

GML



SERVE TO
CHANGE LIVES

GOVERNOR'S MONTHLY LETTER

DECEMBER, 2021

DISEASE PREVENTION & TREATMENT MONTH

MESSAGE FROM
THE RI PRESIDENT

LETTER FROM
THE DG

ROTARY'S
PUBLIC IMAGE

CLUB
ACTIVITIES



LIVE TO SERVE

Letter from the Governor

Dear fellow Rotarians,

While we approach December we have almost completed half of our tenure. With this, it is time for us to reflect on what we have achieved vis-a-vis our goal set in the beginning. I would like to applaud the great works done by Clubs especially during the pandemic despite all the challenges. Like in Polio, Rotary has not left any stone un-turned in battling the COVID situations, be it in Awareness campaign, supporting hospitals with oxygen plants, ventilators, safety gears, establishing PCR Lab, to supporting vaccine drive. Still a lot need to be done and I am sure with the effort of all the clubs in our district we will establish yourself as an important stakeholder in this crisis management.

December is a month dedicated to Disease Prevention and Treatment. Disease Prevention and Treatment is one of Rotary's Seven Area of Focus.

Disease and illness result in multiple problems and apart from health, it also sores economically and mentally. It is thus paramount that we prevent it from happening for which we need an enormous amount of energy in awareness and combat diseases through effective treatment and prevention. In 1985, Rotary pledged to eradicate polio, and look at what we have achieved. Today, Rotary International has partnered with the World Health Organization, the Center for Disease Control and Prevention, the Bill and Melinda Gates Foundation and regional governments worldwide to complete this pledge and it are just "a bit" way in eradicating Polio.

Although infectious diseases continue to be a major cause of illness and death across the globe, many people are seeing their lives shortened by chronic diseases such as heart disease, diabetes and cancer. Many of these conditions are not caused by infectious agents but are rather due to certain lifestyle, health behaviors and social conditions. Hence, spreading awareness to prevent such disease need to be undertaken.

This pandemic has brought sharp focus on the issue of mental health. The stigma associated with mental health needs to be replaced with compassion and good care.

Let us all achieve this goal together by "Live to Serve" and "Serve to Change Lives".



Santosh Prasad Rijal

District Governor

RI District 3292



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Shekhar Mehta

**RI President,
RY 2021-22**

RI President's Message

Public health is on everyone's mind due to the global pandemic that still threatens the safety of ourselves and our loved ones. In a sense, COVID-19 has made all of us much more aware of the roles and responsibilities of medical professionals than we were before we had to wear masks and maintain social distance. In addition, while moving through this pandemic, we have also learned about the role we can play in keeping others safe.

December is Disease Prevention and Treatment Month in Rotary. The pandemic unfortunately has schooled most people on the toll that disease takes on our communities. But fighting disease is something that Rotarians around the world have been doing for decades. In fact, it is one of Rotary's seven areas of focus.

As Rotarians, we believe that good health and well-being is a human right — even though 400 million people across the globe do not have access to essential health services. The work we do in establishing clinics, eye hospitals, and blood banks, as well as in building infrastructure for medical facilities in underserved communities, all returns to a central belief that access, prevention, and education are the keys to stopping deadly outbreaks that harm the most vulnerable.

My exposure to health work began with my Rotary club, Calcutta-Mahanagar. There, among other things, I helped pioneer a program called Saving Little Hearts that over the years has provided more than 2,500 free heart surgeries for children from India, Pakistan, Bangladesh, Nepal, and Africa. Before the program went international, it started locally with the goal of performing just six surgeries within our community. Today, our goal is to complete another 20,000 surgeries over the next five years.

The world relies on Rotary to tackle challenges like these and to set an example for others. Over the past decade, medical professionals and government workers have provided free health services to 2.5 million people in 10 countries during Family Health Days, which are organized by Rotarians around the world. Similar health camps in India also provide thousands of surgeries to those in need. Medical missions from India to Africa each year are an excellent example of hands-on service in disease prevention and treatment. Rotary members can also get involved at a local level; clubs in the United States and Mexico, for example, fund a free health clinic in Guerrero, a small town in Mexico.

And of course, our effort to eradicate polio is by far the best story in civil-society health care.

This month, think about how your club can focus on preventing and fighting disease. This is the time to take a bigger, better, bolder approach through both club and district projects that can impact more people. Re-evaluate where you are with your goals. Create strategies that can sustain change over years, not months.

Everyone deserves a long, healthy life. When you Serve to Change Lives, your actions today can help extend the lives of others.

Rotary's Public Image - Rotarian in Action



Rabi Prasad Baral
Chair, District Public Image
Committee

Introduction

The world first service club was founded on 23 February 1905 when Lawyer Paul Harris and his three friends met in downtown of Chicago for fellowship. They named their new club "Rotary" to describe the practice of meeting in rotation at the members' various place of business. The word of the club soon spread, and others were invited to join. Today Rotary brings together friends, family and community and lead to create positive and lasting change in the world.

Strengthening Rotary's Public Image

Rotary originally formed for fellowship; later adopted service as the second leg with the motto 'service above self.' For more than 100 years, Rotary has united leaders committed to applying their expertise to better their communities. Though Rotary was impacting the communities around the world for more than a century, it was receiving only limited recognition. In 2011, Rotary International embarked on a multiyear initiative unprecedented scale to strengthen the Rotary Image. The Rotary commissioned a global research firm Siegel + Gale in 2013 identified the lack of public awareness about Rotary and its good works



in the community. The research suggested a Rotary brand to enhance and amplify Rotary's great story, visual identity, and digital experience. After a century of service, Rotary has thus entered third phase: the phase of Image and Awareness. Global research further emphasized on enhancing public image and awareness as the third strategic priority of Rotary.

Public Relation and Public Image

Public Relations informs the community about club activities, events, and services, and builds awareness and credibility of Rotary. It is considered as one of the strongest processes to achieve Rotary's Public Image. Public Image is what the club stand for and how you are perceived your club's image in the community. Public Image and Public Relations are important functions. When a Rotary club has a positive public image, brand or reputation, current members are motivated to participate in service above self, prospective members are eager to join, and sponsors are willing to support service.

One of the Rotary's strategic goals is to enhance its public image and raise awareness of Rotary events, services, and activities. By increasing public's understanding of Rotary, we are strengthening our ability to make an impact in communities around the world. Favorable Public Image is essential for Growth and long-term sustainability of Rotary.

Image Vs Brand

Paul Harris once said, "Rotary will be known by the results it achieves." Image is how people think about Rotary. Public Image is what the club stand for and how community perceives the significance of club. It is the perception of our product or brand by consumers. Brand is what we want people think of us. Branding is distinctive positioning of organization in the community.

What we want to people think of Rotary?

Four key messages that Rotary needs to inform media and target groups to ultimately help enhancing image in the communities.

- Rotary is one of the world's largest and most influential international humanitarian service organization,
- Rotary is a global network of business, professional and community leaders,
- Rotary promotes peace and international understanding through its educational and humanitarian programs,
- Rotary's top philanthropic goal is to eradicate polio worldwide.

Public Image and Communications

Public image committee promotes Rotary to external audiences such as the media, community leaders, potential partner organizations, program beneficiaries and the public in general. Further the committee fosters understanding, appreciation and support for the organization's programs and activities. It also helps Rotarians understand that effective external publicity, favorable public relations, and a positive image build support for the organization, inspire potential donors and attend possible candidates for membership.



How to enhance public image in the club.

Rotary connects people, transform communities, and solve problems. Rotarians, in fact, provide service to others; promote integrity, and advance world understanding, goodwill, and peace through fellowship of business, professional, and community leaders. Thus, Rotarians are people of actions. Further, each Rotary Club tries to enhance Public Image, improve awareness and media relations. Public relation is a means to enhance Public Image of Rotary. It is achieved through:

- Unifying Image and Brand Awareness.
- Publicizing action-oriented services.
- Promotion of Rotary's core values within and outside Rotary.
- Encourage club to promote their networking opportunities and signature activities.
- Partnership promotion with youth and increase international relationships for service and goodwill.

Rotary International rightfully enjoys a very positive public image, in terms of what Rotary does to make the world a better place. It is well respected and trusted, and Rotarians are known for their dedication and integrity. Due to the humanitarian service recognition, Rotary logo is equally respected. The faith of people in Rotary's core value is surely the greatest asset achieved. The Rotary International Strategic Plan outline five Core values which develop as fundamental characters of a Rotarian and a guiding principle of Rotary's Culture. The distinctive practices of Rotary's core values such as Fellowship, Service, Diversity, Integrity and Leadership are improving public image of Rotary.

Rotary's areas of focus

Rotary clubs serve communities around the world, each with unique concerns and needs. Rotarians have continually adapted and improved the way they respond to those needs. In doing so, Rotarians take a broad range of service projects that fall within one of the seven areas of focus.

Peace and conflict prevention/resolution

- Disease prevention and treatment
- Water and sanitation
- Maternal and child health
- Basic education and literacy
- Economic and community development
- Supporting Environment

The goal of these seven areas of focus is to end poverty, to protect the planet and to ensure prosperity for everyone in this globe by promoting fellowship, implementing service projects, and enhancing public image of the Rotary.

Effort of Clubs in the District

The District Public Image Committee of RID 3292 is working to develop and execute a plan to tell the public about Rotary and promote the club's service projects and activities. Having a strong public relation ensures the communities around the world know that Rotary is a credible organization that meets the real needs of the communities. In the first four months of the year, our club's activities are concentrated mainly to the following working areas.

- Rotary Support to the flood victims
- Rotary Support in COVID-19, Relief Fund and Health Equipment Handover
- Tree Plantation: Supporting the Environment
- Blood Donation: Disease Prevention and Treatment
- Health Camps, Pet Sterilization Program: Disease Prevention and Treatment
- Food Items Distribution: Economic and community development
- Education materials Distribution, E-learning, and Girl Empowerment: Supporting Education
- Drinking Water Projects, Cleaning Camps and Awareness against Plastic: Water and Sanitation
- Polio Awareness Programs with Rallies, World Heart Day Awareness
- Wheelchairs Handover
- Press Meets and many other Projects.

The District Public Image Committee kept on working conscientiously to promote Rotary and its achievement to the public general following the citation of the RI President and goals of the District Governor.

Conclusion

The Rotary Public image and branding is immensely important to make its activities and services visible to the people. The key focus areas and appropriate projects designed to achieve the targets will improve the Rotary's image nationally and internationally. The time, technology and requirements have changed from the initial days of Rotary and have created new opportunities for connection and services. Adapting to the changed contexts and acting according to the needs are expected to enhance Rotary's image. Hence, by honoring the past efforts and embracing the future Rotary can evolve better and keep itself not only relevant, but also thriving by maintaining fellowship, keeping friendship in mind, and enhancing public image through public relation. The bottom-line result of Rotary International District 3292 Nepal Bhutan testifies that Rotary movement becomes incredible in the region.

Reference: www.rotary.org

प्रविधिको प्रयोगकर्ता ज्येष्ठ नागरिक धेरै सुखि



छत्र प्रधान

Chair, Senior Citizen Welfare Sub-Committee

२०५० सम्ममा यो २ अरव पढ्ने अनद्रमान छ ।

ज्येष्ठ नागरिकहरू विश्वकै रोटरी क्लवहरूको लक्षित समग्र हो र रहनद्रपछि भन्ने हाम्रो मान्यता हो ।

हाम्रो डिस्टिक ३२९२ भए पछिका RI का President हरू पनि धेरै जसो ज्येष्ठ नागरिकनै थिए । यसै गरि हाम्रो डिस्टिकका गभर्नरहरू पनि धेरै जसो ज्येष्ठ नागरिकनै रहेको पाउँछौं ।

प्रत्येक वर्ष Senior rotarians लाई समावेस गरेर हाम्रो डिस्टिकको Governance को बनोटमा महत्वपूर्ण अंगको रूपमा Senior Citizen Welfare Sub Committee गठन हद्रन्छ । यसमा यद्वाहरू जो भविष्यका Senior Citizen हद्रन वहांहरूलाई पनि समावेस गर्ने र Committee को नाम पनि परिवर्तन गरेर ज्येष्ठ नागरिक सामाजिक सद्ररक्षा समिति राख्न उपयुक्त देख्छु । यस समितिलाई डिस्टिक र क्लवको स्तर को लागि आवश्यक नीति तथा कार्यक्रम तजर्दमा गर्नको साथै वार्षिक, मध्यकालिन र दीर्घकालिन योजना बनाउने काम पनि दिन सकिन्छ । यसबाट रोटरीले ज्येष्ठ नागरिकको आवश्यकता सम्बोधन गर्न सजिलो हद्रनेनै छ ।

यस वर्ष असोज १५ गते ३१ औं अन्तर्राष्ट्रिय ज्येष्ठ नागरिक दिवस । United Nations International Day of Older Persons (UNINDOP) अन्तर्राष्ट्रिय ज्येष्ठ नागरिक दिवस २०२१ को “सवै उमेर समूहको लागि विद्युत्तय प्रविधिको प्रयोगमा समानता” भन्ने सन्देशले नै संसारका ज्येष्ठ नागरिकहरूको लागि विद्युत्तय प्रविधिको संसारमा उचित प्रयोगमा सहभागिताको आवश्यकता रहेको परिकल्पना गरेको छ ।

विद्युत्तय प्रविधिका क्षेत्रमा अभद्रतपद्रव रूपमा द्रुत गतिमा वृद्धि भइरहेको नविनतम विकासबाट उच्च किसिमको चौथो औद्योगिक क्रान्तिले हामी कसरी बस्ने, के काम गर्ने र एक-अर्कासँग कस्तो सम्बन्ध राख्ने भन्ने कद्राहरू लगायत समाजका सम्पद्रर्ण पक्षलाई रूपान्तरण गरेकोछ । प्राविधिक क्षेत्रमा भएको प्रगतिले दिगो विकासको लक्ष्य (SDGs) प्रति तिब्र गति लिने आशा पलाएको छ । तथापि, अति विकसित र अल्पविकसित देशहरू

विश्वमा ज्येष्ठ नागरिकको जनसंख्या धेरै छिटो बढिरहेको छ । १९८० मा ज्येष्ठ नागरिकहरूको पहिलो सम्मेलन मकाउमा हद्रंदा ६० वर्ष माथिको ज्येष्ठ नागरिकहरू ३७ करोड ८० लाख थिए । ४ दशकको अन्त्यतिर आईपद्रग्दा बढेर यो संख्या ७५ करोड ९० लाख पद्रगोको छ ।

(क्रमशः ८७% र १९%) विचको गहिरो खाडल सहित संसारको आधा जनसंख्या इन्टरनेटको सञ्जालबाट वाहिर रहेको देखिएकोछ (अन्तर्राष्ट्रिय दद्रर सञ्चार संगठनको तथ्य र आंकडा-२०२०) । अन्तर्राष्ट्रिय दद्रर सञ्चार संगठनको हालैको प्रतिवेदन अनद्रसार महिला र ज्येष्ठ नागरिकहरू समाजका अन्य समूहहरू भन्दा बढी मात्रामा विद्युत्तय प्रविधिको असमानता भोगि रहेकाछन । उनीहरूलाई यात प्रविधि प्रयोगको अभाव छ किन्तु प्रविधिको क्षेत्रमा भएको प्रगतिबाट निरन्तर प्राप्त हद्रने अवसरबाट वा सद्रविधाबाट पूर्णरूपमा वञ्चित भएकाछन भन्ने देखाएकोछ ।

यसै विचमा, हाल जसरी धेरै मानिसहरूलाई यो प्रविधिको प्रयोगमा जोड्ने प्रयासहरू चलिरहेका छन् त्यसरी नै त्यहा नयाँ जोखिमहरू पनि स्पष्टरूपमा देखिएका छन् । जसको उदाहरणको लागि ज्येष्ठ नागरिकहरूको मानव अधिकार, गोपनीयता आदी कद्राहरू चद्रनौतीको रूपमा रहेका छन् । विद्युत्तय प्रविधिमा अपनाईनद्र पर्ने नीति र शासन प्रणालीले राष्ट्रिय, क्षेत्रीय, विश्वव्यापीरूपमा आउनद्रपर्ने दद्रतगतीलाई पछाडि पारेको छ । तर महासचिवको मार्गचित्रले यी चद्रनौतीहरूलाई सहिरूपमा सम्बोधन गर्न, प्रविधिको सहिरूपमा उपयोग गर्न र उनीहरूको जोखिमलाई कम गर्न शिफारिस गरी ठोस रूपमा काम गर्न आवह्वान गरेकोछ ।

संयुक्त राष्ट्रसंघ अन्तर्राष्ट्रिय ज्येष्ठ नागरिक दिवसका उदेश्यहरूः बढ्दो उमेर र मानव अधिकार, सामाजिक सांस्कृतिक मापदण्ड र स्वायत्तताको अधिकारलाई ध्यानमा राख्दै विद्युत्तय प्रविधिसंग सम्बन्धित रूढिवादी, पूर्वाग्रह र भेदभावको सामना गर्दै ज्येष्ठ नागरिकलाई विद्युत्तय प्रविधिमा सहभागिताको महत्वको बारेमा सचेतना जगाउने दिगो विकासको लक्ष्यमा(SDGs) पूर्ण उपलब्धि हांसिल गर्नको लागि विद्युत्तय प्रविधिको लाभ उठाउने नीतिहरू अवलम्बन गर्ने । साक्षरतामा प्रवेश, हरेक क्षेत्रमा रहेका सार्वजनिक र निजि हित, अन्तर सम्बन्ध, निर्माण, प्रयास, क्षमता विकास, पूर्वाधार र नविनत कार्यहरूलाई सम्बोधन गर्ने । साइबर सद्ररक्षा र नैतिकता, डिजिटल संसारमा ज्येष्ठ नागरिकको गोपनीयता र सद्ररक्षाको सद्रनिश्चितता कायम गर्नको लागि नीतिगत कानूनी संरचनाको भद्रमिकाको खोजी गर्ने । जिम्मेवार, ज्येष्ठ नागरिकको अधिकारका साथै अन्य उमेर समग्रहका सम्पूर्ण व्यक्तिहरूको लागि अन्तर-सम्बन्धित मानव अधिकार सम्बन्धी दृष्टिकोणको लागि आवश्यक कानूनी संयन्त्रको विकासमा जोड दिने ।

विद्युत्तय प्रविधि यद्वाहरूको माभ ज्यादाै प्रयोगमा आएको छ तर ज्येष्ठ नागरिकलाई यो प्रविधिको सेवामा धेरै टेवा दिन सकेको छैन । जसले गर्दा आधुनिक जीवनमा स्वतन्त्र वन्न चद्रनौति देखिएको छ ।

विगतको दशक भन्दा आज आएर हाम्रो जीवन शैलीमा ज्यादाै परिवर्तन आएको छ । त्यसमा डिजिटल प्रविधिले तिब्र गतिमा थप परिवर्तन ल्याएको छ । जसले गर्दा यद्वाहरूमा त यो प्रविधिले चमत्कारै गरेको छ । यसो हद्रंदा हद्रंदा पनि ज्येष्ठ नागरिकमा भने यसको प्रयोग नगन्य रहेको छ । भारतको

HelpAge India को प्रतिवेदन अनुरसार २०१० सम्ममा भारतमा ज्येष्ठ नागरिकको जनसंख्या १८ वर्ष मद्रनिका किशोरावस्थाको संख्या जतिहदरुन्छ उनीहरूको पनि त्यति नै हदने देखिन्छ। त्यसले गर्दा डिजिटल प्रविधिको प्रयोग अत्यावश्यकका साथै ज्येष्ठ नागरिकलाई आधार मानेर प्रयोग गनर्द्रपर्ने देखिन्छ। किनभने ११० मिलियन ज्येष्ठ नागरिकहरूको साक्षरता दर ४४% मात्रै छ र यस्तो अवस्थामा मोबाइल फोन र इन्टरनेटको प्रयोग प्रभावकारी नरहने देखिन्छ।

स्मार्टफोन र सामाजिक सञ्जालको प्रयोग विना ज्येष्ठ नागरिकहरू पूर्ण रूपले एक अर्कामा बोलचाल गरेर र व्यक्तिगत सम्पर्क राखेर व्यवहार गर्ने गर्छन तर विगत १० वर्ष देखि प्रविधिमा आएको व्यापक विकासले गर्दा संसारनै परिवर्तन भैसकेको छ। आजका धेरै जसो व्यापारहरू प्रविधिको प्रयोग वाटै हदने गरेको छ र अनर्द्रभवका आधारमा यो ज्यादै सजिलो माध्यम बनेको छ। यद्ववावर्गको लागि यसको प्रयोग बढ्दो गतिमा छ र उनीहरूले स्वभावत यसको प्रयोगलाई अंगालेका छन्। यसले जीवनलाई ज्यादै सहज बनाएको छ भन्दा अत्यद्रक्ति नहोला। तर यो परि वर्तनले, ज्येष्ठ नागरिकहरू जो यो प्रविधि संग वानि परेका छै नन् त्यसले उनीहरूको जीवन अगाडी बढ्न वाधा पारेकोछ। अतः हामीले यो कद्वरालाई मनन् गरी ज्येष्ठ नागरिक जन्य प्रविधि ल्याएनौं भने हाम्रो भोलिको नयाँ अथवा गरिमामय नवः आविष्कार माथि नै अवरोध हदनेछ।

नयाँ प्रविधिले ज्येष्ठ नागरिकको जीवनलाई अहिले भन्दा धेरै गद्वरणा समृद्ध बनाउन सक्छ। प्रमद्वरु कद्वरात प्रविधि संचालन गर्न सक्ने ज्येष्ठ नागरिकले आफुद्वरालाई समय सापेक्ष पार्न सक्छन्। र, उसले स्वतन्त्रपूर्वक आफ्नो व्यापार Online प्रवीधिद्वारा सञ्चालन गर्नाले अरू मानिसमा उसले भर पर्न पनि पर्दैन। उस्तै उमेरका तर प्रविधि नजानेका ज्येष्ठ नागरिकले भन्दा प्रविधिमा पो ख्त भएकाले दैनिक जीवनमा खद्वसि रहन सक्दछन् र सम्पन्नता पनि प्राप्त गर्न सक्छन् त्यसैले यो प्रविधि आजका ज्येष्ठ नागरिकहरूलाई चौतर्फी विकास गर्ने अत्यावश्यक प्रकृया हो। यो प्रविधि विना ज्येष्ठ नागरिकहरूले एकलोपन व्यतित गनर्द्रपर्ने र असन्तद्वष्ट भएर बस्न पर्ने अवस्था आउन सक्छ। मानौकी ज्येष्ठ नागरिकको आफ्नो कद्वरनै पनि सन्तान अर्कै शहर वा देश मा वस्छन् र सामाजिक सञ्जाल, फेसबकद्व, वाट्सअप चलाउन सक्दैन भने उहांले आफ्नो सन्तान संग सम्पर्क राख्न पनि सक्दैन। हे ल्पएज इण्डीयाको प्रतिवेदन अनुरसार ९०% भन्दा बढी ज्येष्ठ नागरिकहरूले सामाजिक सञ्जालको प्रयोगवाट आफ्नो परिवार वा साथी भाईलाई सम्पर्क राख्ने गरेको उल्लेख छ।

धेरै ज्येष्ठ नागरिकहरू जो एउटा शहरवाट अर्को शहर मा आउने जाने गर्छन अथवा जस्को स्वास्थ्यमा समस्या छ, उनीहरूको जीवन चद्वरनौतीपूर्ण छ तर सामाजिक सञ्जाल जस्तो मोबाईलको प्रयोग मात्र पनि ज्येष्ठ नागरिकलाई वरदान सावित भएको छ। त्यसरिनै online सेवा अर्को त्यस्तै महत्वपूर्ण प्रविधि हो। जस्को प्रयोगले ज्येष्ठ नागरिकले आफुद्वराले प्रयोग गरेको वस्तुद्वको विल तिर्न सक्छन् र आवश्यक वस्तुद्व यिनै माध्यमवाट मगाउन पनि सक्छन्। यसका साथै वैकको कारोवार घरमै वसेर आनन्दका साथ प्रयोग गर्न सक्छन्। जस्तो घरवाटै टिकट वद्वकिंड गर्न सक्छन्, खाना मगाउन सक्छन् कामगर्ने मानिस मगाउन सक्छन् र मनोरंजन समेत लिन सक्छन्। यो प्रविधि आवश्यक वस्तुद्व प्राप्त गर्नको लागि, यात्राको लागि सन्तोषजनक त छुदै छ त्यस वाहेक चाहेको खाना मगाउनको लागि पनि उतिकै

आवश्यक छ। वास्तवमा त्यहि प्रविधिवाट नै अन्य प्रविधिको प्रयोग कसरि गर्ने भन्ने समेत सद्वविधा प्राप्त गर्न सकिन्छ।

उदाहरणको लागि ज्येष्ठ नागरिकलाई तालिम दिन विभिन्न नाम गरेका App उपलब्ध छ। जस्ले आवश्यक app हरु website's र अन्य कद्वरा कसरि प्रयोग गर्ने भन्ने कद्वरा video द्वारा सिकाउंदछ। Internet प्रविधि जहाँ गए पनि सूचना प्राप्त गर्न सक्ने माध्यम हो चाहे त्यो ताजा खबर होस वा आफुद्वलाई इच्छा लागेको नयाँ कद्वरा सिक्नको लागि होस् अतः यो अतद्वरलनीय प्रविधिको स्रोत हो। यो प्रविधिमा भएका video हरुले नयाँ कद्वरा कसरि सिक्ने, नीयमित व्यायम कसरि गर्ने र विश्वका पक्वान पकाउने परिकार वारेमा जानकारि समेत दिन्छ।

यस प्रकारको प्रविधि सिक्नाले आफ्नो स्वास्थ्यको लागि तद्वरुन्तै कामलाग्ने कद्वराहरू सिकेर ज्येष्ठ नागरिक आफुद्व स्वस्थ रहन सक्छन्। यी प्रविधिहरूले मद्वटद्वको धडकन (गती) Blood Sugar, Blood Pressure आदिलाई काबद्वरमा राख्न सक्छन्। यस्ता तत्काल प्रयोगमा आउने सद्वरुक्षाका साधनहरू ज्येष्ठ नागरिकहरूका लागि घर भित्रै अति काम लाग्ने हद्वन सक्छन्। त्यसका साथै त्यहाँ Ar/Vr (आर्ग्यड्वमेन्ट रियालिटी) र (भर च्यद्वरुअल रियालिटीको) प्रयोगले ज्येष्ठ नागरिकले आफ्नो स्वास, प्रस्वासको गती अनर्द्रभव गर्न सक्छन् र विश्वभरि जहाँ भएपनि आफूले यसको सहयोग लिन सक्छन्।

संक्षेपमा भन्ने हो भने प्रविधिहरूले ज्येष्ठ नागरिकहरूको जीवन स्तर विकसित गर्न सक्छन् तर त्यहाँ शीप सिक्न अवरोध छ। मानौकी कद्वरनै नयाँ शीप हामिले सिकायौं भने त्यसलाई बद्वभन समय लाग्छ अतः ज्येष्ठ नागरिकलाई यो नयाँ प्रविधि सिक्न प्रसस्त समय र धैर्यताको आवश्यकता पर्दछ। ज्येष्ठ नागरिकलाई नयाँ चिज सिकाउन पटक पटकको सहयोग आवश्यक हद्वरुन्छ। स्वभावत नयाँ चिज सिक्न वारम्वार सो कद्वरालाई दोहोर्न्याउनर्द्र पर्ने आवश्यक हद्वरुन्छ अर्को महत्वपद्वर्ण कद्वरा के हो भने ज्येष्ठ नागरिकलाई नयाँ कद्वरा सिकाउंदा प्राविधीक रूपमा स्वतन्त्र छोड्नर्द्रपर्छ र मात्र त्यसको राम्रो नतिजा प्राप्त गर्न सकिन्छ। प्रायः आफ्नो परिवार वा आफन्तले ज्येष्ठ नागरिकलाई त्यस्तो सद्वविधा दिनर्द्रपर्ने हद्वरुन्छ। जस्ले गर्दा उनीहरूलाई ठूलो मद्वत पद्वरुन्छ तर उनीहरू आफूले सिक्ने कद्वरामा भने मेलो पाउंदैनन्। वास्तवमा उनीहरूलाई सिकाउन मद्वत गर्नु पर्छ र त्यहि प्रविधिले नै कसरि सिकाउन सक्छ भन्ने कद्वरामा उनीहरूलाई स्वतन्त्र पादै अगाडी बढाउनर्द्र पर्छ। नयाँ प्रविधिको सिप विकास गर्न ज्येष्ठ नागरिक समद्वरुहको लागि हाम्रो देशमा पनि अति नै जरूरी भएको छ। जसका लागि ज्येष्ठ नागरिकको समद्वरुहलाई नै एक आपसमा छलफल गराउने र सिकाउने खालको अति नै धैर्य प्रशिक्षकको आवश्यक पर्दछ। जस्को धैर्यताले गर्दा ज्येष्ठ नागरिकलाई नयाँ शीप सिक्न सहज हद्वनर्द्रपर्दछ।

नेपालमा आजका यद्ववाहरू विच सरकारले प्रविधि शिक्षामा जोड दिएको छ तर यस्तै प्रयास ज्येष्ठ नागरिकहरूको लागि पनि व्यवस्था गर्न आवश्यक छ र प्रविधिका नयाँ तालिमहरूको योजना गरि उनीहरूको जीवनस्तर उकास्न आवश्यक देखिन्छ। त्यसैले देशमा प्रविधिको विकास गर्न ज्येष्ठ नागरिकहरूको प्राविधिक शीप विकास गर्न अति आवश्यक देखिन्छ।

Club Activities

HANDOVER OF CLASSROOMS

Rotary Club Kathmandu Mid-Town on 19 November 2021 organized a handover program of newly constructed classrooms at Shree Azad Basic Government School. The project was approved and financed by Rotary District 3292 along with RC Kathmandu Mid-Town through the earthquake relief fund Rotary ERRRP and supported by Daya



Foundation. There are two brand new classrooms completed and desks and new furniture have been installed. The children at Shree Azad Basic School will benefit greatly especially during the winter months. The school administration is extremely grateful for this gift. District officials PP Rajendra Shakya and PP Kumud Tripathy from the District ERRRP committee, President Rajesh Pradhan and his Team from Daya Foundation, AG Neeva M Pradhan, and Secretary Abhishek Raj were present during the program.

DIABETES SCREENING CAMP

Rotary Club of Panauti along with Rotaract Club of Panauti, Panauti Municipality, and with technical support of Ulak's Diet Path organized a Diabetes Screening Camp and public awareness program on 14 November marking World Diabetes Day 2021.

President of the Rotary Club of Panauti Er. Situ Sainju said that people of developing countries like Nepal are more affected by diabetes than non-communicable diseases. This year is special because it marks the 100th anniversary of the invention of insulin, which is used in the treatment of diabetes, he added. More than 100 people were benefited from the Diabetes Camp.



FREE HEALTH CAMP



Rotary Club of Gangabu organized a "Child Health Camp" on November 26, 2021, at Dharma Vidhyaashram Aadharvut Vidhyalaya. A total of 125 students from two schools viz. Dharma Vidhyaashram Aadharvut Vidhyalaya and Saraswoti Aadharvut Vidhyalaya benefited from this health camp which was supported by Doctors and Nurses of Siddhi Hospital, Kantipur Dental College, and Bir Hospital. Free consultation, checkup & medicine were provided to the students.

SCHOOL BAG DISTRIBUTION



Rotary Club of Gongabu organized a "Bag Distribution Program" on 21 November 2021 at "Saraswoti Aadharvut Vidhyalaya", Tarkeshwor, Kathmandu. A set of Bags, Six pcs writing copy, pencil, sharpener, eraser, and a warm cap was handed over to 35 students of the school. The school bag was provided by Salt Trading with the help of PP Rajendra Man Sherchan of Rotary Club of Thamel while the other stationaries were provided by the club. District Public Image Committee Chair Rabi Baral was also present during the program as the Chief Guest.

Rotary  |  SERVE TO CHANGE LIVES

**EACH ONE
BRING ONE**

Club Activities

SETUP OF DENTAL DEPARTMENT

Rotary Club of Kathmandu North has set up a dental department at Galyangar Hospital in Syangja with the technical assistance of Kantipur Dental College and Teaching Hospital. The Club with the support of District 3292, Rotary Club of Uku Jinjong of New Taipei Taiwan, and with the technical assistance of Kantipur Dental College Teaching Hospital established this department. Kantipur Dental and Teaching Hospital will manage the manpower for two years.

With the establishment of the department, the people of Galyang Municipality, Kaligandaki Municipality, Chapakot Municipality, Ramba Municipality of Palpa, and Rampur Municipality will be able to get direct and indirect services.



DEUSI BHAILO PROGRAM & INTERACT WEEK CELEBRATION

On 4th November, 2021, Rotary E-Club of District 3292, Nepal celebrated Deusi Bhailo program with Rotaract Club of Kathmandu Metropolis, Interact club of LRI School, and Rotakids of E-Club of District 3292. There were almost 50 participants on that day. There was a separate session of games which was played by the Interact Club of LRI School to mark Interact Week. That day was a total of fun with various activities like rangoli making, various games, singing, dancing, and puja. Rs. 13,000 was collected which was distributed among Rotaract, Interact, and Rotakids for their service projects.



CELEBRATING ROTARY DAY OF SERVICE



As inspired by the Rotary International President, Rotary E-Club of District 3292, Nepal celebrated Rotary Day of Service on 20th November 2021 on the occasion of World Children's Day at Shree Bhanodaya Basic School, Sana Gaun, Lalitpur with various service activities.

During Rotary Day of Service, Rotarians from E-Club, Rotaractors from Rotaract Club of Kathmandu Metropolis, Interactors from Interact Club of LRI School, Rota Kids of Rotary E-Club of District 3292, and friends of Rotary E-Club actively participated in various service programs. The day began with career counseling sessions on career in Banking, IT, Legal sector for the students which were conducted by the Rotarians of the E-Club and Rotaract Club President as a part of vocational service. Similarly, Rotarians and Interact Club members joined hand together to paint the class rooms of the school to enhance the beauty of the classrooms and create a good learning environment. A vision screening program with assistance from Rota Kids was also organized in which total of 38 school students benefitted.

To conclude the Rotary Day of Service, various fun & team building games were organized and the school students participated in the games with great enthusiasm. The Rotary Day of Service was a great event as all the participants enjoyed the day with vocational service, volunteering, games, good food, and fellowship.

MIND MANAGEMENT & MOTIVATION TO JAIL MATES



The Rotary Club of Rajdhani on November 20, 2021, completed another important service work at CENTRAL JAIL, Kathmandu. In presence of DGE Jitendra Bahadur Rajbhandari, two keynote speakers Karna Shakya and Dr. Chintamani Yagi gave an in-depth talk on "Mind Management & Motivation" to more than 200+ Women Inmates in Central Jail.

Club Activities

BLOOD DONATION CAMP

Rotary Club of Bharatpur organized Blood Donation Camp in association with Rotaract Club of Bharatpur and Rotaract Club of Bharatpur Height at Narayangarh Buspark, Bharatpur, Chitwan on 01st November, 2021. The program was chaired by President Rtn. Rajendra Kumar Piya and AG of Zone 29 Rtn. Sharad Gopal Nyachhon was the Chief Guest. The camp collected 54 pints of blood from valuable donors. The camp was supported by Narayangarh Bus Park Management Committee as a local partner.



CITY TOUR OF WHITE JADE MAHA KARUNA BUDDHA STATUE

Rotary club of Central Lumbini has successfully completed the welcome and City tour of the White Jade stone Mahakaruna Bouddha statue on 6 Kartik 2078 (23 October 2021). The Statue was received at the Sanouli Custom office and is worth approximately 2.5 billion rupees. Statue was worshiped and was taken for a City tour in form of Big rally and toured to Bhairahawa City, Mayadevi Gaupalika, and Lumbini. It was stalled permanently at Gautam Buddha International airport Bhairahawa. Total 22 Rotarians have participated in this program.



CLOTHES DISTRIBUTION PROGRAM



Rotary Club of Narayani Mid Town organized new and old clothes distribution program to 45 families of Maadi, Ward No.9 Baandarjhula on dated 13th Nov.2021. The program was organized jointly with Women's Entrepreneurs Association of Nepal (WEAN) Chitwan. The program was conducted in the presence of Ward Members, Arpana Pradhan Bhandary: President of WEAN Chitwan/President Nominee RC Narayani Mid Town, President Elect Sweta Upadhyaya and Board Member Ram Chandra Lamsal.

MEGA & SPECIALITY HEALTH CAMP

Rotary club of Rupandehi conducted 1st mega and 4th speciality health camp on different specialty areas at Dhadhai Primary Health Care Centre, Rohini Rural municipality, Rupandehi on 26th Nov 2021. Club provided whole range of facilities for the patients in five different specialty areas such as Medicine, Surgery, Gynaecology, Dermatology, and paediatrician. Club also provide free medicine to patients on the basis of doctor's prescription. Total 287 patients are benefited from the health camp. Total cost of project was 3,70,000. Club also arrange government health insurance desk at same place for the registration to the patient and other common public. A total of 25 people registered on government health insurance on same day.



Club Activities

BLOOD DONATION PROGRAM



On 20th Nov. 2021, Rotary Club of Narayani Mid Town organized blood donation program at Bharatpur, Chitwan in front of Hotel Royal Century. The program was conducted jointly with Rotaract Club of Narayani Mid Town and Interact Club of Little Flower. AG, Zone 30 Rotarian Narayan Pradhan was the chief guest of the program. 29 pint blood was collected during the program which was handed over to Nepal Red Cross Society.

SAFE RIDE CAMPAIGN

On November 20, 2021 a Safe Ride Campaign was organized jointly by Rotary Club of Tinau Butwal and NASA Foundation along with Rotary Club of Butwal Downtown, Rotary Club of Center Rupendehi, Rotaract Club of Downtown, Rotaract Club of Center Rupendehi, Rotaract Club of Lumbini Commerce Campus, Rotaract Club of Capital Butwal, Rotaract Tinau Butwal and in joint collaboration with Rotaract Club of South Butwal. The program was conducted with the objective of reducing the death due to increasing number of road accidents.

“FEED THE HUNGRY” CONSERVE FOOD-SAVE LIVES

Rotary Club of Biratnagar Downtown on 8th October, 2021 under the banner “Feed The Hungry” Conserve Food- Save Lives, handed over Ration including rice, dal, Oil, sugar, chiura, bhuija sufficient for 78 women (Aama Haru) for a month in Manavsewa Ashram, Biratnagar. Club President Rtn. Sanchita Jain and Secretary Elect Rtn. Namita Agrawal had sponsored for this noble cause worth Rs. 50,000. President Rtn. Sanchita Jain, Secretary Rtn. Anita Sarada, and service committee chair Rtn. Girija Sarada along with 10 members were the part of the program.



HEALTH CAMP FOR BABIES WITH CEREBRAL PALSY

Rotary club of Biratnagar Downtown on 22nd November, 2021 organized the health camp for the club's signature project called “Cerebral Palsy Baby Project” in Rotary Bhawan. The medical team, Self Help Group Cerebral palsy (SHGCP) examined 12 kids of our CP Day care center. Dr. Bernhard Schmitt, Pediatric Epileptologist from Switzerland, Dr. Pragya Karmacharya Rajbhandari, Pediatrician, Ava Dhungana, EEG technician, and Manoj Shah, Physiotherapist were the medical team from Kathmandu. Medicines & required medical instruction was given by doctors to kids' parents. Program coordinator Club Charter president & CP committee chair Rtn. Dr. Mamta Verma, President Rtn. Sanchita Jain, Secretary Rtn. Anita Sarada, Service committee Project chair Rtn. Girija Sarada along with a few members joined the program.



Club Activities

WICK MAKING MACHINE HANDOVER

On 19th November, 2021 with the aim of women empowerment, the Rotary club of Biratnagar downtown & Nepal Maheshwari Mahila Sangathan jointly handed over 3 wick making machines in the presence of our respected Biratnagar Mayor Mr. Bhim Parajuli ji. Both the organization's President Rtn. Sanchita Jain & President Mrs. Anita Atal along with our club service committee & women empowerment committee chair Rtn. Girija Sarada, Secretary Rtn. Anita Sarada and 20 members were part of the program. The project took place in the Biratnagar Municipality office. 1st machine was handed over to Vridha Ashram, Biratnagar. 2nd machine was handed over to Bahira school, Biratnagar, and the 3rd machine was handed over to a needy woman. The cost of these three-machine is Rs78,000. This is an ongoing project and the club expects to install 2 more wick making machines in Dharan & Kathmandu.



RANGOLI COMPETITION

To encourage budding talent a Rangoli Competition was conducted by Rotary Club Of Biratnagar Fusion. First Lady Nabinita Rijal judged the amazing creativity and participants from Nepal and India. Sweety Singhal, Mumbai bagged the first price while the second and third place were secured by Chetna Dugar, Biratnagar and Priyanka Rathi, Biratnagar.



CHARTER PRESENTATION OF RC GYANESHWOR



Amidst an august gathering, Charter Presentation Ceremony of Rotary Club of Gyaneshwor was held in Hotel Soaltee Crown Plaza on November 8, 2021. Rotary Club of Gyaneshwor has been sponsored by RC Tripureswor and is unique as the first All Women's Club in RI District 3292. Welcome to Rotary Fraternity and All the Best to RC Gyaneshwor.

TRAINING IN CENTRAL CORRECTION CENTRE (JAIL)

On 20th November 2021 RC Kathmandu West organized a 7 days Training making "Detergent powder, Liquid soap and washing Dalle Soap" to Prisoners of Central Correction Centre (Jail). Around 250 Prisoners had participated and Certificates were distributed to them by RC Kathmandu West physically inside the Jail. This skill development training will help Prisoners to earn income.



The world needs more
#ROTARIANS

Club Activities

HANDOVER OF DESKTOP

RC Kathmandu West on 29th November 2021 distributed 6 desktop computers to Kalidevi Madhyamik Bidhyalaya at Chakhel Village-5, Makwanpur District. After knowing that the school does not have a single computer, RC Kathmandu West helped in establishing the E-Lab and provided short technical know-how to teachers. Students and teachers along with Ward Chairman are very happy with all the support provided by the club.



21,000 PEOPLE INOCULATED WITH THE COVID VACCINE

RC Kathmandu Kalanki has been active in rendering COVID-related support like helping people find hospitals with oxygen supplies to manage ICU beds and ventilators needed for the treatment. Furthering the drive, Charter President Sulochana Sigdel and Admin Chair Rasna Maharjan coordinated with AIN (Association of International NGOs) through Damian Foundation to inoculate as many as possible. The vaccination program was done from 8th to 22nd August and further 2nd dose vaccines for senior citizens, family members of Rotarians, and other non-members were done. Thus, a total of 21,000 people were inoculated along with Rotarians of 45 different clubs.



TABLE TENNIS CHAMPIONSHIP

Rotary Club of Dillibazar organized the Intra Club Table Tennis Championship 2021 on 7th November 2021 Sunday Morning at Suryodaya Boarding Secondary School, Ghattekulo, Kathmandu.



FREE EYE CATARACT SCREENING CAMP

RC Dillibazar Organized Free Eye CATARACT Screening Camp on 27th November 2021 Saturday (11th Mangsir, 2078) at Mangalodaya Secondary School, Thankot, with the Coordination of Matrika Eye Centre of Old Baneshwar, Local Government body & School Authority. There were 400 Eye patients who examined their eyes and 74 were recognized cataracts. The Selected Cataracts will be freely operated providing required medicines by Matrika Eye Centre Old Baneshwar at own hospital.



Club Activities

HANDOVER OF RECONSTRUCTION OF SCHOOL BUILDING

Rotary Club of Baneshwor on 19th November 2021 handed over the reconstruction of “Taksindu Secondary School, Nunthala, Solukhumbu” with 12 Big Classrooms, along with 6 toilets, 2 Showers & 2 big Changing Rooms, which was successfully completed before the scheduled period. Twelve members team of RC Baneshwor were present, where President Rtn Mahendra Raj Bhusal & Charter President Rtn Vishnu B. Karkee handed over the “Key” to the Chairman of School to School Management Committee, Chairperson of Ward office & Head Teacher. “The 4-Way Test” has been placed in all 12 Classrooms & one in Head Teacher’s Office. All team members promoted “End Polio” wearing its logo & cap. Club also displayed a 12”x12” Rotary Wheel with a 6” thick Concrete Block, making it permanent. The Global Grant Project with GG-1860798 costing USD169,700 was also supported by thanks to RC Angers Du Bellay, France, Nepal Et Vous, France, and The Rotary Foundation.



SCHOOL BAG DISTRIBUTION

Rotary Club of Kathmandu North on 29th October 2021 distributed School Bags to the students of Shree Dhaneshwor Mahadev Primary School, Panauti-5



APPOINTMENT OF AMBASSADOR



Rtn. Dr. Shanker Prasad Sharma
RC Kathmandu Mitown



Rtn. Gyan Chandra Acharya
RC Kantipur Kathmandu

District Advisory Council Members Rtn. Dr. Shanker Prasad Sharma and Rtn. Gyan Chandra Acharya has been nominated as next Ambassador of India and UK respectively by Nepal Government.

District Governors Nominee Get-together



District Governors Nominee Get-together of Rotary International Zone 4, 5, 6, & 7 in Goa, India.

Club Activities

THRIVING YOUTH THROUGH INNOVATION

Rotary Youth Leadership Awards (RYLA) was held in Baglung from 10-13 November, 2021 which was organized by Rotary Club of Baglung supported by 17 Rotary Clubs of Region 4.



CONSTRUCTION OF SECRETARIAT BUILDING OF RC HETAUDA



SELF DEFENSE AWARENESS

Rotary club of Kasthamandap, Rotaract Club of Kasthamandap and Interact club of little Angles School under the guidance of our Youth Chair Rtn. Priti Sitaula, are organizing Self Defense Awareness Campaign, in various parts of Nepal. The main objective of the project is to develop physical and mental competence through a variety of drills, exercises, and techniques designed to engage their minds and develop their physical strength, coordination and endurance. The project aims to meet our three-year goal of “serving as a platform that promotes self-defense and security.”

The Self Defense Awareness and workshop was successfully completed in Kathmandu Valley which was divided in two different phases. On November 13, we organized awareness campaign to educate participants about basic information on physical and mental aspects of self-defense. We had speaker and guest who talked about their stories and importance of protecting ourselves. Evana Manandhar talked about her experiences and suggested ideas to deal with mental health problem. Rtn Sajjan BS Thapa focused on legal aspects. Laws related with self-defense was covered and various stories related to it was addressed. In order to talk about physical aspects, we had invited Rajul Moktan and Sushant Pradhan as our speaker. The second phase was organized on Nov 20, where the interested participants were subsequently offered with one day workshop session on basic self-defense skills. The workshop session was divided into two-time frame and was facilitated by our trainer Sajen Thapa. There was a participation of 60 people in the awareness and 20 people in workshop session.

The next phase of awareness campaign is going to be held on Pokhara.



Newsletters published by clubs



Rotary Club of Dilli Bazar-Kathmandu
 President: Rtn. Shikhar Mehta
 Vice President: Rtn. Lila Nath Sharma
 Secretary: Rtn. Sagar Nidhi Tiwari
 Treasurer: Rtn. Uday Raj Sharma
 Club No: 3292



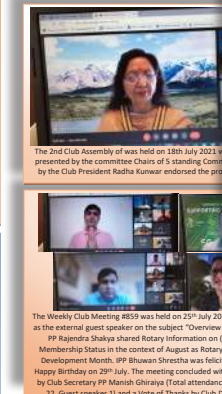
Rotary Club of Tripureswor
 Club Bulletin
 Green Valley Green Nepal
 July - Rotary New Leadership Month/Transition Month
 Club Bulletin # 2

This issue contains:

- Club Calendar of Events
- Second Club Assembly (First in FY 2021-2022) held on 18th July 2021
- Weekly Club Meeting #859
- Club Fellowship: Rudri Pujar cum Weekly Club Meeting #860
- Glimpses of "Green Valley Green Nepal" Campaign
- What Rotary Means to Me?
- ROTA QUIZ
- 7 Habits of Effective Rotarians
- Rotary Happy Moments
- Rotary Information Update
- Readers' comments
- Editorial

Club Calendar: August 2021

- 7th August 2021: Green Yeku Campaign cum weekly Club Meeting # 861
- 15th August 2021: Weekly Club Meeting #862
- 22nd August 2021: Weekly Club Meeting # 863
- 29th August 2021: Weekly Club Meeting # 864



The 2nd Club Assembly was held on 18th July 2021 with Mr. Shambhu Gurahal as the external guest speaker on the subject "Overview of Nepal Television Industry".
 PP Rajendra Shukya shared Rotary Information on (for detail see on page 6) Membership Status in the context of August as Rotary Membership and New Club Development Month. IPP Bhawan Shrestha was felicitated on the occasion of his Happy Birthday on 29th July. The meeting concluded with meeting attendance report by Club Secretary PP Manish Ghirayya (Total attendance: 23, Club members/spouse 23, Guest speaker 11 and a Vote of Thanks by Club Treasurer Ramesh Shrestha

Rotary
SERVE TO CHANGE LIVES

Rotary
INTERNATIONAL

14TH ROTARY DISTRICT CONFERENCE
 18-20 FEBRUARY, 2022
 2021-22 | JHAPA

Rotary
LIVE TO SERVE

REGISTRATION OPENS
 ORGANIZED BY: REGION VII, RID 3292

REGISTRATION FEES	DURING 13TH DISTRICT CONFERENCE	APR 12, 2021 TO DEC 31, 2021	JAN 1, 2022 TO FEB 10, 2022	SPOT REGISTRATION
ROTARIAN/GUEST	7,000/-	8,000/-	9,000/-	10,000/-
ROTARIAN WITH NON ROTARIAN SPOUSE	14,000/-	15,000/-	17,000/-	19,000/-
ROTARACT/INTERACT/RCC	4,500/-	5,000/-	6,000/-	6,000/-
ROTARACT/INTERACT/RCC WITH SPOUSE	7,000/-	7,500/-	8,000/-	8,000/-

ACCOUNT NO: 02101017501256
 ACCOUNT NAME: ROTARY DISTRICT CONFERENCE 2021-2022
 BANK'S NAME: NABIL BANK LTD, BIRTAMODE BRANCH

■ EXPIRED SLOT
■ ACTIVE SLOT

CONFERENCE ORGANIZING COMMITTEE

RTN. BENI GOPAL MUNDARA CHAIR, 14TH D.C. 9852020671	RTN. KUMAR GIRI CO-CHAIR, 14TH D.C. 9852672099	RTN. SUJAN PRADHAN SECRETARY, 14TH D.C. 9852662265	RTN. AMOD ACHARYA TREASURER, 14TH D.C. 9852672404
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HOTEL MECHE CROWN, JHAPA

14rotarydc3292

18TH - 20TH FEBRUARY, 2022

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Editorial Note



Dear Fellow Rotarian,

I am pleased to bring to you the 6th Governor's Monthly Letter (GML) of this year-December Issue.

Apart from reporting the activities of the club, we are also trying to bring various articles from fellow Rotarians which can inspire us and give us opportunity to understand Rotary better. We have included an article of Chair, District Public Image Committee Rabi Prasad Baral which gives us a road map as to how we can increase the visibility to Rotary and highlight the importance of The Rotary Public image and branding importance to make its activities and services visible to the people. We have also included a beautiful article of PP Rtn. Chatra Pradhan on Senior Citizen.

In this issue, we have also featured the newsletters issued by various clubs which also shows the interest clubs have shown in publishing the work they have done in their club. I hope more and more clubs are inspired to bring out these newsletter and disseminate our activities not only to other clubs but also to outside Rotary.

Having said that, we on a continuous level have tried to incorporate as many activities clubs have been doing in our GML however many inspiring activities seems to be missed due to low reporting. We also urge members for their write-up article so that such stories can inspire our readers.

We are all here to showcase your project! Cheers to Rotary! Happy reading!

Nischal B. Shrestha
Chair, District Publication &
GML Sub-Committee (2021-22)

ROSTER ON WHEELS

CONNECTING MEMBERS GLOBALLY



scan the QR code to get the app



Sharing the Rotary Story

Date: **Dec 4, 2021 (Saturday)** | Time: **03:30 PM** (Fellowship begins) **04:00PM**
(Program starts) | Venue: **Hotel Aloft, Thamel, Kathmandu**

Key Sponsors:



Collaborating Clubs



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