolution
of Conflicts and the
Promotion of Peace**



**Mother and
Child's Health**



**Prevention and
Treatment of Disease**



**Basic Education
and Literacy**



Water and Cleanliness



**Economic and
Community
Development**



Supporting the Environment

Rotary



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**
& **BETTER FRIENDSHIPS**?
- ④ Will it be **BENEFICIAL**
to all concerned?

In a Loving Memory



*Rotary Club
of Kathmandu
family deeply
saddened by the
great loss of
Past President
**Rtn. Kedar
Prasad Sharma***



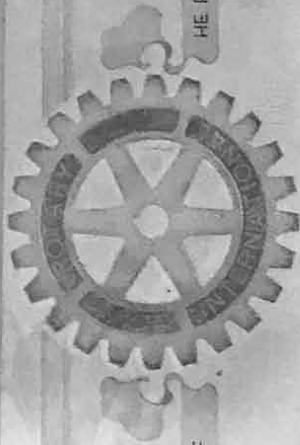
*Rotary Club
of Kathmandu
family deeply
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great loss of
Past President
**Rtn. Sushil
Bhattarai***



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

*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.



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

Editorial Committee

Rtn. Suresh Man Singh

Rtn. AchutBabuOjha

Rtn. Narayan Krishna Kharel

Rtn. Sushil Kumar Karki

Rtn. Mohan Krishna Maharjan

Rtn. Rajendra Gautam

Rotary Club of Kathmandu, a pioneer club of Nepal is involved inservice 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 serving to change lives.

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 for service and fellowship.

Thank you.



Shekhar Mehta

President, 2021-22
Rotary International

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shekhar.mehta@rotary.org

10 May 2021

Dear fellow Rotarians:

We have been through trying times together. We have helped the world cope with uncertainty and adapt to rapid change. Now is the time for us to dream big.

It is time for us to take on major challenges, to do more and grow more, and most of all, for us to care for and share with others.

This year, we note all the ways that we *Serve to Change Lives*. Service is the rent we pay for our time on earth and we will expand Rotary service as we “grow more and do more.” We will grow through “Each One, Bring One.” If every Rotary member could bring just one more person to Rotary, there is no limit to how much we can grow. We will do more by putting a special emphasis on empowering girls, so young women can have improved opportunities worldwide. We will also feature Rotary Days of Service, so that all members share in our good works around the globe and look for new ways to serve beyond their backyards.

It is our attitude that defines service. We all have a great opportunity to lead by example and to inspire each other to participate in projects that have a measured and sustained impact.

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.

Your good work will help us serve our communities and help Rotary thrive so we can *Serve to Change Lives*.

Kindest regards,

A handwritten signature in black ink that reads "Shekhar Mehta".

Shekhar Mehta
Rotary International President, 2021-22



ROTARY INTERNATIONAL
District 3292

Santosh Prasad Rijal
District Governor 2021-22

Date: 18 August 2021



Dear President Suresh Man Singh
Rotary Club of Kathmandu



Congratulations on your Club Installation and Presidency for the year 2021 – 22. With your leadership you and your team now enter this new phase of immense responsibility as the pandemic rages on with no sign of slowing down affecting our daily lives. As we continue to grapple with this ‘challenge’ and its constant threat, Rotary continues to serve, identify and implement improvements in our communities through the many avenues of service while maintaining our core value ‘service above self’.

I am confident of your passion and dedication to serve and lead which is apparent by the level of confidence your Club leaders have shown in you. Your acceptance of responsibility in these challenging moments should be an encouragement and inspiration to the many that will follow you to lead this great Club.

Rest assured it is going to be a busy year but it will be rewarding and I reassure you of all the help from the District. While I wish you a wonderful and successful year of Rotary service go onward to “Serve to change lives” and “Live to Serve”.

Best wishes.

Yours- In-Rotary

A handwritten signature in black ink, appearing to read "Santosh Rijal", written over a horizontal line.

Santosh Prasad Rijal
District Governor 2021-22

Rotary District Office,
Thapathali, Kathmandu
Nepal

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977 9852023051

Email:
santoshrij@gmail.com



Message from the Immediate Past President

Dear fellow Rotarians and Rotaractors,

This Rota year 2020-2021 has felt like a roller coaster ride. In this year of presidency there were many ups and downs throughout the journey due to this global pandemic affecting each and every individual. It was quite challenging to reach out to many people providing our services. Adapting the new normal we tried to reach out to many people as possible. With the support of each and every rotary members we made many virtual as well as some physical event a success.

On the occasion of 64th installation ceremony of Rotary club of Kathmandu I would like to express my sincere greetings and thanks to all the frontline workers, international partners and Rotarians, board members of the year 2020/21, Rotaractor and everyone who actively participated even in this pandemic and crisis. Rotary has given a huge platform to connect and serve many people. This pandemic gave us the opportunity to connect with many people working in health sector and education. Our international partner are highly appreciated for their generous contribution and support.

I had a wonderful time serving in this historic club with all love, support and kindness of each and everyone. I got a lots of opportunities to learn many things about service and fellowship. Due to the efforts, hard work, generosity, dedication, and team work of all this year was successful.

Once again my sincere thanks to all the Past Presidents, Board members, members, Innerwheel, Ann's, Rotaractors of Rotaract Club of Kathmandu and Rotaract club of Sindhuligadhi, Interactors, club office Secretariat, District Governor Rtn. Rajib Pokharel sir, PDGs, AG Rtn. Sunil Ratna Tuladhar sir, fellow president of batch mate Rotarians, and District officials of RI Dist. 3292 for all the support and guidance during RY 2020-2021. Also, I'd like to thank my family and my wife Binita Bhandari Dahal for their love, support, help and encouragement throughout this journey.

Long live Rotary.

Rtn. Tirtha Raj Dahal
Immediate Past President (2021-2022)



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 RY 2021-22.

Serve to Change lives, presidential theme of Rotary International & RI President Shekhar Mehta is encouraging Rotarians to serve the community through different service.

I would also like to express my gratitude to past presidents, members, inner wheel, Rotaractors, Interact and RCC of the club, district leaders & good friends of Rotary whose special efforts and decades of commitments has heightened and 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 is committed to enhancing the rotary image by embracing Rotary motto "Service above Self"

Rotary year 2020-21 was a benchmark for the rotary movement and the leadership shown by Tirtha Raj Dahal during difficult period of panic of Covid19 worldwide. I congratulate IPP Tirtha Raj Dahal and his team for the wonderful and remarkable tenure.

Regards with jay Rotary to you all...

Rtn. Suresh Man Singh
President, 2021-22



Biodata of President RY 2020-2021

Rtn. Suresh Man Singh resident of Bhaisepati, Lalitpur holds a Bachelor degree and has a strong background in business and community development activities. He served as an Overseas Volunteer/ Construction Manager of ADRA Nepal from 1989-2002 and Marketing Director of Trisul Trade Concern from 2003-2010. He currently holds the designation of Executive Member of Jor Ganesh Saving & Credit Co-operative Ltd & Marketing Director of M & M Brothers Industries. He joined Rotary Club of Kathmandu in 2009.

Other Details:

Date of Birth: 04 April, 1962

Training:

- Summit on Complex Emergencies and Disaster Response Management, Chiang Mai, Thailand (April 9 -21, 2001)
- Project Management, TITI, Sano Thimi, Kathmandu (Sep 11-22, 2000)

Award and Appreciation:

2001: Birendra Aishworya Sewa Padak

2005: Certificate of Appreciation from Rotary Australia World Community Service Ltd. Eastern Region
Certificate of Appreciation from Dhulikhel Municipality
Certificate of Appreciation from Scheer Memorial Hospital, Banepa

2010: Paul Harris Fellow+1

Travel:

- India, Bangladesh, Thailand, Hong Kong, Singapore, Japan, USA, Australia, China, Macau, Malaysia, Sri Lanka, Indonesia, Philippines
- More then 50 Districts of Nepal

Message from District Rotaract Representative

Dear Rotaractors,

First of all, let me congratulate outgoing president Rtr. Nisha Khatiwada for successfully completing her tenure as one of the successful presidents in RID 3292 Nepal and Bhutan. I would also like to extend best wishes to president Rtr. Netra Ramtel for the successful tenure ahead. Also Thank you to each and every member of the Rotaract Club of Kathmandu for your continued dedication and varied engagements in the Rotaract community last year. This journey of leadership and selfgrowth has undoubtedly been a challenging, yet rewarding one, and I believe that there is even more in store for us.

With the COVID-19 pandemic surging around us and affecting our daily lives, we find ourselves in the unknown terrain. However, despite the challenges, we are aware of the efforts of the Rotaract community to not only adapt to the changing scenarios but also offer support to one another, our communities, and those in need. We saw clubs switch to virtual activities and at the same time also lead ground-level COVID response initiatives, which is truly reflective of the dynamic, youth-driven Rotaract movement. I commend you for your resilience and your unwavering support that has made us only stronger.

As we step into a new Rota Year with bigger aspirations, I want us to keep in mind our mission which is- “to create opportunities and provide support for our members, enabling them to become community and professional leaders”.

With the above mission as our Rotaracting mantra this year, we want you to integrate five core values in everything we do. They are: Leadership, Integrity, Diversity, Adaptability, and Learning (L I D A L). We aspire for leadership that encompasses empathy, humility, and respect for others, in addition to courage, wisdom, and a sense of judgment. We value integrity, wherein clubs and members in setting our personal and professional goals, adhere to high moral and ethical standards. We believe in the need for diversity, such that the Rotaract platform not only welcomes a diverse group of people but also varied sets of ideas and experiences. With adaptability, we envision an organization and its members who are critical in their thinking, flexible in their actions, and accommodating in their contributions. Finally, we want Rotaract Clubs and its members to be open to new ideas, develop listening skills, be reflective of their actions, be open to criticism, and always strive towards learning. Integrating these core values into our engagements and internalizing them is what brings us to “Doing things awesomely”! The theme this year is all about bringing out the best of you in everything you do. And I am super excited to witness this awesome spectacle as your DRR this year.

To doing things awesomely!

Yours in Rotaract,

Rtr. Summit Bajracharya

District Rotaract Representative RY 2021-22

Rotary International District 3292





Message from Immediate Past President Rotaract Club of Kathmandu

Fellow Rotaractors,

It has been a great pleasure taking on the office of President of Rotaract Club of Kathmandu for RY 2020/21. Keeping up with the legacy of one of the oldest and vibrant club in RID 3292 was actually a herculean task. We had a rough start while trying to continue the activities as it was difficult to discover new ways to ensure the wellfunctioning of the club due to the ongoing pandemic. But soon enough we caught hold of the situation and did our best and thus maintained the platform that is Rotaract.

We started the year with the theme "Working together to be the Changemaker". Living to the theme, we have been able to ensure equal prominence of all avenues of service with cooperation and coordination hosting and participating over 45 projects. RaC Kathmandu family was very supportive and committed. As a result, we managed to pull off a wonderful year with lots of joy, hard work and dedication whilst adapting to the new environment. My special gratitude goes to the team for entrusting me with the responsibilities. Members has always been the strength of RaC Kathmandu likewise, they also perceive us as their own family. That's why I feel Rotaract is exceptional unlike any other youth organizations. I would like to thank our members for their contribution, dedication and efforts throughout the year.

Ralph Waldo Emerson, once said that "Do not follow where the path may lead. Go instead where there is no path and leave a trail." We can somehow relate this saying. Events, this year were different from previous RYs as we had to accept the dimension of virtual world which was unfamiliar to us. We all know that Rotaractors believe in exploring the new opportunities so we managed to get acquainted with the virtual world enhancing new opportunities. It has been a roller coaster ride as a team to make the club able to create a new milestone.

Also, Past Presidents have always been the backbone of our club. I would like to thank all our PP's for their neverending guidance and encouragement that led us to set healthy boundaries to make us avoid the feeling of disappointment and anger that develops when the limits are pushed. Further, let me take this opportunity to thank our parent club, RC Kathmandu for their continuous support and guidance. I am very much thankful to our twin clubs (Intra district-RaC Butwal South, RaC Pokhara and Inter district- RaC Northsore, RaC Metrobacolod) for their coordination and collaboration. Serving as President, I had plenty of opportunities to enhance my personal and professional experiences, from which I learnt to deal with problems easily.

I feel the same with other leaders too. So, I would like to congratulate and thank everyone including District Committee, leaders form other Rotaract Clubs, Interact Clubs and our sister club for upholding the legacy of Rotaract. "The capacity to learn is a gift, the ability to learn is a skill and the willingness to learn is a choice." So, never stop learning. Keep up the good work.

Faithfully Yours,

Rtr. Nisha Khatiwada

Immediate Past President RY 2021/22

Message from President Rotaract Club of Kathmandu



Dear Fellow Rotaractors,

'Time and Tide wait for none.' So, we have to recognize the opportunity and grab it on time. While I entered the Rotaract Club of Kathmandu, I hadn't planned for a long journey on Rotaract. As time goes on, Rotaract had become my passion, family and it became like an addiction to this organization. Rotaract always gives a positive impression and motivation to everyone. It is not only an organization; I think it works as a medicine that encourages us to get out of our comfort zone.

On my journey to the Rotaract Club of Kathmandu, I had seen five Presidents who had led this club and I had got the opportunity to learn a lot from our past leaders, through different Rotaract activities. I am always motivated by our past presidents who had led the club once and I used to imagine in that position that one day I would be there and this hypothesis has come to fruition. With the learning and experience, today I am the President of Rotaract Club of Kathmandu which is a great blessing for me.

I would like to express my heartfelt gratitude to all the former leaders of this club who have faced various challenges to preserve the legacy of this club. An organization always needs a team to move ahead on which we have supportive past leaders, supportive parent Rotary Club of Kathmandu, enthusiastic, energetic and dedicated members. Last year, it was challenging for all of us due to COVID 19 which is affecting this year as well but now we have created a path to move ahead. Respecting the history of the past, we have to further enhance the prestige and legacy of this club.

Rotaract improves personal conduct and makes people civilized and well-mannered. Along with, international relations can be expanded and confidence grows along with the leadership ability within oneself. We will take the club to new heights with the members who have joined the club with this hope and desire. We have to move forward by creating our own identity. This year, along with the fellowship, there is a plan to do personal skill development and community service in parallel. Members and clubs will be energized with a new plan and projects along with the old projects which are the identity of the club in the past. I would also like to request all the members to show their dedication towards it. We are moving forward with the presidential theme 'Magnify Yourself' in RY 2021-22. I hope all of you grab this opportunity and use this platform under the rule and regulations of this organization.

Magnify Yourself!

Jaya Rotary!! Jaya Rotaract!!!

Yours in Rotaract

Rtr. Netra Ramtel

President RY 2021-22

Rotaract Club of Kathmandu



Message from President Rotaract Club of Sindhuligadi

The day I was selected in the Student Exchange Program by Rotary Club of South Wagga Wagga during my college days was my very first chance to learn, know & explore more about Rotary. Everything is still fresh around my head. I attended around 12 different rotary meetings, 11 with Rotary Club of South Wagga Wagga and 1 with Rotary Club of Wagga Wagga where I could learn so many things about Rotary and its social activities. These visits, meetings and my learning helped me to make a strong decision to be a part of the family and make myself grow with the family under Rotary International. Really, I am enjoying the Rotary Family.

I remember the day, one year ago when I became Chartered President of Rotaract Club of Sindhuligadi. That day was one of the best & happiest days of my life. Along with a lot of happiness, I was possessed with the duties & responsibilities which always motivated me to move forward and think big.

Being the Chartered President of Rotaract Club of Sindhuligadi was one of the historic opportunities for me along with different challenges around. Firstly, giving the shape to the Club moving along with the different aspects & social challenges with reformation activities was not among one of the easy tasks without supporting hands. I, along with my Club couldn't be right here without the support of the Parent Club, Rotary Club of Kathmandu. I, on behalf of the Rotaract Club of Sindhuligadi, would like to express my deep gratitude towards the Rotary Club of Kathmandu.

I still remember the faces who have always shown me and our whole team the way to start and motivate us to continue our journey to Rotaract. I would like to thank personally to every face, members & individuals who always motivated me with my journey to Rotaract.

Being chartered from 2020, We, Rotaract club of Sindhuligadi tried our best to serve and solve the existing problems of different aspects of society. In the start of the journey, we tried our best to run the Club smoothly by organizing different programs, projects. Also, we would like to remember and express deep gratitude to the sister club, Rotaract Club of Kathmandu for supporting us to grow from the date of establishment.

My sincere thanks to Board Members, members and Rotaractors of Rotaract Club of Kathmandu and every single hand for all the support and guidance.

Always hope for the best and long relationship in upcoming days!

Your's in Rotaract
Rtr. Sujita Khadka
President
Rotaract Club of Sindhuligadi
Rota Year 2020-21

Executive Board RY 2020-21

Rotary Club of Kathmandu



Rtn. Suresh Man Singh
President



Rtn. Tirtha Raj Dahal
Immediate Past President



Rtn. Achut Babu Ojha
President Elect



Rtn. Kishor Upreti
President Nominee



Rtn. Dr. Pradeep Pandey
Vice President



Rtn. Sushil Kumar Karki
Secretary



Rtn. Bhasker Kafle
Joint Secretary



Rtn. Rabindra Karki
Treasurer



Rtn. Alina Karki
Joint Treasurer



Rtn. Rajendra Gautam
Chair,
Service Project



Rtn. Asish Jajodia
Chair,
Club Admin



PP Rtn. Rajendra K. Dahal
Chair,
Membership Development



Rtn. Prajun Khadka
Chair,
Public Image



Rtn. Narayan Krishna Kharel
Chair,
TRF



Rtn. Sonika Thapaliya
Chair,
Youth Service



PP Rtn. Bishnu Subedi
Sergeant At Arms



Rtn. Dan Bdr. Chand
Club Mentor

Club Officials for the Rotary Year 2021-22

Committee Chairs and Members

Service Project Committee

Advisor: PP Rtn.Bishnu Subedi
PP Rtn.Rajeshor Prasad Panta
Chair: Rtn. Rajendra Gautam
Co. Chair: Rtn. Bhaskar Kafle
Members: PP Rtn.Surendra Pratap Shah
Rtn. Sonika Thapaliya
Rtn. Dr. Pradeep Panday

Public Image Committee

Advisor: IPP Rtn.Tirtha Dahal
PP Rtn.Suresh Satyal
Chair: Rtn. Prajun Khadka
Members: Rtn. Bimal Singh Bista
Rtn. Mohan Maharjan
Rtn. Keshab Raj Gyawali
Rtn. Utsav Dangi

Club Admin Committee

Advisor: PP Mona Adhikari
PP Rajan Bahadur Raut
Chair: Rtn. Ashish Jajodia
Members: Rtn. Deepak Raj Joshi
Rtn. Alina Karki
Rtn. Rabindra Karki
Rtn. Bimal Singh Bista

T.R.F. Committee

Advisor: PDG PP Rtn.Ratna Man
Shakya
Chair: PP Rtn.Narayan Krishna
Kharel
Members: Rtn. Prithvi Shrestha
PP Rtn.Ram Gartaula
PP Rtn. Mona Adhikari
PE Rtn.Achut Babu Ojha

Membership Committee

Advisor: PP Ratna Man Shakya
PP Mukunda Sharma Paudel
Chair: PP Rajendra Dahal

Co. Chair: Rtn. Kishor Upreti
Members: Rtn. Prof.Dr. Puspa Raj
Sharma

Rtn.Alina Karki
Rtn. Asmin Dhakal

Youth Service Committee

Advisor: PP Rtn.Dan Bahadur Chand
IPP Rtn.Tirtha Raj Dahal
Chair: Rtn.Sonika Thapaliya
Members: Rtn. Rajendra Gautam
Rtn. Dr. Pradeep Pandey
Rtr.Netra Ramtel
Rtr.Sujita Khadka
Rtr.Sujit Chaudhary
Itr. Shreeya Shrestha

T.E.A.C.H. Committee

Chair: IPP Rtn.Tirtha Raj Dahal

Teacher Training: Rtn. Keshav Gyanwali
E-Learning: Rtn. Ashish Jajodia
Adult Literacy: Rtn. Prof.Dr. Puspa Raj
Sharma

Child Development: Rtn. Bhaskar Kafle
Happy School: Rtn. Rajendra Gautam
Back to School: PP Rtn.Narayan Krishna
Kharel

WINS: Rtn.Sushil Kumar Karki

Financial Management Committee

Chair: Rtn.Kishor Upreti
Members: Rtn.Rabindra Karki
Rtn.Utsav Dangi

IT Management Committee

Chair: Rtn.Keshab Gyanwali
Rtn.Rajendra Gautam
Rtn.Sushil Kumar Karki

Note: Kindly note that President, Secretary and President- Elect will be ex-officio member of all the committees

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
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Date of Birth : March 8
Designation : Member



Name : Bhandary Achyuta Nand (PHF)
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Geotech Services (P) Ltd. (ICGS)
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Date of Birth : November 28
WA : July 13
Spouse : Sama
Designation : Member



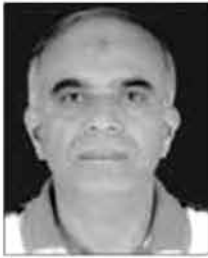
Name: Bist Bimal Singh
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Date of Birth: Jan 19
WA: Jan 12
Name of Spouse: Dilu KC
Designation : Member



Name : Prof. Dr. Chalise Suresh Raj (PHF)
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Date of Birth : January 15
Designation : Member



Name : Chand Dan Bahadur (PHF)
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Tel : 5590357, 5590108
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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Date of Birth : October 10
WA : April 15
Spouse : Ruja
Designation : Past President



Name : Dahal Rajendra Kumar (MPHF)
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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
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Date of Birth : January 11
Designation : Member



Name : Dhakal Asmin Kumar
Classification : Lawyer
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Date of Birth : Feb 9
Spouse : Sabina Pokharel
Designation : Member



Name : Dugar Hukum Chand (MPHF)
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Date of Birth : December 17
WA : April 18
Spouse : Kamala
Designation : Past President



Name : Gartaula Ram (Major Donor, PHS)
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Tel : 5525919
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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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Cell : 9851049804
Email : rajendragautam07@gmail.com
Date of Birth : July 8
Designation : Chair, Service Project



Name: Jajodia Ashish
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Date of Birth: 28.05.1984
Spouse: Shraddha Jajodia
Designation: Chair, Club Admin



Name : Karmacharya Sanjay
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Date of Birth :
Designation : Member



Name: Kifle Bhasker
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Date of Birth: March 18
WA: Feb 5
Spouse: Rupa Upreti
Designation: Jt. Secretary

Rotary Club of Kathmandu



Name: Karkee Rabindra
Classification: Logistic Management
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Date of Birth: November 7
WA: Feb 12
Spouse: Sumita Lamsal
Designation: Treasurer



Name: Karki Sushil Kumar (PHF)
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WA: February 7
Spouse: Kamana Jha
Designation: Secretary



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



Name : Khadka Prajun
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WA : February 10
Spouse : Jamuna Khadka
Designation : Chair, Public Image



Name : Sherpa Ang Kaji
Classification : Media Management
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Date of Birth : Jan 23
WA :
Spouse : Lhemi Sherpa
Designation : Member



Name : Kharel Narayan Krishna (MPHF)
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Date of Birth : December 30
WA : February 2
Spouse : Rachana Aryal
Designation : Past President



Name: Maharjan Mohan Krishna
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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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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 Elect



Name : Pandey Dr. Pradeep (PHF)
Classification : Neuropsychiatrist
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Date of Birth : October 28
WA : July 5
Spouse : Srijana
Designation : Vice President



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



Name : Paudel Mukunda Sharma (PHF)
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Email : mpaabg@gmail.com
Date of Birth : June 7
WA : Magh 7
Spouse : Pimala
Designation : Past President

Rotary Club of Kathmandu



Name : Raut Rajan Bahadur (MPHF+1)
Classification : Pharmaceutical Market
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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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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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Date of Birth: August 11
WA: March 6
Spouse: Sachu Sen
Designation: Past president



Name: Shrestha Bala Krishna (Major Donor,PHS)
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Email: hamasteel@info.com.np
Date of Birth: October 18
WA: Feb 11
Spouse: Amir Shrestha
Designation: Past President



Name: Shrestha Prithbi (PHF)
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Travel & Tour)
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Email: prithbi@mos.com.np
Date of Birth: July 6
WA: March 26
Spouse: Chie Shrestha
Designation: Member



Name : Satyal Suresh (MPHF+6)
Classification : Economist
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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)
Classification : Hydrogeologist
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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
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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)
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Date of Birth : April 4
WA : Marga 29
Spouse : Sangita
Designation : President



Name : Subedi Bishnu (MPHF+7)
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Date of Birth : July 21
WA : May 9
Spouse : Pramila
Designation : Past President



Name : Thapa Dr. Loke Bikram (MPHF)
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Date of Birth : April 28
WA : December 26
Designation : Past President



Name: Thapaliya Sonika (PHF)
Classification: Microbiologist/Development Practitioner
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Tel: 9615368893
Cell: 9849810619
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Date of Birth: November 1
Spouse : Sabin
WA : May 11
Designation: Chair, Youth Service



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

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. Shrestha	Manindra Raj Shrestha
1963-64	Gen. Kiran SJB Rana	Manindra Raj Shrestha
1964-65	Gen. Arjun SJB Rana	Gopa Rajbhandari
1965-66	Gopal Rajbhandari	Tom Mendies
1966-67	Manindra Raj Shrestha	Soli R. Manekshaw
1967-68	M. Ramunny	Soli R. Manekshaw
1968-69	K.P. Gautam	C. S. Banerji
1969-70	Mani Harsha Jyoti	C. S. Banerji
1970-71	Gulab S. Harjani	R. L. Fleming
1971-72	Ranjit Kumar Ghosh	Kamal Mani Dixit
1972-73	A. Scordialos	Kamal Mani Dixit
1973-74	R. K. Shrestha	B. L. Khoshla
1974-75	P. P. Shrestha	Trailokya Nath Shrestha
1975-76	Tom C. Medies	G. H. O. Keuntje
1976-77	Jay Kumar Nath Shah	K. B. Basynat
1977-78	Hulas Chand Golchha	Kamal Mani Dixit
1978-79	Ranjit Kumar Ghosh	Kuber P. Sharma
1979-80	Dr. Jogendra Jha	D. D. Shrestha
1980-81	Kuber P. Sharma	Om P. Singh
1981-82	Dr. Jogendra Jha	D. D. Shrestha
1982-83	Soli R. Manekshaw	Kamal Mani Dixit
1983-84	Ratna Man Sakya	Tehmas R. Manekshaw
1984-85	Kunj Bihari P. Singh	Tehmas R. Manekshaw
1985-86	Murari SJB Rana	Robert O. Weise
1986-87	H.E. Kazuo Kaneko	Robert O. Weise
1987-88	Bhubaneswar 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

Rotary Year	President	Secretary
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
2021-22	Suresh Man Singh	Sushil Kumar Karki

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 Ann's 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 Jaya 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 :Bhimsen 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. Ram Gartaula 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.

2019-20 Rtn. Narayan Krishna Kharel was installed as President

- 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.

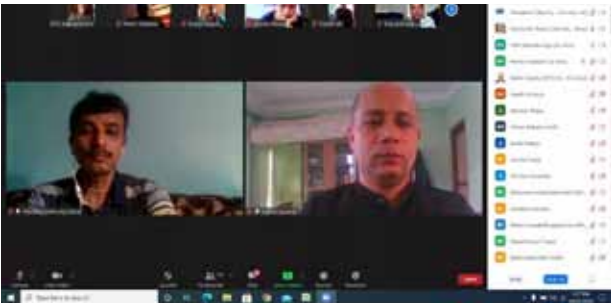
Rotary Club of Kathmandu

- Financial Support of Nrs. 250,000 made to ShreeChunadevi Secondary School, Nagarkot for the construction of wall affected by landslide in the school premises on 15 Jan, 2020.
- Distributed school bag, stationery materials & hygienekit 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 BalSarathi, 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 WaggaWagga 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, PokhrelgaunSindhuli, 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; ChangunarayanMunicipality -06 Bhaktapur. The project was supported by RC South WaggaWagga, Australia.
- Reusable 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 DharmawatiMavi, Janajyoti Secondary School and Suryodaya Secondary School of SiranchowkRural Municipality Gorkha, two schools namely Shree BhagwatiMaa 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 BaghBhairab 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 SilkeborgØstre, 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 Sollederod, 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

Highlights projects implemented during RY 2020-21



Dragon Fruit Distribution: Under this project, Rotary Club of Kathmandu in coordination with Rotary Club of MadhyapurThimi jointly distributed Dragon Fruits Plant to 10 family of Bode on 11 July, 2020. Each family received 5 plants with an objective to enhance economic and community development and create opportunities for decent and productive work for young and old.



Virtual Class Management training: Rotary Club of Kathmandu organized Virtual Class Management Training from 29 August 2020 to 20 March 2021 to benefit school teachers. 1510 teachers of 320 schools from 47 districts of Nepal attended the session. Chief Guest of the session were DG RajibPokharel, IPDG KiranLal Shrestha, RNLM Secretary Rajesh Thapa, DGN JitendraBahadurRajbhandari, DGE Santosh Rijal, PDG / WINS Chair RNLM CochairBasuDevGolyan, TEACH Support Coordinator Sunil Krishna Shrestha, PDG Yogendra Man Pradhan Chair RNLM province 3(B), PDG Dilendr Raj Shrestha, PDG RNLM Chair Tirtha Man Shakya, PDG SanjayaGiri and PDG RabindraPiya.



63rd Installation Ceremony: Successfully completed 63rd Installation Ceremony of the Club at Rotary Bhawan, Thapathali, Kathmandu on July 29, 2020. The Chief Guest of the event was DG Rtn. RajibPokharel. There was presence of district officials, members and guests in the event. Incoming president Rtn. Tirtha Raj Dahal was installed by outgoing President Rtn. Narayan Krishna Kharel.



Scholarship and Lunch Support Project: Educational Scholarship along with school uniform, stationery, sweater, school bag and school shoes were provided to 111 students of Shree Kamala Higher Secondary School, 57 students of Shree Kalika Secondary School and 97 students of Shree Kamala Basic School of Sindhuli on 27 March, 2021. The students from underprivileged community were benefited from the project. Similarly, reusable sanitary pad kit set (MHM Kit) was provided to girls student of secondary level during the program and also training on Reusable Sanitary Pad Making was organized for the teachers of three schools.



Ambulance Handover Program: Rotary Club of Kathmandu handed over Ambulance supported by Rotary Club of Gananoque, RID 7040 Canada through Rotary Club of Kathmandu for the help of Kidney Patients of Kathmandu to National Kidney Center on Feb 8, 2021. The project is worth of NRs. 1,300,000.

Rotary Club of Kathmandu



TV Handover Program under TEACH :Rotary club of Kathmandu completed e-learning class and handed over smart TV at Nandi Higher Secondary School Naxal, Shree Chunadevi Secondary School Nagarkot and Shree Himalayan School Newroad in the presence of DG RtnRajibPokhrel under TEACH program. The TV set includes digital syllabus from class nursery to ten on 20 Jan, 2021.



Project Bag for Primary students: Rotary Club of Kathmandu in coordination with Solidarity Nepal (NGO) distributed school bags to the students of Shree Tila Basic School, Mahabai Rural Municipality-2, Kalikot and Shree Udaya Secondary School, Chandrakot Rural Municipality, Shantipur, Gulmi in support of Rotary Clubs from Australia and individual donors-worth of NRs. 175,000 on 5 Feb, 2021.

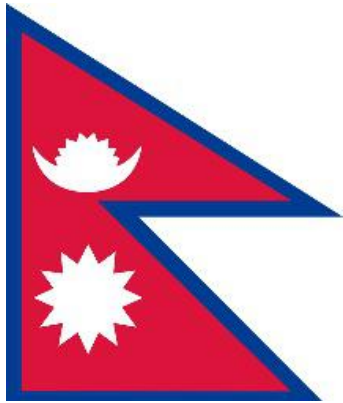


Menstrual Hygiene Management Project: In coordination with Rotary Club of Corimal and cooperating partner organization Connection Nepal on 24 November 2020, the Rotary Club of Kathmandu organized MHM project at Tistung, Thaha Municipality-11, Makwanpu where a reusable sanitary pad kit set (MHM Kit) was provided to 319 girls students of class 6-11 studying at Shree Bageshwori Secondary School, Tistung, and orientation on MHM was provided to all the students. Similarly, orientation on MHM to create MHM friendly school was provided to the members of the School Management Committee (SMC) and Parents Teachers Association (PTA) of Shree Bageshwori Secondary School. To make menstrual products available in the local area at a more affordable cost and uplift the livelihood of local women through reusable sanitary pad production, training on reusable menstrual pad making was provided to 23 enthusiast women of Tistung and periphery area.

Interact Club Formation:Community based Interact club, Interact Club of Kathmandu which was lead by Charter president Itr.Abhilasha K.C was inducted into Rotary family.







Final Report

COVID19 Response Project
RY 2019-20 to RY 2020-21

Rotary Club of Kathmandu
Thapathali, Kathmandu, Nepal
www.rckathmandu.org.np



July 17, 2021

Report Form

Title of the Project : COVID19 Response Project

Supported by : Rotary Club of Northbridge NSW District 968
: Rotary Club of South Wagga Wagga
: Disaster Aid Australia
: Rotary Club of North Sydney
: Rotary Club of The Entrance RID 9685
: Rotary Club of Albury RID 9790
: Rotary Club of Macedon Ranges RID 9800
: Rotary Club of Melbourne RID 9800 Australia
: Rotary Club of Crows Nest Australia
: Rotary Club of Lane Cove Australia
: Rotary Club of Chatswood Sunrise Australia
: The Rotary Club of Newberg USA
: Rotary Club of Deniliquin, Rotary Club of Alice Springs
: Rotary Club of Skivehus Denmark
: Rotary Club of Vinderup
: Rotary Club of Viborg Asmild
: Rotary Club of Viborg Morgen
: Rotary Club of Struer
: Rotary District 1440
: Rotary Danmarks Hjælpefond
: Himalayan Project
: Flying Aid Nepal
: Freindsheep llc
: Asterisk International Services
: Rotary Club of Kathmandu, Rotary Friends and Well Wishers

Local Coordination : Rotary Club of Kathmandu, RID 3292, Nepal

Supervised by : Rotary Club of Kathmandu, RID 3292, Nepal

Date : 17 July, 2021

Venue: Kathmandu, Nepal

Objectives : To support Nepalese community affected by COVID19.

Direct Beneficiaries : People of Nepal

Project Highlights : Food stuffs support to the people of needy community, orphanage home and old age home.

: Medical equipment supply and Personnel Protective Equipment (PPE) Support to the front line health workers.

: Installation of 32 units of mechanical hand washing stations at different hospitals, public places, jails, police office, university and schools.

: Establishment of PCR lab at Paropakar Maternity and Women's Hospital, Kathmandu.

: Distribution of 54 Units of 10 L Oxygen Concentrators to different hospitals, health posts and isolation centers of Nepal.

: Distribution of 115 units of 5 L oxygen concentrators to different hospitals and isolation centers supported by Taiwan Rotary District.

Total Budget : US\$ 105,000

S.No	Fund Received	US \$	S.No	Program	US \$
1.	Rotary Clubs of Australia	49,000	1.	Food Distribution	10,000
2.	Rotary Clubs of Denmark	38,000	2.	Medical Supplies	10,000
3.	Rotary Clubs of USA	12,000	3.	Hand Wash Installation	9,000
4.	Rotary Club of Kathmandu	6,000	4.	PCR Lab Establishment	7,000
			5.	Oxygen Concentrator Distribution	44,000
	Total	105,000		Total	80,000
Remaining Balance: US \$ 25,000					

Situational Context of World

The coronavirus has been declared a global emergency by the World Health Organization on January 31, 2020, as the outbreak continues to spread outside China. On February 11, 2020, WHO named the coronavirus disease (previously known as “2019 novel coronavirus”) as Coronavirus Disease (COVID-19).

The World Health Organization (WHO) on March 11, 2020 declared COVID-19 a pandemic, pointing to the over 118,000 cases of the coronavirus illness in over 110 countries and territories around the world and the sustained risk of further global spread.

Globally, as of 16 July 2021, 11:06 pm GMT+5:45, there have been 188 655 968 confirmed cases of COVID-19, including 4 067 517 deaths, reported to WHO.

All the countries are fighting against Coronavirus disease and are trying their best to get control over the spread of this disease. One-third of humanity is lockdown in their house and the world economy is at the edge of disaster. Till date, 3 402 275 866 Vaccine doses administered worldwide.

Situational Context of Nepal

The first case of Coronavirus in Nepal was confirmed on January 23, 2020. A 32-year-old male Ph. D. student who returned from Wuhan, China on January 9, 2020, was detected positive and only showed mild symptoms and was subsequently confirmed to have completely recovered.

Testing of Coronavirus was started in Nepal on January 27, 2020, as National Public Health Laboratory had tested a sample of two patients suspected of coronavirus infection and admitted at Sukraraj Tropical and Infectious Disease Hospital, Teku, Kathmandu.

The Nepalese government has declared a one-week lockdown of the country after health authorities detected a second COVID-19 infection on March 23, 2020. The 19-year-old student who returned from Paris, via Qatar on 17 March was detected positive.

Nepal has got enough time to get prepared to fight against Coronavirus disease (COVID 19) but due to different circumstances, the Nepal government was not able to make enough preparedness. Nepal is sort of enough lab facilities, lacks enough reagents to perform Polymerase Chain Reaction (PCR) tests, lacks enough Rapid Diagnostic Test (RDT) kit, lacks enough number of Personal Protective Equipment (PPE) required for front line health workers and better health facilities. Meanwhile, the Government of Nepal has taken initiatives of constructing isolation wards and quarantine bed in every district but the facilities required has not been up to date. Designated hospitals lack enough ventilator service and other facilities to cope with this pandemic.

The Kathmandu Post noted on March 20 that health workers panicked and burst into tears when a person suspected of contracting COVID-19 visited the Sukraraj Tropical and Infectious Disease Hospital. A few days later, doctors and nurses at the Tribhuvan University (TU)

Teaching Hospital threatened to stop attending work if they were not provided with proper protection.

After the identification of the 9th case of COVID-19 positive in Nepal, Nepal Government has declared to extend lab test facilities in all 7 provinces and till date in addition to National Public Health Laboratory (NPHL) Teku, COVID-19 lab test through PCR is functional in 94 institutions of all seven provinces. As per Ministry of Health and Population, till 17th July, 2021 only 3463057 PCR test has been done in Nepal.

As per the Ministry of Health and Population till 17th July, 2021, Nepal has 665886 confirmed cases of COVID-19 positive among which 630407 has recovered & has resumed normal life whereas the remaining 25952 are in Isolation and 337 are in Quarantine under medical supervision in the designated hospital and 9527 deaths.

Nepal went into lockdown on March 24 2020 and extended until end of July, during the first wave of covid19. Though the government of Nepal had announced to launch an economic relief package to those who have temporarily lost jobs or have been sent on unpaid leave, and daily wage workers no such packages have been declared to date. Local Government and social organizations are supporting peoples in need but are not able to reach all needy peoples due to many restrictions. So, it is necessary to reach daily wage workers, street children, and distanced peoples with a daily meal and other necessary support to bring their life into normal.

Recently, the second wave of COVID made problem all over Nepal and On April 26, 2021 the Government of Nepal announced second wave of lock down of Kathmandu and other major places of Nepal as a public health measure to help slow the spread of COVID-19. The second wave of lock down restrictions was is still going on till date and the people of Nepal are afraid of third wave.

Summary of the Program:

The Rotary Club of Kathmandu raised donation from club members and received support from partner Rotary Clubs to complete COVID19 Response activities from March 2020 to June 2021. Till date RC Kathmandu contributed US\$ 105,000 for COVID19 Response Project.

Project completed from March 2020-June 2021.

- **Support to Prime Minister Relief Fund**

During 62nd charter day ceremony of Rotary club of Kathmandu organized on 13th April 2020, US\$1000 was handover to DG Rtn.Kiran Lal Shrestha for Prime Minister Relief Fund of Nepal Government through Rotary District 3292

- **Relief Material Support (Food Support)**

1. Food support of net worth \$300 has been provided to the organization named EPSA Nepal, a group of disabled women.
2. On 11th May 2020, Food package support (Groceries) provided to 17 needy families of Bhaishapati, Lalitpur in the presence of PP Rtn.Dan Bahadur Chand.
3. On 10th May 2020, Food Package support (Groceries) provided to 90 needy family, Yangalclub, newaJornalistand child care home of Ombahal community, Kathmandu in the presence of PP Rtn.Narayan Krishna Kharel and club members.
4. Food Package support (Groceries) provided to 100 needy family of Kathmandu Metropolitan ward no.11 through ward office. The handover of groceries was done in the presence of PP Rtn.Narayan Krishna Kharel, District Secretary PP Rtn.Rajendra Kumar Dahal and club members.
5. Snacks food package support (groceries) for one month provided to Srijansil Children Welfare Centre, Kadaghari, Kathmandu. 30 orphan childrens are residing in the centre and are studying.
6. Food Package support (Groceries) for one month provided to AasatitChild Home, Lalitpur. This support will provide food to 23 orphan childrens residing in the child home.
7. Food Package support (Groceries) provided to 50 deprived family of Devichaur, Godavari Municipality-7. The support was provided in coordination of Godavari Municipality office and in the presence of Mayor Mr.GajendraMaharjan, Ward Chairperson, Chief Administrative Officer of Lalitpur Metropolitan City Mr. Prem Prasad Bhattarai.
8. RC Kathmandu distributed Food Packs to 51 Blind families of Kathmandu, Bhaktapur and Lalitpur on 5th, July 2020.

9. RC Kathmandu distributed Food Packs to 25 deprived family of Kathmandu ward no 11 Thapathali on May 25 2021.
10. RC Kathmandu distributed food packs to 30 deprived family of Chhayanaath Rara Municipality ward 1 in coordination with Mugu Nepal Helping Hands.
11. RC Kathmandu distributed food packs to 25 children of Aadhyamik Jagaran Maitri Prabardan Kendra, Thankot on June 10 2021.





- Medical Supply and Personal Protective Equipment (PPE) Support

1. On 11 May 2020, 5 set of PPE has been provided to Sahodar Hospital of Lamjung district. PPE has been handover to Dr.HomnathAdhikari by PP Rtn.Narayan Krishna Kharel.
2. Rotary club of Kathmandu has supported 5000 Pcs



mask, 20 liter hand wash liquid, 120 Pcs sanitizer and 500 Pcs hand gloves through Rotary club of Gongabufor the frontline health workers, security personnels and media persons working at Bhulke, Triyuga Municipality of Udaypur district. After identification of number of cases in this area, government of Nepal has declared Bhulke area as Red zone.

3. On 30th April 2020, Medical items like Foley's catheter, CIC pipe, Urine bag etc. provided to lockdown hard hit spinal injury persons residing at Nepal Disabled Association, Jorpati.
4. On 22 April 2020, Rotary club of Kathmandu jointly with Panchakanya Group handover two set of swab collection booth to Ministry of Health and Population in the presence of Hon. Health Minister Mr.BhanubhaktaDhakal and Hon. Women, Children and Senior Citizen Minister Mr.ParbatGurung. The booth has been provided to health centres at Udaypur and Biratnagar by Ministry.
5. Supported 5 PPE set and 2 thermal gun to Telkot health post and Nagarkot health post.
6. On June 15, 2020 RC Kathmandu donated one SWAB collection booth to Dhulikhel Quarantine Center in coordination with Rotary Club of Dhulikhel for collection of SWAB for PCR testing.



• Hand Washing Station Support

Handwashing with soap and water is the best way to stop transmission of coronavirus from hand, so it is important to aware people on right way of handwashing with soap and facilitate them with handwashing stations. Handwashing stations at public places like municipality office, bus stations and hospitals can be transmission point of coronavirus due to lack proper cleaning of tap and soap dispenser after each use. So, Rotary club of Kathmandu has decided to place mechanical handwashing stations in such public places where once can wash their hand without touching tap and soap dispenser with their hand, station can be operated mechanically with foot presses.

1. On 11 May 2020, 2 set of mechanical handwashing station has been installed at Maternity hospital, Thapathali and handover to director of hospital Prof. Dr. Jageshwar Gautam in the presence of Mr. Hiralal Tandukar, ward chairperson of ward no.11 of Kathmandu Metropolitan City and District Secretary PP Rtn.Rajendra Kumar Dahal. One station has been placed at Maternity hospital premise at Thapathali and next at Nursing college of hospital located at Kupondole. Hospital administration will look after effective and sustainable use of the handwashing stations.

2. On 15 May 2020, Rotary club of Kathmandu installed two sets of mechanical hand wash system at Patan Hospital Lagankhel Lalitpur.

3. On 19 May 2020, Rotary club of Kathmandu installed two units of Mechanical Hand Wash System at Nepal Eye Hospital, Tripureshwor.

4. On 19 May 2020, Rotary club of Kathmandu installed one unit of Mechanical Hand Wash System at National Kidney Center, Banasthali, Kathmandu

5. On 20 May 2020, Rotary Club of Kathmandu installed one Mechanical Hand Wash Station at Mulpani Health Center.

6. On 20 May 2020, Rotary Club of Kathmandu installed one Mechanical Hand Wash Station at Children Eye Hospital, Monohora.

7. On 25 May 2020, RC Kathmandu installed one unit of Mechanical Hand Washing Station at Sanga Spinal Injury Hospital.

8. On 26 May 2020, RC Kathmandu installed one unit of Mechanical Hand Washing Station at Tilganga Eye Hospital.



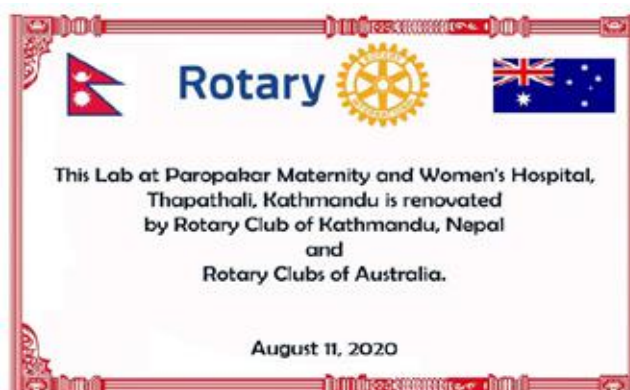
9. On 26 May 2020, RC Kathmandu installed one unit of Mechanical Hand Washing Station at Purnamoti Memorial Society Ramechhap.
10. On 1 June 2020, RC Kathmandu installed two unit of Mechanical Hand Washing Station at Bir Hospital.
11. On 10 June 2020, RC Kathmandu installed one unit of Mechanical Hand Washing Station at Monmohan Hospital, Swyambhu.
12. On 20 June 2020, RC Kathmandu installed one unit of Mechanical Hand Washing Station at Sukraraj Tropical Hospital, Teku.
13. On 24 June 2020, RC Kathmandu installed one unit of Mechanical Hand Washing Station at Prashuti Griha, Bhaisipati OPD.
14. On 30 June, 2020; The Rotary Club of Kathmandu installed 4 units of mechanical hand washing station at Nakkhu Jail, Lalitpur. 8 people can get service from 4 units at a time. The system will benefit total of 2000 individuals; 1800 inmates and 200 security personnel as well as administrative staffs.
15. On 1 July 2020; The Rotary Club of Kathmandu installed 1 unit of mechanical hand washing station at Badegaun Police Station, Lalitpur.
16. On 22 Oct, 2020, one unit of Mechanical Hand Washing Station was installed at Community Service Center, Ghattekulo, Kathmandu.
17. On 22 Oct, 2020, two units of Mechanical Hand Washing Station was installed at Patan Mental Hospital, Balkumari, Patan.
18. On 22 Oct, 2020, one unit of Mechanical Hand Washing Station was installed at Satdobato Police Station, Lalitpur.
19. On 30 Oct, 2020, two units of Mechanical Hand Washing Station was installed; one at Bageshwori Secondary School and one at Shree Jhamkeshwori Secondary School of Okharbazar and Tistung of Thaha Municipality, Makawanpur.
20. On 29 Nov, 2020 Rotary Club of Kathmandu handed over one unit of Mechanical Hand Washing Station at Department of Social Work, Tribhuvan University in the Presence of Dr. Sukra Raj Adhikari, Department Head of Social Work, TU and Service Project Chair, Rtn. Rajendra Gautam.
21. On 4 April, 2020 Rotary Club of Kathmandu installed one unit of hand washing station at Basantanagar Colony, Jarankhu, Tarkeshwor-2, Kathmandu.
22. On 3 May, 2020 Rotary Club of Kathmandu installed two units of mechanical hand washing station at Tribhuvan University (One unit at Sociology department and one unit at department of peace and conflict).

Till date RC Kathmandu installed 32 units of Mechanical Hand Washing station at different health centers, hospitals, public places, prisons and police stations



- **Establishment of PCR lab at Paropakar Maternity and Women's Hospital, Kathmandu**

Rotary Club of Kathmandu established PCR testing Lab at Paropakar Maternity and Women's hospital, Thapathali, Kathmandu. Kathmandu Metropolitan City Mayor Mr. Bidya Sunder Shakya inaugurated Pathology Lab renovated by Rotary club of Kathmandu in support from Rotary clubs from Australia. The PCR machine was donated by Kathmandu Metropolitan City and is providing PCR test service to Covid suspected cases.





- **Oxygen Concentrator distribution to different health institutions of Nepal:**

Rotary Club of Kathmandu distributed 54 units of 10 L Oxygen Concentrator worth of US\$ 44,000 to 35 health institutions (hospitals, Health Centers and Isolation Centers) of Nepal. The hand over program was organized on 4th July, 2021 in the presence of District Governor Elect Jitendra B Rajbhandary.

The beneficiary health institutions are as follows:

S.NO	Organizations	Units Received
1	Kathmandu Institute of Child Health, Damak	2
2	Changunarayan Hospital, Bhaktapur	1
3	Panchkhal Health Center	2
4	Health Center	2
5	Kritipur Community Hospital, Kritipur	1
6	Dhulikhel Hospital, Dhulikhel	2
7	Brajbarai Hospital	2
8	Dudhkunda Municipality	4
9	Likhupikey Gaupalika	3
10	Dhulikhel Hospital Outreach	1
11	Dhunabesi Health Center, Dhading	2
12	Nilakantha Health Posts, Dhading	2
13	Belhi Health Clinic, Danusha	2
14	Various Remote Health Posts (NIC)	1
15	Tandrang Health Post, Bhimsen	2
16	Mankot Health Center	2
17	District Hospital, Baitadhi	1
18	District Hospital, Darchulla	1
19	Bhotechor Health Center	1
20	Dhadhing Hospital	2
21	Shankhu Health Post	1
22	Gotikhel Health Post	1
23	Nagarkot Health Center	1
24	Telkot Health Center	2
25	Emergency & Rotary Family	2
26	Sunkoshi Community Hospital, Khurkot	1

Rotary Club of Kathmandu

27	Sindhuli Hospital, Sindhuli	2
28	Rotract Club of Kathmandu	1
29	Shantipur Health Center, Gulmi	1
30	Salyan Health Center, Baglung	1
31	Rotary free Maltu Specialties	1
32	Shivpuri Gaun Palika	1
33	Ficcal Isolation Centre, Sindhuli	1
34	Tamakoshi Health Center	1
35	Birgha Swastha Kendra, Kaligandagi	1





RC Kathmandu is still planning to organize different phases of COVID19 Response project in the Rotary Year 2021-22 from the remaining budget.

Similarly, 115 units of 5 L oxygen concentrators were also distributed by Rotary Club of Kathmandu to different hospitals and isolation centers supported by Taiwan Rotary District through IPDG Kiran Lal Shrestha and RC Pokhara.

Likewise, The Rotary Club of Kathmandu is planning to support people in need and health care professionals of Nepal to fight against the emergency created due to COVID-19 Pandemic in collaboration with different Rotary Clubs around the world. The following are our upcoming planned activities:

1. Support at least 500 sets of PPE like a gown, gloves, N95 Mask, face shield, surgical mask, goggles, surgical cap, and sanitizer to health facilities in coordination with the Ministry of Health, ward office and concerned hospitals.
2. Supply food (required for a daily meal) to the disadvantaged people, daily wage earners, students, and the street children who are at high risk due to lockdown conditions.
3. Support oxygen concentrators to needy health institutions of Nepal.

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President



Rtr. Nisha Khatiwada
Immediate Past President



Rtr. Sonu Dangol
Vice President



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Vice President



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Editor

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President RY 2019/20

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S.N.	Rota Year	President
1.	1996-1997	Mr. Suraj Man Singh Adhikari
2.	1997-1998	Mr. Jeevan Pokharel
3.	1998-1999	Mr. Parash Mani Pokharel
4.	1999-2000	Mr. Upendra Karki
5.	2000-2001	Mr. Subodh Koirala
6.	2001-2002	Mr. Yog Raj Niraula
7.	2002-2003	Mr. Kuber Karki
8.	2003-2004	Rtn. Dan Bahadur Chand
9.	2004-2005	Mr. Kumar Jung Shah
10.	2005-2006	Mr. 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
28.	2021-2022	Rtr. Netra Ramtel

Members Profile RY 2021/22

Rotaract Club of Kathmandu



Name : Rtr. Acharya Aakriti
Designation : Secretary
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Blood Group : O+ve
Classification : Bachelor in Public Health
Email : aakritiacharya66@gmail.com
DOB : 1st October



Name : Rtr. Acharya Mridul
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DOB : 31st May



Name : Rtr. Adhikari Ritika
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DOB : 7th February



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DOB : 27th August



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DOB : 23rd February



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DOB : 8th October



Name : Rtr. Bhandari Srijana
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DOB : 25th July



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 DOB : 26th September



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 DOB : 7th October



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 DOB : 15th May



Name : Rtr. Bist Kamala
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 Classification : BPH
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 DOB : 26th May



Name : Rtr. Bista Pariwesh
 Designation : Member
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 Blood Group : B+ve
 Classification : Bachelors in Public Health
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 DOB : 28th October



Name : Rtr. Chaudhary Bishal
 Designation : Member
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 DOB : 10th April



Name : Rtr. Chaudhary Sujit
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 DOB : 23rd October



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 DOB : 21st March



Name : Rtr. Dahal Kritika
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 Director
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 Cell : 9843815875
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 Classification : BBA
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 DOB : 25th August



Name : Rtr. Dangol Sonu
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 DOB : 24th July



Name : Rtr. Dangol Suman
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Name : Rtr. Joshi Anisha
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 DOB : 7th May



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 DOB : 5th Feb



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 DOB : 12th July



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 DOB : 16th November



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 DOB : 11th June



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 DOB : 9th September



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 DOB : 15th July



Name : Rtr. Kunwar Sonika
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 DOB : 13th August



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 DOB : 29th September



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 DOB : 1st December



Name : Rtr. Neupane Bandana
 Designation : Member
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 Cell : 9863321113
 Blood Group : B+ve
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 DOB : 20th January



Name : Rtr. Pandey Arun
 Designation : Member
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 DOB : 20th October



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 Blood Group : O+ve
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 DOB : 25th October



Name : Rtr. Pandeya Lok Raj
 Designation : Past President
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 Cell : 9843496894
 Blood Group : O+ve
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 DOB : 23rd February



Name : Rtr. Pathak Sumikshya
 Designation : Member
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 DOB : 5th October



Name : Rtr. Phuyal Sunil
 Designation : Past President
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 DOB : 19th March



Name : Rtr. Poudel Sworup
 Designation : Member
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 Blood Group : A+ve
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 DOB : 20th May



Name : Rtr. Ramtel Netra
 Designation : President
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 Cell : 9843131455
 Blood Group : AB+ve
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 DOB : 23rd January



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 Designation : Past President
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 DOB : 4th April



Name : Rtr. Sharma Shailesty
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 Classification : Bachelors of Social Work
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 DOB : 12th September



Name : Rtr. Shrestha Ankita
 Designation : Member
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 DOB : 5th February



Name : Rtr. Shrestha Ayush
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 DOB : 20th March



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 DOB : 24th May



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 DOB : 25th February



Name : Rtr. Thapa Prakriti
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 DOB : 20th June



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 Designation : Member
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 Blood Group : B+ve
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 DOB : 2nd August



Name : Rtr. Upreti Deepika
 Designation : Member
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 DOB : 7th May



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 Designation : Member
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 DOB : 4th January



Name : Rtr. Wasti Abhijan
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 DOB : 7th November



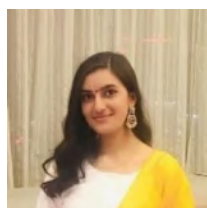
Name : Rtr. Wasti Apar
 Designation : Member
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 DOB : 23rd April



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 DOB : 10th November



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 DOB : 2nd June



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 DOB : 13th December



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 DOB : 6th August



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 DOB : 9th August



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 DOB : 17th July



Name : Rtr. Neupane Bipin
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 Blood Group :
 Classification :
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 DOB : 16th October



Name : Rtr. Shakya Ritika
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 DOB : 16th December

SECRETARIAL REPORT: ROTA YEAR 2020-21

Rotaract Club of Kathmandu

The adverse situation that tested our determination and adaptability continued from the last Rotary Year to this one as well. Despite the testing times, we were able to channel our positive energy and transform these challenges into opportunities- opportunities to connect, bond, and learn in a way we had never done before. Under the leadership of an enthusiastic and determined team of Board of Directors, support of our parent Rotary Club, guidance of our Past Presidents, and of course the dedication of our beloved members and guests, we were able to conduct some amazing projects, engage in activities that added value, expand our networks and achieve the goals that we set before the beginning of the year. Sticking to our theme, I truly believe we were able to “work together to be changemakers”. With this, I present to you, with great honor and pride, the secretarial report of Rotaract Club of Kathmandu for RY 2020-21.

Club Statistics RY 2020-21

Total Number of Regular Meetings: 48

Total Number of Joint Meetings: 5

Total Number of Board Meetings: 9

Total Number of Club Assembly: 4

Total Number of Regular Rotaract Meeting Quiz: 47

Total Members: 66



Rtr. Nikita Luitel

Secretary, RY 2020-21

Rotaract Club of Kathmandu

Projects and Activities

Club Service Avenue:

S.N.	Project Name	Objective
1.	25th Installation Ceremony	Presidency handover and installation of new Board of Directors
2.	Chord of Hearts	To enhance fellowship among the host clubs' members and guests.
3.	तीजको रहर (A Virtual Fellowship Program)	To enhance fellowship and preserve our Nepalese culture and tradition of celebrating Teej with fellow Rotaractors.
4.	Project Cycle Workshop	To enlighten members and guests about the different phases in a project cycle, teaching them the correct ways to prepare an advance request form, project report, and treasurer report.
5.	Ludo Competition	To make quarantine days enjoyable and full of fun while enhancing fellowship among members.
6.	Hello Twin!	To facilitate interaction between members and guests of the three twin clubs in order to enhance fellowship and strengthen bonds.
7.	Virtual Dance Competition	To provide a platform to the members and guests to show their talent while celebrating Teej virtually.

8.	Joint Meeting and Fellowship	To enhance fellowship and friendship among the members and guests of participating clubs while celebrating Friendship Day.
9S.	Deusi Re!	To celebrate Tihar and play deusi-bhailo virtually keeping the ongoing pandemic in mind.
10.	25th Charter Day	To celebrate the joyous occasion of 25th Charter Day of Rotaract Club of Kathmandu.
11.	Secret Santa	To celebrate Christmas and enhance fellowship among members and guests which had been limited to virtual events due to the pandemic in this Rota Year.
12.	Hiking	To enhance fellowship among the members and guests via a physical event after months of virtual ones.
13.	D.I.Y. Competition	To encourage creativity of the members/guests by transforming recyclable waste into reusable items.
14.	Momo Mania	To enhance fellowship among members and guests of the club by preparing and enjoying momo together.
15.	Friendly Futsal	To enhance fellowship among club members and guests by playing futsal together.
16.	Movie Night	To enhance fellowship among guests and members and have a good time by watching a movie.
17.	Orientation Session for members/Proposed members	To give information about Rotaract and various elements of Rotaract to newly inducted and proposed members.
18.	Letterhead Exchanges	To promote understanding and networking between the clubs.

Professional Development Avenue:

S.N.	Project Name	Objective
19.	Stress Management Workshop	To help the participants to manage their stress and anxiety that is being experienced during the pandemic.
20.	Technical Workshop	To provide basic knowledge and improve the participants' skills regarding applications such as Word, Excel and Google tools that are useful in professional as well as everyday life.
21.	Self-Make-up Training	To train the participants to do their basic make-up and enlighten them about the uses and techniques of make-up products.
22.	Talk Show - "Choose to Challenge"	To have a fruitful discussion on the theme "Choose to Challenge" on International Women's Day.
23.	Public Speaking Training to Interactors	To enhance public speaking skills of Interactors so that they can speak in confidently in public.
24.	Content Writing Training	To train the participants on different aspects of content writing such as technical writing, script writing, copywriting, and email writing.
25.	Event Management Training	To impart basic knowledge about event management to participants.
26.	Improve Your Diet	To help participants understand the relationship between diet and health (physical as well as mental).

27.	LEAP - Literacy Empowered Ability Participation	To provide training to youths on topic such as time management, creative thinking, public speaking, and facilitate personal and professional growth and development of volunteers.
28.	Basic and Fundamental Share Market Training	To train participants on how to participate in primary and secondary share market and discuss the importance of investing in them.

Community Service Avenue:

S.N.	Project Name	Objective
29.	Mental Health Awareness	To raise awareness about mental health and reduce the stigma associated with it.
30.	Scholarship Project I	To support the education of a diligent student.
31.	Scholarship Project II	To support Rotary Nepal Literacy Mission by providing stationery materials as scholarship.
32.	Library Support Project	To manage books in order to facilitate distribution in different schools and libraries.
33.	Scholarship Distribution Program	To provide opportunities for better education to needy students by providing them with stationary materials and school uniform.
34.	Project Shikshya	To ensure quality education of the students of Shree Khokseli Primary School by providing required academic materials.
35.	न्यानी कार्यक्रम - भाग २	To distribute sets of mattresses and blankets to 65 needy households of Sarawal and Binayi Triveni Rural Municipality.
36.	TOT on Reusable Sanitary Pad Making	To provide training to teachers on how to prepare reusable sanitary pads and provide them knowledge about their role in improving menstrual hygiene at school.
37.	Menstrual Hygiene Management (MHM) Kit Distribution Program	To aware adolescent students about menstrual hygiene management and provide them with reusable sanitary pad kits.
38.	New Year Celebration at SAP	To provide necessary materials and spend time with the children at SAP celebrating the new year.
39.	Unlocking the Mystery of Bhagavad	To provide basic information about the teachings of Bhagavad Geeta.
40.	TO2GETHER	To assist in meeting the demand for oxygen supply for COVID patients.
41.	Virtual Class Management Training	To help teachers as well as Rotaractors working in the education field to efficiently manage virtual classes in their schools.
42.	Road Safety Awareness	To aware participants about safety measures to be considered on the road.

International Service Avenue:

S.N.	Project Name	Objective
43.	Debractor - Fellowship with Debate	To uplift the morale of Rotaract community through a friendly debate during the time of Covid-19 pandemic.
44.	Picturesque 3.0	To explore and promote tourist destinations in different parts of the world.
45.	Foodractor	To exchange food recipes and culture with international Rotaract clubs.
46.	Multi-lingo (Language Exchange Program)	To facilitate language exchange between Rotaractors/guests from Nepal and other countries.
47.	Culture Exchange (with RaC Tsetsee Gung)	To exchange culture and enhance fellowship between the two clubs.
48.	Spread Love	To enhance fellowship and international understanding between the Rotaractors of international Rotaract Clubs.

49.	Hearing the Heritage	To acknowledge cultural, religious, geographical differences and promote international understanding between Rotaractors of different clubs.
50.	Harmony	To establish a platform for peace talks among Rotaractors and non-Rotaractors.
51.	Bon Voyage	To collect information and facts about tourist attractions around the world.
52.	Melange	To promote tourism and international understanding.
53.	Let's Learn to Truly Hear	To promote international understanding of mental health issues.
54.	Madhumeha	To create global awareness about Diabetes.
55.	La Facon	To promote international culture, food and festivals.
56.	International Tree plantation	To protect the environment and promote fellowship.

Participated:

1. 14th District Assembly
2. 1st PS Meet
3. 13th Rotaract District Conference
4. 2nd PS Meet
5. PETS/SETS
6. Zonal Picnic
7. Zonal Fellowship
8. E RYLA 2.0
9. Twin Heart Meditation Session
10. Mental Health webinar: Tackling exam anxiety
11. Self-Management and Memory Technique for Students
12. Breastfeeding Awareness Webinar
13. Better colleague: Tackling sexual harassment and building Allyship at workshop
14. Career as Dentist in Australia
15. Digital Marketing
16. Quiz Fest
17. Self-awareness as Emotional Intelligence
18. Sparkle When You Speak
19. Speech Crafting Session
20. Share Market training
21. Debate workshop
22. Cup talks: An online session on Menstrual Cup
23. Interview Etiquette Workshop
24. Climate Urgency
25. Self-care: For a better you
26. Understanding LGBTIQ+
27. Sweat It Out
28. Life of a Rotary International President
29. Rest Reset
30. Life Coaching Workshop
31. "Breaking the Stereotype: Dark is Beautiful"
32. Multidimensional Professional Development Course
33. Let's Learn to Truly Hear
34. Atmadeep - E-RYLA
35. Neeya Nana 1.0
36. Bill Huntley Memorial Peace Seminar 2020
37. R-Connect 12 (Interaction with RIP Nominee)
38. Rethinking Mentoring
39. Dashain Greeting and Cultural Exchange

40. Inspire O'clock
41. Diary in the Pandemic
42. Neeya Naana 2
43. Pink October
44. You are the Creator of Your Own Life
45. Project Peace
46. Designers Choice
47. Coalescence
48. All Earth: A webinar on Sustainability and sustainable development
49. Beyond The Horizon
50. Team Building
51. International Electronic Pen Pals
52. Cultural Exchange Program with RaC Dhaka University and RaC PU
53. Dark is Beautiful
54. Know Your Books
55. Dansala

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. Though, due to COVID-19 and complying with Stay-at-Home order of government deprived us from having meeting in person, our continued effort to make our members time fruitful encouraged us to invite intellects in virtual meetings as well.

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

1. IPDRR Rtr. Sneha Shakya- Change in Rotaract Policies.
2. PP Ms. Kalpana Bastola- Experience of Rotaract Journey
3. DRCC Rtn. Subash Sidgel- Rotary and Rotaract Creates Opportunities to develop Entrepreneurship
4. Dr. Yagya Raj Pandeya- Animal Welfare, Zoonosis And Public Health
5. Rtr. Ramesh Timilsina- Role of Community Forestry in Nepal
6. Mr. Rajendra Sharma- 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 13 in-house speakers this Rota Year, and below is the list of the in-house speakers and the respective topics they spoke on:

1. Rtr. Bikisha Aryal- Suicide and Depression
2. PP Rtr. Sarbesh Rijal- COVID-19: The Science point of view

3. Rtr. Pariwesh Raj Bista- First Aid and Safety Measures.
4. Rtr. Shrishav Adhikari- E-sport
5. Rtr. Anisha Joshi- Schizophrenia
6. Rtr. Sirjana Silwal- बलात्कार र बलात्कृत हुनेलाई मेरो एक सन्देश
7. Rtr. Ritika Basnet- Faith and Science
8. Rtr. Kritika Dahal- Mythology of Nepal
9. Rtr. Rabindra Karki- Bullying
10. Rtr. Ajay Yadav- Design Thinking
11. Rtr. Sujit Chaudhary- Drone
12. Rtr. Sworup Raj Poudel- Cryptocurrency
13. Rtr. Apar Wasti- Basics of Oxygen Concentrator

Article

Are we satisfied enough?

Once, there was a time when humans were not able to cross a fast-flowing river. In the old days, humans were struggler that they have to run with a spear in order to kill animals which used to be their food. As discussing the past of human, there were a lot of things which used to be impossible those days, but they can be done with closed eyes nowadays.

Humans have developed a lot, either in terms of technology or civilization. We have the most preferable evidence about it i.e., history of development from *Macaca fascicularis* to *Homo sapiens*. Though we get civilized, though we get advanced, though we developed technologies, the question still arises “Are we satisfied enough?”.

Would you say yes? But I completely disagree with it. Nobody is not satisfied what they have. Literally, no one is happy for the things they have. When I used to be in school, my teacher told me a story: The character of the story used to have a cycle, then he wanted a bike. After a lot of hard work, he bought bike and then he started to look over the car, then after getting car he again started look up to choppers. This was just a story, even I am not satisfied with number of examples. My parents as well as yours would not be satisfied if we get the average marks in exams. The toppers are not satisfied even they topped the college. A PUBG player is not satisfied after getting chicken dinner because they have less kills than their teammates. Even the ministers are not satisfied after scamming the relief fund and international donations. So, let me add more examples relating to religious and mythical characters. Let's move to the character of the great who created the holy thing 'Bhagwat Geeta', Lord Krishna was not engaged with a single love in his life, he was engaged with more than 16000 Gopini and other famous female characters like Radha and Rukmini because maybe he was not satisfied. I just have drawn an example now please understand it as an example and I am mentioning clearly this is an example don't create a chaos by stating that you are against the Lord Krishna.

If there is satisfaction inherited in humans then the present scenario of world could have changed. In terms to achieve the satisfaction people are doing hard work and that hard work is leading to their existence in this nice world, where some cruel people exist who fed animals with fire crackers. A poor person works hard because he wants to be satisfied by fulfilling the basic needs. The process of getting satisfaction has turned many people into sages who are in search of it. This could be a theory that people get satisfied when they achieve more and more as Elon Musk is satisfied after doing commercial flights to space in collaboration with NASA, but he is still not satisfied and trying to settle in Mars. But in my view, as the need increases the level of satisfaction increases just as we feel happy when the internet is working at the desired speed.

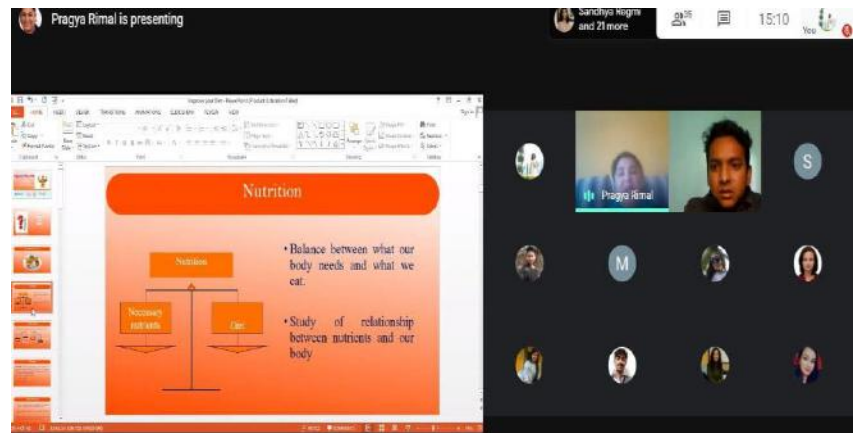
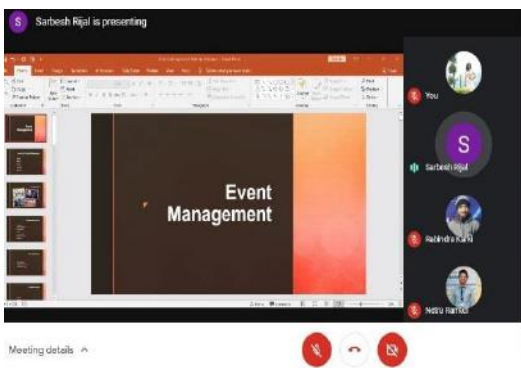
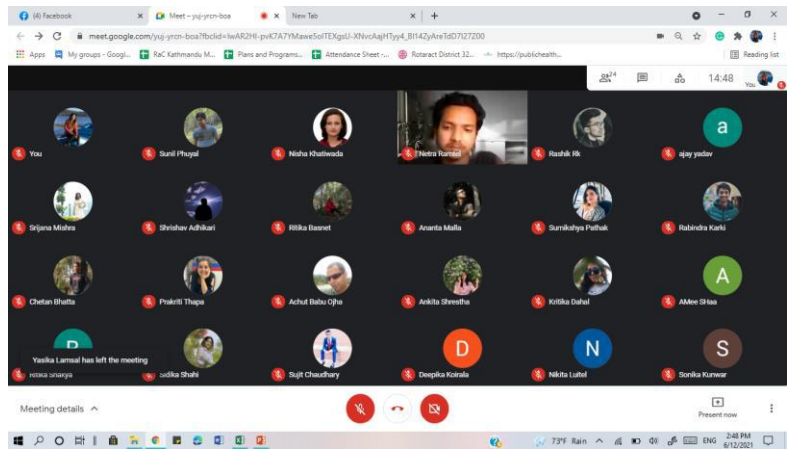
Satisfaction is everywhere, at every point of our life. Satisfaction is considered to the key of happiness. But we are not able to acknowledge it. How could we acknowledge it, when we have focused our brain to get more thing? Many motivational speakers and many sages always talk about how to be satisfied and how to be happy. Do this type of talks are really effective or are they limited up to the talks only as just the plans and policies of manifesto of our so called public concentrated parties. Let's us imagine, what will happen if we are satisfied enough? Firstly, we would have an organized community where every neighbor would not be jealous of each other. Then we would have a corruption less government because the love for money

arises through the dissatisfaction towards the salary they get. Then we would not have to collect evidences in order to show that Limpiyadhura and Kalapani belongs to Nepal. Then the upcoming future could get the same behavioral minister of our country before and after the election.

I don't know how you will conclude things about satisfaction, but I am not even satisfied with the things that I have. And I am ending this article without satisfying myself that this written paper will not be a good one.

Rtr. Chetan Bhatta
Treasurer, RY 2021-22





Executive Board of RY 2021-22
Rotaract Club of Sindhuligadhi



Rtr. Sujita Khadka
President



Rtr. Sagar Kaushil
Vice President



Rtr. Sudarshhan Shahi
Secretary



Rtr. Milan Shrestha
Treasurer



Rtr. Milan Kumar Bhandari
Joint Secretary



Rtr. Ashish Darlami
Joint Treasurer



Rtr. Prekshya Shrestha
Professional Development
Director



Rtr. Binda Achamme
Club Service Director



Rtr. Sandip Kumar Shrestha
Community Service Director



Rtr. Nabin Deep Devkota
International Service
Director



Rtr. Kiran Shrestha
Editor I



Rtr. Sandesh Ghimire
Editor II



Rtr. Manoj Bhisunkhe
Sergeant at arms

Executive Board of RY 2021-22
Rotaract Club of Sindhuligadhi



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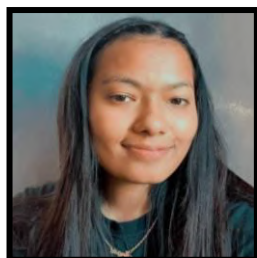
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SECRETARIAL REPORT-ROTA YEAR 2020/21

Rotaract Club of Sindhuligadi

Being chartered in 2020 it was challenging for us because of this pandemic. We tried our best to complete our project mostly virtually and some of them were conducted physically following all the protocols of Government.

Club Statistics RY: 2020/21

Total Number of Regular meeting: 25

Total Number of Board Meeting: 09

Total Number of Club Assembly: 01

Total Number of Joint Meeting: 01

Total Number of Committee Meeting: 04

Total members: 15

S.N Project Name

- 1 Orientation to Club Members
- 2 Virtual Speech Competition
- 3 Awareness Video
- 4 Candle Light Prayer
- 5 Publishing awareness poster of Contraception
- 6 City Cycle Rally
- 7 Covid-19 Guideline's poster publishing
- 8 Publishing poster related to Heart and Heart Disease
- 9 Sindhuligadi Chitrakala Book Issued Programme
- 10 Raktamala Temple Cleaning Programme
- 11 PPE Handover to Sindhuli Hospital
- 12 Chartered Presentation Ceremony
- 13 Empowering Women to Travel with Solo Cyclist Sweta Shrestha/
A Talk Show-I with Sweta Shrestha
- 14 Photo Story- Against Acid Attack
- 15 Action Paper- Against Gender Based Violence
- 16 Photo Story- Against Rape
- 17 Photo Story- Against Domestic Violence
- 18 Silent Protest- Against Gender Violence
- 19 Awareness On Road safety
- 20 Chiya Chautari-I
- 21 A Talk Show-II with SP, Ranju Sigdel
- 22 Secret Santa Party at Sahara A Children's House and
Dhulikhel Hospital- Pediatric Ward
- 23 Happiness - Surprise Gift Distributing
- 24 Fun and Fellowship
- 25 Chiya Chautari-II
- 26 School Uniform Handover to Students of Kalika School, Pokheral Gaun
- 27 A Talk Show-III with Januka Dahal
- 28 Online Poem Competition
- 29 Blood Donation Program
- 30 Nyano Kapada Bitaran
- 31 Project- Khushi
- 32 Visit to Root Art Gallery
- 33 Project- Scholarship
- 34 Colors of Happiness
- 35 Training on Wash
- 36 Unlocking the Mystery of Bhagavad
- 37 Hearing the Heritage

Avenue

Club Service
Club Service
Club Service
Community Service
Club Service
Community service
Club Service
Club Service
Professional Service
Community Service
Community Service
Club Service

Professional Service
Community service
Club Service
Community service
Community service
Community service
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Club Service
Professional Service

Community Service
Community service
Club Service
Club Service
Community Service
Professional Service
Club Service
Community service
Community service
Community service
Club Service
Community service
Club Service
Community Service
Club Service
International service

Participated:

1. 1st PS Meet (virtual)
2. E-RYLA
3. 63rd Charter Day of Parent Rotary Club
4. Golden Jubilee of Nepal Red Cross Society, Sindhuli
5. Zonal COTS

Glimpses of RY 2020-21 Rotaract Club of Sindhuligadi









Rtr. Binisha Kafle
Member

My part to Evolve Sindhuli

Namaste everyone!
Warm Rota Greetings!

To transpose something, we need to be the earliest one for the better reform, whether it's your society, community district or a nation. As the citizen of the district as well as the student, every time I outspread the perception about the education facilities, lack in transportation and many more. We do have right but in advance of we must go along with our duty first. Winnings to take part in community services and the social work is the key point to develop a place. Here, are some programs of the change that I was involved in:

1. Cloth bank: I was also the member of cloth distribution for the needy people during winter with the team. We had run the service almost for four months in the district.
2. Eco -friendly work: I had also taken part in cleaning campaign all around the Sindhuli valley organized by our seniors for the improvement of environmental surrounding of Sindhuli district.
3. I was also the one to take part in protest against the domestic violence and rape case in our district.
4. I join training of hand making pad which is reusable organize by the seniors with the collaboration of municipality.

For a certain change in the district, one's can't do it alone, but if you muse that your path is right don't let your wings down carry the way you are doing one day you will surely be at the place you fight for and at that scenario all individuals impart the approbation. In closing, I want to mention that I am a learner and I will take all the possibility to make the any change for the district. Every small attempt I made for a change will impact the people of the society and the district too. I will make myself. available in all the community service work and look forward for the development.

Rtr. Binisha Kafle
Member



Rtr. Prekshya Shrestha
Professional Development
Director

My up going journey in Rotaract Club

Warm Greeting from Rotaractor,

Most humbly and respectfully, I would love to express my sincere gratitude to the 'Rotaract Club of Sindhuligadi' for giving me this opportunity to serve the club as the Professional Development Director for 2021-2022

Having an interest on social activities since childhood days took me here to be the member of 'Rotaract Club of Sindhuligadi'. At the first I was totally unknown about the club and club work. After interacting with the members of this club, I finally came to know about the work of this club.

Also, I would like to express my sincere gratitude to president, Rotaract club of kathmandu, all rotaractor and my family for helping me to prosper the project and I hope that you will still be fully supportive.

It's really proud moment to be called as a rotaractor. After being a rotaracter, I learned how to communicate well with people and interact with them. Also, it helps me to work outside my comfort zone. Here, I had learned the perfect meaning of togetherness.

Yes, no doubt it's my learning phase and I'm trying to do my best from my side to raise up the club position.

Let's hold hand together & let's conquer the world

Rtr. Prekshya Shrestha
Professional Development Director
Rotaract Club of Sindhuligadi

Adequate Screen Time : Ramification Children's Health and Overall Development

Unhealthy lifestyle is the main cause of communicable and noncommunicable diseases. With the development of science and technology, people, especially children are more likely to watch TVs, use Mobile phones, iPads and other various screened devices. Moreover in this Covid period, online classes and all are making children's use the screens more compulsorily. They are literally starting to slowly give up outdoor games and other physical movements.

Rtr. Sristi Gautam
Member

The time spent on the screen by any means is basically known as screen time. These days, children and infants also easily have access to these electronic devices. Parents also tend to give their children screens to prevent them from going out or to have their personal time. Increasing urbanisation has led to the lack of open spaces in the surroundings. Because of this too, childrens tend to spend hours watching their phones and TVs.

Here the main question comes. Does the adequate screen time affect our children, small brother or sisters overall, physical and mental health??

Yes, absolutely. Adequate screen time deeply affects children's physical, mental and psychological health. Also backlashes the process of learning morals and daily life values.

When children are habituated to spend most of their time on screens and gadgets, they start to dislike going out, and performing physical activities. According to the World Health Organisation, Children's and teens must perform some good physical activities at least 60 minutes everyday in order to stay fit. Most of the children do not follow these suggested graphics. Which is leading to a huge issue in child health and development?

Health-wise, Children gaining obesity just stay at a place and enjoy their screen time. In our Nepali society, fat children are considered cute and lovable but over obesity is really harmful for the children's future and present health. Also, eye disease in children has been massively increased these days. Almost 70% of the people are wearing glasses.

Socially, they are forgetting to socialize, stopping talking to people and have confidence enough to go out and explore the life and the world. Also, researchers say children spending a lot of screen time are less intelligent than the one who doesn't spend so much. If this hard Covid and lockdown period doesn't ends and life doesn't goes back to normal, it would really be difficult to teach our children the sociality, friendliness, social norms and values, humanity and everything else that is really very important to stand out as a unique being among these 7 billion competitive people. When children spends their time in just some bad postures for a lot of time, that may also develop muscular and postural diseases. Sleeplessness or very less sleep which is caused by screens may lead a children to depression too.

Depression is a really serious and next level mental health and this is not easy to bear up actually by children. Children spending copious amounts of time on screens seem to be very rude and violent. This may also lead to some miserable mistakes, sometimes crimes too.

Therefore, every parents and siblings should be aware about the limitations and consequences of the frequent use of the screened gadgets. Children should be encouraged to play outdoor games, be adventurous, explore nature, and do physical activities from childhood. Likewise, schools, colleges, rule makers, childlife planners should seriously bring some solid projects to level up the games and sports, and physicality and personality building programs. Parents are only those people who can literally make their child influenced and inspire the most. So they should give proper guidance and time while raising a child.

Rtr.Sristi Gautam
Member
RAC Sindhuligadi

Interact Club of Shree Chunadevi Secondary School



**Club of Shree
Chunadevi Secondary School**

Charter Members

Aasman Tamang (Charter President)
Anju Tamang
Amrita Tamang
Roshani Shah
Diprasan Tamang
Malika Thakuri
Mina Tamang
Kusum Lama
Shanti Tamang
Laxmi Tamang
Amira Magar
Ashamaya Tamang

Sunita Tamang
Sujan Tamang
Amin Lama
Manish Tamang
Sabin Lama
Pranish Shah
Ramhari Tamang
Anita Tamang
Sushmita Shah
Sanjumaya Tamang
Deepa Tamang
Pramila Tamang
Premika Tamang



ITR. Shreeya Shrestha
President



ITR. Baibhav Nepal
Secretary

"Interact Club of Kathmandu"

Community Based Interact Club (Board RY 2021-22)

Name	Designation
ITR. SHREEYA SHRESTHA	President
ITR. ABHILASHA KC	IPP
ITR. SHRISTI POKHREL	Vice President
ITR. BAIBHAV NEPAL	Secretary
ITR. MONIKA SHRESTHA	Treasurer
ITR. PUSPA GAIRE	Club Service Director
ITR. YASHASWI SUBEDI	Community Service Director
ITR. REET KAFLE	Professional Dev. Director
ITR. ATISHAYA MAHARJAN	International Service Director
ITR. BISHAKHA KOIRALA	Public Relations Director
ITR. DHRITIKA TIWARI	IT Officer
ITR. JAYA MAGARATI	Sergeant-At-Arms
ITR. SHREEYA BHINDUWA	Club Advisor