

# Rotary



# Club of Kathmandu

*"The First Rotary Club of Nepal"*

RI District 3292 Nepal and Bhutan

Club No. 16204

Charter Date: 13 April, 1959

## SOUVENIR 2024-2025



**Best Wishes to  
Rotary Club of Kathmandu and Team  
on the occasion of  
67<sup>th</sup> Installation Ceremony**

**ASTERISK**  
International Services

**ASTEREISK INTERNATIONAL SERVICES PVT.LTD**

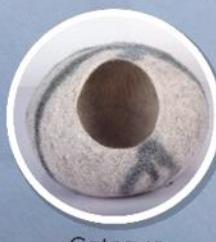
For the benifit of people and planet



Toys



Seasonal Item



Catcave



Mats

Manufacturer And Exporter Of Wool Felt Products From Nepal

9851119925

[www.ais.com.np](http://www.ais.com.np)

[info@ais.com.np](mailto:info@ais.com.np)

*Congratulations & Best Wishes*  
to the entire team of  
**Rotary Club of Kathmandu**  
on the occasion of  
**67<sup>th</sup> Installation Ceremony**

**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 Club of Kathmandu



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

**Rotary Bhawan**  
Thapathali, Kathmandu, Nepal  
GPO: 1053  
Telephone: +977-1-5345783

[info@rckathmandu.org.np](mailto:info@rckathmandu.org.np)  
[rotaryclubkathmandu@gmail.com](mailto:rotaryclubkathmandu@gmail.com)



**Rotaract**  
Rotary Club Partner



Club of  
Sindhuligadi

**Interact**  
Rotary Sponsored Club



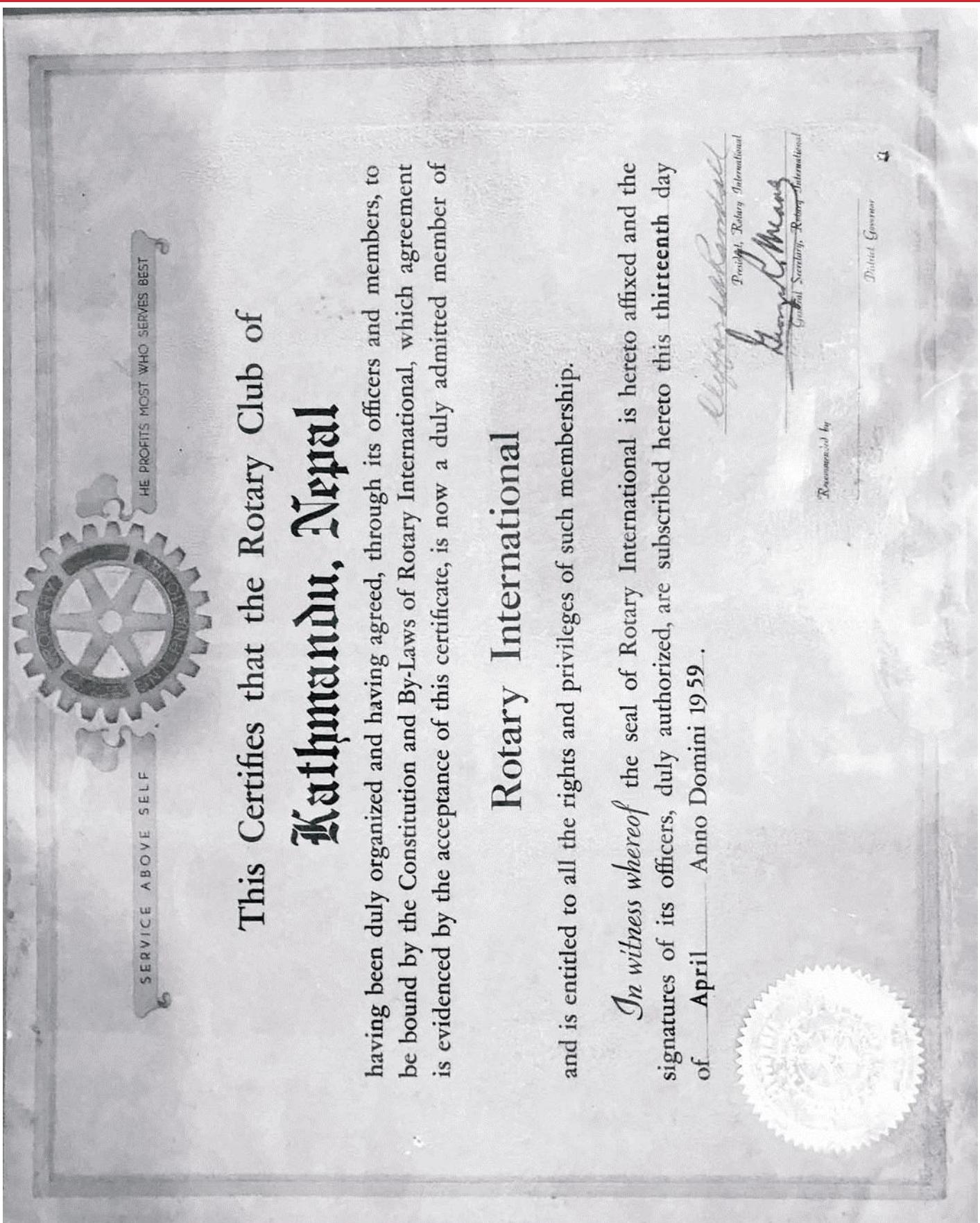
Club of  
Kathmandu

**Interact**  
Rotary Sponsored Club



Club of  
Shree Chunadevi  
Secondary School

# CHARTER CERTIFICATE





# Rotary Club of Kathmandu

325th District R. I.

## Charter Presentation

By

His Majesty King Mahendra

## LUNCHEON

ON

Sunday, June 28, 1959

at

Army Lecture Hall Kathmandu.

## MENU

### Vegetarian

Potage D' Asperge

Tomates Farcis

Kari Des Legumes  
Legumes Frit  
Pomme De Terre Nepalaise  
Yogourt  
Riz.

Glasse Vanille Aux Sauce  
Des Fraises

Cafe.

### Non-Vegetarian

Consonne Glasse

Carp Meuniere  
Sauce Tartare

Kari De Poulet  
Kari " Kofta "  
Kari De Sanglier  
Kari Des Legumes  
Pomme De Terre Nepalaise  
Riz.

Glasse Vanille  
Aux Sauce De Fraises

Cafe.

## Rotary Club of Kathmandu

Patron-in-Chief: His Majesty King Mahendra  
CHARTER MEMBERS

President  
Rtn. General Kiran Shumsher

Secretary  
Rtn. Jagdish S. Rana

Treasurer  
Rtn. G. R. Bhandari

Vice-President  
Rtn. Himalaya S. Rana  
Rtn. H. Lal

Jt. Secretaries  
Rtn. Manindra Raj Shrestha  
Rtn. A. R. Bhattacharya

Directors  
Rtn. Dr. D. B. Das Gupta  
Rtn. Sarda P. Upadhyaya  
Rtn. Kumar Das Shrestha  
Rtn. V. Ray

Sergeant-at-Arms  
Rtn. Bishwanath Jajodia  
Rtn. K. K. Joshi

MEMBERS  
Rtn. Thomas Charles Mendes  
Rtn. Boris Lissanovich  
Rtn. C. L. Bajaj  
Rtn. Gopiram Ghoshayya

Rtn. Dr. V. Jacob  
Rtn. N. P. Sinha  
Rtn. Madan Mohan Gupta  
Rtn. Kulnath Lohani

Rtn. Basanta Bikram Shah  
Rtn. Captain R. S. Randhawa  
Rtn. Eric W. Stadler  
Rtn. Carl S. Cole

## Rotary Club of Kathmandu

### PROGRAMME

1. Meeting called to order  
2. Singing of the National Anthem  
3. President Kiran welcomes Their Majesties and the guests  
4. President introduces Past District Governor & Rotary Information Counsellor Rtn. Raj Kishore, Rotary-Annes and Rotararians  
5. Club announcements  
6. Representative of Darbhanga Rotary Club gives a short history of the Rotary Club of Kathmandu.  
7. Address by the Past District Governor and to request His Majesty to present the Charter  
8. Presentation of Charter by His Majesty  
9. Acceptance of Charter and response by President Kiran  
10. Expression of gratitude to His Majesty on behalf of Rotary International by Past District Governor Rtn. Justice Raj Kishore  
11. Address by the Hon'ble Prime Minister B. P. Koirala  
12. Introduction of office bearers and Charter Members of the Club  
13. Lunch  
14. Toasts:  
 a.) Their Majesties and the Kingdom of Nepal  
 b.) Republic of India - Rtn. Himalaya S. Rana  
 c.) " " Pakistan - Rtn. H. Lal  
 d.) Union of Burma - Rtn. Jagdish S. Rana  
 e.) Rotary International - Rtn. Manindra R. Shrestha  
 Response by Rtn. Justice Raj Kishore Prasad  
 f.) 325 District and Governor Behram - Rtn. A. Bhattacharya  
 Response by Governor's Special Representative  
 g.) Sponsoring Club - Rtn. Gopal R. Bhandari  
 Response by Rtn. G. S. Daruka  
 h.) Ladies - Rtn. D. B. Dasgupta  
 Response by Rtn. Anne H. Lal  
 i.) Visiting Rotarians - Rtn. C. S. Cole  
 Response by Rtn. Dr. S. N. Singha  
 j.) Guests - Rtn. Boris Lissanovich  
 Response by Deputy Prime Minister of Nepal  
 15. Presentations of gifts.  
 16. Meeting adjourned.

# ABOUT ROTARY

Rotary is a global network of 1.4 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.

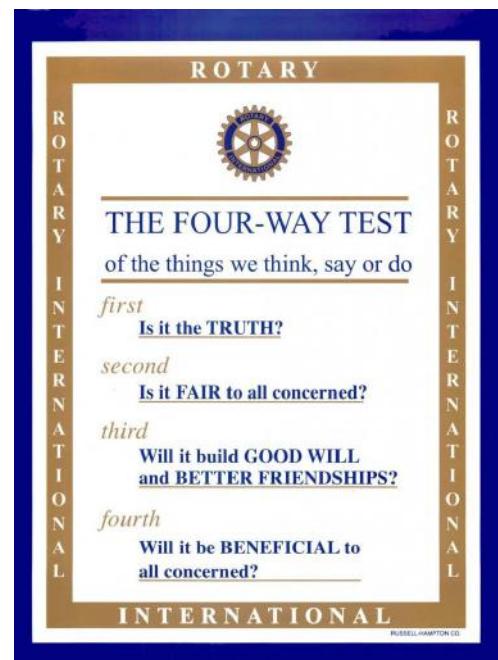
## The Mission of Rotary International

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



**Paul P. Harris**  
Founder of Rotary



# FROM THE DESK OF EDITOR

Dear Rotary Club Members,

The editorial committee is delighted to present to you the latest edition of our souvenir; the annual magazine celebrating the remarkable achievements and enduring spirit of our Rotary Club of Kathmandu. Rotary Year 2023-24 has been a testament to our commitment to “Service Above Self,” reflecting our unwavering dedication to making a positive impact in our community.

Since our establishment on April 13, 1959, our club has consistently risen to challenges with resilience and innovation. Through collective efforts, we have initiated transformative projects that have touched the lives of countless individuals and communities across Nepal. From advancing literacy programs to supporting our young Rotaracts and Interacts, and from fostering diversity within our ranks to promoting peace, health, hygiene, and mental health awareness—every endeavor has contributed to our legacy of service.

We extend my heartfelt gratitude to each member of our Rotary, Rotaract, Interact Clubs, and office staff for your invaluable contributions, dedication, and unwavering pursuit of excellence. Your financial support and input have been instrumental in shaping this souvenir, which serves as a testament to the profound impact of our collective efforts.

As we look forward to the future, let us carry forward the Rotary spirit with renewed vigor. Together, let us continue to leave a lasting legacy of compassion, transformation, and service in our community and beyond.

Let's spread the Magic of Rotary.

## Editorial Committee

Rtn. Mona Adhikari  
Rtn. Tirtha Raj Dahal  
Rtn. Sudip Raj Khatiwada  
Rtn. Mohan Krishna Maharjan  
Rtn. Pravin Karki  
Rtn. Sarbesh Rijal  
Rtr. Rabindra Karki  
Rtr. Pragya Karki  
Rtr. Milan Kumar Bhandari  
Itr. Arju Ojha

# RI PRESIDENTIAL MESSAGE

Rotary



Stephanie A. Urchick  
President, 2024-25  
Rotary International



08 May 2024

To

The Club Presidents of Rotary year 2024-25,  
Rotary District 3292,  
Nepal & Bhutan

Dear Club Presidents,

I congratulate you on your installation to the office of club presidents of the Rotary Clubs in District 3292.

Rotary needs your leadership now more than ever if we are to make every club and district an irresistible experience. By following Rotary's Action Plan and making sure all members feel a sense of belonging in your club, you have a special opportunity to inspire members to new heights of service.

Our ability to create lasting change begins with our family of Rotary. Together, it is within our power to bring healing in a divided world.

Join me in making Rotary a source of strength for those who need it most, within and beyond our membership. Let this be the year we harness *The Magic of Rotary*, and let Rotary be known as an organization that takes care of its members as well as the people we serve.

It is within your power to help make your club a beacon of goodwill and fellowship in your community.

I look forward to working beside you as we change the world with *The Magic of Rotary*.

Warm regards,

A handwritten signature in black ink that reads "Stephanie A. Urchick".

Stephanie A. Urchick  
Rotary International President, 2024-2025



## ROTARY INTERNATIONAL District 3292

Rajendra Man Sherchan  
District Governor 2024-2025



Sushil Kumar Karki  
President 2024-25  
Rotary Club of Kathmandu

Dear President Sushil Kumar Karki



Many Congratulations to you and your Team for publishing this Souvenir on the occasion of our New Rotary Year 2024 - 25. Please accept my Best Wishes for your successful tenure.

RI President Stephanie A Urchick has given us "**The Magic of Rotary**" as the theme for the year 2024 - 25. As members of Rotary, let us continue to harness this magic through our dedication to service above self, our commitment to upholding the principles of Rotary, and our relentless pursuit of creating positive change in the world. Let us be the architects of a brighter tomorrow, where the magic of kindness, compassion, and solidarity reign supreme. Together, let us create a world where every person, regardless of their background or circumstance, can experience and create the wonders of Rotary's Magic.

The magic of rotary lies in its ability to bring individuals together to make a positive impact on their communities and the world. Rotary clubs, comprised of members from different backgrounds and professions, work collaboratively to address pressing issues such as poverty, education, health, and the environment.

The magic of rotary also lies in its emphasis on fellowship and friendship, as members come together not only to serve but also to build connections and relationships that transcend borders and cultural differences. It is through this spirit of camaraderie and service that the true magic of rotary shines bright.

Through various service projects and initiatives, Rotary clubs strive to make a difference by providing resources, support, and solutions to those in need. Whether it's building schools in developing countries, organizing disaster relief efforts, or supporting local youth programs, Rotary members are dedicated to making a lasting impact. Thus, with this lasting impact, we create a "**Magical Rotary**".

Once again it is my great pleasure to extend my best wishes for a successful year 2024 – 25 to all of you.

Your's-in-Rotary

  
Rajendra Man Sherchan  
District Governor 2024 -25

Rotary District Office,  
Thapathali, Kathmandu  
Nepal

Cell:  
977 9851021761

rmsherchan@gmail.com

# MESSAGE FROM DISTRICT GOVERNOR NOMINEE

Chief Guest - 67th Installation Ceremony of Rotary Club of Kathmandu

Dear Rtn Sushil Kumar Karki  
Club President  
RY -2024/25

I would like to extend my warmest and heartfelt best wishes to you as you take on the role of President. Congratulations on this significant appointment and thank you for stepping up to lead your club to even greater heights.

Your dedication and commitment to our organization are truly commendable, and we are fortunate to have someone as capable and passionate as you leading the way. We believe in your ability to guide towards success and create a thriving environment for all members.

As President, you have the opportunity to shape the future of the club, implement new initiatives, and foster a sense of unity among the members. Your vision, leadership, and ability to inspire others will play a crucial role in the continued growth and achievement.

Team of District stands behind you, ready to offer our support and assistance whenever needed. We have every confidence that you will excel in this role and leave a lasting impact on your club. May you have the wisdom to make sound decisions, the strength to overcome challenges, and the passion to make a positive difference.

Congratulations once again, and we look forward to witnessing the great accomplishments that lie ahead under your exceptional leadership creating a magical year in Rotary.

With best wishes,

**Rtn Vishnu B. Karkee**  
District Governor 2026/27



# MESSAGE FROM IMMEDIATE PAST PRESIDENT

Dear Esteemed Members,

As my term as President of our beloved Rotary Club comes to a close, I find myself reflecting on the incredible journey we have embarked on together over the past year. It has been a privilege and an honor to serve alongside each and every one of you, dedicated individuals committed to making a positive difference in rotary community and beyond.

Together, we have achieved remarkable milestones and made impactful contributions through our various projects and initiatives especially in the field of education through ICT Training for teachers and Scholarship Distribution as well Health through Mental Health Awareness program. In this occasion I would like to congratulate PP Tirtha Raj Dahal and Dr. Pradip Pandey for their incredible work. During this year, we have truly embodied the spirit of "Create Hope in the World". Our collective efforts have touched the lives of countless individuals, bringing hope, assistance, and joy to those in need.

I am immensely proud of what we have accomplished together during my tenure as President. I recall our relief initiatives for Jajarkot Earthquake victims in Rukum West and Jajarkot districts. I thank all supporters who have contributed from their side in cash and kind. However, none of this would have been possible without the unwavering support and dedication of our members.

Your passion, enthusiasm, and commitment have been the driving force behind our success, and for that, I am profoundly grateful.

I congratulate president Sushil Kumar Karki for taking the responsibility as a president of the club and wish for a successful tenure ahead. As I pass the torch to the incoming President, I have full confidence in their ability to lead our club with integrity, compassion, and vision. I urge you all to extend the same level of support and cooperation to them as you have shown to me throughout my term. I thank all members who have contributed to repair and renovate our rotary hall property that has enabled us to feel at home in all our programs.

Though my time as President may be coming to an end, my commitment to Rotary and its noble ideals remains unwavering. I look forward to continuing our journey together as active members, united in our shared mission to make the world a better place, one community at a time.

Thank you once again for the privilege of serving as your President. It has been an unforgettable experience, and I am deeply grateful for the friendships, memories, and lessons learned along the way.

Yours in Rotary service

Rtn. Kishor Uprety



**Rtn. Kishor Uprety**  
Immediate Past President  
Rotary Club of Kathmandu

## Environmentalist & WASH Professional



### Rtn. Sushil Kumar Karki President 2024/25



Jhule, Tamakoshi Rural  
Municipality-02, Dolakha

#### Parents:

Mr.Dhan Bahadur Karki &  
Mrs.Sanu Maya Karki

#### Spouse:

Mrs. Kamana Jha

#### Child:

Shuvanga Karki



Master's Degree in  
Environmental Science  
Master's Degree in Rural  
Development

#### Current Involvement:

Program Manager, Youth Alliance for  
Environment, Baluwatar

Proprietor, Cut Beauty Salon and Training  
Academy, Koteshwor

#### Joined

Rotary Club of Kathmandu

2018/19

**President**  
Rotary Club of Kathmandu

Member, District Learning Facilitating Team, Region 2  
Member, Environment Sub-Committee  
Member, District Grant Sub-Committee  
Member, RI Program Sub-Committee

2024/25

Vice-President, Rotary Club of Kathmandu  
Co-Chair, Rotaract District Sub-Committee

2022/23

PE, Rotary Club of Kathmandu  
Co-Chair, District Rotaract Sub-Committee  
Member, District Training Committee Region 2

2021/22

Secretary, Rotary Club of  
Co-Chair, District Sergeant  
Regional Chair, Region-1

# PRESIDENT'S WORDS

I am grateful to the members of the Rotary Club of Kathmandu for choosing me to lead the country's first pioneer club during Rotary Year 2024–2025.

This year, we'll be teaming with all of the past presidents, members, Rotaract and Interact clubs, and partner organizations to create a difference in people's lives through different service projects. Our main priorities will be Project Jhola, Girls Toilet Project, Menstrual Health and Hygiene, ICT training, Mental Health Awareness, and Scholarship Distributions. Furthermore, we want to reach as many individuals as possible through our club-to-club and global grant initiatives.

This year, our main goal is to capacitate human resources and develop a group of magicians who will educate others on a variety of subjects to spread magic. Thus, anticipate everyone's cooperation and coordination.

## President

Rotaract Club of Kathmandu

## Joined

Rotaract Club of Kathmandu

2011/12

2007/08

2016/17

## District Rotaract Representative (DRR)

Rotaract District, RID 3292

I would like to congratulate President 2023/24 Rtn. Kishor Uprety and Secretary 2023/24 Rtn. Keshav Gyawali on their outstanding leadership as club leaders. I also look forward to your continued support and leadership during this Rotary Year.

I am thankful to Secretary 2024/25 Rtn. Sudip Khatiwada and the entire board of directors for agreeing to take on the role of club leader jointly. Together, let's create the Magic of Rotary.

**Rtn. Sushil Kumar Karki**  
President 2024/25

Secretary, District Rotaract Sub-Committee  
Chair, Club Youth Service Committee

Joint Secretary  
Rotary Club of Kathmandu  
2020/21

Kathmandu  
Joint At Arm Sub-Committee  
Polio Plus Sub-Committee



# EXECUTIVE BOARD RY 2024-2025



Rtn. Sushil Kumar Karki  
President



Rtn. Kishor Upreti  
IPP



Rtn. Rajendra Gautam  
President Elect



Rtn. Prof. Dr. Pushpa Raj Sharma  
President Nominee



Rtn. Keshav Gyawali  
Vice President



Rtn. Ashish Jajodia  
Vice President



Rtn. Sudip Khatiwada  
Secretary



Rtn. Pravin Karki  
Joint Secretary



Rtn. Sanjaya Karmacharya  
Treasurer



Rtn. Janaki Niraula  
Joint Treasurer



Rtn. Tirtha Raj Dahal  
Club Admin Chair



Rtn. Achut Babu Ojha  
Service Project Chair



Rtn. Mohan K. Maharjan  
Public Image Chair



Rtn. Mukunda Sharma Poudel  
Membership Dev. Chair



Rtn. Sonika Thapaliya  
Youth Service Chair



Rtn. Bishnu Subedi  
TRF Chair



Rtn. Prajun Khadka  
Sergeant At Arms



Rtn. Mona Adhikari  
Editor

## Club Trainer



Rtn. Narayan Krishna Kharel Rtn. Rajendra Kumar Dahal Rtn. Dan Bahadur Chand Rtn. Suresh Man Singh Rtn. Dr. Pradeep Pandey

## Club Mentor



# MEMBER'S PROFILE



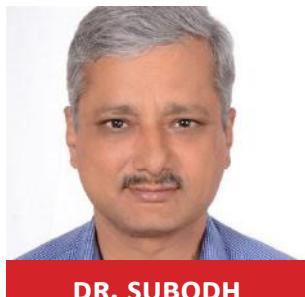
**ADHIKARI KHAGENDRA**  
(PHF)



**SITA POKHAREL**



**ADHIKARI MONA  
(MPHF)**



**DR. SUBODH**

**DESIGNATION: MEMBER**

Classification : Telecom Engineer  
Address : Buddhanagar, Kathmandu  
Contact No. : 9851018100  
Email : khagendraadhikari@gmail.com

**DESIGNATION: PAST PRESIDENT / EDITOR**

Classification : Anthropologist  
Address : Buddhanagar, Kathmandu  
Contact No. : 9841531172  
Email : mona.adhikari@gmail.com



**CHALISE SURESH RAJ  
(PHF)**



**CHAND DAN BAHADUR  
(PHF)**



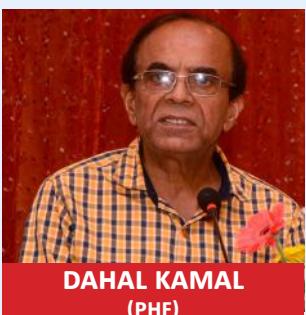
**RANJU**

**DESIGNATION: MEMBER**

Classification : Educator  
Address :  
Contact No. : 9851031795  
Email : srchalise2002@yahoo.com

**DESIGNATION: PAST PRESIDENT / CLUB MENTOR**

Classification : Carpet Mfg. and Exporter  
Address : Bhaisepati, Lalitpur  
Contact No. : 9851052396  
Email : tripuracarpet@gmail.com



**DAHAL KAMAL  
(PHF)**



**RUJA**



**DAHAL RAJENDRA KUMAR  
(MPHF)**



**GEETA**

**DESIGNATION: PAST PRESIDENT**

Classification : Jute Technology  
Address : Maitidevi, Kathmandu  
Contact No. : 9841284072  
Email : rujakamal@gmail.com

**DESIGNATION: PAST PRESIDENT / CLUB TRAINER**

Classification : Account  
Address : Kathmandu  
Contact No. : 9841531172  
Email : rajendrak.dahal@ntc.net.np

# MEMBER'S PROFILE



**DAHAL TIRTHA RAJ  
(MPHF)**



**BINITA**



**DHAKAL ASMIN KUMAR**



**SABINA POKHAREL**

**DESIGNATION: PAST PRESIDENT / CLUB ADMIN CHAIR**

Classification : Business Study

Address : Sinamangal, Kathmandu

Contact No. : 9851109494

Email : tirtha.dahal@ntc.net.np

**DESIGNATION: MEMBER**

Classification : Lawyer

Address : Koteswor, Kathmandu

Contact No. : 9841291797

Email : asminkumardhakal@gmail.com



**GARTAULA RAM  
(MAJOR DONOR)**



**URMILA**



**GAUTAM RAJENDRA  
(MPHF)**

**DESIGNATION: PAST PRESIDENT**

Classification : Tourism

Address : Naxal, Kathmandu

Contact No. : 9851023889

Email : gartaular@gmail.com

**DESIGNATION: PRESIDENT ELECT**

Classification : Business/Social Work

Address : Kathmandu

Contact No. : 9851049804

Email : rajendragautam07@gmail.com



**GIRI BUDDHA DEV  
(MPHF)**



**GANGA**



**GNAWALI KESHAVA RAJ**



**TRISHNA PADEL**

**DESIGNATION: MEMBER**

Classification : Financial Management

Address : Buddhanagar, Kathmandu

Contact No. : 9856021783

Email : bdgiri2010@gmail.com

**DESIGNATION: VICE-PRESIDENT**

Classification : Electronics & Telecommunications Engineer

Address : Satungal, Kathmandu

Contact No. : 9851200337

Email : new.keshav.gnawali@gmail.com

# MEMBER'S PROFILE



**JAJODIA ASHISH  
(PHF)**



**SHRADDA**



**BASNET LAL BAHADUR**



**SITA RAUT**

**DESIGNATION: VICE-PRESIDENT**

Classification : Business

Address : Thapathali, Kathmandu

Contact No. : 9851103018

Email : jajodia.ashish@rtinepal.com

**DESIGNATION: MEMBER**

Classification : Handicraft

Address : Buddhanagar, Kathmandu

Contact No. : 9841442821

Email : soluhandicraft@gmail.com



**KARKI PRAVIN**



**SHREEYA**



**KARKI SUSHIL KUMAR  
(PHF)**



**KAMANA JHA  
(PHF)**

**DESIGNATION: JOINT SECRETARY**

Classification : Electronics & Communication

Address : Tahachal, Kathmandu

Contact No. : 9863334245

Email : pravin.karki12@gmail.com

**DESIGNATION: PRESIDENT**

Classification : Environmentalist & WASH Professional

Address : Koteshwor, Kathmandu

Contact No. : 9851224317

Email : sushilkumarkarki@gmail.com



**KHADKA PRAJUN**



**JAMUNA**

**DESIGNATION: MEMBER**

Classification : Travel Agent

Address : Bishalnagar, Kathmandu

Contact No. : 9841360494

Email : prajunkhadka@gmail.com



**KARMACHARYA SANJAY**

**DESIGNATION: TREASURER**

Classification : Chartered Accountant

Address : Kirtipur, Kathmandu

Contact No. : 9851173026

Email : karma619@yahoo.com

# MEMBER'S PROFILE



**KHAREL NARAYAN KRISHNA  
(MAJOR DONOR)**



**RACHANA**



**KHATIWADA SUDIP RAJ**



**CHANDA**

**DESIGNATION: PAST PRESIDENT / CLUB TRAINER**

Classification : Exporter  
Address : Kandaghari, Kathmandu  
Contact No. : 9851119925  
Email : amigodenepal@gmail.com

**DESIGNATION: SECRETARY**

Classification : Public Health  
Address : Kathmandu  
Contact No. : 9840024135  
Email : khatiwadasudipraj@gmail.com



**MAHARJAN MOHAN KRISHNA**



**BIDHYA**



**DR. MALLA OM KRISHNA  
(PHF)**



**DR. PUSHPA**

**DESIGNATION: PUBLIC IMAGE CHAIR**

Classification : Event Manager  
Address : Handigaun, Kathmandu  
Contact No. : 9851072082  
Email : conferencenepal22@gmail.com

**DESIGNATION: PAST PRESIDENT**

Classification : Ophthalmologist  
Address : Kathmandu  
Contact No. : 9841250920  
Email : okmalla@hotmail.com



**NIROULA JANAKI**



**PHADINDRA**



**OJHA ACHUT BABU  
(MPHF)**



**PABITRA**

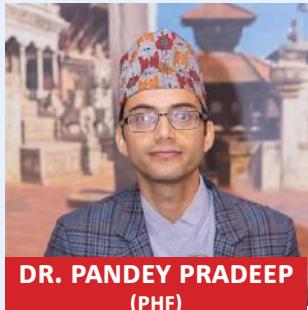
**DESIGNATION: JOINT TREASURER**

Classification : Women Entrepreneur  
Address : Kathmandu  
Contact No. : 9841171006  
Email : janakiniroula28@gmail.com

**DESIGNATION: SERVICE PROJECT CHAIR**

Classification : Public Health  
Address : Hattiban, Lalitpur  
Contact No. : 9851182289  
Email : babuojha@gmail.com

# MEMBER'S PROFILE



**DR. PANDEY PRADEEP  
(PHF)**



**SRIJANA**



**PAUDEL MUKUNDA SHARMA  
(MPHF)**



**PIMALA**

## DESIGNATION: CLUB MENTOR

Classification : Neuropsychiatrist  
Address : Jawalakhel, Lalitpur  
Contact No. : 9841741929  
Email : pradeep\_sant1@gmail.com

## DESIGNATION: MEMBERSHIP DEVELOPMENT CHAIR

Classification : Lawyer  
Address : Buddhanagar, Kathmandu  
Contact No. : 9851186103  
Email : mpaabg@gmail.com



**RAUT RAJAN BAHADUR  
(MPHF)**



**AMUL**



**SAKYA RATNA MAN  
(MAJOR DONOR)**



**CHANDRA DEVI**

## DESIGNATION: PAST PRESIDENT

Classification : Pharmaceutical Marketing  
Address : Maligaun, Kathmandu  
Contact No. : 9851076034  
Email : rbrautgr@hotmail.com

## DESIGNATION: PAST PRESIDENT/PAST DG

Classification : Handicraft  
Address : Pulchowk, Lalitpur  
Contact No. : 9851038917  
Email : rmsakya@gmail.com



**SATYAL SURESH  
(PHF)**



**DR. INDIRA**



**SHARMA PUSHPA RAJ  
PROF. DR. (PHF)**



**DURGA**

## DESIGNATION: PAST PRESIDENT

Classification : Economist  
Address : Putalisadak, Kathmandu  
Contact No. : 9841292245  
Email : sureshsatyal@gmail.com

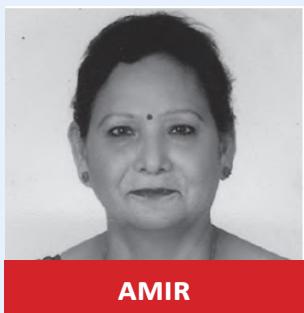
## DESIGNATION: PRESIDENT NOMINEE

Classification : Financial Management/Microfinance  
Address : Kirtipur, Kathmandu  
Contact No. : 9856030890  
Email : prsbhandari@yahoo.com

# MEMBER'S PROFILE



**SHRESTHA BALA KRISHNA  
(MAJOR DONOR)**



**AMIR**



**SHRESTHA PRITHBI  
(PHF)**



**CHIE**

**DESIGNATION: PAST PRESIDENT**

Classification : Banking Management  
Address : Tripureshwor, Kathmandu  
Contact No. : 9851022846  
Email : hamasteel@info.com.np

**DESIGNATION: MEMBER**

Classification : Hotelier  
Address : Pulchowk, Lalitpur  
Contact No. : 9851021950  
Email : prithbi@mos.com.np



**SINGH SURESH MAN  
(MPHF)**



**SANGEETA**



**SUBEDI BISHNU  
(MPHF)**



**PRAMILA**

**DESIGNATION: PAST PRESIDENT / CLUB MENTOR**

Classification : Belt Manufacture & Marketing  
Address : Kathmandu  
Contact No. : 9851042753  
Email : sm.singh@hotmail.com

**DESIGNATION: PAST PRESIDENT / TRF CHAIR**

Classification : Hospital Administration  
Address : Sanepa, Kathmandu  
Contact No. : 9851024103  
Email : subedisanepa@gmail.com



**DR. THAPA LOK BIKRAM  
(MPHF)**

**DESIGNATION: PAST PRESIDENT**

Classification : General & Cardiothoracic Surgeon  
Address : Kamalpokhari, Kathmandu  
Contact No. : 9851021906  
Email : lokbikram\_thapa@yahoo.com



**THAPALIYA SONIKA  
(PHF)**

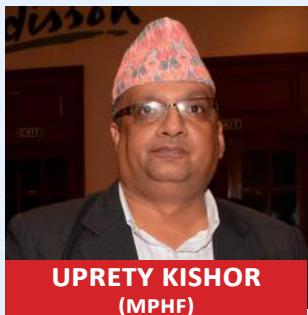


**SABIN**

**DESIGNATION: YOUTH SERVICE CHAIR**

Classification : Microbiologist / Rural Development  
Address : Kathmandu  
Contact No. : 9849810619  
Email : sonikathapaliya@gmail.com

# MEMBER'S PROFILE



UPRETY KISHOR  
(MPHF)



RITA

DESIGNATION: IMMEDIATE PAST PRESIDENT

Classification : Accounting Management  
Address : Anamnagar, Kathmandu  
Contact No. : 9851089555  
Email : kishor.uprety@ntc.net.np

## OFFICE STAFF



SHREE KRISHNA DAHAL



BINOD RAUT

EXECUTIVE SECRETARY

OFFICE ASSISTANT



PANNA NEWA

HOUSEKEEPER



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Nabil Bank Building - 4th Floor

# WELCOME OUR NEW MEMBERS



**CHATAUT BHUWAN RAJ**



**BHUWANI BIST**



**KARKI NAMRATA**

Classification : Research Consultant  
Address : Sankhamul, Kathmandu  
Contact No. : 9851051700  
Email : bhuwanrchataut@gmail.com

Classification : Administration  
Address : Kapan, Kathmandu  
Contact No. : 9803756986  
Email : namratakarki94@gmail.com



**KARKI SASWAT**



**DR. KARKI USHA**



**DR. KHANAL BIBEK**

Classification : Financial Planning & Taxation  
Address : Putalisadak, Kathmandu  
Contact No. : 9841259127  
Email : saswatkarki5@gmail.com

Classification : Fertility Specialist  
Address : Gatthaghar, Bhaktapur  
Contact No. : 9841305763  
Email : karki.bibnum@gmail.com



**KHADKA PRADIP**



**ROSHANA MAHARJAN**



**RIJAL SARBESH**



**SHOBHA AMAGAIN**

Classification : Business Management  
Address : Chandragiri, Kathmandu  
Contact No. : 9851095496  
Email : khadkapradip20@gmail.com

Classification : Biotechnology / Media Production  
Address : Kandaghari, Kathmandu  
Contact No. : 9841080298  
Email : sarbeshrizal@gmail.com



**SAPKOTA USHA**



**LEKHNATH KAFLE**



**SHARMA PUJAN**



**PRAKASH CHANDRA**

Classification : Life Insurance  
Address : Pragatinagar, Nawalparasi  
Contact No. : 9803318213  
Email : usasapkota@gmail.com

Classification : Psychologist  
Address : Kalanki, Kathmandu  
Contact No. : 9818074100  
Email : pjnsharma11@gmail.com

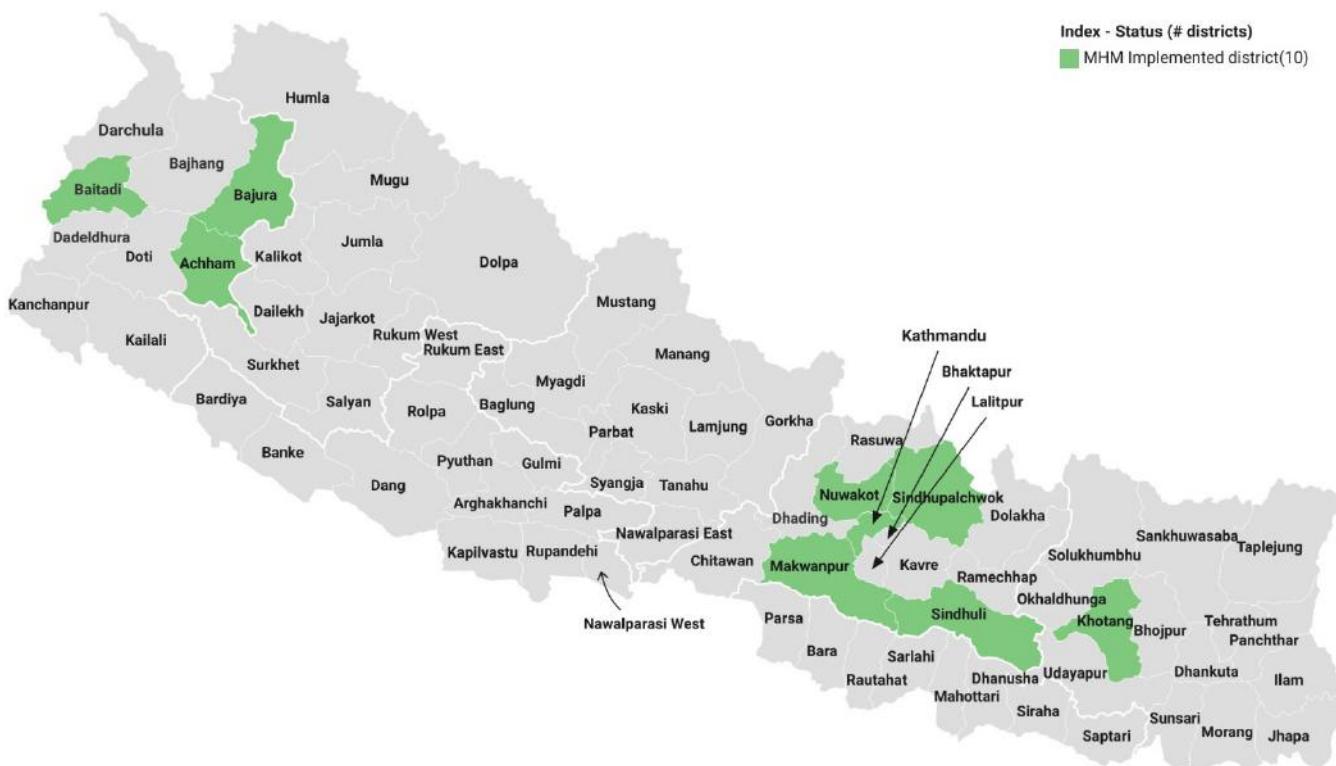
# LEADERS

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

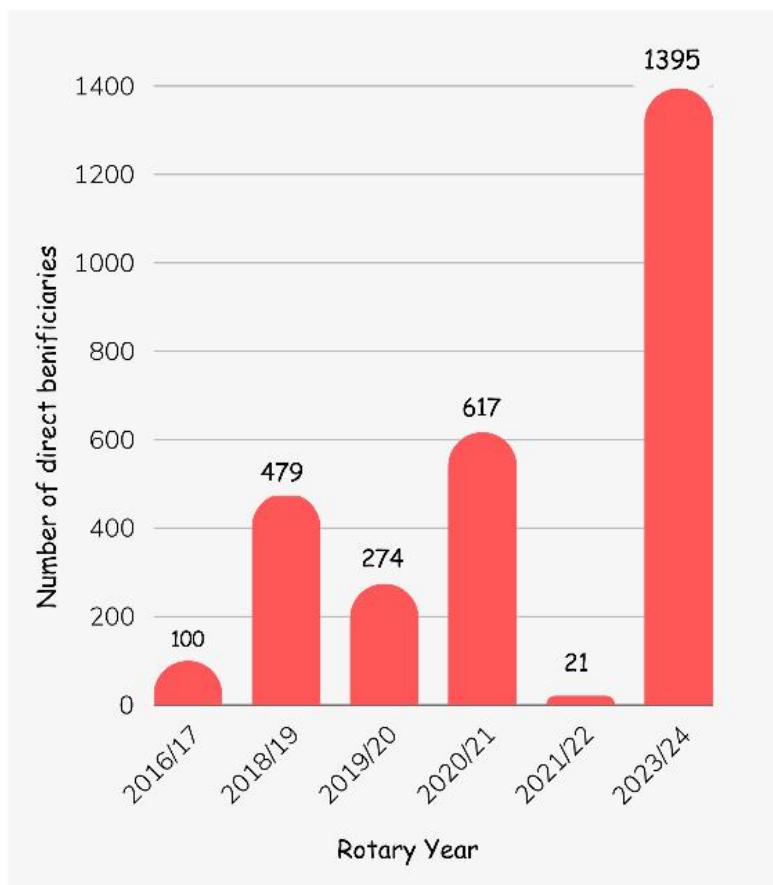
# LEADERS

PRESIDENT	ROTARY YEAR	SECRETARY
Hukum Chand Dugar	1993-94	Krishna Murari Timilsina
Ratna Man Sakya	1994-95	Krishna Murari Timilsina
Dr. Loke Bikram Thapa	1995-96	Kamal Dahal
Krishna Murari Timilsina	1996-97	Kamal Dahal
Dr. Om K. Malla	1997-98	Bishnu Subedi
Tek Chandra Pokharel	1998-99	Bishnu Subedi
Dr. Kishore Kumar Pradhan	1999-2000	A. S. Grover
Kamal Dahal	2000-01	Kedar Prasad Sharma
Satya Pal Sachadeva	2001-02	Rajeswar P. Pant
Bala Krishna Shrestha	2002-03	Suresh Satyal
Amod Adhikari	2003-04	Bijaya Lal Shrestha
Bishnu Subedi	2004-05	Rajeswar P. Pant
Sushil Bhattarai	2005-06	Narayan Pd. Manandhar
Krishna Murari Timilsina	2006-07	Dinesh Raj Sharma
Kedar Prasad Sharma	2007-08	Narayan Khatri
Rajeswar P. Pant	2008-09	Anup Subedi
Narayan Pd. Manandhar	2009-10	Anup Subedi
Suresh Satyal	2010-11	Dan Bahadur Chand
Dinesh Raj Sharma	2011-12	Rajendra Kumar Dahal
Anup Subedi	2012-13	Keshav Thapa
Dan Bahadur Chand	2013-14	Surendra Pratap Shah
Rajendra Kumar Dahal	2014-15	Narayan Krishna Kharel
Suresh Das Shrestha	2015-16	Sujata Nepal
Mona Adhikari	2016-17	Achut Babu Ojha
Surendra Pratap Shah	2017-18	Dr. Pradeep Pandey
Ram Gartaula	2018-19	Sunita Karmacharya
Narayan Krishna Kharel	2019-20	Utsav Dangi
Tirtha Raj Dahal	2020-21	Sonika Thapaliya
Suresh Man Singh	2021-22	Sushil Kumar Karki
Achut Babu Ojha	2022-23	Rajendra Gautam
Kishor Uprety	2023-24	Keshava Gnawali
Sushil Kumar Karki	2024-25	Sudip Raj Khatiwada
Rajendra Gautam	2025-26	
Prof. Dr. Pushpa Raj Sharma	2026-27	

# MENSTRUAL HEALTH AND HYGIENE MANAGEMENT PROJECT



Menstruation is a normal biological phenomenon and a key sign of reproductive health. But due to different factors, in a rural part of Nepal, menstruation is treated as something negative, shameful, or dirty which directly affects the health condition of women and girls. Due to the persisting taboos like Chaupadi and untouchability during menstruation, women and girls' capacity to manage their periods is affected by several other factors, including limited access to affordable and hygienic-sanitary materials and disposal options leaving many to manage their periods in ineffective, uncomfortable, and unhygienic ways. With limited access to information at home and school, millions of women and girls have very little knowledge about what is happening to their bodies when they menstruate and how to deal with it.



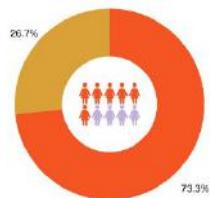
# MENSTRUAL HEALTH AND HYGIENE MANAGEMENT PROJECT

To support everyone who menstruates to manage their menstruation with dignity and reduce school absenteeism during menstruation, the Rotary Club of Kathmandu with the support of different Rotary clubs around the globe (Rotary Club of Corrimbal, Rotary Club of Liverpool West, Rotary Club of Kingston, Rotary Club of Sonoma Valley, Rotary Club of Rotary Australia, etc.) is implementing “Menstrual Health and Hygiene Management” Project at different part of Nepal since 2016/17.

This Rotary Year we are planning to provide body literacy about menstruation to more than 1000 adolescent girls/boys and community men/women of different 10 districts of Nepal. In addition, we are planning to train them on Reusable sanitary pad making and distribute reusable sanitary pad kit sets.

“

In Nepal, 28.2% of girls noted the absence of disposal facilities in schools as a reason for missing school days, especially on days when they had to change their absorbent more.



**26.7% GIRLS**

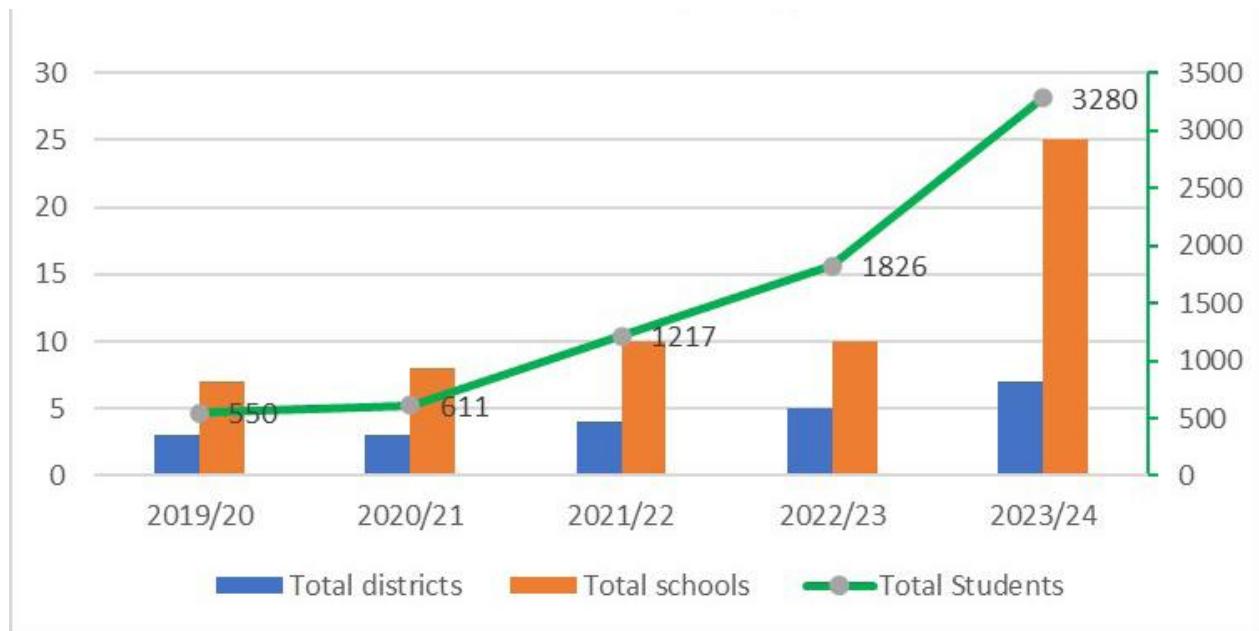
In Nepal miss their school during menstruation due to dysmenorrhea, heavy bleeding and fear of leakage being the major causes.

**20%**

of government schools lack improved water and sanitation facilities, with an additional 19 per cent lacking separate toilets for girls and boys and menstrual hygiene management facilities.



# NEPAL SCHOOL SUPPORT PROJECT



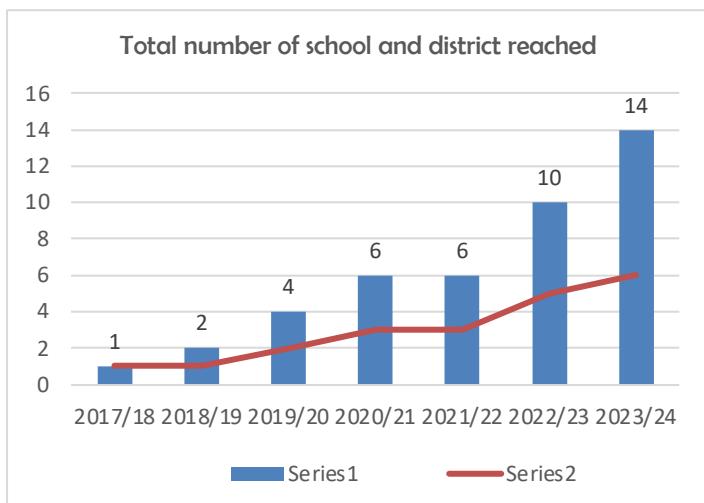
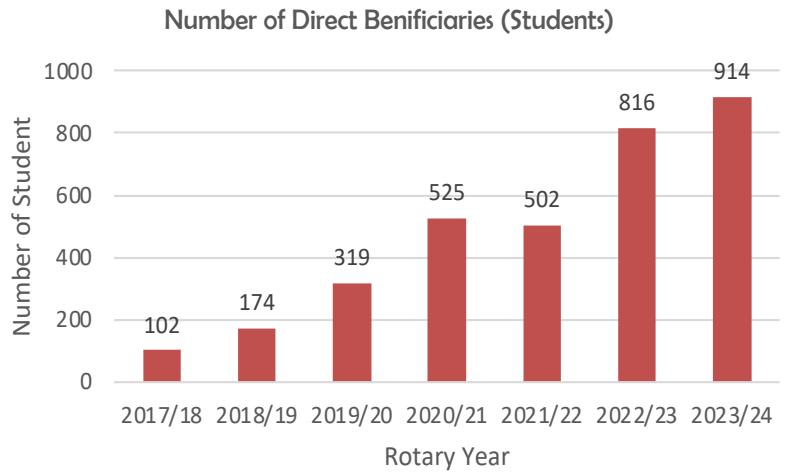
The Rotary Club of Kathmandu with the support of Rotary New Zealand and Rotary Australia is implementing the “Nepal School Support Project” at different schools around Nepal. During Rotary Year 2023-24, educational materials have been distributed to 3280 students of 25 different government schools. We have reached the Gulmi, Dolakha, Nawalparasi, Baglung, Kathmandu, Illam, and Kalikot districts of Nepal through this project. Each student has received educational materials, including school bags, stationery materials, uniforms, and tracksuits. The project is expected to reduce the dropout rates of school-going children. The project was implemented in collaboration with Solidarity International.



This Rotary Year we are planning to reach out to more schools and needy students with the support of different Rotary Clubs around the globe.

# SCHOLARSHIP PROJECT

During the Rotary Year 2017/18, Rtn. Suresh Man Singh, Past President of Rotary Club of Kathmandu, Rtn. Bruce Duffy and Rtn. Wendy DeLuca from Australia has envisioned the Scholarship project. The project was started as the "Sindhuli Primary Schools Fund" to provide scholarships which include backpacks, books, pencils, shoes, socks, jumpers, school uniforms, and day meals for the 102 students studying at the Sindhuli Primary School, Sindhuli. In the last seven years, we have been able to provide scholarships to 3352 students from 14 different schools around six districts of Nepal.

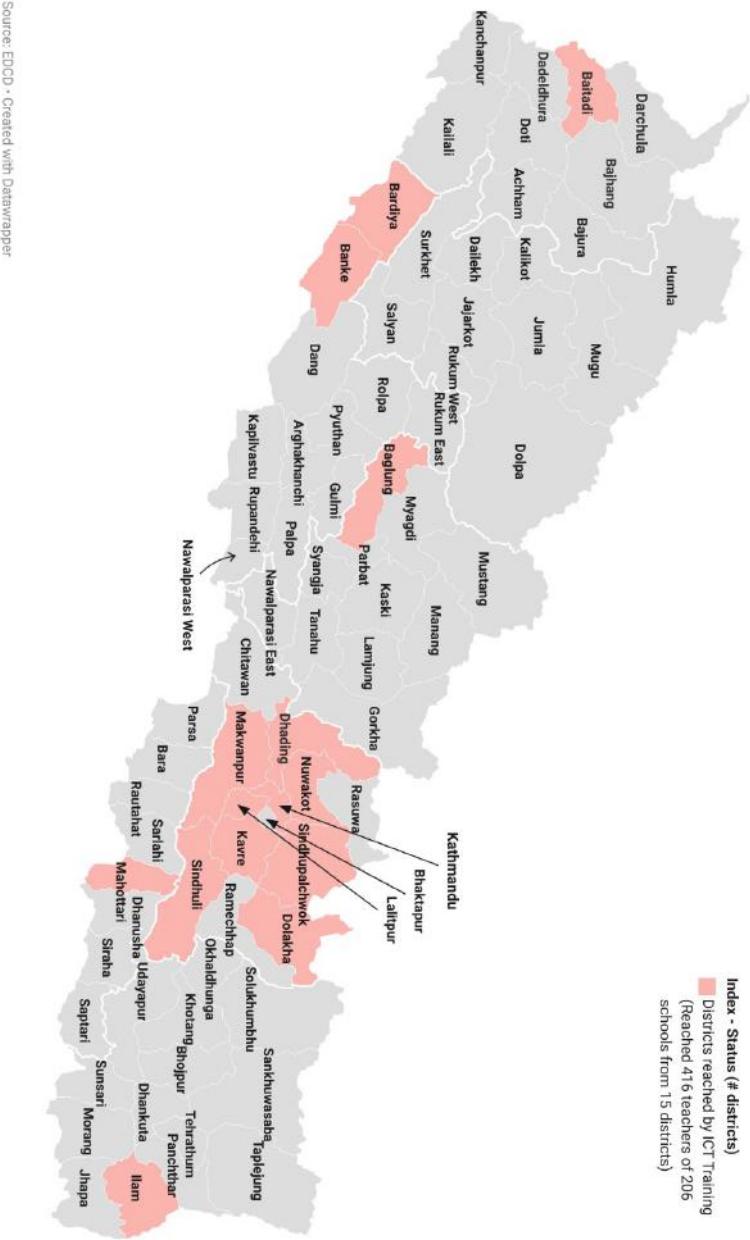


This project is supporting the mission of Rotary towards quality education and is contributing to the TEACH component of Rotary Nepal Literacy Mission. During the Rotary Year 2024-25 we are planning to reach out to around 1200 students with scholarship packages and bring smiles to the faces of children supporting them in achieving quality education and reducing school absenteeism.



# ICT TRAINING PROJECT

## Districts reached by ICT Training Project



ICT training for public school teachers is a flagship project of Rotary Club of Kathmandu, an important initiative started during COVID lockdown to keep the public and community schools moving. This was the period when all private schools have started classes using online technology and all public schools were facing hardship in running online classes due to limited resources and IT skills among public teachers. Rotary Club of Kathmandu conducted series of trainings for public teachers at the time reaching more than 1500 public teachers from 320 schools and succeeded to start online classes using zoom and google meet. Rotary Club of Kathmandu felt the need of empowerment of public-school teachers in IT skills for advancement of the teaching learning process and developed a module of ICT training incorporating new skills and activities. RCK prepared pool of trainers within public teachers for expansion of the training to all the provinces.

# MENTAL HEALTH PROJECT

The Mental Health Awareness Program initiated by Rotary Club of Kathmandu with support of Partner Clubs RAC Kathmandu, RAC Sindhuligadi, and IC Kathmandu aims to educate, support, and empower individuals and communities by increasing awareness and understanding of mental health issues. With the support of Rtn. Dr. Pradeep Pandey, this program seeks to foster a culture of openness and support, reduce stigma, and provide accessible resources and tools to those in need. As per statistics we have reached **3815** individuals through various programs.

The main objective of this initiative is:



**To Increase Awareness and Understanding**

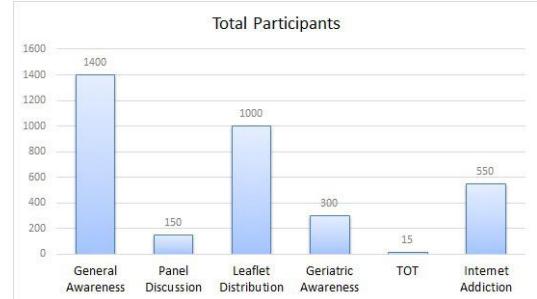
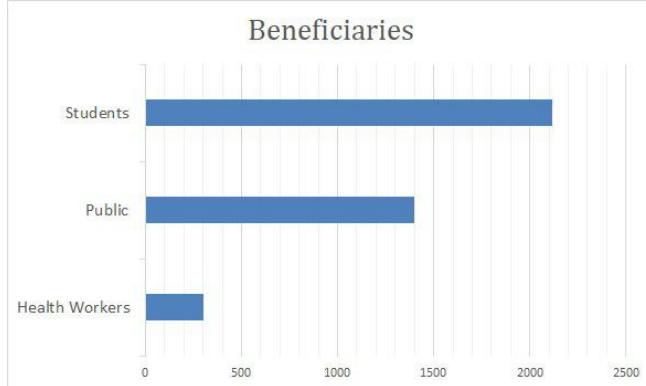
**To Promote Early Detection and Intervention**

**To Reduce Stigma and Discrimination**

**Provide Access to Resources and Support**

**Support Mental Health in Specific Populations**

**Promote Mental Health and Well-being**



# WASH PROJECT



Global Grant No.: 2124846

## WASH Project in school and community, Baitadi, Far-Western province Nepal

### Host Club:

ROTARY CLUB OF KATHMANDU

### International Host Club:

ROTARY CLUB OF SONOMA VALLEY  
RID 5130

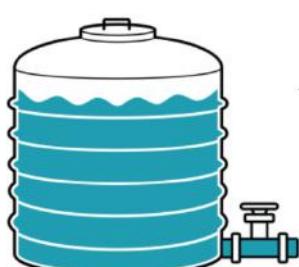
To enhance quality education through improved water, sanitation, and hygiene facilities and behavioral change, the Rotary Club of Kathmandu with the support of 19 different Rotary clubs from the Netherlands, Germany, Australia, the United States of America, District Designated Fund (DDF) from RID 5130, and The Rotary Foundation has successfully implemented WASH Project in three schools of Dogdakedar Rural Municipality, Baitadi, Nepal.

This project has provided adequate, safe, and clean water to 1359 students and has constructed new child, disabled, and gender-friendly toilets at three schools. In addition, all the WASH structures of all three schools were renovated to make them functional. Through the 7 Flag Approach of Total Sanitation (7FATS), sanitation and a hygienic environment were created with the active participation of students and teachers. Training on different topics like first aid and disaster preparedness, hand washing, menstrual hygiene, WASH in School, etc has helped to improve the health, dignity, safety, and socioeconomic status of students and the community.

With the support of this project, all three schools have achieved three-star status fulfilling all the indicators of WASH in School Guideline of the Nepal Government.

This Rotary Year we are planning to extend the project to more schools in the rural part of Nepal through another Global Grant Project titled "WASH in School (WinS) Project in Nepal".

This project was implemented with the support of Connection Nepal as cooperating partner organization.



**6000 Ltr.**

Water Storage Capacity Added  
to ensure adequate water availability at  
school

## GIRLS TOILET PROJECT

Research shows that 20% of government schools lack improved water and sanitation facilities and 19% of schools lack separate toilets for girls and boys. Due to the lack of gender-friendly toilets, adolescent girls are forced to miss their classes during menstruation.

To support girl's child education through improved Water, Sanitation, and Hygiene infrastructure development, the Rotary Club of Kathmandu with the support of Australian and Italian Rotary Clubs has implemented the Girls Toilet Project in Rotary Year 2023/24. Under the project, the Girl's toilet has been constructed at Shree Bindeshwari Basic School, Makwanpur, and Shree Baalbodh Lower Secondary School, Gulmi.



Similarly, with the support of DDF from Rotary International District 3292 and Rotary Clubs of Australia, the construction and renovation of the girl's toilet at Jhor Mahankal School, Tokha and Sano Sansar School, Sindhupalchowk has been done.

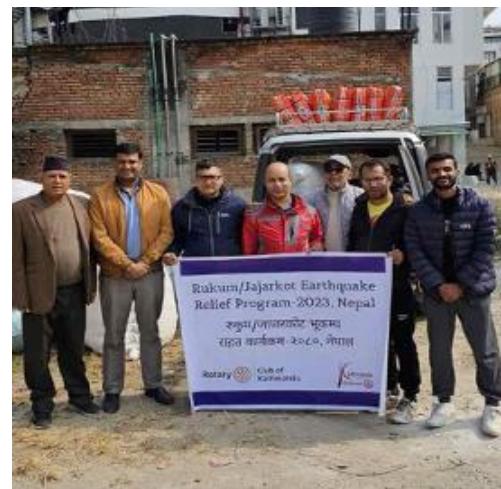
During the Rotary Year 2024/25, the Rotary Club of Kathmandu is committed to extending this project to new schools and reducing the school absenteeism rate of girls students with quality education and WASH facilities.



# EARTHQUAKE RELIEF PROJECT

A moment magnitude 5.7 earthquake struck Jajarkot District, Karnali Province, Nepal, on 3 November 2023, killing 153 people and injuring at least 375.

Responding to the urgency of relief materials required for the earthquake victims, the Rotary Club of Kathmandu has decided to supply relief materials through its 'Disaster Relief Fund'. As the first phase, the Rotary Club of Kathmandu dispatched relief materials including 100 tarps, 200 blankets, 300 warm caps, and 300 jackets on November 12 to Musikot, Rukum. Members of the Rotaract Club of Kathmandu have traveled to Rukum and have handed over the relief materials to the Chief District Officer.



In the second phase of the response activity, the Rotary Club of Kathmandu delivered relief materials, including tracksuits, thermal sets, mattresses, floor mats, caps, and blankets to earthquake victims of Jajarkot district on November 18, 2023.



In the third phase, The Rotary Club of Kathmandu jointly with Shikharapur CLC, successfully constructed the Temporary Learning Center (TLC) at Shankar Bhawan Secondary School in Bheri Municipality, Ward no. 2, Bahundada, Jajarkot. The constructed TLC will help to provide education to students until the construction of permanent school buildings. The project was supported by DRFC of RID 2820 Japan.

**Congratulations & Best Wishes Rotary Club of Kathmandu**



असल छिमेकी नेपाल  
Good Neighbors Nepal

Lalitpur 15, Mahalaxmisthan, Lalitpur

Phone: 01-5553607, Email: [goodneighborsn@gmail.com](mailto:goodneighborsn@gmail.com), PO Box: 11228

**Congratulations & Best Wishes**  
**Rotary Club of Kathmandu**

**Remember us for:**



[sanskriti.farms2073@gmail.com](mailto:sanskriti.farms2073@gmail.com)

Dhulikhel-11, Kavre

+977-9841891265

- 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

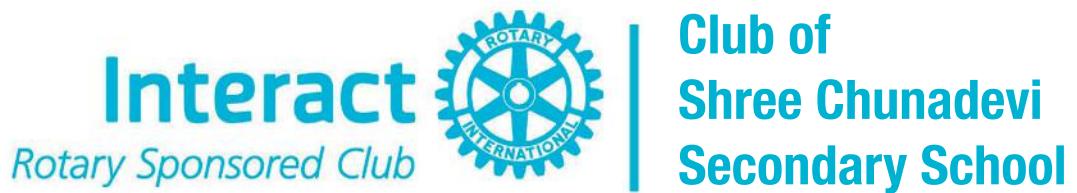
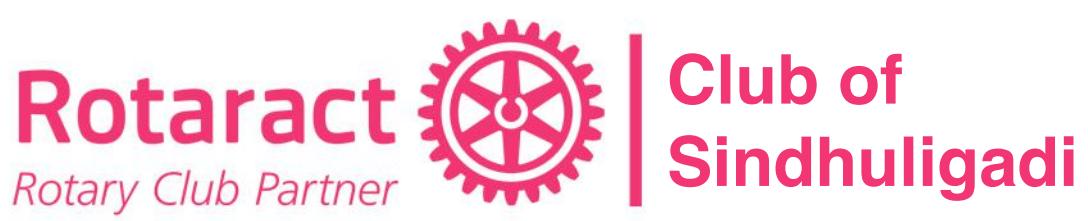
[phoolbarihomestay@gmail.com](mailto:phoolbarihomestay@gmail.com)

Namobuddha-1, Kavre

+977-9841891265



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- Nepali cooking and language lessons
- Cultural tours, organic tours & hikes
- Nepali cooking and language lessons





## FROM THE DISTRICT ROTARACT REPRESENTATIVE

---

Dear Rtr. Kritika and Rtr. Ashish,

I hope this message finds you in great spirits. As we embark on the Rotary Year 2024-25, it is with immense pride and enthusiasm that I extend my heartfelt congratulations to you on assuming the position of President.

Under the district theme “Rise Together: Empowering Unity” we are set to forge a path that embodies collaboration, inclusivity, and shared purpose. Your leadership at the helm of a Rotaract Club is a testament to your dedication, vision, and unwavering commitment to service above self. I am confident that with your guidance, the club will thrive and achieve remarkable milestones, reflecting the true essence of our theme.

I also want to take this opportunity to congratulate on the successful completion of your club’s President tenure as President for the Rotary Year 2023-24. Their exemplary leadership and tireless efforts have left an indelible mark on the club, paving the way for continued success and growth. The tenure was marked by significant achievements, innovative projects, and strengthened community bonds, setting a high standard for the years to come.

The coming year promises to be a period of profound impact and transformative initiatives. Your role as President will be pivotal in harnessing the collective energy and talents of your club members to bring about meaningful change in our communities. With your exemplary leadership, I have no doubt that the Rotaract Club of Kathmandu and Rotaract Club of Sindhuligadi will soar to new heights, reflecting the spirit of unity and empowerment that our district theme champions.

I encourage you to embrace this theme wholeheartedly, fostering an environment where every member feels valued, motivated, and inspired to contribute to our shared mission. By rising together, we amplify our strengths and create a ripple effect of positive change that transcends boundaries.

On behalf of the entire district, I extend my best wishes to you and your team. May your tenure as President be marked by innovative projects, strengthened partnerships, and a lasting legacy of service and unity. Your leadership will undoubtedly empower others to rise and contribute to a brighter, more inclusive future.

Let us move forward with determination and optimism, knowing that united, we can achieve extraordinary things.

Yours in Rotaract,  
**Rtr. Bikram Chhetri**

# MESSAGE FROM IMMEDIATE PAST PRESIDENT



Dear Rotaractors,

Rotaract has always been a platform for learners and explorers. Five years ago, I joined the Rotaract Club of Kathmandu with the primary intention of learning, exploring, and serving the community. As I began my journey as President of the Rotary year 2023/24, I was determined to go beyond the traditional forms of Rotaract and experiment with new initiatives that would enhance our brand value and help us connect with a broader community.

Guided by this vision, we embarked on various projects and achieved some historic milestones. Our first major collaboration beyond Rotaract was with multilateral organizations such as WWF and Save the Children for the SHIFT campaign. Together, we designed the Future Feed Nepal campaign, a four-month-long initiative focusing on food security and climate change. This campaign drew the attention of over 10,000 citizens of Nepal and garnered coverage in the Rotary International Blog. I am proud to have represented Rotaract in forums hosted by the World Bank and UNESCO, showcasing our movement and gaining wider recognition, which will pave the way for future large-scale collaborations.

Within our club, we also strived for innovation. We introduced the mentor-mentee program to strengthen member bonds and launched creative projects like Mismatch Socks to raise awareness about Down Syndrome. We continued our historic projects such as the Inter College Rotaract Running Shield and International initiatives like Foodractor and Multilingo.

Our journey this year was driven by a commitment to shared learning and innovation. These achievements were not a one-person effort; they were made possible by the incredible Board of Directors, our dedicated members, guests, and all well-wishers of the club.

As we near the end of this tenure, I hope the spirit of positivity and the drive to innovate remain in the hearts of our members. May we continue to strive for change and excellence in the days to come.

Thank you.

Warm regards,

**Rtr. Ajay Yadav**

President

Rotaract Club of Kathmandu



**Rtr. Kritika Dahal**  
President (2024-25)  
Rotaract Club of Kathmandu

## PRESIDENT'S WORDS

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Dear Fellow Rotaractors,

Retrospecting the first day in my club and today leading the club always fills me with the motivation to do hard work to prolong this journey. Rotaract Club of Kathmandu has always been a home to me. Rotaract Club of Kathmandu is not only a social club to me; it is a place where I found a family, a bond of togetherness, and an environment where I nurtured myself.

Rotaract movement is always about the opportunities to grow and embrace yourself. I am glad that I have grabbed different opportunities to be more competent. From in-house speaking to emceeing a District event, from knowing club members to understanding people from various areas of the country, and many other examples of this journey, I always find myself paving the path to a better version of myself. I am always grateful for what I have gained from the club and the Rotaract journey. Meanwhile, past leaders have inspired me to take on the club's president role. I am thrilled to be president of the Rotaract Club of Kathmandu. Moving ahead, I will always look forward to creating milestones and continuing the best projects we have been conducting. It is not about the single person only; the team and the club members will be pivotal in making the tenure successful.

I am excited to announce that the presidential theme for the Rotary year 2024/25 will be 'Lead, Connect, Transform.' The theme highlights the Rotary's mission and our commitment to making a difference in our communities. 'Lead' encourages us to take the initiative and guide with vision and integrity. 'Lead' means encouraging members to lead from the front and in a project, leading themselves in a mass and presenting themselves. Leading not only demonstrates the representation but also signifies the growth of members. "Connect" emphasizes the power of building relationships, fostering collaboration, and uniting diverse perspectives for a common cause. Connect means creating a network. A network full of opportunities and collaborations. The network theme covers the connection within the club and beyond the club. 'Transform' highlights our collective capacity to create meaningful change, uplift lives, and leave a lasting impact. The shift in community, a person, and the change in the movement. It will accumulate the changes in an individual member too.

As we embrace this dynamic theme, we will embark on a journey of leadership, unity, and transformation.

Yours in Rotaract  
Rtr. Kritika Dahal

# EXECUTIVE BOARD RY 2024-2025

Rotaract Club of Kathmandu



**Rtr. Kritika Dahal**  
President



**Rtr. Ajay Yadav**  
Immediate Past President



**Rtr. Gita Khadka**  
Vice President



**Rtr. Suman Dangol**  
Vice President



**Rtr. Rabindra Karki**  
Secretary



**Rtr. Bipin Neupane**  
Joint Secretary



**Rtr. Sandesh Tripathi**  
Treasurer



**Rtr. Pragya Karki**  
Chair, Club Admin.



**Rtr. Anish Shrestha**  
Chair, Professional Dev.



**Rtr. Ananta Malla**  
Chair, Service Project



**Rtr. Suprav L. Karmacharya**  
Chair, Int'l. Relation



**Rtr. Prince Chaudhary**  
Chair, Membership Dev.



**Rtr. Ghanshyam Thapa**  
Chair, Public Image



**Rtr. Diwa Ghimire**  
Chair, TRF



**Rtr. Bhintuna Joshi**  
Editor



**Rtr. Leela Sharma Pandey**  
Interact Coordinator



**Rtr. Milan Shrestha**  
Sergeant At Arms

# LEADERS

# PRESIDENT

# ROTARY YEAR

Mr. Suraj Man Singh Adhikari	_____	1996-97
Mr. Jeevan Pokharel	_____	1997-98
Mr. Parash Mani Pokharel	_____	1998-99
Mr. Upendra Karki	_____	1999-2000
Mr. Subodh Koirala	_____	2000-01
Mr. Yog Raj Niraula	_____	2001-02
Mr. Kuber Karki	_____	2002-03
Rtn. Dan Bahadur Chand	_____	2003-04
Mr. Kumar Jung Shah	_____	2004-05
Mr. Himal Lamichhane	_____	2005-06
Mr. Ramesh Dahal	_____	2005-06
Mr. Tapa Kumar Shrestha	_____	2005-06
Mr. Anup Subedi	_____	2006-07
Mr. Ram Prasad Ghimire	_____	2007-08
Rtn. Achut Babu Ojha	_____	2008-09
Mrs. Kalpana Bastola	_____	2009-10
Mr. Rajiv Ghimire	_____	2010-11
Rtn. Sushil Kumar Karki	_____	2011-12
Mr. Padam Kumar Shrestha	_____	2012-13
Mr. Suraj Poudel	_____	2013-14
Rtn. Rajendra Gautam	_____	2014-15
Mr. Sangam Dahal	_____	2015-16
Rtr. Mridul Acharya	_____	2016-17
Rtn. Sarbesh Rijal	_____	2017-18
Rtr. Sunil Phuyal	_____	2018-19
Rtr. Lok Raj Pandeya	_____	2019-20
Rtr. Nisha Khatiwada	_____	2020-21
Rtr. Netra Ramtel	_____	2021-22
Rtr. Aakriti Acharya	_____	2022-23
Rtr. Ajay Yadav	_____	2023-24
Rtr. Kritika Dahal	_____	2024-25

# MEMBER'S PROFILE



ACHARYA AAKRITI

## DESIGNATION: PAST PRESIDENT

Classification: Public Health  
Address: Goldhunga, Kathmandu  
Contact No.: 9860296367  
Email: aakritiacharya66@gmail.com  
Blood Group: O +ve



AJAY YADAV

## DESIGNATION: IPP

Classification: Development Studies  
Address: Pashupati, Kathmandu  
Contact No.: 9818509607  
Email: yajay473@gmail.com  
Blood Group: A +ve



ALINA DAHAL

## DESIGNATION: MEMBER

Classification: Public Administration  
Address: Kirtipur, Kathmandu  
Contact No.: 9847767042  
Email: alinadahal24@gmail.com  
Blood Group: B -ve



ANANTA MALLA

## DESIGNATION: SERVICE PROJECT CHAIR

Classification: Psychology  
Address: Balaju, Kathmandu  
Contact No.: 9861205110  
Email: rtranantamalla@gmail.com  
Blood Group: B +ve



ANISH SHRESTHA

## DESIGNATION: PROFESSIONAL DEVELOPMENT CHAIR

Classification: Statistics  
Address: Goldhunga, Kathmandu  
Contact No.: 9806655085  
Email: rtranishshrestha@gmail.com  
Blood Group: O +ve



AYATI PANDEY

## DESIGNATION: MEMBER

Classification: High School  
Address: Thankot, Kathmandu  
Contact No.: 9841509181  
Email: ayatipandey43@gmail.com  
Blood Group:



BHINTUNA JOSHI

## DESIGNATION: EDITOR

Classification: High School  
Address: Shankhamul, Kathmandu  
Contact No.: 9868988553  
Email: rtrbhintunajoshi@gmail.com  
Blood Group: A +ve



BIJAYA BHUSAL

## DESIGNATION: MEMBER

Classification: High School  
Address: Shankhamul, Kathmandu  
Contact No.: 9868988553  
Email: kushumbhusal75@gmail.com  
Blood Group: O +ve



BIPIN NEUPANE

## DESIGNATION: JOINT SECRETARY

Classification: Electronics Engineering  
Address: Shankhamul, Kathmandu  
Contact No.: 9863222285  
Email: bipinneupane005@gmail.com  
Blood Group: O +ve



DEEPAK JAMKATE

## DESIGNATION: MEMBER

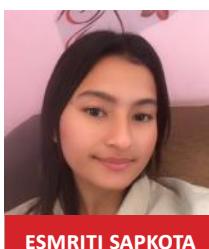
Classification: BCA  
Address: Tarkeshwor, Kathmandu  
Contact No.: 9861734721  
Email: jamkatel.deepak2056@gmail.com  
Blood Group: O +ve



DIWA GHIMIRE

## DESIGNATION: TRF CHAIR

Classification:  
Address: Om Shanti Chowk, Kathmandu  
Contact No.: 9863194881  
Email: rtr.diwa@gmail.com  
Blood Group: A +ve



ESMRITI SAPKOTA

## DESIGNATION: MEMBER

Classification: Law  
Address: Babarmahal, Kathmandu  
Contact No.: 9869030989  
Email: smriti.sapkota20122@gmail.com  
Blood Group: O +ve

# MEMBER'S PROFILE



**GHANSHYAM THAPA**

## DESIGNATION: PUBLIC IMAGE CHAIR

Classification: BSc. CSIT  
Address: Purnachandi Marg, Lalitpur  
Contact No.: 9826488554  
Email: neerthapa123@gmail.com  
Blood Group: O +ve



## DESIGNATION: VICE-PRESIDENT

Classification: Pharmacy  
Address: Kirtipur, Kathmandu  
Contact No.: 9862679903  
Email: gitaa.khd@gmail.com  
Blood Group: A +ve



**ILU KC**

## DESIGNATION: MEMBER

Classification: Business Management  
Address: Nayabazar, Kathmandu  
Contact No.: 9860311315  
Email: ilukc5372@gmail.com  
Blood Group: A +ve



**JEENA RAUT**

## DESIGNATION: MEMBER

Classification: Rural Development  
Address: Sirutar, Bhaktapur  
Contact No.: 9864595784  
Email: rautjeena80@gmail.com  
Blood Group: A +ve



**KRITIKA DAHAL**

## DESIGNATION: PRESIDENT

Classification: BBA  
Address: Sinamangal, Kathmandu  
Contact No.: 9843815875  
Email: rtrkritikadahal@gmail.com  
Blood Group: B +ve



**LABHA KUMAR YADAV**

## DESIGNATION: MEMBER

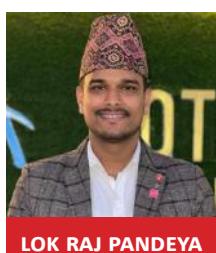
Classification: BBM  
Address: Mid Baneshwor, Kathmandu  
Contact No.: 9803647595  
Email: lovekryadav105@gmail.com  
Blood Group: B +ve



**LEELA SHARMA PANDEY**

## DESIGNATION: INTERACT COORDINATOR

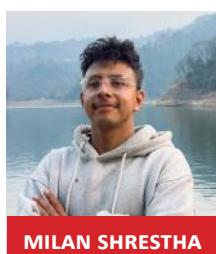
Classification: Healthcare Management  
Address: Nayagaun, Butwal  
Contact No.: 9864236039  
Email: laxmipandey133@gmail.com  
Blood Group: O +ve



**LOK RAJ PANDEYA**

## DESIGNATION: PAST PRESIDENT

Classification: Humanities  
Address: Koteswor, Kathmandu  
Contact No.: 9843496894  
Email: pandeya.lokraj58@gmail.com  
Blood Group: O +ve



**MILAN SHRESTHA**

## DESIGNATION: SERGEANT-AT-ARMS

Classification: BCA  
Address: Teku, Kathmandu  
Contact No.: 9823633933  
Email: milanakdj@gmail.com  
Blood Group: A -ve



**MRIDUL ACHARYA**

## DESIGNATION: PAST PRESIDENT

Classification: Public Health  
Address: Lokanthali, Bhaktapur  
Contact No.: 9801071700  
Email: achmridul@gmail.com  
Blood Group: A -ve



**NETRA RAMTEL**

## DESIGNATION: PAST PRESIDENT

Classification: Physics  
Address: Shankhamul, Kathmandu  
Contact No.: 9843131455  
Email: nbramtel833@gmail.com  
Blood Group: O +ve



**NISHA KATIWIWADA**

## DESIGNATION: PAST PRESIDENT

Classification: Public Health  
Address: Kapan, Kathmandu  
Contact No.: 9849707206  
Email: nisha.khatiwada1@gmail.com  
Blood Group: O +ve

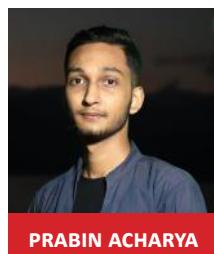
# MEMBER'S PROFILE



**NISHA THAPA MAGAR**

## DESIGNATION: MEMBER

Classification: Graduate  
Address: Naxal, Kathmandu  
Contact No.: 9860898842  
Email: nishatmagar@gmail.com  
Blood Group: AB +ve



**PRABIN ACHARYA**

## DESIGNATION: MEMBER

Classification: CSIT  
Address: Lalitpur-Patandhoka  
Contact No.: 9843207063  
Email: prabinacharya154@gmail.com  
Blood Group: B +ve



**PRABIN BUDHATHOKI**

## DESIGNATION: MEMBER

Classification: High school graduate  
Address: Kaushaltar, Bhaktapur  
Contact No.: 9840205104  
Email: prabin0925@gmail.com  
Blood Group: A +ve



**PRAGYA KARKI**

## DESIGNATION: CLUB ADMIN CHAIR

Classification: Business Administration  
Address: Nakkhu, Lalitpur  
Contact No.: 9864474436  
Email: Karkipragya1383@gmail.com  
Blood Group: B +ve



**PRAGYA R. KHANAL**

## DESIGNATION: MEMBER

Classification: BBM  
Address: Kathmandu-11, Thapagaun  
Contact No.: 9864892440  
Email: pragya.r.khanal04@gmail.com  
Blood Group: B +ve



**PRATIBHA CHALISAY**

## DESIGNATION: MEMBER

Classification: Public Health  
Address: Dhapasi, Kathmandu  
Contact No.: 9803647595  
Email: pratibha40say@gmail.com  
Blood Group: O +ve



**PRINCE CHAUDHARY**

## DESIGNATION: MEMBERSHIP DEVELOPMENT CHAIR

Classification: Development Worker  
Address: Guheshwori, Kathmandu  
Contact No.: 9864236039  
Email: prince8work@gmail.com  
Blood Group: B -ve



**PURNIMA CHUDAL**

## DESIGNATION: MEMBER

Classification: Humanities  
Address: Sinamangal, Kathmandu  
Contact No.: 9824330317  
Email: purnimachudal40@gmail.com  
Blood Group: O +ve



**RABINDRA KARKI**

## DESIGNATION: SECRETARY

Classification: Geology Aspirant  
Address: Sukedhara, Kathmandu  
Contact No.: 9861602575  
Email: rtrrabindrakarki@gmail.com  
Blood Group: B +ve



**RAMIN SHRESTHA**

## DESIGNATION: MEMBER

Classification: BE  
Address: Brahma Tole, Kathmandu  
Contact No.: 9818233331  
Email: raminshres@gmail.com  
Blood Group: A +ve



**RASHIK RAJ KOIRALA**

## DESIGNATION: MEMBER

Classification: Civil Engineering  
Address: New Thimi, Bhaktapur  
Contact No.: 9861602575  
Email: rashikrk72@gmail.com  
Blood Group: O +ve



**RITIKA BASNET**

## DESIGNATION: MEMBER

Classification: Environmentalist  
Address: Sinamangal, Kathmandu  
Contact No.: 9823466620  
Email: Basnetritika7@gmail.com  
Blood Group: A +ve

# MEMBER'S PROFILE



**SAHARA BHANDARI**

## DESIGNATION: MEMBER

Classification: BA LLB (law)  
Address: Chandragiri, 13 Kathmandu  
Contact No.: 9863214310  
Email: bsahara94@gmail.com  
Blood Group: O+ ve



**SANDESH TRIPATHI**

## DESIGNATION: TREASURER

Classification: Development Studies  
Address: Guyeshwori  
Contact No.: 9845897104  
Email: sandeshtripathi2@gmail.com  
Blood Group: B+ve



**SANTOSH TULACHAN**

## DESIGNATION: MEMBER

Classification: Public Speaker  
Address: Bouddha, Kathmandu  
Contact No.: 9803478418  
Email: Santosh.tulachan@gmail.com  
Blood Group: A+ ve



**SHREE UPRETI**

## DESIGNATION: MEMBER

Classification:  
Address: Sanga, Bhaktapur  
Contact No.: 9803092453  
Email: princgiri0177@gmail.com  
Blood Group: O+ve



**SUJIT CHAUDHARY**

## DESIGNATION: MEMBER

Classification: IT  
Address: Gothatar, Kathmandu  
Contact No.: 9808068870  
Email: sujtc756@gmail.com  
Blood Group: A+ve



**SUMAN DANGOL**

## DESIGNATION: VICE PRESIDENT

Classification: CA, BBS  
Address: Lokanthali, Bhaktapur  
Contact No.: 9860164239  
Email: rtrsumandangol@gmail.com  
Blood Group: B+ve



**SUNIL PHUYAL**

## DESIGNATION: PAST PRESIDENT

Classification: IT  
Address: Management Accounting  
Contact No.: 9840060440  
Email: sunilph12@gmail.com  
Blood Group: B+ve



**SUPRAV LAL KARMACHARYA**

## DESIGNATION: INTERNATIONAL RELATION CHAIR

Classification: Information Technology  
Address: Sanepa, Lalitpur  
Contact No.: 9861444443  
Email: rtrsapravk@gmail.com  
Blood Group: A+ve



**SUPRIYA PURI**

## DESIGNATION: MEMBER

Classification: Microbiology  
Address: Maitighar, Kathmandu  
Contact No.: 9860479573  
Email: coolsupriyapuri@gmail.com  
Blood Group: B+ve



**SURAKSHYA KHANAL**

## DESIGNATION: MEMBER

Classification: BE Civil  
Address: Sankhuwasabha, Khandbari  
Contact No.: 9869375899  
Email: surakshya789@gmail.com  
Blood Group: B+ve



**SUSHIL HATUWAL**

## DESIGNATION: MEMBER

Classification: Computer Science  
Address: Kalanki, Kathmandu  
Contact No.: 9847748461  
Email: sushilhatuwal216@gmail.com  
Blood Group: O+ve



**SUSHMITA PATHAK**

## DESIGNATION: MEMBER

Classification: Master in arts (Economic)  
Address: Balaju, Kathmandu  
Contact No.: 9863934769  
Email: susmeetapatkar@gmail.com  
Blood Group: A+ve

# MEMBER'S PROFILE



## DESIGNATION: MEMBER

Classification: Social work  
Address: Lampati, Kalanki  
Contact No.: 9741802388  
Email: adhikariswastika09@gmail.com  
Blood Group: O +ve

SWASTIKA ADHIKARI



## DESIGNATION: MEMBER

Classification: Information Technology  
Address: Balkumari, Lalitpur  
Contact No.: 9848768283  
Email: dearswastika777@gmail.com  
Blood Group: O +ve

SWASTIKA GYAWALI

## 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

**Congratulations**

**&**

**Best Wishes**

**Rotary Club of Kathmandu**

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

# MESSAGE FROM IMMEDIATE PAST PRESIDENT

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A First of all, I want to express my heartfelt gratitude to each and every one of you who entrusted me with the opportunity to serve as President of the Rotaract Club of Sindhuligadi. It was a profound honor and privilege to be nominated for this role. Your trust in me meant a great deal, and I did my utmost to live up to your expectations.

During my tenure, I 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 and society. Leading our club with integrity, transparency, and a collaborative spirit was at the forefront of my efforts. I firmly believe that it is only through the active participation and engagement of every member that we can truly make a difference. I encouraged all of you to share your ideas, talents, and passions as we worked together to create meaningful and sustainable changes in our community.

I maintained an open-door policy, always ready to listen to your concerns, answer your questions, and provide guidance and support whenever needed. As President, my goal was to support and empower each of you to reach your full potential as leaders and agents of change.

Thank you all for the trust you placed in me. It was a privilege to work with each and every one of you to build a brighter future for ourselves and those we serve. As I step into the role of Immediate Past President, I look forward to continuing to support our club and its new leadership in any way I can. Thank you!

Faithfully yours,  
Rtr. Milan Kumar Bhandari



**Rtr. Milan Kumar Bhandari**  
Immediate Past President (2024-25)  
Rotaract Club of Sindhuligadi



**Rtr. Ashish Darlami**  
President (2024-25)  
Rotaract Club of Sindhuligadi

## PRESIDENT'S WORDS

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First and foremost, I would like to extend my heartfelt gratitude to all of you for entrusting me with the role of President of the Rotaract Club of Sindhuligadi. It is an incredible honor and privilege to serve in this capacity, and I am truly humbled by the confidence you have placed in me.

As we embark on this new journey together, I am committed to building upon the strong foundation laid by our past leaders, especially our Immediate Past President, Rtr. Milan Kumar Bhandari. His dedication to our club and the community has been exemplary, and I look forward to continuing the legacy of service, integrity, and collaboration he has established.

Our mission remains clear: to make a positive impact on our community and society through our collective efforts. I am excited to work closely with each of you, leveraging your unique talents, ideas, and passions to drive meaningful and sustainable change. Together, we can achieve great things.

Transparency, integrity, and a spirit of collaboration will guide my leadership. I believe that every member's voice is important, and I encourage you all to share your thoughts and suggestions openly. My door will always be open to listen to your concerns, answer your questions, and provide the support you need.

As we move forward, let us embrace the challenges and opportunities that lie ahead with enthusiasm and determination. Together, we can create a brighter future for ourselves and those we serve. Thank you once again for your trust and support. I am excited to work with each and every one of you to make this year a remarkable one for our club.

Faithfully yours,  
Rtr. Ashish Darlami

# EXECUTIVE BOARD RY 2024-2025

Rotaract Club of Sindhuligadi

## Board Members 2024-25



Rtr. Milan Kumar Bhandari  
IPP/TRF Chair



Rtr. Ashish Darlami  
President



Rtr. Nabin Deep Devkota  
Secretary



Rtr. Anup Devkota  
Joint Secretary



Rtr. Roshan Kaushil  
Vice- President



Rtr. Angita Shrestha  
Treasurer



Rtr. Bishal Saud  
Public Image Chair



Rtr. Pratik Acharya  
Int'l Service Director



Rtr. Preksha Shrestha  
Club Service Director



Rtr. Sushma Shrestha  
Professional Service Director



Rtr. Kiran Shrestha  
Community Service Director



Rtr. Hemkant Yadav  
Editor



Rtr. Anjila Shrestha  
Seargent At Arms

## Club Advisors



Amar Deep Devkota  
Club Advisor



Ar. Roshan Lama  
Club Advisor



Rtn. Sushil K Karki  
Club Advisor



Rtr. Sujita Khadka  
CP/Advisor



Rtr. Sudarshan Shahi  
PP/Advisor

# MEMBER'S PROFILE



ANGITA SHRSTHA

## DESIGNATION: TREASURER

Classification: Bachelor in BBS  
Address: Kamalamai-6, Ratamata  
Contact No.: +977 9813047771  
Email: angitashrestha65@gmail.com  
Blood Group: A+ve



## DESIGNATION: MEMBER

Classification: Banking Management  
Address: Ka.na.pa.7 Sindhuli  
Contact No.: 9742925303  
Email: babitabogati2054@gmail.com  
Blood Group: AB+ve



ANJALI SHRESTHA

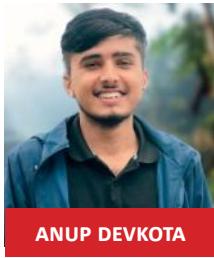
## DESIGNATION: SERGEANT-AT-ARMS

Classification: BBS 3rd year running  
Address: Madhutar-5, Sindhuli  
Contact No.: 9844518519  
Email: anjilas991@gmail.com  
Blood Group:



## DESIGNATION: MEMBER

Classification: Banking Management  
Address: Ka. Na. Pa. 06, Sindhuli  
Contact No.: 9863628849  
Email: binukalama500@gmail.com  
Blood Group: A+ve



ANUP DEVKOTA

## DESIGNATION: JOINT SECRETARY

Classification: in Plant science  
Address: Golanjor RM -07, Sindhuli  
Contact No.: 9863920649  
Email: anupdevkota151@gmail.com  
Blood Group: 0-ve



## DESIGNATION: PUBLIC IMAGE CHAIR

Classification: Student  
Address: Kathmandu  
Contact No.: 9865376955  
Email: saudbishal12@gmail.com



ASHISH DARLAMI

## DESIGNATION: PRESIDENT

Classification: Master Running  
Address: Ka.Na. Pa-7, Sindhuli  
Contact No.: 9849624028  
Email: edenashish465@gmail.com  
Blood Group: A+ve



## DESIGNATION: MEMBER

Classification: Student  
Address: Ka. Na. Pa.06, Sindhuli  
Contact No.: 9814863445  
Email: binishakafle04@gmail.com



BINITA NEUPANE

## DESIGNATION: MEMBER

Classification: Pharmecy Student  
Address: Ka. Na. Pa. 06, Sindhuli  
Contact No.: 976529454  
Email: nepanebinita555@gmail.com  
Blood Group: A+ve



## DESIGNATION: EDITOR

Classification: Banking Management  
Address: Kanchanrup Mun-10  
Contact No.: 9851022846  
Email: yadavhemkant9292@gmail.com



BINDU ACHHAME

## DESIGNATION: MEMBER

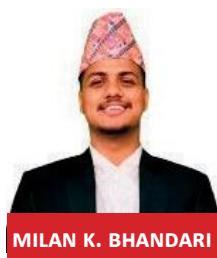
Classification: Student Plant Science  
Address: Ka.Na.Pa. -04, Dhakalgaui  
Contact No.: 9826807333  
Email: axamebipula@gmail.com  
Blood Group: B+ve



## DESIGNATION: COMMUNITY SERVICE DIRECTOR

Classification: BBA Running  
Address: Ka.Na.Pa.-06, Sindhuli  
Contact No.: 9840016331  
Email: krnsstha@gmail.com  
Blood Group: O+ve

# MEMBER'S PROFILE

**DESIGNATION: IPP**

Classification: Junior Technician  
Address: Tinpatan RM -9, Sindhuli  
Contact No.: 9860883415  
Email: milanbhandari277@gmail.com  
Blood Group: B+ve

**MILAN K. BHANDARI****DESIGNATION: MEMBER**

Classification: Plant Science  
Address: Kanchanrup Mun-10  
Contact No.: 9826833057  
Email: bhujelranjit24@gmail.com  
Blood Group: A+ve

**DESIGNATION: MEMBER**

Classification: Banking Management  
Address: Ka.Na.Pa, -06, Sindhuli  
Contact No.: 9840098085  
Email: shresthamilan201@gmail.com  
Blood Group: A-ve

**MILAN SHRESTHA****DESIGNATION: VICE PRESIDENT**

Classification: Student  
Address: Madhutar Ka.pa.5, Sindhuli  
Contact No.: 9812037742  
Email: xresta.sabin200@gmail.com  
Blood Group: B+ve

**DESIGNATION: SECRETARY**

Classification: Student  
Address: Ka. Na. Pa.-04, Sindhuli  
Contact No.: 9824886965  
Email: devkota1620@gmail.com  
Blood Group: A+ve

**NABIN D. DEVKOTA****DESIGNATION: MEMBER**

Classification: Medical Doctor  
Address: Ka. Na. Pa. 06, Sindhuli  
Contact No.: 9843559084  
Email: sabnb22@gmail.com

**DESIGNATION: INT'L Service DIRECTOR**

Classification: JT Plant Science  
Address: Tinpatan RM -02, Sindhuli  
Contact No.: 9808074505  
Email: pratikacharya659@gmail.com  
Blood Group: AB+ve

**PRATIK ACHARYA****DESIGNATION: MEMBER**

Classification: Junior Engineering  
Address: Ka.Na.Pa.-05 Madhutar  
Contact No.: 9819882294  
Email: Kaushilsagar25@gmail.com

**DESIGNATION: CLUB SERVICE DIRECTOR**

Classification: ISc. Ag (Running)  
Address: Ka.Na.Pa, -05, Bojne  
Contact No.: 9851022846  
Email: shresthaprekshya3@gmail.com  
Blood Group: B+ve

**PREKSHYA SHRESTHA****DESIGNATION: MEMBER**

Classification: B. Engineering  
Address: Ka.Na.Pa- 06, Sindhuli  
Contact No.: 9814892666  
Email: sandeshghimire14@gmail.com  
Blood Group: O+ve

**DESIGNATION: MEMBER**

Classification: Information Tech.  
Address: Tripureshwor, Kathmandu  
Contact No.: 9803666408  
Email: ranjanbasnet27@gmail.com  
Blood Group: O+ve

**RANJAN K. BASNET****DESIGNATION: MEMBER**

Classification: Computer Engineering  
Address: Ka. Na.Pa.-06, Sindhuli  
Contact No.: 9860436672  
Email: Sanduthapa16@gmail.com  
Blood Group: O+ve

# MEMBER'S PROFILE



**SANDIP K SHRESTHA**

## DESIGNATION: MEMBER

Classification: Engineering(Civil)  
Address : Ka.Na.Pa. -05, Madhutar  
Contact No.: 9800877736  
Email: sandipshrestha384@gmail.com  
Blood group: O+ve



**SUNIL BHUJEL**

## DESIGNATION: MEMBER

Classification: Plant Science  
Address: Ka. Na. Pa.- 4, Pokhrelgau  
Contact No.: 9815866635  
Email: sunilbhujel329@gmail.com  
Blood Group: AB+ve



**SUDARSHAN SHAHI**

## DESIGNATION: PAST PRESIDENT

Classification: BM Insurance  
Address: Ka. Na.Pa.-06, Sindhuli  
Contact No.: 9844532241  
Email: sudarshanshahi362@gmail.com  
Blood Group: B+ve



**SUSMA SHRESTHA**

## DESIGNATION: PROFESSIONAL

### DEVELOPMENT DIRECTOR

Classification: Banking Management  
Address: Ka. Na. Pa,-06, Rammadi  
Contact No.: 9844293128  
Email: susmas543@gmail.com  
Blood Group: A+ve



**SUJITA KHADKA**

## DESIGNATION: PAST PRESIDENT

Classification: BE Civil  
Address: Ka.Na.Pa.-07, Sindhuli  
Contact No.: 9854040608  
Email: Suzeetaz@gmail.com  
Blood Group: A+ve



**Congratulations & Best Wishes**  
**Rotary Club of Kathmandu**  
**On the Occasion of 67th Installation Ceremony**

## **Mukunda Sharma Paudel**

**Senior Advocate**

**Contact No.: 9851186103**

**Email: mpaabg@gmail.com**

## **Sankalpa Legal Chamber**

**Babarmahal, Kathmandu**

**Tel.: 01-5343526**



# PROJECT SHIKSHYA

'Project Shikshya' was initiated in the Rotary Year (RY) 2021-2022 with the objective of introducing a reading culture to students, sparking their interest in books, helping them understand the importance of reading, and enhancing their imaginative capacities. On September 11, 2021, the team visited Shree Bachhaladevi Basic School in Kavre to observe the school's condition and needs. Accordingly, a plan was formulated to build a library and provide educational materials to the students. We collected books of various categories and established a library. Through our frequent monitoring visits, we observed a positive impact on the students, directly benefiting 94 students by upgrading their knowledge and contributing to their academic development.



We decided to continue this project as one of the signature projects of the Rotaract Club of Kathmandu for Service Projects. The project extended into RY 2022-23, during which we expanded the library by collecting three monitors, additional books, mice, and keyboards. The handover program included placing books in the library and installing desktop computers in the school's computer lab.



Recognizing the need to reach more schools and students, we expanded the project in RY 2023-24. The expansion included Thakur Aadharbhut Vidyalaya in Kavre, Shree Bachhaladevi Basic School in Kavre, and Shree JD Secondary Boarding School in Devighat, Nuwakot, where we provided books for their libraries. Alongside the donations, the project engaged students in various activities focused on team building, leadership, time

management, and other skills designed to inspire, develop, and connect them. 'Project Shikshya' also included scholarships for two students from Saharsalinga Secondary School in Chamada, Dadeldhura. The project has directly impacted the lives of more than 200 students.

# KALATSAV 2024

Kalatsav 2024 was held on World Environment Day jointly with Rotaract Club of Madhyapur FAO and Global Peace Foundation. The theme, "Our Land, Our Future," encouraged students to explore and express critical environmental issues such as land restoration, desertification, and drought resilience through their art. The event saw participation from 64 students representing 17 schools, including both community and private institutions.



Participants created artworks in various mediums, showcasing their creativity and understanding of environmental themes. The competition was judged by national-level artists, ensuring a fair and professional evaluation. Three categories of awards were presented: Best Concept, Best Composition, and Most Creative. Winners and participants received certificates, awards, and art-related gift hampers, acknowledging their efforts and talent.

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### Office & Factory

Lalitpur Metropolitan-25, Khokana Dobato, Bhaisepati, Lalitpur, Kathmandu Nepal

### Contact

Mr. Dan Bhadur Chand Thakuri/Mr. L.C. Thakuri  
PO. Box:4205

Tel:00977-1-5590357,00977-1-5590108(Rest)

Fax: 0097715590196, Mobile:00977-9851052396,00977-9841237230

E-mail: [ctripura@wlink.com.np](mailto:ctripura@wlink.com.np), [carpettripura@gmail.com](mailto:carpettripura@gmail.com)

Skype:tripura.carpet

Website: [www.tripuracarpet.com](http://www.tripuracarpet.com)

# INTER COLLEGE ROTARACT RUNNING SHIELD QUIZ CONTEST

Inter College Rotaract Running Shield Quiz Contest is the signature project of Rotaract Club of Kathmandu. The main objectives of the program is to give today's youth a platform to broaden their knowledge base, enhance the General Knowledge, provide the information of Rotary/Rotaract and develop their confidence. The organizing team is also benefitted by involving in a series of activities including approaching and dealing with potential colleges and sponsors to be a part of the program, which helped to develop their marketing and people-skills. The program is also aimed to help to enhance their skills on how to plan, organize, and execute a program on a large scale, managing and coordinating various parties involved.



The Inter College Rotaract Running Shield Quiz Contest, a highly anticipated annual event, had reached its 15th edition by the Rotary Year 2019-2020. This long-standing tradition, cherished by students and educators alike, was unfortunately interrupted by the onset of the COVID-19 pandemic. The global health crisis necessitated a pause in many activities, and the quiz contest was no exception. However, Rotary Year 2023-24 revived the 16th edition of the event. We are proud to conclude the 16th Inter College Rotaract Running Shield Quiz Contest with a great success.



List of Winner from past four editions of Inter College Rotaract Running Shield Quiz Contest:  
**Inter College Rotaract Running Shield Quiz Contest**

Edition	Winner	1st Runner-up	2nd Runner-up
16th Edition	Sunway College, Kathmandu	IOE, Thapathali Campus	Public Administration Campus, Kathmandu
15th Edition	Chelsea Academy, Kathmandu	Uniglobe College, Kathmandu	School of Engineering, Pokhara University
14th Edition	New Horizon E.B.H.S School, Butwal	Patan NIST, Kathmandu	St. Xavier's College, Kathmandu
13th Edition	Times H.S.S, Kathmandu	Chelsea Academy, Kathmandu	St. Xavier's College, Kathmandu

# FUTUREFEED NEPAL

'FutureFeed Nepal' is a dynamic and transformative environmental campaign initiated jointly by the Rotaract Club of Kathmandu and Rotary Club of Kathmandu, in partnership with WWF and Save the Children.

FutureFeed Nepal is a passionate campaign driven by Rotaractors, united in the mission of addressing climate change and food security to create a sustainable future for all. This campaign aims to address the issue of food insecurity along with inadequate caloric intake. This campaign also aims to increase awareness of food insecurity and promote community engagement in addressing this issue. Following outreach activities and initiatives were carried out:

## 1. Hunger Walk

2.5 km hunger walk with 500 individuals from Rotary Hall, Thapathali to New Baneshwor was organized to raise awareness about food insecurity & climate change and sensitize people. The walk fostered empathy and solidarity with those affected by food insecurity by uniting people from all walks of life, including celebrities, activists, and influencers. It also aimed to generate support and mobilize resources for organizations working tirelessly to combat hunger and enhance food security. The Hunger Walk was a celebration of unity and a call to action for a sustainable, nourished future, proving that collective efforts can drive meaningful change for our sustainable future.



## 2. Healthy Meal Campaign

The Healthy Meal Campaign, a collaborative effort with various schools and social organizations, conducted 16 dynamic sessions to raise awareness about the critical link between climate change and food insecurity. Tailored to different age groups, the campaign used child-friendly manuals, open-ended questions, songs, critical discussions, pledges, and skits to engage students, while youth club sessions delved into advanced topics like nutrition, the effect of contaminated food, the role of youth organizations in tackling these problems.

## 3. Aquaponics Installation

We've introduced aquaponics farming, a progressive soilless cultivation method combining crop and fishery growth, in two prominent schools in Kathmandu Metropolitan City: Viswa Niketan School and Durbar High School.

This initiative promotes sustainable food production by reducing reliance on chemical fertilizers, aligning with Kathmandu Metropolitan's Book-Free Friday initiative to enhance practical learning experiences for students.



## 4. Khana Sambaad

On December 23, 2023, Durbar High School in Kathmandu became the center stage for Khana Sambaad, an event dedicated to addressing the critical issue of toxins in our food supply. Organized with a focus on dialogue, collaboration, and awareness, Khana Sambaad gathered a diverse panel of experts and advocates to delve into the intricate challenges posed by contaminated food and explore sustainable solutions. The Panelists included Mr. Bishesh Kattel, Dr. Aruna Uprety, and Mr. Sabin Lamichhane, focusing on policies and youth actions. Moderated by Prasun Subedi, a dedicated agricultural science student and the Social Media and Outreach Lead for the WFF National Chapter in Nepal, the event stressed the need for strong rules and empowering youth for safer food. It aimed to inspire action for a healthier food system.



### Outreach

Total Youths and children reached	: 15000+
Social Media Reach	: 22000+
Media Coverage	: 9
Partnership and Collaborations	: 42
Aquaponics Installed	: 2 Schools
Total Healthy Meal Session	: 15+
Decision Makers Connected	: 13

**Congratulations & Best Wishes  
Rotary Club of Kathmandu**



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

# PROJECTS - ROTARACT CLUB OF SINDHULIGADI

## TWO-DAY FREE ANIMAL HEALTH CHECK-UP

We successfully concluded a free animal health check-up, treatment, and diagnosis event at Marin Rural Municipality-06, Sindhuli, and Kamalamai Municipality-10, Sindhuli. This initiative was in collaboration with the Nepal Veterinary Students' Association, HICAST, and the National Livestock Sector Innovation Project.

A heartfelt thanks to all the veterinarians, SCTI veterinary teams, Marin Rural Municipality, Kamalamai Municipality, Siddhababa Dana Challa Suppliers, and our supporting hands for their invaluable coordination and support.

Over 200 farmers' animals were diagnosed and treated. Consultants prepared detailed health reports and provided guidance to the farmers.



## DENTAL CAMP

With great satisfaction, we announce the successful conclusion of the "One Day Free Dental Camp," an event organized by the dedicated efforts of the Rotaract Club of Sindhuligadi, and Rotaract Club of Kantipur Dental College.

This noble endeavour was made possible through the generous support of the Kamalamai Municipality Ward 6 Office, Sindhuli, and technical assistance provided by Palikaawaj.

The venue for this impactful initiative was the Shree Siddhababa Secondary School, situated in Panityanki-06, Sindhuli, where on the date of 2080/12/03, the community was served with compassion and professionalism.

We extend our heartfelt gratitude to all involved parties for their contributions towards promoting dental health and well-being within our community.



## LUMPY SKIN AWARENESS PROGRAM

Lumpy Skin Disease Training and Awareness program was organized at Janapriya Higher secondary School by Rotaract club of Sindhuligadi in coordination with Nepal Veterinary Students Association .

The main motto of this program was to educate the veterinary Technician students and the farmers about the Lumpy Skin Disease its Transmission , Control and about available Treatment protocols .

The chief Guest program was Mr. Bhupendra Chaulagain - Principle , Janapriya Higher secondary School.



# MEMBERS

RY 2024-2025

Interact Club of Chunadevi Secondary School

PP Itr. Aasman Tamang (Charter President)  
IPP Itr. Fulmaya Tamang  
Itr. Anju Tamang  
Itr. Amrita Tamang  
Itr. Roshani Shah  
Itr. Diprasan Tamang  
Itr. Malika Thakuri  
Itr. Mina Tamang  
Itr. Kusum Lama  
Itr. Shanti Tamang  
Itr. Laxmi Tamang  
Itr. Amira Magar  
Itr. Ashamaya Tamang  
Itr. Sunita Tamang  
Itr. Sujan Tamang  
Itr. Amin Lama  
Itr. Manish Tamang  
Itr. Sabin Lama  
Itr. Pranish Shah  
Itr. Ramhari Tamang  
Itr. Anita Tamang  
Itr. Sushmita Shah  
Itr. Sanjumaya Tamang  
Itr. Deepa Tamang  
Itr. Pramila Tamang  
Itr. Premika Tamang



Interact Club of  
Shree Chunadevi S.S, Nepal



Orientation at Interact Club of Shree  
Chunadevi Secondary School



# MESSAGE FROM IMMEDIATE PAST PRESIDENT

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Fellow Interactors,



Rotary Year 2023-24 has been an amazing year for me where I was fortunate to serve as 4th President of Interact 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.

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 Interact 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 Interact.

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 focus on the theme Hope for Impact where I firmly believe that we were able to be an 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 the incoming president Itr. Arju Ojha and her team who will carry forward the legacy of the Interact. Your dedication and passion will serve as an inspiration to those who aspire to be leaders in the future.

Wishing you all the best,

Yours in Interact,

**Itr. Bishal Pandey**  
Immediate Past President RY 2024-25  
Interact Club of Kathmandu



**Itr. Arju Ojha**  
President (RY 2024-25)  
Interact Club of Kathmandu

## PRESIDENT'S WORDS

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Fellow Interactors,

First of all, I would like to express my sincere gratitude to all who have given me the opportunity to serve as a president for Interact club of kathmandu. Interact has been a memorable journey for me. Interact is more of a family for me. It gave an opportunity to grow personally as well as professionally.

As being from a Rotary background, It has always been easy for me to understand what is Rotary. It has been two years since I joined Interact. Interact has provided , a platform to learn, build a network, and moreover to be a leader. I want to remember the moment I joined Interact, full of nervousness, lack of confidence and low self esteem and now look at me serving as a president. Not knowing anyone to being the most extroverted person I have grown a lot. After joining Interact, I became aware of the benefits to myself and the community . It made me feel like myself, it made me happy, moreover Interact has been a comfort place for me.

I feel honoured 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 4 amazing Presidents so It might be a little challenging for me to meet the benchmark of those amazing leaders. Also, The support from parent club, Rotary club of kathmandu is always essential which we have been getting and will surely get in the future. Along with this , our sister club and Rotaract clubs are also very co operating which has made us stronger and more confident to work.I hope it will continue in a sophisticated way.

Lastly, I would like to congratulate IPP Itr.Bishal Pandey and whole Team for the successful completion of the tenure. Best wishes for the future.

Regards,  
**Itr. Arju Ojha**

# EXECUTIVE BOARD RY 2024-2025

Interact Club of Kathmandu



# MEMBER'S PROFILE



AARYA PANDIT

## DESIGNATION: MEMBER

Address: Sankhu, Kathmandu  
Contact No.: 9813203875  
Email: aaryapandit54@gmail.com



ANGEL GAHA

## DESIGNATION: PAST PRESIDENT

Address: Kusunti Lalitpur  
Contact No.: 9745504790  
Email: angelgaha8@gmail.com



AARYAMAN PANDIT

## DESIGNATION: PUBLIC IMAGE CHAIR

Address: Sankhu, Kathmandu  
Contact No.:  
Email: aaryamanpandit4@gmail.com



ANMOL DAHAL

## DESIGNATION: SECRETARY

Address: Kalanki, Kathmandu  
Contact No.: 9840044999  
Email: anmoldahal08@gmail.com



AASTHA MALLA

## DESIGNATION: MEMBER

Address: Sankhu  
Contact No.: 9863318558  
Email: shresthaastha2020@gmail.com



ANUJA OJHA

## DESIGNATION: SERGEANT AT ARMS

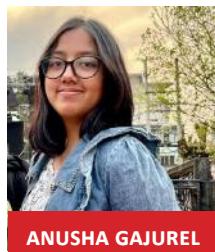
Address: Hattiban, Lalitpur  
Contact No.: 9851182289  
Email: Ojhaanuja10@gmail.com



AAYAM JHA

## DESIGNATION: MEMBER

Address: Nakhudol, Lalitpur  
Contact No.: 9863455290  
Email: aayamjhaji@gmail.com



ANUSHA GAJUREL

## DESIGNATION: PAST PRESIDENT

Address: Tinkune, Kathmandu  
Contact No.: 9745326265  
Email: ga5454885@gmail.com



ABHINAV GC

## DESIGNATION: PAST PRESIDENT

Address: Chandragiri 11, Kathmandu  
Contact No.: 9851218241  
Email: abhinavvv1.21@gmail.com



ARJU OJHA

## DESIGNATION: PRESIDENT

Address: Hattiban, Lalitpur  
Contact No.: 9768400804  
Email: Ojhaarju8@gmail.com



ADITYA CHAURASIYA

## DESIGNATION: MEMBER

Address: Thasikhel, Lalitpur  
Contact No.: 9851022846  
Email: adityachaurasiya.official@gmail.com



AYUSH DWIBEDY

## DESIGNATION: MEMBER

Address: Kusunti, Lalitpur  
Contact No.: 9851022846  
Email: kd45aayush@gmail.com

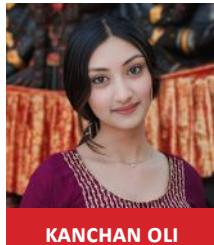
# MEMBER'S PROFILE



**AASHIRWAD PANDEY**

## DESIGNATION: EDITOR

Address: Kageshwori Manohara-5  
Contact No.: 9823855556  
Email: aashirwadpandey@gmail.com



**KANCHAN OLI**

## DESIGNATION: Member

Address: Tokha, Kathmandu  
Contact No.: 9820298699  
Email: olikanchan16@gmail.com



**BIMALA DULAL**

## DESIGNATION: JOINT SECRETARY

Address: Buddhanagar, Baneswor  
Contact No.: 9745374520  
Email: bimaladulal50@gmail.com



**KRITIKA BAJGAIN**

## DESIGNATION: COMMUNITY SERVICE DIRECTOR

Address: Imadol, Lalitpur  
Contact No.: 9749705024  
Email: bajgainkritika5@gmail.com



**BISHAL PANDEY**

## DESIGNATION: IPP

Address: Shankhamul, Kathmandu  
Contact No.: 9849215868  
Email: pandeybishal358@gmail.com



**MANIKA DANGOL**

## DESIGNATION: PROFESSIONAL SERVICE DIRECTOR

Address: Lokanthali Bhaktapur  
Contact No.: 9861591140  
Email: manikadangol62@gmail.com



**EMON S. KHADKA**

## DESIGNATION: SERVICE PROJECT CHAIR

Address: Kupondole, Lalitpur  
Contact No.: 9808833233  
Email: emonshinghkhadka@gmail.com



**MILARESI RAI**

## DESIGNATION: INTERNATIONAL SERVICE DIRECTOR

Address: Nakhipot, Lalitpur  
Contact No.: 9704292920  
Email: milaresirai0@gmail.com



**JASMINE KAFLE**

## DESIGNATION: MEMBER

Address: Satdobato, Kathmandu  
Contact No.: 9849573253  
Email: jasminedhakal1@gmail.com



**PRASHANT GAUTAM**

## DESIGNATION: MEMBER

Address: Kathmandu  
Contact No.: 9848580164  
Email: prashantgautam1133@gmail.com



**JYOTI ARYAL**

## DESIGNATION: CLUB SERVICE DIRECTOR

Address: Koteshwor, Kathmandu  
Contact No.: 9767327400  
Email: aryaljyoti317@gmail.com

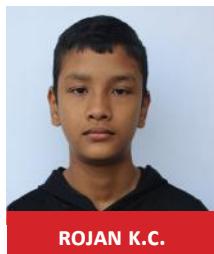


**PRATIK LAMA**

## DESIGNATION: MEMBER

Address: Swoyambhu, Kathmandu  
Contact No.: 9806861147  
Email: kingpratik444@gmail.com

# MEMBER'S PROFILE

**DESIGNATION: MEMBER**

Address: Chakupat, Lalitpur  
Contact No.: 9843698648  
Email: krojan2011@gmail.com

ROJAN K.C.

**DESIGNATION: VICE PRESIDENT**

Address: Maitidevi, Kathmandu  
Contact No.: 9813173643  
Email: itr.sarthaksinghsubedi@gmail.com

SARTHAK S. SUBEDI

**DESIGNATION: MEMBER**

Address: Kapan, Kathmandu  
Contact No.: 9848940581  
Email: sabigurung1414@gmail.com

SABI GURUNG

**DESIGNATION: TREASURER**

Address: Dhapakhel, Kathmandu  
Contact No.: 9808600044  
Email: shishumshrestha123@gmail.com

SHISHUM SHRESTHA

**DESIGNATION: MEMBER**

Address: Sinamangal , Kathmandu  
Contact No.: 9704541261  
Email: sabinasardar36@gmail.com

SABINA SARDAR

**DESIGNATION: VICE PRESIDENT**

Address: New Baneshwor  
Contact No.: 9847393574  
Email: shreyamaharjan012@gmail.com

SHREYA MAHARJAN

**DESIGNATION: MEMBER**

Address: Chakupat  
Contact No.: 9816978892  
Email: gamingnational333@gmail.com

SACHIN DANGAL

**DESIGNATION: IT HEAD**

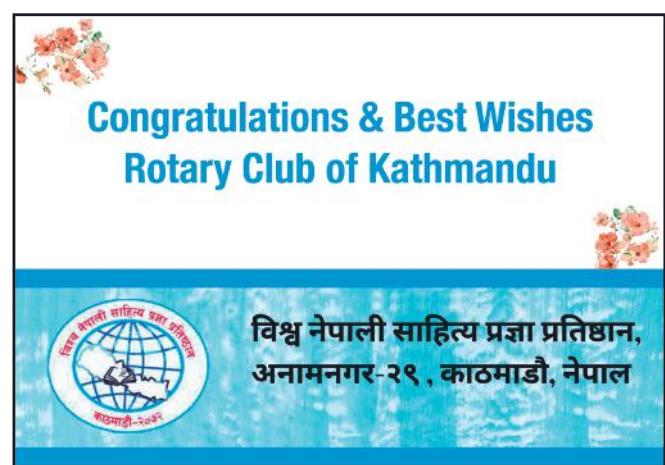
Address: Dillibazar, Kathmandu  
Contact No.: 9866291321  
Email: bhattaraisamyak07@gmail.com

SAMYAK BHATTARAI

**DESIGNATION: MEMBER**

Address: Bagbazar, Kathmandu  
Contact No.: 9808850229  
Email: Khadkasapana076@gmail.com

SAPANA KHADKA



# PROJECTS

## पुरुषता

It was an event conducted in two phases. In the first phase, members of the Interact Club of Kathmandu visited Holy Vision College to deliver an awareness program on positive masculinity and male victimization, facilitated by Adv. Hemant Devkota. The second phase took place at the Rotary Hall, featuring a panel discussion on the same topics. While the program aimed to promote knowledge on positive masculinity and male victimization, we have not received or disseminated extensive information from it.



## Project सारथी

Kathmandu University School of Management, supported by the Interact Club of Kathmandu, organized an outreach program at Jiri Secondary School in Jiri. The initiative aimed to support and inspire young minds through awareness sessions on various topics, distribution of stationery, sports, and first aid items, as well as providing counseling for a better future. For the Class 12 students, a career planning program was provided, along with insights into bachelor's degree programs. Stationery items were donated to students from Class 1 to 7, sports equipment to the school, and sanitary products such as first aid boxes and sanitary pads.

## चाल: Chess Competition

The chess competition, organized by the Interact Club of Kathmandu, aimed to promote chess, enhance strategic skills, and foster community collaboration. Supported by Interact District 3292 Zone 6 and buddichal, the event welcomed participants of all skill levels.

Held at Rotary Hall, Thapathali, on December 9th, 2023, participants registered online and demonstrated excellent strategic skills and sportsmanship. The competition's success underscores the Interact Club's commitment to chess and community engagement.



# ROTARY GALLERY



# ROTARY GALLERY



# ROTARY GALLERY



# ROTARACT GALLERY



# ROTARACT GALLERY



**Best Wishes to  
Rotary Club of Kathmandu and team  
on the occasion of  
67<sup>th</sup> Installation Ceremony**



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[www.avantgarde.com.np](http://www.avantgarde.com.np)

**CONGRATULATIONS ROTARY CLUB OF KATHMANDU  
FOR YOUR 67<sup>TH</sup> INSTALLATION CEREMONY!**



आई.ई.टि.ई. नेपाल च्याप्टर

**Keshav Gyawali**

Chairman, IETE Nepal Chapter  
[www.ietenepal.org.np](http://www.ietenepal.org.np)

**The Institution of Electronics and Telecommunication  
Engineers (IETE)**

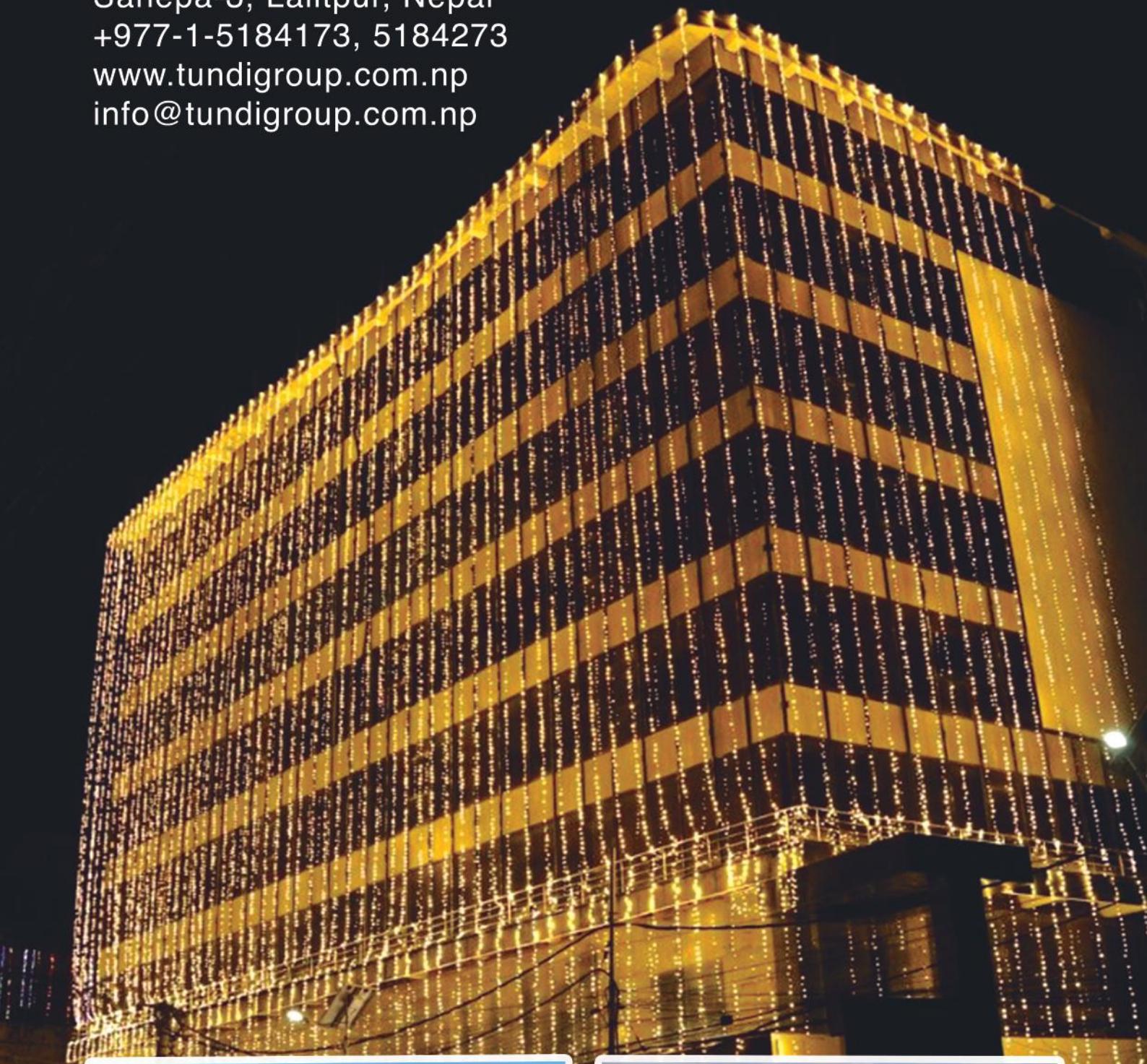
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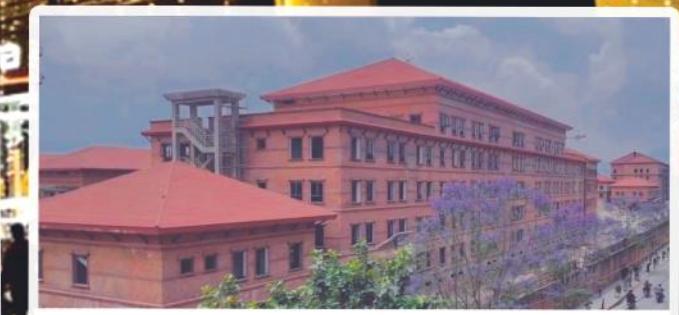
**[ietenepal@gmail.com](mailto:ietenepal@gmail.com)**

# Tundi Construction (Pvt.) Ltd.

Sanepa-3, Lalitpur, Nepal  
+977-1-5184173, 5184273  
[www.tundigroup.com.np](http://www.tundigroup.com.np)  
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