



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



Rotaract
Rotary Club Partner



**Club of
Sindhuligadi**

Interact
Rotary Sponsored Club



**Club of
Kathmandu**

Interact
Rotary Sponsored Club



**Club of
Shree Chunadevi
Secondary School**

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

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Congratulations & Best Wishes
to the entire team of
Rotary Club of Kathmandu
on the occasion of
67th Installation Ceremony

Ishwar Sitaula
Founder patron

Babita Sitaula
President



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

USA REGD : 82-3508366

Rotary | Club of Kathmandu

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

Rotary Bhawan

Thapathali, Kathmandu, Nepal

GPO: 1053

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Rotaract
Rotary Club Partner



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**Club of
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Secondary School**

www.rckathmandu.org.np

CHARTER CERTIFICATE

SERVICE ABOVE SELF

HE PROFITS MOST WHO SERVES BEST

This Certifies that the Rotary Club of

Kathmandu, Nepal

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

Rotary International

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

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



Clifford Randall
President, Rotary International
Gayle Mearns
General Secretary, Rotary International

Recommended by

District Governor

4



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 Nepalaïse
Yogourt

Riz.

Glasse Vanille Aux Sauce
Des Fraises

Cafe.

Non-Vegetarian

Consomme Glassee

Carp Mouniere
Sauce Tartare

Kari De Poulet
Kari " Kofta "
Kari De Sanglier
Kari Des Legumes
Pomme De Terre Nepalaïse
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 Shumshere

Vice-President

Rtn. Himalaya S. Rana
Rtn. H. Lal

Secretary

Rtn. Jagdish S. Rana

Treasurer

Rtn. G. R. Bhandari

Jt. Secretaries

Rtn. Manindra Raj Srestha
Rtn. A. R. Bhattacharya

Directors

Rtn. Dr. D. B. Das Gupta
Rtn. Sarda P. Upadhyaya
Rtn. Kumar Das Srestha
Rtn. V. Rtn

Sergeant-at-Arms

Rtn. Birwinatha Jijodis
Rtn. K. K. Juhl

MEMBERS

Rtn. Thomas Charles Mendez
Rtn. Boris Lissanovich
Rtn. C. L. Bajaj
Rtn. Gopiram Chitranya

Rtn. Shiba Prasad Rautar
Rtn. Galeb S. Herjani
Rtn. Parthiv Shamsheer
Rtn. Bal Krishna Srestha

Rtn. Basendra Bikram Shah
Rtn. Capais R. S. Randhawa
Rtn. Eric W. Stadler
Rtn. Carl S. Coler

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

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 Rotarians
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. Srestha
15. Responses by Rtn. Justice Raj Kishore Prasad
16. 325 District and Governor Behram - Rtn. A. Bhattacharya
17. Response by Governor's Special Representative
18. Sponsoring Club - Rtn. Gopal R. Bhandari
19. Response by Rtn. G. S. Daruka
20. Ladies - Rtn. D. B. Dasgupta
21. Response by Rtn. Anne H. Lal
22. Visiting Rotarians - Rtn. C.S. Coler
23. Response by Rtn. Dr. S. N. Sinha
24. Guests - Rtn. Boris Lissanovich
25. Response by Deputy Prime Minister of Nepal
26. Presentations of gifts.
27. 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 ins 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.

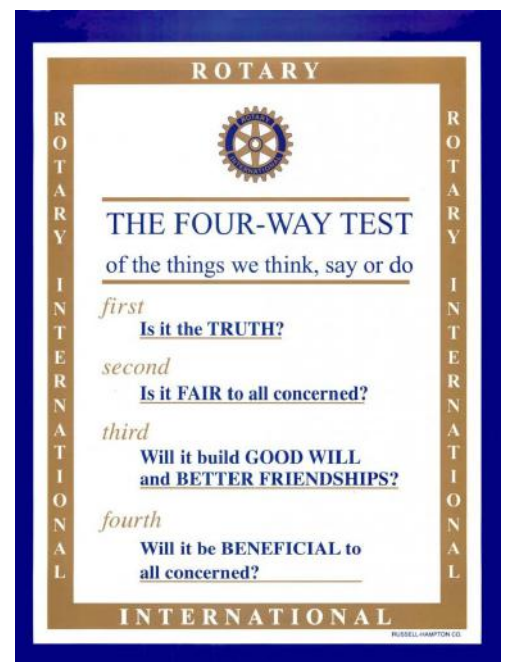
The Mission of Rotary International

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

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
ltr. Arju Ojha

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.

RI PRESIDENTIAL MESSAGE



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



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

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Nepal

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Rajendra Man Sherchan
District Governor 2024 -25

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



Rtn. Sushil Kumar Karki
President 2024/25

Environmental & WASH Professional



Jhule, Tamakoshi Rural
Municipality-02, Dolakha

Parents:

Mr. Dhan Bahadur Karki &
Mrs. Sanu Maya Karki

Spouse:

Mrs. Kamana Jha

Child:

Shuvanga Karki



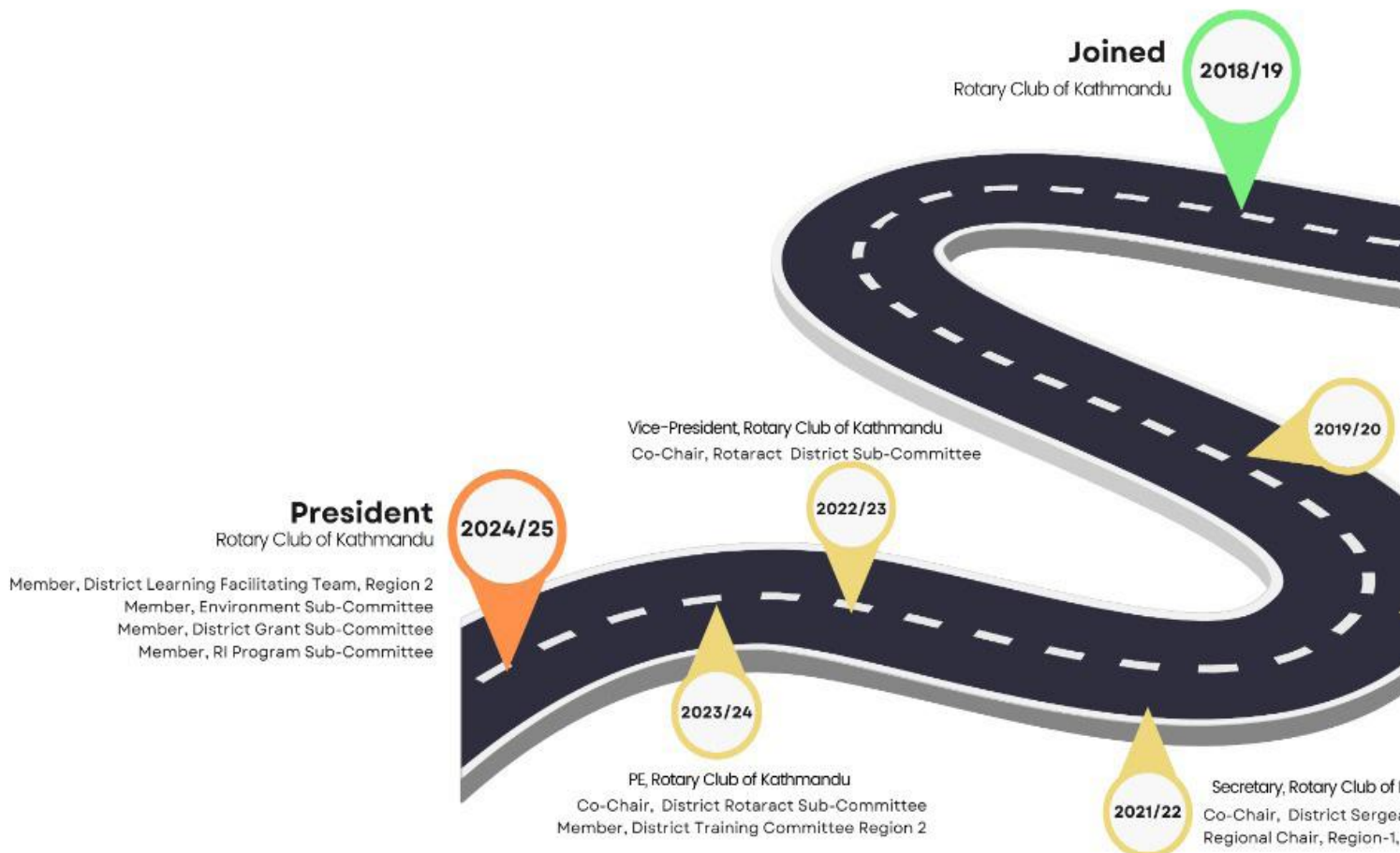
Master's Degree in
Environmental Science

Master's Degree in Rural
Development

Current Involvement:

Program Manager, Youth Alliance for
Environment, Baluwatar

Proprietor, Cut Beauty Salon and Training
Academy, Koteshwor



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

2011/12

Joined

Rotaract Club of Kathmandu

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

2020/21

Joint Secretary
Rotary Club of Kathmandu

Kathmandu
Ant 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



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SITA POKHAREL



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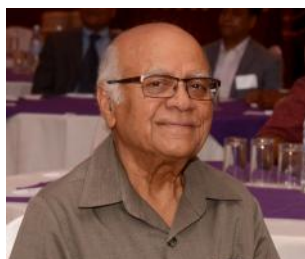
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GEETA

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GANGA



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TRISHNA PAUDEL

MEMBER'S PROFILE



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SHRADDHA



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SHREEYA



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MEMBER'S PROFILE



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DR. PUSHPA



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MEMBER'S PROFILE



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AMUL



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CHANDRA DEVI



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DR. INDIRA



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PROF. DR. (PHF)

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DURGA

MEMBER'S PROFILE



SHRESTHA BALA KRISHNA
(MAJOR DONOR)



AMIR

DESIGNATION: PAST PRESIDENT

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SHRESTHA PRITHBI
(PHF)

DESIGNATION: MEMBER

Classification : Hotelier

Address : Pulchowk, Lalitpur

Contact No. : 9851021950

Email : prithbi@mos.com.np



CHIE



SINGH SURESH MAN
(MPHF)



SANGEETA

DESIGNATION: PAST PRESIDENT / CLUB MENTOR

Classification : Belt Manufacture & Marketing

Address : Kathmandu

Contact No. : 9851042753

Email : sm.singh@hotmail.com



SUBEDI BISHNU
(MPHF)

DESIGNATION: PAST PRESIDENT / TRF CHAIR

Classification : Hospital Administration

Address : Sanepa, Kathmandu

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Email : subedisane@gmail.com



PRAMILA



DR. THAPA LOK BIKRAM
(MPHF)

DESIGNATION: PAST PRESIDENT

Classification : General & Cardiothoracic Surgeon

Address : Kamalpokhari, Kathmandu

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THAPALIYA SONIKA
(PHF)

DESIGNATION: YOUTH SERVICE CHAIR

Classification : Microbiologist / Rural Development

Address : Kathmandu

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SABIN

MEMBER'S PROFILE



UPRETY KISHOR
(MPHF)



RITA

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OFFICE STAFF



SHREE KRISHNA DAHAL

EXECUTIVE SECRETARY



BINOD RAUT

OFFICE ASSISTANT



PANNA NEWA

HOUSEKEEPER

Bridal Mehendi and Makeup



Nail Art



Facial



cut *Beauty Salon
and Training Academy*

by Eco Connect Pvt. Ltd. (CTEVT Affiliated)



@ 9851221317, 9841383569
for more information and Booking



Seti Opi Marga, Koteshwor Chowk
Nabil Bank Building - 4th Floor

WELCOME OUR NEW MEMBERS



CHATAUT BHUVAN RAJ

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



BHUWANI BIST



KARKI NAMRATA

Classification : Administration
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Email : namratakarki94@gmail.com



KARKI SASWAT

Classification : Financial Planning & Taxation
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Email : saswatkarki5@gmail.com



DR. KARKI USHA



DR. KHANAL BIBEK

Classification : Fertility Specialist
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Email : karki.bibnum@gmail.com



KHADKA PRADIP



ROSHANA MAHARJAN

Classification : Business Management
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RIJAL SARBESH



SHOBHA AMAGAIN

Classification : Biotechnology / Media Production
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Email : sarbeshrizal@gmail.com



SAPKOTA USHA



LEKHNATH KAFLE

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Email : usasapkota@gmail.com



SHARMA PUJAN



PRAKASH CHANDRA

Classification : Psychologist
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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

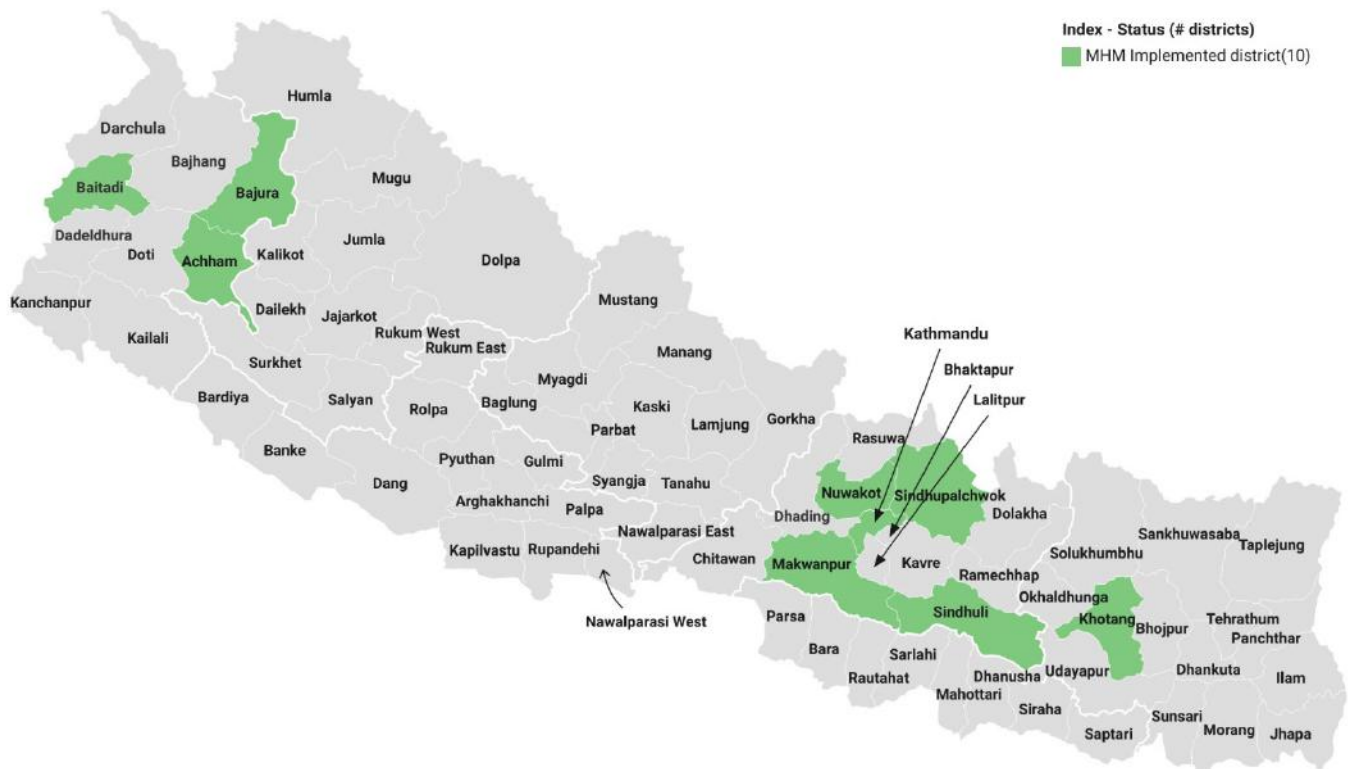
PRESIDENT

ROTARY YEAR

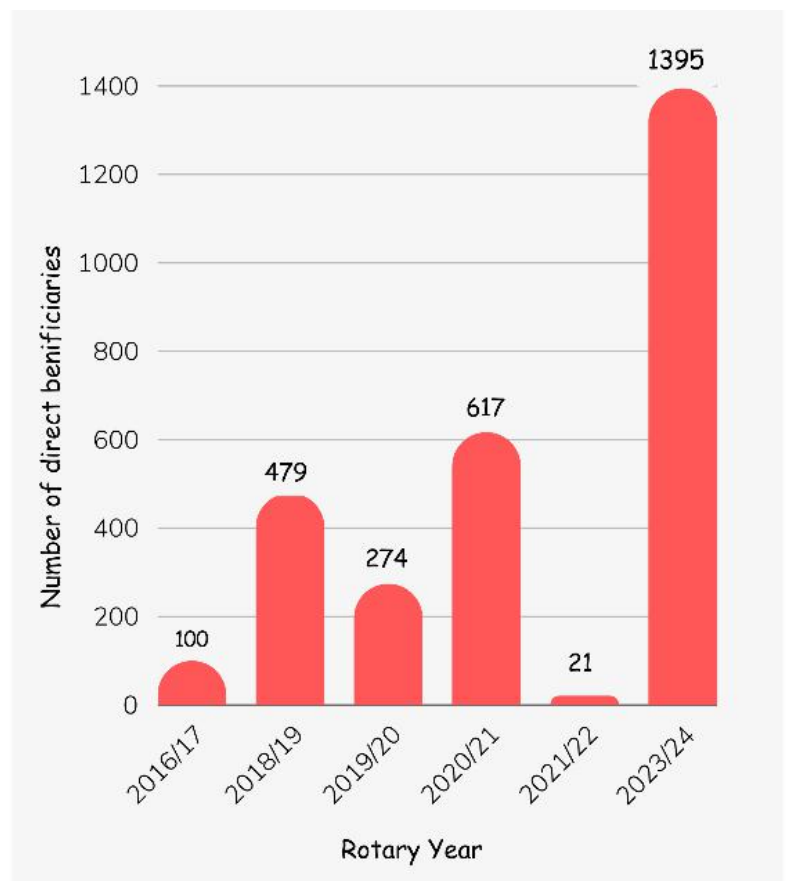
SECRETARY

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.



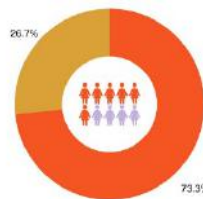
MENSTRUAL HEALTH AND HYGIENE MANAGEMENT PROJECT

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 Corrimal, 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

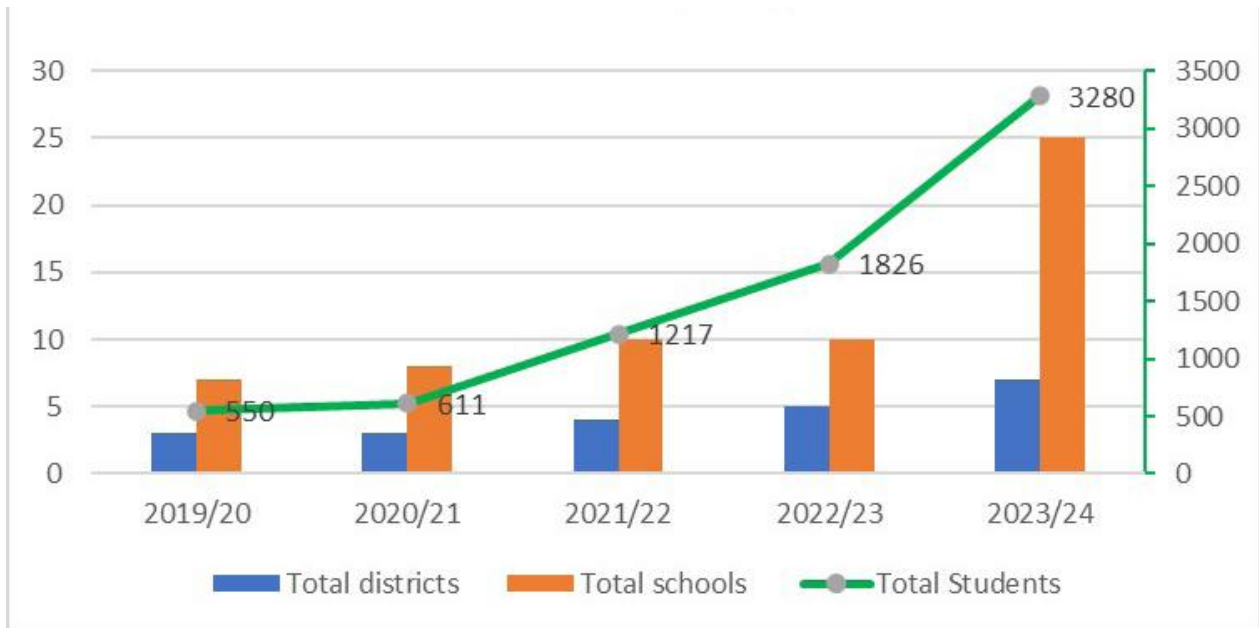
In Nepal miss their school during menstruation due to dysmenorrhea, heavy bleeding and fear of leakage being the major causes.

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



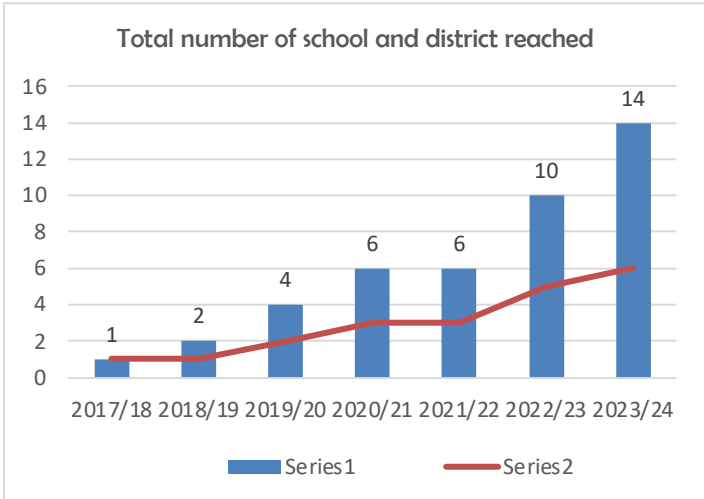
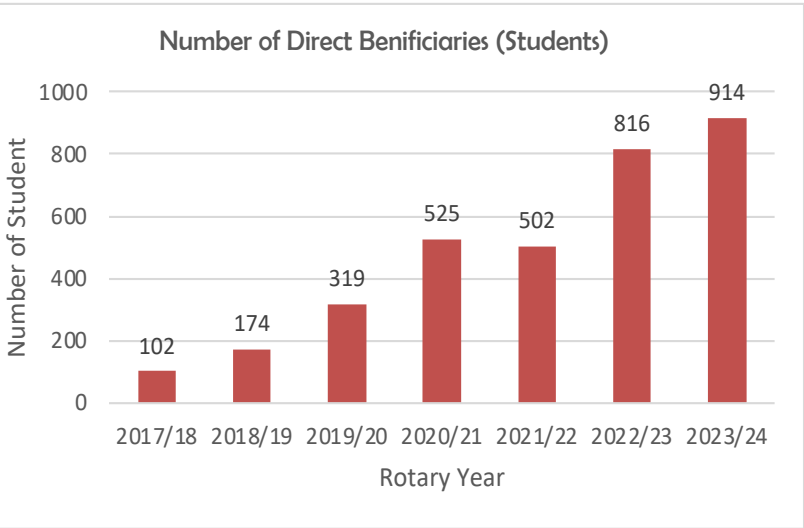
The Rotary Club of Kathmandu with the support of Rotary New Zealand and Rotary Australia is implementing the “Nepal School Support Project” at different schools around Nepal. During Rotary Year 2023-24, educational materials have been distributed to 3280 students of 25 different government schools. We 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.

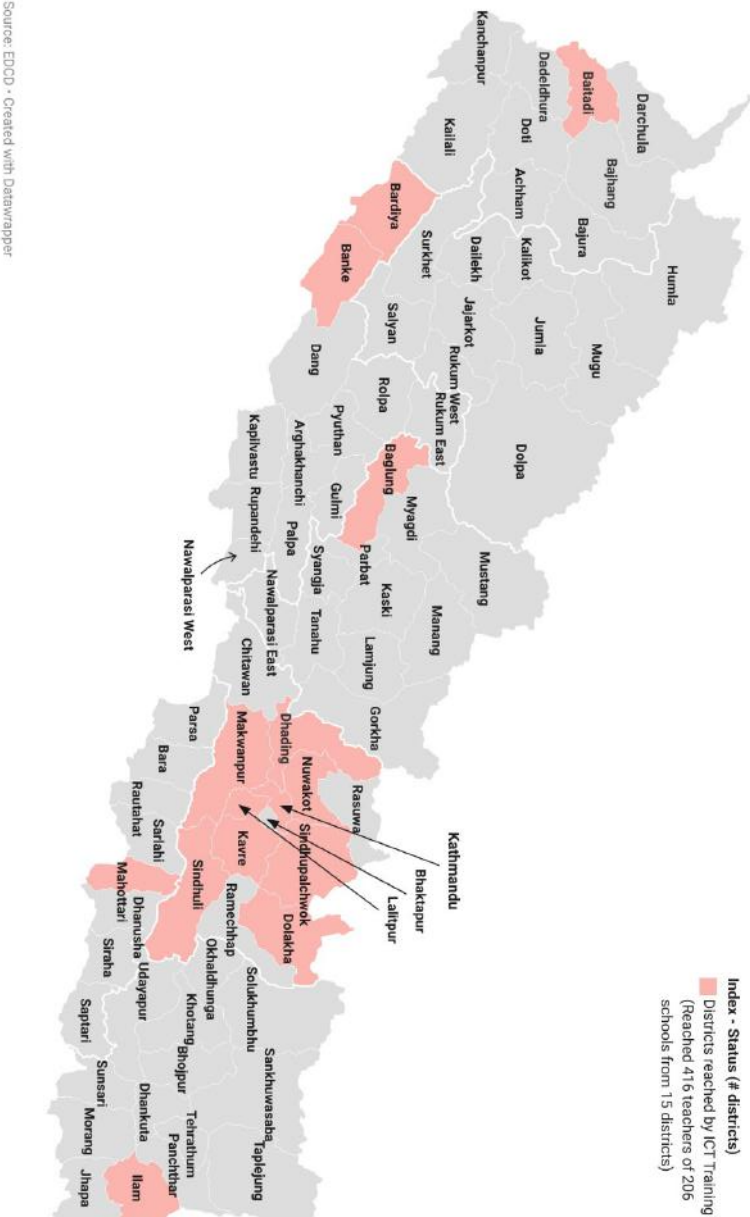


This project is supporting the mission of Rotary towards quality education and is contributing to the TEACH component of Rotary Nepal Literacy Mission. During the Rotary Year 2024-25 we are planning to reach out to around 1200 students with scholarship packages and bring smiles to the faces of children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

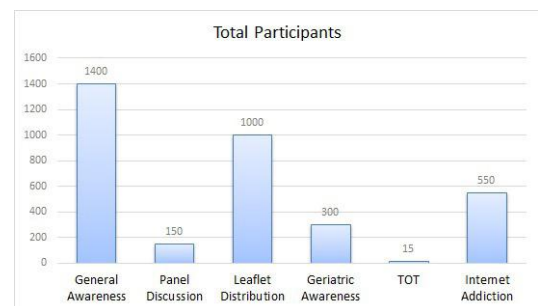
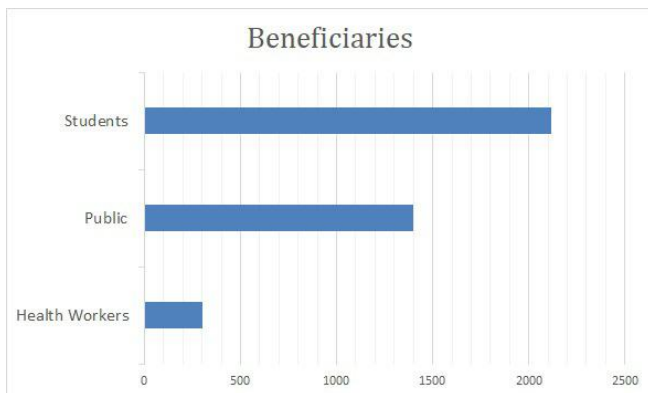
To Promote Early Detection and Intervention

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

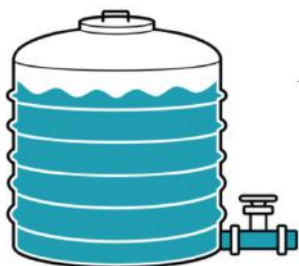
WASH Project in school and community, Baitadi, Far-Western province Nepal

Host Club:

ROTARY CLUB OF KATHMANDU

International Host Club:

ROTARY CLUB OF SONOMA VALLEY
RID 5130



6000 Ltr.

Water Storage Capacity Added
to ensure adequate water availability at
school

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.

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, Mahalaxmasthan, Lalitpur
Phone: 01-5553607, Email: goodneighborsn@gmail.com, PO Box: 11228

Congratulations & Best Wishes Rotary Club of Kathmandu

Remember us for:



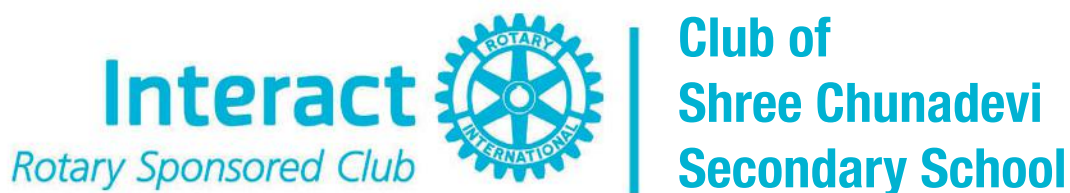
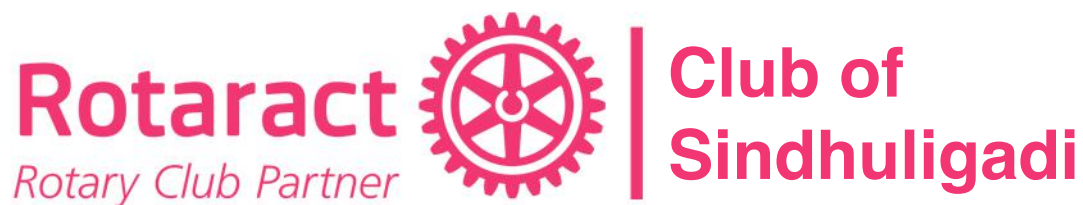
sanskriti.farms2073@gmail.com
Dhulikhel-11, Kavre
+977-9841891265

- 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
Namobuddha-1, Kavre
+977-9841891265



- Authentic & rural homestay and local food
- Nepali cooking and language lessons
- Cultural tours, organic tours & hikes
- Nepali cooking and language lessons





Rtr. Bikram Chhetri
District Rotaract Representative
Rotary Year 2024-25

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

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



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AJAY YADAV

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ALINA DAHAL

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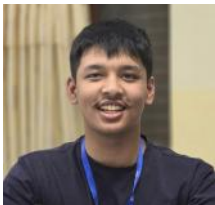
Classification: Public Administration
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ANANTA MALLA

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BHINTUNA JOSHI

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DEEPAK JAMKATEL

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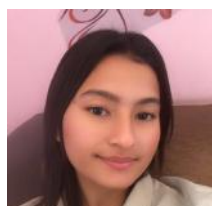
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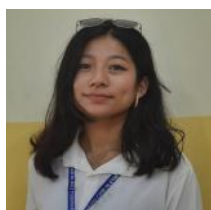
MEMBER'S PROFILE



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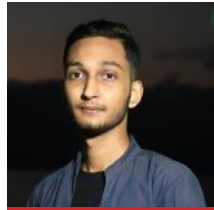
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MEMBER'S PROFILE



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SHREE UPRETI

DESIGNATION: MEMBER

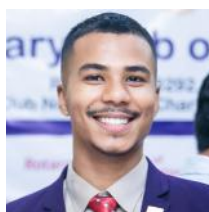
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MEMBER'S PROFILE



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DESIGNATION: MEMBER

Classification: Information Technology

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Email: dearswastika777@gmail.com

Blood Group: O +ve

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and Leadership
Skills**



**Gain Experience and
Build your resume**



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Confidence**



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**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

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

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. Prekshya 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



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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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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 Sindhuligadhi 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



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

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.

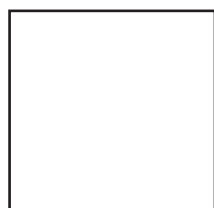
Regards,
Itr. Arju Ojha

EXECUTIVE BOARD RY 2024-2025

Interact Club of Kathmandu

 <p>Itr. Bishal Pandey IPP & Club Advisor</p>	 <p>Itr. Arju Ojha President</p>	 <p>Itr. Sarthak Singh Subedi Vice President</p>
 <p>Itr. Anmol Dahal Secretary</p>	 <p>Itr. Bimala Dulal Joint Secretary</p>	 <p>Itr. Shishum Shrestha Treasurer</p>
 <p>Itr. Jyoti Aryal Club Service Director</p>	 <p>Itr. Kritika Bajgain Community Service Director</p>	 <p>Itr. Manika Dangol Professional Service Director</p>
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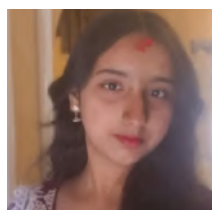
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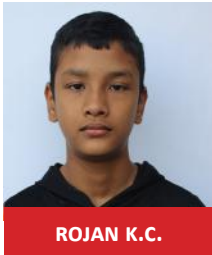
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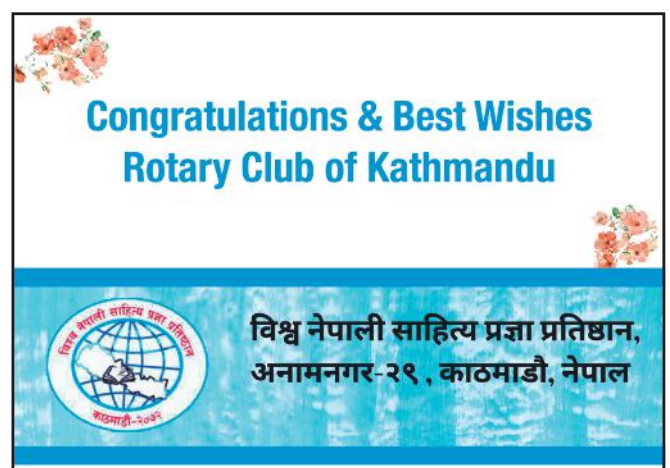
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SAPANA KHADKA



PROJECTS

पुरुषत्व

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



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ROTARACT GALLERY



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



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**CONGRATULATIONS ROTARY CLUB OF KATHMANDU
FOR YOUR 67TH INSTALLATION CEREMONY!**



आई.ई.टि.ई. नेपाल च्याप्टर

Keshav Gyawali

Chairman, IETE Nepal Chapter

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