

Rotary



Club of Kathmandu

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



CREATE HOPE in the WORLD

SOUVENIR 2023-2024



Club of Sindhuligadi



Club of Kathmandu



Club of Shree Chunadevi Secondary School

Rotary Bhawan, Thapathali, Kathmandu, Nepal

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Best Wishes
to
Rtn. Kishor Uprety
and Entire Team of
Rotary Club of Kathmandu
on the auspicious occasion of
66th Installation Ceremony!

Best wishes for a successful and impactful year ahead!

केश बहादुर कार्की
प्रबन्ध निर्देशक

बिबेक कार्की
निर्देशक

प्रभा शर्मा
प्रधान सम्पादक



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Congratulations and Best wishes
to
The President Rtn. Kishor Uprety
and Entire team of the
Rotary Club of Kathmandu
on your
66th Installation Ceremony!

Your dedication to service is commendable, and we hope this marks
the start of another successful year.

Ishwar Sitaula
Founder patron

Babita Sitaula
President

USA REGD : 82-3508366



Our Motto Is To Provide Financial Support To Elderly Homes, Orphanages,
Underprivileged Children Education Program And Rural & Supressed Community Children

NILKRISHNA JASHODA SITAULA FOUNDATION INC.

Pinole, California, USA



ROTARY INTERNATIONAL

ROTARY



THE FOUR-WAY TEST of the things we think, say or do

first

Is it the TRUTH?

second

Is it FAIR to all concerned?

third

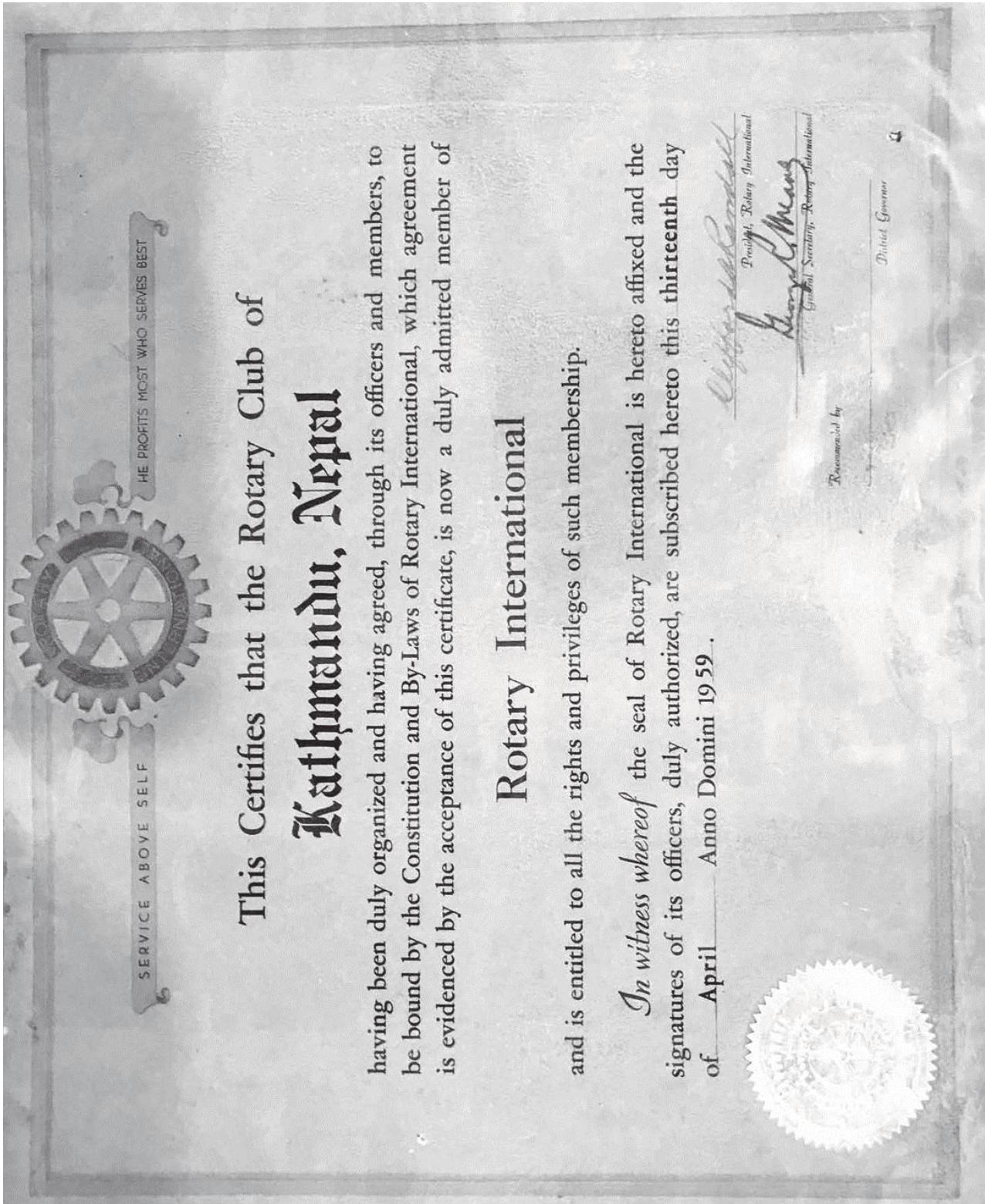
**Will it build GOODWILL
and BETTER FRIENDSHIPS?**

fourth

**Will it be BENEFICIAL to
all concerned?**

INTERNATIONAL

RUSSELL-HAMPTON CO.



Rotary

Rotary is a global network of 1.2 million neighbors, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change – across the globe, in our communities, and 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

Objectives 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 standards 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.

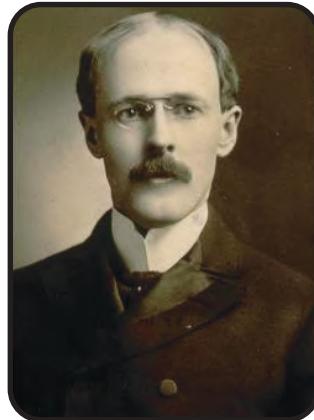
Third: The application of the ideal of service in each Rotarian's personal, business, and community life.

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 P. Harris
Rotary's 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 such as RYLA, Rotaract, and Interact service projects, and creating international understanding with Rotary Youth Exchange.

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

THE FOUR-WAY TEST

of the things we think, say, or do

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

Editorial

Dear Members,

It is with great pleasure that we present to you the latest edition of our annual Souvenir, dedicated to celebrating the indomitable spirit of Rotary and the extraordinary impact you, our esteemed members, have made in our community this year. As we reflect on the past year, one thing remains resolute—the unwavering commitment to Service Above Self.

Today, as we navigate through the complexities of a rapidly changing world, the Rotary Club of Kathmandu stands tall as a beacon of hope, compassion, and transformation. Since its inception on April 13, 1959, year after year, our collective efforts continue to make a profound difference in the lives of individuals and communities in Nepal.

The members of this club have consistently risen to the occasion, undeterred by challenges and the march of time. Through our determination and ingenuity, we have spearheaded transformative projects. Our tireless efforts have facilitated literacy programs, supported young Rotaracts and Interacts, and provided much needed assistance in projects big and small. As the first Club of Nepal, our President and the board have led the club to greater heights, just like in the past. We have embraced diversity and fostered understanding among our club members, and forged paths to friendship, fellowship and personal and professional growth. By mentoring students, supporting public schools, promoting peace, health, and awareness, our initiatives have created lasting legacies.

As in previous years, we have included a timeline of the History and Activities of past years, because ours is a glorious history indeed. We realized that records of many of our illustrious Presidents and the activities are still unknown to us due to lack of records. We will continue to amend and add to these accounts in the coming issues.

We have risen to the challenges in recent years by creative approaches—virtual meetings, digital platforms, and innovative service projects and humanitarian efforts which continued unabated, even during the difficult days of COVID. By embracing technology, we have connected communities, imparted knowledge, and continued to inspire change.

We extend our deepest gratitude to each and every one of you, our Rotary, Rotaract, Interact Club members, and office staff for your valuable financial contributions, articles, inputs, dedication, and relentless pursuit of excellence. The stories and accomplishments featured in this magazine are a testament to the extraordinary difference we have made. As we embark on the next chapter of this club's illustrious journey, let us continue to embrace the Rotary spirit, leaving an indelible mark on the future.

Yours in Service,
Mona Adhikari, Editor



08 June 2023

R. Gordon R. McInally
 President, 2023-24
 Rotary International
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gordon.mcInally@rotary.org

Dear fellow Rotary leaders:

As we begin a new year of service, let us not forget the importance of every one of Rotary's members.

You have been handed the reins of club and district leadership at an historic moment. Rotary has a chance to capture the world's attention and realize possibilities beyond our expectations. But we must build on the work that has come before us if we are to reach our goals, such as defeating polio and empowering girls and women.

Rotary offers people of action a chance to connect and find belonging, and this fellowship gives us hope that we can create lasting change. But in the wake of the COVID-19 pandemic, more people than ever feel hopeless. Many have lost people close to them. Social networks have been uprooted and divisions have grown wider as opportunities for connection have been lost.

To make matters worse, in many parts of the world, asking for help — especially in the realm of mental health — is considered a weakness. But nothing could be further from the truth. It is brave to be vulnerable and to admit you don't have all the answers. Reaching out for help is courageous — and continuing on a path towards wellness is even more so.

Join me in making Rotary a source of strength for all of those who feel they have lost hope, within and beyond our membership. Let this be the year we Create Hope in the World, and let Rotary be known as an organization that takes care, not only of its members but of the people we serve as well.

It is within your power to help bring peace and soothe those afflicted by conflict, both in their communities and in themselves.

Remember that your work can and will Create Hope in the World.

Warmest Regards,

A handwritten signature in black ink, appearing to read "R. Gordon R. McInally".

R. Gordon R. McInally
 President, Rotary International 2023-24



ROTARY INTERNATIONAL
District 3292

Rajendra Prasad Dhoju

District Governor 2023-2024



CREATE HOPE
in the **WORLD**

Rtn. Kishor Uprety
President
Rotary Club of Kathmandu

Dear President and Rotarian Friends,



First of all, I would like to congratulate you and your team for RY 2023-24 and would like to offer my best wishes to you, your dream team and all the members of your club for a successful tenure.

I feel immense pleasure for getting an opportunity to express my views and happiness through this club Souvenir of RY 2023-2024. This club Souvenir is one of the important documents and covers the information of the club. I hope this Souvenir will definitely give more information about the team members to make strong coordination and communication among those Rotarians who are dedicated to make better world.

Rotary International President of RY 2023-2024, R. Gordon R. McInally called for members to capture the world's attention and lead the way toward possibilities far beyond our current expectations. McInally, revealed the 2023-24 presidential theme "Create Hope in the World". He urged members to promote peace in troubled nations, help those affected by conflict, and maintain the momentum of initiatives begun by past leaders.

We must understand that we, Rotarians, engage ourselves in service projects for the poor and needy communities and we can change the lives of those who are suffering. Rotary leadership, despite the fact that lasts only for one year, can be life changing if we can use the potential of our team and members of the club.

The theme of RI District 3292 for Rota Year 2023-24 is "Light of Hope". Hope your club will go out all the way to achieve the RI Theme "CREATE HOPE IN THE WORLD"

With regards,

Rotary District Office,
Thapathali, Kathmandu
Nepal

Cell:
977 9857020090
dhoju99@gmail.com

Rajendra Prasad Dhoju
District Governor 2023-2024

Message from Immediate Past President

Dear Rotarians and Friends,

As my tenure as the President of the Rotary Club of Kathmandu draws to a close, I find myself reflecting on the incredible journey we have embarked on together. It has been a privilege and an honor to serve as your leader, and I am filled with gratitude for the opportunity to contribute to the noble cause of Rotary.

Over the past year, we have accomplished remarkable feats that have positively impacted the lives of countless individuals in our community. Through our collective efforts and unwavering dedication, we have truly exemplified the essence of "Service Above Self."



One of our key initiatives this year was our focus on education. We firmly believe that education is the foundation upon which we can build a better society. We have worked tirelessly to provide educational opportunities to children who would otherwise be deprived of them. From constructing girl's toilet to offering scholarships for around 1000 students from different public schools, we have strived to empower young minds and open doors of possibilities for their futures.

We have also placed great emphasis on healthcare and well-being. Our support to the hospitals in rural part of Nepal with different equipment's and distributing more than 600 thousand KN95 Masks with the help from Rotary Clubs from Australia have brought vital medical services to those who need them the most. We have witnessed firsthand the positive impact these efforts have had on the lives of individuals and families, fostering a healthier and happier community.

None of these achievements would have been possible without the unwavering support of our dedicated members, volunteers, and partners. I would like to extend my heartfelt gratitude to each one of you for your time, talent, and resources that you have generously shared with us. Your commitment to Rotary's ideals and your belief in our collective mission have been the driving force behind our success.

As my term comes to an end, I am confident that the incoming President Rtn. Kishor Uprety and his team will carry the torch of service with unwavering dedication and passion. I have no doubt that under his leadership, the Rotary Club of Kathmandu will continue to flourish and create a positive impact on our community.

To my fellow Rotarians, I urge you to keep the spirit of Rotary alive in your hearts. Let us continue to embrace the opportunities to serve, to make a difference, and to be a force for good in the world. Together, we can build bridges of understanding, foster goodwill, and create lasting change.

In closing, I would like to express my deepest gratitude to each and every one of you for your unwavering support, commitment, and friendship. It has been an extraordinary privilege to serve as your President, and I am filled with immense pride for all that we have achieved together.

As we turn the page and embark on a new chapter in the history of the Rotary Club of Kathmandu, let us do so with hope, determination, and a renewed commitment to our shared values.

Yours in Rotary,

Rtn Achut Babu Ojha
President 2022-23
Rotary Club of Kathmandu

Message from President

Dear Fellow Rotarians, Friends, and Supporters,

Let me express my gratitude to my fellow Rotarians of the Rotary Club of Kathmandu for providing me with the opportunity to serve the club as the President for 2023-2024. I feel overwhelmed to serve our club as a President which is the pioneer club of Rotary in Nepal. On this occasion, I express my whole hearted commitment to work throughout the year in line with the RI presidential theme of this year 'Create Hope in the World'. So, let's work together to create hope in the club, in the district, and in the world in favor of humanity, our country, and the world.



It is with immense pleasure and pride that I address you all through this souvenir, beginning another potentially successful year of our this esteemed Rotary Club. As the President, I am honored to be a part of this vibrant community that has consistently demonstrated unwavering commitment to the ideals of Rotary International. Throughout the years, our club shall work at the forefront of numerous initiatives aimed at improving the lives of those in need, both within our local community and beyond. I express my commitment to my fellow Rotarians to dedicate my time, resources, and expertise to various projects, including Education, Healthcare, WASH, Environmental Conservation, and Disaster Relief in solidarity with you all. I am sure that our efforts shall definitely make a tangible difference in the lives of countless individuals and bring hope with smiles on their faces.

As we start this Rotary year, let us also take a moment to ponder on the opportunity and challenges we need to face to achieve larger objectives and work together based on the lessons we have learnt so far. The past year under the leadership of our President Shree Achut Babu Ojha has been extremely successful and fruitful, even as we were still dealing with the post effects of the global pandemic affecting every aspect of our lives.

I would like to express my heartfelt gratitude to each and every member of our club including Rotaract's, Interacts as well as the Editorial board for their unwavering dedication and enthusiasm. Your passion for service is truly inspiring and has been the driving force behind our club's success. I would also like to extend my appreciation to our friends, families, and supporters who have encouraged us and contributed to our endeavors in various ways. As we look forward to the coming year, let us continue to uphold the values of Rotary International and strive to make a positive impact in our communities and the world at large. Together, we can overcome any challenge and create lasting change for the betterment of all.

Thank you for your continued support, and here's to another year of service, friendship, and growth.

Yours in Rotary,

Rtn. Kishor Uprety
President (2023-2024)

Profile of President

Kishor Uprety, a proud Nepali citizen, embodies the spirit of service and dedication through his involvement in Rotary and Rotaract. Born on October 11, 1971, in the picturesque town of Aathrai, Terethum, Kishor now calls Kathmandu-29, Anamnagar his home.

Kishor's journey in Rotary began in 2011 when he joined the esteemed Rotary Club of Kathmandu. Since then, he has been a beacon of inspiration and leadership within the Rotary community. Kishor has served in various capacities, each role reflecting his unwavering commitment to making a positive impact.

With a heart filled with compassion, Kishor has taken on the mantle of responsibility as Joint Treasurer, Treasurer, Joint Secretary, Director of Public Image, Club Admin Director, Vice President, President Nominee, and finally, President Elect for the year 2022-2023. His tenure as President, beginning in 2023, promises to be a transformative one, as Kishor's visionary leadership and passion for service will undoubtedly bring about meaningful change.



Kishor's dedication extends beyond Rotary, as he actively participates in Rotaract, the dynamic youth branch of Rotary International. His involvement in Rotaract has allowed him to engage with young leaders and foster their growth, inspiring them to become catalysts for positive change in their communities.

In addition to his Rotary commitments, Kishor is involved in various social organizations. He serves as an advisor for the World Nepali Literary Academy, where he promotes literature and culture. As the Nepal Representative for the Nilkrishna Jashoda Sitala Foundation, Kishor plays a vital role in championing philanthropic initiatives and making a difference in the lives of those in need.

Kishor's passion for service knows no boundaries. He has traveled to Germany, Bhutan, India, and Bangladesh, connecting with like-minded individuals and broadening his understanding of diverse cultures and perspectives. These experiences have enriched his global outlook and further fueled his desire to create a more inclusive and compassionate world.

To connect with Kishor, feel free to reach out to him at +977-9851089555, +977-014371414, or +977-014210421. You can also connect with him through email at kishor.uperty@ntc.net.np or rtnupertykishor@gmail.com. Kishor's dedication to Rotary and Rotaract, coupled with his profound commitment to service, exemplifies the transformative power of individuals coming together to create positive change.

Message from DRR

Dear fellow Rotaractors,
Warm greetings and Namaste.

As the District Rotaract Representative (DRR) for Rotary Year 2023-24 in our vibrant and dynamic Rotaract District 3292, I extend my heartfelt congratulations to President Rtr. Ajay Yadav, Rtr. Milan Bhandari, and the entire team of Rotaract Club of Kathmandu and Rotaract Club of Sindhuli Gadi for their remarkable achievements during the Rotary Year 2023-24. Your dedication and commitment to service have made a significant impact in our community.



I would also like to express my deep appreciation to Immediate Past President Rtr. Aakriti Acharya and her team, as well as Rtr. Sudarshan Shahi and his team, for their exemplary leadership and successful completion of the RY 2022-2023. Your hard work and passion have set a high standard for us to follow.

Inspired by the theme of "Create a Hope for the World" by the Rotary International President, it is both an honor and a privilege for me to serve and represent you as the District Rotaract Representative. Under the theme of "Integrating Rotaract, Upholding Fellowship," my primary focus for this year is to foster integrity, strong fellowship, and impactful community service within our district. These themes remind us of the importance of unity, collaboration, compassionate service, and spreading hope as we navigate the challenges of our time.

I call upon each Rotaractor in the club to embrace these themes wholeheartedly and integrate the principles of integrity, strong fellowship, community service, and hope into your activities throughout the year. Let us organize impactful projects, engage in meaningful fellowship activities, and uphold the core values that make Rotaract such a remarkable organization. Together, we can build upon the legacy of our predecessors and make this Rotary Year one that will be remembered, under the mentorship of our dedicated past presidents of Rotaract Club of Kathmandu and Rotaract Club of Sindhuli Gadi.

As the District Rotaract Representative, I want to assure you that I will always be available to provide guidance, support, and encouragement to Rotaractors and Rotaract clubs. Together, let us seize the incredible opportunities that lie ahead and make a positive impact in our communities and the world, embodying the themes of "Integrating Rotaract, Upholding Fellowship" and "Create a Hope for the World" set by our Rotary International President. With the combined strength of our passion, dedication, and service, we will integrate Rotaract, uphold fellowship, spread hope, and forge a bright and hopeful future for all.

My best wishes and support are with both Rotaract Clubs as we embark on this transformative journey together.

Warm regards,
Rtn/Rtr. Roshan Karki
District Rotaract Representative
RI District 3292 Nepal & Bhutan
RIY 2023-24

Message from DRCC

Dear Fellow Rotaractors,

Warm greetings to each and every one of you as we approach the exciting year of 2023-24!

First and foremost, congratulations to our newly appointed District Rotaract Representative (DRR), Rtn/Rtr. Roshan Karki, and the entire Rotaract district team. Your exceptional leadership and unwavering dedication are sure to inspire our Rotaract community to scale new heights in service and impact.



I would also like to extend my heartfelt congratulations and best wishes to all the Club Presidents and Club Leaders of Rotaract District 3292. Your altruistic commitment to service and relentless efforts in making a positive difference are truly commendable.

As we embark on the journey of Rotary Year 2023-24, I am filled with great anticipation for the incredible opportunities that lie ahead. With a membership exceeding 6000, our district, comprising more than 180 clubs, possesses an extraordinary potential to create a lasting and positive impact in our communities.

Aligned with the theme set by our esteemed Rotary International President, "Create Hope for the World," let us unite our efforts in bringing hope, joy, and transformation to those in need. Together, we have the power to make a difference in the lives of individuals and communities, leaving behind a profound and lasting legacy of positive change. Rotaractors are the hope and future of rotary.

I want to congratulate Rtn/Rtr. Roshan Karki and his dedicated team for their hard work and commitment in compiling the upcoming District Directory for the Rotary Year 2023-24. This directory will serve as a testament to the remarkable achievements of our clubs and members, inspiring us all to continue our pursuit of excellence in service.

In conclusion, I am filled with immense pride and boundless optimism as we embark on this new Rotary Year together. Rotaract is a solid ground for cultivating positive qualities like compassion, sympathetic joy, love and good will, leadership etc. Let us celebrate our successes with a smile on peoples face who needs our care and support, lets support one another, and eagerly embrace the endless opportunities to create hope in the world. With our collective passion, unwavering dedication, and indomitable spirit, we have the power to create a brighter future and make a meaningful difference in the world.

Once again, congratulations to the entire Rotaract district team, including our DRR, Rtn/Rtr. Roshan Karki. My best wishes extend to all the Club Presidents and Club Leaders of Rotaract District 3292. Let's work together for the benefit of many.

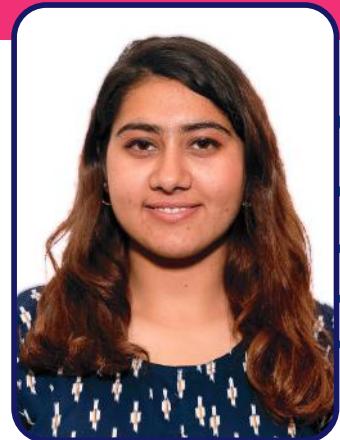
May all beings be happy!!

Warm regards,
Rtn. Narayan Krishna Kharel
District Rotaract Committee Chair
Rotary Year 2023-24

Message from Immediate Past President

Fellow Rotaractors,

Rotary Year 2022-23 has been an amazing year for me where I was fortunate to serve as 29th President of Rotaract Club of Kathmandu. It has been a very challenging yet incredible journey for me. As I look back, I am astounded by the projects that we had done throughout the year, all of which upheld the legacy of the Club.



Well, the success and smooth functioning of the club rely on an amazing Board of Directors who has always been supportive and dedicated towards the Club. As President, my priority throughout the year was to sustain the Club's esteemed reputation and it was only possible with the help of extraordinary board members. In RY 2022-23, thanks to the team, we were able to organize and execute over 70 projects. Furthermore, we were able to host 16th Rotaract District Assembly, District Leadership Training Seminar and Recognition Ceremony. Also, it is a pleasure to share that, we were able to establish connections with 177 countries, 60 RI Districts and 25 countries.

I believe that the members are the strength and the most valuable assets of the club and their contribution, dedication, hard work and efforts throughout the year helped to add another chapter to the history of Rotaract Club of Kathmandu. Additionally, it is important to acknowledge and appreciate the valuable support of our Past Presidents who are always here for the Club no matter what the situation is. Their guidance and commitment towards the Club are deeply valued. I express my heartfelt gratitude towards our Parent Club, Rotary Club of Kathmandu, for their support and assistance throughout my tenure. Truly, your guidance and support plays a significant role in the growth of Rotaract.

This remarkable journey has been a test of my abilities and resilience, challenging me in ways I had never anticipated. This experience has not only strengthened my leadership skills but also given me a profound sense of responsibility to continue serving and making a difference in the lives of others. Throughout the year, we focused on the theme 'Inspire To Aspire' where I firmly believe that we were able to be inspiration to all the future leaders who are willing to come out of their comfort zone.

Lastly, I would like to express my best wishes to all the upcoming leaders who will carry forward the legacy of the Rotaract. Your dedication and passion will serve as an inspiration to those who aspire to be leaders in the future.

Yours in Rotaract,

Rtr. Aakriti Acharya
Immediate Past President RY 2023-24
Rotaract Club of Kathmandu

Message from President

Warm Rotaract Greetings,

Since 2019, Rotaract has been an integral part of my life, providing me with personal growth and lifelong friendships. Each Rotary year has bestowed upon me valuable experiences and lessons that have shaped me into the person I am today. In the Rotary Year 2020/21, as the International Service Director of our club, I witnessed the vastness of the Rotaract world. Despite our cultural and linguistic differences, we all share a common commitment to making this world a better place to live. During the challenging times of the COVID-19 pandemic, while the world was at a standstill, Rotaractors actively sought ways to connect and support each other. Whether it was providing relief to heavily affected countries or organizing events to promote international understanding, we stood united in our efforts.



Furthermore, serving as the Club Service Director in the Rotary Year 2021/22 enlightened me about the power of the Rotaract movement in connecting local young change-makers who will shape the future. While our activities may initially seem fun-oriented, they ultimately serve as bridges that connect aspiring young leaders from various sectors. Together, we create a synergy effect that drives our community towards peace and development.

Recently, my role as the Vice President of our club highlighted the importance of our small initiatives in shaping the lives of young people. By boosting their confidence, encouraging them to step out of their comfort zones, and providing unwavering support throughout their self-exploration journey, we instill hope within them. Our Rotaract activities serve as a testament to the power of unity, showing that when individuals from different nations and backgrounds come together, we can truly make a positive difference in the world.

With all these experiences in mind, as the President of the Rotaract Club of Kathmandu for the Rotary Year 2023/24, our focus is on "Igniting Hope, Uniting for Progress." We will embark on a journey of exploration, delving into various aspects of Rotaract, from capacity building to sustainability. Together, we will ignite hope by joining hands with Rotaractors and non-Rotaract members alike.

Wishing you all the best,
Rtr. Ajay Yadav
President, RY 2023/24
Rotaract Club of Kathmandu

Message from Immediate Past President

Dear Fellow Rotaractors,

As my term as the Immediate Past President of our Rotaract Club comes to a close, I wanted to take a moment to reflect on our incredible journey together. It has been a year filled with challenges, growth and unforgettable experiences. I am immensely proud of what we have achieved, and I want to express my gratitude to each and every one of you.



First and Foremost, I want to thank our dedicated members for their unwavering support and commitment. Your passion for service and your willingness to step up and make a difference have been truly inspiring. Whether it was organizing impactful community projects, raising funds for important causes, or fostering a spirit of fellowship within our club, your dedication has been the driving force behind our success.

I also want to acknowledge the incredible teamwork and collaboration that has defined our Rotaract Club. We have come together as a cohesive unit, leveraging our diverse skills and talents to create meaningful change. The camaraderie and support we have shown one another have been instrumental in our accomplishments. Together, we have demonstrated the true power of unity and collaboration.

I would be remiss if I didn't express my deepest gratitude to our board members and advisors. Your guidance, wisdom, and unwavering commitment to Rotaract have been invaluable. You have provided the foundation for our club's success, and your mentorship has empowered us to grow as leaders. I am truly grateful for the countless hours you have dedicated to supporting our club and its mission.

As I pass on the torch to the incoming President, I have complete confidence in their abilities to lead our club to even greater heights. To the new leadership team, I urge you to embrace this opportunity with passion and vision. Remember that the strength of our club lies in its members, and by fostering an inclusive and supportive environment, you will empower each member to shine.

Finally, I want to emphasize that my role as Immediate Past President is not the end of my journey with Rotaract. It is merely a transition into a different role – one of continued support, guidance, and mentorship. I am committed to staying involved and contributing to the growth and success of our club in any way I can.

Thank you all, once again for the honor and privilege of serving as your president. Together, we have made a lasting impact on our community, and I have no doubt that our Rotaract club will continue to thrive under the new leadership. Let us keep the spirit of service alive, and together, we can create a better world.

Yours in Rotaract,
Rtr. Sudarshan Shahi
Immediate Past President RY 2023-24
Rotaract Club of Sindhuligadi

Message from President

Dear Fellow Rotaractors,

First of all, I want to express my heartfelt gratitude to each and every one who has given me the opportunity to take up this post. I'm humbled and honored to have been nominated as a President of Rotaract Club Of Sindhuligadi. Your trust in me means a great deal and I will do my utmost to live up to your expectations. It is privilege to be considered for this leadership role, and I am excited at the prospect of serving our club in this capacity.



I am committed to working closely with each of our members and other clubs to advance our mission of service and make a positive impact on our community/society. And, also to lead our club with integrity, transparency, and collaborative sprit. I believe that it is only through the active participation and engagement of every member that we can truly make a difference. I encourage each of you to share your ideas, talents, and passions as we work together to create meaningful and sustainable changes in our community.

I want to assure all of you that, I will always have a open-door policy and will be available to listen to your concerns, answer your questions and provide guidance and support whenever you need it. As your president, I will do my best to support and empower each of you to reach your full potential as leaders and agents of change.

Thank you all of you for the trust you all have placed in me. I look forward to working with each and every one of you to build a brighter future ourselves and for those we serve.

THANK YOU!

Faithfully Yours's
Rtr. Milan Kumar Bhandari
President RY 2023-24
Rotaract Club of Sindhuligadi

Message from DIR

Dear Fellow Interactors,

I am writing this letter to express my heartfelt congratulations and appreciation to Itr. Bishal Pandey and the entire team of Interact Club of Kathmandu as well as entire team of Interact Club of Shree Chunadevi Secondary School for the collective dedication, Creativity and passion that each member of your team has contributed to the execution of this Souvenir.



In harmony with Rotary International President Rtn. Gordon R. McInally's theme of 'Creating Hope in the World' and Interact District's theme 'Interact For Impact', I am filled with optimism to have seen dedicated leaders embark on the noble path of service, creating a milestone impact. Certainly, the unyielding dedication and strong commitment of the interactor's will make the Rotary movement stronger and have a positive impact on the Interact movement.

The accomplishments of both club in the past years have been truly inspiring and noteworthy. Through impactful service projects and active involvement, your clubs consistently strives to make a positive difference, setting a remarkable example of what Interact stands for. Looking ahead, I firmly believe that both club will continue to prosper and have profound Significance.

This year, I am sure to see the same enthusiasm and leadership in your club and its impact on the Interact movement. I strongly encourage you to wholeheartedly embrace the new challenges and opportunities that await you, approaching them with an open mind and a positive outlook.

I extend my warmest wishes for a successful and rewarding tenure. May both of you lead your club with integrity, passion, and dedication. I hope that by embracing opportunities, leading by example, and fostering fellowship, the Interact movement will flourish magnificently, serving as a model for opportunity seekers and lifelong experiences to cherish.

With great anticipation and best wishes,

Itr. Biplob Thapa
District Interact Representative 2023/24
Rotary International District 3292- Nepal & Bhutan

Message from IPP

Dear Fellow Interactors,
Happy New RY 2023-24

I would like congratulate Itr. Bishal Pandey and his team for successful tenure.

As the President of the Rota Year 2022-23 of the Interact Club of Kathmandu, I am filled with joy and gratitude for the opportunity. Reflecting on my journey, I realize that as a child, I used to believe that you needed innate talent to excel in certain endeavors. However, as I grew older and discovered my passion for art, I learned that anyone can be an artist if they have dedication and passion. In the same vein, I realized that anyone can be a leader if you have courage and belief in yourself, including myself.

Just as I pick up my brush to color my canvas, I picked up the strengths of kindness and leadership to initiate meaningful projects for our community. The Rota Year was a period of abundant growth and learning for me. Despite being an extrovert, I never thought I could assume a leadership role. However, this experience taught me how to stand up for myself and my team members, realizing that leadership doesn't have to be about dictating but can also involve empathizing and understanding different situations while providing opportunities for everyone.

I hold a deep love for Interact, Rotaract, and the entire Rotary family. I am committed to learning, growing, and exploring alongside them. Together, we will continue to make a positive impact on our community and embrace the endless possibilities that lie ahead.

Itr. Dhritika Tiwari
Immediate Past President (RY 2023/24)
Interact Club of Kathmandu



Message from President

Fellow Interactors,

First of all, I would like to express my sincere gratitude to all who have given me the opportunity to take up this post. Interact has always been a memorable journey for me. Interact is an organization that provides an opportunity to grow, learn, come out of your comfort zone and be a leader.



It has been five years since I joined Interact. Interact provided me a platform to learn so many things, build a network and more to be a leader. 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. It's my pleasure to serve the club as the President for RY 2023-24.

I feel honored to be the President of Interact Club of Kathmandu and to maintain the dignity of the club which our past leaders have set. Interact Club of Kathmandu has already got 3 amazing Presidents so it is also 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 and Rotaract clubs are so co-operating with us which has made us prouder and I am hopeful it will be continue on sophisticated way.

At last, I would like to congratulate IPP Itr. Dhritika Tiwari and the whole team of Interact Club of Kathmandu for the successful completion of RY 2022-23.

Regards,
Itr. Bishal Pandey
President (RY 2023/24)
Interact Club of Kathmandu

In Loving Memory of



PP Rtu. Dr. Suresh Das Shrestha

President of the Rotary Club of Kathmandu, (2015-2016)

"The best way to find yourself is to lose yourself in the service of others." -Mahatma Gandhi

Our dear departed friend Dr. Suresh Das Shrestha found himself in the service of others, and showed us the true essence of a life well-lived. We pray that your soul rests in peace, and know that your memory will forever live on in our hearts.

Rotary



**Club of
Kathmandu**



Executive Board RY 2023-24

Rotary Club of Kathmandu



Rtn. Kishor Uprety
President



Rtn. Achut babu Ojha
IPP



Rtn. Dr. Pradeep pandey
President Elect



Rtn. Sushil K. Karki
President Nominee



Rtn. Rajendra Gautam
Vice President



Rtn. Keshav Raj Gyawali
Secretary



Rtn. Sudip Khatiwada
Jt. Secretary



PP Rtn. Suresh Man Singh
Treasurer



Rtn. Sanjaya Karmacharya
Jt. Treasurer



Rtn. Suman Dahal
Club Admin Chair



Rtn. Ashish Jajodia
Chair, Service Project



PP Rtn. Tirtha Raj Dahal
Chair, Public Image



PP Rtn. Mukunda Sharma Paudel
Chair, Membership Development



Rtn. Prajun Khadka
Chair, Youth Service



PP Rtn. Bishnu Subedi
Chair, TRF



PP Rtn. Rajendra Kumar Dahal
Sergeant at Arms



PP Rtn. Mona Pokhrel Adhikari
Editor



PP Rtn. Narayan Krishna Kharel
Trainer



PP Rtn. Dan Bahadur Chand
Mentor

Club Officials for the Rotary Year 2023-2024

Club Admin Committee

Advisor: Kamal Dahal
 Advisor: Tirtha Raj Dahal
 Chair: Suman Dahal
 Co-chair: Sudip Raj Khatiwada
 Member: Bimal Bista
 Member: Rtr. Sushma Shrestha
 Secretary: Rtr. Ananta Malla

Membership Development Committee

Advisor: Ratna Man Sakya
 Advisor: Rajendra Kumar Dahal
 Chair: Mukhunda Sharma Poudel
 Co-chair: Pushpa Raj Sharma
 Member: Rajendra Gautam
 Member: Rtr. Milan Bhandari
 Secretary: Rtr. Prince Chaudhary

Service Project Committee

Advisor: Rajan Bahadur Raut
 Chair: Ashish Jadodia
 Co-chair: Rajendra Gautam
 Member: Suresh Man Singh
 Member: Narayan Krishna kharel
 Member: Sudip Raj Khatiwada
 Member: Sanjay Karmacharya
 Member: Rtr. Rabindra Karki
 Secretary: Rtr. Ritika Basnet

The Rotary Foundation Committee

Advisor: Bala Krishna Shrestha
 Advisor: DR. Lok Bikram Thapa
 Chair: Bishnu Subedi
 Co-chair: Ram Gartaula
 Member: Rajendra Kumar Dahal
 Member: Narayan Krishna kharel
 Member: Rtr. Ajay Yadav
 Member: Rtr. Sudarshan Shahi
 Secretary: Rtr. Bipin Neupane

Youth Service Committee

Advisor: Mona Adhikari
 Advisor: Dan Bahadur Chand
 Chair: Prajun Khadka
 Member: Sumit Chapagain
 Member: Rtr. Ajay Yadav
 Member: Itr. Bishal Pandey
 Member: Itr. Fulmaya Tamang
 Secretary: Rtr. Milan Bhandari

Public Image Committee

Advisor: Dr. OM Krishna Malla
 Advisor: Suresh Raj Chilise
 Chair: Tirtha Raj Dahal
 Co-chair: Janaki Niraula
 Member: Prithibi Shrestha
 Member: Mohan Krishna Maharjan
 Member: Lal Bahadur Basnet
 Member: Rtr. Sujita Khadka
 Secretary: Rtr. Milan Shrestha

Fellowship Promotion Sub Committee

Coordinator: Ram Gartaula
 Member: Suman Dahal
 Member: Lal Bahadur Basnet

Rotary Premises Development And Management

Advisor: PP Bala Krishna Shrestha
 Advisor: PP Bishnu Subedi
 Advisor: PP Mukunda Sharma Paudel
 Advisor: PP Dan Bahadur Chand
 Chair: PP Suresh Man Singh
 Co-Chair: Rtn. Ashish Jadodia
 Secretary: Rtn. Rajendra Gautam
 Members: Rtn. Kishor Upreti
 Member: Narayan Krishna Kharel
 Member: PP Rajendra Dahal
 Member: Achut Babu Ojha

T.E.A.C.H.

Advisor: Rajendra Kumar Dahal
 Coordinator: Tirtha Raj Dahal
 Teacher Trainer: Keshava Gyanwali
 E-Learning: Ashish Jadodia
 Adult Literacy: Prof. Pushpa Raj Sharma
 Happy School: Rajendra Gautam
 Back to School: Narayan Krishna Kharel
 WINS: Sushil Kumar Karki
 Child Development: Dr. Pradeep Pandey
 Secretary: Sandesh Tripathi

Addiction Prevention

Advisor: Achut Babu Ojha
 Coordinator: Dr. Pradeep Pandey
 Member: Ashish Jadodia
 Secretary: Sujit Chaudhary

Legal Awareness

Coordinator: Mukunda Sharma Poudel
 Member: Ashmin Kuamr Dhakal
 Secretary: Itr. Bishal Pandey

Information Technology

Coordinator: Pravin Karki
 Member: Vishnu Bhatta
 Member: Rtr. Milan Shrestha
 Secretary: Itr. Bishal Pandey

Micro-Finance

Coordinator: Pushpa Raj Sharma
 Member: Sanjaya Karmacharya
 Member: Rtr. Anjila Shrestha
 Secretary: Rtr. Kritika Dahal

Wash & Environment

Advisor: Achut Babu Ojha
 Coordinator: Sushil Kumar Karki
 Member: Sonika Thapaliya
 Member: Sumit Chapagain
 Member: Rajendra Gautam
 Member: Rtr. Roshan Kaushil
 Member: Rtr. Rabindra Karki
 Member: Rtr. Ritika Basnet
 Secretary: Rtr. Prijma Dahal

Extra Activities Management Sub Committee

Coordinator: Tirtharaj Dahal
 Member: Ashish Jadodia
 Member: Prajun Khadka
 Member: Suman Dahal
 Member: Sudip Raj Khatiwada
 Member: Rtr. Diwa Ghimire
 Secretary: Rtr. Pragya Karki

Members Profile RY 2023-24

Rotary Club of Kathmandu



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



Name: Basnet Lal Bahadur
Classification: Handicraft, Solu Handicraft,
Address: Chhetrapati, Kath.
Tel: 015319390
Cell: 9841442821
Email: soluhandicraft@gmail.com
Date of Birth: January 27
WA:
Spouse:
Designation: Member



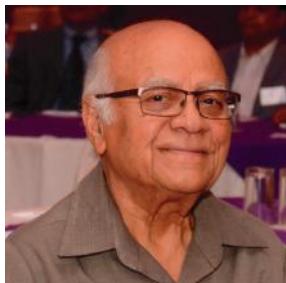
Name: Bhandary Achyuta Nand (PHF)
Classification: Geologist
Address: Bhadrabas, Bhaktapur
Tel: 01-4411787
Cell: 9851090032
Email: icgs_1997@yahoo.com
Date of Birth: November 28
WA: July 13
Spouse: Sama
Designation: Member



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



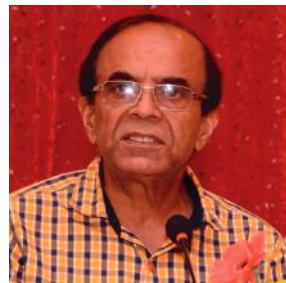
Name: Chapagain Sumit
Classification: Civil Engineer
Address: Kageswari Manahara 7, Kathmandu
Tel:
Cell: 9841579963
Email: sumit.chapagain201@gmail.com
Date of Birth: October 13
WA:
Spouse:
Designation: Member



Name: Prof. Dr. Chalise Suresh Raj (PHF)
Classification: Educator, Environment
Address: Hadigaun
Tel: 4416395
Cell: 9851031795
Email: srchalise2002@yahoo.com
Date of Birth: January 15
WA:
Spouse:
Designation: Member



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



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



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



Name: Dahal Suman
Classification: Engineering and Teaching
Address: Jadubuti, Kathmandu 32
Cell: 9851070300
Tel:
Email: dahalsuman2020@gmail.com
Date of Birth: 2038-01-16
WA: 2065-11-6
Spouse: Sangita
Designation: Chair, Club Admin



Name: Dahal Tirtha Raj (PHF)
Classification: Business Study
Address: Sinamangal-9 Kathmandu
Tel: 01-4110988
Cell: 9851109494
Email: tirtha.dahal@ntc.net.np
Date of Birth: December 14
WA: December 2
Spouse: Binita
Designation: Past President



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



Name: Gautam Rajendra (MPHF)
Classification: Social Entrepreneur & Dev. worker
Address: Jarankhu, Kathmandu
Tel: 01-2299688
Cell: 9851049804
Email: rajendragautam07@gmail.com
Date of Birth: July 8
WA:
Spouse:
Designation: Vice-President



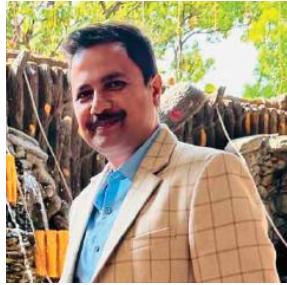
Name: Gnawali Keshav
Classification: Engineer
Address: Chindrigiri-6
Tel:
Cell: 9851200337
Email: Keshav.gyawali@gmail.com
Date of Birth: 6 Feb
WA: Feb 3
Spouse: Trishna
Designation: Secretary



Name: Jajodia Ashish
Classification: Business Petroleum and Food Products.
Address: Hospital Marg, Teku-12, Kathmandu.
Tel: 1-4212024/4100179
Cell No.: 9851103018
Email: jajodia.ashish@gmail.com
Date of Birth: 28.05.1984
WA:
Spouse: Shraddha
Designation: Chair, Service Project



Name: Kafle Bhasker
Classification: Peace and Conflict Management
Address: Kadaghari, Kathmandu
Tel:
Cell: 9849308097
Email: bhasker.kafle@gmail.com
Date of Birth: March 18
WA: Feb 5
Spouse: Rupa
Designation: Member



Name: Karki Pravin
Classification:
Address:
Tel:
Cell: 9863334245
Email: pravin.karki2@gmail.com
Date of Birth:
WA:
Spouse: Shreeya
Designation: Member



Name: Karki Sushil Kumar (PHF)
Classification: Environmentalist & WASH Professional
Address: Koteswor -32, Kathmandu
Tel: 5147042
Cell: 9851224317
Email: sushilkumarkarki@gmail.com
Date of Birth: March 8
WA: February 7
Spouse: Kamana
Designation: President Nominee



Name: Karmacharya Sanjay
Classification: Chartered Accountant
Address: Kathmandu
Tel:
Cell: 9849133026
Email: njaysa619@gmail.com
Date of Birth:
WA:
Spouse:
Designation: Jt. Treasurer



Name: Khadka Prajun
Classification: Travel Agent, Tosh Travel
Address: Bishal Nagar-4, Kathmandu
Tel: 01-4009194
Cell: 9841360494
Email: prajunkhadka@gmail.com
Date of Birth: Oct 3
WA: February 10
Spouse: Jamuna
Designation: Chair, Youth Service



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



Name: Khatiwada Sudip Raj
Classification: M & E export
Address: Raniban, Nagarjun-1 Kathmandu
Tel:
Cell: 9840024135
Email: khatiwadasudipraj@gmail.com
Date of Birth: 30th June 1986
WA: Nov 28
Spouse: Chanda
Designation: Jt. Secretary



Name: Maharjan Mohan Krishna
Classification: Event Manager
Address: Handigaun-5, Kathmandu
Tel: 01-4443422
Cell: 9851072082
Email: creative.maharjan@gmail.com
Date of Birth: January 13
WA: Baishakh 19
Spouse: Bidhya
Designation: Member



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



Name: Niraula Janaki
Classification: Social Service
Address: Koteswor, Kathmandu
Tel:
Cell: 9841171006
Email: janakiniraula28@gmail.com
Date of Birth: Nov 25
WA: Feb 26
Spouse: Phadindra
Designation: Member



Name: Ojha Achut Babu (MPHF)
Classification: Public Health Management
Address: Hattiban, Lalitpur
Tel: 5916450
Cell: 9851182289
Email: babuojha@gmail.com
Date of Birth: Jan 14
WA: Jan 23
Spouse: Pabitra
Designation: Immediate Past President



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



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



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



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



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



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



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



Name: Shrestha Prithbi (PHF)
Classification: Tourism Business
Address: Ward 3, Pulchowk, Lalitpur
Tel: 01-4439118(R)
Cell: 9851021950
Email: prithbi@mos.com.np
Date of Birth: July 6
WA: March 26
Spouse: Chie Shrestha
Designation: Member



Name: Singh Suresh Man (MPHF+1)
Classification: Belt manufacturing & Marketing
Address: Bhaisepati, Lalitpur
Tel: 4279427, 4230493
Cell: 9851042753
Email: sm.singh@hotmail.com
Date of Birth: April 4
WA: Marga 29
Spouse: Sangita
Designation: Past President



Name: Subedi Bishnu (MPHF+7)
Classification: Hospital Administration
Address: Sanepa, Lalitpur
Tel: 01-5525116
Cell: 9851024103
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, Kathmandu
Tel: 4419672, 4435676
Cell: 9851021906
Email: lok bikram_thapa@yahoo.com
Date of Birth: April 28
WA: December 26
Spouse:
Designation: Past President



Name: Thapaliya Sonika (PHF)
Classification: Microbiologist/Dev. Practitioner
Address: Gongabu, Kathmandu
Tel: 9615368893
Cell: 9849810619
Email: sonikathapaliya@gmail.com
Date of Birth: November 1
WA: May 12
Spouse: Sabin
Designation: Member



Name: Uperty Kishor (PHF)
Classification: Accounting Management
Address: Anamnagar, Kathmandu
Tel:
Cell: 9851089555
Email: kishor.upreti@ntc.net.nph
Date of Birth: October 11
WA: February 26
Spouse: Rita
Designation: President

Office Staffs:



Shree Krishna Dahal
Executive Secretary



Binod Raut
Office Assistance



Panna Newa
House keeper

Rotary Club of Kathmandu



Presidents and secretaries

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

1987-88	Bhubaneswar Amatya	K. Radha Krishnan
1988-89	Robert O. Weise	Ravindra Kumar Kohli
1989-90	Tehmas R. Manekshaw	Bishwa Nath Jajodia
1990-91	Trailokya Nath Shrestha	Jagadish Bhakta Mathema
1991-92	Col. Hem Bahadur Karki	Krishna Murari Timilsina
1992-93	Dr. Jogendra Jha	Bala Krishna Shrestha
1993-94	Hukum Chand Dugar	Krishna Murari Timilsina
1994-95	Ratna Man Sakya	Krishna Murari Timilsina
1995-96	Dr. Loke Bikram Thapa	Kamal Dahal
1996-97	Krishna Murari Timilsina	Kamal Dahal
1997-98	Dr. Om K. Malla	Bishnu Subedi
1998-99	Tek Chandra Pokharel	Bishnu Subedi
1999-2000	Dr. Kishore Kumar Pradhan	A. S. Grover
2000-01	Kamal Dahal	Kedar Prasad Sharma
2001-02	Satya Pal Sachadeva	Rajeswar P. Pant
2002-03	Bala Krishna Shrestha	Suresh Satyal
2003-04	Amod Adhikari	Bijaya Lal Shrestha
2004-05	Bishnu Subedi	Rajeswar P. Pant
2005-06	Sushil Bhattarai	Narayan Pd. Manandhar
2006-07	Krishna Murari Timilsina	Dinesh Raj Sharma
2007-08	Kedar Prasad Sharma	Narayan Khatri
2008-09	Rajeswar P. Pant	Anup Subedi
2009-10	Narayan Pd. Manandhar	Anup Subedi
2010-11	Suresh Satyal	Dan Bahadur Chand
2011-12	Dinesh Raj Sharma	Rajendra Kumar Dahal
2012-13	Anup Subedi	Keshav Thapa
2013-14	Dan Bahadur Chand	Surendra Pratap Shah
2014-15	Rajendra Kumar Dahal	Narayan Krishna Kharel
2015-16	Suresh Das Shrestha	Sujata Nepal
2016-17	Mona Adhikari	Achut Babu Ojha
2017-18	Surendra Pratap Shah	Pradeep Pandey
2018-19	Ram Gartaula	Sunita Karmacharya
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
2023-24	Kishor Uprety	Keshava Gyawali

A brief account of activities 1959-2023 Rotary Club of Kathmandu

o 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 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 members. Gen. Kiran SJB Rana served as Charter President for three consecutive years.
- During the meeting, Rotary Club of Kathmandu proposed a school for the visually impaired students and the then Prime Minister announced the establishment of a school for visually impaired students at Kirtipur, Nepal.
- Dance and drama were performed by artists of Tagore's Sura Mandir institute of dance and drama, Calcutta to collect funds for the Blind School from November 25-29 and the proceeds were handed over to the Government of Nepal to run the school. The Patron-in-chief, 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 an additional Rs.1 lakh to add to the club funds to purchase land and construct Rotary Building with a big hall.

1963-1964 Gen Arjun SJB Rana was installed, President.

- Due to the unavailability of records of activities during this period, the records have not been published.

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 7 thousand patients benefited. King Mahendra visited the camp and encouraged Rotarians to participate in more service projects in the community.

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

- *On March 4, 1967, The First District Conference was organized at the Exhibition Ground.* The then-District 325 Comprising clubs of East India (then East Pakistan), Nepal, and Burma. King Mahendra as the Chief Guest attended the conference.
- On October 4, Dallu Village near Swayambhu was adopted by RCK. 500 books were given to start a library, and 400 fruit tree saplings were planted in the village. 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 world to have its own building.
- The Rotary Anns established the 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 abroad.
- A donation of RS. 5,000 was sent to the Pakistan relief Fund.

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

- Due to the unavailability of records of activities during this period, the records have not been published.

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

- Due to the unavailability of records of activities during this period, the records have not been published.

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

- Due to the unavailability of records of activities during this period, the records have not been published.

1972-73 A Scordialos was installed as the President.

- Due to the unavailability of records of activities during this period, the records have not been published.

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

- Due to the unavailability of records of activities during this period, the records have not been published.

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

- Due to the unavailability of records of activities during this period, the records have not been published.

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

- RCK organized a 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/ sanitorium 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 for TB control through Nepal Anti TB Association continued.

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

- Support for the TB control project continued.

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

- RCK started the 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 the TB control program in Nepal. Providing custodial care and imparting 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 the Embassy of India.*

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

- Due to the unavailability of records of activities during this period, the records have not been published.

1983-84 Ratna Man Saka was installed as the President

- (Vice President Kunj Bihari took over the charge as acting president after Ratna Man left for the US)
- US\$1000 was donated to the anti-TB Association.
- Vocational Award was given to a 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 provided by USC Canadian in 1983 (under SSNCC).
- *A cheque of Rs.50,000 was handed over to Ms. Christina for the medical support of the 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 the salary of the Telephone operator was also donated.
- *Rotary Club of Kathmandu celebrated its Silver Jubilee on 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 the Runa Laila Musical Night Charity show at Royal Nepal Academy Hall.
- Beds and mattresses were donated to Kanti Hospital.

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

- Arrangement was made to donate one-third of the amount of rent collected from Rotary Hall, renting to Inner Wheel to run three Children's Clinics: Bhimsen Gola, Baneshwor, Balaju, and Gue Tole Patan.
- Rotary Club of Biratnagar (RCK sponsored) sponsored Rotary Club of Dharan and was chartered on June 12, 1985

1985-86 Murari SJB Rana was installed as President

- Mrs. Amira Dali was sent to Japan for nurse training.
- *PP Gopal Raj Bhandari became Polio Plus Committee Chairman.*
- *Rotary Club of Kathmandu sponsored the 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 was 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 a model village.
- Rotary Foundation scholarship was given to Jay Singh Shah.
- Salyanstan Clinic was inaugurated by Kazuo Kaneko.
- Kazuo Kaneko, Mani Harsha Jyoti, Hukum Chand Dugar became PHF.
- Scholarship of US\$750 from Anchorage East and US\$300 from RC Salt Lake was given to Prem Thapa.

1987-88 Bhubaneswar Amatya Was installed as President

- A donation of US\$3407 was given to Salt Lake District Clinic Calcutta, India through Kazuo Kaneko.
- US\$6000 was raised for the 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 Districts participated

1989-90 Tehmas RJC Manekshaw was installed as the President

- The 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.
- The Intercity meeting was hosted on November 19.
- District Governor Kamal Seth granted Rs. 380000 for the 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 in July 1990.*
- Overhead water tank project at Phaika Ganesthan, Duwakot Bhaktapur was completed at the cost of Rs. 409322 and inaugurated by US ambassador Julia Chang Bloch and was initiated by District Governor Kamal Seth
- A library cum clinic building was inaugurated at RVC Salyanstan by Smuel E. Moyal Israeli Ambassador.
- Rtn. Ron Marcus of RI District 9680 Australia Provided technical support to establish a cardiac surgical unit at Bir Hospital along with medical, surgical and electric equipment donated by SAN Hospital of Sydney in October 1990. A team of doctors from SAN was with him.
- Dental chairs 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.

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 was 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 at 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 the first open-heart surgery at Bir Hospital in Dec 1993.

1994-95 Ratna Man Sakyawas installed as the President

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

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

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

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

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

- RajyaShree Scholarship Fund was established by Tek Chandra Pokharel in memory of his late 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 all expenses for his studies.
- *PDG Tehmas became the First Major Donor from the club.*
- A Free Dental Camp was organized at the Rotary Hall.
- A Health Camp was organized at Godamchaur VDC Lalitpur and Tistung on October 9, 1999.
- Dibyeshwari Drinking Water Project (DhrubaDhara) at Lokanthali, Bhaktapur was inaugurated on November 25, 1999.
- A reservoir was constructed under WCS Project worth \$2,850 at Matatirtha sponsored by RC Chiba West, RI District 2790 Japan, with active role played by Rtn. Ram Gartaula
- Three months of 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 initiated.*
- *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.

2000-01 Kamal Dahal was installed as the President

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

- 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.

2001-02 Satyapal Sachadev was installed as the President

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

2002-03 Bala Krishna Shreshtha was installed as President

- Medical equipment received under Matching Grant was handed over to Phaplu Hospital at Solukhumbu.
- A reservoir construction was completed under the 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.* The 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 the eye check camp was also organized.
- One day Oral Health Camp was organized at Bishankhunaryan VDC.
- An Ambulance donated by the 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 (visually challenged person) was supported with Rs. 32,606.
- *PP Gopal Raj Bhandari became a 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 donated by RC Arizona under Matching Grant was handed over to the National Kidney Center.
- *300 IOL operations at Kathmandu Medical College, Sinamangal and 700 IOL operations at Ram Lal Golcha Hospital Foundation, Biratnagar was initiated under matching grant project*
- *Artificial Limb project was initiated*
- Rs. 48000 was donated by RC Gananoque 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 12 Jan.* The WCS project was sponsored by RC in Australia in cooperation with western hospitals, 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 .
- Intercity 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 Swapna Mookherji on June ,2006*

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

- Financial assistance was provided to Mrs. Leela Kandel , a cancer patient
- Health Camp was organized at Padampur, Chitwan, and Rs 15000 was donated for that purpose.
- Financial support of Rs 5000 each to heart patient Basu Prasad Khatiwada, orthopedic patient Nava Raj Poudel , blind student Manoj Sharma was provided.
- Vocational award to Mana Kaji Kanandhar and Rajendra B. Silwal for protection of environment at Salambu Community Forest.

- A donation of Rs 10000 to flood victims
- Children's participation in Art exhibition and World Diabetes
- Day was observed organizing a 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 was officially inaugurated jointly by District Governor Rajkumar Rajgaria and Nwang Sherpa who had successfully scaled Mount Everest with artificial legs.*
- 1000 IOL operations (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.
- The 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.
- Free artificial limb camp was organized at Jorpati.
- *PP Ratna Man Sakya was unanimously proposed for the candidate of District Governor 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 established with the sponsorship of RC Padborg, Denmark at the cost of Rs 1439000.
- US\$ 1980 was donated to Sahara Griha, Sankhamul.
- Mass Vision tests were conducted at various schools.
- Health Camp at Panchakanya School, Baluwatar organized on 19th Dec.
- PP RtnTek Chandra Pokhrel donated 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 the National Center for oral and maxillofacial surgery.
- Scholarship of Rs 43500 from the Rajyashree Scholarship Fund , Rs 678191 to Jana Chetana School,Solu
- Rs 600000 received from RC Rougue, Gateway, USA was handed over to Bhotechaur Community Hospital.
- Rs 360000 to Solu school, Rs. 136023 to Loding School and Rs 287677 to 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, the long-awaited Rotary Plaza Construction Agreement was signed with Tundi Construction Company Pvt. Ltd.*
- Scholarship of Rs 18878 was given to the students of Nagarkot.
- Rs. 6000 was given to cancer patients 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
- Center for the construction of Kuruwaghar.
- MG no. 63261 Drilling and water Supply Project at Aurobindo 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 Biswanath Jajodia 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.
- Matching Grant Project No. 64201 (US\$ 52,283) for the ANM at the Makwanpur, Dhading,
- Rasuwa and Nuwakot.

2010-11 Suresh Satyal was 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 abled people in Sindhuli.
- Cultural exchange painting competition was organized jointly with Rotary clubs from Japan.
- Matching Grant No.71171 for the construction of drinking water system at Bhotechaur Community Hospital, Sindhupalchowk sponsored by Rotary Club of Rogue GateWay, RC of Grant Pass, RC Greater Grant Pass and District 5110 USA. The amount of Rs: 8,36,853 was spent for the 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, Balaju run by Inner Wheel Club of Kathmandu*

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.
- A Braille Printer worth \$3000 was handed to Disabled 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 at Sringeswari School, Jaleswari Primary School, Jalkeshwori Lower 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 the pilgrimage of Janaipurnima Mela, a mobile health camp was organized from Sankhu, Kathmandu to Gosaikunda, Rasuwa. 16 members of the medical team along with club members were present in the camp. More than 200 pilgrims were supported with medical facilities during the camp.
- Monthly donation of Rs: 42,250/- to the Pavitra Sewa Samaj was 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, Janajagruti H.S.S, Gofutur Kathmandu
- 4 days health camp at NayaGaun VDC, Kavre jointly with Rotaract Club of Kathmandu and
- Rotary clubs from Australia. The project was worth 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 and Kogarah, Australia for the 365 Goats.
- General Health and Eye camp camp was organized at Bhotechaur Health Post.
- Music system support was provided to RCC Bhotechaur followed by annual family picnic
- at Jarsingpauwa.
- 5 days Suzuki Acupressure health camp at Rotary Hall
- Ambulance support to Godamchaur Community.
- MG No. 75838 for the Ambulance to the Community Health Center Nagarkot. This was
- sponsored by the Rotary Clubs of Denmark.
- Dictionary support at Saraswoti Secondary School, Lele and Ganesh Secondary School, Dukuchhap, Lalitpur.

2014-15 Rajendra Kumar Dahal was installed as the President

- Shoe Rack was installed at Guheshwori temple from sunshine fund.
- Blood sugar screening camp and health camp at Panchakanya Ma. Vi. Chundevi, Baluwatar
- Matching Grant No. 78795 for the support of autoclave to the National Kidney Center run by the HECAF.
- 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 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.
- 2000 dictionaries have been distributed to students of different students jointly with
- Scooter and vocational awards were provided to EPSA Nepal.

2015-16 Suresh Das Shrestha was installed as the President

- -Global Grant project with total cost of US \$ 30,25. Under the project three ambulances were provided at Godamchaur VDC of Lalitpur district, Baitadi District, and DhanushaYangya Bhumi through Srimad Bhagbat Prachar Prasar Sewa Sangh for Janakpur Zone.
- -Teacher's 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)
- *A maximum number of 4 ladies were members of the club(Mona Adhikari,Sunita Karmacharya,Ailina Karki, Dr.Nuna Acharya)*
- Relief materials, construction materials ,tarpaulins,tunnel construction by several Rotarians of the club in Ghusel, Ramkot, Baktapur,Chapagaun,toilet and building repair and disaster relief work undertaken by RC Kathmandu members after the Great Earthquake of 2015. Many areas in Bhaktapur,lalitpur,Dhading,Kathmandu(Ramkot) Thimi supported.
- Rs.50,000 donated by Vinita Lamsal (NRN)through Rtn Mona Adhikari to dismantle the heavily damaged Nagarkot Clinic.

2016-17 Mona Adhikari was installed as the President

- Zinc sheets, 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. *Inauguration of Sindhuli Polytechnic Institute in which PP Dr.Loke Bikram Thapa had a lead role with financial and technical support of Australian Rotarians.*
- Donation to Sindhuli Com. Tech Institute 6,30,600
- *Sponsorship for the First International student exchange in District 3292, visually impaired girl Seema Tamang to live and study in the U.S. initiated by PP Rajan Raut and Rtn.Robert Rose of Seattle. U.S.Donation of 25000 from the club.*
- Initiation of Modernization of communication by Viber for club members, and Facebook page of the Rotary club of Kathmandu.
- Library establishment at Shree Panchakanya School, Sindhupalchowk, active involvement of Rotaract Club of Kathmandu.
- *Initiation of GG 1639191 Sanitary project for 26 Solukhumbu schools commenced.RC Kathmandu supported school furniture, drinking water system, construction of toilets , training on sanitation to benefit at least 500 school going students. This project is worth 53,146 USD in coordination with RC Sollerod, Denmark.On-site visit of project site by Rotarians and Rotaracts to Solukhumbu.*
- GG 1639634 Rainwater harvesting in plastic pond projects was inaugurated and organized at Godamchaur water project at Panchkhal Municipality and Namobuddha Municipality. A total of 100 ponds to be constructed.
- ICM with 4 Rotary Clubs from Malaysia, and RC Thamel organized in Hotel Kaze Darbar.
- Ambulance Project-Ambulances donated to various organizations (MG No. 75866)
- Construction of Rotary Plaza recommenced after a gap of nearly 4 years.
- Completion of toilets and water supply in Ghusel madhyamik school by donating Rs.400,000(RC Hong Kong South)
- *Processing of tax clearance after many years initiated and various club members Rajendra Dahal,Suresh Man Singh,Narayan Krishna Kharel would be involved continuously for years.*

2017-18 Surendra Pratap Shah was installed as the President

- Continuation of rainwater harvesting project The project was supported by the 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 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.
- Classroom construction and toilet construction: 6 classrooms and school toilet construction were 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 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 Op ward of Nepal Ortho Hospital with the support of Rotary Club of Arizona USA. The project was worth US\$ 21,000.

2018 -19 Rtn. Ram Gartaula was installed as President

- Continuation of Sanitation Project Global Grant for 26 schools in Solukhumbu at Chaulakharka, Solokhumbu : furniture in all classes, gender friendly toilet/ bathrooms and drinking water supply constructed at Chaulakharka, Solokhumbu.
- Green Laptop distribution Project: Green laptops distributed to Shree Bagh Bhairab Primary, Sagun English Secondary , Gorkha, Shree Chunadevi Secondary School Nagarkot.
- 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 , school uniforms, 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. Regular tiffin support to 40 students of Shree Kamala , 70 students of Shree Kalika , and 60 students of Shree Himalayan Secondary School, Newroad Kathmandu. Shoes and socks to 30 underprivileged students of
- Shree Sankhu Basic School.
- *Interact Club Formation: Charter presentation ceremony of its new partner in service club; Interact club of Shree Chunadevi Secondary School, Bhaktapur.* Charter president Itr. Aashman Tamang and 25 Interacts inducted into the Rotary family.
- Menstrual Hygiene Management Project: Rotary Club of Corrimal and Connection Nepal supported 400 school girls of Achham, Bajura and Nuwakot with reusable & eco-friendly Menstrual Hygiene Management Kits.Reusable and eco-friendly sanitary pad making training for 50 women of Kamalbazar ,Achham and Budhinanda Municipality, Bajura.
- *Computer Lab construction at Shree Chunadevi School: With the support of Rotary clubs of Japan and Rotary club of Kathmandu with Rs. 21 lacs for the construction of computer lab.*
- Uniform and stationary distribution for 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 in Australia volunteered to convert containers into Kitchen at Kamala Higher Secondary School, Sindhuli. Those kitchens will assist to provide day meals to students, so that they will be able to receive quality education with nutritious food.
- Training on ChildBirth 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 childbirth education and emergency birthing skills” health professionals were benefitted from the training.

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

- Tree plantation program organized at Shree Chunadevi Secondary School, Nagarkot in coordination with Interact Club of Shree Chunadevi Secondary School& Planted more than 150 plants (fruits and other plants) on 21 July,2019.Financial Support of NRs. 250,000 made to Shree Chunadevi Secondary School, Nagarkot for the construction of a wall affected by landslide in the school premises on 15 Jan, 2020.

- Distributed school bag, stationery materials & hygiene kit to 50 students of Shree Sunali Primary School, Dang on 10 Jan, 2020 in support from Australian and Canadian Rotary Club.
- Vision screening camp organized for the students of Shree Chunadevi Secondary School, Nagarkot in coordination with Rotaract Club of Kathmandu & with Interact Club of Shree Chunadevi Secondary School on 31 Jan, 2020.
- SEE preparation class of Math and Science at Shree Chunadevi Secondary School, Nagarkot.
- Flood Response Program was organized at Inaruwa, Sunsari in support from RC South Wagga Wagga and RC Katherine, Australia. Kits worth of Nrs. 116,170 for 80 families were distributed on 3rd August, 2019.
- R C Kathmandu constructed Girls Toilet worth of NRs. 300,000 at Shree Churiya Basic School, Mohanpur, Gaighat, Udayapur with support from RC Timaru and RC Waimate, New Zealand.
- RC Kathmandu provided a scholarship worth of Nrs. 700,000 to 300 students The project was supported by RC South Wagga Wagga, Australia.
- Reusable Sanitary Pad making Training for 30 community women worth of Nrs. 100,000 was organized at Thaha Municipality, Makwanpur; partners- Connection Nepal and Rotary Club of Liverpool West, Australia
- RC Kathmandu distributed 200 school bags worth Nrs. 112,000 under PROJECT JHOLA ;partner- Solidarity Nepal to the students of three schools .
- 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.
- RC Kathmandu supplied school furniture, 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 53,146 USD in coordination with RC Sollerod, Denmark.
- Handover of Chandrajyoti Secondary School, Linkhu Pikey Ward No. 5, Bhakane, Solukhumbu. Funded by RC Northbridge – Australia, RC Kathmandu , RC Nykobing Mors – Denmark and Himalayan Project Nepal.
- Supported Day meal program at Shree Chunadevi Secondary School, Nagarkot.: NRs.50,000

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

- RC Kathmandu and RC Madhyapur Thimi jointly distributed Dragon fruit saplings to Villagers
- *R C Kathmandu organized Virtual Class Management Training to benefit school teachers. 1510 teachers of 320 schools from 47 districts of Nepal attended the session.* This was one of the landmark projects of rC Kathmandu and District 3292,especially helpful during months of lockdown that followed.

- Educational Scholarship were provided to 111 students of Shree Kamala , 57 students of Shree Kalika and 97 students of Shree Kamala Basic School of Sindhuli
- Reusable sanitary pad kit set (MHM Kit) was provided to girls students, training on Reusable Sanitary Pad Making was organized for the teachers of three schools.
- RC Kathmandu handed over Ambulance supported by Rotary Club of Gananoque, RID 7040 Canada through RC Kathmandu for the help of Kidney Patients of Kathmandu to National Kidney Center on Feb 8, 2021. The project was worth NRs. 1,300,000.
- RC 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 New Road in the presence of DG Rtn Rajib Pokhrel under TEACH program. The TV set included digital syllabus from class nursery to ten on 20 Jan, 2021.
- RC Kathmandu and partner Solidarity Nepal (NGO) distributed school bags worth NRs. 175,000 on 5 Feb, 2021.
- Rotary Club of Corrimal and cooperating partner organization Connection Nepal on 24 November 2020, the Rotary Club of Kathmandu organized MHM project at Tistung, Thaha Municipality-11, Makwanpur 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 the Rotary family.

2021-2022 Rtn. Suresh Man Singh was installed as president

- RC Kathmandu distributed 54 units of 10 L Oxygen Concentrator worth 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 the generous contribution of these clubs and organizations, 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.
- RC Kathmandu distributed 19 touchless 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 a total budget of US\$ 6335.
- 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 receive school uniforms, sweaters, bags, stationery materials etc. The major objective of the program is to reduce dropout rates of the school going children in Nepal.
- RC Kathmandu distributed tracksuits to 91 students of Shree Chunadevi Secondary School, Nagarkot. The project was organized by Rotary Club of Kathmandu in

coordination with the School Management Committee and Rotaract Club of Kathmandu worthy of NRs. 71,700.

- 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.
- 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 NRs.320,430.
- 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.
- 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 worthy of NRs. 500,000.
- 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.
- 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 a community health unit in Baglung.

Glimpses of Projects during the Rotary Year 2022-23

Rotary Club of Kathmandu successfully completed the 65th Installation Ceremony of the Club on 6th July, 2022 at Hukum Durbar, Kamalpokhari. Rtn. Achut Babu Ojha was installed as President.

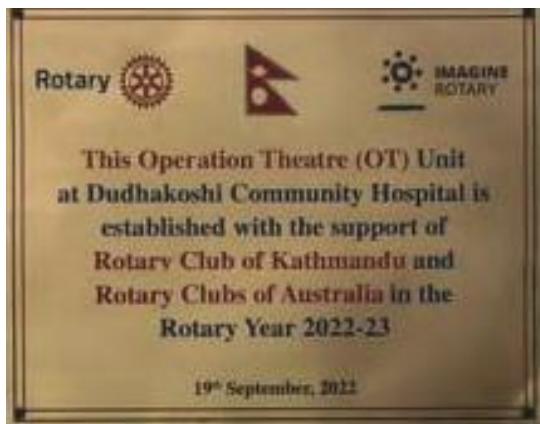


Rotary Club of Kathmandu donated 648,000 Pcs of KN-95 Mask Worth AU\$ 325,447 to more than 100 health institutions in Nepal. Past President Rtn. Suresh Man Singh coordinated the project.

Rotary Club of Kathmandu completed 2nd batch of BASIC ICT Training for Public School Teachers from 5-7 Aug, 2022 in Kathmandu, 3rd batch from 8-10 Sep 2022 in Makawanpur, 4th batch from 21 – 23 Jan, 2023 in Kathmandu and 5th batch from 27-29 May, 2023 in Baglung. 60 teachers of different community-based school got benefitted.



Rotary Club of Kathmandu established Operating Theater Unit worth Nrs 2,469,050 at Dughkoshi Community Hospital, Thulung Dughkoshi Rural Municipality, Solukhumbu on 19 September 2022. The project was supported by the Rotary Club of Balwyn (AU\$ 10,000) under Centenary Grants for 2022, RC Northbridge Australia also contributed AU\$ 5,000, RC Albury also contributed for the project.



826 primary level students of 10 different schools received Rotary Scholarship worth NRs. 2,478,000 (84 students of Shree Chunadevi Secondary School, 112 students of Shree Himalayan Secondary School, 130 Chepang students of Shree Prathamik School Makawanpur, 104 Chepang students of Borang Basic School Dhading, 102 students of Shree Kamala Basic School, 67 students of Kalika Secondary School, 113 students of Shree Kamala Secondary School, 17 students of Shree Kalika Primary School, 45 students of Sidda Primary School, and 52 students of Jana Chahana Primary School of Sindhuli). Scholarship recipients received two sets of school uniforms, stationery materials, bags, sweaters, shoes, etc. in the presence of Rotary Australia World Community Service (RAWCS) volunteers from Australia.



More than 1000 rural school students received school bags, uniforms, and hygiene kits worth NRs. 1805650 under project jhola supported by different Rotary Clubs from Australia, New Zealand, the USA.



Rotary Club of Kathmandu celebrated its 65th Charter Anniversary & District Governor's Official Club Visit on Thursday, 13th April 2023 at Lisara Receptions, Naxal, Kathmandu.



Rotary Club of Kathmandu completed a Project called “Improving water and sanitation facilities in Nepal Japan Children Library” benefiting 6000 plus individuals by renovating wash facilities including toilets, kitchens, and water tanks worth NRs. 103000 through district grant.

Rotary Club of Kathmandu in collaboration with Rotaract Club of Kathmandu organized a blood donation program at City Center, Kamalpokhari on Tuesday, September 27, 2022.



Rotary Club of Kathmandu and Rotary International District 3292 signed an agreement on 29th June 2022 for the construction of an office building at Rotary Club of Kathmandu's premises at Thapathali. Initially, the two-story building will be constructed jointly and will be used by both parties equally. The groundbreaking ceremony of the building construction was performed on 1st July 2022 in the presence of the council of governors, district officials, past presidents, and members of the Rotary Club of Kathmandu.

Secretary Rtn. Rajendra Gautam received Rotary New Generations Service Exchange (NGSE) Scholarship, a customizable program for young professionals awarded from Rotary International. As a first fellowship recipient from RID 3292 Nepal, he explored humanitarian efforts led by Rotary in Australia along with other Community & Government organizations, supported by Rotary District 9800, sponsored by Rotary Club of Balwyn and managed by Rotary Club of Macedon Ranges.



Rotary Flagship Project- Training of Advocates about Violence against Women in Nepal

In April 2022, The Rotary Club of Kathmandu sponsored the first ever Global Grant that was under the heading of Peace and Conflict Resolution in District 3292. The implementing partners are Women for Human Rights, one of the largest member based organizations in Nepal, a Washington DC based INGO- Global Health Advocacy Initiative (GHAI) having projects in 60 countries, and a Global think tank- Every Woman Treaty (EWT), working with 128 countries for gender equality, formulation of world wide treaties and advocacy in Violence against women. GHAI has trained 15000 advocates, journalists and Government officials in 60 countries.

EWT and GHAI are both initiatives dedicated to addressing critical global issues. While EWT focuses on ending violence against women and girls through the establishment of a binding international treaty, GHAI focuses on strengthening health advocacy efforts to improve global health outcomes. Both organizations play crucial roles in advancing human rights, promoting gender equality, and building healthier communities worldwide.

Women for Human Rights (WHR) is a prominent non-governmental organization (NGO) based in Nepal that advocates for policy changes, support services, and raising awareness about the rights and needs of single women (widows, divorcees etc)

The organization's founder, Lily Thapa, was honored with the prestigious Ramon Magsaysay Award in 2019.

The international sponsor is The Rotary Club of Neuberg, Oregon and the Nepal Sponsor is the Rotary club of Kathmandu.

This Global Grant aims to train community members to address the Area of Focus (peace) goals. This will enhance the capacity of individuals and communities to transform the country, mitigate conflict and bring lasting peace.

This global grant will train women's rights leaders to develop advocacy, communications, and leadership skills, and build a network that enables them to seek measures to both prevent and redress violence against women in order to drastically improve the safety of women in Nepal. Improving women's security and furthering gender equity are two of the structural transformations Nepal needs to consolidate the gains of the 2006 peace process internally, which is faltering based on lack of participation of women in the peace process, and a peace process which does not uphold fundamental human rights.

LEARNING OBJECTIVES:

Through this training program, women's groups in Nepal will have the ability to:

1. Foster a better understanding of the evidence-based practices needed to end violence against women and girls
2. Understand the policy options in Nepal to help keep women safer, sooner
3. Form dialogue and cooperation skills between civil society organizations
4. Engage in community mapping to identify skills, resources and structures that can be leveraged to increase capacity of individuals and organizations working to end violence against women in Nepal
5. Strengthen decision making capabilities
6. Learn how to take active roles in building societal resilience, sustaining peace and furthering Nepal's ongoing development
7. Learn how to set policy objectives, map the process for advocating for that policy, and create a plan for unified action further the identified policy objectives to end violence against women in Nepal
8. Learn how to use media and public speaking opportunities to further women's security

9. Learn how to deliver violence prevention education sessions
10. Get tools to use in delivering violence education sessions
11. Identify pathways for discourse between community and government leaders

Every Woman Treaty, Global Health Advocacy Incubator, and Women for Human Rights collectively came up with the needed learning objectives, above.

END GOAL

Build leadership capacity among individual leaders while demonstrating the benefits of cooperation and lobbying, which will lead to the formation of a united in-country federation of individual leaders and organizations working together to confront violence against women. Through this training, these leaders and organizations will self-select the objectives that will be the centerpiece of their work to educate policy makers and community members across the nation on how best to end violence against women.

The training session participants were prepared upon arrival at training to create a strategic action plan, and prepared at the end of training to go forth and implement the strategic action plan.

The training had the following objectives:

Increase capacity of participants to plan and implement a policy-advocacy campaign

Understand the policy options in Nepal to help keep women safer, sooner

Align on a clear policy objective that will be the foundation for a policy-advocacy/education campaign

Develop a comprehensive and integrated campaign plan that advances the policy objective

We call it a Federation in the application because in the Community Needs Assessment this is what the women's rights advocates in Nepal stated they needed most in order to increase the safety of women in Nepal - and that they could not make it happen without training and support. All of the work being done in this grant is to lead towards this independent, self-sustaining Federation that advocates jointly to advance women's rights in Nepal. This Federation will lead to the greater integration of women in decision making structures in Nepal, which is called out by the United Nations Security Council Resolution 1325 (UNSCR 1325) on Women, Peace and Security as vital for peace and security. Women for Human Rights (WHR) will take a leadership role in this grant, host the part-time coordinator funded in the grant, and seek independent funding for that role to continue after the Rotary grant is finished.

PROJECT ACHIEVEMENTS SO FAR-

1. 15-day intensive exchange and learning program for 25 civil society leaders working to address/redress violence against women, allowing them to work together as a group to confront violence against women in Nepal and bring their learnings back to their organizations and communities.
2. Followed by 12 months of in-country coordination with a paid staff member who created a solid network, support system and shared duties between individuals and organizations working to end violence against women. COVID lockdowns affected the timeline but not the number of trainings held in various parts of the country and the beneficiaries. We were astounded at the lack of awareness of large groups of women as well as men, especially college and school students, teachers and workers in industries. The demand for training in Gender Based Violence and its mitigation increased exponentially.
3. After 6 months of personalized coaching from the Cooperating partners to provide ongoing training and skill refreshers, and resource materials to facilitate the specific objectives, the trainees decided to undertake action as a group during the in person training program.
4. The trainees delivered 60 violence prevention education sessions during the several months following the training.

5. The Coordinators also created methods for collecting and sharing information with the group on a regular basis. A blog, forum, and mailing list was utilized to update the group on developments, share experiences and practices, and build camaraderie and confidence in the group, in-person meetings.

BENEFICIARIES

After the 25 direct beneficiaries, all Nepali women's rights leaders who are working on diverse aspects of ending violence against women in Nepal were approached and trained.

A total of (financially supported) 1489 persons were trained, among them 1242 women, mostly from women's groups, organizations and school and college going ages.

247 Men from educational institutions, NGOs and law backgrounds were also trained. This number does not include resource persons, members of all the partner organizations, volunteers and participants.

Irrespective of the participation in the training they will continue to work in the field. Because women rights advocates and organizations already working in this area requested us to deliver the training they will continue to apply in practice what they learned after the training. Ultimately, this grant supports women's rights advocates are committed to ending violence against women through robust, sustained engagement of policymakers, media and community members already working in this field. With this grant funding, they will come together and form a national Federation with the goal of ending violence against women in Nepal.

अमरनाथ वैष्णोदेवी यात्रा २०७९

हाल विश्वको जनसङ्ख्या करिव आठ अरब पुरेको अनुमानछ । जसमध्ये लगभग १७ प्रतिशत हिन्दूधर्माबलम्बी छन् । यस्मा पनि आआफ्नो आस्था र संप्रदायका आधारमा विभिन्न जात, धर्म र संस्कृतिका अनुयायी रहेको पाउँदछौं । त्यसभित्र मन, बचन र कर्मका माध्यमबाट आआफ्ना परम्परा जोगाउन लागिपनें विभिन्न माध्यमहरू हुन्छन् । यसै प्रसङ्गमा सम्बैधानिक रूपमा नेपाल, धर्म निरपेक्ष राज्य घोषणा गरिए पनि नेपाली हिन्दू धर्माबलम्बीहरूको परापुर्व कालदेखि रही आएको आफ्नै सोच र परम्परा कायम रहीआएकोनैछ । त्यसै कममा शास्त्रोक्त परम्परा अनुसार उमेर अनुरूपका आचरण र व्यवहारका विभिन्न किसिमबाट वर्णन भै आएको छ, जस्तै वाल, युवा, प्रौढ, बृद्ध वा ब्रमचर्य, गृहस्थ, वानप्रस्थ र सन्यासी हाम्रो धर्म, संस्कृति र परम्पराले सिकाए अनुसार एक मानवले जीवनकालमा देव ऋण, पितृऋण र ऋषिऋणबाट मुक्तहुन पनि उपयुक्त समयमा तीर्थयात्रा गर्नुपर्दछ भन्ने मान्यता रहदै आएको छ । यसै प्रसङ्गमा भारतवर्षको दक्षिणीराज्यमा रहेका प्रसिद्ध तीर्थहरू जगन्नाथ, रामेश्वर र द्वार कादिस गरी तीनधाम, उत्तरीराज्यमा रहेका विद्रनाथ, केदारनाथ, यमुनोत्री, गंगोत्री गरी चारधाम, पुर्वको अरुणाञ्चल प्रदेशका कामारु कामाख्यादेवी, परशुराम कुण्ड, सिक्किमका चारधाम यात्राका सन्दर्भमा देखे, भोगे र जानेका केही प्रसङ्गलाई पहिलेका अंकहरूमा वर्णन गरी सकिएकोले यहाँ भारतकै पस्त्यमराज्यमा रहेका कुरुक्षेत्र, अमरनाथ, वैष्णोदेवी, स्वर्णमन्दिर, मनसादेवी आदि तिर्थ यात्रालाई छोटकरीमा लिपीबद्ध गर्ने जमकों गरि एको छ । हाम्रा हिन्दू संस्कृति र आध्यात्मिक आख्यानमा आफ्ना दृष्टिविहिन माता पितालाई उनिहरूका सुपुत्र श्रवण कुमारले खर्पनमाबोकेर तिर्थाटन गराई देव ऋण, पितृऋण र ऋषिऋणबाट मुक्ती पाएको प्रसङ्गले यीऋणहरू तिर्णका लागि उपयुक्त माध्यम पनि तिर्थाटन रहेको कुराको पुष्टी हुन्छ । भगवान शिवका अवतार मानिने आदि जगतगुरु श्री शंकराचार्यले यसर्थीमा अन्य धर्मको प्रभाव बढ्दै गई सनातन वैदिक हिन्दूधर्म लोप हुन लागेको अवस्थामा सम्पूर्ण भारतवर्षको यात्रा गरी शास्त्रमा उल्लेखित तर कसैले त्यसअधि थाहा नपाएका बदरीनारायण, जगन्नाथ, रामेश्वरम र द्वारकाधामको खोजीगरी स्थापना गर्नुभएको छ । त्यसपछि सनातन वैदिक हिन्दूधर्मको रक्षाका लागि चारैधाममा शंकराचार्यको पदस्थापन गरी शंकराचार्यमठको समेत स्थापना गर्नुभयो अद्यपी यी चारै स्थानमा शंकराचार्यमठ रहेकाछन् र यी चारै मठहरूको संयोजन भने काच्चीमा रहे को मठाधिसले गर्ने व्यवस्था रहेको बुझिन्छा डेढ महिनाको तिर्थाटनमा भारतको २९ प्रान्त मध्ये १२ प्रान्तहरूका, खासगरी दक्षिणी भेगमा पर्ने भगवानहरू, एघार ज्योतिर्लिङ्ग – बाबाधाम, श्रीशैलम (माल्लिकार्जुन), रामेश्वर, भिमाशङ्कर, धृष्णेश्वर, यम्बकत्रेश्वर, उँकारेश्वर, महाकालेश्वर, नागेश्वर, सोमनाथ, काशी विश्वनाथ रहनु भएको पाएका थियौं ।

ज्योतिर्लिङ्गको उत्पत्ति सम्बन्धमा अनेकौं मान्यता प्रचलनमा छन् । ज्योतिर्लिङ्ग अर्थात व्यापक ब्रह्मात्म लिङ्ग, जसको अर्थ हो व्यापक प्रकाश (ज्योति), जो शिवलिङ्गका बाह्यखण्ड हुन् । शिवपुराणका अनुसार ब्रह्म, माया, जीव, मन, बुद्धि, चित्त, अहंकार, आकाश, वायु, अग्नी, जल र पृथ्वीलाई ज्योतिर्लिङ्ग वा ज्योतिर्लिङ्ग भनिन्छा यसैगरी शिवजीका अनेक नामछन् जसमध्ये – रुद्र, महेश, निलकण्ठ, महाइकाल, शंकर, पशुपतिनाथ, गंगाधर, नटराज, त्रिनेत्र, भोलेनाथ, आदिदेव, आदिनाथ, त्रयम्बक, त्रिलोकेश, जटाशंकर, जगदिश, प्रलयङ्कर, विश्वनाथ, विश्वेश्वर, हर, शिवशंभु एवं भूतनाथ हुन् । शिवजीको परिवार एकदम विरोधाभास भएरपनि अत्यन्तै मिलनसार छ, जुन यस भौतिक संसारका लागि एक उदाहरण बनेको छ, जस्तै शिवपुत्र कर्तिकेयको बाहन मयुर हो भने शिवको गलामा नाग छन् । मयुर र सर्प प्राकृतिक रूपमै दुश्मनहुन् । त्यसैगरी गणेशको बाहन मुसोहो सर्प मुसा खाने जीव हो । पार्वतीको बाहन सिंह हो भने शिवको बाहन साँढ हो, साँडेलाई सिंहले खान्छ । यसरी शिवको परिवार विरोधाभास तथा वैचारिक भिन्नताका बाबुजुद पनि एकतामा बाँधिएको देखिन्छा । यसैगरी उत्तराञ्चलमा रहनुभएका बद्रीनाथ, केदारनाथ, यमुनोत्तरी र गंगा त्रीलाई चारधामका रूपमा लिइएको छ ।

नेपालमहात्म्यको हिमवतखण्ड एवं नेपालका प्रथम जगदगुरुको रूपमा रहेका वालसन्त मोहनशरणका अनुसार पशुपतिनाथ लगायत नेपालमा नै ६४ ज्योतिर्लिङ्ग रहेका छन्, जसको प्रचार प्रसार अनुसन्धानगरी सार्वजनिक हुनसकेमा धार्मिक पर्यटनको प्रचुर सम्भावना नेपालमा पनि छ ।

अब लागौं पस्त्यमराज्यमा रहेका कुरुक्षेत्र, अमरनाथ, वैष्णोदेवी, स्वर्णमन्दिर, मनसादेवी आदि तिर्थ यात्रातर्फः :

कीर्तिपुर नयाँबजारकी तिर्थदीरीको चुरापसलकी साहुनीको संयोजकत्वमा श्रावण ९ गते सोमवार: विहान ७.१५ वजे मच्छेगाउँ, सल्यानस्थान कीर्तिपुर, द्याइलाफाँट एवं भक्तपुर समेतका समानुपातीक जातीयका जम्मा ३० जना यात्री बोकेर एक नयाँ पर्यटक वसद्वारा करिव २ हप्ताका लागि हामी गन्तव्यस्थलितर लाग्न्छ । प्रवेशज्ञाका आवश्यक कार्यहरू समापन गर्दै गल्छी, महेश दोभान स्थित श्री अमलेश्वर शिवालयको प्रांगणमा दिवा खानापछि कपिलवस्तु लुम्बिनी स्थित सेन्टर प्वार्इन्ट नेपाली भान्छा घरमा आफै खानाव्यवस्था गरी प्रतिव्यक्ति रु. ३०० का दरले रात्री वास वस्यौं ।

श्रावण १० गते मंगलवार: विहान ४.३० वजे प्रस्थान गरेको हाम्रो वस धानखोलामा चियानास्ता पछि बाँके, शंशेरगञ्ज स्थित शिद्धेश्वर मन्दीरमा दिवा खानाको व्यवस्थाका लागि रोकियो । त्यसपछि एउटै खम्बाद्वारा निर्मित नेपालकै पहिलो ऐतिहासिक चिसापातीको कर्णालीको पुल तर्दै कैलाली स्थित घोडाघोडी तालको अवलोकन पस्त्यात महेन्द्र नगरको अत्तरिया स्थित होटेल स्विट ड्रिममा रात्रीवास भयो ।

श्रावण ११ गते: महेन्द्रनगरबाट ऐतिहासिक शारदा व्यारेज पैदल पार गरी इन्डियाको भू-भाग मिनाक्षी भगवती परिसरमा दिवाखाना खाई केवलकार (उडन खटौला) द्वारा चण्डीदेवी, हनुमान र उनकी आमा अञ्जनीमाताका मन्दीरहरूको दर्शन गर्दै साँझ तिर्थहरूको प्रवेशद्वाराको रूपमा रहेको हरि द्वार स्थित देवपुरा नगरमा रहेको देवपुरा आश्रममा वास वस्ने व्यवस्था मिलाइयो र साँझ हरिद्वारको सुन्दर आरतीमा सहभागी भै यथासक्य दान भेटी प्रदान गरियो ।

श्रावण १२ गते : विहान देवपुराबाट रोटरी चोक हुदै भ्रदकाली, शिवमन्दीर आदीको दर्शनपछि कुरुक्षेत्र जहाँ पौराणीक महाभारतको १८ दिने युद्ध भएको र अनगिन्ती योद्धा, पाण्डव वंश एवं धूतराष्ट्रवंशका विच श्रीकृष्ण भगवानको निर्देशनयुक्त धर्मसंरक्षण, न्यायको स्थापना एवं अन्याय विरुद्धको लडाई भएको भनिन्छ । १८ दिनको युद्ध र धर्मको संरक्षणका लागि भएका श्रीकृष्ण अर्जुन संवाद नै श्रीमद्भगवद्गीता हो भने महाभारत नामक छुट्टै गन्थ नै रहेको छ । महाभारत गन्थमा सुनिने युद्धका कथामा आधारित दृश्यहरू विशाल पोखरी एवं घाटका पर्खालहरूमा ठूला ठूला साइजमा सिमेन्टको फ्रेमबाट बढो मिहिनेतका साथ बनाई सजाइएको गौरवशाली ज्यूँदो इतिहासका रूपमा सबैले देख पाउँदछन् ।

हाम्रो देशको जनकपुर नगरीभित्र रहेका विभिन्न नामका सरोवर एवं तलाउहरूको पनि त्यस्तै खालको सरसफाई, संरक्षण एवं प्रचारप्रसार हुन सके धार्मिक पर्यटनको क्षेत्रमा फन्को मार्न सक्ने संभावना रहेको देखिन्छ ।

भारतको पस्तिमी भू-भाग हरियाणामा रहेको मुख्य आकर्षण नै ब्रह्म सरोवर रहेको पाइयो । अक्षयवट वृक्ष जहाँ श्रीकृष्णले अर्जुनलाई न्याय र धर्मका लागि युद्ध गर्नु परेको गोप्य पाठ सिकाएका थिए, ति वृक्ष आज पनि देखन पाइन्छ ।

धर्म शास्त्र अनुसार औसी तिथिका दिन कुरुक्षेत्रमा स्नान, दान तर्पण आदी गर्दा अधिपतिको भन्दा बढी फल मिल्छ, सोहि संजोग हामीलाई पनि मिल्यो १२ गते औसीका दिन । यो (४८ वर्ग कि.मी. मा फैलिएको) विशाल क्षेत्रको भ्रमणका लागि भा.रु. ७४० का दरले टेम्पु भाडामा लिई सूर्यकुण्ड, भिष्मकुण्ड जहाँ भिष्म पितामह सर सैयामा सुतेका, अर्जुनले जमिनमा वाण हानी पानी निकालेका, ब्रह्म सरोवर जहाँ रात्रीमा हरिद्वारको जस्तै आरती हुने रहेछ, श्रीकृष्णजीको रथ एवं विश्वरूप आदीको दर्शन गर्न सकिने रहेछ । जुन हामी अखिल भारतीय क्षेत्रिय राई अतिथि गृहबाट रात्री वास वस्तु अघि सम्पन्न गर्याँ । त्यसमध्ये विरला मन्दिर, अक्षयवट पनि पर्ने रहेछ । सोहि साँझ ब्रह्म सरोवरको विभिन्न घाटहरू मध्ये कै शिला घाटको आरती हेने अवसर मिल्यो ।

१३ गते शुक्रवार : कुरु, क्षेत्रबाट हरियाणा, लुधियाना पंजाब हृदै जाँदा बाटोमा गुरुद्वारा फेला परेपछि त्यसैको परिसर बाहिर दिवा खाना, भजन किर्तनको रमाइलो गरीयो । पानी पर्ने क्रम जारी रहयो, साँझको समय वसवाट ओरिलाईर टेम्पु रिजर्भ गर्दै वासको खोजीमा हिड्डे गर्दा माता गंगा निवासमा म्याट मात्रको विछौनामा वास वसियो अत्यधिक गर्मी सँहैदै (फ्यानको व्यवस्था भएपनि साथीहरू मध्ये कसैलाई अनुकूल, कसैलाई प्रतिकूल रहेकोले) आ-आफ्ना पोका पन्तुराको व्यवस्थापन गरी विशाल भण्डारा (लंगर) मा इच्छानुसारको भोजन गरीयो, सैयौंको संख्यामा आउने भक्तजनहरूलाई विना कुनै समस्या सहज वातावरणमा सेवा पुऱ्याउन सक्ने व्यवस्थापन र स्वयसेवी भावनाको जोकोहिले पनि प्रशंशा गर्नेपछि । सरसफाई उच्चस्तरको, द्रुतगतिमा सेवा सुविधाको व्यवस्थापनको विचमा नांगो भुईमा पलेटी कसेर वसी ध्यान गर्ने देखि विना विछौनामा नै र ती सुल सक्ने वातावरणको सृजनाले अत्यन्त प्रभाव पाय्यो । वास स्थानबाट नजिकै रहेको र जुता चप्पल विना जानुपर्ने नियमानुसार साँझको दृश्यावलोकनले नअघाई स्वर्ण मन्दिरको वास्तविक दृश्य र वत्तीको फिलिमिल, मन्दिरको परिसर भित्र चार कुनामा अरू मन्दीर, मिनारको भौतिक व्यवस्थापन, पोखरीको रंगीन माछा र सरसफाईले अत्यन्तै प्रभावित हृदै २/३ घण्टा रात्रीको दृश्यावलोकनमा बढो आनन्दका साथ विताइयो ।

१४ गते शनिवारः विहान ५.३० वजे अमृतसर स्थित स्वर्ण मन्दिरलाई सगौरव विदा मार्गदै वसापार्क पुराणौ टेम्पुबाट, चिया नास्तापछि जम्मु स्थित गुरुदेव अश्रममा दिवाखाना पछि माता वैश्णोदेवी स्थापना वोर्डको कार्यालयमा रात्रीकोवास भयो ।

१५ गते आइतवार : वासस्थानबाट नजिकै दूरीमा रहेको पंचायत भवनमा अमरनाथ यात्राको लागि प्रवेश पत्र बनाउने क्रममा लाइनबस्यै, पानी परिरहेको अवस्था, हाम्रो व्यवस्थापनबाट आवश्यक सूचना अधुरो रहेको महसुस, प्रवेश पत्रको लागि ५/५ फोटो चाहिने रहेछ फोटो बनाउन दौडादौड, भक्तपुरका महिला यात्रीहरू (लुइटेल र प्रधानाड्ग) का प्रशंसनीय अग्रसरतापछि भा.रु. १,५२० तिरी वायोमेट्रिक रजिस्ट्रेशनको काम सम्पन्न भयो । अमरनाथ जाने दुईवटा बाटा वालताल र पहलगाउँ रहेछन् : तिमध्ये हाम्रो व्यवस्थापनले १६ कि.मि.को छोटो दूरी वालताल बेस क्याम्प रोज्यो । एक जना साथीको उमेर (७० वर्ष माथी) ले प्रवेशज्ञामा समस्या नियन्त्रण, समाधानका उपायका साथ दिवा खाना खायौं । त्यसपछि जम्मु स्थित भगवतीनगरको यात्री निवास प्रवेश, आर्मीहरूको कडा सुरक्षा र चेकिङ्गका साथ, सयौं यात्री संगै भंडारामा खाना खाई, जसो तसो रात्रीको वास विताइयो ।

१६ गते सोमवारः अधिल्लो दिनको शुरुकार्मी कै सूचना वमोजिम विहान ४ वजे ठाउँको ५० र म्याट, तकियाको ३५१- तिरी आर्मीको स्किटिङ्ग र सुरक्षाका साथ वालताल बेश क्याम्पतर्फ लागियो । सडकमा समेत तैनाथी सुरक्षाकर्मीहरूको बाक्लो व्यवस्थापन सुन्दर हरियाली, फराक बाटो, फलफुल लटरम्म, विशेष स्याउ फलेको दृश्यले मन लोभ्याउने वातावरणका साथ साँझ वालतालको बेश क्याम्पमा त्रिपालको कोठामा वासको व्यवस्थापन गरी (लंगर) भण्डारामा खाना खाने काम भयो ।

१७ गते मंगलवारः मौसममा भर पर्ने अमरनाथ : अनन्तनाग जिल्ला, जम्मु र कास्मिरको संयुक्त सरकारबाट शासन गरिएको ३,८८६ (१२,७५६ फिट) मिटर उच्चाईमा रहेको छ । श्रीनगरबाट १४१ कि.मि.को दूरीमा रहेको छ । तिर्थयात्रामा अधिल्लो २ दिन देखि मौसमकै कारणले अलपत्र तिर्थयात्री सहित भिड, विहान ५ बजे सम्म पनि यात्रा खुल्ने या नखुल्ने अन्तौलको वातावरणविच ६ वजे तिर माथिबाट मौसम राम्रो भएकोले यात्रा खुलेको सूचनालाई हौसलाका साथ लिई र विचकारण र प्रवेश आज्ञा देखाउँदै सुरक्षाकर्मीको आँखाबाट ओझेल पर्याँ ।

सरकारी रेट र व्यक्तिगत रेट विचका छलफल विच घोडाका ठेकदार सयस सँग कुरा मिलाई ५५ देखि २२ सय सम्मको मूल्य निर्धारण गरी एको होरो हिडाईको लागि अमरनाथको उकायो शुरु हुन्छ, देख्दा तगडै घोडा बाटोमा मरीरहेको दृश्य, पेमेन्टको पर्दी सयससँगै रहेको कारण आधा वाटो देखिनै हिडनु परेको, पहिरो सामान्य तथा वर्गी रहने प्रकृतिको कच्चा चट्टान, एक सयसले २/३ वटा घोडा सम्मको नियन्त्रण आदीका कारण सरकारी सुरक्षाकर्मीको निर्देशन वमोजिम यात्रा तय हुने क्रममा कोहि यात्रुहरू पुरै १६ कि.मि. पैदल यात्रामा, कोहि आसीक कोहि सयसहरूको ठारी र वेर्मानीका कारण वाध्यात्मक परिस्थितिबाट आधा वाटो देखिनै लिंडाइमा परेका तिता मिठा अनुभव बटुल्दै भन्डै ७ घन्टाको हिडाई पछि वहुप्रतिक्षित अमरनाथ मंदिर पुरयाँ । जहाँ पुरने अन्तिम करिव ५०० मिटरको दूरी फराकिलो सिमेन्ट्को, बार सहितको उकालो बाटो हिडनु नै पने रहेछ, थकाई लागेको अवस्थामा आत्मवलका साथ उक्लनुको विकल्प नरहे पनि मंदिर परिसरमा पुरोपछिको आनन्द अतुलनिय रहेको छ । हाम्रो यात्रा एक हप्ता ढिला भैसकेको रहेछ, मानवनीर्मित जस्तो देखिनै ठूलो प्राकृतिक गुफाभित्र कुनै समय ९ फिट अल्लो सम्म देखिनै हिउँको मूर्ति हामीले देखेनौ, हिउँ पगलीसकेको अवस्थामा ढुङ्गाको प्रतिरूपमा शिव परिवार र त्रिसुलको दर्शन पाइयो । हिउँ हुँदा हिमाल, परलेको अवस्थामा काला पहाड हुने मनोरम प्राकृतिक दृश्यमा अग्ला अग्ला पहाडका दुप्पामा मात्र हिउँ देखिन्ये, मौसम न गर्मी न जाडो, पैदल यात्राको क्रममा हुने तापक्रम अनुरूपको वातावरण, अनौठो प्राकृतिक दृश्य, घोडा, पाल्की र हेलिकप्टर सम्मको व्यवस्था भए पनि ६/७ कि.मि. अनिवार्य हिडनु पने वाध्यताले नयाँ अनुभव ग्रहण गरियो । पहाडहरूको विचमा वग्ने हिमनदी, १/१ मिनेटमा त्यसमाथ उड्ने हेलिकप्टर, जमेको हिउँरूपी जमिनमाथि रहेका अस्थाई टेन्टका क्याम्प र कुनै पनि वेला निम्नित्ते बाढी र पहिरो, मानविय एवं भौतिक रूपका क्षतीका समाचार कुनै नौलो हुन सक्तैन । केहि दिन मात्र अघि वर्षा एवं हिउँ पहिरोले १६ जनाको ज्यान गएको दुखद समाचार सँगै हाम्रो यात्राको दिन प्रकृति, मौसम, उमेर स्वास्थ्य आदि सबै चिजले दिएको साथ र समर्थनले हामी निकै भाग्यमानीको कोटीमा परेको अनुभव गर्याँ । गुफा भित्र समयसमयमा उड्ने परेवापंक्षीहरू, हिमाली

पहाडको गुफाका अंग अंगबाट रसाउने हिमपानीका थोपाबाट पवित्र स्नानको वातावरण, यात्रुहरूको सुरक्षाका लागि खटिएका निश्वार्थी सुरक्षा कर्मी, स्वाथ्यकर्मी लगायतका स्वयंसेवकहरूको पवित्र भावना स्वस्फूर्त रूपमा देख्न सकिन्थ्यो ।

नरम चट्टानी बाटोमा देखिने ठाउँ ठाउँका साना ठूला पहिरोका विचको उकाली ओराली हुँदै करिव ३० मिनेटको फराकिलो सिंडिको उकालो उक्ले पछि अमरनाथ बाबा (वरफको मूर्ति भएकोले वरफानी बाबा भनिदो रहेछ) को परिवारको दर्शन मिल्यो, फलामको वारभित्र प्राकृतिक गुफामा स्नानादि कार्य सकी दर्शनको काम सकेर फर्क्ने तरखर हुँदै गर्दा मौसम खराब हुँदैछ, अलमल नगरी छिटो फर्क्न, अनावश्यक रूपमा बाटोमा नउभिन, विश्वाम नगर्न ठाउँ ठाउँमा रहेका सेवारत सुरक्षाकर्मीले सूचित गर्दै बेला बेलामा पहिरोबाट हुन सक्ने कुनै पनि बेलाको मानविय, भौतिक क्षतिवारे सतर्क गराई रहेको पाइयो । सुरक्षा निकायबाट सूचना प्रेषित भैरहेको थियो । रुची अनुसारको खाना खाई फर्क्ने क्रम शुरु भयो एकजना महिलामित्र स्वास्थ्य परिक्षण र उपचारको क्रममा अलि ढिलो हुनु भए पनि पछि सँगै भयौ । बाटो भरी नै बत्तिको उज्यालो भएको साँझ पर्दै ओर लालो भर्दै राती बालतालको वेस क्याम्पको त्रिपाल भित्र गुण लगायौ । तुलनात्मक रूपमा हेर्ने हो भने अमरनाथको प्राकृतिक पवित्र गुफा, जुन सतह लेवलबाट झण्डै आधा कि.मि.को उकालो सिंडी चढेपछि आउँछ भने हाम्रो देशको पूर्वी दिशा खोटाङ्गमा रहेको हलेसी महादेव रहनु भएको विशाल गुफा जो सतहबाट केहि गहिरो सिंडीबाट पुग्न सकिन्छ, क्षेत्रफलको हिसावमा हलेसी गुफा र सँगै रहेको वसाहगुफा (सबै प्राकृतिक, धार्मिक एवं ऐतिहासिक महत्व बोकेका स्थान छन्) अमरनाथ भन्दा पनि ठूला र आकर्षक रहेका छन् ।

१८ गते वुधवार: बालतालको वेश क्याम्पबाट विहान सुरक्षा कर्मीको स्टॅटिङ्गका साथ श्रीपुर, भगवती नगर, जम्मुकस्मिर हुँदै ३० मिनेट भित्र सौचादी कर्म र भंडारमा खानपिन गरी फर्क्ने सुरक्षा कर्मीको आदेशानुसार हतारमा तोकिएको कार्य सम्पन्न गरियो । अघि बढ्दै जाँदा कतराको रेलवे रोडको मनसा प्यालेस, धर्मशालामा रात्री वासको व्यवस्था मिलाई वैष्णोदेवी दर्शनका लागि अनलाइन रजिस्ट्रेशनको कार्य सम्पन्न गरियो एकजनाको नेतृत्वमा ५ जनाको टिम वन्यो ।

१९ गते वृहस्पतिवार: मनसा प्यालेसबाट फिसमिसे विहानीमा करिव आधाघण्टाको पैदल यात्रा पछि संवन्धित प्रवेश क्षेत्र भित्र पुगी प्रवेशाज्ञामा छाप लगाउने कार्य भै इच्छा र शक्ति वमोजिम इट्टा छापिएको, फराक बाटो घाम पानीबाट जोगाउन जस्ताको छत हालिएको, फ्यान जडीत बाटो करिव १३ कि.मि. पैदल यात्रा, घोडा सवारीका माध्यमबाट सम्पन्न गरी घुम्टी बाटोको हरियाली हेर्दै वैष्णोदेवीको पाउ, अर्धाङ्ग हुँदै रमणिय पहाडमा रहे की वैष्णोदेवी जम्मुको दुर्गापुर पहाडमा अवस्थित मन्दिर जुन २४ सै घट्टा खुला हुने रहेछ, मन्दिरभन्दा माथि केवलकारको माध्यमबाट जानुपर्ने भैरव मन्दिर भने समय अभावको कारण जान सकिएन, दूरदर्शन वाटनै चित्त वुभाएर, दर्शन सकी, प्रसाद खरिद गरी करिव ३ वजेतिर टेम्पुद्वारा मनसाप्यालेस फर्की दिवाखाना खाई रात्री समेत वस यात्रा भयो ।

२० गते शुक्रवार: विहानको ४ वजेतिर हिमाङ्गल प्रदेशको नगरकोट स्थित वसपार्कमा गाडी रोकिन्छ, सौचादी कार्यका लागि ठाउँ खोज्दै भौतारि न्छौ । समस्या समाधान भएपछि वज्रेश्वरी वगलामुखी, ज्वालामाईको दर्शन सकी दिवाखाना खायौ । खनाल दाजुभाइले छिन्न तिथिको पितृ कार्य सम्पन्न गर्नुभयो । त्यसपछि सतीदेवीको आँखा पतन भै उत्पन्न भएकी नयनादेवीको समय अभावका कारण दूर दर्शन मात्र गर्न भ्याइयो । अनि चण्डीगढ मनाली रोड स्थित जोट होटेलमा वास वसिन्छ । ४००/४०० मा ।

२१ गते शनिवार: विहान व्यत ज्यतभी बाट साधिक वमोजिम वस यात्रामा रमाइलो गर्दै ११ गते वसेकै देवपुरा स्थित हरिद्वार नजिक देवपुरा आश्रममै वास वस्ने व्यवस्था मिलाई हरिद्वारको हरिकीपौडीमा स्नानादी, दर्शन स्पर्शन गरी आरतीमा सहभागी हुँदै यथासक्य दान गर्ने कार्य सम्पन्न गरी वास स्थानमा फर्कियौ । यात्री मध्येकी सीता खनालजीको स्वास्थ्यमा गडवडी भएकोले अस्पताल पुऱ्याई उपचारको कार्य समेत सम्पन्न गरियो ।

२२ गते आइतवार: विहान सवैरे ४ कि.मि.को दूरी टेम्पुबाट तय गरी बाँकी ३ कि.मि.को उकालो सिमसिमेपानीको विचमा भारतको उत्तराखण्ड, हरिद्वार नजिक विल्लपर्वत (वेलको वृक्षहरू भएको बन) शिवालेक जो हिमालबाट दक्षिण पट्टी रहेको छ । विहानीको पैदल यात्रा गरी प्रशिद्ध मनसादे वीको दर्शन, पुजन आदि सम्पन्न गरी बाटोमा चिया खाई ओरालो लाग्छौं र थोरवहुत किनमेलको कार्य गरी देवपुरामा आई दिवा खाई टे म्पुद्वारा ऋषिकेश, रामभुला, लक्ष्मण भुलामा स्नान, दर्शन, स्पर्शनका कार्य सम्पन्न भयो ।

२३ गते सोमवार: देवपुरा आश्रमबाट विहान ४ वजे महेन्द्रनगर तिर प्रस्थान गर्ने क्रममा गढडा चौकी, वनवासा स्थित लक्ष्मीनारायण मन्दीर परिसरमा कृष्ण भुला र भजनमा सहभागी हुँदै दिवाखाना खाई कर्णाली चिसापानीको एक खन्दे पुलको निरिक्षण, चिसो हावा र तातो चिया खाई खाना सहित रात्रीको वास भयो ।

२४ गते मंगलबाट: चिसापानीको पुल तर्दै विहान बुटवलतिर अघी बढ्दै सुनौली तिर लाग्यौ । रात्री वासको व्यवस्था त्यहाँको बजार स्थित एक होटलमा गरी बजार खरिदको काम सम्पन्न भयो रात्री खानाका साथ निन्द्रा देवीको शरण पर्ने काम भयो ।

२५ गते वुधवार: पंक्तिकारको अशक्तताको वावजुद सहन गर्दै, सुनौली बजारबाट विहान ५ वजे प्रस्थान गरी ८ वजे देवघाट धाममा पुगी स्नान, तर्पण दर्शन, संयुक्त पूजा, गोदान आदीको कार्य सम्पन्न गरी पायसको प्रसाद ग्रहणकासाथ काठमाडौं प्रवेश गरी आ-आफ्ना वासस्थान पुग्ने कार्य गर्दै यात्रा सम्पन्न भयो ।

शारांस :

१७ दिन लामो वसको यात्रामा निन्द्रा, खानाको नियमितता नहुने स्वभाविक परिस्थितिले प्राय सबै तिर्थ यात्री थकित हुनु नौलो कुरा नभए पनि सकुशल अवस्थामा आ-आफ्ना आश्रम फर्क्न पाउनु ठूलो भाग्य हो । भगवानप्रतिको आस्था र विश्वासका साथ यात्रा शुरु गर्दा आफ्नो उमेर, स्वास्थ्य, आर्थिक एवं परिवारिक अनुकूलता अनिवार्य हुन्छ र त्यसमा मौसम र प्राकृतिक वातावरणले ठूलो भूमिका खेलेको हुन्छ ।

संवन्धित व्यवस्थापनले हामी कहाँ जाँदैछौं, कुन दिन कहाँ पुऱ्यन्छ, त्यहाँ हेर्नु पर्ने, पुग्नु पर्ने स्थानसम्म पुग्न यातायातको व्यवस्थापन के छ ? खर्च किति लाग्छ, यात्रीले व्यक्तिगत रूपमा साथमा के के चिज किति मात्रामा लानु पर्ने हो सबै कुराको सूचना अग्रिम रूपमा दिनु जरूरी छ भने दैनिकी यात्राको कार्यक्रमको बारेमा विहान सवारी गुड्नु अगाडी जानकारी दिनु अनिवार्य हुन्छ ।

समयको अभावमा प्रस्तावित कार्यक्रम भित्र रहेको नैनादेवी, चिन्तापूर्णी, पौठा साहेव आदीको दर्शन गर्न नसकिएको हरिद्वार नजिकै रहेको दक्षप्रजापतिले यज्ञ गरेको कनखल, (महादेवको हेला गरी नवोलाईएको भनी सतीदेवीले प्राण त्याग गरेकी भनिएको स्थान) पनि पुग्न नसकिएको, २/३ ठाउँमा दोहोरोबासको सङ्ग त्यसमा कटौती गर्न सकिन्थ्यो ।

हिमाञ्चल प्रदेश सरकार, जम्मु र कस्मीरको संयुक्त सरकारवाट पालन गरिएको नियमकानून र सुरक्षाको व्यवस्थापन प्रशंसनिय देखिन्छ । प्राविधिक हिसावले नेपाल भारत विच टेलिफोन सम्पर्कमा सहजिकरण हुन कठिनाई, एक अर्को प्रदेशमै सिमकार्ड परिवर्तन गर्नु पर्ने वाध्यता आदीको कारणले सूचनाको आदानप्रदानमा केही कठीनाई देखिन्छ ।

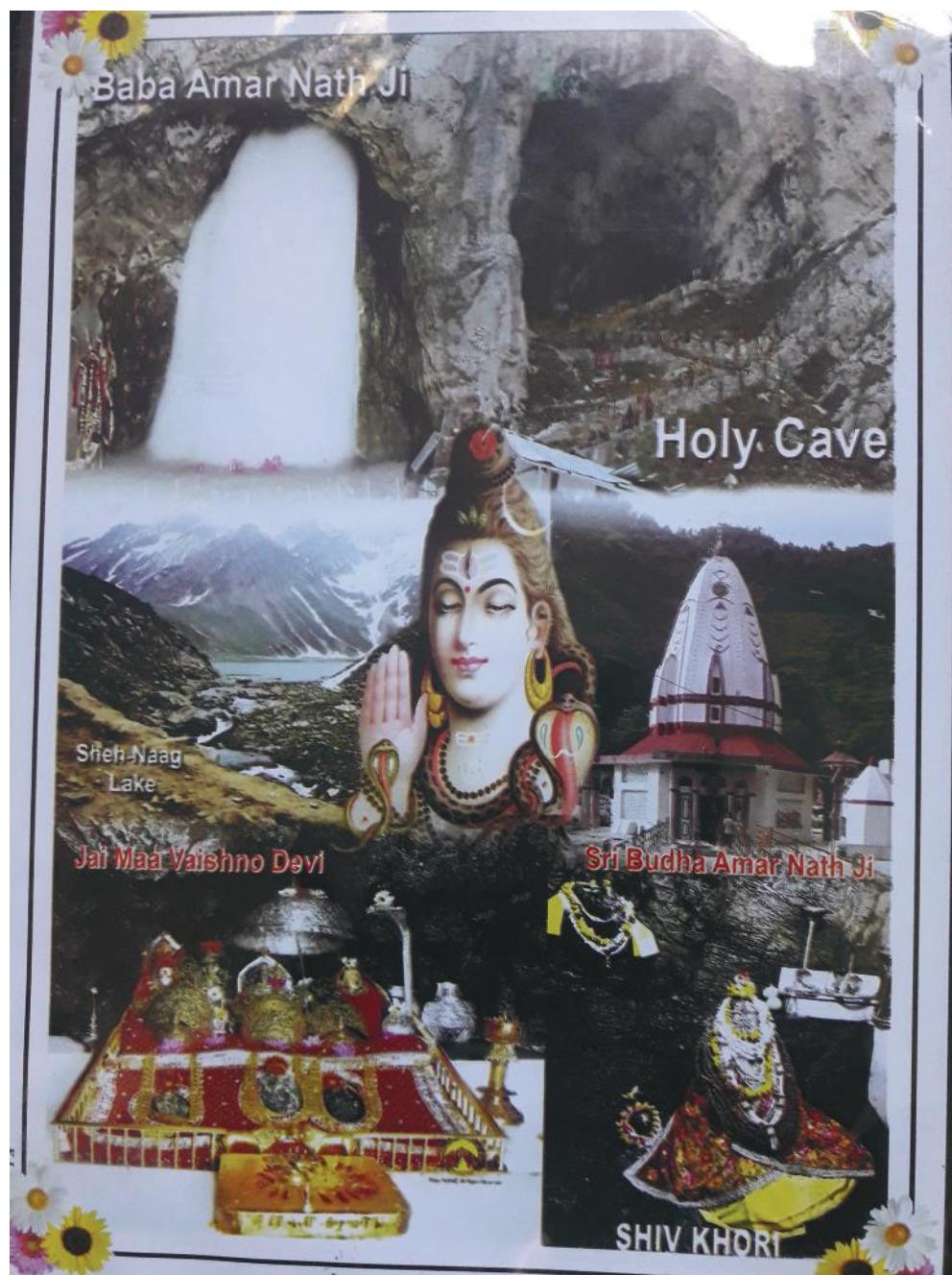
यात्रीहरू विभिन्न जातीका, संस्कृति र धर्मका, आर्थिक एवं सामाजिक गतिविधिमा रमाई आएका हुँदा एक आपसमा समन्वय र एकताको आवश्यकता महसुस गरिन्छ ।

जहाँसम्म नेपाल र भारतका मन्दीरहरूका विचको तुलना छ, यो यात्रिले के देख्छ भने भारतमा दानवीर दाता वा सरकारले नै मन्दीरको संरचना बनाइ दिन्छ भने त्यसको दर्घकालिन रूपमा सञ्चालन गर्ने स्थाई श्रोतको समेत व्यवस्था, संचालन गर्ने निकायले निर्धारण गरेका सामाजिक, धार्मिक एवं नैतिक नियमहरूको पालना सहित सरसफाईमा ध्यान दिई सेवा पुर्याईरहेका हुन्छन् सोहि अनुरूप विभिन्न संचार माध्यम, पुस्तीका आदिवाट प्रचार प्रसार गरी धार्मिक पर्यटनलाई प्रोत्साहन दिएका हुन्छन्, नेपालमा स्थानिय व्यक्ति वा संस्थाले लहडको रूपमा चन्दा उठाएर मन्दीर बनाइदिन्छन्, त्यसको उचितसंरक्षण मर्मत संभार, दैनिक संचालनका लागि आयस्रोतको उचित व्यवस्था गर्न सकेका हुँदैनन्, सरकारले पनि यस कुरामा त्यति ध्यान पुर्याएको देखिदैन, प्रचार प्रसारमा कमी रहेको छ उदाहरणका लागि व्यादश ज्योतिर्लिंगा दर्शनका लागि दक्षिण एवं उत्तर भारतका ३ धाम, ४ धाम पुग्छौं तर नेपालमे रहेका ६४ ज्योतिर्लिंगाको परिचय तै पाउन मुस्किल छ ।

श्रीकृष्ण दाहाल

९८४९३००९३४

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Rotary Club of Kathmandu: Response to the Coronavirus Pandemic -Nepal COVID-19 Response Project-

Compiled by Rtn. Rajendra Gautam
Vice-President, 2023-24



The World Health Organization (WHO) on March 11, 2020 declared COVID-19 a pandemic, pointing to the over 118,000 cases of the coronavirus illness in over 110 countries and territories around the world and the sustained risk of further global spread. Currently, as of 29 June 2023, 229 Countries and Territories around the world have reported a total of 690,915,606 confirmed cases of the coronavirus COVID-19 that originated from Wuhan, China, and a death toll of 6,895,407.

Nepal also got affected by this pandemic. In Nepal, from 3 January 2020 to 5:56 pm CEST, 28 June 2023, there have been 1,003,369 confirmed cases of COVID-19 with 12,031 deaths, reported to WHO. As of 19 June 2023, a total of 62,086,946 vaccine doses have been administered. The vaccines are VeroCell, COVISHIELD, Japanese-made COVID-19 AstraZeneca, Swedish AstraZeneca, Moderna, Pfizer and Johnson & Johnson.

To support the campaigns of Nepal Government, The Rotary Club of Kathmandu organized different programs in response to COVID19 in coordination with Rotary Club of Northbridge, Rotary Club of South Wagga Wagga, Disaster Aid Australia, Rotary Club of North Sydney, Rotary Club of Entrance, Rotary Club of Albury, Rotary Club of Macedon Ranges, Rotary Club of Melbourne, Rotary Club of Crows Nest, Rotary Club of Lane Cove, Rotary Club of Chatswood Sunrise, Rotary Club of Newberg, Rotary Club of Deniliquin, Rotary Club of Alice Springs, Rotary Club of Skivehus Denmark, Vinderup Rotary Club Denmark, Viborg Asmild Rotary Club Denmark, Viborg Morgen Rotary Club Denmark, Struer Rotary Club Denmark, Distrikt 1440 Denmark, Rotary Danmarks Hjælpfond, Himalayan Project, Flying Aid Nepal, Freindsheep llc, Asterisk International Services, Till June 2023, RC Kathmandu raised over US\$ 325,000 (cash and donation in-kind) and have contributed for COVID19 Response Project. The activities are listed below:

- On 13th April 2020, US\$1000 was handed over to DG Rtn. Kiran Lal Shrestha for the Prime Minister Relief Fund of Nepal Government through Rotary District 3292.
- RC Kathmandu supported foodstuffs to more than 1000 families of Kathmandu, Bhaktapur, Lalitpur, Muju including different old & orphanage homes worth US\$15,000.
- RC Kathmandu handed over the SWAB Collection booth and other medical supplies including PPE like a gown, gloves, N95 Mask, face shield, surgical mask, and sanitizer to health institutions, ward offices, and to the concerned hospitals worth US\$ 12,000.
- RC Kathmandu installed 51 Mechanical Hand Washing station units at different health centers, schools, universities, hospitals, public places, prisons and police stations worth US\$ 13,000.
- RC Kathmandu established PCR Lab at Paropkar Maternity and Women's hospital, Thapathali, Kathmandu. Kathmandu Metropolitan City Mayor Mr. Bidya Sunder Shakya inaugurated a Pathology Lab worth US\$ 7,000 on August 2020.
- RC Kathmandu distributed 54 units of 10 L Oxygen Concentrator worth US\$ 44,000 to 35 heath institutions (hospitals, Heath Centers and Isolation Centers) of Nepal. The handover program was organized on 4th July, 2021 in the presence of District Governor Elect Jitendra B Rajbhandary.
- RC 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 Unit. The Cheque was handed over to KIOCH Chairman Dr. Bhagwan Koirala by President 2021-22 Rtn. Suresh Man Singh at the program organized at Rotary Hall, Thapathali on 25 Nov, 2021.

- Rotary Club of Kathmandu donated 648,000 Pcs of KN-95 Mask Worth AU\$ 325,447 to more than 100 health institutions in Nepal.
- Rotary Club of Kathmandu established an Operating Theater Unit worth Nrs 2,469,050 at Dudhkoshi Community Hospital, Thulung Dudhkoshi Rural Municipality, Solukhumbu on 19 September 2022. The project was supported by the Rotary Club of Balwyn (AU\$ 10,000) under Centenary Grants for 2022, RC Northbridge Australia also contributed AU\$ 5,000 and RC Albury also contributed to the project.

The concept of Diversity, Equity and Inclusion (DEI) in Rotary

Rtn. Rajendra Kumar Dahal
President(2014-15), RC Kathmandu
District Secretary(2019-20), RID3292
Assistant Governor (2022-23) RID3292



Introduction

The idea that all people should have equal rights and treatment and be welcomed and included, so that they do not experience any disadvantage because of belonging to a particular group, and that each person should be given the same opportunities as others according to their needs. The concept of Diversity, Equity and Inclusion (DEI) has been adopted in many global organizations to balance the service delivery and decision forum.

Diversity

In General, Diversity means having a range of people with various genders, racial, ethnic, socioeconomic, and cultural backgrounds and various lifestyles, experience, and interests. Having a variety of individuals and points of view represented in a single department. Diversity is a group of people who are different in the same place.



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Rotary international has defined it as, People of all backgrounds, experiences, and identities regardless of their age, ethnicity, race, color, abilities, religion, socioeconomic status, culture, sex, sexual orientation, or gender identity.

Equity

The term “equity” refers to fairness and justice and is distinguished from equality: Whereas equality means providing the same to all, equity means recognizing that we do not all start from the same place and must acknowledge and make adjustments to imbalances.

Rotary has defined ‘Equity’ as, carefully considering how to provide differing levels of support, opportunities, and resources so that participants have a welcoming and productive experience.



Inclusion

According to the World Bank, Social Inclusion is the removal of institutional barriers and the enhancement of incentives to increase the excess of diverse individuals and groups to development opportunity.



Rotary has defined inclusion as; creating experiences in which all people are welcomed, respected, and valued.

Rotary Perspective in DEI

The most challenging thing for people to understand about DEI work, is that basically, the scenario could mean several things. One is that a club can be diverse without being inclusive, and that is a real risk if inclusion is not a priority. Inclusion efforts must be at the center of our values and actions. The second, understands the difference between equality and equity, and why we focus on equity. Equality is giving everyone, regardless of circumstance, the same access, and opportunities. Equity compels us to remove the structural barriers that exist for people to access opportunity and acknowledges that what people need to thrive varies from person to person.

We believe that exemplifying and embracing diversity, equity, and inclusion (DEI) should be a part of everything we do at Rotary. The Rotary taskforce identified DEI on longstanding core values and greatest strengths in service.

The Rotary International (RI) Board adopted Rotary's diversity, equity and inclusion statement in January 2019. RI formed a DEI Task force committee in September 2020 and that changed the DEI statement with shaping a comprehensive action plan. Rotary's board of directors voted in 2021 to adopt an updated DEI statement affirming the importance of these efforts and new commitment to diversity, equity, and inclusion in Rotary.

The expected outcome to DEI

The result is in a new commitment to diversity, equity, and inclusions are as follows:

At Rotary, we understand that cultivating a diverse, equitable, and inclusive culture is essential to realizing our vision of a world where people unite and take action to create lasting change.

We value diversity and celebrate the contributions of people of all backgrounds, across age, ethnicity, race, color, disability, learning style, religion, faith, socioeconomic status, culture, marital status, languages spoken, sex, sexual orientation, and gender identity as well as differences in ideas, thoughts, values, and beliefs.

Recognizing that individuals from certain groups have historically experienced barriers to membership, participation, and leadership, we commit to advancing equity in all aspects of Rotary, including in our community partnerships, so that each person has the necessary access to resources, opportunities, networks, and support to thrive.

We believe that all people hold visible and invisible qualities that inherently make them unique, and we strive to create an inclusive culture where each person knows they are valued and belong.

In line with our value of integrity, we are committed to being honest and transparent about where we are in our DEI journey as an organization, and to continuing to learn and do better.

Rotary values diversity, equity and inclusion as essential to our success in 21st century, in service

delivery as well club structure . As mentioned above Rotary has already adopted DEI in the initial phase. So, it needs to expand in the functional part by prioritizing in the identified sectors. Its main objectives are opportunities for all, balance in organization and society in service delivery, and to be visible for impactful result.

Future of diversity, equity and inclusion within Rotary

Rotary gives hope every day to communities around the world. This work and commitment is not always meant to be exhausting. There will be challenging times, conversations, and people you may come in contact with. However, small changes in the DEI work can make a big difference and you should celebrate the small wins. COVID-19 has taught us many lessons around gratitude and so much more, so don't forget to smile and enjoy the process of doing the right thing!

RID 3292 Initiative

RID 3292 has also taken initiatives to promote DEI concept that exemplifying and embracing diversity, equity and inclusion should be a part of everything we do at Rotary. RID 3292 formed a district committee and 7 regional chairs in all 7 regions, who are supporting the clubs in cultivating a diverse, equitable and inclusive culture that is essential to realize our vision of a world where people unite and take action to create lasting change in communities around the world.

Suggestions for DEI promotion

Form a club DEI committee in your club structuring in DEI concept that reflects the demographics of your community and works with resident to identify collaborating learning, Sharing and serving. Invite local DEI expert to speak in your club meeting for knowledge sharing.

Connect with the organization that support DEI efforts and work with them on project or events. Seek out new voices when you are making appointments and encourage people who have been underrepresented in these roles to take on leadership positions.

Conduct conversations about DEI. Acknowledge that, this can be uncomfortable and very personal. Establish the expectation that such conversation will allow everyone opportunities to learn and to be heard and will remain respectful.

Conclusion

Diversity, Equity and Inclusion (DEI) concept emerged recently for equalizing and balancing in service delivery and club structure. This concept is to be applied to club level activities for making the Rotary environment happy and balanced. Adopting the DEI, we are committed to treating everyone with dignity and respect, allowing everyone's voice to heard and providing equitable opportunities for fellowship, service and leadership. As Rotarians, we can demonstrate our support for diversity, equity and inclusion not only by our words, but by our actions. The way we design projects and include people of all backgrounds as volunteers and recipients speak louder than words. Rotary, with input and guidance from the DEI taskforce, has strengthened our commitment to DEI, resulting in a greater focus on celebrating every individual's contributions, advancing equity and creating a more welcoming and inclusive culture. Hence, the cultural acceptance of DEI initiative will enhance all that Rotary stands for. Enjoy Rotary!

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www.rotary.org

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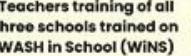
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WASH project in Local Schools and community, Baitadi, Far West Province, Nepal

Under the global grant no. GG2124846, Rotary Club of Kathmandu is implementing the “WASH project in Local Schools and Community, Baitadi, Far West Province, Nepal” to enhance the WASH status of three schools of Dogdakedar Rural Municipality, Baitadi, Sudurpaschim Province, Nepal. Connection Nepal is providing technical support for this project as cooperating partner organization. This project aims to improve drinking water, sanitary facilities, and behavioral change on hygiene in three remote schools in Far Western, Nepal through the construction of child-friendly sanitation and water supply facilities, reduce absenteeism among teenage girls who attend those schools by providing reusable sanitary napkins during menstruation and enhance entrepreneurship skills of local women through reusable sanitary pad production.

Rotary Club of Kathmandu (RID 3292) is the host club for this GG project and Rotary Club of Sonoma Valley (RID 5130) is an international host club. Similarly, 19 different Rotary clubs from Nepal, Netherlands, Germany, Australia & the United States of America, RID 5130, and The Rotary Foundation have supported this project.

Under the project, 3 blocks of user-friendly toilets and hand washing stations have been constructed at three schools, similarly, renovation of WASH structures like handwashing stations, school toilets, drainages, installation of water storage tanks, etc. has been done. Supporting three schools to achieve a three-star approach by the Nepal government under WASH in Schools, seven sanitation teams have been formed at three schools and different capacity-building training and behavioral change activities have been performed. Seven sanitation flags have been installed at school premises and friendly competition has been started between the sanitation teams to achieve total sanitation at school. A special focus on menstrual hygiene management, clean and safe drinking water, safe food, handwashing with soap and personal hygiene, environmental sanitation, equity in WASH, and use of toilets has been provided.

WASH PROJECT IN LOCAL SCHOOLS AND COMMUNITY, BAITADI, FAR-WEST PROVINCE, NEPAL- GG 2124846				
International Partner	Location	Objective	Project Total Budget	Approach
Rotary Club of Sonoma Valley, USA	 3 schools of Dogdakedar Rural Municipality, Baitadi district, Sudurpaschim Province, Nepal	 To support school students to achieve quality education in school with adequate, safe and clean water, sanitation and hygienic environment and improve their health, dignity, safety and socioeconomic status.	 US \$74,331	 7 Flag Approach for Total Sanitation (7FATS) by World Health Organization (WHO)
Primary Contact	Rtn. Sushil Kumar Karki			
ACHIEVEMENT				
 1418 Students have access to clean drinking water	 3 new block of Child, Disabled and gender friendly toilets constructed and 7 block of toilets renovated	 1418 Students have access to handwashing facility and enhanced behavioral change on handwashing with soap and personnel hygiene. Handwashing stations constructed and renovated	 4500 Ltr. of water storage capacity added	 Knowledge about menstrual hygiene management provided to around 1000 adolescent girls and boys & reusable menstrual hygiene kit provided to 800 girls students
	 5 new handwashing stations constructed and 5-renovated	 Teacher Training	 Teachers training of all three schools trained on WASH in School (WiNS)	



ICT Training for Public School Teachers:

A Flagship Project of Rotary Club of Kathmandu

During the 5 th batch of training conducted at Dhawalagiri Birendra Ma Vi in Baglung Municipality of Baglung District of Gandaki Province, the Rotary club of Kathmandu trained 74 Teachers from 40 public schools of Kathmandu Valley, Makawanpur and Baglung Districts. During the closing ceremony in Makawanpur, regarding the effectiveness of the training, one of the teacher participants said *“My teaching career is entering into 30 years from this year. I had not taken this kind of training till this time and this is the first one. I had completed 10 months training, and taken dozens of other trainings in my career, but those trainings were basically lecture based. Here, I had a very different experience. When I entered the training Hall, I found individual laptops made ready for each participant. I found trainers and all teacher participants so helpful that I feel extremely lucky to participate in this training. I have no word to congratulate the trainers. I do not claim that I have learned everything that were taught during training but I am sure that after this training with little help from the colleagues I can prepare question papers by myself, prepare marksheets, and mark ledger. I can now work in excel and word. Now, at age 51 , and nine years of working for the Government remaining, I shall be able to complete my teacher career by using ICT facilities. I am thankful to each any everyone who have contributed to organize this training”*.



Rtn. Keshav Gyawali
Secretary RY 2023/24

One of the top factors that led public teachers for their early retirement through resignation in recent years is lack of Computer and IT skills required to perform in the class. The induction of new teachers with ICT skills and their attitude to unskilled colleagues, inclusion of computer and IT courses in school education, and ICT friendly children resulted in some humiliation that even compelled them to resign. Teachers during Need Assessment of this training and during informal communications had also expressed their feelings about this. So, there lies the significance of Rotary Nepal Literacy Mission, TEACH program, and ICT training for public school teachers.

A lot of home work, effort, and resources have been used on behalf of the Rotary Club of Kathmandu to bring this training to this level and the club aspire to train at least 1000 teachers from this club in few years. In the background of this training, RC Kathmandu Realized the gap of ICT Skills among public school teachers to start the online class, Rotary Club of Kathmandu conducted 16 Virtual Class Management Training from August 29, 2020 to Dec 12, 2020 where a total of 1510 Teachers from 320 public and community schools participated from all 7 provinces of Nepal. Among the trained teachers, 345 teachers were from Rotary adopted schools. The training included the skills to conduct virtual classrooms using the virtual meeting platforms Zoom and google classroom. Besides this, Rotary Club of Kathmandu also provided 3-Smart TVs loaded with Midas e-class sessions to three adopted schools to support E-learning.

As an extension to the training programs, RC Kathmandu conducted surveys and interviews with a total of 150 teachers as a training need assessment (TNA) to understand the status and need. The result of the training need assessment revealed the ground reality of the expectations of the public-school teachers. The teachers expected to be armed with the following skills .

- Capable of developing/printing question papers, class notes, lesson plans on their own in MS Word.
- Equipped with the skill to prepare mark sheets/exam results of students in MS-Excel using formula.
- Use email for communication, Internet to identify/develop/use teaching materials available publicly over Internet.
- Use a virtual meeting application (zoom/meet) on their own.
- Use Google classroom applications and its features to conduct online classrooms.

Based on the outcome of TNA, RC Kathmandu designed and developed Basic and Advanced ICT training programs for public school teachers to be conducted in two phases. Both training programs are of 3 days (18 working hours). The objective to conduct the training programs in phases is to provide basic skills to all teachers and prepare selected teachers as trainers capable of training their colleagues.

After the successful completion of the training, RC Kathmandu expects that among all participant teachers

- 80% shall be able to develop document question papers, print them, and share through email.
- 80% teachers shall be able to prepare mark sheets and results in excel using formula.
- 80% teachers shall be able to prepare basic PowerPoint slides and present them in class.
- 80% teachers shall be able to use email, conduct virtual meetings to conduct online class.
- 80% teachers shall be able to use google classroom and its features.
- 80% teachers shall be able to locate and use online educational resources for teaching learning.

Considering the overwhelmingly positive feedback from the training participants, teachers have pushed local level government authorities from several district to conduct such types of training. Rotary club of Kathmandu has received interest from more than 30 local bodies from Taplejung to Dadeldhura to conduct this training for their teachers. The club lacks sufficient resources to conduct the training in mass scale . The club has developed contribution-based approach for local levels, interested clubs, global partners to partner with RC Kathmandu to train as many teachers as possible and as soon as possible sooner so that they can reap the benefits of ICT technology in the class.

This novel initiative ,born out of the necessity created by COVID lockdowns and the resulting widening gap between Private and Government Schools resulted in one of the most successful projects in the Rotary Year 2020-2021,when everything was at a standstill, affecting schools to the maximum.

A total of 1584 teachers were trained through this project. Virtually trained teachers numbered 1510,physically trained -74.Total number of beneficiary schools-360(virtually 320,physically - 40) number of batches-21(virtually-16,physically -5).345 teachers from Rotary adopted schools benefitted from this project.

This initiative shall ultimately benefit the larger community of students and through students, the society. Just imagine, if we take out the education component from our life, not much remains with us! So, let us come forward and contribute to minimize ICT illiteracy from the society and let's begin it from the school, lets begin from Rotary. Jay hos! Jai Rotary !

Best Wishes to Rotary Club of Kathmandu on the auspicious occasion of 66th Installation Ceremony! Best wishes for a successful and impactful year ahead!



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Remember us for:

<ul style="list-style-type: none">• Nursery for Grafted and tested Fruits & Nuts trees• Research activities on Food, Energy, and water (FEW) Nexus, study abroad programs• Hands-on Training on sustainable agriculture and energy practices• Landscape Garden Plan & Design	<ul style="list-style-type: none">• Authentic & rural homestay and local food• Nepali cooking and language lessons• Cultural tours, organic tours & hikes
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रोटरी इन्टरनेशनल

रोटरी स्थापना

मानव सेवा र समाज सेवाका क्षेत्रमा स्थापित विभिन्न संघ संस्था मध्ये रोटरी इन्टरनेशनल विश्वकै जेठो सेवामुलक संस्था हो । रोटरीको परिकल्पनाकार एव संस्थापकको रूपमा संयुक्त राज्य अमेरिका सिकागोका वकिल Paul Percival Harris (1869 April 19 – 1947 January 27) लाई मानिन्छ । Paul Harris आफु व्यस्त हुँदा एकलो महसुस गरी स्वार्थ त्यागे केही मित्र वनाउन र समाज सेवा गर्ने सकिन्छ भनी खानीमा काम गर्ने इन्जिनियर गुस्टाफ लोहार, कोइला व्यापारी सिलभेष्टर सिल र सुजीकार व्यापारी हिरम सुरे सहित ४ जनाको नियमित वैठकबाट सन् १९०५ February 23 मा रोटरी क्लब अफ सिकागोको स्थापनालाई रोटरी एवम् रोटरीको पहिलो क्लब स्थापना भएको मानिन्छ । सन् १९१० मा क्यानडाको विक पेनमा खुलेको रोटरी क्लबले रोटरीलाई अन्तर्राष्ट्रिय बनायो । तत्पश्चात् सन् १९२२ मा रोटरी इन्टरनेशनलको नामकरण गरियो । हाल रोटरी क्लब विश्वमा २०० भन्दा बढी देशमा स्थापित छन् । विश्वमा ५३२ भन्दा बढी District मा ४६००० भन्दा बढी क्लबमा १४ लाख भन्दा बढी व्यक्तिहरु रोटरी क्लबका सदस्य छन् ।



PP Rtn. Mukunda Sharma Paudel

नेपालमा रोटरीको प्रवेश र वर्तमान अवस्था:

भारतको रोटरी डिस्ट्रिक्ट दरभंगा ३२५० अन्तर्गत नेपालका किरण शमशेर जवरा, गोपाल राज राजभण्डारी, डा. जयन गिरि डा. देवरथको सक्रियतामा नेपालमा सन् १९५९ अप्रिल १३ मा पहिलो क्लबको रूपमा रोटरी क्लब अफ काठमाण्डौको जन्म भएको हो । यस क्लबका चार्टर प्रेसिडेन्ट किरण शमशेर जवरा हुन् । नेपाल रोटरी इन्टरनेशनलमा आबद्ध हुने १११ औ राष्ट्रमा पर्छ । रोटरी क्लब काठमाण्डौको स्थापना भएपछि रोटरी क्लब विराटनगर सन् १९७७, पाटन क्लब १९८५ र धरान क्लब, १९८७ मा विरांज क्लब र १९८९ मा काठमाण्डौ मिडटाउन, १९९१ मा चितवन क्लब, १९९२ मा हेटौडा क्लब, १९९३ बुटवल क्लब र काडमाण्डौ नर्थको स्थापना भएको पाइन्छ । रोटरीको डिस्ट्रिक्ट नभैकन सामाजिक सेवाका कार्यक्रमहरु प्रयाप्त मात्रामा पाउन कठिनाई भएको महसुस गरी नेपालका अग्रज एंव जागरुक युवा रोटरीयनहरुको क्रियाशिलतामा each one bring one भन्ने प्रतिबद्धताका साथ नेपालमा छुटै स्वतन्त्र डिस्ट्रिक्ट वनाउन क्रियाशिल हुँदै आए । नेपालले सन् २००८ देखि बेगलै ३२२ को डिस्ट्रिक्टको मान्यता प्राप्त गरी भुटानको एक क्लबसहित अहिले नेपाल भुटान ३२९२ को नामबाट संचालनमा रहेको छ । तत्पश्चात् हालसम्म २७ जिल्लामा १५४ वटा क्लबहरु स्थापना भएका छन् ।

रोटरीको मूल सिद्धान्त :

Service above Self अर्थात् स्वार्थ भन्दा माथि सेवालाई रोटरीले आफनो मूल सिद्धान्तको रूपमा लिएको छ । जस अनुसार रोटरीयनले यथासम्भव अरुका लागि गरिने सेवा मूलक कार्यलाई प्राथमिकता दिई काम गर्नु पर्छ ।

रोटरीका ४ सुत्र (4 way test) :

रोटरीयनले काम गर्दा यथासम्भव निम्न ४ सुत्रलाई मनन गरी काम गर्नु उचित हुन्छ जसलाई रोटरीमा द्व्य धब्थ तभकत को नामले चिनिन्छ

१. Is it the truth? (के सत्य कुरा यही नै हो त?)
२. Is it fair to all concerned? (के यो सैवैका लागि राम्रै हुन्छ?)
३. Will it build goodwill and better friendship? (के यसले सदभावना र मैत्रीको वृद्धि गर्ला?)
४. Will it be beneficial to all concerned? (के यसले सवैलाई भलो गर्ला?)

यी चार सुत्रलाई रोटरीका सिद्धान्त र आचारण समेतको रूपमा मान्न सकिन्छ ।

रोटरीका उद्देश्यहरु :

रोटरीका मूलभूत उद्देश्यहरु २ वटा छन् : १)Fellowship २) Social Service
यि दुई मूलभूत उद्देश्यहरुका साथै निम्न कुरालाई पनि रोटरीको उद्देश्यको रूपमा लिइन्छ ।

- सेवा गर्ने अभिप्रायले चिनजान सम्पर्क र सम्बन्ध विस्तार गर्ने
- उच्च नैतिकता कायम राख्नी आफू संलग्न पेशा व्यवसाय सञ्चालन गर्ने र आफनो पेशाको गरिमा वढाउने गरी काम गर्ने
- सानो ठूलो जुनसुकै पेशाका व्यक्तिलाई भेदभाव नगरी सम्मान एंव कदर गर्ने
- प्रत्येक रोटरीयनले आफू संलग्न पेशा व्यवसायमा सेवाको आर्दशलाई प्राथमिकता दिने
- पेशा व्यवसाय वा समुदाय मार्फत अन्तर्राष्ट्रिय समझदारी, शान्ति र सदभाव व्यक्त गर्ने ।

रोटरीमा सदस्यता प्रदान गर्ने अवस्था:

Membership made by invitation not application भन्ने मान्यताका आधारमा विभिन्न पेशा, व्यवसायमा सेवारत रहिरहेका वा सेवा निवृत्त भएका साधारणतया ३० वर्ष उमेर पूरा गरी आफनो पेशा व्यवसायको नेतृत्व तहमा रही भूमिका निर्वाह गरेका इमान्दार, लगनशिल र नैतीकवान व्यक्तिलाई कुनै रोटरीयनले प्रस्ताव गरी नाम नामेसी टेबूल गरिन्छ । सदस्यता वितरण समितिले सिफारिस गरेपछि क्लबको वोर्ड वैठक र नियमित साप्ताहिक वैठकले

सर्वसम्मतिले अनुमोदन गरेपछि रोटरीयन बनाउनका लागि प्रस्ताव गरिन्छ । तत्पश्चात प्रस्तावित रोटरीयनले क्लवका नियमित साप्ताहिक बैठकमा सहभागी भै रोटरी क्लवको सदस्य बन्न लाग्ने दस्तुरको जानकारी गराएपछि ७ दिन भित्र रकम तिरेर सदस्यता प्राप्त गर्न सकिन्छ । यसरी क्लबबाट सदस्यता प्राप्त गरेपछि निजको सदस्यतालाई अनुमोदन गर्न RI मा पठाइन्छ र RI वाट अनुमोदन भै आएपछि विधिवत रोटरीयन बन्ने व्यवस्था छ । Rotary मा सदस्यता बनाउदा प्रत्येक क्लवमा जम्मा सदस्य संख्या मा ५% भन्दा बढी व्यक्ति एउटै पेशा व्यवसायका व्यक्तिलाई सदस्यता दिन नमिल्ने प्रावधान छ ।

Hierarchy of Rotary (रोटरीको तहगत व्यवस्था) :

क. Interact: कलिला विद्यार्थी एंव युवा युवतीलाई बाल्यकाल देखि नै समाज सेवा र मानव सेवामा अभिरुची जगाई नेतृत्व व्यक्तित्व र क्षमता विकास गराउने उद्देश्यले साधारणतया १२ वर्ष देखि १८ वर्ष सम्मका युवा युवतीहरुको सहभागीतामा रोटरी क्लबले आफनो प्रायोजनमा आफनो मातहतमा राख्ने गरि Interactor क्लब गठन गर्ने व्यवस्था छ । सन् २०२२ अगस्टसम्म १८५०७ क्लबमा ४ लाख २५ हजार ६६१ जना Interactors रहेका छन् ।

ख. Rotaractors: साधारणतया १८ वर्ष पूरा भै ३० वर्ष नाथेका विश्वविद्यालय वा Community Base मा आधारित रहेर युवा, युवतीको सहभागीतामा Rotary Club ले आफनो मातहतमा रहने गरी Rotaract Club गठन गर्ने व्यवस्था छ । Rotaract स्थापना गर्दा शुरुमा U.S dollar ५०।— RI मा दर्ता शूलक तिनु पर्छ । तत्पश्चात प्रत्येक Rotaract ले वार्षिक रु ५००।— मगभक्ति तिर्नु पर्ने व्यवस्था छ । सन् २०२३ जुन १६ सम्म १५७ देशमा २ लाख ३ हजार २९८ Rotaractors छन् । Rotaract Club को सख्या १०,६९८ भन्दा बढी रहेका छन् ।

ग. Inner Wheel: रिटरीमा नभएका रोटरीयन पुरुषहरुका धर्मपत्नीहरुका विचमा पारिवारिक मित्रता, आपसी सहयोग, सद्व्यवहार वृद्धि गरी सामाजिक काम गर्न उद्देश्य वाट Inner Wheel सिमूहको गठन गरीन्छ ।

घ. Rotary Club: साधारणतया ३० वर्ष उमेर पूरा गरेका Rotary Club गठन हुने क्षेत्रमा कुनै पेशा, व्यवसायमा सेवारत रहेका वा निवृत भएका व्यक्ति मध्येवाट कम्तीमा २० जना सहभागी बनाई कुनै एउटा क्लबले प्रायोजन गरी Rotary Club गठन गर्न सकिने व्यवस्था छ । सन् २०२३ जुन १६ सम्मा Rotary Club ४६००० भन्दा बढी र Rotarians १४ लाखभन्दा बढी रहेका छन् ।

ड. Rotary District: प्रत्येक ३,३ वर्षमा हुने Rotary को व्यस्थापकीय बैठकले तोके वमोजिम रोटरी क्लव र रोटरीयनको सख्या पुगेपछि च्याडे Rotary District को गठन गर्ने व्यवस्था छ । सन् २०२२ को अन्तिम सम्ममा विश्वका २०० देशमा ४६००० भन्दा बढी क्लबमा Rotary का District गठन भएका छन् । नेपालमा सन् २००८ July १ वाट ३२९२ Nepal Rotary District गठन भएको छ । जसको सन् २००८-०९ का लागि पहिलो district गर्भनर डा. टिकामान वैद्य हुनुहुन्छ । तत्पश्चात् हालसम्म १२ जनाले district गर्भनरको जिम्मेवारी पुरा गर्नुभएको छ भने २०२०-२१ मा राजिव पोखरेल र २०२१-२२ मा सन्तोष रिजाल र २०२२-२३ का लागि जितेन्द्र बहादुर राजभण्डारी निर्वाचित भइसक्नुभएको छ ।

Rotary International

रोटरी क्लबको जन्म भएको ५ वर्ष पछी रोटरी Int. क्यानडाको विगपेनमा भएको हो । RI मा रोटरी क्लव मात्र सदस्य हुन्छन् । रोटरी इन्टरनेशलमा व्यक्तिगत सदस्यताको व्यवस्था छैन RI अन्तर्गत RI District र RI District को मातहतमा क्लवहरु रहने व्यवस्था छ । प्रत्येक वर्ष June मा हुने RI Convention मा प्रत्येक रोटरीयनले भाग लिन पाउछन भने प्रत्येक Rotary Club वाट एक जना Delegates औपचारिक रूपमा पठाउन सकिने व्यवस्था छ ।

रोटरी क्लबका पदाधिकारी पदावधी र निर्वाचन

रोटरी क्लबमा व्याथि १ देखि जुन मसान्तसम्म १२ महिनाको अवधिलाई रोटरी वर्ष भनिन्छ । रोटरी क्लबको पदावधी १ वर्षको हुने गर्दछ । रोटरी क्लवका कार्यकारीमा (अर्थात वोर्डमा) एक जना अध्यक्ष निर्वतमान अध्यक्ष एक जना आगामी वर्षको अध्यक्ष (एचभक्ष्यभलत भित्र) उपाध्यक्ष १ (वा आवश्यकता अनुसार वढी) सचिव १, कोषाध्यक्ष १ र ६ जना समितिका अध्यक्षहरु, सजेन्ट एट आर्म १, प्रकाशकरसंपादक १ आवश्यक ठानेमा सहसचिव, सहकोषाध्यक्ष र पनि राख्न सकिन्छ तर यि सदस्यलाई वोर्ड बैठकमा मताधिकार हुदैन । प्रत्येक वर्षको लागि १८ महिना अघि एचभक्ष्यभलत भित्र एक जना अध्यक्ष बाहेक वोर्डको निर्वाचन गरिन्छ । एक व्यक्ति एउटै पदमा १ पटक भन्दा बढी पटक पनि निर्वाचित हुन सक्दछ । निर्वाचन सम्पन्न गर्नका लागि वोर्ड बैठकबाट निर्वाचनमा उमेदवार नहुने व्यक्ति मध्येवाट निर्वाचन समिति गठन गरी निर्वाचन सम्पन्न गरिन्छ ।

(Rotary Legislation) रोटरीको व्यवस्थापकीय बैठक:

Rotary International को प्रत्येक ३,३ वर्षमा Rotary का नीति नियमहरु संशोधन गर्न र नयाँ निति नियम निर्माण गर्नका लागि रोटरीको व्यवस्थापकीय बैठक वस्दछ । यस बैठकले नै क्लव र सदस्य संख्याका आधारमा district को मान्यता प्रदान गर्दछ ।

Rotary legislation ले R.I district बन्न साधारणतया: ४५ देखि ७५ वटा क्लब भएपछि एकओटा District को मान्यता दिने व्यवस्था छ ।

टरीबाट पाइने कुरा

- रोटरी क्लब मार्फत Fellowship अर्थात मित्रताको दायरा बढाउन सकिन्छ ।
- Fellowship To Service को मान्यता अनुसार सामाजिक र मानवीय सेवामा क्रियासिल भएपछी आत्मसन्तुष्टि प्राप्त हुने गर्दछ ।
- सेवा गर्ने मौका प्राप्त गर्दा गौरवको अनुभूती हुन्छ ।
- व्यक्तिव र नेतृत्व क्षमताको विकास गराउन सकिन्छ ।
- प्रेम र सद्भाव प्राप्त गर्न सकिन्छ ।
- समाज राष्ट्र र परिवार प्रतिको जिम्मेवारी र दायीत्व वोध गराउँछ ।

रोटरीमा दिने कुरा

हरेक रोटरीयनले एध को मान्यता अनुसार रोटरीमा दिन सकिन्छ जस अनुसार :

- Presence अन्तर्गत रोटरीका कार्यक्रममा समय दिई उपस्थित हुने प्रक्रियालाई पनि सहयोगको रूपमा मूल्यांडन गरिन्छ ।
- Participation अन्तर्गत रोटरीका कार्यक्रममा सहभागीता जानाएर र आफूमा अन्तर्निहित विशेषज्ञ सेवा प्रदान गरेर ।
- Payment रोटरीका कार्यक्रममा आर्थिक सहयोग प्रदान गरेर तथा रोटरी फाउण्डेशनमा रकम दान गरेर ।

रोटरीयनले मनन गर्ने कुराहरु

प्रत्येक रोटरीयनले P3, T3, R3 लाई मनन गरी क्रियाशील हुनुपर्छ ।

T3 अर्थात्

- Time – समय व्यवस्थापन गर्नुपर्ने
- Talent – आफूमा भएको त्वचिलअथ प्रदर्शन गर्नुपर्ने, सकिने
- Treasury – प्रत्येक रोटरीयनले त्वचिलकगचथ ठीक दुरुस्त हुनुपर्ने र राख्नुपर्ने

R3 अर्थात्

- Record – रेकर्ड व्यवस्थापन गर्नुपर्ने
- Report – प्रत्येक रोटरीयनले आफूले रिपोर्ट गर्ने ठाउँमा Report प्रस्तुत गर्नुपर्ने
- Realize – प्रत्येक रोटरीयनले आफ्ना कमी कमजोरी Realize गरी सुधार गर्नुपर्ने

संयुक्त राष्ट्रसंघ र रोटरीको सम्बन्ध

सन् १९४५ मा संयुक्त राष्ट्र संघको बडापत्र तयार गर्ने क्रममा ४९ जना रोटरीयनले विभिन्न २९ वटा प्रतिनिधि मण्डलमा सहभागी भै U.N.O. को बडापत्र बनाउने कार्यमा विशिष्ट सहयोग गरेका थिए यसेको फलस्वरूप U.N.O. को महत्वपूर्ण वैठकमा च्यतबचथ को प्रतिनिधित्व रहेको छ ।

धर्म र राजनिति गर्न रोटरीमा बढ्देजः

रोटरीयनहरुको आपसी सदभाव र मित्रतालाई सदा जिवन्त राख्नका लागि रोटरी क्लबमा धर्म र राजनीतिक गतिबिधिलाई निषेध गरिएको छ । धर्म र राजनीति गतिविधिको कारण समाज, राष्ट्रहरूसमेतमा ढ्वन्द्व, विद्रोह र विभाजनका घटनाहरूलाई मनन् गरेर नै यस्तो नीति रोटरीले अपनाएको प्रतित मिल्छ । रोटरी क्लबमा विभिन्न धर्म र राजनीतिमा आस्था राख्ने व्यक्तिहरु सदस्य हुन सक्छन तर धर्म र राजनीतिक आस्थाका आधारमा क्लबका काम कारबाहीहरु सञ्चालन गर्न पाइदैन । बहुदलिय व्यवस्था, कानूनको शासन, स्वतन्त्र न्यायपालिका तथा स्वतन्त्र प्रेस जस्ता लोकतन्त्रका मूल्य मान्यताका कुराहरु र धार्मिक सहिष्णुताका कुराहरुमा बहस छलफल गर्न अत्युक्ति मानिन्दैन ।

Rotary Foundation र आर्थिक सहयोगः

Rotary Foundation: Rotary Foundation का परिकल्पनाकार Arch C Klumph (आर्च ब्लम्फ) लाई मानिन्छ । उनले सन् १९१७ मा रोटरीका लागि एउटा अक्षय कोष बनाउने योजना तर्जुमा गरेका हुन् । तत्पश्चात अमेरीकाको मिसौरी राज्यको कन्सास सिटीको क्लबले सन् १९१८ मा साढे छब्बीस डलरबाट उक्त अक्षय कोषको शुरुवात गरिएकोमा सन् २०१९ सम्म रोटरी फाउण्डेशनमा विभिन्न व्यक्तिको दिएको अनुदान रकम ६ करोड डलर भन्दा बढी भएको पाइन्छ । Arch C Klumph (आर्च ब्लम्फ) सोसाइटी मैम्बर हुन २ लाख ५० हजार भन्दा बढी अमेरिकी डलर दान दिई सदस्यता लिन सकिन्छ । हालसम्म नेपालमा डा. रुपज्योति, डा. हरिश्चन्द्र न्यौपाने, जया राज्यलक्ष्मी शाह, गुरु पंडितायुआनन्दले सदस्यता ग्रहण गर्नुभएको छ । हाल सम्म रोटरी फाउण्डेशनको अक्षय कोषमा अरबाँ डलर जम्मा भएको छ । यस Foundation को अक्षयकोषको रकम खर्च गर्न नपाइने केवल आर्जित व्याजवाट रोटरीका विविध क्षेत्रमा खर्च गर्ने गरिन्छ । कार्यालय खर्चमा साधारणतया २% भन्दा बढी खर्च गरिन्दैन । रोटरी फाउण्डेशनमा १०० अमेरिकी डलर दिनलाई P.H.F. उपाधि र १० हजार डलर दिनेलाई Major Donor को उपाधि प्रदान गरिन्छ । तत्पश्चात प्रति १० हजार डलर थाई जाँदा Major Donor 1, Major Donor 2 भनी सम्मानित गर्न व्यवस्था छ । सन् २०२३ सम्म नेपालमा Major Donor ४ को उपाधि ५ जनाले RMajor Donor ३ को उपाधि ४ जना, Major Donor २ को उपाधि १६ जना र Major Donor १ को उपाधि २०६ जनाले ग्रहण गरेको पाइन्छ । यसरी दानवीर रोटरीयनले दिएको रकममध्ये ५० प्रतिशतभन्दा बढी रकम आपनै District मा फिर्ता भई विभिन्न Project का लागि प्राप्त हुने प्रावधान छ ।

Rotary Foundation ले आर्थिक सहयोग निम्न क्षेत्रमा गर्ने गर्दछः

क) मानवीय कार्यक्रम अन्तर्गत रोटरी Foundation ले विभिन्न अनुदान सहयोग उपलब्ध गराउने गर्दछ ।

- **Matching Grant:** Rotary क्लबहरूले मानवीय सेवासँग सम्बन्धित सञ्चालन गर्ने आयोजना हेरी क्लबले खर्च गर्ने रकमको अनुपातमा ५ हजार डलर देखी १ लाख ५० हजार डलर सम्मको अनुदान रकम प्रदान गर्दछ ।
- **District Simplified Grant:** समुदायलाई प्रत्यक्ष फाइदा पुग्ने प्रकृतिका साना तथा अल्पकालिन आयोजनाहरूमा म्वक्तव्यात तरिका अनुदान सम्म बनाउने गर्दछ ।
- **3.H Grant:** ३H को विस्तारित रूप Health, Humanity and Hunger हो । यस कार्यक्रम अन्तर्गत Rotary Foundation ले सन् १९७७-७८ देखी २०६ लाख ५० हजार डलर देखी ३ लाख ५० हजार डलर सम्मको रकम अनुदान दिने गरिन्छ । यो कार्यक्रम अन्तर्गत १ लाख ५० हजार डलर देखी ३ लाख ५० हजार डलर सम्मको रकम अनुदान दिने गरिन्छ ।

ख) शैक्षीक कार्यक्रमः यस कार्यक्रम अन्तर्गत रोटरी Foundation ले विभिन्न छात्रवृति, अध्ययन भ्रमण समेतका कार्यक्रमलाई समेटेको पाइन्छ ।

- Ambassadorial Scholarship:** विश्व विद्यालय तहमा अध्ययन गर्ने विद्यार्थीहरुको लागि प्रदान गर्ने यो छात्रवृति कार्यक्रम सन् १९४७ बाट शुभारम्भ भएको पाइन्छ । हाल सम्म विश्वका एकसय भन्दा बढी मुलुकका ४० हजार भन्दा बढी व्यक्तिले यस कार्यक्रम अन्तर्गत विदेशमा अध्ययन गर्ने अवसर पाएका छन् । यो कार्यक्रम अन्तर्गत प्रति वर्ष ८०० विद्यार्थीहरु लाभान्वीत हुने गर्छन् ।
- Group Study Exchange (समुहगत भ्रमण आदान प्रदान):** यो कार्यक्रम सन् १९६५ वाट शुरू भएको हो । अन्तराष्ट्रिय समझदारी र भाइचारको अभिवृद्धि गर्ने उद्देश्यले २५ देखी ४० वर्ष भित्रका युवा युवतीहरुमा एक जना Rotarian ले नेतृत्व गर्ने र अन्य ४ जना गैर Rotarian को टोली ४ देखी ६ हप्ता सम्म अध्ययन भ्रमण गर्ने एक District बाट अर्को District मा पठाउने गरिन्छ । सहभागीको जाते आते हवाइजहाज खर्च Rotary Foundation ले गर्दछ भने कार्यक्रम अवधीभर उनीहरुलाई खाने बस्ने व्यवस्था रोटरीयनहरुको घरघरमा राखेर गरिन्छ । यो कार्यक्रमबाट एक देशको रहन सहन, सास्कृतिक सामाजिक आदी गतिविधीको जानाकारी अर्को देशको युवा युवतीले प्राप्त गर्ने गर्दछन् । रोटरीको यो सफल र आर्कषक कार्यक्रमको रूपमा मानिन्छ । यो कार्यक्रममा प्रति वर्ष करिब २५ सय जति युवा युवति अर्को देशको बारेमा प्रत्यक्ष अध्ययन गरि अनुभव आदान प्रदान गर्दछन् ।
- Rotary Peace and Conflict Fellowship:** विश्व शान्ति भाइचारा, एवं अन्तराष्ट्रिय समझदारी कायम गर्ने उद्देश्यका साथ सन् २००६ वार्षि बाट त्जब्बिलम को द्यबलनपर्यप स्थित चुलालोक कोर्न विश्व विद्यालयमा ३ महिने छन्दन्द व्यवस्थापन सम्बन्धी तालिम सञ्चालन गरिन्छ । उक्त तालीमले शान्ति छन्दन्द व्यवस्थापन तथा मध्यस्थाता जस्ता विषयको अध्ययन गराउँछ । यस छात्रवृत्तिमा Rotary Foundation ले जाने आउने खर्च व्योहर्दछ । खाने बस्ने, आदि खर्च छात्रवृत्ति पाउने व्यक्तिको रोजगार दाताले व्यहोरीदिनु पर्छ । हालसम्म नेपालबाट १५ जनाले यसमा सहभागिताको अवसर प्राप्त गरेका छन् ।
- Rotary World Peace Fellowship:** यस कार्यक्रम अन्तर्गत Rotary Foundation ले विश्वका ८ वटा विभिन्न प्रमुख विश्व विद्यालयलाई छानी यि विश्व विद्यालयमा शान्ति तथा छन्दन्द व्यवस्थापन विषयमा २ वर्ष स्नातकोत्तर तहको उच्च अध्ययनका लागि प्रत्येक District बाट १ जनाको दरले नाम सिफारिस गरी पठाए मध्येका विद्यार्थीवाट वर्षेनी करीब ६० जनालाई पूर्ण छात्रवृत्ति उपलब्ध गराउने गर्दछ । छन्दन्द र यसका कारकतत्त्वमा, शान्ती, सद्भाव, तथा विश्व बन्धुत्व र समझदारी विषयमा अनुसंधान गरि रोटरी क्लबहरुलाई शसक्तिकरण गर्दै लैजानु यसको प्रमुख उद्देश्य रहेको छ । यस कार्यक्रममा नेपालबाट ८ जनाले अवसर पाएका छन् ।
- Rotary Grants For University Teachers (विश्व विद्यालयका शिक्षकका निम्नी कार्यक्रम):** यस कार्यक्रम अन्तर्गत निम्न आय भएका मुलुकका विश्व विद्यालयमा सेवारत शिक्षकहरुलाई उच्च शिक्षा अध्ययनका लागि Rotary Foundation ले सहयोग प्रदान गर्दछ । सन् २०११ देखि हालसम्म नेपालबाट ९ जनाले अवसर पाएका छन् ।

ग) **पोलीयो उन्मुलन कार्यक्रम:** रोटरी स्थापना भएको सत वार्षिकी वर्ष (१९०५-२००५) सन् २००५ सम्ममा संसारका बालबालीकाहरुलाई पोलीयो रोगवाट मृत्ती दिलाउने उद्देश्यले सन् १९८५ मा R.I. ले polio plus कार्यक्रम शुभारम्भ गरेको हो । हाल सम्ममा यस कार्यक्रममा ४ अरब डलर भन्दा बढी रकम खर्च भएको अनुमान गरिएको छ । U.N.O. को W.H.O. ले रोटरीको पोलीयो कार्यक्रमलाई अनुमोदन गरी आफु समेत सहभागी हुदै आएको छ । यो पोलियो पल्स कार्यक्रमले विश्ववाट करिब ९९% सडक्रमित कम भएको पाइन्छ । रोटरी फाउन्डेसनवाट नेपलामा सहयोग सन् १९८५ देखी विश्ववाट पोलीयो उन्मुलन गर्ने योजना वमोजिम नेपालमा Polio Plus कार्यक्रम रोटरीको सहयोग हुदै आएको छ ।

Rotary Foundation, Rotarians, र Rotary Club मार्फत नेपालमा सम्पन्न भएको केही service projects लाई निम्नानुसार लिन सकिन्छ

- भक्तपुर क्यान्सर अस्पतालका लागि रेडीयो थेरेपी मेसीन समेतको सहयोग उपलब्ध छ
- ललितपुरको जोरपाटीको हाडजोर्नी अस्पतालमा विश्वका ११० भन्दा बढी क्लबको सहयोगमा स्थापना गरी सञ्चालन गरिएको छ ।
- कोसी अञ्चल अस्पतालमा खानेपानी एव विभिन्न सामानको व्यवस्था
- प क्षे अस्पताल पोखरामा करीब २५ लाखको लागतमा बोरिडवाट खानेपानीको विषेश व्यवस्था गरिएको छ
- चितवनको देवघाटमा जेष नागरिकका लागि करुणालय निर्माण र बसोवासको व्यवस्था
- कास्कीको हंसपुरमा करीब ६० लाखको लागतमा खानेपानी को विशेष व्यवस्था
- कास्कीको ज्ञानभूमि प्रवि नदिपुरमा करीब १६ लाखको लागतमा भवन निर्माण सहयोग
- पोखरा मासवारमा करीब १८ लाखको लागतमा कम्प्यूटर शिक्षा, अडगेर्जी शिक्षाका कार्यक्रम सञ्चालन भएका छन् ।

Congratulations and Best wishes
to
Rotary Club of Kathmandu
on your
66th Installation Ceremony!

Mukunda Sharma Paudel
Senior Advocate

Cell: 9851186103, Email: mpaabg@gmail.com

Sankalpa Legal Chamber

Babarmahal, Kathmandu

Tel: 01-5343526



तनाव र तनाव व्यवस्थापन

(Stress and Stress Management)

तनाव भनेको हाम्रो वरपरका वातावरण (surroundings) मा आएको परिवर्तनका कारण हाम्रो शरीरले देखाउने शारीरिक (physical), संवेगात्मक (emotional) वा बौद्धिक (intellectual) प्रतिक्रिया हो । तनाव व्यवस्थापन सिपले तपाईंमा आएका यी विभिन्न परिवर्तनहरूलाई स्वस्थपूर्ण तरिकाले सामना गर्न सहयोग गर्छ ।

सामान्य अर्थमा भन्नुपर्दा तनाव एक सामान्य मानवीय प्रतिक्रिया हो जुन हामी सबैलाई हुन्छ । वास्तवमा, मानव शरीर तनाव अनुभव गर्न र यसलाई प्रतिक्रिया गर्ने किसिमले बनेको हुन्छ । जब हामीले हाम्रो वरपरको वातावरण (surroundings) मा परिवर्तन वा चुनौतीहरू (तनाव) अनुभव गर्छौं, जसको परिणामस्वरूप हाम्रो शरीरले, तपाईंको शरीरले शारीरिक र मानसिक प्रतिक्रियाहरू उत्पादन गर्दछ । त्यो तनाव हो ।



PN Rtn. Dr. Pradeep Pandeyl

तनाव प्रतिक्रियाहरू (Stress responses) ले हाम्रो शरीरलाई नयाँ परिस्थितिहरूमा समायोजन गर्न मद्दत गर्दछन् । कुनै अवस्थामा तनाव सकारात्मक हुन सक्छ । यसले हामीलाई सचेत, उत्प्रेरित र खतराबाट बच्न तयार राख्छ । उदाहरणका लागि, यदि मानौं हामीले कुनै महत्त्वपूर्ण परीक्षा दिन गइरहेका छौं भने तनाव प्रतिक्रियाले हामीलाई शरीरलाई कडा परिश्रम गर्न उत्प्रेरित गरिरहेको हुन्छ । तर, कुनै राहत वा आरामबिना नै तनाव जारी रहन्छ भने त्यस्तो अवस्थामा तनाव समस्याका रूपमा देखा पर्छ ।

तनावको समयमा शरीरमा के हुन्छ?

शरीरको *autonomic nervous system* (अटोनमिक (स्वायत्त) स्नायु प्रणाली) ले मुटुको दर, श्वासप्रश्वास जस्ता शारीरिक गतिविधिहरू नियन्त्रण गर्छ । यसको बनोट नै तनावपूर्ण परिस्थितहरूको सामना गर्न र त्यस्ता परिस्थितिविरुद्ध प्रतिक्रिया जनाउने किसिमले भएको हुन्छ । जब एक व्यक्तिलाई दीर्घकालीन (chronic) तनाव हुन्छ, तब शरीरले देखाउने प्रतिक्रियास्वरूप शारीरिक, भावनात्मक र व्यवहारिक लक्षणहरू विकसित हुन्छन् ।

तनावका शारीरिक लक्षणहरू निम्नानुसार हुन सक्छन् :

- दुखाइ र पीडा हुने
- छाती दुख्ने वा मुटु दौडिरहेको जस्तो महसुस हुने
- थकान वा सुल्न समस्या हुने
- टाउको दुख्ने, चक्कर लाग्ने वा हल्लाउने
- उच्च रक्तचाप
- पेट वा पाचनसम्बन्धी समस्या
- यौनसम्पर्कमा समस्या हुनु
- कमजोर प्रतिरक्षा प्रणाल

त्यस्तै तनावका कारण निम्निन सबै भावनात्मक

र मानसिक लक्षणहरू :

- चिन्ता वा चिडचिडापन
- डिप्रेसन
- अतिभय (Panic attack)
- दुःख



प्रायः दीर्घकालीन रूपमा तनावग्रस्त मानिसहरूले तनाव व्यवस्थापनका लागि अस्वस्थ व्यवहारको सहारा लिन्छन्: जस्तैः

- धेरै वा धेरै पटक रक्सी पिउने
- जुवा
- धेरै खाने वा खाने विकारको विकास
- यौनजन्य गतिविधि, किनमेल वा इन्टरनेटमा अधिक सक्रियता
- धूम्रपान
- लागुपदार्थ दुर्व्यस्तनी

तनाव कसरी निदान गरिन्छ ?

तनाव व्यक्तिपरक (*subjective*) हुन्छ । कुनै निश्चित परीक्षणको माध्यमबाट यसको मापन गर्न कठिन हुन्छ । यसको अनुभव र यो कति गम्भीर छ भन्ने कुरा तनाव भएको व्यक्तिले मात्र निर्धारण गर्न सक्छ । स्वास्थ्य सेवा प्रदायकले तपाईंको तनाव र यसले तपाईंको जीवनलाई कसरी असर गर्दछ भन्ने बारेमा बुझ्न प्रश्नावली प्रयोग गर्न सक्छ ।

यदि तपाईं दीर्घकालीन तनावसँग गुज्जिनु भएको छ भने, स्वास्थ्य सेवा प्रदायकले तनावबाट उत्पन्न लक्षणहरूको मूल्यांकन गर्न सक्छ । उदाहरणका लागि, उच्च रक्तचापको निदान र उपचार गर्न सकिन्छ ।

तनाव राहतका लागि अपनाउन सकिने केही रणनीतिहरू

वास्तवमा भन्ने हो भने तनावबाट बच्न कठिन हुन्छ, तर तनाव व्यवस्थापनका केही रणनीतीहरू प्रयोग गरेर यसको असर तथा भारलाई अवश्य नै कम गर्न सकिन्छ ।

रणनीतीहरूः

- तनावको लक्षण देखा पर्दा व्यायाम गर्नुहोस् । छोटो पैदल यात्राले पनि तपाईंको मुड ताजा बनाउन सक्छ ।
- प्रत्येक दिनको अन्त्यमा, तपाईंले के पूरा गर्नुभयो र के पूरा गर्नुभएन भ भन्नेबारे सोचका लागि समय लिनुहोस् । आफ्नो दिन, हप्ता र महिनाका लागि लक्ष्यहरू निर्धारण गर्नुहोस् । आफ्नो चिन्ताका एक चिकित्सक वा स्वास्थ्य सेवा प्रदायकसँग कुरा गर्ने विचार गर्नुहोस् ।

तनाव व्यवस्थापनका अन्य उपायहरू :

- दैनिक रूपमा केही आरामदायी गतिविधिहरू, जस्तै : ध्यान, योग, श्वासप्रश्वास सम्बन्धी व्यायाम (कपालभाती) तथा अन्य व्यायमहरू गर्नुहोस् । यससम्बन्धी सेवाहरू अनलाइन, स्मार्टफोनका एप, जिमखाना तथा सामुदायिक केन्द्रहरूमा उपलब्ध हुने गर्दछन् ।
- हरेक दिन आफ्नो शरीरको राम्रो हेरेचाह गर्नुहोस् । सही खानेकुरा, व्यायाम र पर्याप्त निदाले तपाईंको शरीरलाई तनावविरुद्ध लड्न मद्दत गर्दछन् ।
- आफ्नो दैनिकी र जीवनका राम्रा नराम्रा पक्षहरूलाई स्वीकार गर्दै सधैँभरि सकारात्मक रहनुहोस् र कृतज्ञ हुनुहोस् ।
- सबै कुरा आफ्नो नियन्त्रणमा हुँदैन भन्ने कुरा स्वीकार गर्नुहोस् । तपाईंले परिवर्तन गर्न नसक्ने परिस्थितिहरूका बारेमा चिन्ता नलिने बानीको अभ्यास गर्नुहोस् ।
- तपाईं धेरै व्यस्त वा तनावग्रस्त हुँदा अतिरिक्त जिम्मेवारीहरूलाई "मैले सकिदैन" भन्न सिक्नुहोस् ।
- तपाईंलाई शान्त राख्ने, तपाईंलाई खुसी पार्ने, भावनात्मक सहयोग प्रदान गर्ने र व्यावहारिक कुराहरूमा मद्दत गर्ने व्यक्तिहरूसँग सम्पर्कमा रहनुहोस् । कुनै साथी, परिवारको सदस्य वा छिमेकी एक राम्रो श्रोता बन्न वा जिम्मेवारीहरू बाँडेर तनावलाई नियन्त्रणभन्दा बाहिर जान नदिनका लागि सहयोगी बन्न सक्छ ।

तनाव कति लामो रहन्छ?

तनाव छोटो अवधिको समस्या वा दीर्घकालीन समस्या हुन सक्छ । तपाईंको जीवनमा केस्ता परिवर्तनहरू भइरहेका छन् भन्नेमा कुरामा तनावको अवधि निर्भर गर्दछ । नियमित रूपमा तनाव व्यवस्थापनका विधिहरू प्रयोग गर्नाले तपाईंलाई तनावका शारीरिक, भावनात्मक र व्यवहारिक लक्षणहरूबाट बच्न मद्दत गर्न सक्छ ।

कस्तो बेला चिकित्सकको परामर्श लिने ?

यदि तपाईं दबिएको महसुस गर्नुहुन्छ, यदि तपाईंले लागुपदार्थ वा अल्कोहल प्रयोग गर्दै हुनुहुन्छ भने वा आफैलाई चोट पुर्याउने जस्ता गतिविधिहरू गरिरहनु भएको छ भने तपाईंले चिकित्सक वा मनोपरामर्शविद्को परामर्श वा सहयोग लिनुपर्ने हुन्छ । चिकित्सक वा मनोपरामर्शविद्ले उचित परामर्श दिएर, औषधि सिफारिस गरेर वा तनावको प्रकृतिअनुसारको उपचारविधि प्रयोग गरेर मद्दत गर्न सक्छ ।

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WHY JOIN ROTARACT



Develop Professional and Leadership Skills



Gain Experience and Build your resume



Build Confidence



Travel



Win Scholarship for abroad study



Understand and solve Problems in your Community



Build Long-lasting Friendship



Enhance your Network

SECRETARIAL REPORT: ROTARY YEAR 2022-23

Rotaract Club of Kathmandu

Kritika Dahal
Secretary, 2022-23



As our theme for RY 2022-23 says ' Inspire to Aspire' we were able to inspire a lot of young leaders to step out of their comfort zone. This year we were had hosted 70 plus projects. Talking about community service project we were able to create our impact on 9 district of Nepal. I sincerely thank all the directors and board members who helped to complete every task with each, your contributions made a big difference. My best wishes to upcoming President and his team , we shall work hard to accomplish our goals. Lastly keep Rotaracting. Jay Rotary, Jay Rotaract

Club Statistics

Total Number of Regular Meetings: 52

Total Number of Joint Meetings: 6

Total Number of Board Meetings: 9

Total Number of Club Assembly: 4

Total Number of Regular Rotaract Meeting Quiz: 44

Total Members: 55

Projects and Activities

Club Service Avenue:

SN.	Projects	Objectives
1.	27th Installation Ceremony	To handover Club Presidency from Out-going President Rtr. Netra Ramtel to In-coming President Rtr. Aakriti Acharya.
2.	Ludo Competition	To enhance the friendship and bond of the members and guests of the club and to promote fellowship.
3.	Friendship Day Dance Party	To enhance the friendship and bond with the members and guests of different clubs along with joint meeting with Rotaract Club of Kathmandu Mid-Town and Rotaract Club of Pashupati Kathmandu.
4.	Teej ko Rahar with Potluck	To enhance fellowship between the members and the guests along with the celebration of Teej festival.
5.	Dashain Aayo	To strengthen the bond between Rotary, Rotaract and Interacts and to create fellowship.
6.	Deusi Vailo	To celebrate Tihar festival playing deusi vailo with Rotaractors and Rotarians.
7.	Rotaract Orientation	To provide basic information about Rotaract to the visitors of Rotaract Club of Kathmandu.
8.	27th Charter Day	To celebrate 27th Chartered Day of Rotaract Club of Kathmandu.
9.	Twin Fellowship & Joint Meeting	To enhance fellowship and conduct joint meeting with Rotaract Club of Pokhara and Rotaract Club of Butwal South.
10.	Rotary Picnic	To enhance the bond with parent Rotary Club of Kathmandu.
11.	Hiking	To enhance the fellowship between Rotaractors and guest.
12.	Chiya Guff 2.0	To strengthen the bond and enhance fellowship between members of RAC Kathmandu and RAC Kathmandu Mid-Town.
13.	Meeting Format at Interact	To help Interactors for conduct meeting in Interact Club.
14.	Movie Shoovie	To celebrate Rotaract week with members and guests watching movie together.
15.	Goodwill Visit and Friendly Futsal	To create bond between members and guests through futsal with RAC Patan Durbar Square.
16.	New Year Greetings	To build bond between other Rotaract Clubs of RID 3292 by sending New Year Greetings.
17.	Rotaract Dry Picnic	To conduct get-together and enhance fellowship through Picnic.
18.	Fellowship through sports	To create bond between members and guests through Cricket.
19.	Newari Bhoy	To introduce Newari cuisine to members and guest along with fellowship.

Professional Development Avenue:

20.	Mancha Mantra	To develop the communication skills of guests and members of Rotaract Club of Kathmandu.
21.	Photo Karkhana	To develop the photography skills of members and guests of the Rotaract Club of Kathmandu.
22.	Graphic Design Worship	To help participants learn the basics of designing in order to use it on the other platforms.
23.	Mock Election	To make youths aware about the voting method of election.
24.	Cyber Security Mass Awareness	To help participants learn the ideas about cyber security.
25.	Financial Literacy	To have a basic knowledge about the mediums for investing and utilizing the money and to know about the stock market.
26.	Project Cycle	To enhance the potentiality of members and guests of RAC Kathmandu for coordinating projects.
27.	Public Speaking	To create a supportive and encouraging environment for Interactors of IC Shree Chunadevi Secondary School to express themselves freely and build their confidence.
28.	Presentation Skills and Etiquette	To enhance the presentation skill of members and guests of Rotaract Club of Kathmandu.
29.	Table Etiquette	To help members and guests develop the basic table manners in their daily life.
30.	US Embassy Youth Council Orientation	To enhance event management abilities and networking skills and make a positive impact on community while also gaining valuable experience in the working environment.
31.	Walk through History	To explore various undiscovered and learn about significance and stories behind historical places.
32.	Mid-Towner's Human Book 2.0	To emphasize amateur rather than expert ideas in the human books and develop content developing skills of the Rotaractors.
33.	Session on Erasmus Mundus	To learn about the process to apply in a foreign country.
34.	Road Traffic Safety Awareness	To learn about the ways to adopt safety precautions while riding vehicles.
35.	Rotary Scholarship Session	To provide information about Rotary Scholarship towards members and guest.
36.	Peace Walk	To know about birth, peace, and death via Buddhist culture.

Community Service Avenue:

37.	Special Shrawan	To monitor the SAP and celebrate the month of Shrawan through fellowship between the children and members.
38.	Mental Health Awareness Program	To reduce stigma around mental illness and mental health condition with Mankaa Kuraa.
39.	Blood Donation with Rotary	To support blood management supply in collaboration with Himal Hospital.
40.	Hand Washing and Oral Hygiene Program	To provide knowledge regarding the 7 steps of hand washing and basic oral hygiene.
41.	Mask Distribution	To distribute masks in the needed health facility.
42.	Scholarship Project	To distribute stationery materials and support students of Himalayan Secondary School.
43.	16 Days Activism against Gender Violence	To raise awareness and support the elimination of sexual and gender-based violence around the world.
44.	Good Touch, Bad Touch and Consent	To provide knowledge of good touch, bad touch and consent to the students of Himalayan Secondary School.
45.	Project Nyano	To collect and distribute warm clothes to the children of orphanage and other needy people of Dolpa.
46.	Tea for a Cause	To raise fund for Project Shikshya at Shree Bachhaladevi Secondary School, Kavre.
47.	Volunteering at Shivaratri	To manage the crowd at the site and maintain proper queue of people.
48.	First AID Training at Baitadi	To provide the participants with the knowledge and skills required to respond to common medical emergencies in the school and in their daily life.
49.	Project Shiksha	To support Rotary Nepal Literacy Mission by expanding the existing library by collecting and donating books and computers in Bachhaladevi Basic School.
50.	Scholarship Project: Dadeldhura	To support Rotary Nepal Literacy Mission by providing stationery materials as a scholarship to two girl children.
51.	Gender and Climate Change: A film Screening Event	To provide awareness about how females and other gender Minorities are more affected due to impacts of climate change.
52.	Tree Plantation Program	To leave a lasting legacy for future generations by planting trees that will benefit them for many years and to setup ecofriendly dustbins in school area.
53.	Cleaning Campaign at Pashupatinath Temple	To support the Pashupatinath cleaning campaign.
54.	Jimmewar Nepali Ma Campaign	To aware people regarding unnecessary fuel consumption and encourage them to reduce usage of fuel
55.	Sanitary Pad Distribution	To distribute sanitary pads at SAP, Srijanshil Baal Ashram.

International Service Avenue:

56. Fellowship And Cultural Exchange	To enhance fellowship and exchange culture with international club, Rotaract club of Bhawalpur City, RID 3272, Pakistan.
57. Project Affinity 3.0	To celebrate international friendship day and promote fellowship between participating Rotaract Clubs.
58. Cultural Magazine 1.0	To keep the lost culture of different communities alive and show individual cultures of a particular country to the world through a magazine.
59. Debractor 3.0	To have a debate on the topic of "Will people have the power to control the world more than nature?"
60. Picturesque 5.0	To explore and promote the travel destinations in different parts of the world and promote tourism. To build connection between International Rotaract Clubs. To promote the social media handles of our club.
61. NO SHAVE NOVEMBER	To raise awareness on men's health - specifically prostate cancer, testicular cancer, mental health and suicide prevention.
62. Laugh Tale	To enhance fellowship and exchange culture with international club, RAC Coimbatore Unique, RID 3201, India.
63. Tales of Valentine	To enhance fellowship among Rotaractors from the host clubs through letters of love and friendship.
64. Breaking the Boundaries 2.0	To enhance fellowship and exchange culture with international club, Rotaract club of Karachi Sunrise, RID 3271, Pakistan and discuss on the ongoing cases of Polio in Nepal and Pakistan.
65. Project Niravana	The main objective was to promote Buddha's peace principles, promote peace and share information about Buddha to the public.

In addition, We, Rotaract Club of Kathmandu, Rotaract Club of Kathmandu Mid-Town and Rotaract Club of Bhaktapur jointly hosted 16th Rotaract District Assembly, DLTS and Recognition Ceremony. We also 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. 15th Rotaract District Conference
8. PETS- SETS & DLTS for RY 2022-23
9. Human Library
10. Rota Bazar
11. Site Visit of Rotary Global Grant
12. Grant Management Seminar

Hopefully, this report has successfully highlighted our actions through RY 2022-23 and provided an overview of the year. We will be working with the same zeal and enthusiasm coming RY 2023-24 and will also be growing with all the people involved in the process.

Club Service Avenue:



Fellowship Dance Party



Newari Bhoy



Club T-shirt Release



Dashain Aayo



Deusi Bhailo

Professional Development Avenue:



PhotoKarkhana



Table Etiquette Training



Presentation Skill Training



Graphics Designing Training

Community Service:



First Aid Training



Project Shikshya



Mask Donation Program

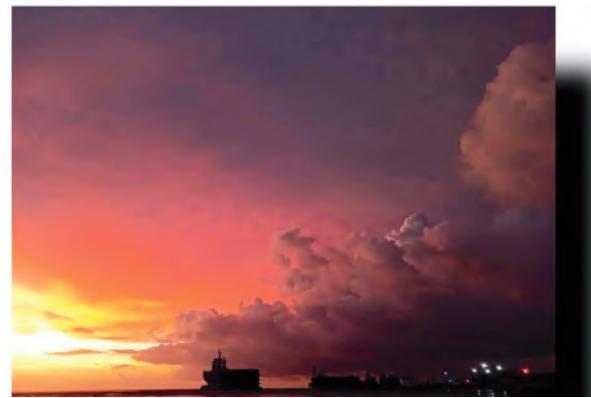
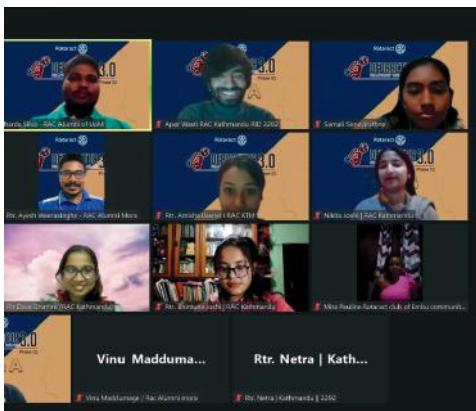


Scholarship Dadeldhura Project

International Service Avenue:



No Shave November



Debractor 3.0

Picturesque 5.0

Editorial:



How it's Made : Gundruk (A Nepali Food)

If you're a Nepali, chance of you having heard about or even eaten a Gundruk at least once is 99% and if you're not a Nepali, chance of you having to come up to deal with this tongue gibbering word "Gundruk" and having this food tasted is astronomically low. In fact, you already know how lucky you are if you've already tasted this tangy tasty food. Well coming to the purpose of a lazy ass like me getting to write a blog is obviously related to this food Gundruk as my Mom made it a few days back and I kind of felt like keeping accounts of how it's done.

Our ancestors used to make these kind of foods as it could be stored for a very long period of time and would be of great help in times of famine and food scarcity. Lately, the prospect has changed completely and it's more of a food for a taste rather than safety for famines. With the increasing Trend of Serving Original Nepali food in Fancy Hotels and Restaurants, Gundruk as a food has been on the stage of Revamping its glory along with commercial interest of people in it.

Currently, it sells at about Rs.1000 per kg while the unprocessed leaves used to make it sells for about 50 rs per kg. Since there's not much of investment for preparation of this food and does not take much effort, it has quite a big margin in its big yet untapped market. So let's take a look on what it takes to prepare this Typical Nepali food....

Before getting straight into the process, I would like to tell what actually a Gundruk is. I know that the people newly getting familiarized with the word will pronounce it as something like "Gun- Druk" but the correct way to pronounce Gundruk will be "Goon-Druk". I hope it helped . Gundruk is considered as the National Food of Nepal along with Dhido (will cover this someday once I start liking it). Basically, It's the fermented leaves which can be used as either pickle or as a curry soup along with other foods.

THE PROCESS:

It's a very easy process when it comes to making Gundruk and anyone can make it in their own house without much of resources invested. Let's divide the process with the points as below:

1) Collection of Leafy plants

Leaf Mustard, Mustard, Radish and even Cauliflower leaves can be used for making it. Personally, I would prefer the one made from Mustard leaves. Since we're going to dry these leaves in next stage, It's okay to use slightly dry leaves right from the beginning as fresh ones cost more and are ultimately to be dried out.



Rtr. Rashik Raj Koirala



2) Sorting and Cleaning process

It's obvious that the food we'll be eating should be clean. so, it should be washed properly. Also, the sorting is very essential where big nodes should be eliminated from the leaves and very thick steams should be divided into small ones such that it can easily be dried using the sun.

3) Spreading and Drying

All the leaves should be spread very evenly and left to be dried. It should be taken care for ample exposure of all the leaves to the sun.

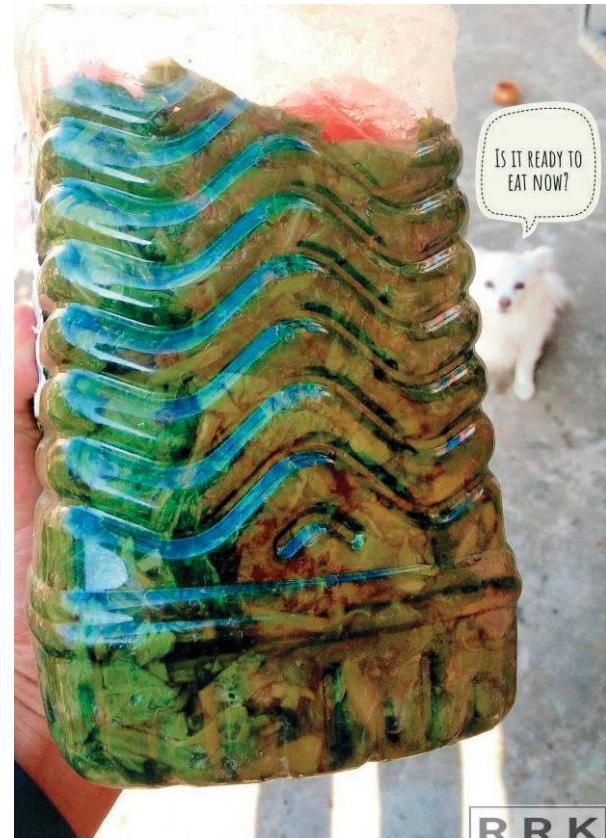


RRK

4) Compaction:

After drying the leaves for a day, it's very essential to compact the leaves as much as we can which is responsible for the unique taste. As seen in the picture, a simple bottle is enough to compact the leaves which is then added with some hot water with lid closed and exposed to direct sunlight for 3/4 days. In Early days, a pit used to be constructed where all the leaves would be compacted and covered with banana leaves. It's also recommended to leave the whole setup in extreme cold nights as its believed to make it tastier. These days, A bottle is easily available and preferred over digging the pit in the ground. To prevent water from evaporating and sticking in the walls of the bottle, it's preferred to cover the whole setup with a layer of plastic right above the surface.

Also, too much of compaction should not be done as it ruins the structure of the leaves and very small powder is produced which is undesirable for both pickle and curry.



RRK



5) More Drying

After Drying the compacted leaves in the sun and in the cold nights for few days, all the constituents inside are carefully extracted and spread around again for the drying process. As it has already acquired its taste, its only the matter of time before it gets very dry and is used for cooking process.

And thus after much of drying-compacting-drying game the Gundruk is ready to be used for cooking. It can be stored for a long period of time and does not deteriorate in taste. It's preferred with soya beans and tastes really good. Gundruk curry can be made like any other Soup with some added flour and some Gundruk with soya beans. Coming to Pickle, all we'll be needing is some salt, onions, little bit of oil, soya beans and lemon juice and we're all ready to get it served !

A Journey of Exploration and Inspiration: Rotary Year 2022/23

"Where there is a will, there is a way." This powerful phrase perfectly encapsulates the essence of my Rotary Year 2022/23, which was a year filled with opportunities for exploration and international Rotaracting.

It all began with a trip to southern India, Mysore, where I had the chance to attend the UNLEASH conference. Little did I know that this trip would open doors to unforgettable experiences and connections. During my visit, I had the pleasure of meeting a local Rotaractor named Manoj from the Rotaract Club of Mysore East. Despite being strangers, our shared passion for Rotaract instantly created a strong bond. It's truly remarkable how Rotaract has the power to bring people together. Continuing my journey, I headed to Coimbatore, where I had the privilege of meeting my long-time virtual Rotaract friend, Abhijet. Words cannot express how special it was to finally meet him in person. He went above and beyond to make my trip smooth and memorable, introducing me to local Rotaractors, guiding me at the Isha Yoga Center, and sharing the flavors of local cuisine. I am forever grateful for his kindness and generosity.

From there, my adventure took me to Bangladesh for Rotasia 2023, a significant milestone in my Rotaract journey. Bangladesh holds a special place in my heart as it is home to many of my cherished Rotaract friends. The warmth and hospitality I received were truly heartwarming. Highlights of my time in Bangladesh include the heartfelt welcome from Neonta and the Rotaractors of Dhaka Dynamic, the unforgettable taste of Neonta's father's Biryani, the journey from Dhaka to Cox's Bazar with countless memorable moments during the night bus travel, the thoughtfulness of local Rotaractors, the exhilaration of witnessing Rotasia 2023's winning moments and making my own participation historic. I also had the privilege of meeting my Rotaract Brother, Jahidul and spending quality time together. Moreover, spending nights with Rotaractor Seum allowed me to experience Dhaka's beauty to the fullest. From savoring delicious local cuisine to exploring historical sites and immersing myself in the vibrant atmosphere of Dhaka University, every moment was treasured. This trip not only strengthened my bonds of brotherhood with Seum but also left an indelible mark on my heart. Adding to the magic, I had the opportunity to spend a few nights with my friend Oishika and add more highlights to my stay. Bangladesh, you truly hold a special place in my memories.

But the exploration did not stop there. I set my sights on Australia, a destination that seemed nearly impossible to reach. However, with the support of a dear Rotary friend, I was able to attend the Rotary International convention and witness the beauty of Rotary at a global level. Additionally, I had the pleasure of spending time with local Rotarian Sally and connecting with fellow Rotaractors like Santhy. Australia presented me with yet another incredible experience.

The Rotary Year 2022/23 has been a journey of growth, exploration, and inspiration. It taught me to continuously explore new horizons and dream big. It showed me that with determination and a passionate spirit, anything is possible. This transformative year has inspired me to become an explorer, a dreamer, and a dedicated Rotaractor.

As I reflect on the cherished memories and friendships formed during this Rotary year, I am grateful for the opportunities that Rotary and Rotaract have provided me. They have opened doors to a world of connection, understanding, and service. I look forward to continuing this journey of exploration, embracing new experiences, and making a positive impact.



Rtr. Ajay Yadav

BOARD MEMBERS- 023-24



Rtr. Sudarshan Shahi
IPP/Rotary Foundation Chair



Rtr. Milan Kumar Bhandari
President



Rtr. Nabin Deep Devkota
Secretary



Rtr. Anup Devkota
Vice President



Rtr. Prekshya Shrestha
Joint Secretary



Rtr. Ashish Darlami
Treasurer



Rtr. Sujita Khadka
Public Image Chair/ PP



Rtr. Susma Shrestha
Club Service Director



Rtr. Roshan Kaushil
Community Service Director



Rtr. Sandhya Thapa
International Service Director



Rtr. Anjila Shrestha
Professional Development Director



Rtr. Sagar Kaushil
Membership Chair



Rtr. Dibya Kafle
Interact Coordinator



Rtr. Angita Shrestha
Seargent at Arms

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DOB: Oct 01

Congratulations and Best wishes
to
Rotary Club of Kathmandu
on your
66th Installation Ceremony!

Dr. Pradeep Pandey, Neuropsychiatrist
Blissful Neuropsychiatry Centre
 Narayan Gopal Chowk, Bansbari, Kathmandu
 Cell: 9851181929, Tel: 01-4370072

MENTAL HEALTH
IS IMPORTANT

SECRETARIAL REPORT: ROTA YEAR 2022-23

Rotaract Club of Sindhuligadi

The adverse situation that tested our determination and adaptability continued from the last Rotary Year to this one as well. Despite the testing times, we were able to channel our positive energy and transform these challenges into opportunities; opportunities to connect, bond, and learn in a way we had never done before. Under the leadership of an enthusiastic and determined team of Board of Directors, support of our parent Rotary Club, and of course the dedication of our beloved members and guests, we were able conduct some amazing projects, engage in activities that added value, expand our networks and achieve the goals that we set before the beginning of the year. Sticking to our theme, I truly believe we were able to “Inspire Empower and Transform”. With this, I present to you, with great honor and pride, the secretarial report of Rotaract Club of Sindhuligadi for RY 2022-23.

Club Statistics RY 2020-21

Total Number of Regular Meetings: 40
 Total Number of Joint Meetings: 02
 Total Number of Board Meetings: 02
 Total Number of Club Assembly: 01
 Total Members: 20



Rtr. Milan Kumar Bhandari
 Secretary, RY 2022-23
 Rotaract Club of Sindhuligadi

Projects and Activities

Club Service Avenue:

S.N	Project Name	Objectives
1.	Installation Ceremony	To hand over the presidency by Rtr. Sujita Khadka to Rtr. Sudarshan Shahi
2.	Charter Day Celebration	To celebrate the glorious year of RAC Sindhuligadhi.
3.	Deusi Vailo Celebration	To enhance fellowship among club members and celebrate our festival Tihar.
4.	Dashain Aayo	To exchange Dashain Greetings and enhance fellowship between Rotaractors, Interactors and Rotarians.
5.	Pushup and Plank Competition	To improve the physical health of the members.
6.	Zonal Picnic	To be familiar with the Zone- III members and promote domestic tourism at Sindhuligadhi.
7.	Raang	To exchange the color of happiness among each other.
8.	Club Assembly	To share information with Club members, identify issues and discuss future plans.

Professional Development Avenue:

9.	Quiz Competition	To improve the general knowledge of children.
10.	Banner Making	To provide basic knowledge about banners and making members able to prepare banners.

Community Service Avenue:

11.	Dashain Suvakamana	To distribute new clothes to needy children of Sindhuli. To exchange greetings among club members and children.
12.	Jado Ma Nyano (Warm Clothes Distribution)	To distribute new warm clothes to needy people of Sindhuli.
13.	Scholarship Distribution	To allow deserving students to attain their educational goals, meet their professional objectives and succeed to their fullest ability.differences and promote international understanding between Rotaractors and different clubs.

14.	School Ujyalo	To distribute the lights/bulbs to the school.
15.	Tree Plantation	To purify the environment with pure air and promote greenery.
16.	Snake Bite Awareness programme	To make aware the students of different schools about snake bite awareness and preventive measures.

International Service Avenue:

17.	International Tree Plantation	To plant trees and protect the environment.
18.	Letterhead Exchange	To build international Relation with Rotaract Club of AK Chanda Law college

Public Image:

19.	About Rotaract	To create the public image and letting the students know about Rotary, Rotaract and Interact.
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Rtr. Milan Kumar Bhandari
Secretary, RY 2022-23
RAC Sindhuligadi

Rtr. Sudarshan Shahi
President, RY 2022-23
RAC Sindhuligadi

Glimpses of RY 2023-24

Rotaract Club of Sindhuligadi





Unraveling Political Instability in Nepal

Nestled in the Himalayas, Nepal has long been a country of profound cultural heritage and natural beauty. However, its political landscape has been marred by persistent instability, hindering its progress and development. Over the years, Nepal has witnessed numerous political upheavals, transitions, and challenges. In this article, we delve into the root causes of political instability in Nepal, examine its consequences, and explore potential avenues for stability and progress.

Nepal's political landscape has undergone significant transformations since its unification in the 18th century. From the era of monarchy to the advent of multiparty democracy in 1990, Nepal has grappled with power struggles, ethnic tensions, and ideological conflicts. The decade-long Maoist insurgency from 1996 to 2006 further intensified these issues, ultimately leading to the abolition of the monarchy and the establishment of a federal democratic republic in 2008. Nepal's political landscape is highly fragmented, with numerous parties representing diverse interests and ideologies. This fragmentation often results in a lack of consensus, political gridlock, and difficulties in forming stable governments.

Nepal is a diverse nation, comprising multiple ethnicities and regions. The demands for greater representation, autonomy, and rights from various ethnic groups and regions have fueled tensions and conflicts, contributing to political instability. Rampant corruption, weak governance structures, and a lack of transparency have eroded public trust in political institutions. These issues have hindered effective policy implementation, further exacerbating political instability. Nepal faces significant economic challenges, including widespread poverty, unemployment, and income inequality. The failure to address these socio-economic disparities has resulted in public discontent and political unrest.

Political instability has impeded Nepal's progress in various sectors, including infrastructure development, education, and healthcare. Frequent changes in leadership and policy direction have hampered long-term planning and hindered economic growth. Political instability often leads to social unrest, protests, and strikes, disrupting normalcy and undermining social cohesion. These disturbances have adverse effects on businesses, tourism, and the overall well-being of Nepali citizens. The persistent political instability has contributed to a brain drain, as talented individuals seek opportunities abroad due to a lack of stability and prospects at home. This loss of human capital further hampers Nepal's development. Nepal's frequent political changes and internal conflicts have affected its international standing and hindered foreign investments. Stable governance is crucial for attracting foreign aid and fostering strong diplomatic relations.

Nepal needs to focus on building strong political institutions that can effectively address the needs and aspirations of its diverse population. This includes enhancing the functioning of political parties, ensuring inclusive representation, and promoting consensus-based decision-making processes.

Meaningful dialogue and negotiation should be pursued to address ethnic and regional tensions. Emphasizing devolution of power, autonomy, and inclusive policies can help foster a sense of belonging and reduce conflicts. Tackling corruption through effective anti-corruption measures, promoting transparency, and strengthening public institutions is vital for restoring public trust. Good governance practices and accountability mechanisms can help promote stability and effective policy implementation.



Rtr. Dibhya Kaphle



Wish I could...

Wish I could heal the burn
Wish I could able to turn

All around the world I can able to watch
But so ridicule is I can't able to catch

Peoples are destroying my tree
But here I'm so care free

Here I'm so eager to learn
But the situation makes me to earn

Motherland is known for the best education
Sad reality nor I can say no to corruption

Heard peoples facing discrimination from past
Many more died but that wasn't a last

Been so hard to understand a game
Nowadays everyone doing everything for a fame

Struggling day and night for a meal
Oh! God when my wound will heal

Wish I could heal the burn
Wish I could able to turn



Rtr. Prekshya Shrestha





Club of Shree
Chunadevi Secondary School

Members

PP Aasman Tamang (Charter President)

IPP Fulmaya Tamang

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



BOARD OF DIRECTORS RY 2023-24



Itr. Bishal Pandey
President



Itr. Dhritika Tiwari
IPP & Club Advisor



Itr. Arju Ojha
Vice President



Itr. Ruchi Ojha
Secretary



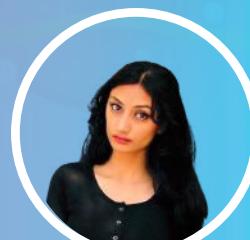
Itr. Swechya Gyawali
Joint Secretary



Itr. Shreya Maharjan
Treasurer



Itr. Sujata Bhandari
Club Service Director



Itr. Kanchan Oli
Community Service Director



Itr. Pramisha Subedi
International Service Director



Itr. Nawashree Koirala
Professional Service Director



Itr. Rimon Kayastha
IT Officer



Itr. Shirish Gyawali
Editor



Itr. Ghanasyam Babu Sah
Sergeant at Arms

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Rediscovering the Joy of Reading

In an age where we are constantly absorbed in the content on our screens, the esoteric wisdom, captivating stories, and erudition we can obtain from reading have become overlooked novelties. While the knowledge from a myriad of books has been transported to screens, the sensation of entralling oneself in the pages of a book remains unmatched. For something so noteworthy, the everyday man, in theory, should be spending multiple hours consistently reading, day by day. When we look at individuals who are perceived as geniuses, we see consistency in hours spent reading. However, the majority of hours spent reading by a person happens near the beginning and the end of their lives. This makes us wonder how reading has lost its prestige in our era. I want to urge you to go back in time and embellish in the seemingly archaic activity: reading.



Itr. Shine Bhatta

In an age where we are constantly absorbed in the content on our screens, the esoteric wisdom, captivating stories, and erudition we can obtain from reading have become overlooked novelties. While the knowledge from a myriad of books has been transported to screens, the sensation of entralling oneself in the pages of a book remains unmatched. For something so noteworthy, the everyday man, in theory, should be spending multiple hours consistently reading, day by day. When we look at individuals who are perceived as geniuses, we see consistency in hours spent reading. However, the majority of hours spent reading by a person happens near the beginning and the end of their lives. This makes us wonder how reading has lost its prestige in our era. I want to urge you to go back in time and embellish in the seemingly archaic activity: reading.

When you ask young people what they do in their free time, the response often involves a screen; for example: watching movies, playing video games, etc. Very rarely are activities like writing or reading the answers. It appears the aforementioned activities are a thing of the past and not as enjoyable as the alternatives. I believe that the modern life philosophy of our society has shifted to a more hedonistic view. Hedonism refers to the theory that self-pleasure and satisfaction is the single objective of human life. Activities like reading are considered to be not gratifying enough and are eclipsed by more entertaining activities. I for one thought reading was something that uninteresting people would do; I would therefore avoid it and opt for alternative activities. However, as I slowly began reading, it developed into a habit, and I now cherish literature.

Many stories and novels have been adapted by large production studios to play on the big screen. Some of the most popular and influential movies were just adaptations of books. To think that the main way authors get recognition on the global scale is by having their work adapted for the big screen is truly sad. The work produced by an author is only appreciated in the way it was intended by a small community of active readers. Think about art; when you look at it you are granted the opportunity to have your own unique interpretation. Similarly, when you read a book, you allow your imagination to run wild, you fabricate your own unique universe; while the core of it will be similar to others, it's the details that make the experience celestial. I hope this helps you understand the sheer disparity there is between reading a story and watching it on a screen.

Attention spans are shortening, the need for constant stimulation right in front of your eyes is verily a travesty that undermines us as humans. The idea of consciousness and imagination is what separates us from other animals, however we are slowly turning into mindless pleasure-seeking creatures. As mentioned previously, reading stories and novels allows your imagination to flourish. Without imagination reading is vapid, it simply has no material. However, to truly absorb the contents of a story so that your imagination may blossom, you must be focused. This makes it difficult for people with short attention spans to fully immerse themselves in reading. If you begin reading, you will force your brain to focus. First the utility you receive from reading may not be as great as that of watching a video, but as time elapses your brain will begin to evolve.

This evolution acts as a catalyst for other healthy habits and activities. This is because your brain will learn to enjoy delayed gratification. Delayed gratification can be defied as the ability to postpone or even negate something which gives you an instant feeling of satisfaction. For example, if you chose to no longer use an addictive app like TikTok, and in place of it do something like reading, you would be delaying gratification. I believe the thing that separates the winners from the losers is life, is the ability to delay gratification. The ones who feel they have experienced the most from their lives are the ones who were able resist temptations of instant gratification and enjoy the more superlative pleasures life has to offer. The benefits of reading are never ending. You should treat reading as more of a habit than an activity or hobby.

Just like other forms of art, literature is a self-transcendent style of artistic expression; it's for this reason that not everyone will enjoy the same literature. However, for that very reason there is a unique genre or style of literature that caters to everyone. Reading is one of the few things that you will regret doing in life, however it will be one of the things that you regret not doing.

Fellowship Program "कला आरम्भ"

by Interact Club Kathmandu

On the occasion of Saraswati Puja, members from Interact Club Kathmandu organized a fellowship program called "कला आरम्भ" at the Naya Nepal Samaj Centre in Minbhawan. The aim of this event was to engage with the children residing in the center, provide them with art supplies and stationery items, and spend quality time with them. We members of Interact Club of Kathmandu were thrilled to be a part of this community service initiative. We were grateful for the opportunity to contribute to the well-being and development of the children at the center. The event was made possible through the support and collaboration of the Rotary Club of Kathmandu.



Itr. Ruchi Ojha

The fellowship program commenced with the distribution of art supplies and stationery items to the children. The supplies included drawing paper, coloring pencils, paints, brushes, and other materials necessary for artistic expression. The children were visibly excited and appreciative of the gifts, which would enable them to explore their creativity and develop their artistic skills.

Following the distribution, the members of Interact Club Kathmandu engaged in interactive sessions with the children. We members facilitated various art-related activities, including drawing, painting, and handicrafts. The children enthusiastically participated and displayed their eagerness to learn and create. The eagerness to learn and create. We members provided guidance and encouragement, fostering a supportive environment that encouraged the children to express themselves freely.

During the event, the members of Interact Club Kathmandu had the opportunity to interact with the children on a personal level. They shared stories, laughter, and valuable life experiences. The fellowship program aimed not only to provide art supplies but also to create a bond of friendship and mentorship with the children. It was heartwarming to witness the joy and happiness on the faces of the children as they engaged in these activities.

The event, "कला आरम्भ," was a resounding success. The participation and cooperation of the members of the Interact Club of Kathmandu and the Rotary Club of Kathmandu played a crucial role in its accomplishment. The collaborative efforts ensured that the children at the Naya Nepal Samaj Centre had a memorable experience and felt supported in their artistic endeavors.

As members of Interact Club Kathmandu, we were ecstatic to see the children's eagerness and enthusiasm to learn new things. We hope that the art supplies and the time spent together inspired them to pursue their passion for art further. Through "कला आरम्भ," we aimed to ignite a spark of creativity and provide an avenue for self-expression among the children.

In conclusion, the fellowship program organized by Interact Club Kathmandu on the occasion of Saraswati Puja was a significant community service initiative. It not only provided art supplies and stationery items to the children but also allowed for meaningful interactions and the fostering of creativity. We extend our gratitude to the members of the Interact Club of Kathmandu and the Rotary Club of Kathmandu for their assistance, cooperation, and participation in making this event a success. Together, we have made a positive impact on the lives of the children at the Naya Nepal Samaj Centre.

Zonal Hiking of Zone 6 hosted by Interact Club of Kathmandu

Interact Club of Kathmandu organized a thrilling and adventurous event, the Zonal Hiking, on April 15th. This event aimed to bring together various Interact clubs from Zone 6 and conquer the trails of Champdevi while enjoying the breathtaking views it had to offer. The hike proved to be an extraordinary experience, filled with excitement and a strong sense of friendship. The journey was undoubtedly challenging, but the participants never lost their spirit and determination. The hikers faced steep ascents, rocky terrains, and unpredictable weather conditions, yet they persevered with enthusiasm and a positive mindset. The event showcased the true essence of adventure and the willingness to push boundaries.

The collaboration between the Interact Club of Kathmandu and the other participating clubs from Zone 6, including IC Valley Public, IC Annapurna, IC Matribhumi Balwatar, IC Newroad City Kathmandu, IC LRI, IC GGIC, and IC Maharajjung, played a vital role in the success of the Zonal Hiking event. The collective efforts and teamwork demonstrated by all the clubs were commendable, making the event a memorable one. Throughout the hike, the participants supported and encouraged each other, forming strong bonds and creating lasting friendships.

The challenging nature of the trail brought everyone together, fostering a sense of unity and shared accomplishment. It was heartening to witness the Interact clubs coming together with a common goal and working towards it as a cohesive unit. The breathtaking views of Champdevi added to the awe-inspiring experience of the hike. As the participants ascended, they were rewarded with panoramic views of the lush green valleys, and the natural beauty of the region. These awe-inspiring sights served as a reminder of the immense power and tranquility of nature. We would like to thank all the members of Interact Club of Kathmandu and participating clubs for the coordination.

The meticulous planning, coordination, and dedication ensured the success of the Zonal Hiking. Hiking provided a platform for young individuals to embrace the spirit of adventure, challenge themselves, and create cherished memories. In conclusion, the Zonal Hiking organized by the Interact Club of Kathmandu on April 15th was an exceptional event that showcased the adventurous spirit of the Interact clubs from Zone 6. The challenging trails of Champdevi were conquered with unwavering determination, and the participants experienced the beauty of nature firsthand. The event fostered unity and lifelong friendships among the participants. It is important to acknowledge the efforts of the organizing club and express gratitude to all the clubs involved in making this event a resounding success. Let us continue to embrace the spirit of adventure and always be ready to hike our way to the top.



Itr. Bishal Pandey

**Congratulations
to
the President Rtn. Kishor Uprety
and team of the
Rotary Club of Kathmandu
on your
66th Installation Ceremony!**



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