

Rotary



Club of
Kathmandu

'The First Rotary Club of Nepal'

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

UNITE
for good



SOUVENIR 2025-26





OUR SERVICES:

- **Ovulation Induction (OI)**
- **Intrauterine Insemination (IUI)**
- **In Vitro Fertilization (IVF)**
- **Testicular sperm retrieval(PESA/TESA/TESE/ MTESE)**
- **Intracytoplasmic Sperm Injection (ICSI)**
- **Preimplantation Genetic Testing (PGT)**
- **Fertility Preservation**

Dr. Usha Karki

Clinical Director
Consultant Reproductive Medicine & Fertility Expert
MBBS KMC, KU
MD (Obstetrics & Gynecology) KMC, KU Fellowship in Reproductive Medicine
Bangalore, India NMC 8296



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जहाँ साकार हुन्छन् सन्तान प्राप्तिका अधुरा सपनाहरू।

Rotary Club of Kathmandu

RI District 3292 Nepal and Bhutan

Club No. 16204

Charter: 13 April, 1959

Rotary Bhawan

Thapathali, Kathmandu, Nepal

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Secondary School

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Editorial Message

Dear Members,

It is with great pride and joy that the editorial committee presents this latest edition of our annual souvenir-a reflection of the dedication, resilience, and remarkable achievements of the Rotary Club of Kathmandu.

The Rotary Year 2024-25 has powerfully embodied our core value of Service above Self. This past year has seen us deepen our impact and broaden our reach, as we worked together to uplift lives and strengthen communities throughout Nepal.

Since our founding on April 13, 1959, our club has continually adapted and thrived in the face of evolving challenges. Driven by a spirit of innovation and compassion, we have undertaken impactful initiatives-from advancing literacy and empowering youth through our Rotaract and Interact clubs, to championing diversity, peace, and wellness, including mental health awareness. Each project represents a chapter in our ongoing story of meaningful service.

We offer our sincere appreciation to every member of our Rotary family-Rotary, Rotaract, Interact, and our dedicated office staff. Your time, ideas, resources, and unwavering commitment have shaped both this publication and the greater work we do together. This souvenir is not just a magazine-it is a tribute to your hard work and the lives we've touched.

As we move forward, let us do so with fresh energy and a renewed sense of purpose. United by our shared mission, we have the power to continue building a better future-one act of service at a time.

Let's unite for good, and keep the spirit of Rotary shining bright.

Editorial Committee

Rtn. Sudip Raj Khatiwada
Rtn. Pravin Karki
Rtn. Rajendra Gautam
Rtn. Tirtha Raj Dahal

Rtr. Ghanshyam Thapa
Rtr. Rabindra Karki
Rtr. Suman Dangol
Rtr. Netra Ramtel
Rtr. Lok Raj Pandeya

माननीय नवल किशोर साह सुडी
मन्त्री
गहिला, बालबालिका तथा ज्येष्ठ नागरिक मन्त्रालय
सिंहदरबार, काठमाडौं, नेपाल

नेपाल सरकार
Government of Nepal

Hon'ble Nawal Kishore Sah Sudi
Minister
Ministry of Women, Children and Senior Citizen
Singhdurbar, Kathmandu, Nepal

च.नं.

Ref. No.

Dear Rajendra Gautam
President, 2025-26
Rotary Club of Kathmandu

Message from the Chief Guest

Date: 19th June, 2025

It gives me immense pleasure and pride to know about the 68th Installation Ceremony of the Rotary Club of Kathmandu, the first and pioneering Rotary Club of Nepal, established in 1959. Allow me to extend my heartfelt congratulations to the youngest President, office bearers, and the entire new leadership team. I also express deep appreciation to the outgoing team for their remarkable service and commitment to the Rotary ideals.

Over the past six and a half decades, the Rotary Club of Kathmandu has made a lasting contribution to the social fabric of our nation. With your unwavering dedication to the principles of *Service Above Self*, you have consistently delivered impactful programs in health, education, gender empowerment, child welfare, and elder care. Your initiatives closely align with our government's priorities and contribute directly to achieving the Sustainable Development Goals (SDGs) in Nepal.

I am particularly grateful for the meaningful work that Rotary has done in uplifting the lives of women, children, and senior citizens. Whether through access to health services, scholarships for underprivileged children, or support systems for our elderly population—your efforts have been visible, heartfelt, and highly impactful. Of special note is the construction of girls-friendly toilets in remote schools, a crucial step toward improving menstrual hygiene, reducing dropout rates, and empowering adolescent girls with dignity and confidence. Likewise, the construction and enhancement of various hospitals has significantly strengthened our healthcare infrastructure and improved access to medical services for underserved communities.

I also want to acknowledge and commend the long-standing collaboration between the Rotary Club of Kathmandu and the Social Welfare Council since 1992. This enduring partnership is a powerful example of how government and civil society can work hand in hand for transformative development. Together, we have reached communities that are often left behind, and we must continue to strengthen this collaboration in the days ahead.

As Minister for Women, Children and Senior Citizens, I assure you that my office remains open and willing to support all such partnerships that uplift the vulnerable and promote inclusive progress. As you step into this new Rotary year, may your leadership continue to inspire, and may your projects continue to bring hope, dignity, and opportunity to many more lives.

I wish the new team all the best for a successful and impactful tenure. May the Rotary Club of Kathmandu continue to shine as a beacon of service and compassion for our society.

Thank you.

Nawal Kishore
Hon. Nawal Kishore Sah Sudi
Minister
Minister for Women, Children and Senior Citizens

RI President's Profile



Francesco Arezzo, a member of the Rotary Club of Ragusa, Italy, is the Rotary International President for Rotary Year 2025-26. Arezzo is an orthodontist in private practice. He is active internationally as a member of the Italian, European, and American orthodontics associations. He is vice president of the National Association of Italian Dentists for the province of Ragusa and was the founder and head for seven years of the delegation for Ragusa of the National Trust for Italy. He is a Knight of Honor and Devotion in Obedience within the Sovereign Order of Malta.

A Rotary member for more than 30 years, Arezzo has served as vice chair of the Joint Strategic Planning Committee and as RI director, learning facilitator, and as district conference presidential representative.

Arezzo is a Major Donor and Benefactor of The Rotary Foundation. He is married to Anna Maria Criscione, an entrepreneur in the tourism field. They have two children.

Message from District Governor



Binod Koirala

District Governor 2025-2026

Rtn. Rajendra Gautam,
President,
Rotary Club of Kathmandu,



Dear President,

Let me congratulate you being appointed as the club president for the year 2025-26. I also congratulate your entire team, entering into new Rotary Year 2025-26 with full of enthusiasm to unite for good. I wish you all the best for a successful and remarkable Rotary year.

I am delighted to know that your club is publishing an annual book at the start of the Rotary year 2025-26. Congratulations and all the best to the publication team. I trust, such endeavor creates opportunities to express our feelings and transfer ideas in written. It will bond Rotarians together and also disseminate our positive experiences to others.

Rotary International President for 2025-26 has asked member to unite for good by embracing growth, service, and connection. Unite for Good is more than a theme - It is the spirit of Rotary. RI President Francesco Arezzo has largely emphasized on membership growth. If we are strong in membership, we get more hands to support, more resources to serve and get large network to friendship.

Building peace in the World is the core interest of every Rotarians and we believe it could be achieved by addressing humanitarian needs such as education, improving health, providing safe water, and reducing poverty. Environment is another global issue that we must work together to keep our planet safe and healthy for the generation to come. Let us unite to continue our ongoing best practices and take new initiations. Remember, unity is the foundation for any impactful work that we envisioned.

Yours in Rotary,

Binod Koirala
District Governor, RY 2025-26

Rotary District Office, Thapathali, Kathmandu, Nepal
Cell: 977 9856027774 | E: bkoirala111@hotmail.com

Message from Assistant Governor

Dear Rtn. Rajendra Gautam,
President RY 2025-26,
Rotary Club of Kathmandu,

Warmest congratulations and best wishes to you and your team as you begin your leadership journey for the Rotary year 2025-2026!



It is truly heartening to see you take on this role, bringing with you your long years of experience as both a dedicated Rotaractor and a committed Rotarian of the first Rotary Club of Nepal. With your dynamic energy, creativity, and unwavering commitment to service, I am confident that the club will reach even greater heights under your leadership.

Rotary Club of Kathmandu has always been a pillar of vibrancy and innovation. It's exciting to see the club engaging in impactful projects across diverse areas such as menstrual health and hygiene, mental health, ICT, and many others that align closely with Rotary's key focus areas. These initiatives not only address critical community needs but also exemplify Rotary's spirit of "Service Above Self."

The Rotary theme for RY 2025/26, "Unite for Good," beautifully emphasizes the strength of human connection. It calls upon us to welcome new members, build meaningful collaborations, and expand Rotary's positive impact locally and globally. The fresh presentation of this year's presidential message also reflects Rotary's evolving, inclusive, and engaging approach.

This souvenir publication captures your club's inspiring journey, a chronicle of achievements, shared dreams, and your collective dedication to creating lasting change. It's a moment of pride for all of us to celebrate alongside the devoted members of the Rotary Club of Kathmandu.

With the strong support of our District Governor Rtn. Binod Koirala, the goals he has set for the district and the strength of your capable team, I am certain that RC Kathmandu will continue to thrive, setting new benchmarks for service and leadership.

Wishing you and your team a fulfilling, impactful, and memorable Rotary year ahead!

With warm regards,
Rtn. Sumeera Shrestha
Assistant Governor RY 2025-26
RID 3292 Nepal and Bhutan

Message from Immediate Past President

Dear Members,

It is with immense pride and gratitude that I write this message as the Immediate Past President of the first Rotary Club of Nepal, the Rotary Club of Kathmandu. As we reflect on the Rotary year 2024-25, inspired by RI President Rtn. Stephanie A. Urchick's theme, "The Magic of Rotary", I am humbled by the incredible journey we undertook together and the transformative impact we made across communities.



I extend my heartfelt thanks to all Past Presidents for their wisdom and enduring legacy, to our dedicated board members for their tireless efforts, to every member of our club whose commitment to service has been the cornerstone of our achievements, and to Secretary Rtn. Sudip Khatiwada for his unwavering support and dedication during his term. Your unwavering support and shared vision have been my greatest strength throughout this tenure.

The restoration of the community forest, scholarships for thousands of students, projects on girls' toilets construction, ICT training, mental health awareness programs, training of trainers on mental health awareness and menstrual health and hygiene, providing warm cloths and stationary to schoolchildren, bio-gas project, and child birth education training are just a few of the outstanding milestones our club has achieved during RY 2024-25, guided by Rotary's Seven Areas of Focus. We had the honor of introducing nine amazing individuals to the Rotary last year, and we anticipate their kind assistance and commitment to helping others.

These accomplishments are not mine alone; they are ours. They represent the collective energy, heart, and resilience of the Rotary Club of Kathmandu.

I take this moment to heartily congratulate President Rtn. Rajendra Gautam and his dynamic team for a successful and impactful tenure. As we now embrace RI President 2025-26's theme, "Unite for Good", I urge all fellow Rotarians to continue their wholehearted support and collaboration. Let us keep the momentum alive and create even greater change, together.

With deepest appreciation and warm regards,

Rtn. Sushil Kumar Karki
Immediate Past President,
Rotary Club of Kathmandu

The President's Profile

RTN. RAJENDRA GAUTAM

President, 2025/26

Rajendra Gautam, Ph.D. (h.c.) in Social Work is a social entrepreneur and community development expert with a strong track record in leading sustainable education, health and rural development initiatives across Nepal. With an academic background in Social Work, Gautam has committed his career to driving positive change through grassroots-level engagement and strategic partnerships.

A passionate social work professional, Gautam has demonstrated exceptional leadership in both nonprofit and development sectors. He is the 60th President of the Rotary Club of Kathmandu - the first Rotary Club of Nepal and a Past President of the Rotaract Club of Kathmandu, where he fostered youth leadership and community service.

His work in disaster management has been transformative, especially in the aftermath of the 2015 Nepal earthquake, during which he spearheaded the reconstruction of 20 destroyed schools, helping to restore education and hope for thousands of children. Gautam's integrated approach spans disaster mitigation, preparedness, response, and sustainable recovery, with a deep focus on rebuilding resilient communities.

Beyond humanitarian efforts, Gautam plays an active role in promoting economic empowerment and finance. He serves as the Chairman of Shantipur Saving & Credit Cooperative Ltd., Founder/Chairman of Solidarity Investment Group Pvt. Ltd., Co-Founder & CEO of Sambhav Inc. (Australia & Nepal) and Founder of Chhimeki Investment Company Pvt. Ltd.

His contributions to peace building, rural sustainability, and youth empowerment have earned him accolades at both national and international levels, including the "Peace Hero 2019" award. He is also a recipient of the Rotary New Generations Service Exchange Fellowship and the Royce and Jean Abbey Vocational Scholarship from The Rotary Foundation.

He participated in a Youth Exchange program in Hong Kong and served as an international delegate at RYLA in Bangladesh. He has also delivered keynote addresses at Rotary State, District, and Pacific Conferences in several countries, further enriching his global perspective on revitalizing rural communities.

Gautam continues to inspire through his dedication to inclusive development, compassionate leadership, and unwavering service to humanity.

He has traveled to numerous countries across Asia and the Pacific, including Australia, Bangladesh, Hong Kong, India, Japan, Malaysia, New Zealand, Singapore, South Korea, Thailand, and the United Arab Emirates, among others. He is happily married to Samikshya Khanal.



President's Words

Dear Members,

It is with great humility and gratitude that I accept the responsibility of serving as President of the Rotary Club of Kathmandu for the Rotary Year 2025–2026. I extend my sincere thanks to all members for placing their trust in me to lead Nepal's first pioneer Rotary club.

During this Rotary year, we will work collaboratively with our past presidents, club members, Rotaract and Interact clubs, and partner organizations to implement impactful service initiatives aimed at uplifting communities across the country. Our strategic priorities include:

- Construction of girl-friendly toilets in remote schools
- Distribution of school bags and hygiene kits to students in rural areas
- Menstrual health and hygiene awareness programs
- ICT training to enhance digital literacy
- Mental health awareness campaigns
- Scholarship distribution to support underprivileged students etc.

In addition, we aim to expand our reach and impact through club-to-club partnerships and global grant projects, particularly in the WASH (Water, Sanitation, and Hygiene) and healthcare sectors.

A key focus this year will be on capacity building. Our goal is to develop a team of empowered individuals-changemakers who can inspire, educate, and lead. We envision creating a ripple effect of positive change by equipping our members and volunteers with the tools to make a meaningful difference.

I would like to express my heartfelt appreciation to President 2024-25 Rtn. Sushil Kumar Karki and his team for their exemplary leadership. Your achievements set a strong foundation upon which we will continue to build. I also look forward to your ongoing support and mentorship in the year ahead.

My sincere thanks also go to Secretary 2025-26 Rtn. Pravin Karki and the incoming Board of Directors for their willingness to serve in leadership roles and their dedication to our shared mission.

Let us move forward with unity, purpose, and a collective spirit of service. Together, let us **Unite for Good**.

Warm regards,

Rtn. Rajendra Gautam
President (RY 2025–26)
Rotary Club of Kathmandu



Rotary Without Borders: The President's Global Footprints



Rotary Without Borders: The President's Global Footprints



Executive Board

Rotary Club of Kathmandu -RY 2025-26

Rotary Club of Kathmandu



Rtn. Rajendra Gautam
President



Rtn. Sushil Kumar Karki
Immediate Past President



Prof. Dr. Pushpa Sharma
President Elect



Keshava Raj Gnawali
President Nominee



Rtn. Prajun Khadka
Vice President



Rtn. Pravin Karki
Secretary



Rtn. Pujan Sharma
Jt. Secretary



Rtn. Sanjay Karmacharya
Treasurer



Rtn. Sonika Thapaliya
Jt. Treasurer



Rtn. Asmin K. Dhakal
Club Admin. Chair



Rtn. Sarbesh Rijal
Service Project Chair



Rtn. Ashish Jajodia
Public Image Chair



Rtn. Khagendra Adhikari
Membership Dev. Chair



Rtn. Saswat Karki
Youth Service Chair



Rtn. Dr. Pradeep Pandey
TRF Chair



Rtn. Sudip Raj Khatiwada
Editor



Rtn. Janaki Niroula
Sergent-at-Arms

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 Amatyia	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 Uperty	2023-24	Keshava Gnawali
Sushil Kumar Karki	2024-25	Sudip Raj Khatiwada
Rajendra Gautam	2025-26	Pravin Karki
Prof. Dr. Pushpa Raj Sharma	2026-27	
Keshava Gnawali	2027-28	

Member's Profile

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		<p>KHAREL NARAYAN KRISHNA (MAJOR DONOR, PHS) Designation: Past President Classification: Exporter (Asterisk International Services Pvt. Ltd.) Address: Bhaktapur M: 9851119925, 9841550463, E: amigodenepal@gmail.com Spouse: Rachana</p>
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WELCOME TO OUR NEW MEMBERS



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OFFICE PERSONNEL



Shree Krishna Dahal
(MPHF)
Executive Secretary

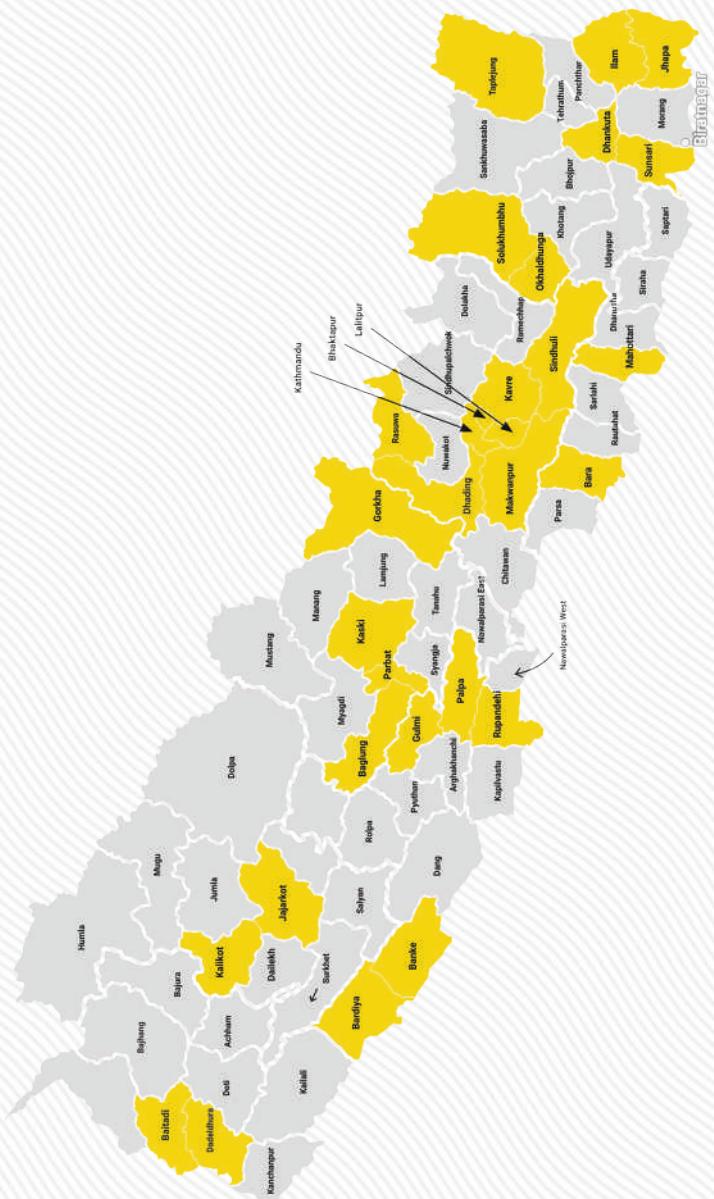


Binod Raut
Office Assistant



Panna Newa
Housekeeper

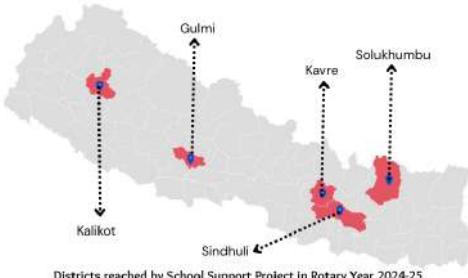
Number of districts reached by RC Kathmandu through its projects during RY 2024-25 : 30 districts



Districts reached by Rotary club of Kathmandu through different project during RY 2024-25 : 30

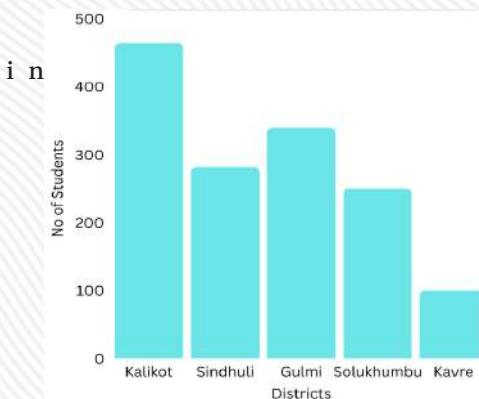
Nepal School Support Project: Empowering Education across Nepal

The Nepal School Support Project, a collaborative initiative spearheaded by the Rotary Club of Kathmandu with significant support from Rotary New Zealand and Rotary Australia, is making a tangible difference in the lives of students across Nepal. This vital project aims to reduce barriers to education and lower school dropout rates by providing essential learning materials, sports equipment, and crucial infrastructure development like girls-friendly toilets to underserved government schools.



Districts reached by School Support Project in Rotary Year 2024-25

During the Rotary Year 2024-25, the project successfully reached 1,436 students across 5 different government schools. These efforts spanned a wide geographical area, impacting communities in the Solukhumbu, Kalikot, Sindhuli, Gulmi, and Kavre districts of Nepal. The support provided was tailored to specific school needs.



For instance, students at Shree Bachhaladevi Basic School Kavre received a school bag and a pair of shoes, while Taksindu Secondary School in Solukhumbu, received sports materials. These distributions were conducted in close coordination with the Rotaract Club of Kathmandu. Such provisions directly address immediate needs, ensuring students have the fundamental

resources necessary to attend school comfortably and engage effectively in their learning. Similarly, 3 girls' friendly toilets were constructed in Tila Secondary School, Kalika Secondary School and Gwagha Secondary School.

Constructing Girls-Friendly Toilets

Beyond educational materials and sports equipment, the project is also dedicated to improving school infrastructure, specifically focusing on the construction of girls-friendly toilets in various government schools. This critical initiative directly addresses a significant barrier to education for adolescent girls, aiming to improve their attendance, particularly during menstruation.



In the RY 2024-25, girls-friendly toilets were successfully constructed at:

- Shree Tila Secondary School, Kalikot
- Shree Kalika Secondary School, Sindhuli
- Shree Gwagha Secondary School, Gulmi

These constructions were made possible with the vital support of the Rotary Clubs in Zone 8 and RAWCS. Over 5,000 children have already benefited from these improved sanitation facilities in past years, creating a more supportive and inclusive learning environment for girls.

The impact of this project extends beyond simply distributing materials and constructing facilities. By equipping students with necessities and providing appropriate infrastructure, the Nepal School Support Project directly contributes to the overarching goal of reducing school dropout rates. When children have proper uniforms, learning tools, comfortable attire, and access to private and hygienic sanitation facilities, their motivation to attend school increases. This also eases financial and social burdens on their families, allowing them to prioritize education.

A key to the project's success has been its strong partnership with the Rotaract Club of Kathmandu and the benefiting schools, which has facilitated effective implementation and reach to the targeted communities. This collaboration exemplifies the power of collective action in addressing critical societal needs.

Looking ahead, the Rotary Club of Kathmandu is committed to expanding the reach of the Nepal School Support Project. For the Rotary Year 2025-26, plans are underway to engage with more schools and reach a greater number of needy students with both educational materials and vital infrastructure improvements. This expansion will be made possible through the continued support and collaboration of different Rotary Clubs around the globe. The project's sustained growth underscores the universal commitment within the Rotary community to fostering education and empowering the next generation. Through continued dedication and global partnership, the Nepal School Support Project is set to create an even more profound and lasting impact on the educational landscape of Nepal.

Congratulations & Best Wishes



Club of
Kathmandu



On the Occasion of 68th Installation Ceremony



Dr. Pradeep Pandey

Neuropsychiatrist

Blissful Neuropsychiatry Centre

Narayan Gopal Chowk, Bansbari, Kathmandu

Cell: 9851181929 ; Tel.: 01-4370072

Mental Health Awareness Program

The Rotary Club of Kathmandu, alongside its dedicated partners RAC Kathmandu, RAC Sindhuligadi, and IC Kathmandu, has launched a crucial Mental Health Awareness Program. This initiative is more than just about raising awareness; it's a comprehensive effort designed to educate, support, and empower individuals and communities across Nepal by fostering a deeper understanding of mental health issues. With the invaluable support of Rtn. Dr. Pradeep Pandey and Rtn. Pujan Sharma, this program aims to cultivate a culture of openness, reduce the pervasive stigma often associated with mental illness, and ensure that accessible resources and tools are available to those in need.

Reaching Thousands and Making a Tangible Difference

In the Rotary Year 2024-25, this program has already made a significant impact, successfully reaching an impressive direct beneficiaries 4,000 and indirect 100,000 individuals through various initiatives. This demonstrates the program's wide reach and the community's engagement with these vital conversations. Diverse Initiatives for Broad Impact

The program's success stems from its multifaceted approach, targeting different segments of the community through various activities:

- **Mental Health Camp at Tulasi Foundation:** A dedicated mental health camp was organized at the Tulasi Foundation in Nakhudol, Lalitpur. These camps are crucial for providing direct support, offering basic mental health screenings, and connecting individuals with professional help. They create a safe space for people to address their concerns and learn coping mechanisms.
- **Community Outreach and Education:** Beyond formal settings, the program actively engaged with the community by organizing mental





health awareness sessions in diverse locations. This included community schools, where early education can help normalize conversations about mental health from a young age; various institutions, reaching adults in different professional or social capacities; and old-age recreational centers, acknowledging the unique mental health challenges faced by the elderly. These sessions involve presentations, interactive discussions, and distribution of informative materials.

- **Insightful Panel Discussion on Digital Well-being:** In a timely collaboration with ISSR, the Rotary Club of Kathmandu hosted a significant panel discussion titled 'Social Media and Its Challenge: The Impact of Cyber and Internet Addiction on Mental Health'. This event highlights the program's commitment to addressing contemporary mental health challenges. With the increasing reliance on digital platforms, topics like cyber addiction and its effects on mental well-being are incredibly relevant, especially for younger generations. Panel discussions like these bring together experts and community members to explore complex issues and foster informed conversations.
- **TOT on Mental Health Awareness:** TOT on Mental Health Awareness was also organized during the year.

Core Objectives Driving the Program

Every activity within this initiative is strategically aligned with the following core objectives:

Increase Awareness and Understanding
Promote Early Detection and Intervention
Reduce Stigma and Discrimination
Provide Access to Resources and Support
Support Mental Health in Specific Populations
Promote Mental Health and Well-being



Empowering Public School Teachers: Rotary Club of Kathmandu's Flagship ICT Training Project

The Rotary Club of Kathmandu is proud to lead a crucial initiative: the ICT Training Project for public school teachers. This flagship program was born out of necessity during the COVID-19 lockdowns when private schools transitioned to online learning, leaving many public and community schools struggling due

to limited resources and a lack of IT skills among their educators.



Recognizing this critical gap, the Rotary Club of Kathmandu stepped in to empower public school teachers with essential IT skills. The goal was clear: to ensure the continuity and advancement of the teaching-learning process for all students. To achieve this, RCK developed a comprehensive ICT training module, packed with new skills and practical activities. They also strategically prepared a pool of trainers from within public school teachers themselves, enabling the expansion of this vital training to all provinces across Nepal.

To date, the project has organized a series of impactful training sessions, benefiting more than 912 public school teachers from 553 schools throughout Nepal. This widespread reach highlights the program's success in bridging the digital divide and strengthening the foundation of public education in the country. The project is also supported by Rotary Nepal Literacy Mission. In RY 2024-25 321 teachers from 202 different schools were benefitted.



SCHOLARSHIP PROJECT

It began in 2017 with a simple but powerful vision shared between Rotary members in Nepal and Australia: to ensure every child has the tools they need to learn. What started as a fund for 102 students in a single primary school has since blossomed into a transformative movement.



Over the last eight years, our scholarship project has touched the lives of 4,352 children across 14 schools in Nepal. We don't just pay for tuition; we break down the real-world barriers to education by providing complete scholarship packages—from uniforms, shoes, and backpacks to books, pencils, and even a daily meal. For many, this support makes the difference between staying in school and dropping out.

For many, this support makes the difference between staying in school and dropping out.



In 2024-25, we reached 1,200 more students, bringing smiles to their faces and empowering them to build a brighter future. By tackling absenteeism and promoting quality education, we are helping to write the next chapter in their success stories.



Investing in a Healthier Future: The Critical Role of WASH in Nepal

Access to Water, Sanitation, and Hygiene (WASH) is a fundamental pillar of human health and well-being, directly contributing to livelihoods, school attendance, and dignity, while fostering resilient communities. In Nepal, organizations like the Rotary Club of Kathmandu are actively working to improve WASH facilities, highlighting the tangible benefits of such investments. Despite significant strides, the nation still faces substantial challenges in ensuring universal access to safe and sustainable water, sanitation, and hygiene (WASH) services, particularly within schools, making a compelling case for continued strategic investment.

Rotary Club of Kathmandu: A Beacon of Progress

The Rotary Club of Kathmandu, in collaboration with the Rotary Club of Sonoma Valley (RID 5130), has initiated a vital WASH Project in schools and communities across Baitadi, Far-Western Province, Nepal, under Global Grant No. 2124846. This project exemplifies how targeted interventions can bring about meaningful change. A notable achievement includes providing 830 adolescent girls with access to menstrual products, enabling them to manage menstruation with dignity. Furthermore, the project has enhanced water availability at schools by adding a 6000-liter water storage capacity and restored drinking water supply to schools, and construction of three child, gender, and disability friendly toilet blocks. Visual evidence from the project showcases newly installed handwashing stations, complete with multiple taps and instructional posters, demonstrating a commitment to improving hygiene practices on the ground. These efforts directly align with the broader goal of providing sufficient and safe drinking water in communities, schools, health care facilities, workplaces, and public places. In addition, through different projects, Rotary Club of Kathmandu is supporting schools with gender friendly toilets and providing training on Menstrual health and hygiene, along with reusable sanitary pad making to adolescent girls/boys, teachers, and community people.



The Landscape of Water and Sanitation in Nepal: Progress and Persistent Challenges

Nepal has demonstrated remarkable progress in expanding water and sanitation access over the past decades, overcoming significant hurdles like poverty, difficult terrain, and internal conflicts. As of recent data, 95% of households have access to improved water sources, a substantial increase from 46% in 1990, and 62% use improved sanitation facilities, up from 6% in 1990. Globally, nearly half the world's population lacked safely managed



sanitation services in 2020, and deficiencies led to 432,000 diarrhoeal disease deaths in 2016. In Nepal, despite progress, a significant challenge remains: 10.8 million people still lack access to improved sanitation, and 3.5 million do not have access to basic water services.

WASH in Schools (WinS) Status: Within the educational sector, the situation, while improving, still presents significant gaps. In

2011, approximately 80% of Nepal's schools reportedly had at least one toilet, with 65% having separate facilities for girls and 30% for teachers. However, current figures reveal a national average of 166 girls per toilet, considerably exceeding the minimum requirement of one toilet for every 50 students. Half of the schools have permanent hand-washing stations, yet only 28% meet child-friendly national standards, and these facilities frequently suffer from leaks and disrepair. Poor cleanliness or damaged infrastructure often leads to toilets being abandoned by children.

Investing in WASH in Nepal, particularly in schools, offers profound and multifaceted benefits, extending beyond immediate health outcomes to long-term societal development: Safe WASH is a prerequisite for health, directly reducing water- and sanitation-related diseases, which are leading causes of death for children under five. Improved hygiene, especially handwashing with soap, can reduce the incidence of diarrhoeal diseases by up to 45%. Safe WASH facilities contribute to higher school attendance and student dignity. The lack of proper menstrual hygiene management facilities, for instance, directly leads to girls missing school. When students have access to good WASH, they are healthier and perform better academically. Schools serve as crucial learning and motivational centers for sustained sanitation and hygiene behaviors.



In conclusion, investing in WASH in Nepal, particularly in the WinS sector, is not merely a humanitarian act but a strategic intervention that promises long-term returns in public health, education, and social development. By leveraging existing policy frameworks, building local capacities, and implementing targeted, sustainable solutions, partners can significantly contribute to a healthier, more dignified, and educated future for Nepal's children and communities.



रोटरी क्लब अफ काठमाडौंको ६८ वर्षे इतिहास

श्रीकृष्ण दाहाल, कार्यालय सचिव (एम.पि.एच.यफ)

रोटरी क्लब अफ काठमाडौंको इतिहासलाई हेर्नु पर्दा आजभन्दा ६८ वर्ष अगाडि फर्किनु पर्ने हुन्छ । सन १९५७ को नोभेम्बर २० मा जम्मा सदश्य ३४ मध्ये २८ जनाको उपस्थितिमा जनरल किरण समशेर ज.ब.रा. को अध्यक्षतामा रोयल होटेल (हालको निर्वाचन आयोगमा) प्रथम वैठक वस्यो । यसैगरी कहिले काहिं स्नोभ्यु होटेलमा वैठक वस्दथ्यो । १९५९ जुन २८ मा सैनिक कक्षमा लन्च मिटिङ्का साथ अप्रिल १३, १९५९ मा रोटरी इन्टर्नेशनलमा दर्ता भएको चार्टर सर्टिफिकेट प्रमुख संरक्षक स्व. राजा महेन्द्रको समुपस्थितिमा हस्तान्तरण समारोहको कार्यक्रम समाप्त भएको थियो ।



तत्कालिन डिप्टीक्ट नं ३२५ को रोटरी क्लब अफ दरभंगाले (अध्यक्ष सितल प्रसाद र डिप्टीक्ट गर्भनर वि.एच इन्जिनियर धनवाद) स्पन्सर गरेको यो क्लब विश्वको १६२०४ औं क्लब हो त्यतिवेला रोटरी इन्टर्नेशनलका अध्यक्ष अमेरिकाका क्लिफोर्ड ए. रान्डल, रहेका थिए भने हेल्प सेप दि फयुचर भन्ने नारा रहेको थियो । पछि क्लबको संख्या वढ्दै जाँदा १९७७।७८ मा डिप्टीक्ट नं ३२९, १९८४।८५ मा ३२९० र २००८।०९ वाट हालको ३२९२ रही आएको छ । यस क्लबले नेपालको दोस्रो क्लब पुर्व प्रधानमन्त्री नगेन्द्र प्रसाद रिजालको अध्यक्षतामा रोटरी क्लब अफ विराटनगर लगायत ७ वटा रोटरी क्लवहरु लाई स्पन्सर गरीसकेको छ ।

समय वित्तै गयो, कार्यालयको स्थाई ठेगाना निश्चित भैनसकेको अवस्थामा प्रमुख संरक्षक स्व. राजा महेन्द्रको सहयोगमा हाल थापाथली स्थित का.म.न.पा. वडा नं ११ को कि.नं ६११ को १० रोपनी जग्गा रु ५,०००। को दरले रु ५०,०००। (पचास हजार) तत्कालिन मजिष्ट्रेट कार्यालयमा नगद वुभाई खरिद गरी सोहि स्थानमा हाल कार्यालय रहेको (+) आकारको भवन (घर नं ३३३) निर्माणगरी २०२६ साल वैसाख २९ गते आईतवार राजा महेन्द्रको वाहुली वाटै समुद्घाटन भएको हो । टुकुचा र मुल सडकमा परी ८ आना कम भै हाल ९ रोपनी ८ आना जग्गा कायम रहेको छ ।

जग्गा त खरिद गरियो लालपूर्जा वनेको थिएन थापाथली चोक वाट उत्तर, सैनिक मुख्यालय बाट दक्षिण पट्टीको धेरैजना सर्वसाधारणका जग्गा सरकारले अधिकरण गरी पछि पहुँचको आधारमा खरिद विक्री भएको प्रमाण पाइन्छ ।

पछि २०४७ साल कार्तिक १६ गते सर्जिन, सार्वजनिक सचना लगायत सबै कानुनी प्रक्रिया पुरा गरी २०३८ देखि २०४७ साल सम्मको सरकारी रकम रु ४,५५६।१८ मालपोत कार्यालय डिल्लीवजार मा वुभाई एउटा कानुनको विद्यार्थीको हैसियतले रोटरी क्लब अफ काठमाडौंको नाममा लालपूर्जा प्राप्त गराइदिने सुअवसर इतिहासले मलाई जुराई दिएकोमा मैले आफुलाई गौरवान्वित ठानेको छु ।

६८ वर्षको समयावधिमा यस क्लबले गरेका र गर्दै आएका सामाजिक कार्यहरुको विवरण समेटदा त वेर्गलै किताव बन्न सक्छ, तापनि मुख्य मुख्य केहि सामाजिक कार्यहरुको उल्लेख गर्न उचित देखिन्छ ।

Rotary Gallery



Rotary Gallery



Rotary Gallery



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,
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&
Best Wishes**
Rotary Club of Kathmandu

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



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Congratulations & Best Wishes



Club of
Kathmandu



On the Occasion of 68th Installation Ceremony

Mukunda Sharma Paudel

Senior Advocate

Contact No.: 9851186103

Email: mpaabg@gmail.com

Sankalpa Legal Chamber

Babarmahal, Kathmandu

Tel.: 01-5343526





Message From District Rotaract Representative

Dear Rtr. Suman and Rtr. Nabin Deep,



Blissful Rota Greetings!

Congratulations on being entrusted with the leadership of the Rotaract Club of Kathmandu and Rotaract Club of Sindhuligadi-clubs that carry a proud legacy of impactful service and dynamic fellowship. As you step into the role of President for the Rotary Year 2025-26, I extend my best wishes on behalf of the entire Rotaract District 3292.

This year, as we move forward with the district theme “Unleashing Infinite Potential,” I encourage you and your team to dig deep into your purpose, rise above limitations, and inspire others through bold actions and compassionate service. Your leadership will be instrumental in helping members discover their strengths and build a future that reflects the true essence of Rotaract.

Guided by Rotary International’s theme “Unite for Good,” may your journey be rooted in collaboration, inclusion, and impact-bringing people together for causes that uplift communities and transform lives.

Please know that District 3292, myself and my entire team stand fully committed to supporting you. We are ready to walk beside you, assist in your goals, and proudly serve as your bridge to Rotary International and beyond. Consider us not just as district leaders, but as your companions in service.

Wishing you a year full of purpose, possibilities, and pride. Together, let’s create a movement that truly unleashes infinite potential.

With Rotaract spirit,

Rtr. Dinesh Gaire

District Rotaract Representative RY 2025-26

Rotaract District 3292 (Nepal & Bhutan)

Message From Immediate Past President

Dear Members,

As we approach the conclusion of the Rotary Year 2024/25, I take this opportunity to express my deepest gratitude and reflect upon an inspiring journey that has been defined by growth, service, and unwavering dedication. With the guiding theme of this year, "Lead, Connect, Transform," the Rotaract Club of Kathmandu made significant strides in promoting fellowship, community development, and global engagement.



Assuming the role of President at the beginning of this Rotary year was an honour and a responsibility I accepted with humility. Although I began this journey with personal doubts and uncertainties, I had immense faith in the collective strength of my team. And throughout the year, that belief was reaffirmed repeatedly, as we came together not just as Rotaractors but as a unified force for positive change.

Under Club Service, we emphasized building a stronger and more engaged membership. Various fellowship programs, cultural celebrations, and orientation sessions were organized to strengthen interpersonal bonds, welcome new members, and preserve the club's vibrant identity. In the area of International Service, the club expanded its global footprint through collaborations with Rotaract Clubs from various countries. We successfully conducted international joint meetings, cultural exchange programs, and virtual collaborations, allowing our members to engage in diverse perspectives and practices. Through the Professional Development Avenue, we provided our members with platforms to enhance their skills and leadership competencies. From career-focused workshops and speaker sessions to mentorship programs and training modules, the aim was to empower young leaders with personal and professional growth tools. Moreover, our service extended to various regions of Nepal, touching communities from Taplejung in the east to Dadeldhura in the far-west. These outreach efforts fulfilled our mission to serve and emphasized our commitment to inclusivity and national reach.

This Rotary year would not have been possible without the generous support and guidance of our parent club, the Rotary Club of Kathmandu. Their mentorship, resources, and continuous encouragement were indispensable to our success. We are sincerely grateful for their unwavering commitment to uplifting the Rotaract movement.

In conclusion, I extend my heartfelt thanks to every member, advisor, partner, and well-wisher who stood beside us. This year has been a milestone in my life and a shared achievement for all of us who believe in the power of service and fellowship.

With humility and immense gratitude,

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

President's Words

Dear Readers,

With immense gratitude and a deep sense of responsibility, I extend my heartfelt greetings as I step into the role of President of the Rotaract Club of Kathmandu for the Rotary Year 2025-26. It is both an honor and a privilege to serve this prestigious club that has not only shaped leaders but has continuously touched lives through service, friendship, and action.



Rotaract, to me, has always been more than just a club; it has been a journey of learning and unlearning. What inspired me most to be part of this movement are the lessons it teaches; often unknowingly, the networks it builds, the confidence it nurtures, and most importantly, the impact it brings to communities, even in the smallest of ways.

As we begin this new Rotary year, we do so not as individuals, but as a team; rooted in friendship, driven by purpose, and united by a shared commitment to serve. Our club has long been a space where everyone belongs, where ideas are welcomed, and where actions speak louder than words.

To fellow members; your participation is the heartbeat of our club. I invite each of you to take ownership, to lead in your own way, and to never underestimate the difference you can make. Whether it's an idea you share, an event you organize, or a friend you bring to a meeting; it all matters.

Together, let us dream boldly, act with compassion, and grow together as a family. The journey ahead is promising, and I am excited to walk it with all of you.

Rtr. Suman Dangol
President (RY 2025-26)
Rotaract Club of Kathmandu

Executive Board

Rotaract Club of Kathmandu -RY 2025-26



Rtr. Suman Dangol
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Rtr. Kritika Dahal
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Rtr. Jamuna Gaire
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Rtr. Ramin Shrestha
Sergeant-at-Arms

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1997-98	Jeevan Pokhrel	Upendra Karki
1998-99	Parash Mani Pokhrel	Upendra Karki
1999-2000	Upendra Karki	Dan Bahadur Chand
2000-01	Subodh Koirala	Shiva Bista
2001-02	Yog Raj Niraula	Shiva Bista
2002-03	Kuber Karki	Sushil Karki
2003-04	Dan Bahadur Chand	Kumar Jung Shah
2004-05	Kumar Jung Shah	Suraj Basnet
2005-06	Himal Lamichhane	Suraj Basnet
2005-06	Ramesh Dahal	Suraj Basnet
2005-06	Tap Kumar Shrestha	Suraj Basnet
2006-07	Anup Subedi	Achut Babu Ojha
2007-08	Ram Prasad Ghimire	Babu Ram Khadka
2008-09	Achut Babu Ojha	Ashok Thapa
2009-10	Kalpana Bastola	Aditya Raj Timalsina
2010-11	Rajiv Ghimire	Sushil Kumar Karki
2011-12	Sushil Kumar Karki	Sujata Nepal
2012-13	Padam Kumar Shrestha	Rajendra Gautam
2013-14	Suraj Poudel	Pramij Silwal
2014-15	Rajendra Gautam	Mridul Acharya
2015-16	Sangam Dahal	Susmita Neupane
2016-17	Mridul Acharya	Romit Amgai
2017-18	Sarbesh Rijal	Sunil Phuyal
2018-19	Sunil Phuyal	Ritika Adhikari
2019-20	Lok Raj Pandeya	Smriti Chauhan
2020-21	Nisha Khatiwada	Nikita Luitel
2021-22	Netra Ramtel	Aakriti Acharya
2022-23	Aakriti Acharya	Kritika Dahal
2023-24	Ajay Yadav	Suman Dangol
2024-25	Kritika Dahal	Rabindra Karki
2025-26	Suman Dangol	Ananta Malla

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Highlights of the Rotary Year 2024/25

The Rotary year 2024/25 has been a remarkable growth journey in every dimension. It has been a year where the Rotaract Club of Kathmandu expanded its reach and deepened its impact. The club connected with diverse communities, offering support and bringing positive change where needed most. The club also extended its hands globally, collaborating with international clubs to strengthen its network. At the same time, members were empowered with opportunities to gain new skills making this year a true celebration of connection, service, and transformation. Some highlights of the projects from different avenues are as follows.

1. वृक्षारम्भ: Planting Roots, Growing Futures

A new initiative broke that shape in a world where environmental projects often stop at ceremonial efforts. Launched on August 24, 2024, at Sano Hattiban Kirat Manghim in Hattiban, वृक्षारम्भ: was more than just a tree plantation. It marked the start of a three-year-long native forest restoration project, designed with sustainability and the future in mind.

This initiative came from a deep understanding that simply planting trees is insufficient. Around the Kathmandu Valley, trees are planted and then forgotten, leaving behind dry roots and good intentions. वृक्षारम्भ: aimed to change that. The project was envisioned as a model of sustainability, a blueprint for how tree plantations should be conducted: thoughtfully, locally, and with long-term commitment.



Planning for this project spanned over three months. Every detail was considered,

from choosing a site with ecological potential to selecting 14 different native tree species that would thrive naturally in the Hattiban environment. Each tree was planted with care and purpose to restore green cover and bring back local biodiversity that has been steadily vanishing.

The Rotary Club of Kathmandu played a vital role by providing financial support and mentorship. On the morning of the plantation, the energy was electric. Volunteers, including Rotarians, guests, and local supporters, gathered with tools in hand and a shared goal in heart. In just three hours, 270 trees found their new home. But while the planting ended that day, the project's story was beginning.

2. Project Scholarship Dadeldhura: Standing by Dreams Since 2019

In a small village called Beura, placed in Ajayameru Rural Municipality of Dadeldhura, two young girls quietly chase something powerful, their education. And they're not alone. For the past few years, the Rotaract Club of Kathmandu has been walking beside them, helping carry the weight of that journey through Project Scholarship Dadeldhura.

Started in the Rotary year 2019/20, this project has become one of the club's signature initiatives. It wasn't launched with fanfare or significant funding, just a genuine desire to support two girls who had the potential to learn but were held back by a lack of resources. Every year since, the club has been collecting donations from its members to ensure these girls get what they need, stationery, school supplies, and the basic materials many take for granted.

This year, the club also continued the tradition by sending them the required materials. It may not seem like a big act to some, but for these girls, it means they can attend school without worrying about missing out due to financial constraints. It means their families, already struggling with so much, have one less thing to stress about.

Project Scholarship Dadeldhura isn't flashy. It's simple, sincere, and full of heart. It proves that even the smallest efforts can create ripples of change when done with care and consistency. And sometimes, that's all it takes to change a life.



3. Project Sel Roti: A Small Gesture of Big Gratitude

Some projects are grand, some are simple, but the ones that come from the heart always leave the most significant mark. Project Sel Roti, held on

October 30, 2024, was one of those quiet, meaningful acts of appreciation that reminded us how important it is to pause and say, "thank you."

Organized by the Rotaract Club of Kathmandu, in collaboration with

Rotaract Club of Patan Durbar Square and Rotaract Club of Dillibazar-Kathmandu, this event was all about gratitude. Homemade Sel Roti, a traditional Nepali treat, was shared with the traffic police officers at Baggikhana, Kathmandu, not just as food, but as a heartfelt token of appreciation.

Project Sel Roti was a way to recognize that silent dedication. Project Selroti was more about the recognition of our traffic police department. They always put much effort into maintaining the city's traffic, clearing the pathways, and managing the chaos of vehicles.

4. सम्भावनाहरूको देश

Nepali youth leaving the country in search of better opportunities has become a familiar story in recent years. Many feel they must go abroad to succeed or build a future. But amidst this mindset, 'सम्भावनाहरूको देश' stood out as a potent reminder that Nepal itself is full of opportunities, if only we choose to see them.

On 10th May 2025 at National College, Dhumbarahi, this panel discussion was jointly organized by the Rotaract Club of Kathmandu and Rotaract Club of Bhaktapur. The event brought together inspiring personalities

who have made their mark in Nepal through dedication, creativity, and persistence. Speakers like Niraj Bhusal (Ministry of Finance), Chef Sagar Shrestha & Chef Rupesh Bohara (TUSA Nepal), Aayushi KC (Khali Sisi), and Gaurav Jung Pande (PlantStat) shared real stories of challenges and victories. They proved that even within the limitations of Nepal, great things can be built-from innovative startups



to impactful public service.

The impact of the program was deeply felt. Youth who once dreamed of working abroad began seeing value in staying, contributing, and growing in their homeland.

The room was filled with energy, questions, and heartfelt connections. Many participants shared that the program gave them a sense of direction and belief, something they had been searching for. It was not just about career talks but about seeing Nepal as a land of purpose, not just problems.

The program also became a space to build networks, foster collaboration, and generate new ideas.

5. Warming Hearts in Taplejung – A Project Beyond Clothes

The Rotaract Club of Kathmandu carried out a heartfelt initiative, the Warm Clothes Distribution Project. It was about showing care, compassion, and solidarity to those far from the city, often unseen and unheard of.

The project reached several rural municipalities of the Taplejung district, where Rotaractors distributed warm clothes to families and individuals who truly needed them.

At its heart, this project was about connection. It reminded everyone involved, both the givers and receivers, that community means standing beside each other, especially when the days get colder and more challenging. It was a simple act, but filled with deep meaning, and it reflected the Rotaract spirit of serving with empathy and awareness.

6. Walk Through History 4.0 – Discovering Madhyapur Thimi

On May 17, 2025, the Rotaract Club of Kathmandu and three other clubs organized Walk Through History 4.0 in Madhyapur Thimi. It was a chance to explore and learn about this beautiful town's rich history and culture, which has been continued over the last 3 years.

We visited special places like Balkumari Temple, Lokeshwor Temple, Thimi Durbar, and more. Each place showed us the fantastic skills and culture of people from



the past. This project helps people remember and appreciate their roots. It brings history to life and shows why preserving our heritage matters.

Over the past three years, the program has grown from focusing on one place to reaching many, helping spread awareness and respect for Nepal's rich history.

7. Debractor 5.0: A Platform to Lead, Connect, and Transform

Debractor has been the club's signature project since 2019/20 and is a project connecting countries with thoughtful opinions. Debractor 5.0 was one of the most meaningful international projects of the Rotaract Club of Kathmandu. It was conducted in two phases and brought together with our inter-district twin club, Rotaractor Club of Alumni of University of Moratuwa (RID 3220) Sri Lanka and Maldives. Phase 1 was an online training session held on Google Meet. A professional debate coach and legal expert led it.

Phase 2 was the main debate event. It brought together passionate debaters from Nepal and Sri Lanka to speak on the topic, "Cultural Traditions Should Change with Time." Two teams debated with clarity, logic, and respect for different views.

The session was moderated by an experienced Rotaract trainer, which made the event even more engaging and professional. This phase allowed participants to showcase what they learned and apply their skills in a real setting.

Debractor 5.0 fully reflected the spirit of Lead,

Connect, and Transform. It helped members lead by learning new skills, connect with Rotaractors globally, and transform themselves into more confident and thoughtful individuals. It also created a space where ideas were respected, voices were heard, and young people were empowered. ICYEP: A Journey of Culture, Connection, and Friendship



8. The International Cultural and Youth Exchange Program (ICYEP), held from 17th to 22nd May 2025, was precisely that. It was a beautiful celebration of friendship, culture, and connection between the Rotaract Club of Kathmandu, the Rotaract Club of Mumbai Ghatkopar, and our fabulous co-host, Rotaract Club of Pokhara.

We had the privilege of welcoming four amazing Rotaractors from Mumbai Ghatkopar to Nepal. The entire experience became a journey of warmth and joy from the moment they landed.

ICYEP was about those genuine conversations, shared meals, cultural exchanges, and small moments that brought us all closer.

We are especially grateful to the Rotaract Club of Pokhara, whose support and hospitality added so much heart to the program.



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On the Occasion of 68th Installation Ceremony*



Club of
Kathmandu



Message From Immediate Past President

Dear Members,

It has been a tremendous honor and privilege to serve as the President of the Rotaract Club of Sindhuligadi for the Rota Year 2024-25. This journey has not only been fruitful but also deeply transformative for me- both as a leader and as a proud Rotaractor. The experiences, challenges, and accomplishments during this tenure have left a lasting impact on my heart.



Rotaract has given me a platform to grow, to serve, and to lead with purpose. I am grateful to my fellow board members, advisors, and every member who stood with me in making this year meaningful. Your support and energy kept the spirit of service alive.

As I now step into the role of Immediate Past President for Rota Year 2025-26, I carry forward the learnings and the spirit of fellowship. I wholeheartedly encourage others to join this incredible movement and to stay active- because Rotaract truly has the power to shape individuals and create lasting change in our communities.

Let's continue the legacy of service, leadership, and growth. Together, we can do wonders.

Yours in Service,
Rtr. Aashish Darlami
Immediate Past President
Rotaract Club of Sindhuligadi

President's Words

Dear Rotaractors, respected mentors and valued community members,

It is with a profound sense of responsibility and gratitude that I assume the role of President of the Rotaract Club of Sindhuligadi for the Rotary Year 2025/26. This opportunity is both an honor and a commitment-to lead a team of driven young leaders united by a shared purpose of service above self.



Throughout this term, our club shall emphasize meaningful action and thoughtful impact. Beyond executing projects, we aim to bring depth, clarity, and long-term value to each initiative-ensuring that our efforts reflect both the needs of our community and the spirit of Rotaract.

Leadership, to me, is not about position but about intention, collaboration, and the courage to create change. I am committed to fostering an environment where every member feels empowered to lead, contribute, and grow.

I extend my heartfelt appreciation to all past leaders, members, and partners whose contributions have shaped the club's legacy. As we carry that legacy forward, let us remain grounded in compassion, resilient in service, and united in vision.

With Sincerity and Resolve,
Rtr. Nabin Deep Devkota
President (RY 2025-26)
Rotaract Club of Sindhuligadi

Executive Board

Rotaract Club of Sindhuligadi -RY 2025-26

Rotaract Club of Sindhuligadi



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President



Rtr. Ashish Darlami
IPP/Treasurer



Rtr. Prekshya Shrestha
Vice President



Rtr. Angita Shrestha
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Rtr. Menuka Pariyar
Professional Servicer Director



Rtr. Sushil Bhujel
Seargent-At-Arms

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Message From Immediate Past President

Dear Members,

Becoming President of the Interact Club of Kathmandu has been one of the most transformative journeys of my life. It wasn't just a title-it was a call to lead with purpose and serve with empathy. Drawn to the club by the motto "Service Above Self," I began as a student with dreams and grew into someone who witnessed and helped drive real change.



At first, leading such a passionate, diverse group felt overwhelming, but I focused on building a united team through workshops, communication, and shared goals. In time, our club became more than just a team-it became a family. We supported each other through challenges and celebrated every win together, big or small.

The Rotary Club of Kathmandu played a vital role in our journey, treating us as equals and constantly encouraging us to grow. Their belief in us was a powerful reminder that real change happens when generations work side by side. During my term, we launched meaningful projects-from environmental campaigns to education and mental health initiatives-that made a tangible impact in our community. These experiences taught me that leadership is about lifting others up, listening, and growing together through every challenge. As my term ends, I'm filled with pride and gratitude. I leave with more than leadership experience-I leave with lifelong lessons, deep bonds, and a heart full of purpose. The Interact Club gave me a second family and a platform to serve, and its spirit will stay with me always.

Itr. Arju Ojha

Immediate Past President

Interact Club of Kathmandu

President's Words

Dear Interactors and Friends,

I feel happy to address you as the President of the Interact Club of Kathmandu for the R.Y. 2025-26. Though I may be a slightly older Interactor now, my spirit remains as curious and driven as ever to learn and enjoy.

After years of growing within this incredible community, I'm excited to finally step into this role. This year, my vision is simple: to strengthen the bonds between our members, the wider Interact network, and the Rotary family. We are not just a club we are a movement of young leaders dedicated to growth, service, and unity.

Let's make this year one of action, learning, and unforgettable friendships. I invite each of you to step up, get involved, and help shape a vibrant, impactful Interact journey together.

Here's to a fellowship-filled year ahead!



Yours in Interact,

ITR. Sarthak Singh Subedi

President (RY 2025-26)

Interact Club of Kathmandu

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Interact Club of Kathmandu -RY 2025-26



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Immediate Past President



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Itr. Anuja Ojha
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Chatpata

LASSI		CHATPATE & PANI PURI	
Plain Lassi	59	Chopate	49
Banana Lassi	99	Chicken Chatpate	149
Mango Lassi	129	Aalu Chatpate	79
Vanilla Lassi	199	Chinese Hot & Spicy Chatpate	99
Strawberry Lassi	199	Pani Puri	59
Chocolate lassi	199	Dahi Puri	79
CHATPATA SPECIAL			
Laphing	59	TEA / COFFEE	
Special Laphing	99	Authentic Makha Tea	89
Aalu Nimki	189	Special Salt Tea	59
Aalu Thicheko	99	Malaysian Coffee	119
Buff Keema Noodles	189	Milk Tea	29
Chicken Keema Noodles	199	Black Tea	19
Chinese Style Keema Noodles	149	Black Coffee	59

Congratulations & Best Wishes



Club of
Kathmandu

On the Occasion of 68th
Installation Ceremony



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PROJECT SAMATA:

The Interact Club of Kathmandu, in collaboration with the Rotary Club of Kathmandu, Rotaract Club of Kathmandu, Rotaract Club of Banepa, and Banepa City Leo, and supported by Sunway College, successfully conducted the impactful project 'समता' As part of this event, we visited Samata School and organized a fun and meaningful day for the students! We provided free dental checkups to almost all the kids, which they were super excited about. For the students of classes 9 and 10, we held an engaging and practical session on financial literacy, led by our amazing facilitator Rtn. Saswat Karki. The younger children were taught about the important difference between good touch and bad touch in a simple, friendly way. We also handed out Sunway diaries to the older students and gave chocolates to all the kids, which totally made their day! The children were incredibly kind and respectful, and the whole event turned out to be a huge success and it felt amazing to be part of something that made a real difference.



MANTABYA MANCH:

On September 21, 2024 Interact Club of Kathmandu in collaboration with Interact club of Evergreen organized a speech competition on the topic "Role of youth in development of the nation", organized at Sunway College, Maitidevi in the presence of Chief Guest Rtn. Senior Advocate Mukunda Sharma Paudel. The event was centered around +2 students, and participants from all around the colleges of Kathmandu were present. The main objective of this event was to foster the skills of students in public speaking, test their research skills and enhance their confidence all while motivating the audience about the role of youth in the nation's development.

FRIENDSHIP FIESTA:

The Interact Club of Kathmandu successfully hosted "Friendship Fiesta 2.0" on August 31, 2024, at Rotary Hall, in collaboration with Interact Clubs of Vphs, L.R.L. School, Chelsea International Academy, New Road City Kathmandu Midtown, Suryodaya, Ruby's International, and others and bringing together a total of 10 clubs from Zone 6. The event began with a formal joint meeting and smoothly transitioned into vibrant performances and fun-filled games, creating a lively and welcoming atmosphere. Held at the start of the new tenure, the main objective was to help new members connect, interact, and build lasting bonds across clubs. The day was a perfect blend of fellowship, fun, and meaningful interactions, leaving everyone with great memories and stronger connections.



TIHAR UTSAV:

Tihar Utsav was held on Kartik 10 of 2081. This event was held after dashain and before tihar. After the long, fulfilling days of Dashain marked by family gatherings, blessings and feasts we regrouped and channel our festival spirit into something's more interactive and meaningful. Interactors showcased their skills in singing and dancing, creating an atmosphere of celebration. One of the most exciting segments of the event was the classic game of bingo. It was a perfect reminder that games are not just about winning but about creating memories. More than just

a celebration, this tihar event played a crucial role in strengthening the bond among interactors.



Interact Club of Chunadevi Secondary School



ITR. MINSANG TAMANG
PRESIDENT



ITR. BIBISHA DHAMALA
SECRETARY

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