

ROTARY'S AREAS OF FOCUS

COMMUNITY ECONOMIC
DEVELOPMENT

BASIC EDUCATION
AND LITERACY

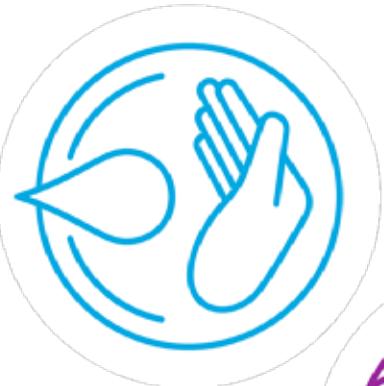
WATER, SANITATION,
AND HYGIENE

MATERNAL AND
CHILD HEALTH

ENVIRONMENT

PEACEBUILDING AND
CONFLICT PREVENTION

DISEASE PREVENTION
AND TREATMENT





The Four Way Test

of the things we think, say and do

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

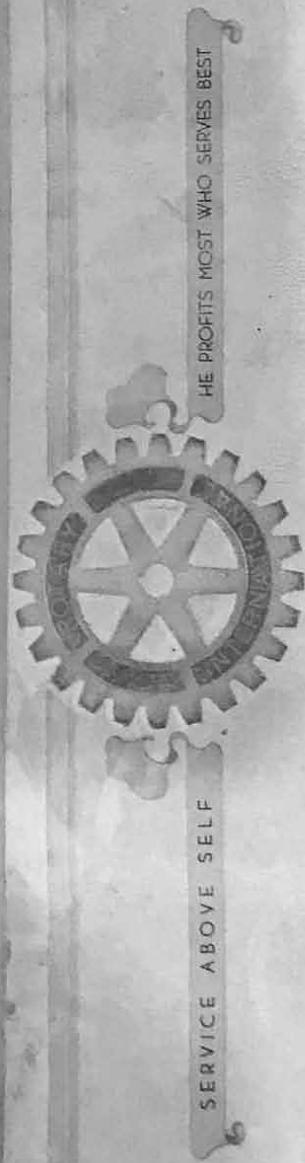
In a Loving Memory



Rotary Club of Kathmandu family is deeply saddened by the
great loss of Past President
Rtn. Rajeshwor Pant

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

Our gratitude and tribute to our beloved Rotary family members.



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 1959.

Edward M. Landell

President, Rotary International

Henry M. Meany

General Secretary, Rotary International

Received and 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

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4. Will it be BENIFICIAL to all concern?

Editorial

Editorial Committee

Rtn. Achut Babu Ojha
Rtn. Suresh Man Singh
Rtn. Narayan Krishna Kharel
Rtn. Mohan Krishna Maharjan
Rtn. Rajendra Gautam
Rtn. Sushil Kumar Karki
Rtn. Tirtha Raj Dahal
Rtr. Bipin Neupane
Rtr. Sandhya Thapa
Rtr. Netra Ramtel

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

This year, 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.



ROTARY INTERNATIONAL
District 3292

Jitendra B. Rajbhandary

District Governor 2022-2023



Rtn. Achut Babu Ojha
President 2022-2023
Rotary Club of Kathmandu

Dear President and Rotarian Friends



My best wishes and hearty congratulations to President, his team members and all friends for upcoming Rotary Year 2022-2023.

We have just now completed Rotary Year 2021-2022. Rotary International, our District 3292 and Rotary Clubs have done our best to the communities by providing humanitarian services, working in partnership with the Government of Nepal and Local Authorities to serve the communities at times of global crisis, which is indeed the true spirit of Rotary.

Friends more than fifty years ago, one popular song was recorded that included this beautiful line:

You may say I'm a dreamer But I'm not the only one.

Friends, we all have dreams, but acting on them is a choice. And it becomes our responsibility to make these dreams a reality. Let us imagine a world that deserves our best, where we get up each day knowing that we can make a difference.

With above vision, Rotary International President Jennifer Jones has given the theme **“Imagine Rotary”** for the year 2022-2023. Our district has our Theme “Together for a better world”. True to its spirit, I am confident your club under the able leadership of your Club President will support the society by serving the community.

Once again my best wishes and congratulations to your club and wishing you the very best in the year 2022-2023 and years to come. I look forward to your club's support and working closely with your club in the Rotary Year 2022- 2023 to serve the Communities.

TOGETHER, WE IMAGINE ROTARY

Yours in Rotary

Rtn. Jitendra B. Rajbhandary
District Governor 2022-2023

Rotary District Office,
Thapathali, Kathmandu
Nepal

Cell:
977 9851023265

jitendra.rajbhandary@gmail.com



Message from the Immediate Past President

Dear Fellow Rotarians,

It was a great honor and privilege to be the President of first Rotary Club of Nepal, the Rotary Club of Kathmandu for the year 2021-22, which certainly would not have been possible without the support of my fellow Members.

It has been an exciting year for me as the President of our Club. Together we accomplished a lot through service projects. And all the hard work we put in has been recognized by our community and beyond.

Now looking toward, the future of our club; I would like to wish President Achut Babu Ojha and the team the best for a year full of joy, support, and accomplishments.

Let us all envision a better world and put our visions in action.

Yours in Rotary
Suresh Man Singh
Immediate Past President



Message from the President

Message from the President

Dear Fellow Rotarians,

I am very much grateful to the fellow Rotarians of the Rotary Club of Kathmandu for trusting me as the president of the first and pioneer club of Nepal; Rotary Club of Kathmandu for Rotary Year 2022-23.

I would like to remember charter members and would also like to articulate my gratitude to Past Presidents and members of the Rotary Club of Kathmandu for their contribution to heightening the club to what it is today.

As steered by the presidential theme-Imagine Rotary of RI President Jennifer E. Jones, we will dream big and harness their connections and the power of Rotary to turn those dreams into reality.

I am confident that 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.

I am grateful to the board of Directors of RY 2022-23 for their commitment to enhancing the image of Rotary by embracing the motto “Service above Self”.

The rotary year 2021-22 was a benchmark for the rotary movement and leadership demonstrated by Rtn. Suresh Man Singh as club president even during the challenging era of the COVID pandemic is noteworthy. I congratulate IPP Rtn. Suresh Man Singh and his team for the successful and remarkable tenure.

Lastly, I take this opportunity to thank all my club members for supporting me throughout my different roles in the club, and expect similar support during my tenure as a president. Let us join hands together to work for the benefit of many.

Rtn. Achut Babu Ojha
President



Biodata of President RY 2022-2023

Rtn. Achut Babu Ojha resident of Lalitpur Metropolitan-15, Hattiban, Lalitpur holds a master's degree in Public Health and has a strong background in public health management in different national and international organizations. Currently he is working as a program manager at RTI International. He had also served as a program manager and program coordinator in different public health projects and programs since 2009. He had also worked as a lecturer for bachelor's in public health program in different public health colleges in Nepal.

He joined Rotaract club of Kathmandu in 2004 and served as a secretary in 2006/7 and president of Rotaract club of Kathmandu in 2008/9. He had also served as a District Community Service Director of Rotaract district council of RI 3292 in 2009/10.

He joined Rotary Club of Kathmandu on 13th April 2013 and served in a board as a director till 2015/16. He had served as a secretary in 2016/17 followed by Vice President in 2019/20, President Nominee for 2022/23 in 2020/21.

OTHER DETAILS:

Date of birth: 14-01-1982 A.D

Spouse: Pabitra Neupane

Daughters/Son: Arju and Anuja/Anuvhab

Address: Lalitpur Submetropolitan-15, Hattiban, Lalitpur, Nepal

Tel: +977-1-5251450, Email: babuojha@gmail.com, babuojha@hotmail.com

OTHER PROFESSIONAL MEMBERSHIP

Member, Nepal Health Professional council.

Life Member, Nepal Public Health Association.

ROTARY RELATED WORKSHOP/SEMINAR/CONFERENCE

Participated in R-Evolution 38th Annual Rotaract District Conference (RID 1340) held on Jan 27-28, 2007 at Silent Hill Resort, Manor, Mumby, India

Participated in Inter District Youth Exchange Program (IDYEP) of Rotary International under the invitation of Rotaract District 1340, Mumby, India as a Team Leader from 23rd Jan to 31st Jan 2007.

Attended Almost all Conference of (Rotary and Rotaract) RID 3290 and 3292 since 2006 AD.

HONORS/AWARDS

Multiple Paul Harris Fellow (MPHF) +2

Honored with Paul Harris Fellow (PHF) from Rotary International in Golden Jubilee Celebration in 13th April 2009 in the presence of Prime minister of Nepal, Late Girija Prashad Koirala.

Awarded with Outstanding President Award 2008-9 from Rotaract District Committee, RID 3292, Nepal.

Third Best Club in RID 3292 in Rota Year 2008-9 from Rotaract District Committee, RID 3292, Nepal.

Award and certificate of merit for securing 2nd position in Certificate of Health Science- General Medicine in Academic year 2002-2005 from Kathmandu University.

Best Attitude Award of Certificate in Health Science- General Medicine in Academic year 2005.

COUNTRIES VISITED: India, South Africa, Thailand, USA, Australia, Myanmar.

Visited more than 70 districts of Nepal



Message from District Rotaract Representative

Dear President Rtr. Aakriti
Rotaractors from the Rotaract Club of Kathmandu
Namaskar and Warm Rotaract Greetings

Let me begin with my heartiest "CONGRATULATIONS!" to the Rotaract leaders of the Rota Year 2021-22 on your significant performance during your tenure which has wonderfully honored district goals and areas of key focus, and made all of us proud of you.

RY 2021-22, we stood up against hard hitting second wave of COVID -19 with humanity when required. We rise in any form - virtual or physical, by not just adapting to the changing scenarios but also by supporting each other. We incredibly put our efforts into doing things awesomely that year. Thank You to all the leaders.

As the Rotary wheel rotates encompassing new RY 2022-23, my "Warm Welcome" to all my Rotaract family in this journey of Inspire, Empower and Transform.

With the beliefs of flourishing each other by taking any steps, we must engage our members in different areas of projects and humanitarian activities by taking meaningful action through which potential of member increases and can create lasting change across the globe, in our communities, and in ourselves. Let's stand up and commit to "Inspire" with your leadership "Empower" with your thoughts "Transform" with your action, as a globally responsible citizen and be the sources of giving inspiration with getting inspiration and vice versa. This Journey of Inspire, Empower & Transform continues ahead.

I strongly believe that your active leadership, strong determination and your special commitment will help you to achieve goal and you will excel. I promise I shall give the best of my abilities and fully support in all your endeavors. So, let's all work together for the betterment of the world and make year 2022-23 a remarkable year.

Let's grow together.

Warm Regards,
Rtr. Laxman Kharel
District Rotaract Representative
RI District 3292 Nepal & Bhutan
RY 2022-23



Message from District Rotaract Committee Chair

Dear President Rtr. Aakriti

I always take pride in stating that I had begun my Rotary Journey from Rotaract Club which is a global movement of young leaders who are developing innovative solutions to the world's most pressing challenges. In communities worldwide, Rotary and Rotaract members work side by side to take action through service. From big cities to rural villages, Rotaract is changing communities like yours.

I kindly urge you to focus on training to expand your skills beyond, get engaged in carrier-oriented social activities and service projects to empower the community and I will continuously co-operate you to receive guidance, support and work with your clubs as partners from Rotary Club.

Instead of only initiating a project, you need to think and focus on a project to address all the issues that would be much more beneficial to all. You can touch the mind and hearts of people by doing small yet significant work such as planting a tree to celebrate your parent's birth anniversary and helping young people learn not only about themselves but the world around them.

We, as a Rotaractors or Rotarians, are People of Action. We change the lives of thousands of young people each year.

Let us proceed with the mindset of "Together We Can" and work together to do good in the world.

Thank You and Good luck. Jay ho!

Yours in Rotary

Durga P Subedi (Durgadev)
District Rotaract Chair
Rotary district 3292



Message from Immediate Past President
Rotaract Club of Kathmandu

Fellow Rotaractors,

Leading a club with a history of 26 years and maintaining the legacy of the past was a challenge which was became possible by the diligence and hard work of all. We have been able to maintain the image of a vibrant club even with sometimes through physical and sometimes through online club activities. While doing more than 50 programs, we got the progress of the members according to our theme 'Magnify Yourself' from all the programs which is very much appreciated. I think Rotaract is not just an opportunity. It is like a family and we have to be responsible every time to make better to own family. The BOD of RY 2021-22 as well as all club members realized this and we completed 26th Rotary Year happily.

While working as President for RY 2021-22, I had the opportunity to refine myself and get to know many life lesson closely. I think it can take years in real life to learn as much as I have learned from Rotaract in about 5 years. I would like to encourage everyone to never hesitate to learn new things, make new friends, take the lead and explore.

We became able to bring back some best projects from past years, continuing the new initiation of RY 2020-21 as well as to add some new projects. We were been able to conduct different skills focused program along with most renowned program Effective Public Speaking Training. Also, we introduced a program like Open Mike which was new initiation to connect various club by creating a platform to magnify talent of Rotaractors, which could give Rotaract a real identity. Moreover, with the help of parent Rotary, different organizations we were able to connect with the community through various projects. We were able to maintain International Image and Relation with new modifications in the program. On editorial part, there was awesome engagement of members with new initiation on bulletin, Quiz sponsored by Namchey.

I would like to express gratitude to my friend as well as Past President of RAC Kathmandu Rtr. Lok Raj Pandeya for introducing me such platform. I am thankful to everyone who helped throughout the Rotaract Journey in RY 2021-22. Mainly all members have great efforts in making this Rotary year successful who have explored them by involving in every club activities. Moreover, all Past Presidents, parent Rotary Club of Kathmandu, Sister Club, Interact Clubs, Twin clubs, other national as well as international Rotaract Clubs, different organizations are the part of this success.

I would like to congratulate and express my best wishes to President Rtr. Aakriti Acharya and whole team of RAC Kathmandu for RY 2022-23. I am sure that club will be able to inspire members and other clubs, organizations too for aspiring according to Presidential theme for RY 2022-23 'Inspire to Aspire'.

Yours in Rotaract,

Rtr. Netra Ramtel
Immediate Past President (RY 2022-23)
Rotaract Club of Kathmandu

Message from President
Rotaract Club of Kathmandu

Fellow Rotaractors,

Rotaract has always been a memorable journey for me. Rotaract is an organization that provides an opportunity to grow, learn, come out of your comfort zone and be a leader.

It has been three and a half years since I joined Rotaract. Rotaract provided me a platform to learn so many things, build a network and more to be a leader. I feel honored to be the President of Rotaract Club of Kathmandu and to maintain the dignity of the club which our past leaders have set. Rotaract Club of Kathmandu has already got 28 amazing Presidents so it is also a challenge for me to meet the benchmark that these leaders had already set. I will respect the hard work of all the past leaders by taking the Club to new heights.

Not only we have our past leaders who are always ready to help the Club with their valuable advice, we have amazing members without whom we couldn't have achieved this height. They have been continuously supporting the Club and I hope that they will show similar love and support in upcoming days. Also, the support from parent club Rotary Club of Kathmandu is always essential which we are getting. Along with this, our sister club, twin clubs and Interact clubs are so co-operating with us which has made us prouder and I am hopeful it will be continue on sophisticated way.

This year we are working on the theme “Inspire to Aspire”. Both of these terms are different from each other. Inspire means to motivate, influence, and encourage others whereas aspiring means to dream, aim, and hope. This Rota year we believe to inspire every one of us to aim for a change. We will work in such a way that we want to motivate others to aim for something. Sometimes motivation and encouragement are needed to sparkle the fire of setting aims, setting goals, and implementing them in real actions. We, the Rotaract Club of Kathmandu family want to be that source of motivation to our members, to our fellow Rotaract fraternity to do new things, to aim for attaining new heights, and to dream for service above self.

At last, I would like to congratulate IPP Rtr. Netra Ramtel and the whole team of Rotaract Club of Kathmandu for the successful completion of RY 2021-22.

Regards,
Rtr. Aakriti Acharya
President (RY 2022/23)
Rotaract Club of Kathmandu



**Message from Immediate Past President
Rotaract Club of Sindhuligadi**

It's crazy how fast time flies and how things progress. Talking about my Rotaract journey, I had a very mind-blowing experience in between these two years. Looking back on the days from the beginning to the present day, I have noticed that many changes have taken place within me. Not only, did I have the opportunity to work, but I have also found various young friends in this club. From a personal point of view, I have found that professional skills and leadership development have become stronger within myself. Serving as Chartered President, I had plenty of opportunities to enhance my personal and professional experiences, from which I learnt to deal with problems easily. Our national and international partners are highly appreciated for their generous contribution and support.

As Chartered in the midst of pandemics like Covid-19, this club came up with many challenges. By uniting to face every challenge, there we succeed to complete more work. In the early days, it was very difficult for us to move forward but Parent Club, Sister Club and with the help of various local organizations made us very comfortable. I would like to express my gratitude to all the supportive hands who helped me to reach this point. We all know that it is very difficult to achieve success without good unity within the club, even with the help of different personalities and organizations. So, I would like to give credit to the members of my club for showing unity inside the club from the beginning. With your help, support, and unity neither I nor we will be able to take this club to great heights today.

I would like to share some of my experiences now. During this time I learned a lot, got to know a lot of people, and had the opportunity to travel a lot. I was not even aware about What are Rotary and Rotaract are? In these two years, I became a good student and tried to learn a new chapter every day. Not only me, all of the members and board members from Rotaract Club of Sindhuligadi were all new to Rotaract, so we kept learning and moving on. Overall handling a big project was my new experience.

On the occasion of 3rd installation ceremony of Rotaract club of Sindhuligadi, 65th installation ceremony of Rotary club of Kathmandu and 27th installation ceremony of Rotaract club of Kathmandu I would like to express my sincere greetings and thanks to all the international partners and Rotaractors, Rotarians, board members of the year 2020/21 and 2021-22, and everyone who actively participated in different activities of Rotaract club of Sindhuligadi. Rotaract has given a huge platform to connect and serve many people.

Once again my sincere thanks to all the Board members, members, Rotarians, Rotaractors of Rotaract Club of Kathmandu, Interactors, club office, and District officials of RI Dist. 3292 for all the support and guidance during RY 2020-2021 and 2021-2022. Also, I'd like to thank my family and my friends for their love, support, help and encouragement throughout this journey. Best wishes to all the upcoming officers.

Faithfully Yours
Rtr. Sujita Khadka
Immediate Past President (2021-22)



Message from President
Rotaract club of Sindhuligadhi

First of all, I would like to express my sincere gratitude to all who have given me the opportunity to take up this post. Also, I would like to thank all those who have helped to elevate this club to till date. We also had to face many obstacles during our two-year tenure. I would also like to thank all the members of this club for their support in facing various challenges. Without your help and support, we would not be able to move forward with the new year and the new term. It's my pleasure to serve the club as the president for RY 2022-23.

I want to remember the day I joined this club as a member. At the time I didn't know much about this club. Gradually, while mingling with everyone, I became aware of its benefits to myself and to the community and began to enjoy myself. I made a lot of friends and I also got the opportunity to serve in the community. That's why I wanted to continue serving in this club.

To keep the legacy of the Charter President, this year seems to be even more challenging for me because for me. I consider this year to be a challenging year as we have to continue the work, she has done to enhance the club level. The work that we are going to do for this year will be a great strength for clubs if we work together in unity. I am confident that the board members formed for this Rota year will fulfill their roles and respond very well.

We look forward to receiving the support we have received from various organizations in the days to come. Also, we consider ourselves lucky to be associated with you.

Thank you

Faithfully your
Rtr. Sudarshan Shahi
President (2022-023)
RAC Sindhuligadi

Executive Board RY 2022-23

Rotary Club of Kathmandu



Rtn. Achut Babu Ojha
President



Rtn. Suresh Man Singh
IPP



Rtn. Kishor Upreti
President-elect



Rtn. Dr. Pradeep Pandey
President Nominee



Rtn. Sushil Kumar Karki
Vice President



Rtn. Rajendra Gautam
Secretary



Rtn. Keshav Gyanwali
Jt. Secretary



Rtn. Rabindra Karki
Treasurer



Rtn. Ashish Jajodia
Chair, Service project



Rtn. Tirtha Raj Dahal
Chair, Club admin



Rtn. Rajendra Pd. Dahal
Chair, Membership Development



Rtn. Prajun Khadka
Chair, Public Image



Rtn. Narayan Krishna Kharel
TRF chair



Rtn. Sonika Thapaliya
Chair, Youth Service



Rtn. Bishnu Subedi
Seargent At Arms



Rtn. Mona Adhikari
Club Trainer/ Editor



Rtn. Dan Bahadur Chand
Club mentor

Club Officials for the Rotary Year 2022-23

Club Admin:

Advisors:

PP Rtn.Surendra Pratap Shah
Rtn.Suresh Raj Chalise

Chair: Rtn. PP Tirtha Raj Dahal

Co-Chair: Rtr. Suman Dangol, RAC Kathmandu

Committee Member:

Rtn. Prithivi Shrestha
Rtn.Bimal Singh Bista
Rtn. Bishnu Raj Bhatta
Rtn. Lal Bahadur Basnet
Rtr.Sandhya Thapa, RAC Kathmandu
Rtr.Anisha Yogi, RAC Sindhuligadi

Membership Development Committee

Advisors:

PDG Ratnaman Shakya
PP Mukunda Sharma Poudel

Club Mentor: PP Rtn. Dan Bahadur

Chair: PP. Rajendra Kumar Dahal

Co-Chair: Rtn. Kishor Upreti

Secretary: Rtr. Geeta Khadka, RAC Kathmandu

Members:

Rtn. Dr. Pushpa Raj Sharma
Rtn. Asmin Dhakal

Public Image Committee:

Advisors:

PP Rtn. Bishnu Subedi
PP Rtn. Dan Bdr. Chand

Chair: Rtn. Prajum Khadka

Co-Chair: Rtn. Keshav Raj Gyawali

Secretary: Rtr. Milan Kumar Bhandari, RAC Sindhuligadi

Members:

Rtn. Asmin Dhakal
Rtn. Mohan Krishna Maharjan
Rtr. Bipin Neupane, RAC Kathmandu

Service Project Committee:

Advisors:

IPP Rtn. Suresh Man Singh
PP Rtn. Narayan Krishna Kharel

Committee Chair: Rtn. Ashish Jajodia

Co-Chair: Rtn. Rajendra Gautam

Committee Secretary: Rtr. Pratibha Chalisey, RAC Kathmandu

Committee Members:

Rtn. Kishor Upreti
Rtn. Sushil Kumar Karki
Rtn. Sanjay Karmacharya, RAC Kathmandu
Rtr. Anup Devkota, RAC Sindhuligadi

TRF Committee:

Advisors:

PP Rtn Ratna Man Shakya
PP Rtn. Ram Gartaula

Chair: PP Rtn Narayan Krishna Kharel

Members:

Rtn. Ang Kaji Sherpa
Rtn. Bhasker Kafle
IPP Rtn. Suresh Man Singh
Rtn. Rabindra Karkee

Youth Service Committee

Advisors:

PP Rtn. Dan Bahadur Chand
IPP Rtn. Tirtha Raj Dahal

Chair: Rtn. Sonika Thapaliya

Secretary:

Rtr. Aakriti Acharya

Members:

: Rtn. Dr. Pradeep Pandey
: Rtn. Rajendra Gautam
: Rtn. Sushil Kumar Karki
: Rtr. Sudarshan Shahi
: Rtr. Prishma Dahal
: Itr. Dhritika Tiwari

T.E.A.C.H. Committee:

Chair: PP Rtn. Tirtha Raj Dahal

Teacher Traning: Rtn. Keshav Gyanwali

E-Larning: Rtn. Ashish Jajodia

Adult Literacy: Rtn. Prof.Dr. Puspa Raj Sharma

Child Development: Rtn. Dr. Pradeep Pandey

Happy School: Rtn. Rajendra Gautam

Back to School: PP Rtn. Narayan Krishna Kharel

WINS: Rtn. Sushil Kumar Karki

Financial Management Committee

Chair: Rabindra Karkee

Co-Chair: IPP Suresh Man Singh

Members: Rtn. Kishor Upreti

Rtn. Ashish Jajodia

Rtn. Rajendra Kumar Dahal

IT Management Committee

Chair Rtn. Keshab Gyanwali

Rtn. Bishnu Bhatta

Rtn. Prabin Karki

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

Members Profile RY 2022-23

Rotary Club of Kathmandu



Name: Adhikari Amod (MPHF+1)
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 Cell: 9851003470
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 Date of Birth: March 21
 WA: March 5
 Spouse: Bina
 Designation: Past President



Name: Adhikari Mona (MPHF)
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 Email: mona.adhikari@gmail.com
 Date of Birth: September 18
 WA: January 19
 Spouse: Dr. Subodh
 Designation: Past President



Name: Basnet Lal Bahadur
 Classification: Handicraft, Solu Handicraft,
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 Date of Birth: January 27
 WA:
 Spouse:
 Designation: Member



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 Cell: 9851090032
 Email: icgs_1997@yahoo.com
 Date of Birth: November 28
 WA: July 13
 Spouse: Sama
 Designation: Member



Name: Bhattacharya Sama
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 Geotech Services (P) Ltd. (ICGS)
 Tel: 01-4411787
 Cell: 9851090032
 Email: icgs_1997@yahoo.com
 Date of Birth: November 28
 WA: July 13
 Spouse: Sama
 Designation: Member



Name: Bist Bimal Singh
Classification:
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WA: Jan 12
Spouse: Dilu KC
Designation: Member

Name: Chapagain Sumit
Classification: Civil Engineer
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Mobile Number: 9841579963
Email: sumit.chapagain201@gmail.com
Date of Birth: October 13
WA:
Spouse:
Designation: Member



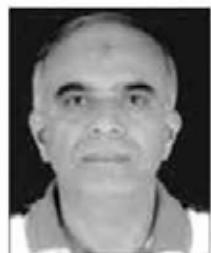
Name: Prof. Dr. Chalise Suresh Raj (PHF)
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Cell: 9851031795
Tel: 4416395
Email: srchalise2002@yahoo.com
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WA:
Spouse:
Designation: Member

Name: Chitrakar Subal
Classification: Entrepreneur, E-Commerce
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Cell: 9803801361
Tel:
Email: subalc@gmail.com
Date of Birth: October 1
WA:
Spouse: Reyansh Rijal
Designation: Member

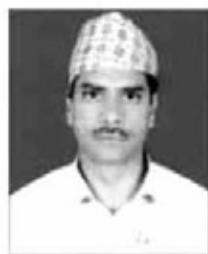


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Tel: 5590357, 5590108
Cell: 9851052396
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Date of Birth: November 6
WA: Magh 29
Spouse: Ranju
Designation: Past President

Rotary Club of Kathmandu



Name: Dahal Kamal
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WA: April 15 Spouse:
Ruja
Designation: Past President



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WA: March 8
Spouse: Geeta
Designation: Past President



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Tel:
Email: dahalsuman2020@gmail.com
Date of Birth: 2038-01-16
WA: 2065-11-6
Spouse: Sangita Humagain
Designation: Member



Name: Dahal Tirtha Raj (PHF)
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WA: December 2
Spouse: Binita
Designation: Past President



Name: Dhakal Asmin Kumar
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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)
Classification: Trek Operation, Seagull Travel Address:
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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)
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Designation: Secretary



Name: Gyawali Keshav
Classification: Engineer
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Date of Birth: 6 Feb
WA: Feb 3
Designation: Jt. Secretary



Name: Jajodia Ashish
Classification: Business Petroleum and Food Products.
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Cell No.: 9851103018
[Email: jajodia.ashish@gmail.com](mailto:jajodia.ashish@gmail.com)
Date of Birth: 28.05.1984
Spouse: Shraddha Jajodia
Designation: Chair, Service Project



Name: Karmacharya Sanjay
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Date of Birth :
Designation: Member



Name: Kafle Bhasker
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Date of Birth: March 18
WA: Feb 5
Spouse: Rupa Upreti
Designation: Member



Name: Karkee Rabindra
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WA: Feb 12
Spouse: Sumita Lamsal
Designation: Treasurer



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



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



Name: Khatiwada Sudip Raj
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Date of Birth: 30th June 1986
WA: Nov 28
Spouse: Chanda Karki
Designation: Member

Rotary Club of Kathmandu



Name: Kharel Narayan Krishna (MPHF)
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WA: February 2
Spouse: Rachana Aryal
Designation: Past President



Name: Maharjan Mohan Krishna
Classification: Event Manager
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WA: Baishakh 19
Spouse: Bidhya
Designation: Member



Name: Malla Prof. Dr. Om Krishna (PHF)
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[Email: okmalla@hotmail.com](mailto:okmalla@hotmail.com)
Date of Birth: June 30
WA: April 23
Spouse: Pushpa
Designation: Past President



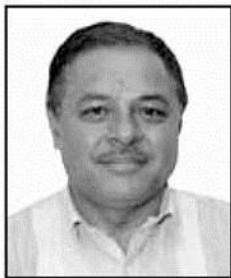
Name: Niraula Janaki
Classification: Social Service
Address: Koteshwor
Tel:
Cell: 9841171006
Email:
Date of Birth:
WA:
Spouse: Phadindra Gautam
Designation: Member



Name: Ojha Achut Babu (MPHF)
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Designation: President



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



Name: Paudel Mukunda Sharma (PHF)
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9851186103
Tel: 01-4243526 (O), 01-4780259 (R)
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Date of Birth: June 7
WA: Magh 7
Spouse: Pimala Designation:
Past President



Name: Raut Rajan Bahadur (MPHF+1)
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Date of Birth: Dec 9
WA: March 5
Spouse: Amul
Designation: Past President



Name: Sakya Ratna Man (Major Donor)
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WA: January 28
Spouse: Chandra Devi
Designation: Past District Governor, Past President



Name: Shah Surendra Pratap (MPHF)
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Date of Birth: August 11
WA: March 6
Spouse: Sachu Sen
Designation: Past president



Name: Sherpa Ang Kaji
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[Email: angkajii77@gmail.com](mailto:angkajii77@gmail.com)
Date of Birth: Jan 23
WA:
Spouse: Lhemi Sherpa
Designation: Member

Imagine Rotary



Name: Shrestha Bala Krishna (Major Donor, PHS)
Classification: BankingManagement
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Cell: 9851022846
[Email: hamasteel@info.com.np](mailto: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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Cell: 9851021950
[Email: prithbi@mos.com.np](mailto: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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Date of Birth: January 16
WA: November 29
Spouse: Dr. Indira
Designation: Past President



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



Name: Sharma Prof. Dr. Puspa Raj (PHF)
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Cell: 9856030890
[Email: prsbhandar@yahoo.com](mailto:prsbhandar@yahoo.com)
Date of Birth: March 9, 1967 A.D.
WA: Magh 21
Spouse: Durga
Designation: Member



Name: Singh Suresh Man (MPHF+1)
Classification: Belt manufacturing & Marketing
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Cell: 9851042753
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Date of Birth: April 4
WA: Marga 29
Spouse: Sangita
Designation: Immediate Past President



Name: Subedi Bishnu (MPHF+7)
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Email: subedisanepa@gmail.com
Date of Birth: July 21
WA: May 9
Spouse: Pramila
Designation: Past President



Name: Thapa Dr. Loke Bikram
(MPHF)Classification: General and
Cardiothoracic Surgeon Address: Kamalpokhari,
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Date of Birth: April 28
WA: December 26
Designation: Past President



Name: Thapaliya Sonika (PHF)
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Date of Birth: November 1
Spouse: Sabin
WA: May 11
Designation: Chair, Youth Service



Name: Uperty Kishor (PHF)
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Date of Birth: October 11
WA: February 26
Spouse: Rita
Designation: President-Elect

Office Staffs:



Shree Krishna Dahal
Executive Secretary



Binod Raut
Office Assistance



Panna Newa
Office Helper

Presidents and Secretaries of Rotary Club of Kathmandu

Rotary Year	President	Secretary
1959-60	Gen. Kiran SJB Rana	Jagdish SJB Rana
1960-61	Gen. Kiran SJB Rana	A. Bhattacharya
1961-62	Gen. Kiran SJB Rana	A. Bhattacharya
1962-63	K.D. Shretha	Manindra Raj Shrestha
1963-64	Gen. Kiran SJB Rana	Manindra Raj Shrestha
1964-65	Gen. Arjun SJB Rana	Gopa Rajbhandari
1965-66	Gopal Rajbhandari	Tom Mendies
1966-67	Manindra Raj Shrestha	Soli R. Manekshaw
1967-68	M. Ramunny	Soli R. Manekshaw
1968-69	K.P. Gautam	C. S. Banerji
1969-70	Mani Harsha Jyoti	C. S. Banerji
1970-71	Gulab S. Harjani	R. L. Fleming
1971-72	Ranjit Kumar Ghosh	Kamal Mani Dixit
1972-73	A. Scordialos	Kamal Mani Dixit
1973-74	R. K. Shrestha	B. L. Khoshla
1974-75	P. P. Shrestha	Trailokya Nath Shrestha
1975-76	Tom C. Medies	G. H. O. Keuntje
1976-77	Jay Kumar Nath Shah	K. B. Basynat
1977-78	Hulas Chand Golchha	Kamal Mani Dixit
1978-79	Ranjit Kumar Ghosh	Kuber P. Sharma
1979-80	Dr. Jogendra Jha	D. D. Shrestha
1980-81	Kuber P. Sharma	Om P. Singh
1981-82	Dr. Jogendra Jha	D. D. Shrestha
1982-83	Soli R. Manekshaw	Kamal Mani Dixit
1983-84	Ratna Man Sakya	Tehmas R. Manekshaw
1984-85	Kunj Bihari P. Singh	Tehmas R. Manekshaw
1985-86	Murari SJB Rana	Robert O. Weise
1986-87	H.E. Kazuo Kaneko	Robert O. Weise
1987-88	Bhubaneswar Amaty	K. Radha Krishnan
1988-89	Robert O. Weise	Ravindra Kumar Kohli
1989-90	Tehmas R. Manekshaw	Bishwa Nath Jajodia
1990-91	Trailokya Nath Shrestha	Jagadish 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
2022-23	Achut Babu Ojha	Rajendra Gautam

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

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

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

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

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

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

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

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

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

1972-73 A Scordialos was installed as the President.

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

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

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

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

1976-77 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 matress 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 charted 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.

-Salyanstan 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 os US\$750 from Anchorage East and US\$300 from RC Salt Lake was given to Prem Thapa.

1987-88 Bhubneswar 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 TrailokyaNath Shrestha was installed as the President

- Dr. Alan Gale of RC Northbridge Australia initiated to establish a Cardical 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 Ambassdor.
- 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 Mansfiled 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 Governer 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 Kathamndu, 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 Scolarship 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.

Rotary Club of Kathmandu

- 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 Madhyapur Thimi.
- 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 Bhattarai 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 cancer 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 Kuruwaghār.

-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 atStringeswari 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, Golftutar 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.

Rotary Club of Kathmandu

- 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 Dahalwas 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 SagarBakanje 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 students jointly with
- Scooter and vocational award was provided to EPSA Nepal.

2015-16 Suresh Das Shresthawas 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 SrimadBhagbatPracharPrasarSewaSangh 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 Adhikariwas 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 Shahwas 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. Ashman 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 otherplants) on 21 July,2019.

- Financial Support of Nrs. 250,000 made to ShreeChunadevi Secondary School, Nagarkot for theconstruction of wall affected by landslide in the schoolpremises 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 andCanadian 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.
- Reuable Sanitary Pad making Training for 30 community women worth of Nrs. 100,000 was organized at Thaha Municipality, Makwanpur in coordination with Connection Nepal and Rotary Club of Liverpool West, Australia on 21st Dec, 2019.
- RC Kathmandu distributed 200 school bags under PROJECT JHOLA in coordination with Solidarity Nepal to the students of three schools namely 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 ofDigital literacy and Rotary International Goal for Basiceducation and Literacy.
- RC Kathmandu supplied school furnitures, drinking water system, constructed 2 toilet blocks, provided training on sanitation at Himganga Higher Secondary School, Chaulakharka, Solukhumbu under GG1639191 to benefit 150 school going students. This project is worth of 53,146 USD in coordination with RC Sollerod, Denmark.
- Supported NRs.15,000 for the registration of 3 Rotaractors of Rotaract club of Kathmandu for their participation in Rotaract Global Model United Nation and sponsored NRs. 20,000 for Rotaract Global Model United Nation program organized by Rotaract District Committee at Pokhara.
- Supported 2 Rotaractors for participation in International RYLA at Bangladesh.
- Handover of Chandrajyoti Secondary School, Linkhu Pike Rural Municipality Ward No. 5, Bhakanje, Solukhumbu. The Reconstruction of the school building is funded by Rotary Club of Northbridge – Australia, Rotary Club of Kathmandu – Nepal, Rotary Club of Nykobing Mors – Denmark and Himalayan 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

2020-21 Rtn. Tirtha Raj Dahal was installed as President

- 63rd Installation Ceremony was successfully completed at Rotary Bhawan, Thapathali, Kathmandu on July 29, 2020 in the presence of DG Rtn. Rajib Pokharel.
- Rotary Club of Kathmandu in coordination with Rotary Club of Madhyapur Thimi 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.
- 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 Rajib Pokharel, IPDG Kiran Lal Shrestha, RNLM Secretary Rajesh Thapa, DGN Jitendra Bahadur Rajbhandari, DGE Santosh Rijal, PDG / WINS Chair RNLM Cochair Basu Dev Golyan, TEACH Support Coordinator Sunil Krishna Shrestha, PDG Yogendra Man Pradhan Chair RNLM province 3(B), PDG Dilendra Raj Shrestha, PDG RNLM Chair Tirtha Man Shakya, PDG Sanjaya Giri and PDG Rabindra Piya.
- Educational Scholarship along with school uniform, stationary, 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.
- 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 was worth of NRs. 1,300,000.
- 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 Rtn Rajib Pokhrel under TEACH program. The TV set includes digital syllabus from class nursery to ten on 20 Jan, 2021.
- RC 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.
- 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. 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.
- Community based Interact club, Interact Club of Kathmandu which was led by Charter President Itr. Abhilasha K.C was inducted into Rotary family.

Glimpses of Projects during the year 2021-2022

- 1.RC Kathmandu successfully completed 64th Installation Ceremony of the Club on 20 Aug, 2021. The event was hybrid. Rtn. Suresh Man Singh was installed as President. The board members were present in the event from Dhulikhel Lodge Resort and others were present virtually via Zoom.
- 2.RC 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 Rotary Club of Newberg USA contributed US\$ 12,000; Rotary Club of Northbridge Australia contributed US\$ 4,000. Similarly, in coordination from Rotary Club of Albury Australia other Rotary Clubs such as Rotary Club of South Wagga, Rotary Club of Deniliquin, Rotary Club of Alice Springs, Rotary Club of The Entrance and other well-wishers contributed US\$ 10,000. Similarly, in coordination of Rotary Club of Skivehus Denmark other Rotary Clubs such as Vinderup Rotary Klub, Viborg Asmild Rotary Klub, Viborg Morgen Rotary Klub, Struer Rotary Klub, Distrikt 1440, Rotary Danmarks Hjælpfond, Himalayan Project, Flying Aid Nepal jointly contributed US\$ 38,000. Similarly, Freindsheep llc and Asterisk International Services and members from Rotary Club of Kathmandu also contributed to the project. With generous contribution of these clubs and organization, The Rotary Club of Kathmandu raised US\$ 70,000 in total for the project. 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.
- 3.RC Kathmandu distributed 19 touch-less hand washing stations to 19 schools of the Nuwakot and Makwanpur districts on 21 July, 2021. 16 hand washing stations were provided to 16 different schools of Shivapuri Rural Municipality, Nuwakot. The project was supported by Rotary Club of Genova Lanterna, RI District 2032 and technically managed by Eco-Connect Pvt. Ltd with total budget of US\$ 6335.
- 4.RC Kathmandu distributed educational scholarships worth of NRs. 150,000 to 116 chepang students of Shree Primary School, Lawati, Makawanpur on 27 Nov, 2021. The students happily received receive school uniforms, sweaters, bag, stationery materials etc. The major objective of the program is to reduce dropout rates of the school going children in Nepal.
- 5.RC Kathmandu distributed tracksuit to 91 students of Shree Chunadevi Secondary Schoool, Nagarkot. The project was organized by Rotary Club of Kathmandu in coordination with School Management Committee and Rotaract Club of Kathmandu worth of NRs. 71,700.
- 6.RC Kathmandu with the support of the Rotary Club of Kingston, Canada organized 2-days training on “Menstrual Hygiene Management and Enterprise Development” at Jalapa on 16-17 January 2022. In the training 21 participants (teachers, health professionals, and community women) were oriented on body literacy, menstrual hygiene management, reusable sanitary pad production, and entrepreneur skills for enterprise development. The training program was technically facilitated by the cooperating organization “Connection Nepal” and supported by the Ward office of Diktel Rupakot Majhuwagadi Municipality ward no. 12. The total worth of the program was NRs. 178,145.
- 7.RC Kathmandu organized ICT Training for public school teachers from 10-12 Feb, 2022 at Rotary Bhawan, Thapathali. The training was provided to 15 teachers of four different schools of Kathmandu & Bhaktapur worth of NRs.320,430.
- 8.Rotary Club of Kathmandu in coordination with the school management committee successfully completed construction of Toilet block that includes separate urinal block for boys and girls and two separate rooms for latrine at Shree Sunali Primary School, Ghorahi Sub Metropolitan City-19, Damti Saigha, Dang, Lumbini Province, Nepal with the total budget of US\$ 5983.19. The project is completed with financial support from Rotary Club of Passport Club of Melbourne, RID 9800 Australia and the Rotary Foundation.
- 9.RC Kathmandu in coordination with cooperating organization Solidarity Nepal (NGO) distributed school bags to more than 1000 students of different community-based schools of Nepal in support of Rotary Clubs from Australia worth of NRs. 500,000.
- 10.Rotary Club of Kathmandu, donated NRs. 1493,700 (approx US\$ 12658) to KIOCH [Kathmandu Institute of Child Health] – DAMAK CHILDREN’S HOSPITAL, Jhapa for the establishment of Rotary Emergency Child COVID Unit.
- 11.RC Kathmandu in coordination with RC Timaru, Rotary District 9980, RC Waimate, RC Temuka-Geraldine, RC Bacchus Marsh, RC Macedon Ranges contributed US \$ 10,158 for the construction of community health unit in Baglung.







Rtn. Mona Adhikari

Past President

Some thoughts on Reading

Recently, at the Rotary Club of Kathmandu, we are almost at the end of the closure of a formerly famous English-language library, The Rotary AWON Library. It has been featured in many newspapers and magazines over the years and has had many famous personalities as members.

The space occupied by the library will possibly come to greater use as it was an auditorium and will save the members a lot of money. There will be no need to occupy the space with books (in the words of some- Thotro Kitab), which leads me to write a few words about how the end of an era came to be.

I first heard about the library when I was a student in college and did join it in Kupondole, where it remained for many years. Books were very expensive in Kathmandu, and second-hand books were generally not my choice.

There were books there that were absolutely amazing. They had been donated by scientists, scholars, diplomats, their wives and children, and experts in any field under the sun.

One never knew what one might find-lots of comics, romance novels, a huge collection of science fiction, books we had read as children (Enid Blyton), and even a large section of westerns and spy novels by Louis Lamour (more about him later) and Alistair Maclean.

The non-fiction section was even better- entire volumes of US Army History, travel to Timbuktoo, Siberia, or Uganda. Books on Horse Training, Anatomy of Cats, Cooking, Philosophy, Books by Major Nobel Prize-winning Authors, and Pulitzer Prizes.

There were books on watchmaking (from scratch), weaving, and botany; and books on every type of fishing, and the repair of Landrovers. Self-help, how to understand teenagers, and taking care of babies and gardens also had a big section.

While we were packing up the books, many people who had been members came to the library. One young woman from the Padma Kanya campus came and started crying because that day she had brought her friend from the Thapathali campus next door to show him “a treasure” and a sacred place of peace for her. She was in shock for an hour till we promised to donate books of her choice from whatever was left to pack, and that we would let her have the address of the libraries the books were going to.

We were very happy that the books were going to reading rooms in Kathmandu, Lalitpur, and Bhaktapur, libraries for children and young adults; and intellectuals from the universities.

It was also a personal journey. As Chairperson, I had been raising funds for the administration and rent of the AWON library through the AWON Christmas bazaar every year, till it was not enough. We entered into an agreement with the Rotary club under President Dinesh Sharma, and the president of AWON, Pamela Poon, who was possibly the last lady to read books from there. Books were donated by the public, run by volunteers and 2 staff members, and it survived for 60 years. The earthquake of 2015 and COVID lockdowns meant a final call for the books and our members, along with the patience of our Rotary members.

This has led me to make an observation about how this came to be-

Many people nowadays can't seem to have the patience to sit still and read books. Most Nepalis will chitchat or surf the internet, but very few read books. This is especially the case in airports, and in places where one has to wait, including restaurants. It is easy to talk on the phone, read text messages, use social media, or play games. They are busy talking loudly or pretending to be active; compare this to westerners, who are generally reading and sitting calmly.

According to the media, the average person in China only reads 0.7 books per year, compared to Vietnam with 0.8 books, India with 1.2 books, and Korea with 7. Only Japan can compare with Western countries with 40 books per year; Russia alone has 55 books. In 2015, 44.6% of Germans read at least one book a week—similar numbers for the Nordic countries.

I was asked in an interview recently why the library was closing, and the answer was very simple—lack of leadership, lack of funds, and lack of patience.

In Nepal, the number of students who look up documents online is minimal. Managers, business people, and even writers spend all day dealing with reviews, receiving guests, and partnering meetings,... they have not read books since leaving school.

The reasons for not liking reading are these:

One is the low level of culture (not education) of the people. Therefore, people always talk a lot when they meet, and



they chat all day without getting bored. They are always curious about other people's stories, constantly update their social networks, and have significant communication needs.

Second, from a young age, there is no habit of reading. Because their parents don't have the practice of reading books and don't have the time, it is always easier to give the child an I-pad with cartoons and games. In western countries, most parents will read to their children from a book. The third is "exam-heavy education", which means young children do not have the time and energy to read books outside. Most of the time, if they even read books, it's to serve the exams. There are no compulsory library timings or school libraries with good books. The outdated education system has formed the habit of studying, having a degree, and then never reading again.

What are the advantages of reading, then? In Israel, the average person reads 64 books a year. From the time children begin to perceive, almost every mother teaches her children: "Books are a store of wisdom, more valuable than money, treasures, and wisdom is something no one can rob from you. Whatever you do, you have to read before going to sleep."

All bookstores nationwide are still open, even on holidays. The population of Israel is sparse, and the country's history is short, but there have been eight Nobel laureates.

Hungary has nearly 20,000 libraries, and an average of 500 people have a library; going to the library is as good as going to a coffee shop or a supermarket. Hungary is also the country with the most significant number of people reading books in the world, with more than 5 million people reading regularly every year, exceeding a quarter of the population of this country.

Closer to home, the Bengalis have a reading culture and have produced more Nobel prizes than any other community in India. They are very fond of the saying,

Knowledge is power, and knowledge is property. A country or an individual who values reading and accumulating knowledge from books will be treated well. No matter what industry they work in, people who usually read have a very different way of thinking, and even if they don't have brilliant achievements, they still have a great mindset. Many races are vibrant but not civilized. Similarly, many individuals have a lot of money but cannot achieve elegance just because they lack knowledge. A great scholar once said: "The history of a person's thought development is his reading history." The community will develop or stay behind, depending on how many people read books and what type of books they choose. Remember: A race without reading is a race without hope.

P.S .A Rotarian from the US, came to our club and was shocked to see the Louis Lamour westerns. We laughed a lot that people were still reading them. I tried to give them a good send off to the local "kabadi", but a few young men came and took them away—In their words, books never become old or die.

It is encouraging that one old library has given birth to many more for future generations.

Best Wishes
to
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on the occasion of
65th Installation Ceremony



असल छिमेकी नेपाल
Good Neighbors Nepal

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Senior Advocate

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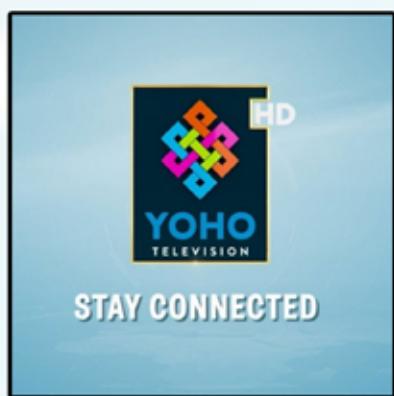


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BUDHANILKANTHA-7 HATTIGAUDA
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Keshav Gyawali
Chairman, IETE Nepal Chapter
www.ietenepal.org.np



The Institution of Electronics and Telecommunication Engineers (IETE)
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Rtn. Ashish Jajodia
Chair, Service Project Committee
RY 2022-23



ROTARACT CLUB OF KATHMANDU

BOARD OF DIRECTORS RY 2022-23



Rtr. Aakriti Acharya
President



Rtr. Netra Ramtel
IPP



Rtr. Chetan Bhatta
Vice President



Rtr. Ajay Yadav
Vice President



Rtr. Kritika Dahal
Secretary



Rtr. Rashik Raj Koirala
Joint Secretary



Rtr. Rabindra Karki
Treasurer



Rtr. Lok Raj Pandeya
TRF Chair



Rtr. Suman Dangol
Dir. Club Service



Rtr. Geeta Khadka
Membership Chair



Rtr. Neha Sharma Kuikel
Dir. Professional Dev.



Rtr. Pratibha Chalisay
Dir. Community Service



Rtr. Amisha Basnet
Dir. International Service



Rtr. Leela Sharma Pandey
Sergeant At Arms



Rtr. Bipin Neupane
Editor/Public Image Chair



Rtr. Prishma Dahal
Interact Co-ordinator

Co-ordinator RY 2022-23



Advisory Board RY 2020-21

Rotaract Club of Kathmandu



Rtr. Mridul Acharya

President RY 2016/17



Rtr. Sunil Phuyal

President RY 2018/19



Rtr. Lok Raj Pandey

President RY 2019/20



Rtr. Sarbesh Rijal

President RY 2017/18

Presidents

Rotaract Club of Kathmandu

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
29.	2022-2023	Rtr. Aakriti Acharya

Members Profile RY 2022/23

Rotaract Club of Kathmandu



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 DOB: 18th May



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Rotary Club of Kathmandu

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SECRETARIAL REPORT: ROTARY YEAR 2021-22

Rotaract Club of Kathmandu

**Aakriti Acharya
Secretary, 2021-22**



Under an amazing leadership of our Board of Directors, the support of our parent Rotary Club, the guidance of our Past Presidents, and of course the dedication of our beloved members and guests, we, Rotaract Club of Kathmandu, were able to conduct amazing projects collaborating with different clubs inside and outside of Rotaract District 3292. As our theme for the RY 2021-22 says "Magnify Yourself", we were able to achieve and grow as a team and individuals.

Club Statistics

Total Number of Regular Meetings: 44

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: 44

Total Members: 61

Projects and Activities

Club Service Avenue:

S.N.	Project Name	Objective
1.	26 th Installation Ceremony	Presidency handover by Rtr. Nisha Khatiwada (President, RY 2020-21) to Rtr. Netra Ramtel (President, RY 2021-22) and introduce new BOD for RY 2021-22.
2.	Rotaract Mero Sathi	To promote friendship and fellowship between members of 3 clubs and celebrate International Friendship Day.
3.	Bhetghat – Pardafas, Scavengers Hunt, Hiking	To promote fellowship between the club members and guests.
4.	Dashain Aayo	To promote fellowship between the members and celebrate Dashain festival.
5.	26 th Charter Day Celebration	To celebrate 26 th Charter Day of Rotaract Club of Kathmandu.
6.	Bingo	To promote fellowship between twin club members and guests.
7.	Heritage Walk	To promote fellowship between Rotaractors and guests, and explore Pashupati Area.
8.	Open Mike	To promote fellowship among Rotaractors and guests from different Rotaract Clubs and provide platform to express their creativity through spoken words, songs, story-telling, drama and/or comedy.

Professional Development Avenue:

S.N	Project Name	Objective
9.	CV Writing Workshop	To know the importance of a good CV and the ways to write it. To understand the concept of cover letter and job applications.
10.	Technical Workshop	To help club members and guests enhance their skills on certain topics such as club report writing, Photoshop and video editing.

11.	MUN Workshop	To help the participants to ace their research and public speaking skills. To help the participants to learn MUN functioning and to put across their opinion confidently.
12.	Rota Skills Camp	To develop leadership and teamwork skills. To help the participants write professional emails and learn how to tackle interviews. To understand the technique of generating business ideas.
13.	MS Excel Workshop	To know the formulas and functions in Excel. To know about conditional formatting and table features.
14.	Public Speaking Training	To help individuals to improve public speaking skills, communication skills and build leadership skills. To encourage individuals for career advancement and expand their professional network.

Community Service Avenue:

S.N	Project Name	Objective
15.	TO2GETHER	To handover oxygen concentrators to the needy health institute.
16.	Tihar Celebration at SAP	To enhance fellowship between the members and the children of Srijansil Children Welfare.
17.	Project Shiksha	To support Rotary Nepal Literacy Mission. To establish a library and distribute the bag packs and stationery items in Bachhaladevi Basic School.
18.	Interact Project	Revive Interact Club of Shree Chunadevi Secondary School by forming the active board and conducting orientation for interactors on Interact.
19.	न्यानो हृदय- Warm Clothes Collections	To collect and distribute the warm clothes to the children of the orphanage.
20.	Volunteering on Shivaratri and Swayambhu	To volunteer and manage the crowd at Pashupatinath Temple and Swayambhu.
21.	Blood Drive: Donate Blood Save Life	To aid blood bank, collect different blood groups.
22.	Cleanliness Program	To conduct 25 Days Cleaning at 7 heritage sites and 18 different Municipalities of Kathmandu Valley.
23.	Free Medical Camp	To provide free skin care and dental service along with dissemination of prescribed medications.
24.	New Year Celebration at SAP	To celebrate new year and provide necessary materials (Stationery) to children of Srijanshil Bal Ashram.
25.	Rotaract Pratikshyalaya	To build a waiting station at Pokhara

International Service Avenue

S.N	Project Name	Objective
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26.	Debractor 2.0 : Phase 1	To reflect on several Global Rotaract activities conducted during Covid-19 through debate.
27.	Penpal	To connect international Rotaractors and build fellowship through letters.
28.	Picturesque 4.0	To promote tourism industry and provide platform to showcase photography skills.
29.	Debractor 2.0 : Phase 2	To expand the event Debractor 2.0 with the participation of 5 different international clubs.
30.	Foodractor 2.0	To exchange local food culture and let them prepare and taste the recipes of different countries.
31.	Multilingo 2.0	To learn and understand the language and culture of various countries.
32.	Cultural Exchange Meeting	To learn about the culture of Hong Kong and basic of Cantonese language while sharing about Nepalese culture and Nepali Language.

In addition, we engaged in various projects run by other clubs and the District. They are listed below:

1. Zonal COTS
2. Zonal Members Orientation
3. Virtual Rotaract District Assembly
4. Virtual Rotaractors meetup and PS Meet
5. Zonal Dashain Greeting Exchange and Fellowship
6. Rotaract District Membership Seminar
7. 14th Rotaract District Conference
8. 15th Rotaract District Assembly, PETS- SETS & DLTS for RY 2022-23
9. Human Library
10. Human Books
11. Rota Bazar
12. Site Visit of Rotary Global Grant
13. Grant Management Seminar

Hopefully, this report has successfully highlighted our actions through RY 2021-22 and provided an overview of the year. We will be working with the same zeal and enthusiasm coming RY 2022-23 and will also be growing with all the people involved in the process.

Articles

A Little Appreciation Would Do!

Human beings are very complicated. The way we think about something differs from one person to another. The same incident could make various impressions on people. One of the popular examples is a cup filled with water, more precisely, about the half-filled or half-empty cup. It is a thought experiment where people are asked to say how they view the cup, whether it's half-filled or half empty. An optimistic person would say it's half-filled while a pessimistic person would prefer it as half empty and a nihilistic would just throw the cup. Regardless of what we think about it, any person making such a decision would be astonished if their answer. We are happy when we are right. We feel nice about ourselves if we hear appreciation for our work.

It was not long ago, that I was studying in grade eleven. Before I joined college, I had a few plans I made for myself that I wished to meet before I passed out from college. The truth was my goal was too far from me. I was not near those goals. So, my college days were affected by those negative thoughts I had with me. I was feeling left out and I felt as if I was lacking to make peers cause they were excelling. During this time, I had a very good friend who always seems to appreciate small things. He often used to compliment my handwriting, my lab reports, and my voice. Even when there were several factors that were very oppressive, there was this small appreciation that made my day better and made that friendship very special. During those days I was unknown what he was doing but looking back to those times I realized he used small appreciation to make my day better. This good death is the most important social skill I have learned from friendship.

In my opinion, the most important thing that everyone should start doing a little more is appreciating people. Humans are the only conscious creature. Although this consciousness has helped us in many different ways to reform society, built a civilization, and built machines even to fly. This consciousness has also made people more depressed as well. We are constantly conscious of what people will say about us. And when we hear people talking negatively about us we feel low. We feel we are not adequate for the assigned things. But a little bit of a positive attitude can change everything. Complementing people makes them happy, encourages them to do the work, and brings their confidence back. The best way of leading a team is to appreciate them for the little effort they apply to complete the work. But it doesn't imply that we should make false appreciation. It is the worse thing that one can do because they will not get a chance to improve or work to improve their flaws.

Now, when was the last time you heard an appreciation or you appreciated your team? Didn't you feel good being appreciated or seeing a happy face appreciating someone? Of course, being appreciated feels good. So let's start appreciating others for the little effort they do. Let's spread the happiness and make our corner of this world a little more appreciated, a little more colorful, and a little happier....



Rtr. Prishma Dahal
Interact Coordinator

Sustainable Cities

I really like where I live. I have had the great opportunity of being born in Kathmandu and being able to live really close to Basantapur. And I just love everything about being near the center of the city. Everything I need is just 5 minutes' walk away from where I live. For the



most part, you could walk or cycle to places. Likewise, I also have stayed in places that don't have the same proximity to the center of the city as my house does and I find myself being less happy when I stay in such places. As a city person, I often find myself feeling homesick in places that are far from the center of the city. So, I delve into the world of urban planning and, being the nerd I am, I spend quite a few hours reading and watching videos on the science behind urban and sustainable planning. I got so interested in sustainable planning that I decided to join a training course for the sustainable development ambassadors' program, story for another day. And this is my attempt at describing what makes one city better than the other.

Transportation plays a crucial role when it comes to how people find themselves living in the city. For me, I can travel easily to the places I need to be by just walking a few minutes. The same can't be said for most people. One of the major reasons for such a problem is transportation projects following the American paradigm. America is often touted to be the leader of the world and hence America's influence has led the countries around the world to adopt a heavily personal vehicle-dominant lifestyle. In the past when the population was small so small roads and fewer vehicles were enough to accommodate them. But as the population kept increasing and people were required to travel more and more, infrastructure was not enough to sustain it. America's solution was to increase the number of cars and lanes on the road. This led to the widespread adoption of personal vehicles which generates huge traffic and lots of pollution.

On the other hand, the adoption of trains, metros, and other modes chosen over the adoption of cars has led European cities to be the gold standard when it comes to sustainable transportation. Adoption of such a paradigm could lead to better transportation in terms of sustainability and bring lots of benefits such as efficient use of resources and reduced air and noise pollution.

Sanitary life, when accounted for while carrying out urban planning, is also something that affects people's mental state. Humans are bipedal animals and we now live in this technologically dystopian world where we don't even need to leave our bed for most of our day-to-day tasks. And not only is this a serious issue for our health it also degrades our social life. Sure, there is social media where we are more connected than ever before but it just doesn't compare with the real thing. The real experience of being actually surrounded by your friends and family. Online communication just doesn't hit the same. That's why I like cities because it's where people get together and do interesting things, and we have to admit some cities are better than others and not all of them are great. The more people you have in a small area the more interesting stuff can happen, but that is also not necessarily true all the time. Because we can see countless examples of large communities of people living in a certain area but they lack the element of homogeneity and interaction. Searching for an answer was when I got to learn about urban planning and the concept of walkable cities. People enjoying themselves, lots of cafés and places to visit, great public transit, and better and sustainable cities should be a necessity and a basic human right. Trees should be planted to combat the rising heat levels, public transportation should be seriously revamped, and parks and open spaces should be an option for everyone. Achieving these goals requires a widespread change in the mentality of people. There is this really great quote in star trek episode 3, "don't kill what you hate save what you love". We should be optimistic and move toward the future that is full of optimism rather than saying this system is bad and that is good, we must put effort towards creating a new system, a system that works for us, and move in the direction to replace the old by rendering it absolutely obsolete. Rather than saying bikes over 250 ccs are bad, we must move to improve our public transport to the point where the idea of riding on a bike should be an afterthought.

Happiness, coming back to the point why I initially began searching for the reason regarding me feeling exponentially happier in one city than the other. People who get to travel from point A to point B by walking or cycling for basic amenities are found to be the happiest people in the world. That's why countries like Netherlands and Denmark always rank at the top when it comes to happiness. These types of accommodation should be made global because not only is it healthier for people to do so but it also forms a great sense of community and people's business also increases as there could be lots of shops and cafés spread all across the city. This also addresses the problem of traffic, as expanding the roads and increasing the number of cars on the road is not a sustainable form of development. Come to think of it this just goes to prove how right our ancestors had it right, in the parts of Kathmandu like Asan and Basantapur all the shops and groceries that you need are within a few minute's distances away from your house. Modern cities with modern American-centric societies might look and sound attractive but when we look at the underlining facts sometimes the old ways are best.

Quivering Strings

E, A, D, G, B, E. These are the names of the strings of a standard tuned guitar. The six strings of a guitar vibrate with different frequencies and can produce enchanted melodies if they are arranged in a certain order. Now, why am I talking about the different frequencies of the strings of a guitar?



-Rtr. Sakar Hada
General Member

To answer the question simply, just have a look at the nearest object around you. Now, it can be a pen or a laptop or a cellphone, but most probably it would be a cellphone. But if we zoom in that cellphone, we can find molecules of that cellphone, which is normally not possible to be observed by our naked eyes. If we break down the molecules, we can find atoms and inside the atoms, we can find proton. Lastly, inside the proton, we can find quarks. Now is that really the end? Well, science has suggested that these quarks consist of strings inside of them. And these strings are unceasingly vibrating. These vibrations don't produce musical notes like that of a guitar but produce particles themselves. So basically, a quark is nothing but a string vibrating in a certain pattern. These strings vibrate in different frequencies and produce different particles with distinctive properties like mass and charge. Now, look at that cellphone once again, the guise of that cellphone is just a screen, cameras, and a speaker but you can visualize strings vibrating in different frequencies. So kudos to those quivering strings for making our cellphone!

The idea that the basic particles we observe are not point-like dots but rather a string vibrating in different frequencies is known as String Theory. String theory is one of the candidates for "Theory of Everything" but yet, has not been solved entirely. It has been a controversial theory and a debatable topic for many physicists as there has been no empirical proof in this theory. String theory suggests that all the matters and forces present in this universe are the result of the vibration of tiny strands of energy i.e. string.

This quivering string is an aura of esoteric mystery and physicists are trying to connect this theory as a bridge to link up 'Quantum mechanics' and 'General theory of relativity'. To those who are new to these terms, Quantum mechanics explains about physical phenomena using probability principles that involve tiny, minute particles and the General theory of relativity elucidates about the force of gravity and structure of space-time. These two theories almost enlightened every aspects of the universe from elementary particles to the evolution of the universe.

The universe is a vast thing and scientists are probably burning their fuels with an aim to get the answer of life. As a high school graduate, I came to know there are 4 dimensions, three spaces and one time, but string theory proposes there are more than 4 dimensions. To understand that these dimensions can hide from us, let's take an example of a tightrope walker. For him, the rope is just a one-dimensional line but for an ant, the rope has a second dimension, its thickness. Just like that, we are just a colony of ants in this universe, unable to solve the various conundrums, yet to know the truths and unceasingly working even at the end of the day. But is it worth knowing everything about the universe? Is physics truly a conclusion to everything?

Human beings evolved from ape-like ancestors called Australopithecus to *Homo sapiens* for 6 million years. Is 6 million years really that insufficient time to comprehend everything in our life? "What we see is a drop, what we don't see is an ocean", a famous quote by Isaac Newton, which clarifies that we are yet to discover myriad things in this universe but does scribing an essay about the strings help to find the unknown of the universe? Seems like this query is contradicting itself. But who knows what's about to emerge in this universe. Moreover, string theory also suggests the concept of the multiverse and if we are just a tiny strand of energy vibrating itself, is it really vital to know everything in our life? We have a life span of about 70 to 80 years on average and that's a tiny fraction of time like a drop in an ocean. So life is such a crucial miracle but we are overlooking our life to find something that is not truly perceptible. We are a colony of ants trapped in this huge soap bubble which is expanding itself. Furthermore, we should not forget that we are yet to find the dark energy that keeps this huge soap bubble expanding. At the end of the day, we are left with countless mysteries and inevitable conundrums. And these things are undeniably vanquishing our existential crisis. Our life has no intrinsic meaning but we are solely accountable for whatever happens in our life. We are the ones who must give meaning to our life.

We seek what we don't have. And if we have a sanguine view in this, that's the motivation of trying genuinely hard to find the meaning in our lives and that's the reason the scientists are secreting dopamine out of their brain to know the unknowns. A perfect example would be scientists sweating their blood to find a vaccine for COVID-19 back in early 2020. And that blaze of hope is what kept the humanity alive. Just like the soothing flow of the strings of a guitar, we must go with the flow of life. We, the *Homo sapiens* must be weaving our own path by connecting our various life strings.

Rotaract Club of Sindhuligadi

Chartered Date: 1st July 2020

Club ID: 218490

Board of Directors (RY 2022-23)



Rtr. Sujita Khadka
IPP/TRF Chair



Rtr. Sudarshan Shahi
President



Rtr. Milan Kr. Bhandari
Secretary



Rtr. Nabin Deep Devkota
Vice President



Rtr. Ashish Darlami
Treasurer



Rtr. Susma Shrestha
Joint Secretary



Rtr. Angita Shrestha
Joint Treasurer



Rtr. Sandip Kr. Shrestha
Joint Treasurer



Rtr. Anisha Yogi
Club Service Director



Rtr. Anup Devkota
Community Service Director



Rtr. Sagar Kaushil
Professional Development
Director



Rtr. Pratik Acharya
International Service Director



Rtr. Preksha Shrestha
Membership Chair



Rtr. Sandhya Thapa
Editor/Public Image Chair



Rtr. Milan Shrestha
Sergeant At Arms

Co-ordinators/Officers RY 2022-23



Rtr. Roshan Kaushil
Sports Co-ordinator



Rtr. Binda Achame
SAP Co-ordinator



Rtr. Dibya Kaphle
Interact Co-ordinator



Rtr. Sunil Bhujel
IT Officer



Name: Shrestha Sandip Kumar
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Classifications: Diploma in civil engineering
E-mail: sandipshrestha384@gmail.com
DOB: Feb 07



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DOB:22 Oct

SECRETARIAL REPORT: ROTA YEAR 2021-22

Rotaract Club of Sindhuligadi

This Rota year 2021-2022 has felt like a roller coaster ride. We had a very wonderful team of Board of Directors, support of our parent Rotary Club, Sister Club, and of course the dedication of our beloved members and guests. With the support of all, 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. I present to you, with great honor and pride, the secretarial report of the Rotaract Club of Sindhuligadi for RY 2021-22.

Club Statistics RY 2020-21:

Total Number of Regular Meetings: 32
 Total Number of Joint Meetings: 03
 Total Number of Board Meetings: 11
 Total Number of Club Assembly: 03
 Total Members: 33



Rtr. Milan Kumar Bhandari
 Joint Secretary, RY2021-22
 Rotaract Club of Sindhuligadi

Projects and Activities

S.N	Project Name	Objectives
1.	Second charter and installation Ceremony	Presidency handover and installation of new Board of Directors.
2.	Clean Siddhababa Mandir (Sanitation)	To be aware of the importance of keeping religious and historical places clean.
3.	Handover Oxygen Concentrator	To assure the easy supply of oxygen in the hospital during the peak hour in Covid Periods.
4.	Orientation Session for members/Proposed members	To give information about Rotaract and various elements of Rotaract to newly inducted and proposed members.
5.	Goodwill Visit	To build a strong relationship between two clubs.
6.	Meditation For Self-care	To enhance the fellowship and help to be aware of "How meditation is important for self-care?"
7.	Harmless Pani Puri Competition	To enhance fellowship and knowledge about healthy and harmless food.
8.	Public Speaking Training	To enhance the public speaking skills of Interactors so that they can speak confidently in public.
9.	Mask Distribution Program	To be aware and encourage the people to wear masks during Covid periods and on other days.
10.	Letterhead Exchange with RAC KUMS	To promote understanding and networking between the clubs.
11.	Letterhead Exchange with RAC Gandhidham	To promote understanding and networking between the clubs
12.	Welcome and Farewell Program for Cyclists	To encourage cyclists and members about the importance of cycling in life.
13.	Inter-School Quiz Competition	To evaluate the knowledge of the participants on the occasion of "National Science Day".
14.	Virtual Zonal Fellowship	To bring strong relationships among our club under Zone III, RID 3292, Nepal-Bhutan.
15.	Photo Sindhuli	To show the historical, religious, natural, and agricultural identity of Sindhuli.
16.	Project Safarnama	To explore beautiful places "Kala Ghar" on an international level.
17.	Zonal Fellowship and Letter Head Exchange (Physical)	To bring strong relationships among our club under Zone III, RID 3292, Nepal-Bhutan.
18.	Fund Raising, "Dashain Aayo"	To celebrate Dashain and give gifts and blessings to the little one.
19.	Sharing Happiness with Little Ones	To create a bond and share the happiness among the little ones.

20.	Rangoli Making Program	To enhance the fellowship and encourage the members about making Rangoli and its importance.
21.	Deusi-Bhailo Program	To celebrate Tihar and play deusi-bhailo and enhance the fellowship between members and guests.
22.	Letterhead Exchange	To strengthen the bonds and create a pathway for everlasting friendship.
23.	Chiya Chautaari	To enhance the fellowship between members and guests.
24.	Free Health Camp	To encourage and inform local people about the regular health checkup in daily life.
25.	Club Picnic	To enhance fellowship
26.	Joint Meeting	To enhance fellowship and friendship among the members and guests of participating clubs.
27.	Sewing Training	To empower the women of Sindhuli.

Participated:

1. Rotary Club of Kathmandu meeting
2. Installing Ceremony for RAC Kathmandu
3. Zonal Club officer training seminar
4. Zonal Fellowship
5. Zonal Meeting
6. 14th District Conference
7. Scavenger Hunt
8. PETS/SETS & DLTS

Guest Speaker:

1. Ms. Priyanka Bhandari- Public Speaking
2. Rtr. Lok Raj Pandey

Glimpses of RY 2021-22

Rotaract Club of Sindhuligadi





Let me satisfy myself first

Life is all about sudden ups and downs whereas we all have to struggle for a while until we reach the destination. We are seeking inner peace, where we feel most alive doing the best things in our life. Nowadays in between huge populations peoples are fulfilling their needs cruelly.



Rtr. Prekshya Shrestha
RAC Sindhuligadi

In the journey of making myself satisfied that I realize, I am fond of traveling as well as love to help indeed. All people have an equal right to live freely as we want and can travel everywhere fearlessly. Likewise, I can feel nature so closely and it may sound crazy but I can hear the inner voice of nature with the awesome voice of Birds, where my soul is satisfied. Peacefully and calmly, I would love to travel all around the world by spreading happiness to others. In search of satisfaction, I was included in the 'Rotaract Club of Sindhuli' which is one of the international clubs which have been a great helping hand for many years. It helps to build strong international awareness, Fellowship through service, also helps to work out of comfort zone, and contribute confidence level.

Similarly, as a member, I have got a chance to work freely in a group and become more responsible than before and also can get a chance to travel along with services. I learn unity while finely working with the different members and also travels in groups with the different vibes.

Go and live where your souls must feel alive

HAPPINESS ON THE WAY



Life has driven me in a little bit dissimilar form than others cause the ray of today is held up by the hope of tomorrow is playing hide and seek today.

Rtr. Dibya Kafle
RAC Sindhuligadi

Every day I wake up, have ongoing days on the way of doing my own stuff, no more time to sit and figure out myself, where am I going? One day I come by all my thoughts and question myself. Did I miss my happiness, did I leave it on the other side, where the answer was no. I was happy, I am happy and I will always be happy because happiness is always on the way in every small scenario. Somehow, just not me we all left one thing that makes us happy unwittingly. We are glowing and growing just know that your sorrow is on the path on whatever you are doing.

In my case where does my energy come from? I realized that I always recycle it in similar situations. I feel happiness from others' happiness then I use that happiness to make others happy and so one. (an endless cycle of recycled happiness and satisfaction) I believe this works for me because I live by the philosophy that a person cannot fill someone else's cup if their own is empty.

So in order for me to be useful to others, I need to be useful for myself first and then use that positive energy on.

Shangri-La



Rtr. Shristi Gautam
RAC Sindhuligadi

Please,
please give me a little corner of the world
the corner,
where the air is crisp
and the Tihar lights stay up all year around.
a place where children never die,
a place where no woman is harassed,
And her beauty is observed by more,
than just the eyes.

Where all my house smells like new paints
and old books.

Please, I need a space,
where I can wake up every morning,
looking at my mirror silently,
not being anymore afraid of anyone,
anywhere

objectifying my body.
a place where life isn't about winning but contributing,
living every moment among earthy tones,

Please relieve me,
Relieve down to my essence and bones,
Let me be busy,
just breathing,
pouring all the murmurs of my head
into papers.

A place where I can see sunsets,
Where I choose my music,
where I can be a poet.

Give me a place,
where I can die in peace,
rather than today,
here living in pieces,
I want to walk bare so I don't have to be dressed with dread everyday.

So, I don't have to try,
To be perfect.

Please, I don't need much
Just a small
five-meter squares,
enough just to exist
wholly surrendering to a life,
where all I'm required is to do is breathe.

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

Interact Club of Kathmandu



ITR. Shreeya Shrestha
President



ITR. Baibhav Nepal
Secretary

"Interact Club of Kathmandu" Community Based Interact Club (Board RY 2021-22)

Name	Designation
ITR. SHREEYASHRESTHA	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. YASHASWISUBEDI	Community Service Director
ITR. REET KAFLE	Professional Dev. Director
ITR. ATISHAYAMAHARJAN	International Service Director
ITR. BISHAKHA KOIRALA	Public Relations Director
ITR. DHRITIKA TIWARI	IT Officer
ITR. JAYAMAGARATI	Sergeant-At-Arms
ITR. SHREEYA BHINDUWA	Club Advisor

