

GOVERNOR'S MONTHLY LETTER

GML

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February 2023



#letterfromdg_feb_rid3292_2022-23

#A_Walk for Heritage Preservation_Patan_Kirtipur

#publicimage_rid3292_2022-23

#serviceproject_rid3292_2022-23

#editorsnote_feb_rid3292_2022-23



Dear Rotarians Friends

February is dedicated to Peacebuilding and Conflict Prevention Month.

February 2023 was full of activities. RI District 3090 organized their AGTS in Kathmandu. We participated as speakers in AGTS with good inter district fellowship.

We owe our Rotary membership to our profession/ vocation in the form of our Classification. We Rotarians believe in Four Way Test and Rotary's Core Values. We all are and should be proud of our noble traditions of promoting exemplary business practices as guided by Rotary motto. We always should lead by example, live up to the highest ethical standards in our Rotary and Professional life.

We had half yearly review meeting with Assistant Governors in Sauraha, Chitwan where current update as well as upcoming district programs were discussed. Assistant Governors were reminded to motivate clubs assigned to them to do good to the world and to plan at least two joint meetings of clubs assigned to them. This will help clubs to understand more about Rotary and increase fellowship and bonding.

Club visits have been in the full swing. During January 2023, 18 clubs were visited. With this, 92 official club visits have been completed.

We have successfully completed first seven months of the IMAGINE ROTARY YEAR 2022-2023 with lots of exciting activities. Great way to start the year.

Sarita and myself and entire District Team are with you every inch of the way to enjoy Imagine Rotary Year and to do good to the world.

Imagine Rotary Year and to do good to the world.

TOGETHER FOR A BETTER WORLD
AND
TOGETHER, WE IMAGINE ROTARY



With Warm Regards,

Jitendra B Rajbhandary

DG, RID 3292



Jennifer Jones
RI President

Recently, I spent time in the Nakivale refugee settlement in Uganda. As the "settlement" in its name suggests, the people living there are free to move around and integrate as best they can — one thing that makes the place unique.

I had a chance to play soccer with boys and girls from about a dozen nations and talk with women who had fled areas of conflict. It was a tapestry of human experience shared through both laughter and tears.

As I walked across a school campus at the settlement with a teacher, she shared with me the dire statistics on girls' education. Most don't get through grade school. Many are sold into child marriage to pay for food for their families. As I looked around at these young girls, I was gutted.

Our work with empowering girls and women is much more than creating equity — sometimes, it's about health or education. Other times it's about providing safety. Regardless of the path, it's always about basic human rights. We can do more to empower girls and women, and we can expand how we share the progress Rotary members and our partners have made toward this goal.

There is no shortage of inspiring examples of our work, from interest-free microcredit loans for women in Nigeria, to projects in India that provide girls menstrual hygiene products. Hundreds of projects are taking place across all Rotary areas of focus and are making a meaningful and often lifesaving difference.

Together, we can address the needs and inequities that girls throughout the world face daily. But we must also monitor the impact of these projects and create awareness of Rotary resources and subject matter experts, including Rotary Action Groups, The Rotary Foundation Cadre of Technical Advisers, Rotary Peace Fellows, and others. It is especially important that we tell the stories of our initiatives that have a positive impact on the lives of women and girls. This last point is near and dear to my heart. This means sharing our stories on social media, through local news outlets, in this magazine, and wherever we can inspire others.

As you do so, it's important to provide information that helps our Rotary family connect with others who are implementing activities in their regions, as well as across the world. Let's share our successes and learn from one another — then proudly tell our stories to a larger audience.

These are exciting times in Rotary, and the world is taking notice. As we work to empower women and girls to step into their full potential, we create new pathways for membership growth and greater collaboration with partners to create positive, lasting change. Thank you for your continued action in this vital effort.



#A_Walk for Heritage Preservation_Patan_Kirtipur



Rotary Club of Patan Heritage

रोटरी क्लब अफ पाटन हेरिटेज सन् २०२२ अगष्ट महिनाको ०९ तारिखमा रोटरी इन्टरनेशनलमा दर्ता भई नेपाल सरकारको संस्था दर्ता सम्बन्धी ऐन २०३३ अनुसार दर्ता भएको एक सामाजिक संस्था हो। स्वास्थ्य, शिक्षा क्षेत्रमा केहि योगदान पुर्याउने हेतुका साथ सामाजिक कार्य गर्ने उद्देश्य लिएर स्थापित यो संस्था कला तथा संस्कृति, सम्पदाहरुको संरक्षण, सम्बर्धन तथा प्रवर्धनको गर्ने /गराउने कार्यमा समेत कतिबद्ध रहेको छ।

सम्पदा संरक्षणमा यस रोटरी क्लब अफ पाटन हेरिटेजको पहिलो पाइला भाइदेगः पुर्ननिर्माणमा आर्थिक सहयोग जुटाउने कार्यबाट शुभारम्भ गरियो। यहि मिति २०७९/१९/१६ गते शिवरात्रीको दिन यस क्लबले “सम्पदा संरक्षणको लागि पैदल यात्रा” नारा सहित मंगलबजार देखि किर्तिपुर सम्म जम्मा १२ कि.मी को यात्रा सफलतापूर्वक सम्पन्न गरियो। उक्त कार्यक्रम मंगलबजार ललितपुरबाट शुरु गरी किर्तिपुर उमामहेश्वरमा गएर सम्पन्न गरिएको थियो। कार्यक्रमको समुद्घाटन माननीय पर्यटन, संस्कृति तथा नागरिक उड्डयन मन्त्री श्री सुदन किराँती र ललितपुर महानगरका नगर प्रमुख श्री चिरीबाबु महर्जनज्यूले सयुक्त रुपमा रिबन काटि यात्रा शुभारम्भ गरिएको थियो। पैदल यात्रा तय गर्नु भन्दा पहिलो माननीय मन्त्रीज्यूद्वारा सम्पदाहरुको महत्वबारे प्रकाश पारी सम्पदा जर्गेना गर्न मन्त्रालय सदैव तत्पर रहेको जानकारी गराउनु भयो भने ललितपुर महानगरका प्रमुख श्री चिरीबाबु महर्जनज्यूद्वारा भाइदेगः मन्दिरको बारेमा छोटो परिचय दिएर यस निर्माणधिन मन्दिरलाई मूर्त रुप दिन बजेट निकासो भएको र यसलाई निर्माण सम्पन्न गर्न आवश्यक आर्थिक सहयोग गर्ने बाचा समेत दिनु भएको थियो।

विहान ७ बजे माननीय मन्त्रीन्यू र अन्य विशिष्ट अतिथिज्यूहरु उक्त पैदल यात्रामा सहभागी भएका थिए। अथिति तथा विशेष अतिथिज्यू हरुको उक्त सहभागिताले अन्य सहभागीहरुलाई १२ कि.मी को यात्रा तय गर्न थप हौसाला दिएको थियो। उक्त यात्रामा ललितपुर नगर प्रहरी, सैनिक जवानहरुले पनि साथ र सहयोग गरिएको थियो भने गुर्सिंगाल धिमे खल. ले धिमे बाजा बजाई कार्यक्रमको रौनकलाई थप उजागार गरेको थियो।

यात्राको क्रममा ललितपुर र किर्तिपुरका विभिन्न वडाहरुले पदमार्गमा स्वागत गरेका थिए। ललितपुर वडा नं ३ का वडा अध्यक्षज्यूले अक्षेश्वर महाविहरमा सांस्कृति पहिरनमा स्वागत गरेको थियो भने किर्तिपुर नगरपालिका वडा नं ६ ले जलविनायक मन्दिर अगाडि टिका, खाडा र धिमेबाजागाजाका साथ पैलयात्रीहरुलाई स्वागत गरी कार्यक्रमलाई थप उल्लासमय र हर्षमय बनाएको थियो। त्यसैगरी पांगा दोबाटोमा रोटरी क्लब अफ पाटन हेरिटेजले नेवारी कला र संस्कृति बमोजिम सगुन दिएर स्वागत गरेको थियो।





#A_Walk for Heritage Preservation_Patan_Kirtipur



Rotary Club of Patan Heritage

विभिन्न सांस्कृतिक सम्पदाहरू अवलोकन गरी अगाडि बढेको पैदलयात्रीहरू विहान १०:३० बजे किरतिपुर उमामहेश्वर मन्दिर प्रांगणमा पुगेका थिए । समापन कार्यक्रमको अध्यक्षता रोटरी क्लव अफ किरतिपुरका अध्यक्ष रोटारियन श्री पुष्पराज अधिकारीज्यूले गर्नुभएको थियो । माननीय सधिय सांसद श्री विराज भक्त श्रेष्ठज्यू प्रमुख अतिथिको रूपमा उक्त कार्यक्रममा सहभागी भएको थियो । उहाँले सम्पदा संरक्षण हामी सबैको दायित्व रहेको र काठमाण्डौ उपत्यका भएका सम्पूर्ण लोप हुन गइरहेको संस्कृति तथा सम्पदा जगर्ने बेला आइ सकेको र युवा पुस्ताहरूलाई यस्तो जर्गेना गर्नुपर्ने महत्व बारेमा प्रकाश पार्नु भएको थियो । अन्तमा रोटरीक्लवका अध्यक्ष श्री गणेश कार्कीज्यूले कार्यक्रम सफलतापूर्वक संचालन गर्न आर्थिक र अन्य विभिन्न माध्यमबाट प्रत्यक्ष अप्रत्यक्ष सहयोग पुर्याउनु भएका सर्मा संघसंस्था तथा विभिन्न ब्यक्तित्वहरूलाई धन्यवादज्ञापन गर्ने क्रममा श्री कुमारी बैक लिमिटेड र नेपाल टेलिकमलाई विशेष धन्यवाद गरी सभा समापन गरिएको थियो ।

उक्त कार्यक्रमको प्रमुख लक्ष्य निर्माणधिन भाइदेगः मन्दिर पुर्ननिर्माणमा आर्थिक सहयोग जुटाउने भएतापनि यस कार्यक्रमले संस्कृति तथा सम्पदा जर्गेना गर्न आम जनमानसमा जागरुक बनाएको छ भने यसले आन्तरिक पर्यटनमा समेत सहयोग पुर्याएको छ । संक्षिप्तमा भन्नु पर्दा उक्त कार्यक्रमले संस्कृति जर्गेना गर्न जागरुक गरेको देखिएको थियो । यस्तो कार्यक्रमहरूले मौलिक कला संस्कृति तथा सम्पदाको जर्गेनागर्न ठूलो भुमीका खेल्ने देखेको छ र यस्तो कार्यक्रमले आन्तरिक पर्यटनको प्रवर्धनमा समेत महत्वपूर्ण योगदान पुर्याउने देखिन्छ ।



#serviceproject_rid3292_2022-23

RC Kathmandu Downtown Echoes RI's Goals

Rotary Club of Kathmandu Downtown is striving to echo essence of Rotary International. They are reaching to people who are in need of humanitarian assistance and initiated activities to protect environment and community. Our club was established in 2020 with 61 charter members. So far, They have one major donor and 24PHF members as well as 6 members who contributed for Polio prevention campaign this year. Along with the time They are learning as well as teaching culture of Rotary International to the members of the club. They have also been disseminating good deeds of fellow Rotarians in the past and present among Rotarians and non-Rotarians. Like in the previous years, this year They continued our activities initiated by Charter President adding some more humanitarian activities based on health sector and community focusing environment preservation.

Firstly, Mega Health Camp was organized in Tokha Municipality-2 on July 30. Medicines worth Rs 500,000 were also distributed free of cost at the health camp. Around 500 people benefited from the health camp organized at Ganeshsthan in Tokha. On 17 Sep. 2022, They organized health camp in collaboration with Green City Hospital at Tarkeshwor, Kathmandu in order to provide health assistance for the local people of that area. Rtn. Dr Moti Kumar Shrestha and Club president Rtn. Lok Bahadur Tandan were present during the camp. After that They organized health camp as our effort for the sake of humanitarian service at Buddhist Service Center Goldhunga, Balaju Nepal on 22 October. Free health kits and medicines were distributed in collaboration with Green City Hospital. In the health camp, 375 locals had the opportunity to get general treatment & medicine for skin, bone and joint, gynecology and obstetrics, heart and dental diseases. There were 32 health workers for health services, including doctors and nurses with Rotarians. Among the present patients, those with lower income levels will be treated by Green City Hospital free of charge and those who visits for the treatment at Green City Hospital from the camp will be treated at a 15% discount. Next health camp was organized on the occasion of Losar. Losar Free Health Camp was organized at Tudikhel, Kathmandu by the club with Rtn. Dr. Moti Kumar Shrestha on 30th December 2022. During the camp 450 people were provided health service. On the 7 and 8th of January, a 2-day health camp was conducted at Shivpuri rural municipality 6 ward office under the joint effort of the Rotary Club of Kathmandu Down Town and Greencity Hospital. The health of 590 local residents at the camp was examined and 3 doctors, and 4 staff-nurses were present. The health service related to gyno, bone-joints, asthma and cold-related diseases was examined. The necessary consultation was also given after the examination.

Secondly, Free Operation camp was another step of our club to reach to those people in dire economic conditions. Following one of the focus areas: Disease Prevention & Treatment of Rotary Club International our club's project which was organized to help people who are living under dire economic and health condition. So far, they have provided free health assistance under the title Free Operation Camp and Free Health Camp. This year they have done free operations worth of more than 2 million rupees with the help of Rotarian Doctors: Dr. Romeo Kansakar, Dr. Rupa Jha, Dr. Anil Bhattarai, & Greencity Hospital's Chairman Rtn. Lok Bahadur Tandan (President of the club).





RC Kathmandu Downtown Echoes RI's Goals



They facilitated Kirshan Bahadur Tamrakar to get the health service, worth of Rs. 134,410, Krishna Kumari Ghorasaini (44) who had 3 holes was provided free health service worth of Rs. 669,570. Additionally, Operation Camp for Buddhi Bahadur Galan worth of Rs. 11,11,101 was also organized. Free Operation Camp for Rita Sherpa worth of Rs. 4,96,795/- and Free operation for Dhana Shiri Tamang worth of Rs. 102,120 was carried out. She has also received health service time and again from last year worth of Rs.

Furthermore, They visited CVDSN at Sankhu with Rtn. Doctor Rupa Jha to provide medical assistance for the helpless children who are physically disabled but differently abled. They were 52 in numbers who are managed by Yub Raj Thapa and he himself is also physically disable, but he supports thousands of children who have been rejected by the society and their own family members. As a continuation of the work of connecting people with philanthropic spirit Rotary Club Downtown, handed medicine worth of 25 thousand and some clothes.

Again, another attempt to serve human and community was done with Blood Donation Programs. This year they did blood donation program for twice. The first blood donation program was held at the premises of Green City Hospital, Basundhara in the capital on August 20. A total of 139 people from various professions including health workers, journalists, security personnel, social workers donated blood in the program. Second blood donation was organized along with cultural program. The cultural program co-organized by our club with Chakrapath Sarsafai Mahaabhiyan at the presence of singers: Manju Poudel and Tilak Basnet and Former Chief Secretary Leela Mani Paudyal with our Rotarian members was successfully conducted at the premise of Greencity Hospital, Basundhara. co-organized this event with Chakrapath Sarsafai Maha Abhiyan on the occasion of 300th week completion of the Chakrapath Sarsafai Maha Abhiyan. The program was conducted among 100s of participants. Among them 75 people donated blood. Our 20 club members were present in order to keep the event well managed. The collected blood was provided to Kantipur Blood Bank.

Other than those humanitarian health service, our club has managed to carry out activities of preserving environment with Chakrapath Sarsafai Abhiyan which has been into practice for past 6 years. Our Rtn. Members such as President, Sthaneshwor Regmi (President Elect) Sambhu Uprety (Sur-at arms), Kehsari Raj Pandit (V.P. II), Renuka Gurung (V.P. I) etc. have regularly allotted their time for the sanitation campaign. Rotary members stand together holding banner of Rotary club with other people from the community around the area of Chakrapath. They believe this kind of activities help to bring people of diverse background to work to preserve environment. They gather every Saturday at 7 am for the preservation of environment.

In addition, tree plantation was executed to preserve enviroment. They organized a tree plantation program at Samakhushi Kharibot on August 6. A total of 40 saplings, including camphor, bay leaf, avocado and dhoopi, have been planted at the tree plantation program held at the premises of Amity Global Academy. Kapoor-6, Avegado-11, Parijat-6. During the plantation Rtns: President Lok Bahadur Tandan, Renuka Gurung, Sthaneshwor Regmi, Raj Kumar Baidawar, Bishnu Pokharel, Shambhu Upreti, Anoj Raj Poudyal, Anita Poudyal, Tanka Panta, Hari Shakal and Binod Thapa were present. Along with Chakrapath cleaning campaign, our club members are also involved in cleaning every week under the supervision of our president, Lok Bahadur Tandan. It is a matter of great pride for us that the subject is included in the Photo of the Month in the Monthly Governor's Letter.

Moreover, In a special concern for the preservation & service of cows, our club has initiated campaign called "Ek Chaak Gai laai Daan" (Donate a meal for Cow). During the campaign we handed donation boxes to the representatives of Godhuli, Indreni, Sky Banquet, Diyalo, Lord Palace, Basundhara, Annapurna, Yeti Events & Panas banquets in Basundhara. ■

#serviceproject_rid3292_2022-23

Peace Rally by Rotary Club of Biratnagar Downtown

The Rotary Club of Biratnagar Downtown organized a PEACE RALLY on February 23 in honor of International Peace and Understanding Day since February is "Peace Building and Conflict Prevention" month.

The protest featured a number of co-sponsored themes, including "Peace is Power," "Together we promote Peace," "May Peace Prevail on Earth," "Service over Self," "Long Live Rotary," "World Rotary Day," and "End Polio Today."

There were Rotarians, Non-Rotarians, District Officers, Zonal Leaders, and Rotaracts in attendance.

As part of the Rotary Day celebration, candles were lit at the Rotary Chowk in the evening.



5-day training program for floral arrangement for five underprivileged women

In partnership with Radhe Radhe Flower Junction, Rotary Club of Narayani Midtown, Rotaract club, and WEAN Chitwan organized a 5-day training program for floral arrangement for five underprivileged women. Jobs will be provided for them in accordance with their training. Mandaps, automobiles, bouquets, and other decorations are examples. Mr. Manoj Ranabhat, the president of ward 2, served as the event's special guest. The ward members thanked us and expressed their shock. It was a profitable endeavor.





#serviceproject_rid3292_2022-23

Rotary Club of Chitwan



Six wheelchairs were donated by the Rotary Club of Chitwan to 18 and 14-year-old Bharatpur residents in need. President Rtn. Deepak Pradhan presided over the proceedings, while Ward Chairman of Bharatpur-18 Mr. Baburam Rana Magar was a special guest.

A) Harka Bahadur Gurung B) Krishna Regmi C) Preeti Ale D) Puspa Raj Shrestha E) Minimaya Thapa Magar received the wheel chair.



The Rotary Club of Chitwan and the Spouse Club of RC Chitwan organized a food distribution program at the Satya Sai Bal Sewa Ashram in Bharatpur-7, Chitwan. The kids living in the Ashram were given food. President-elect Rtn. Chandreshwor Bhattarai and his wife Rama Bhattarai sponsored the program. During the program, food valued at NRs 30,000/- (In Words:-Thirty Thousand Rupees Only) was distributed.



A routine health camp was held at Rotary Karunalaya Briddhashram on Saturday, February 25, 2023, under the joint sponsorship of the Rotary Club of Chitwan and Rotaract Club of Chitwan. 35 elderly persons were examined and given medications. Rtn. Chandra Man Shrestha spoke on behalf of Rotary Karunalaya on the value of health camps before concluding the program with prayers of thankfulness. He is also the immediate past president of Rotary Karunalaya and the past president of RC Chitwan.



As part of its annual regular program, the Rotary Club of Chitwan held a clothes distribution program at the Chitwan Manav Sewa Ashram, where 51 people currently reside. During the event, garments costing a total of NRs 23,000/- (In Words:-Twenty Three Thousand Rupees Only) as well as household utensils and materials that were sponsored by the PP of RC Durbar Marga Rtn. Nugal Ananda Vaidya were distributed. The Annual Fund Subcommittee Chair, Rtn. Er. Sharad Gopal Nyachhyon, was present at the program.





#serviceproject_rid3292_2022-23

RC Narayani Mid-Town

A four-way test oratory competition amongst schools was held on February 23, 2023, in honor of 100 years of Rotary and the 18th international Rotary Day. There were 24 participants overall from 12 schools, each with a team of one guy and one girl. Regina Ranbhat, a student of Narayani Public School, was the first to stand. Barsaat Paudel from MSDT residence was the pupil who took second place. Jhalap Subedhi, a student from SOS Balgram, finished third. Father Manjus, the vice president of Little Flower School, was the main guest during the gathering.

Krishna Dhakal, the plus-two coordinator, was one of the additional guests. The ceremony was attended by audiences from all the schools as well as the previous president and vice president of RCNMT, the president of Rotaract, and Interact. There were three judges: Dhamraj Pokhrel, a teacher at Little Flower School, former president of the Chitwan Rotary Club Kapil Babu Khanal, editor of RCNMT. Everyone was quite pleased and delighted with the occasion because this presentation was so effective. Throughout the event, Kapil Sir spoke on the four-way exam. For first place, second place, and third place, there were three prizes for a total of 10,000 rupees, a seal, a medal, a gesture of affection, and a certificate. Also, each of the other students is shown love. Around 6:30 p.m., the RCNMT, Rotaract, and Interact staged a ceremony of diya lighting and candle lighting in honor of International Rotary Day. They invited all of Region 6's previous presidents. Candles were lit to officially start the celebration by assistant governor Suresh Sen Takuri, former Bharatpur IP Dhakal Sir and RCNMT AG president Ashesh Bhandari, and others. All of us joined them. An incredible thing happened.



After a year of development, the Rotary Khanepani Yojana of Pursu was officially inaugurated on February 11th. The 2019–20 rotational year is when this initiative was initiated. The Rotary Club of Narayani Midtown International District 3292, the Rotary Foundation (GG2015043), the Rotary Club of Fairfield, Iowa, the Rotary International District 6000, and the Rotary Club of Davenport, USA collaborated on this initiative as part of the Global Grant program (2015043). The project cost 152842 USD in total.

The project was created to help about 250 homes, which included about 1250 people who would receive filtered water from this project, in Dhadhing District Jwalamukhi Municipality, Pursu ward 4.





#serviceproject_rid3292_2022-23

Rotary Club of Birgunj

Rotary Club Of Birgunj
Rotary International District 3292
Club Id : 25212

RTN. VISHWAKARAN JAIN AT MERA PEAK SUMMIT 6461M (2022 OCT) WITH ROTARY CLUB OF BIRGUNJ FLAG

Two years ago, my health wasn't well. I visited several doctors in Nepal as well as abroad, but they were unable to pinpoint my particular conditions. Because of my health problems, I had to go through a significant weight loss. My health was in such a bad shape that I no longer had faith in my ability to recover.

So, I made the decision to get in touch with nature and try to heal with the aid of nature because I realized that if I kept acting in this way; my health condition would not get any better. After establishing a connection with nature, I gradually began to purify my body from the inside out and to adopt healthy habits, such as altering my diet, engaging in active exercise, and going on frequent hikes. I give it continuity by going to Shivapuri every day for hiking. I used to need up to 2 hours to go to the top, but these days it only takes me around 40-45 minutes to get to Shivapuri Peak. I adopted these routines each day and gradually began to feel better. I became aware of how unpredictable life is as a result of serious health concerns. Living your life to the fullest and taking advantage of every opportunity is crucial. And age is just a factor since I was already 55 years old. So I made the decision to become even more in tune with nature than I already was. I attempted to reach Everest Base Camp last year and was successful. I learnt more about how great it is to connect with nature between these journeys. I came up with a sudden thought that being born in a nation where Himal surround you is a privilege. A large number of individuals traveled here from all across the nation to climb himal. So, why not us? I then made the decision to climb Mera Peak, which is technically soft but has more height. The height of Mera Peak is over 6476m. I concentrated on working out more, taking better care of my body, and starting to devote more effort to maintain my physical health in order to feel more energized. I gave my best effort to my preparation. I traveled from Lukla to Mera Peak in around 10-11 days. I noticed no Nepalese during my journey. Also there were few foreigners. We arrived in low base camp (Kharey) in around 4-5 days. On the way there were no facilities at all. There were poor hotels. Even the tea shop was difficult to find out. So, I recommend that we always have enough water, energy drinks, and chocolates with us.

We encountered a lot of obstacles and hurdles. After a two to three hour hike from Kharey, we touched Mera Himal. At 7 in the morning, we then set off on our adventure to high camp. In comparison to other hikes, the route was really difficult. Even though of its obstacles, the beauty of the surrounding environment was breathtaking. I had a heavenly feeling the entire time I was traveling, so peaceful and incredible. That must be how heaven feels. I was really proud of myself right then for being born in Nepal, where I can admire himal all around me. We reached at around 4 pm at the high base camp. After getting to high camp, I drank energy drinks, ate chocolate and went to rest till 11:30pm. I completely rested. We were in a high camp with about 26 people. They had come from all nations, whereas I was only Nepali. Around 1:00 am, we restarted our journey to the summit from high camp. After spending almost two hours of climbing, we noticed several people were returning from the halfway point due to the high altitude; some people were seen to be ill. Some people had given up. It has made me lose confidence in myself because I too was feeling unwell.

I had difficulty in breathing and my heart rate was quite high. I was having terrible headaches. Weather was extremely cold and windy. My energy levels were very low at that time. My whole body was aching. I almost gave up. Then, my guide gave me a lot of encouragement at that very moment by using positive thoughts. He said, "दाई हामी विर नेपालीको छोरा भएर, बाहिरी मानिसहरुको अगाडी हिम्मत हान्नु लाजको कुरा हो, त्यसैले बिस्तारै अगाडी बढ्नु पर्छ।" I had intended to not give up until I vomit. About 15 to 20 minutes of conversation, we once more started moving on for summit. Around 7:00 in the morning, after moving cautiously and counting each step. We eventually reached the summit. My joy and pride were beyond explanation. It was an once-in-a-lifetime experience that I will never forget. I'm really happy I had the opportunity to summit. Being born in Nepal gives us the greatest joy in valuing nature deeply. I wish to tell every Nepali that we should travel as widely as possible throughout our nation. Every Nepali should see how beautiful our own nation is so that we can tell the rest of the world about its beauty. I believe that every Nepali has responsibility to encourage tourism. I'm very delighted to share with you what I've experienced on the Mera Peak journey.





#serviceproject_rid3292_2022-23

Rotary Club of Ratnagar

रोटरी क्लब अफ रत्ननगरले लटौली प्राथमिक विद्यालयलाई हस्तान्तरण गरिएको जग्गामा भवन निर्माण कार्य शुरु गर्नको लागि ३९ लाख ९० हजार रुपैया ठेक्का दिई भवन निर्माण सम्भौता गरिएको छ ।
उक्त भवन निर्माण ३ महिनामा सम्पन्न गर्ने गरि शिलान्यास गरिएको छ ।



रोटरी क्लब अफ रत्ननगर र रत्ननगर नगरपालिका वार्ड नं २ को संयुक्त लगानीमा निर्मित रोटरी पार्क तथा प्रतिक्षालयको समुदघाटन कार्यक्रमका केहि दृश्यहरु





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4-WAY TEST HOARDING BOARD



FOUR-WAY TEST

FOUR QUESTIONS – 24 WORDS

THE UNIQUE STEP-BY-STEP PROCESS

IS IT THE **TRUTH**?

- Clarity
- Transparency
- Fact checking
- Ethical behaviour

PROCESS TO ACHIEVE DESIRED OUTCOMES THAT ARE ETHICAL, FAIR AND BENEFICIAL TO ALL

That we do our homework to collect information and to apply critical thinking by asking questions to know the difference between facts, beliefs, assumptions, and opinions as well as know what we don't know.

IS IT **FAIR** TO ALL CONCERNED?

- Inclusion
- Empathy
- Acceptance
- Belonging
- Accountability

That we use empathy to see other points-of-view in the context of the problems to be solved and the goals to be reached.

WILL IT BUILD **GOODWILL** AND **BETTER FRIENDSHIPS**?

- Trust
- Do good
- Feel good
- Have fun

That the process is civil, and there is a feeling of respect and openness to ask the "dumb" question, they can lead to creative and innovative answers. Also, people prefer to work with people they like, respect and trust.

WILL IT BE **BENEFICIAL** TO ALL CONCERNED?

- What if scenarios
- Trade-offs
- Being creative and innovative
- Better decision making

That these are the conflict transformative answers and decisions that can lead to mutually satisfying solutions, that are sustainable and scalable. This can be an iterative process as we learn more from doing and continuously improving with time.



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RC Biratnagar Downtown

SWEATER DISTRIBUTION



Area of Focus-Basic Education and Literacy To support Rotary Nepal Literacy Mission, Rotary Club of Biratnagar Downtown successfully distributed sweaters with Rotary Emblem embroidered on them, to all the students of Shree Jyoti Adharbhoot Vidyalaya of our adopted village, Kharji. NIC ASIA sponsored the sweaters. We do our best to nurture the children's well-being in all possible ways. We believe that students can fully concentrate on their studies when they feel warm during the cold season.



HANDOVER OF HAPPY SCHOOL UNDER GLOBAL GRANT

Global Grant project 1984034, "MODERNIZATION OF THREE COMMUNITY SCHOOLS," is a joint project of 3 Rotary Clubs of Biratnagar. A "Happy School" creates an atmosphere where children, parents and teachers all feel happy about their school. Also, this falls in line with goal of Rotary Nepal Literacy Mission where the focus is on TEACH program. Rotary Club of Biratnagar Downtown adopted Shree Birat Mahendra Ratri Secondary School and converted it into Happy School by renovating and painting the entire school building including classrooms, toilets, doors, windows & boundry wall. Electric wiring was changed. Railing, Water station, Library, computer room with tables, desks & benches, montessori room with various games, office, Teacher's training etc. are some of the works done under this GGA handover program was done in presence of Mayor, Ward Head, Assistant Governor, Presidents of other Rotary clubs, Rotaracts, Head of education department, school principal, teachers, media persons and club members.





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Rotary Club of Biratnagar

Literacy Program for Marginalized Community Children PHASE - 2

BEFORE



for 55 children
of Kadhaha community children located at
Morang District Nepal

PHASE - 2

Provided dress, shoes & socks
for students
Bicycle for Single Teacher of the
community tutoring the children

AFTER



रोटरीद्वारा न्यानो कपडा वितरण



बिराटनगर (उस) /
धनपालथान गाउँपालिका-७
कदमाहास्थित एक अनौपचारिक
विद्यालयका बालबालिकालाई
न्यानो कपडा वितरण गरिएको
छ।
सीमान्तकृत अर्पिदेव
समुदायकालागि सञ्चालित सो
विद्यालयका छात्रछात्रलाई जाडोको
लागि न्यानो उनी सर्ट, पाइन्ट,
मोजा र जुता वितरण गरिएको हो।
विहीवार रोटरी क्लब बिराटनगरले
सो सामग्री वितरण गरेको हो।
विद्यालय नगई

घरमा बस्दै आएका सीमान्तकृत
अर्पिदेव (मुसहर) समुदायका
बालबालिकालाई भेला गरी
स्थानीय रामजी अर्पिदेवले विहान
र बेलुकाको समयमा निशुल्क
पढाउँदै आएका छन्।
आफू दैनिक जनमजदुर
गरेर जीविकोपार्जन गर्दै आएका
अर्पिदेवले नपढी यसैका
बालबालिकाहरूको भविष्य राम्रो
होस् भनि पढाउन थालेको थाहापाए
पछि गत भदौमा रोटरीले उनको
कार्यमा सहयोग पुगोस् भनेर ४३
हजार बराबरको कार्पोट, फर्म बोर्ड,

कंप, किताब लगायतको सामग्री
दिएको क्लबका साँघव शिव
अधिकारीले बताए।
कार्यक्रममा
विहीवारको कार्यक्रममा
शिक्षक अर्पिदेवलाई एउटा
साइकल प्रदान गरिएको उनले
बताए।
कार्यक्रममा क्लबका
अध्यक्ष कविन श्रेष्ठ, बेनीगोपाल
मुन्दडा, दिनेश गार्गीला, जीतेन्द्र
राठी, लोकेश टिक्डेवाला, गुरुराज
रेग्मीलगायतले बालबालिकालाई
एक लाख बराबरको सामग्री
वितरण गरेका थिए।





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RC Chitwan & RC Biratnagar Exchanging friendship through projects



RC chitwan project site visit, RC Biratnagar members showed interest in donating few beds for the programme this shows future friendship between the clubs



RC chitwan project site visit, RC Biratnagar members PP Rtn. Shiva Ratna Joshi & Rtn. Dinesh Gartaula donated one day meals at रोटरी करुणालय (वृद्धाश्रम) चितवन



#serviceproject_rid3292_2022-23

Rotary Club of Yala

Braille Papers, Braille Books, Tiffin & Financial Support for differently-abled

The Rotary Club of Yala and its Anns Group have been supporting Disabled Service Association, Bungmati Lalitpur since 2010 for the educational development and general well-being of differently-abled children living in the Centre. A few weeks earlier, Mr. Dayaram Maharjan of Disabled Service Association formally requested RC Yala for urgently needed Braille Papers for blind children studying at Adarsa Saula School at Karyabinayak, Bungamati. The Braille books are essential but expensive for the school to purchase on its own. On 13th January 2023 Rotary Club of Yala visited the Centre to handover Braille papers worth Nrs. 25,600, Tiffin worth Nrs 5,520, Financial Support Nrs 10,000 and Braille Books for Class 7.



Oxygen Concentrator to Mental Hospital, Patan

Rotary Club of Yala on Friday has handed over oxygen concentrator to Mental Hospital, Patan. President of Rotary Club of Yala, Rtn Gautam Shrestha handed over oxygen concentrator to a senior officials and doctors of hospital at the Mental Hospital, Patan. A representative of hospital and Rotary Club of Yala was present on the occasion.



Stationery, Tracksuits, Tiffin, Carpet, & 30 Desk Bench Distribution in the Educational Sectors

30 desks and benches for a classroom at Nepal Rastriya Secondary School, along with 60 tracksuits costing 60,000 rupees each, will be purchased by Shree Janak Primary School in Chitlang. Carpet for Classrooms, Stationery for One Year, Tiffin Costs for Two Months for One Hundred Students of Bramahini School, and Thecho payment worth Nr. 47,360 for Sinchahity Mahila School.



Free Dental Check-up Camp

Free Dental Check Up Camp was organized by Rotary Club of Yala in associated with Bhuju Everest Dental Clinic and Jagriti Academy on 9th December 2022, at the school premises. Total of 530 students and 17 teachers and staffs was examined individually and given a prescription accordingly. They also offered advice on maintaining good oral hygiene and showed participants the proper way to brush and floss their teeth. Dr Krishna Gopal Bhuju, Dr Asha Shrestha, Dr Ranju Khadka, volunteer from Bhuju Dental Clinic, Rtn Om Krishna Shrestha and President Rtn Gautam Shrestha from Rotary Club of Yala were participated during camp. Rotary Club of Yala would like to thank the dentists who generously donated their time and expertise to make this event possible.



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GOVERNOR'S MONTHLY LETTER

#editorsnote_Feb_rotayear2022-23



Rotary Corner



Rtn. Sarin Shrestha

**Chair, District Publication
& GML Sub-Committee (2022-23)
Rotary International District 3292**

EDITOR'S NOTE

Making a Difference 2017-18

Greetings, fellow Rotarians,

The 8th Governor's Monthly Letter (GML) for February 2023 has been delivered to you.

In addition to acknowledging the work of our Publishing and GML Subcommittee Teams through emails, texts, and in-person meetings, I'd want to take a moment to thank all of the clubs for providing the GML with more and more information. Your words of support motivated us to begin.

We have a chance to reaffirm our dedication to Rotary and our fellow Rotarians in 2023. Let's participate in a fresh endeavor and post about it on GML to motivate others.

A number of clubs' interest in sharing the work they have done collectively is shown by the newsletters we have included in this edition. In order to inform people outside of Rotary as well as other clubs about our activities, I hope that more clubs will be motivated to produce these newsletters. I look forward to your emails!

Imagine Rotary with SMiLE

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RI District 3292 Nepal - Bhutan



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ROTARY**