

Club of  
Kathmandu

RI PRESIDENT: FRANCESCO AREZZO  
DG: BINOD KOIRALA

*Celebrating 67th years of service*

CLUB NO.: 16204  
CHARTERED ON 13TH APRIL 1959

## WEEKLY NEWS BULLETIN OF ROTARY CLUB OF KATHMANDU

PRESIDENT: RAJENDRA GAUTAM

SECRETARY: PRAVIN KARKI

### July is New Leadership Month

#### Presidential Message

##### July

Francesco Arezzo is an orthodontist in private practice and owns an agricultural enterprise that produces extra virgin olive oil in Sicily.

Arezzo is a graduate of the University of Padua and a member of the Italian, European, and American orthodontics associations, as well as the Italian and European lingual orthodontics associations. He is a dentistry graduate of the University of Cagliari, where he also received a master's in lingual orthodontics.

He has served as 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 Ragusa delegation to the National Trust for Italy.

Arezzo is also the owner of an agricultural enterprise and producer of extra virgin olive oil in the Monti Iblei region of Sicily. He has been vice president of the administrative council of the consortium controlling and regulating quality production of oil in that region. He owns two boutique hotel settlements there. He enjoys modern art and opera. A Rotary member for 36 years, Arezzo has served as vice chair of the Joint Strategic Planning Committee and as RI director, chair of the 2023 Melbourne Convention Committee, learning facilitator, and district conference presidential representative, among other roles.

He is married to Anna Maria Arezzo-Criscione, an entrepreneur in the tourism field. They have two daughters and two grandchildren. His daughter Raffaela spent a year in Florida as part of a Rotary Youth Exchange. Francesco and Anna Maria are Benefactors and Major Donors to The Rotary Foundation.



**FRANCESCO AREZZO**  
**PRESIDENT 2025-26**

## SELF CARE AND STRESS MANAGEMENT SESSION

On 27 June 2025, the Rotary Club of Kathmandu, in collaboration with the Nepal Red Cross Society, organized a Self-Care and Stress Management session for the staff of the Nepal Red Cross Central Office. The session aimed to address mental health awareness, promote self-care practices, and build resilience among humanitarian workers.

The program was conducted by Dr. Pradeep Pandey, who provided valuable insights into mental health issues and practical strategies for managing stress in the workplace. His session was well-received and contributed meaningfully to enhancing mental well-being among the participants.

This initiative is part of an ongoing collaboration between the Rotary Club of Kathmandu and the Nepal Red Cross Society, with plans to continue and expand joint efforts in promoting mental health and psychosocial support in different areas.

essfully organized the first ICT Training for Public School Teachers in RY 2024-25. The training took place at Rotary Hall Thapathali from 12 to 14 July 2024, with the participation of 18 school teachers.



## SUPPORT TO RUDRANJU FOUNDATION

On 1st July 2025, the Rotary Club of Kathmandu proudly handed over a cheque of Rs. 50,000 to the Rudranju Foundation in support of senior citizens. This marks our very first service project for the Rotary Year 2025–26.

We extend my sincere thanks to President Rtn. Rajendra Gautam, Past Presidents Rtn. Dan Bahadur Chand and Rtn. Achut Babu Ojha, President-Elect Prof. Dr. Puspa Raj Sharma, Vice President Rtn. Prajun Khadka, Membership Development Committee Chair Rtn. Khagendra Adhikari, and Service Project Committee Co-chair Rtn. Pradip Khadka for their valuable presence and support during the handover ceremony.

This meaningful beginning sets the tone for a year of impactful service and community engagement.



## FLAG EXCHANGE WITH ROTARY CLUB OF PETALING JAYA,

### MALAYSIA



On 2nd July 2025, a flag exchange ceremony was held at Rotary Bhawan, Thapathali, with PAG Alice Teoh, Assistant Governor and Past President of the Rotary Club of Petaling Jaya, Malaysia.

The event was graced by the presence of President Rtn. Rajendra Gautam, Past President Rtn. Achut Babu Ojha, Immediate Past President Rtn. Sushil Kumar Karki, Secretary Rtn. Pravin Karki, and Executive Secretary Rtn. SK Dahal.

Such flag exchanges serve as a symbol of fellowship and play a vital role in fostering international relations and cooperation among Rotary clubs across the globe.



## 68TH INSTALLATION CEREMONY

The Rotary Club of Kathmandu proudly held its 68th Installation Ceremony on 2nd July 2025 at the Best Western Plus Hotel, Kathmandu, celebrating yet another milestone in its rich history of service and leadership.

The event was honored by the presence of Honorable Nawal Kishor Sah Sudi, Minister for Women, Children and Senior Citizens, as the Chief Guest, and District Governor Rtn. Binod Koirala as the Guest of Honor. The ceremony also welcomed Governor Council Members, District Officials, Rotarians, and distinguished guests, adding to the occasion's prestige.

A key highlight of the evening was the installation of Rtn. Rajendra Gautam as the 60th President of the first Rotary Club in Nepal – and notably, its youngest President to date. He received the mantle of leadership from Immediate Past President Rtn. Sushil Kumar Karki, marking a seamless transition that reflects the enduring values and vision of Rotary.

RC Kathmandu extends its sincere appreciation to all who attended and contributed to the success of the ceremony. The Club now looks ahead with enthusiasm to a year of dynamic service and meaningful impact under the leadership of President Rtn. Rajendra Gautam.



# HAPPY BIRTHDAY



**Prithibi Shresthaa**  
6 July



**Rajendra Gautam**  
8 July



**HAPPY ANNIVERSARY TO**  
**RAM GARTAULA & SPOUSE URMILA (3 JULY)**  
**DR. PRADEEP PANDEY AND SPOUSE SRIJANA (5 JULY)**

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THE JOURNEY OF A THOUSAND MILES BEGINS WITH A SINGLE STEP."

- LAO TZU

**Rotary**  **Club of**  
**Kathmandu**