

GOVERNOR'S MONTHLY LETTER



# GML



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## GMS 2023

GRANT MANAGEMENT SEMINAR 2023

HOTEL RYNE A  
GAUSHALA, KAT

7 MAY 2023

7:30 AM - 12:00 PM



Dr. P. K. Sharma, District Governor



#letterfromdg\_april\_rid3292\_2022-23 # PETS 2023 @ CHITWAN # A Glimpse on District Training Assembly 2023 # A Glimpse on Grant Management Seminar 2023 #publicimage\_rid3292\_2022-23 #serviceproject\_rid3292\_2022-23 #editorsnote\_April\_rid3292\_2022-23



*Dear Rotarians Friends*

*As in earlier months, April 2023 was full of activities.*

*DGE Rajendra Dhoju's PETS for the Rotary Year 2023-2024 was successfully completed in Chitwan.*

*Club visits have been in the full swing. During April 2023, 20 clubs were visited covering Kathmandu, Biratnagar, Dhandadhi, Nepalgunj, Dhangadhi, Surkhet, Butwal. With this, 138 official club visits have been completed.*

*All clubs have been very active in doing good to the world. I would like to thank all clubs for their active participation in humanitarian activities.*

*We have successfully completed ten months of the IMAGINE ROTARY YEAR 2022-2023 with lots of exciting activities. We have two more months to accomplish our dreams & imaginations. I urge all Rotarian friends, Rotaractors and Interactors to work towards achieving the target.*

*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.**

**Jitendra B Raibhandary**  
DG, RID 3292



TOGETHER FOR A BETTER WORLD  
AND  
TOGETHER, WE IMAGINE ROTARY



**IMAGINE  
ROTARY**

**TOGETHER  
FOR A BETTER WORLD**



**Jennifer Jones**  
**RI President**

*How do you take the best from the worst?*

*None of us will forget how the pandemic altered our world and our lives. Each of us had to traverse this period of uncertainty, and no one had a free pass from the effects.*

*I personally believe this has created space for a different kind of global leadership — one that is courageous, empathetic, and vulnerable. I met my good friend Anniela Carracedo online in early 2020. She is one such leader, and I'm thrilled to turn this month's column over to her.*

— Jennifer Jones

## *Introducing the Rotary Youth Network*

In March 2020, I had a panic attack. I couldn't breathe, and I felt a terrible pain in my chest.

It had been a few days since the World Health Organization declared COVID-19 a global pandemic, and I was in the middle of my year as a Rotary Youth Exchange student in the United States. Think about it: an 18-year-old girl stuck in a different country, with a foreign language, with people she had only met six months before. It was scary.

But I am familiar with uncertainty. I was born and raised in Venezuela, which is going through one of the worst humanitarian and political crises in the Western Hemisphere. But my mom always said, "Challenges are nothing more than needs that require a solution."

I called up my Interact and Youth Exchange friends. Together, we organized an online meeting to share projects and get inspired by what everyone else was doing during the quarantine. In that first meeting, we had 70 people, mainly students, from 17 countries.

From that beginning, we built an online platform for Rotary youths worldwide to share their experiences and inspire others with project ideas during isolation. We looked for mentors and supporters who would help our group connect young people, share cultures, and open new collaborative opportunities for international service projects. We called it Rotary Interactive Quarantine, or RIQ.

After only a year, we engaged with more than 5,000 students from 80 countries. Several of our team members became district Interact representatives and district committee members, and some of us even serve on Rotary International councils.

Eventually, quarantine restrictions were being lifted, and the needs of our participants were changing. At our last official meeting as RIQ, Past RI President Barry Rassin inspired us to create even bigger change, so we transformed RIQ into the Rotary Youth Network, or RYN.

A few of our members, including me, were selected to serve on the inaugural Interact Advisory Council, where we presented our vision for youth in Rotary to the RI Board of Directors.

Our presentation to the Board inspired President Jennifer and her team to create a Youth Advisory Council in Rotary International, which I am honored to serve on as a co-chair.

The Rotary Youth Network officially launched during a breakout session at the 2022 Rotary International Convention in Houston. Five of us, who had participated in Interact, Youth Exchange, and Rotary Youth Leadership Awards, traveled across continents to launch an organization we had kicked off online two years before. The convention was also the first time we had met in person.

When my friends and I finished our talk, we realized more than 500 people were giving us a standing ovation. Tears filled our eyes, and the feeling of excitement and accomplishment took over.

*Who would have thought that a panic attack would lead to this ?*



# PETS 2023 @ CHITWAN

# PETS 2023 held Successfully in Chitwan



*Siraichuli Hotel, Chitwan, 31 March – 1 April 2023*

The Presidents-Elect Training Seminar (PETS) 2023 was a resounding success, held on March 31 and April 1, 2023, at the Siraichuli Hotel in Chitwan. The event saw the presence of some of the most distinguished Rotary leaders in Nepal, including District Governor 2022-2023 (DG) Jitendra Bahadur Rajbhandary, District Governor 2023-2024 Elect (DGE) Rajendra Prasad Dhoju, District Governor 2024-2025 Nominee (DGN) Rajendra Man Sherchan, and District Governor 2025-2026 Nominee (DGND) Binod Koirala.

The event provided a unique platform for the upcoming Rotary leaders to learn and practice leadership, in line with the Rotary International (RI) theme for the Rotary Year 2023-24, which is 'Create Hope in The World'. The distinguished guests highlighted the importance of such training programs, which help upcoming leaders to hone their skills and knowledge and make a positive impact on society.

During the seminar, DGE Rajendra Dhoju also revealed the 'Light of Hope' District Theme of Rotary International District 3292, which aligns with the RI theme. This theme aims to inspire Rotarians to work towards creating a world filled with hope and positivity, where every individual can fulfill their potential.

More than 250 participants attended the event, including 140 Rotary Club president-elects (PEs) and 35 Assistant Governors (AGs). The event was conducted over two half-day sessions, providing ample time for participants to interact with each other, share ideas, and learn from the distinguished guests.

The PETS 2023 was an excellent opportunity for the upcoming Rotary leaders to learn from experienced Rotarians and gain a better understanding of Rotary's mission and vision. The event emphasized the importance of leadership, communication, and collaboration in creating positive change in society.





## # A Glimpse on District Training Assembly 2023





## # A Glimpse on District Training Assembly 2023





# A Glimpse on Grant Management Seminar 2023





# A Glimpse on Grant Management Seminar 2023







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# RC Kasthamandap visited Pithouli, Nawalparasi

## Distribution Electric Cooking and Wheelchairs

RC Kasthamandap traveled to Pithouli, Nawalparasi for a three-day service project with the goal of reducing the use of LPG gas for cooking. The little but admirable effort was established at Pithouli hamlet in Nawalparasi, which is the village that RC Kasthamandap embraced.

In total, 24 infrared devices and 24 electric kettles were distributed in the community of Pithouli. Despite the fact that at this point it might not be enough, we are glad to begin this process with the goal of making at least one small hamlet completely free of LPG gas and environmentally benign, said RCK President Yadab Pradhan at a distribution ceremony. 15 wheelchairs were also distributed at the occasion. stationery, school supplies, sports equipment, etc



## Eye and Dental Camp @ Pithouli

For a three-day service project, RC Kasthamandap traveled to Pithouli, Nawalparasi, where he provided eye and dental care at the Pithouli Health Post. The RC Kasthamandap adopted village of Pithouli in Nawalparasi is where these services have been held yearly for more than ten years. In addition to the patients who had come to receive care, President Yadab Pradhan addressed the group of roughly 90 individuals. Assistant Governor Samjhana Pokharel, the Ward Chair, Hospital management staff members, teachers, students, and about 19 Rotarians and Interacts attended the program.

85 persons received glasses out of 154 participants who had eye exams. In addition, 71 individuals received dental examinations and treatment from Dr. Bimala and staff. Dr. Bimala and PP Gyanendra Lal Pradhan funded the cost of the medication for the dental examination.



To help the kids in Aamako Maya, Chitrabas, the Rotary Club of Chitwan and Innerwheel Club of RC Chitwan delivered food and supplies for basic necessities.



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## Free Multi-specialty Health camp & Cervical Cancer Screening



At Kalika secondary school, **RC E-Club of Medicofusion Hybrid Nepal** staged a fruitful multi-specialty health camp in collaboration with Ribdikot VDC. The participation of 25 paramedics and 17 specialty doctors demonstrates a strong commitment to offering the population comprehensive healthcare.

The health camp was able to reach a sizable number of people who might not have otherwise had access to healthcare, as evidenced by the fact that 587 patients were screened. The 98 lab tests, 50 pap smear tests, and 121 ultrasounds show how comprehensive the services provided by the health camp are.

Last but not least, giving out free medication worth seven lakh rupees is a kind and significant deed that surely assisted many people in receiving the care they required. The health camp was a valuable and much-needed resource for the community it served.

## गर्भवतीका लागि सचेतना

### District Hospital Inaruwa, Sunsari receives a Cardiac Monitor



Inaruwa Sunsari, the medical superintendent of the district hospital, received 4 Sets of **CARDIAC MONITORS** from RC Biratnagar. The hospital received medical equipment at a cost of Rs. 5 Lakhs.

The equipment offered has aided the Inaruwa community's residents in receiving better care.



सामाजिक कार्य गर्दै आएको रोटरि क्लब अफ विराटनगर डाउनटाउनले गर्भवतीका लागि पोषण र सरसफाई सम्बन्धी सचेतना गरेको छ ।

क्लबले विराटनगरस्थित रानी हेल्थ पोष्टमा गर्भवतीका लागि पोषण र सरसफाई सम्बन्धी कार्यक्रम गरेको हो ।

कार्यक्रममा स्त्री तथा प्रसुती रोग विशेषज्ञ डा. ममता वर्माले सहजीकरण गरेकी थिइन् ।

गर्भवतीलाई सुत्केरी हुनुअघि र सुत्केरी भएपछि स्वास्थ्य र सरसफाइमा कसरी ध्यान दिने भन्ने विषयमा भिजुअल प्रस्तुति मार्फत बताइएको थियो । उक्त अवसरमा सबै महिलालाई प्रसुती गाउन, हर्लिक्स, बिस्कुट फलफूल, प्रोटीन पाउडर, आइरन चकिक, साबुनसमेत वितरण गरिएको रोटरि क्लब अफ विराटनगर डाउनटाउनकी अध्यक्ष रेखा राठीले जानकारी दिइन् ।



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## Blood donation camp by RC Birgunj



The Rotary Club of Birgunj held a blood donation camp on April 8, 2023, at the Rotary Mahaveer Jaipur Rehabilitation Center. A total of 46 donors—5 women and 41 men—donated blood. President Rtn Piyush Gupta, AG Rtn Anand Jha, Vice President Rtn Gopal Khetan, Secretary Rtn Nirmal Khatri, and Chairs of the New Generation Committee Rtn Sohan Poddar and Rtn Rajat Sachdeva are Rotary Club of Birgunj members. There were also members of Rotary Club of Birgunj Metropolis Rtn Chandan Singh, Rtn Nandan Chaurasiya, Rotary Club of Birgunj President Rtr Romit Singh, Rtr Aayush Gupta, Rtr Ravi, Rtr Kanhaiya, and IPP Rtn Saswat Pd in attendance. Students from Birgunj Nursing College also participated and volunteered in the camp.

## Awareness Program on Antenatal Care By Biratnagar Downtown

The two most important things for both mother and unborn child's health throughout pregnancy are good nutrition and hygiene. Important nutrients like iodine, iron, folate, calcium, and zinc deficiency can seriously affect both mothers and fetuses.

As a result, the RC of Biratnagar Downtown established a campaign to educate pregnant women on proper nutrition and hygiene.

Rtn. Dr. Mamta Verma, the club's founding president and a well-known gynecologist, served as the resource person.

In addition to the importance of nutrition and hygiene and the advantages of antenatal check-ups, information on how to care for a pregnant family member and how to prepare for delivery was presented through presentations.

☑ More than 50 expectant women benefited. All recipients received baskets containing maternity clothes, Horlicks, biscuits, fruits, B-complex, protein powder, and washing and bathing soaps.





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## रोटरी क्लब अफ विराटनगरद्वारा ज्येष्ठ नागरिकको निःशुल्क उपचार



रोटरी क्लब अफ विराटनगर मिड टाउनले धनकुटा नगरपालिका ९, विश्रान्ति वृद्ध आश्रम मुलघाटमा ज्येष्ठ नागरिकहरूको निःशुल्क स्वास्थ्य जाँच गरेको छ । विराटनगरस्थित नोबेल मेडिकल कलेजको प्राविधिक सहयोगमा स्वास्थ्य शिविर भएको हो । शिविरमा २७८ जना ज्येष्ठ नागरिकहरूले स्वास्थ्य सेवा लिएको रोटरी क्लब अफ विराटनगर मिड टाउनका अध्यक्ष रामकुमार श्रेष्ठले जानकारी दिए । ज्येष्ठ नागरिकहरूको स्वास्थ्य जाँच नोबेलका विशेषज्ञ चिकित्सकहरूको टोलीले गरेको थियो । स्वास्थ्य जाँच गरिएको विरामीको भिडियो ए-क्ससरे, इसिजी र ल्याब परीक्षण पनि निःशुल्क गरिएको थियो । विरामीहरूलाई औषधी पनि वितरण गरिएको उनले बताए । शिविरमा नोबेल प्राडा डा.सीता घिमिरे, धनकुटा ९, का बडाअध्यक्ष टंक प्रसाद रोयला, आश्रमका पदम प्रसादकाफ्ले र कार्यक्रम संयोजक चउउगागा प्रसाद यादव, सह संयोजक चतल कुमार खतिवडा रहेका थिए ।

## Rotary Team Building & Planning



## CYCLING TO SUCCESS



Rotary Club of Butwal Organized Workshop on Rotary Team Building & Planning Program on 7th -8th April, 2023 at Narpani Supa Daurli Resort, Argahakanchi in the presence of Chief Guest Rtn.Rajendra Dhoju, District Governor Elect and Special Guest Rtn.Rajiv Pokhrel, PDG of RI District 3292 Nepal-Bhutan. Program was Chaired by President elect.Rtn.Karun Khanal .Training was divided into 4 sessions and key Trainer were Rtn.Rajendra Lamsal ,Past President of Rotary Club of Butwal ,Rajiv Pokhrel ,PDG, Gopal Adhikari ,Public Speaker & Miss. Indrani ,International Yoga Instructor .

18 bicycles were given to poor girls, students, and breadwinner women by the RC of Biratnagar Downtown in order to facilitate their academic success and financial security.

The program was conducted focusing to the Rotary year 2023-24 effective Planning and strategic building to make year more grand success. Trainer mainly focus on how to make club more strong, vibrant, how to engage Rotarians in the club program and event. First day program was focus Training on Rotary activates and the day was ended with fellowship eve. Second day was started with Yoga in the morning. The training concluded with closing remarks of Chief Guest Rtn. Rajendra Dhoju, District Governor.

They received assistance from Tintoliya and Chitragupt Samaj Kalyan Prashad in locating the beneficiaries. District Governor Rtn. Jitendra B. Rajbhandary, RRFC Rtn. Basu Dev Golyan, Zonal Ambassador for Girls Empowerment Initiative Rtn. Kiran Karna, and Assistant Governor Rtn. Kamal Agrawal were there to give speeches at the program.

Along with club members, district officers, Chitragupt Samaj Kalyan Parisad President Dr. Naveen Karna, and Mahila Samiti President Mrs. Mamta Das attended the program. The project's price tag was Rs. 1,44,000



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## ICM completed in Itahari



Inter City Meeting at Hotel Soaltee Westend Itahari Levels Urban trash management ICM has been finished in Itahari. The ICM was hosted by RC Itahari, and the principal guest was District Governor Rtn. Jitendra B Rajbhandary. Urban waste management was covered in the program by Rtn. Dinesh Manandhar, chair of the District 3292 Environment Committee, and environmental officers from the municipalities of Dharan, Itahari, and Biratnagar. The event, which included involvement from the press and the commercial sector, attracted 70 Rotarians from Region 7 clubs. Itahari

## District Governor's official visit to RC Biratnagar Downtown

RC of Biratnagar Downtown had its DG visit at Hotel Harrison.

District Governor Rtn. Jitendra B. Rajbhandary, RRFC Rtn. Basu Dev Golyan, Zonal Ambassador for Girls Empowerment Initiative Rtn. Kiran Karna, Assistant Governor Rtn. Kamal Agrawal, District Secretary Rtn. Amit Giri, and Joint Dist. Secretary of Region 7 were in attendance.

□ The chair of each committee gave a report. All of the District officials were there for the Scholarship Award and the Cycling to Success programme.





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## निशुल्क स्वास्थ्य शिविर

२०७९ चैत्र २५ गते शनिवारको दिन, श्री जनशक्ति आधारभूत विद्यालय, च्यानडाँडा, धु न पा, धुनिवैसी ७, धाडिङ्गमा रोटरी क्लव अफ पाटन दर्वार स्क्वायर, रोटरी क्लव अफ सैवु भैसेपाटी, रोटरी क्लव अफ जावलाखेल मञ्जुश्री र लायन्स क्लव अफ काठमाडौं गुराँसको संयुक्त आयोजना तथा रोटरी क्लव अफ माउण्ट एभरेष्ट, तिलगङ्गा आँखा केन्द्र, नेपाल क्यान्सर अस्पताल, हरिसिद्धि, ओम समाज डेण्टल अस्पतालको सर्गिएको निःशुल्क स्वास्थ्य शिविरमा, धु न पा ७ र आसपासका वडाहरूबाट सहभागि करिब ३४९ जनाको आँखा परिक्षण, १५९ जनाको दन्त परिक्षण तथा सफाइ, ६० जनाको पाठेघर क्यान्सर जाँच तथा ८५ जना बालबालिकाको स्वास्थ्य परिक्षण गरियो ।

सो मध्य विनिता तामाङ्ग, वर्ष २० को आँखा आगोले जलेर अपरेसन गर्नुपर्ने भएकोले हाल तिलगंगामा रोटेरियन कर्ण थापाज्युको निगरानिमा उपचार भैराखेको छ ।

१३ जनाको सर्जरी गर्नको लागि वैशाख २३ गते तिलगङ्गा आँखा केन्द्रबाट यातायात, खाने, बस्ने सहित सर्जरीको निःशुल्क व्यवस्था गरिएको छ । कार्यक्रममा १४ जना रोटेरियन, ६ जना रोट्राक्ट, १२ जना लायन्स, ६ जना स्पाउज, ६१ जना स्थानिय तथा अन्य स्वयम सेवक गरि ९९ जनाले स्वयम सेवा उपलब्ध गराउनुभयो ।



## DG visit & 4th Club Assembly of Rotary E-Club of Medicofusion Hybrid Nepal



The Rotary E-Club of Medicofusion Hybrid Nepal hosted a very successful District Governor visit on April 21, 2023, with the assistance of the Chief Guest, DG Rtn Jitendra B. Raj Bhandari, First Lady Sarita Raj Bhandari, Guest AG Rtn Pitamber Gyawali, District Secretary Rtn. Amit Giri, District Joint Secretary Nar B. Sirish, and AG Rtn Prem Bhurtel.

The Very Important Person DG Rtn Jitendra B. Rajbhandari visited them and provided them with valuable guidance as the Rotary E-Club of Medicofusion Hybrid Nepal navigates its future. They took tremendous delight in expressing their gratitude to him. Once more, Sir, thank you for suggesting how to guide the club to even higher heights. stressed Pitamber Gyawali, AG Rtn



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# "Ek Chhaak Gailai Daan"

RC of Kathmandu Downtown is Spreading the Joy of Giving...

In a special concern for the preservation & service of cows, our club has initiated campaign called "Ek Chhaak Gai laai Daan" (Donate a meal for Cow). In today's fast-paced world, where time and resources are often limited, it's easy to get caught up in our own lives and forget about those who are less fortunate. However, amidst the hustle and bustle of our daily routines, there are heartwarming initiatives that remind us of the power of kindness and the joy of giving. One such special campaign in Nepal is "Ek Chhaak Gailai Daan," which translates to "Donate a meal for Cow." During the campaign we handed 10 donation boxes to the representatives of Godhuli, Indreni, Sky Banquet, Diyalo, Lord Palace, Basundhara, Annapurna, Yeti Events & Panas banquets in Basundhara. It was begun in the last in October. 2022.

What sets "Ek Chhaak Gailai Daan" apart is its grassroots approach and the emphasis on personal connections towards animal. Participants are encouraged to place their donations on the box of the banquets

The success of "Ek Chhaak Gailai Daan" can be attributed to the collective efforts of individuals, communities, and organizations that have embraced this campaign and its noble cause. It is a testament to the inherent generosity and compassion of the Nepali people and their unwavering commitment to making a positive impact on society.

## Message from the President regarding the campaign:

"I believe that everyone will agree with this collaborative campaign to preserve the glory of mother cow, worshiped in Hindu religion.

"Save the human beings, Save animals, Save the plants, Save the environment"

Keeping this slogan in my mind, I have started a campaign named "Ek Chhaak Gai laai Daan" (Donate a meal for Cow) in the service of cows.

We get to see up to 1000 (thousands) of guests at the hall of banquet parties that are held for different purposes.

A plate of food is insignificant for the party organizers, and Rs 1/- for a plate is insignificant for a hall owner to donate in service of cow.

When we can cooperate, we can take the abandoned cattle and reach the various cowsheds where they are kept, and we can give them food and water. We have started this campaign in order to save the environment, customs and culture which come under the 7 focus areas of Rotary International namely; Protecting the Environment, and Economic & Community Development."



In like manner, Cash Assistance campaign took place to contribute to Economic & Community Development in Ridi and Devdaha. The club president made a Cash Assistance of Rs 40,120 is to Ruru Gau Seva Ashram in Ridi. And 51,111 at Devdaha, Butwal. The cash assistance was handed by the club President at one event with the club's logo backdrop. Again Rs 15,500 has been donated for the preservation of cow at Kamdhenu Gausala, Rupandehi.

### Box Donation:

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 10 ( Godhuli, Indreni, Sky Banquet, Diyalo, Lord Palace, Basundhara, Annapurna, Yeti Events & Panas) among 10 banquets we have selected in Basundhara.



#serviceproject\_rid3292\_2022-23

## Regular Health Checkup & Diabetes Test Camp



The Rotary Club of Chitwan and Rotaract Club of Chitwan hosted a routine health checkup and diabetes test camp at Rotary Karunalaya Briddhashram on Saturday, April 22, 2023—the 32nd Charter Day. 33 older people were examined and given medication. Rtn. Chandra Man Shrestha, President of Rotary Karunalaya and Past President of RC Chitwan, spoke on behalf of Rotary Karunalaya about the value of health camps and wrapped up the session with prayers of thankfulness.

## "Project Sikshya - A Ray of Hope"



**Rotaract Club of Bhaktapur** initiated a Project called "Project Sikshya - A Ray of Hope" with the main motto, "small efforts for the betterment of society".

In phase one, Stationery items and bags were distributed to the students of Sharada Secondary School, Yalachhen, Bhaktapur with support of our Parent Club, Rotary Club of Bhaktapur. Special thanks to "Caravan Readymade Company Pvt Ltd" for providing us with the bags required for the project.

Similarly, "Praud Sikshya" is the second phase of "Project Sikshya-A Ray of Hope" which is mainly focused on teaching community women to read and write along with basics of how to use smart phones. There were all together 15 women from the age group of 40- 60 . This was a month long project which started from first of Chaitra.

The supporting hands were Mount Valley English School that helped us by providing classrooms, stationery items and foods to run this project. Besides, President of Rotary Club of Bhaktapur, Rtn. Binita Hada provided all the necessary books for the project.





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# Cloth Bag Distribution



250 fabric bags bearing the message "SAY NO TO PLASTIC," the Rotary emblem and the name of the club were distributed as the first step in the ROTARY CLUB OF BIRATNAGAR DOWNTOWN project to preserve the environment. These were provided at clubs adoptive community

To discourage the use of plastic bags, the community, Kharji, various retailers, and the gudri area.

The purpose of this project is to increase public awareness of the negative environmental effects of using poisonous, non-biodegradable plastic bags.

It encourages the use of cloth bags since they are sturdy, resilient, environmentally beneficial, and can be recycled.

## RC of Kathmandu Downtown's weekly campaign

On April 29, sanitation activists perform a comprehensive cleaning of the Chakrapath Ring Road region to ensure a clean environment for locals and commuters. This is RC of Kathmandu Downtown's weekly campaign. Every Saturday between 7 and 8:30 am, they conduct a sanitation blitz.





#serviceproject\_rid3292\_2022-23

## Blood Donation Program by RC Yala



RC Yala Hosts Successful Blood Donation Program during Birthday of Madan Krishna Shrestha

In a selfless effort to contribute to the community and make a positive impact, On the occasion of legendary artist Mr Madan Krishna Shrestha's 74th Birthday, Rotary Club of Yala organized a blood donation program in associated with Lalitpur Ward #16, and Nepal Cancer Relief Society. Held at the Patan Durbar Square on April 23rd, the event saw an overwhelming response from donors & participants who generously gave their blood to help those in need.

## Water & Sanitation facilities in Phulchowki Secondary School

Water & Sanitation facilities in Phulchowki Secondary School, Thaiba, Godawari Municipality "WASH in Schools" project is to improve the health of the school children of Phulchowki Secondary School. Major components of this project is: (i) Better and user friendly sanitation and hygiene facilities such as construction of toilets, hand washing, and solid waste management; (ii) Build well (iii) Access to safe drinking water.



## Handover of Water Station

Every school has specific requirements for water accessibility. There were no safe drinking water facilities at the Kharji-adopted Shree Jyoti Adharbhoot Vidhyalaya in RC Biratnagar Downtown. In order to ensure that students, employees, and teachers are properly hydrated throughout the day, the RC of Biratnagar Downtown built a water station under GG 2238917.

The program was attended by the club's president, Rtn. Rekha Rathi, as well as club members, the school principal, staff, teachers, and students. Rs. 5,24,000 being the total cost of the water station project.

Club is pleased to see the students' joyful faces.





#serviceproject\_rid3292\_2022-23

# AWARENESS PROGRAM ON ANTENATAL CARE



Proper nutrition and hygiene are the key factors for the well being of both mother and child during pregnancy. Deficiency of key nutrients like iodine, iron, folate, calcium and zinc can cause serious problems in mothers and foetus. Hence, RC of Biratnagar Downtown organized an awareness program on nutrition and hygiene for pregnant women. Club's Charter President, a renowned gynaecologist, Rtn. Dr. Mamta Verma was the resource person. In addition to nutrition and hygiene necessity and benefits of antenatal check-up, how to care for a pregnant member of the family, and how to get ready for delivery was shared through presentation. More than 50 pregnant ladies were benefitted. Hampers consisting of maternity gown, horlicks, biscuits, fruits, B-complex, protein, washing powder and bathing soaps were given to all!



## CYCLING TO SUCCESS

RC of Biratnagar Downtown distributed 18 bicycles to underprivileged girls, students and bread earning women for their smooth education and economic stability. Chitragupt Samaj Kalyan Prashad Tintoliya helped us in finding the beneficiaries. The program was graced by Respected District Governor Rtn Jitendra B. Rajbhandary, RRFC Rtn Basu Dev Golyan, Zonal Ambassador for Girls Empowerment Initiative, Rtn. Kiran Karna and Assistant Governor, Rtn. Kamal Agrawal. District Officers, President of Chitragupt Samaj Kalyan Parisad, Dr Naveen Karna, Mahila Samiti President, Mrs. Mamta Das attended the program along with club members.



19

GOVERNOR'S MONTHLY LETTER

#editorsnote\_Apr\_rotayear2022-23



Rtn. Sarin Shrestha



# Rotary Corner

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

# EDITOR'S NOTE

Rotary Connects the World

## GML Published by

District Governor Rtn. Jitendra B Rajbhandary  
RI District 3292, Rotary Club of Kopundol  
Cell : 9851023265, jitendra.rajbhandary@gmail.com

## GML Publication Team

Rtn. Sarin Shrestha  
Chair, RC Newroad City Kathmandu  
Cell : 9851106869, sarinxyz@gmail.com

Rtn. Mohan Dhoj Joshi  
Co-Chair, RC Kathmandu West  
Cell: 9851020809, Email: mdmohan@wlink.com.np

Rtn. Sarita Shrestha  
Chair, Region 1-3, RC Yala  
Cell: 9851082223, sarita.shrestha@gmail.com

Rtn. Raj Shrestha  
Co-Chair Region 1-3, RC Eclub of District 3292  
Cell: 9851000209, rajk.shrestha@gmail.com

Rtn. Dinesh Kumar Shrestha  
Chair, Region 4, Club: RC Damauli  
Cell: 9856060726, dineshstha13@gmail.com

Rtn. Bikram Chhetri  
Chair, Region 5, RC Lumbini Stars  
Cell: 9857030576, chhetribikram576@gmail.com

Rtn. Shailendra Prasad Verma  
Chair, Region 6, RC Birganj Metropolis  
Cell: 9851047350, spvermaquest@gmail.com

Greetings, fellow Rotarians,

Bringing you the April issue of the 10th Governor's Monthly Letter (GML) of this year gives me great pleasure once more.

A number of clubs focused their activities on this area of concentration to Rotary during the month of March, which has been designated as Water and Sanitation Month. As the source of everything, water, this is one of the most significant initiatives that Rotary has taken on.

We have the chance to renew our dedication to Rotary and our fellow Rotarians in 2023. By blogging about it on GML, let's become involved in something new and inspire others. All of our members are encouraged to download the Rotary app to their smartphones so they may stay in touch with one another and get quick access to Rotary information. In order to involve and increase participation among Rotary, Rotaract, and Interacts, we also have a designated site where we can see, hear about, and share the outstanding work done by our young friends.

Imagine Rotary with SMiLE



RI District 3292 Nepal - Bhutan

