

# GML

GOVERNOR'S MONTHLY LETTER

DECEMBER 2023

## Disease Prevention and Treatment Month

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**Gordon R. McNally**  
President 2023-24  
Rotary International



**Rajendra Dhoju**  
District Governor 2023-24  
Rotary International District 3292



# Mental Health

~ *Begins with Me* ~



## DECEMBER

Disease Prevention and  
Treatment Month

Rotary is renowned  
for its global  
campaign against  
polio, our journey  
towards its complete  
eradication is  
ongoing.

# GOVERNOR'S MONTHLY LETTER

Dear Fellow Rotarians, Rotaractors, and Interactors,

As the winter season brings its chilly embrace, Rotary's warmth shines through in our collective efforts to bring comfort to those in need within our community. I am deeply grateful for the proactive initiatives taken by our fellow Rotarians, fueling the flame of Hope across the globe.

**As December draws to a close, so does the conclusion of more than 50% of the District Governor's visits to clubs across all regions. We will continue it from January 2024 onwards. Witnessing the impactful projects and other activities undertaken by each club throughout the district has been praiseworthy. Your contributions not only support to uplift communities but also significantly aid in achieving The Rotary Foundation's goals. Every effort you make adds to the collective pursuit of our district's broader objectives, positively impacting lives worldwide.**

December month holds significant importance in Rotary, spotlighting 'Disease Prevention and Treatment Month'. While Rotary is renowned for its global campaign against polio, our journey towards its complete eradication is ongoing. Moreover, our focus extends to enhancing mental health support, echoing the call from our RI President Gordon R. McInally. In our district, I've personally witnessed numerous initiatives and programs by our clubs, addressing mental health concerns across various strata of society.

Preparations are underway for the upcoming leadership roles, poised to guide Rotary Year 2024-25 with unwavering enthusiasm and vigor. I trust that most clubs have elected their new leadership and announced their board members. District training events are also being scheduled soon, and I encourage everyone to collaborate closely with the new leadership to fortify your club and consequently bolster district leadership.

I anticipate maximum participation in the District Conference of this year scheduled for March 15-17, 2024, in Butwal. I earnestly urge those yet to register to join us in this celebration, learning, and fostering camaraderie amongst fellow Rotarians.

January signifies a dedicated focus on Vocational Service, and I have faith that club leaderships are actively strategizing and organizing projects aimed at supporting the underprivileged within our communities.

As we step into the brand-new year of 2024, let it mark a fresh start, brimming with hope to inspire the world towards peace, prosperity, and joy. Wishing you all a joyous and fulfilling New Year resolutions and impactful services ahead. Cheers!

Yours in Rotary,

**- Rtn. Rajendra Prasad Dhoju**

District Governor 2023-24

Rotary International District 3292, Nepal-Bhutan



# RI PRESIDENTIAL STATEMENT

In December, I attended the United Nations COP28 climate change summit in Dubai, United Arab Emirates. There, I spoke about the convergence of two global crises: climate and mental health. As the World Health Organization has noted, climate change worsens risk factors – such as disruptions to homes and livelihoods – for mental health problems. The emotional distress of a disaster also makes it difficult for people to recover and rebuild.

**Rotary partner ShelterBox is an international disaster relief charity that has helped more than 2.5 million displaced people in approximately 100 countries with emergency shelter, essential household items, and technical support. I wish to share this month's column with their CEO, Sanj Srikanthan, who explains that the words we choose to describe disasters matter.**



The language we use matters. When we frame disasters as natural, we fail to acknowledge the complex interplay between

nature and the role of human actions and how they impact communities around the world.

Earthquakes, tsunamis, volcanic eruptions, and extreme storms, drought, and flooding occur because of natural processes on Earth. But it is how these events affect people or the environment that has the potential to make them a disaster – outcomes influenced by human factors like where people live, what types of homes they have, political instability, and the lack of proactive measures to protect vulnerable communities.

By framing these events as natural, we undermine the need for proactive measures to protect vulnerable communities, masking the underlying social, economic, and political instability that makes marginalized and disadvantaged communities disproportionately affected. Our teams see firsthand how issues like inequality, poverty, urbanization, deforestation, and the climate crisis can make communities more vulnerable.

Disasters are not natural. Let's stop saying they are.

**- Rtn. Gordon R. McNally**  
President 2023-24  
Rotary International

## SHARING HOPE WITH THE WORLD

SINGAPORE  
25-29 MAY 2024

#Rotary24



# Mental Health Begins with Me



**KAPIL SHARMA**  
COUNSELING PSYCHOLOGIST

## *Individual Being and Responsibility for Mental Wellbeing*

Our mental health plays a crucial role in the intricate dance of life, influencing our thoughts, feelings, and actions. Understanding the significance of individual being and the responsibility we bear for our mental health is essential in a world that is frequently chaotic and demanding. The profound connection that exists between an individual's essence and the active role that each person plays in fostering their mental health is the subject of this article.



### **Understanding Individual Being: The Essence Within**

The unique combination of our thoughts, feelings, experiences, and the very core of who we are all included in the concept of an

individual being. It is the essence that sets one person apart from another and influences our perspectives, values, and perspective on the world. This individual being is dynamic, developing with each insight, win, and challenge.

A thorough examination of one's own self-awareness is necessary for honoring and recognizing one's own uniqueness. It necessitates recognizing our strengths, weaknesses, passions, and the intricate web of our thoughts and feelings. Embracing individual being isn't tied in with adjusting to outer assumptions yet about understanding, tolerating, and commending the validness that dwells inside every one of us.

## The Intertwining of Being and Mental Wellbeing

Our mental wellbeing is intrinsically linked to our individual being. How we perceive ourselves, relate to others, and navigate the complexities of life all contribute to the state of our mental health. Understanding this connection empowers individuals to take an active role in shaping their mental wellbeing.

Negative thought patterns, self-doubt, and internal conflicts can cast shadows on our mental landscape. However, by embracing our individual being with compassion and self-love, we can transform these shadows into sources of strength. This process involves challenging negative narratives, fostering positive self-talk, and cultivating a mindset that prioritizes growth and resilience.



## The Role of Responsibility in Mental Wellbeing

Taking responsibility for our mental wellbeing is not a burden but a powerful act of self-empowerment. It involves recognizing that, while external factors undoubtedly influence our lives, we possess agency in how we respond to them. The responsibility for our mental health lies within us, requiring a commitment to intentional choices that contribute to our overall wellbeing.

### SELF-CARE AS A PRIORITY

Prioritizing self-care is a cornerstone of taking responsibility for mental wellbeing. This involves recognizing the need for rest, relaxation, and activities that bring joy and fulfillment. Whether it's a solitary walk in nature, engaging in a creative pursuit, or simply taking a break to breathe, self-care is a proactive step toward mental wellness.

### SETTING HEALTHY BOUNDARIES

Boundaries are crucial for maintaining mental health. Taking responsibility involves establishing and communicating clear boundaries in various aspects of life, whether in relationships, work, or personal time. Understanding and communicating our limits fosters a balanced and sustainable lifestyle.

### MINDFUL LIVING

Mindfulness, the practice of being fully present in the current moment, is a powerful tool for mental wellbeing. Taking responsibility for our mental health involves incorporating mindfulness into daily life. This can range from simple breathing exercises to more structured mindfulness practices, promoting awareness and reducing stress.

### EMOTIONAL REGULATION

Acknowledging and regulating our emotions is a fundamental aspect of responsible mental health management. This includes developing emotional intelligence, understanding the roots of our feelings, and implementing healthy coping mechanisms for challenges and stressors.

## Navigating Challenges: The Resilience of Individual Being

Life is replete with challenges, and the resilience of individual being shines through in the face of adversity. Taking responsibility for mental wellbeing involves developing coping mechanisms that enable us to navigate the inevitable ups and downs of life.

### ADAPTING TO CHANGE

Change is a constant in life, and our ability to adapt plays a crucial role in mental wellbeing. Taking responsibility for our responses to change involves cultivating a mindset that embraces learning, growth, and flexibility.

### LEARNING FROM SETBACKS

Setbacks are not failures but opportunities for growth. Taking responsibility for mental wellbeing means reframing setbacks as valuable lessons, fostering a sense of resilience that propels us forward.

### SEEKING SUPPORT

Individual being does not imply isolation. Taking responsibility involves recognizing when support is needed and reaching out to friends, family, or professionals. Seeking help is a strength, not a weakness, and contributes to a holistic approach to mental wellbeing.



## The Ripple Effect: Individual Wellbeing and Community Impact

The responsibility for mental wellbeing extends beyond the individual; it has a profound impact on the communities we inhabit. As individuals take active steps toward nurturing their mental health, a ripple effect is created, influencing families, workplaces, and societies at large.

### FAMILY DYNAMICS

A mentally healthy individual contributes to positive family dynamics. By taking responsibility for one's mental wellbeing, individuals foster a supportive environment for family members, encouraging open communication and understanding.

### WORKPLACE PRODUCTIVITY AND CULTURE

Mental wellbeing is integral to workplace productivity and culture. Employees who prioritize their mental health are more likely to be engaged, creative, and resilient. Organizations that recognize and support the mental health of their employees create a conducive environment for growth and innovation.

### COMMUNITY RESILIENCE

Mental health is a collective asset. Communities composed of mentally resilient individuals are better equipped to face challenges, support one another, and foster a culture of empathy and understanding.

## Conclusion: A Journey of Empowerment

Our psychological prosperity is inherently connected to our individual being. The state of our mental health is influenced by how we see ourselves, interact with others, and deal with life's complexities. People who are aware of this connection have the ability to actively shape their mental health.

Our mental landscape may be shadowed by self-doubt, internal conflicts, and negative thought patterns. However, we are able to transform these shadows into sources of strength if we embrace our individuality with compassion and self-love. This cycle includes testing negative stories, encouraging positive self-talk, and developing a mentality that focuses on development and versatility.

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*Mr. Kapil Sharma is a Counseling Psychologist and Program Manager at Nepal Institute of Mental Health (NIOMH). He is a regular columnist in daily newspapers and also serves as mental health consultant in various organizations like; UNICEF, Care Nepal, Pahilo Kadam, Holding Hope and HUDEC Nepal.*

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# Notice to Update Rotary App

**RTN. CHHONGBA SHERPA**  
CHAIR, DISTRICT IT COMMITTEE

We are excited to share that our official 'District 3292' mobile app is now actively used by 1500+ Rotarians. The mobile app serves as a hub for updating personal information and creating individual Rotary profiles. By doing so, you not only enhance your connectivity within the Rotary community but also stay informed about the latest activities in Rotary District 3292.

### Club Information:

To ensure accurate representation of your club on the district website and app, we request Club Presidents and Secretaries to log in and update club details, board of directors, and club member information using the following URL: <https://rotarydistrict3292.org.np/admin/login>

### Personal Profile:

When updating your profile on the mobile app, use your login credentials (username and password, both of which are your member ID available on my.rotary.org). For technical support during this process, the District Information Technology Committee is ready to assist.

Your active participation in these updates is crucial for fostering better connectivity and communication within our Rotary community. Let's work together to make our District 3292 online experience even more vibrant and informative. 🌟

To experience the enhanced user interface and improved functionality, we encourage you to upgrade / re-install your existing rotary mobile app at the following QR links:



**A** SCAN ME



**Rotary** District 3292 **CREATE HOPE in the WORLD**

**Rajendra Dhoju**  
District Governor 2023-24

**Nishchal Shrestha**  
Chair, RYLA Sub-Committee

**Rajendra Ligal**  
Co-Chair, RYLA Committee

**Subash Sigdel**  
RYLA Advisor & Pilot Coach

**Radiant Stars 2024**  
Jan 11-14, 2024  
Lewade, Pokhara

**APPLICATION OPEN**

**Rs.4000/-**  
Per Participant



# Proud Moment for RID 3292, Nepal-Bhutan

We take immense pride in the recognition bestowed upon our district leaders within Rotary International – Zone 6 for their outstanding contributions. The event took place successfully from December 15 to 17

in Bengaluru, Karnataka, India, organized by the Rotary Institute for Zone 4, 5, 6, and 7. The event's theme centered around "Rise-Transcend Barriers". 🌟



PDG Keshav Kunwar was awarded International Service Award for Polio-Free World



IPDG Jitendra Bahadur Rajbhandary was awarded Public Image Champion 2022-23 in Zone 6



IPDG Jitendra Bahadur Rajbhandary was awarded Highest New Membership Retention Growth Percentage

# DG Visit

## During the month of December



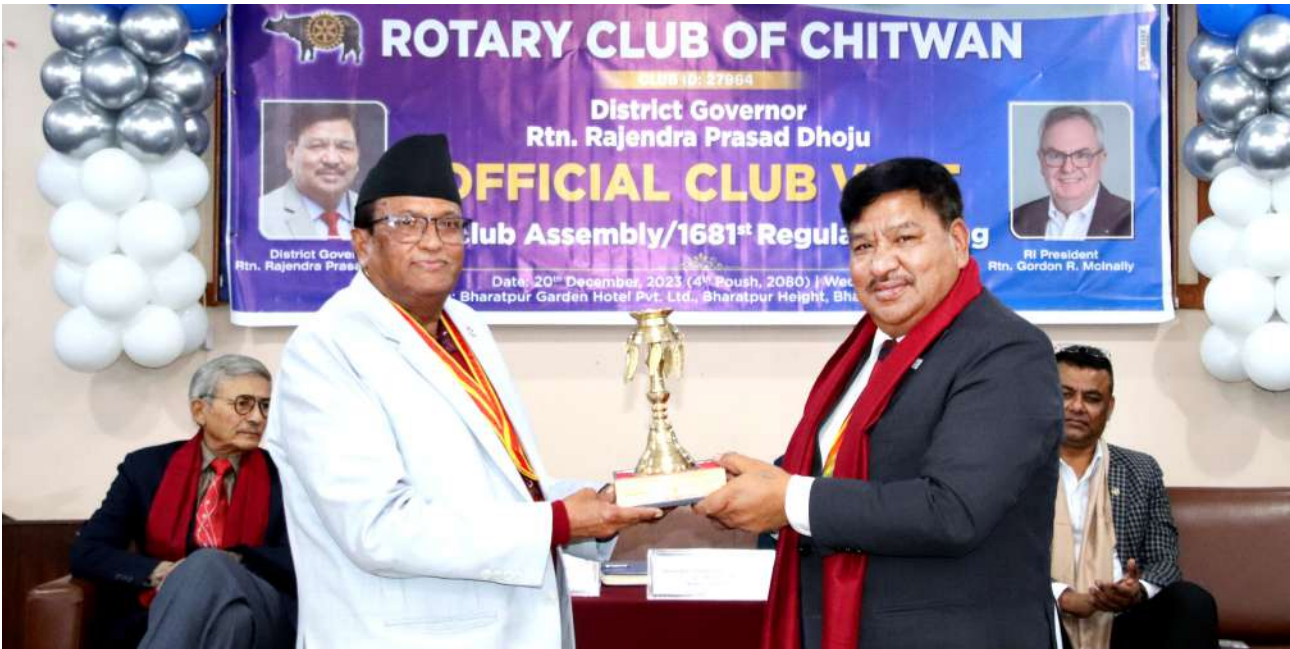
Rotary E-Club of District 3292 (9 December 2023)



RC Himalayan Golfers (10 December 2023)



RC Kathmandu Metro (18 December 2023)



RC Chitwan (20 December 2023)

# Club News & Activities

DECEMBER 2023



## Chaulanarayan Primary School: Toilet Projects

Rotary Club of Himalayan Golfers  
14<sup>th</sup> July 2023

Chaulanarayan Primary School provides primary-level education with minimal fee structures and also offers scholarship

schemes for socially backward and meritorious students. Since the construction of the new school building, Chaulanarayan School did not have toilets, which are basic sanitation requirements. An estimated 100 to 120 students of primary grade studied at the school.

RCHG President and members initiated the project and commenced construction on November 26, 2023, with financial support from Himalayan Bank Ltd. The project is now complete and was inaugurated on July 14, 2023.



## Mega Oral Health Campaign

Rotary Club of Lumbini Stars  
5<sup>th</sup> August 2023

The Rotary Club of Lumbini Star executed a massive plan to conduct a School-Level Oral Health Awareness Program along with a 'Free Oral Health Check-up' campaign, reaching nearly a hundred thousand school children as part of the club's signature program during its calendar year 23/24. The plan incorporated Adhunik Samaj Dental Care Pvt. Ltd. as a joint partner, a collaboration negotiated by both parties. The Grand Campaign successfully commenced on August 23, initially hosted at Deep Boarding School, with the valued presence of District Governor 3292, Region 5, Mr. Rajendra Prasad Dhoju.

A week later, the campaign conducted a Free Dental Hygiene Camp for one week in Siddheswori School, a community school in the same district, chaired by Mr. Governor. To create mass awareness regarding oral hygiene through community gatherings, Mr. Amrit Bhusal, a well-known figure and social activist, coordinated with the President of RC Lumbini Star, Mr. Dhurba PD Koirala. This massive campaign has already reached almost 30 thousand students, benefiting from it, with an expenditure of around five hundred thousand. Mr. Bhusal, a Dental Hygienist, has made a remarkable contribution to promoting oral hygiene and has traveled to 62 districts in Nepal in the last 20 years.



## Science & Spirituality for Better Life

Rotary Club of Bhairahawa  
7<sup>th</sup> October 2023

The program was focused on addressing and discussing the mental conditions of people, encouraging them not to hesitate to express their mental health state. The aim was to make people aware of the serious conditions that may even lead to loss of life. The program was led by spiritual leader and mentor Rupeshwor Gaur Das under the chairmanship of Rtn Umesh Chandra Acharya. Mr. Acharya explained mental health and emphasized that it can be life-threatening if not treated in a timely manner.

The program was organized by joint effort of Rotary Club of Bhairahawa, Lumbini Siddharthanagar, Central Lumbini. Host Clubs for the event were RC Rupandehi, RC Lumbini, RC Manigram, RC Central Butwal, RC Butwal South, RC Butwal Downtown, RC Medico Efusion, RC Nawalparasi and RC Devdaha.



## Tilicho lake and Thorang La Pass Trek

Rotary Club of Dharan  
2<sup>nd</sup> November 2023

On November 2, 2023, four members of RC Dharan, namely Rtn. Binay Lal Shrestha, Rtn. Rupak Shakya, Rtn. Shivanand Shah, and Rtn. Amit Shah, successfully completed a trek to Tilicho Lake (4,919 meters) and Thorong La Pass (5,416 meters). The RC Dharan team began their trek from Lamjung - Besisahar, passed through Manang, and reached Tilicho Lake, which is the largest lake situated at the highest altitude in the world. At the lakeside, the team proudly displayed the Rotary Banner and also made a small contribution to the End Polio Campaign by wearing Polio T-shirts for this noble cause.

The trek then continued to Thorong La Pass and concluded at Muktinath Temple in Mustang.



## Rukum/ Jajarkot Earthquake Relief Program 2080

Rotary Club of Kathmandu  
12<sup>th</sup> and 28<sup>th</sup> November 2023

The Rotary Club of Kathmandu demonstrated its commitment to earthquake relief efforts by dispatching a team to provide aid to affected areas. In the first phase to Rukum, Muskot, on 12th November, the team, accompanied by four Rotaractors from the Rotaract Club of Kathmandu, delivered 100 tarpaulins, 200 blankets, 300 warm caps, and 300 jackets to support earthquake victims. The relief materials were handed over to the Chief District Officer (CDO). In a collaborative spirit, the Rotary Club of Kathmandu extended an appeal to its partner clubs to join hands in this important humanitarian mission.

Subsequently, on November 28th, another relief phase was conducted



in Jajarkot. The team delivered a variety of essential items, including tracksuits, thermal sets, mattresses, floor mats, caps, and blankets. Scheduled to reach their destination on November 19th, the team aimed to provide timely assistance to earthquake victims. Notably, these relief programs received support from Flying Aid Nepal, Rotary Club of Skive, Rotary Club of Albury, Rotary Club of Cross Timbers, and Rotary Club of Bendigo, showcasing the collaborative efforts of multiple organizations in addressing the needs of those affected by the earthquakes.



## Providing Aid – Jajarkot and Rukum Earthquake Victims

Rotary Club of Central Lumbini  
15<sup>th</sup> November 2023

In a commendable effort to provide immediate relief to earthquake victims in Jajarkot and Rukum districts of Western Nepal, Rotary Club Central Lumbini has distributed essential household articles and food grains worth NPR 5 lakhs, showcasing the humanitarian commitment of the organization. The earthquake left many families in distress, facing the challenges of rebuilding their lives. Recognizing the urgency of the situation, Rotary Club Central Lumbini swiftly mobilized resources to bring relief to those affected.

The relief distribution, valued at NPR 5 lakhs, included a range of household items and vital food grains. These provisions aim to alleviate the immediate needs of the earthquake victims, offering them some comfort during these

challenging times. Rtn Heerabhadur Shah (PP) played a pivotal role as the coordinator for this relief activity, reaching those in remote areas who needed assistance the most. RC Central Lumbini remains committed to serving communities in times of crisis, embodying the spirit of Rotary's mission to provide humanitarian service and promote goodwill.



## Free Health Camp

Rotary Club of Damauli  
25<sup>th</sup> November 2023

The Rotary Club of Damauli completed a one-day free health camp on 25<sup>th</sup> November 2023 in Rising 3 Dubung, one of the remote villages of Tanahun. The village itself is located at 1200 m above sea level. The successful completion of the free health camp directly facilitated around 332 people of the Dubung village.



## Rotary Rupandehi's Mega Health Camp

Rotary Club of Rupandehi  
25<sup>th</sup> November 2023

The Rotary Club of Rupandehi, in collaboration with OM Satiya Rural Municipality and Rotaract Club of Rupandehi, orchestrated a monumental event: THE MEGA HEALTH CAMP held at Basantpur Health Centre, Omsatiya-4, Rupandehi on November 25, 2023. This initiative aimed to extend free healthcare services to the local community.

The event witnessed an overwhelming response with a total of 627 individuals benefiting from the comprehensive health check-up facilities provided. The collaboration of nine dedicated doctors generously contributing their time and expertise was instrumental in ensuring the success of this endeavor. Moreover, the provision of medical supplies and medications amounting to a commendable NRS. 9,50,000/- was a testament to the commitment of the organizers towards the well-being of the community.

The impact of the Mega Health Camp extended beyond immediate aid, symbolizing a concerted effort by various stakeholders to prioritize public health. This event not only provided essential healthcare services but also fostered a sense of unity and solidarity. The Rotary Club of Rupandehi, Om Satiya Rural Municipality, Rotaract Club of Rupandehi, and Nita Poly Clinic, through this initiative, demonstrated their commitment to serving the community and promoting the well-being of individuals in need.

Chief Guest Member of Provincial Assembly Hon. Abdul Rajjak, Chairperson of Om Satiya Mr. Manjit Kumar Yadav, RC Rupandehi President Rtn. Hari Lamsal, Ward Chairperson Akhileshwor Kumar Pandey, Rotaract Rupandehi President Rtr. Santosh Neupane, Rtn. Ram Prasad Dhakal of Nita Poly Clinic, and others were present and delivered messages to the community through a formal program coordinated and moderated by PP Rtn. Ram Prasad Kharel.

## Talk Programme - Nepal's current Economic Situation

Rotary Club of Jawalakhel  
25<sup>th</sup> November 2023

On the 25<sup>th</sup> of November 2023, during the regular meeting, the Rotary Club of Jawalakhel organized a special talk program, inviting Mr. Dipendra Bahadur Chhetri, former Governor of the Nepal Rastra Bank and ex-Vice-Chairman of the National Planning Commission of Nepal. Dr. Bishnu Raj Upreti, President of the RCJ, welcomed Mr. Chhetri and highlighted the need for such a special topic to expand understanding and keep the RCJ members up-to-date on contemporary issues. Mr. Chhetri shared in-depth insights into various issues related to the current economic situation of the country, such as foreign direct investment, an investment-friendly



environment, NRN investment in Nepal, intellectual property rights, credit rating, the role of the central bank, the role of donor agencies, private sector engagement, political interference, and governance issues. He emphasized the importance of national unity among all parties in shaping national interests. In this context, all parties must have a common understanding and collective commitment to national economic policy, national security policy, and national security policy. Only then can a favorable situation be achieved for economic development in Nepal.

After the presentation by Mr. Chhetri, RCJ members raised important questions and engaged in discussion. In addition to the RCJ members, the event was also attended by AG Mr. T.N. Lohani, presidents and vice-presidents of sister clubs, Rotaracts, and other invited guests.

The Rotary Club of Jawalakhel expressed its heartfelt gratitude to Mr. Dipendra Bahadur Chhetri for accepting the invitation of RCJ to talk on this crucial subject.

## School Visit in Dhunkharka

RC Kathmandu Mid-Town  
December 2023

RC Kathmandu Mid-Town visited Parvati Secondary School and Saraswati School in Dhunkharka, Kavre supported by RCKMT. The buildings including classrooms, toilets and canteen were built after the 2015 earthquake. There was also a Cerebral Palsy clinic held in conjunction with RC Patan Durbar Square and Rotoracts of both Clubs. Dr Bernard gave a presentation about Cerebral Palsy in order to generate awareness about the complexities faced by families with children who have CP.

The warm welcome, interaction and appreciation was received from the clinic and the community to RCKMT, especially to the project chair PP Rtn Chandralekha Tuladhar and President Lisa Choeyyal. The visit has been a testimony of our effort at building better public image in the community.



## Rotary WASH Materials Handover Program

RC Narayangarh  
26<sup>th</sup> November 2023

On Sunday, November 26<sup>th</sup>, 2023, the Rotary Club of Narayangarh held a WASH material handover program at Kajiman Lower Secondary School in Parsadhap, Chitwan. The program coincided with the club's charter day and the visit of the District Governor, Rajendra Prasad Dhoju.

The handover was jointly conducted by District Governor Dhoju and Bholanath Lamichhane, the President of RC Narayangarh. The program was attended by several members of the Rotary Club, including President-elect Yagya Muni Bajracharya, nominee Taranath Pathak, First Vice President Guneshwar Prasad Mahato, Assistant Governor Dinup Baral, District Secretary Dinesh Manandhar, and Rotaractors and Interactors.

The WASH materials were handed over to 214 students and 14 teachers of Kajiman Lower Secondary School. The project, which cost Rs 200,000, was funded by RC Narayangarh. The materials will help improve the school's water, sanitation, and hygiene facilities, ensuring



a healthier and safer environment for the students and teachers.

The Rotary Club of Narayangarh is committed to serving the community and improving the lives of those in need. This WASH material handover program is just one of the many initiatives undertaken by the club to make a positive impact in the community.





## Scholarship and Sweater Distribution

Rotary Club of Mahaboudha  
December 2023

The Rotary Club of Mahaboudha announced the selection of three students from each of the following schools for scholarships from the Club's Endowment Funds on December 11 & 12, 2023. The selection criteria were based on inclusivity and the inclusion of deprived students, and the chosen students will coordinate with their respective school principals:

1. Bal Vinod Secondary – Natol Patan Lalitpur
2. Mahalaxmi Secondary – Nakhepot Lalitpur
3. Shengary Secondary – Sisnary Lamatar Lalitpur

The selected students will receive scholarships until the completion of their school education, following the established rules and regulations. Additionally, the schools will provide regular six-monthly reports on the progress of the scholarship recipients.

Similarly, on December 14, 2023, the Rotary Club of Mahaboudha distributed 161 sweaters to school children at Shyangary Secondary School in Lamatar Lalitpur.

## Mega Health Camp

RC Kathmandu Downtown  
9<sup>th</sup> and 10<sup>th</sup> December 2023

The Rotary Club of Kathmandu Downtown organized a Mega Health Camp in collaboration with Greencity Hospital, Kathmandu, on 9th and 10th December

2023, at Shivapur - 6, Gurje, Nuwakot. Around 1000 people received health services in different sectors (Gynecology, ENT, Gastrology, etc.). The estimated cost for the health camp was NPR 5 lakhs, including medical facilities. RC Kathmandu Downtown provided Rs. 25,000, and the remaining cost was managed by Green City Hospital. Rotarians from RC Kathmandu Downtown, along with Rotarian doctors and nurses who actively participated in making the event a grand success.



## Support to the Earthquake Survivors of Jajarkot

Rotary Club of Kathmandu Height  
3<sup>rd</sup> and 21<sup>st</sup> December 2023

The Rotary Club of Kathmandu Height, along with 10 other Rotary Clubs of Nepal, organized earthquake relief support. In the first phase, six clubs collaborated, and among them, the Rotary Club of Kathmandu Height provided 50 warm blankets to the earthquake survivors.

Meanwhile, other clubs also sent necessary items such as stationery, toys, and other needed materials. The Art of Living group conducted health camps for the elderly and counseling sessions for children.

In the second phase, the Rotary Club of Kathmandu Height supported children in Jajarkot with warm clothes, socks, shoes, and gloves to keep themselves warm in this chilling winter. TPO Nepal conducted counseling and healing sessions, with six other clubs supporting with other additional and necessary items.

The total budget for the project was Rs. 110,000, covering the warm blankets and clothes provided by the club in these two phases.



PROJECT BUDGET  
SUPPORT BY THE CLUB  
**Rs. 1,10,000**



# Computer Lab Handover Program

Rotary Club of Narayani MidTown  
10<sup>th</sup> December 2023

On the 10<sup>th</sup> of December 2023, the Rotary Club of Narayani Mid Town and Arunodaya High School jointly organized a program to hand over 20 sets of computers and required accessories to Arunodaya High School at the school premises in Gitanagar, Chitwan. The 20 sets of computers, inverter, and required accessories were donated by the Rotary Club of Macau and Edutech Nepal and were facilitated by RC Pokhara Fishtail. DGN



Binod Koirala was the chief guest of the program. Later, a visit to the computer lab was conducted, and the necessary educational software was installed by Edutech Nepal. Fifteen Rotarians from RC

Narayani Mid Town, RC Pokhara Fishtail, and RC Ratnanagar were present during the program.



## “Sewa Maa Samarprit” - Phase II

Rotary club of Patan Durbar square  
9<sup>th</sup> December 2023

The Rotary Club of Patan Durbar Square, in a joint initiative with Rotaract Patan Durbar Square, Rotary Club of Kathmandu Mid Town, Rotaract Kathmandu Mid Town, Karunamaya Foundation Nepal, Cerebral Palsy Clinic and Care Center, Bethanchok Gaupalika, and Shree Parvati Sec. School, Dhumkarka, recently organized and successfully completed a one-day free health camp, “Sewa ma Samarprit 2nd Phase – A Comprehensive Screening Camp of Neurological Disorder and Related Disabilities in Children to Identify the Cases of Cerebral Palsy and Breast and Cervical Cancer Awareness Camp,” on December 9<sup>th</sup>, 2023, at Shree Parvati Sec. School, Dhumkarka, Bethanchok Gaupalika.

The program was coordinated and led by Rtn. Dr. Chandra Lekha Tuladhar (PP)(RC Kathmandu Mid Town) and Rtn. Dr. Pragma Karmacharya Rajbhandari (CP Chair)(RC

Patan Durbar Square). During the camp, the team offered essential medical guidance, seizure management, physiotherapy sessions, and speech therapy sessions to support these 20 children who were dealing with Cerebral Palsy (6 children) and other neurological disorders (14 children). This was facilitated by Neuro-Pediatricians, physiotherapists, and speech therapists from Cerebral Palsy Clinic and Care Center, Satdobato.

On our special request, Professor Dr. Bernhard Schmitt, Neuro-Pediatrician, Epileptologist from Switzerland, gave a special presentation about Cerebral Palsy to some of the Rotarians, Rotaractors, and the local community, helping them understand the complexities faced by families with children who have CP.

## Free Eye Screening Camp and Cataract Surgery

Rotary Club of Hetauda  
13<sup>th</sup>-18<sup>th</sup> December 2023

The Rotary Club of Hetauda and Rotaract Club of Hetauda, with technical assistance from Hetauda Community Eye Hospital, successfully conducted a six-day free eye screening camp and cataract surgery at six different locations in Makawanpur, Chitwan, Bara, and Rautahat districts from December 13 to 18. A total of 1378 people attended the camps, and 159 patients underwent successful cataract surgeries performed by the highly professional team of ophthalmologists from the hospital.

The Rotary Club of Hetauda has been organizing free eye camps for 20 years as its flagship project, held bi-annually to support economically deprived ophthalmic patients in remote areas. The project has received financial support from the Rotary Clubs of Tasmania and Australia.





## Books, Stationery & Basic Amenities Handover

RC Biratnagar Downtown  
7<sup>th</sup> - 12<sup>th</sup> December 2023

The Rotary Club of Biratnagar Downtown generously donated a diverse collection of moral, educational, and household books to the Aadarsh Pustakalaya in Biratnagar on December 12, 2023. The beneficiaries, including students, families, and the community at large, gained access to valuable knowledge and resources. The input of the Rotary Club enhanced the library's offerings, fostering a culture of learning and personal development. This thoughtful donation from the Rotary Club of Biratnagar Downtown positively impacted the community, promoting literacy, education, and overall well-being.

Similarly, on December 7, 2023, as part of our social welfare initiative, donations of basic amenities and stationery were provided to underprivileged students benefiting from tuition centers operated

by Nagar Palika, offering free coaching education. A total of 55 students were recipients of this thoughtful gesture. The donated items, including stationery supplies, fulfilled their academic needs for the entire year.

This initiative not only addresses the immediate material requirements of the students but also supports the commendable work of Nagar Palika in providing free coaching education. The input of stationery and basic amenities, such as 150 packs of sanitary napkins and 5 water jars, contributes to creating a conducive learning environment, removing obstacles that underprivileged students may face in pursuing their education. The positive outcomes of this donation extend beyond the material aspect, fostering a sense of support and encouragement within the community and empowering students to pursue their academic goals with greater confidence.

## Happy School

RC Biratnagar Central  
23<sup>rd</sup> December 2023

RC of Biratnagar Central recently refurbished the hostel and kitchen facilities

of Shree Laxminarayan Ved Vidyalaya on 23 December 2023. In addition, the club provided new beds, mattresses, bedsheets, and pillowcases to the students.

This renovation and supply initiative will have a significant impact, enhancing the students' living and dining conditions, ultimately improving their overall quality of life. A total budget of NPR. 6,30,000 was used for the Project benefitting almost 125 students of the Vidyalaya.



## Scholarship Support Program

RC E-club Medico Fusion  
Hybrid Nepal

15<sup>th</sup> December 2023

A scholarship support program was conducted at Jana Jyoti School on Friday, December 15. This school is the adopted school of the Rotary E-Club of MedicoFusion Hybrid Nepal and is part of the club's annual plan.

The club provided financial assistance to ten students from disadvantaged families, granting each child NPR 10,000. The selection of these students was done in collaboration with the school, and the support was channeled through the school. A cheque of one hundred thousand rupees was handed over to the school principal by Club President Apsara Nepal in the presence of students, guardians, teachers, and the management committee. This financial aid will support those selected students based on their individual education needs.

During the program, an awareness campaign on the effects of mobile phone usage and addiction was also conducted among the school children, students, and school teachers. The orientation session was delivered by Club Chartered President Dr. Santosh Pokhrel.

The event was chaired by the Chairperson of the School Management Committee, and the Chief Guest was President Apsara Nepal of the Rotary E-Club of MedicoFusion Hybrid Nepal, along with School Principal Baburam Acharya.

TOTAL BUDGET  
**Rs. 1,10,000**





## Mega Health Camp

Rotary Club of Biratnagar Fusion  
16<sup>th</sup> December 2023

The Rotary Club of Biratnagar Fusion, in collaboration with Golden Hospital, Biratnagar, and Bokhara Narsingh Gaupalika, organized a Free Health Camp in Ward 6 of Bokhara Narsingh Gaupalika. A location in a remote area was specifically chosen to cater to maximum people who cannot access or afford to visit good hospitals and doctors.

The camp was a great success with around 1100+ beneficiaries, primarily including

children, pregnant women, and elderly individuals. The camp featured a senior physician, gynecologist, orthopedist, pediatrician, radiologist, and lab personnel. On-spot blood sugar tests, USG, and ECG were conducted for those recommended. Furthermore, free medicines were provided to the people as per the prescription.

The people were happy with the camp and thanked everyone involved for setting this up.



## Toilet Building Handover - Phulchowki Secondary School

Rotary Club of Yala  
16<sup>th</sup> December 2023

On December 16, 2023, a ceremony marked the successful conclusion of a significant initiative undertaken by the Rotary Club of Yala to enhance the sanitation facilities at Phulchowki Secondary School in Thaiba, Ward No. 14, Godavari Municipality. President Rtn Shobha Devi Shrestha officially presented the key of a newly constructed toilet building to Niroj Bajracharya, President of the school's management committee. Mr. Bajracharya, also serving as the Chairperson of Godavari Municipality-14, then passed on the key to Gopal Pandey, the school's Principal. The recently constructed toilet building, featuring separate facilities for boys and girls, will directly benefit more than 1,300 students. This collaborative project, with a total cost of Rupees 32 lakhs, involved the joint

TOTAL BUDGET  
**Rs. 32 Lakhs**

efforts of the Rotary Club of Yala, the school management and international partners including the Rotary Club of Jindalee, Australia, and Rotary District 3292 Nepal, Bhutan. Additionally, contributions were made by six individual Rotarians. The ceremony began with a touching rendition of the Nepalese national anthem performed by the school's Scout troop.



## Hearts United: Rotary Club CPR Talk

Rotary Club of Dharan Foothills  
10<sup>th</sup> December 2023

The Rotary Club of Dharan Foothills organized a compelling and informative talk about cardiopulmonary resuscitation on December 10, 2023, with the aim of enhancing the lifesaving skills of its members. Rtn Dr. Masum Poudel delivered an enlightening presentation accompanied by a demonstration of life-saving techniques, with valuable support provided by Rtn Dr. Rajani Giri. Members gained insights into the critical role of early CPR intervention in saving lives. The talk emphasized the significance of swift action during cardiac emergencies and the positive impact it can have on the outcome.

The session delved into the step-by-step process of effective CPR techniques, ensuring that participants left with a comprehensive understanding of the procedures to follow in emergency situations. The talk provided valuable information on the use of Automated External Defibrillators (AEDs) and their crucial role in cardiac emergencies. Members learned how to operate AEDs effectively, contributing to a more comprehensive approach to life-saving efforts.

In conclusion, the talk fostered a sense of empowerment and readiness among the participants, aligning with the Rotary Club's mission to make a positive impact in times of crisis. The event served as a reminder of the Rotary Club's dedication to equipping its members with the skills necessary to be effective community champions.





# COP28 UAE

# VOICE FOR ACTION



## Rotarians at UN Climate Conference

By Etelka Lehoczky

Rotary experts hosted more than two dozen sessions at the 28th United Nations climate conference, addressing how a changing climate intersects with health, poverty, and other factors. Rotary International President R. Gordon R. McNally also discussed the mental health effects of climate-linked disasters.

The two-week conference in Dubai, also known as COP28 (short for Conference of the Parties, now in its 28th year), is the world's highest decision-making process addressing climate issues. It brought together more than 70,000 delegates from 197 countries and geographical areas as well as thousands of nongovernmental organizations, companies, and others. Rotary is taking part in the

conference for the third time, highlighting community-led solutions, partnerships, and dialogue.

"The record global temperatures this year have underscored the immediate need to take action on climate change," McNally says. "They have also demonstrated the massive destructive toll that climate has taken on global mental health." His presentation addressed the greater rates of violence and incidents of mental distress along with anxiety that younger people feel because of climate change.

From supporting vulnerable populations to forging partnerships across the public and private sectors, Rotary members are

*Presentations and workshops at COP28 highlight community-led solutions, partnerships.*

motivating progress and inspiring action on the environment. Members in the United Arab Emirates are planting 50,000 mangrove trees in partnership with the government. Working with governments and local communities, Rotary has the unique opportunity to assist in mangrove restoration projects."

THE ROTARY FOUNDATION HAS COMMITTED MORE THAN

**US\$23.7 million**  
TOWARD ENVIRONMENTAL  
PROJECTS LED BY ROTARY  
MEMBERS AROUND THE  
WORLD.

# District Governor's Calendar

## JANUARY 2024

DATE	DAY	EVENT
6	Saturday	DG Visit of RC Chandragiri DG Visit of RC Patan Heritage
7	Sunday	DG Visit of RC Buddhanilkantha DG Visit of RC Kathmandu
8	Monday	DG Visit and Charter Day of RC Tripureshwor
11	Thursday	RYLA @ Pokhara
12	Friday	RYLA @ Pokhara
13	Saturday	RYLA @ Pokhara
14	Sunday	RYLA @ Pokhara
18	Thursday	DG Engagement
19	Friday	Rotaract District Conference
20	Saturday	Rotaract District Conference
24	Wednesday	DG Visit of RC Patan Durbar Square
25	Thursday	DG Visit of RC Kathmandu West
28	Sunday	DG Visit and Charter Day of RC Nagarjun



# ROTARACT ACTIVITIES



## UNITY AGAINST GENDER BASED VIOLENCE

Rotaract Club of Kathmandu Mid-Town  
2<sup>nd</sup> December 2023

The 16 Days of Activism against Gender-Based Violence is a globally observed campaign that transpires annually, commencing on November 25 (International Day for the Elimination of Violence Against Women) and concluding on December 10 (Human Rights Day).

This worldwide event includes activities aimed at fostering awareness regarding gender-based violence and advocating for its eradication with the main objective to eradicate all forms of violence against women while concurrently promoting gender equality.

On December 2<sup>nd</sup>, the Rotaract Club of Kathmandu Mid-Town, in collaboration with Visible Impact, orchestrated an event titled "Unity Against Gender-Based Violence" as part of the 16 days of activism which revolved around the theme "UNITE! Invest to prevent violence against women and girls."

An impactful speech by Senior Program Officer Kamala Pokharel from WOREC, emphasizing the criticality of addressing gender-based violence was followed by remarks from Senior Program Officer Dipesh Limbu. A creative dance performance to raise awareness about gender-based violence depicted the struggles of survivors and conveyed a message of hope and resilience. A role play illustrated various scenarios of gender-based violence, leaving a lasting impression. Volunteers from Visible Impact conducted a poster presentation on gender-based violence, offering valuable

insights into prevention and impacts. Audience engagement included a "Confession Box" for anonymous sharing, and a pledge against gender-based violence. DRR Rtn. Rtr. Roshan Karki, Rtn. Dr. Chandra Lekha Ma'am, and the Zonal Rotaract Representative shared valuable remarks, underscoring Rotary's commitment.

The event concluded with an impactful speech by IPP Sachita Maharjan. The success of the event was attributed to Lalitpur Metropolitan City, RDC members, visiting Rotaractors, and Visible Impact for financial support.



# INTERACT ACTIVITIES



## DONATION PROJECT

Interact Club of Bishnu Memorial  
December 2023

Interact Club of Bishnu Memorial organized a donation project. The primary objective of the 'Donation in Orphanage' project was to send a box of love to the orphans and disabled individuals within the local community. The event sought to provide an opportunity for club members to interact with local children and contribute meaningfully to their well-being. Club members were encouraged to bring items that were no longer in use for them but could be valuable to others. The generous donations were collected and prepared to be distributed to the deserving recipients.



## MENSTRUATION AWARENESS AND SANITARY PADS DISTRIBUTION

Interact Club of Valmiki  
8<sup>th</sup> December, 2023.

On International Dignified Menstruation Day, December 8, 2023, Interact Club of Valmiki, in collaboration with Rotaract Club of Narayangarh and Rastriya Mavi School, successfully conducted a Menstrual Awareness and Sanitary Pad Distribution project. Mrs. Moti Kandel, our guest, led a session on personal hygiene and menstruation awareness for students. Sanitary pads were also distributed to over 50 students from grades 8, 9, and 10. The project aimed to raise awareness on menstrual health, proper personal hygiene, and sanitation among girls, with the cooperation of the school management, teachers and students.



## BRIDGING DREAMS

Interact Club of Yala  
December, 2023.

The "Bridging Dreams" scholarship is a financial aid initiative aimed at supporting indigenous (Brahmu community) individuals in their educational pursuits, aiming to bridge the educational gap. It is a scholarship mission to provide 20 students with financial aid along with stationary supplies for a year supporting their educational pursuits, aiming to bridge the educational gap. A total budget of over NPR. 40,000 was contributed for the scholarship initiative.

# FROM THE EDITOR'S DESK



Dear Fellow Rotarians,

We've bid farewell to the year 2023, a year marked by social and economic fluctuations. As proud Rotarians, we stood strong to continue serving our community in their moments of need.

**The commendable efforts of clubs across District 3292 have been truly heartening. Yet, I firmly believe there are numerous service projects undertaken by your club that have yet to be shared with the GML team. We eagerly await hearing from all of you, learning about your positive aspirations, and witnessing your support across all seven focus areas of Rotary in your communities.**

Rotarians have taken bold steps against Polio, playing a pivotal role in its eradication, although there's still a little further to go. As we observe December as 'Disease Prevention and Treatment Month,' we should take pride in our accomplishments so far.

Amidst growing lifestyle challenges worldwide, mental health issues have come to the forefront. In response, RI President Gordon R. McNally initiated the theme 'Create Hope in the World'. Rotarians from our district have admirably contributed to uplifting lives through numerous service projects aligned with this theme. Witnessing these initiatives leaves me truly speechless.

Additionally, this month brought us great pleasure and pride as our district leaders were acknowledged and honored for their outstanding efforts across various disciplines during the Zonal conference in India. Thank you leaders for your exceptional work, raising the District's image on the international stage.

The first Rotary Youth Leadership Awards (RYLA) of Rotary Year 2023-24 is set to take place in Pokhara, themed 'Be a Pragmatic Leader'. This event promises to be exemplary in nurturing our youth for a brighter future and I urge all club leaders to support the event.

Equally inspiring is the active involvement of our younger generations in Rotaract and Interact, making exceptional contributions to the community. I'm delighted to dedicate a special page in GML to celebrate their remarkable achievements.

Lastly, I extend warm wishes to all for a prosperous and fulfilling New Year in 2024. May this upcoming year bring an abundance of goodness into each of our lives.

Yours in Rotary,  
**- Rtn. Raj Shrestha**  
 Chair 2023-24  
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ROTARY NEWS / RISAO

## What's up?

Send club news & activities, articles and your creativity to [gml.district3292@gmail.com](mailto:gml.district3292@gmail.com) And, get it published.

TEMPLATES HERE →



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