



# GML

GOVERNOR'S MONTHLY LETTER

AUGUST 2024

**Membership and New Club Development Month**

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**Stephanie A. Urchick**  
President 2024-25  
Rotary International



**Rajendra Man Sherchan**  
District Governor 2024-25  
Rotary International District 3292

**Join The Rotary Family**  
**Together, We Achieve More**



# GOVERNOR'S MONTHLY LETTER

**Dear Fellow Rotarians, Rotaractors, and Interactors,**

It was with immense joy that I embarked on this journey with all of you, participating in impactful service projects within our communities. As we progressed through the series of President's installations and DG visit across our district's clubs, I had the privilege of connecting with many of you, sharing our collective visions and goals.

August was a pivotal month in our Rotary calendar, dedicated to Membership & New Club Development. Strong membership was the foundation of our organization, and expanding our reach ensured we continued to serve our communities effectively.

Our district set ambitious goals: retaining 95% of our members, increasing membership by 10%, ensuring 25% of new members were women, and establishing at least five new clubs. Additionally, we aimed to convert at least 50 Rotaractors to Rotarians. I was confident that through our collective efforts, we would achieve these targets.

We welcomed new members with open hearts, offering them opportunities to lead and serve. Remember, every Rotarian brought unique skills and perspectives that enriched our community. I encouraged each of you to actively engage in recruiting and mentoring new members, fostering a culture of inclusivity and service.

On August 17th, 2024, we were privileged to host a District Membership and Public Image Seminar. This event served as a platform for learning, sharing, and building valuable connections. We were honored to have RI Director Anirudha Roychowdhury as our Chief Guest and Rotary Public Image Coordinator Sandeep Narang as a distinguished guest, both of whom provided invaluable insights. Together, we continued to strengthen our district and contributed to a brighter future through Rotary!

Yours in Rotary Service,  
Rajendra Man Sherchan  
District Governor, RY 2024-2025

## AUGUST

Membership and New Club Development Month

Every Rotarian brought unique skills and perspectives that enriched our community. I encouraged each of you to actively engage in recruiting and mentoring new members, fostering a culture of inclusivity and service.



### Magical Rotary

At the District Governor Installation at Hotel Soaltee, Kathmandu, DG Rajendra Man Sherchan unveiled his captivating theme for the 2024-25 Rotary Year: "Magical Rotary."



# RI PRESIDENTIAL STATEMENT

If we are to truly change the world with The Magic of Rotary, it's up to all of us to foster a sense of belonging in our clubs. But every club should take its own path to get there, and the Action Plan can help you find your way. What does that look like?

Take for instance the Rotary Club of Beveren-Waas in Belgium. It was chartered in 1974 but has evolved with the times, developing both a strategic plan and a membership plan. To find new members, the club analyzes the city's professions to help focus its search, and all new members are quickly assigned tasks and roles.

The club also mixes up meeting times, alternating between evening and afternoon sessions, making them accessible for all members.

Sometimes, circumstances force clubs to make changes. But as people of action, we know that behind every obstacle is an opportunity.

The Rotary Club of Holyoke in Massachusetts was forced from its meeting place because of rising costs after the COVID-19 pandemic, but members took this setback and turned it into a strength. The club started meeting in a library community room that was available for no charge and catering lunch from a nearby deli. Lunch costs \$10 per person but it's optional, so no one has to spend money to attend a meeting. What a great way to work toward being "fair to all concerned."

Since making this change, the Holyoke club has gained 13 members. I suspect part of its membership growth is due to the club's sense of inclusivity – the first step toward belonging. If you ask members what they expect from the

club experience, you might find that your club doesn't meet expectations. Think of this as an opportunity to reshape your club in exciting ways, as alternative club models are making a positive impact.

For example, a Rotary Fellowship called Beers Rotarians Enjoy Worldwide, or BREW, has worked closely with the Water, Sanitation, and Hygiene Rotary Action Group for the past eight years to assist with clean water projects. In that time, BREW has funneled 25 percent of its dues to those initiatives.

BREW is one of many examples of members pursuing belonging to improve the world.

I can't stress enough the importance of belonging. Clubs become simply irresistible when all members feel that they are exactly where they need to be. To me, belonging is the spark that ignites The Magic of Rotary.

As you receive feedback from club members and the community you serve, I urge you to pursue that spark. The Action Plan can help you find the path to success, and if you light your way with the spirit of belonging, that path will lead to a bright future for your club, your community, and the world.

Yours in Rotary,  
Rtn. Stephanie A. Urchick  
President 2024-25  
Rotary International



## The Magic of Rotary

RI President Stephanie Urchick celebrates the magic of Rotary. She says members create that magic with every project completed, every dollar donated, and every new member of Rotary.



## INTERVIEW WITH RI DIRECTOR RTN. ANIRUDH ROYCHOWDHURY

Rtn. Anirudha Roychowdhury is a Rotary International Director for the 2023-2025 tenure. He joined Rotary in 1994 and has held various leadership positions, including District Governor of the former District 3290. He has been actively involved in numerous Rotary initiatives, such as the TEACH program and medical missions. Additionally, he is known for his philanthropic efforts, including supporting thalassemia patients and disaster response teams.

The interview questionnaire was collaboratively developed by District Learning Facilitator PDG Jitendra Bahadur Rajbhandary and GML Chair Gautam Shrestha.

### **Can you share your journey of joining Rotary in 1994 and what motivated you to become a member?**

I joined Rotary much like a wild card entry, invited by a senior Rotarian who also became my mentor. It was later in life when I decided to embark on this journey, not knowing then the

profound impact it would have on me. However, it was only after I began working on various projects that I truly understood the significance of being a Rotarian. The weight of responsibility, the purpose behind each initiative, and the opportunity to make a tangible difference made me realize how deeply meaningful this path could be.

### **As the last District Governor of the then District 3290 comprising clubs from Nepal and West Bengal, India, what were some of the key challenges and accomplishments during your tenure?**

During my tenure, I had the privilege of achieving significant milestones, including the highest membership growth with a net addition of 450 members. Additionally, our efforts towards the Rotary Foundation resulted in contributions totaling \$613,000.

However, the journey came with its share of challenges. One of the key hurdles was managing time and distance, as I was constantly

on the move to fulfill mandatory government monthly visits. Another challenge was conducting district elections while simultaneously organizing multiple events. For instance, while a district conference was being held in West Bengal, I had to oversee a peace conference in Nepal at the same time.

These tasks demanded mental, physical, and financial resilience, but the experiences were truly rewarding.

**Can you elaborate on your record-setting fundraising efforts for The Rotary Foundation in District 3290?**

We achieved an extraordinary milestone in fundraising, setting a record with contributions totaling \$613,000 to the Rotary Foundation. Notably, \$90,000 of this amount came from Nepal, marking a historic collaboration that showcased the power of unity and shared purpose across borders. The remaining \$523,000 was raised through the generous efforts in West Bengal, further highlighting the region's commitment to Rotary's mission. In addition to this remarkable achievement, we also pioneered the initiation of an endowment fund, ensuring that our contributions will continue to make a lasting impact on future generations. This collective effort reflects not just the spirit of giving but also a dedication to creating a sustainable future.

**What was your experience leading the medical mission to Lesotho, Africa, and what impact did it have?**

Leading a medical mission to Lesotho was an incredibly eye-opening experience for me. It provided firsthand insight into the impact of our work. While we encountered a few challenges, such as navigating customs clearance for the medicines and equipment, the mission remains one of my most cherished moments in Rotary.

**Your foundation (Zoom Foundation) has been active in supporting Thalassemia patients and disaster response. Can you share more about these initiatives and their outcomes?**

Through the Zoom Foundation, we've provided critical support for thalassemia patients, particularly in carrier detection and awareness programs. We've also been involved in disaster response, providing aid to affected communities. The outcomes have been life-changing for many, saving lives and offering hope during crises.



**As the current Rotary International Director, what are your primary goals for the 2023-2025 tenure?**

As the Rotary International Director, one of my primary goals is to significantly increase membership. Additionally, ensuring free and fair elections within Zones 5 and 6 is crucial, as Rotary International has received numerous complaints from these regions. Addressing this issue is a top priority, as it has become a source of concern and embarrassment for the organization.

**How important is public image for Rotary, and what innovative approaches have you implemented to improve it?**

Public image is crucial for Rotary's growth and influence. We've implemented innovative approaches, such as using social media and storytelling to share impactful Rotary stories, making the organization more relatable and visible to the public. We aim to become more tech-savvy, involve the younger generation, and leverage social media more effectively.

**What strategies have been most effective in attracting new members and retaining existing ones in your district?**

An action plan is crucial for expanding our reach and increasing Rotary's membership. To achieve this, club leadership must actively engage with current members by understanding their individual strengths, weaknesses, and motivations. By fostering a culture of inclusion and support, leaders can tailor opportunities to cater to the diverse talents within the club. Regular monitoring and mentoring ensure that members feel valued, helping to unlock their full potential. This, in turn, drives greater participation and retention while also attracting new members who are inspired by the club's dynamic leadership and vibrant activities. Ultimately, a proactive and member-centric approach strengthens the club's overall growth and impact.

**What advice would you give to new Rotary members who aspire to take on leadership roles within the organization?**

For a Rotary member aspiring to take on leadership roles, my advice is to immerse yourself fully in the club's activities, embrace every opportunity to serve, and lead with humility. Build strong relationships with fellow members, learn from experienced leaders, and stay committed to Rotary's core values. Leadership in Rotary is about being a team player and inspiring others by example. Be proactive, communicate effectively, and always keep the bigger picture in mind—service above self. Lastly, stay adaptable and open to learning, as every leadership experience in Rotary will teach you something new.

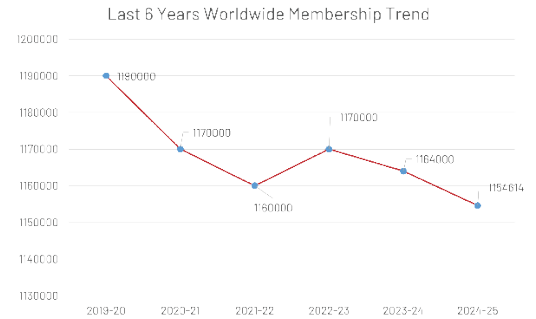


# ROTARY MEMBERSHIP ANALYTICS

August is celebrated as Membership and New Club Development Month in the Rotary calendar. In this special feature section of the GML, we delve into key insights and statistics on Rotary clubs and their membership status. This data is drawn from a comprehensive presentation by Rtn. Subash Sigdel, the 2024-25 Membership Chair for RID 3292, during the Membership and Public Image Seminar held on August 17, 2024. The presentation provided valuable information on current membership trends, growth strategies, and the importance of developing new clubs to strengthen Rotary's global impact as of August 15, 2024.

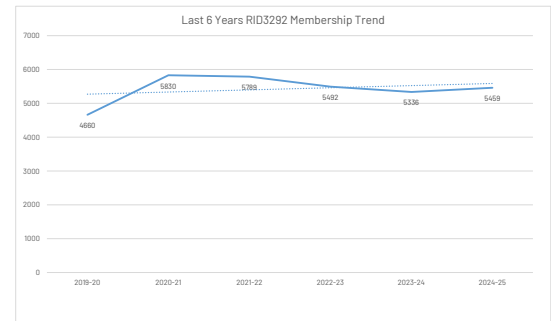
## ROTARY WORLDWIDE

Rotarians	Clubs	Members
World	36,575	1,154,614
RID3292	158+1	5,430+29
Honorary		73
Rotaractors	Clubs	Members
World	8,796	115,727
RID3292	146	4,203
Honorary		30



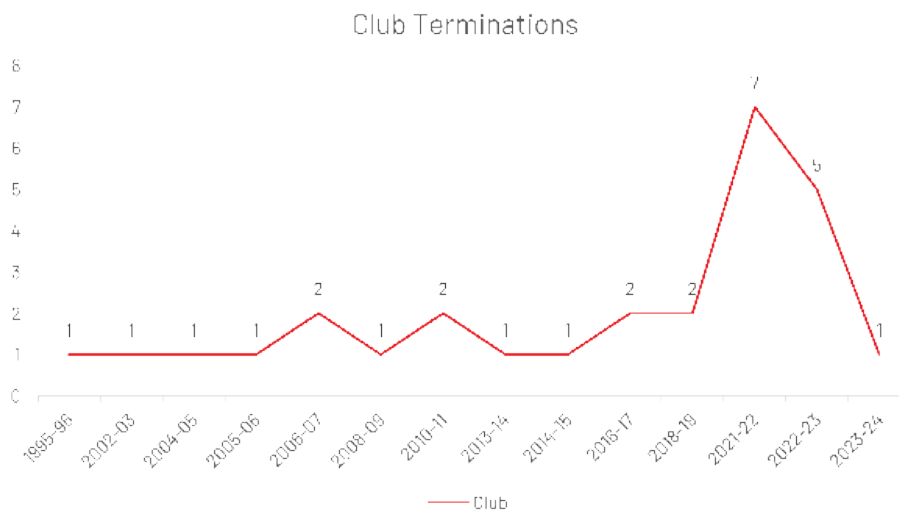
## MEMBERS IN ROTARY DISTRICT 3292 - NEPAL & BHUTAN

	Rotarians	Rotaractors
1-Jul-24	5,344	3,995
Growth	135	519
Terminated	20	311
15-Aug-24	5,459	4203
Total Growth	115	208



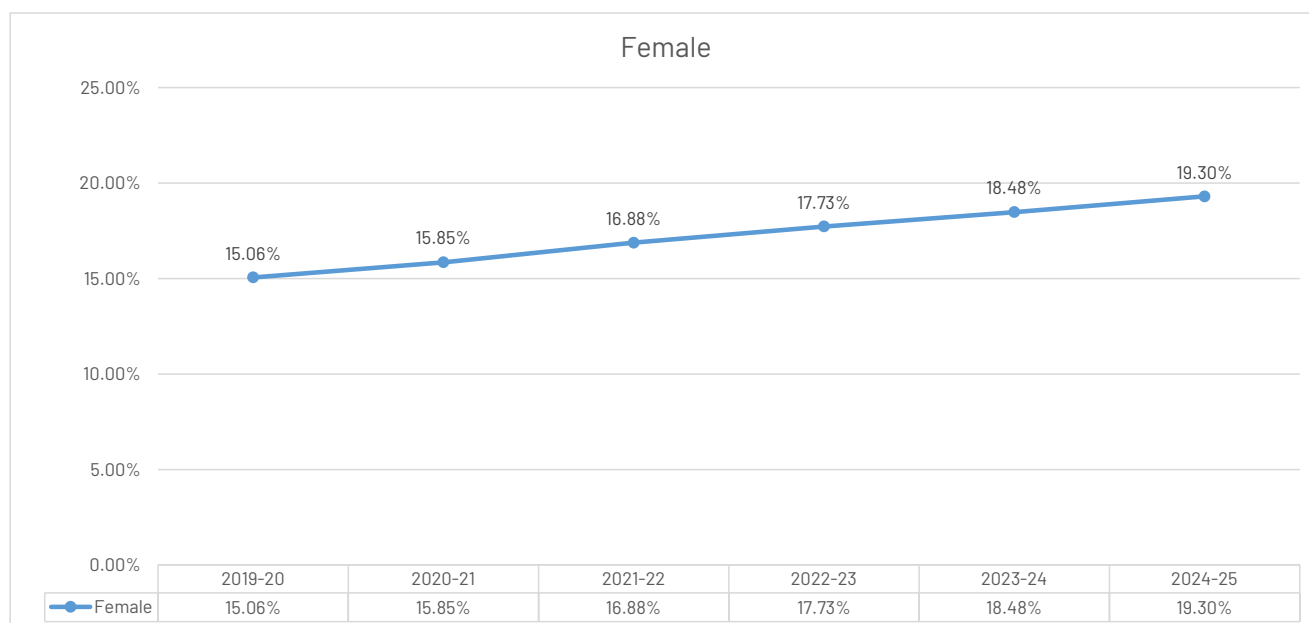
## CLUB TERMINATION SINCE 1958

\*Total Charter Club 187, Terminated 28, and Remaining 159



## GENDER BASED ROTARY WORLDWIDE DATA

Rotary	Female	Male	Not Given
Bhutan	34.48%	62.07%	3.45%
Nepal	19.30%	79.87%	0.83%
World	26.42%	72.48%	0.39%
Rotaract	Female	Male	Not Given
Nepal	43.09%	54.53%	2.38%
World	45.81%	46.80%	7.39%



## 100% MEMBER RETENTION AND MEMBER INCREASING CLUBS 2023-24

Club	Members
Ratnanagar	58+18
Matribhumi Baluwatar	19+10
Jawalakhel Manjushree	24+4
Mount Everest Lalitpur	30+3
Thimpu	26+3
Parbat	27+2
Urlabari	11+2
Kakarvitta	34+1
Kathmandu Metro	35+1
Newroad City	42+1
Pashupati Kathmandu	43+1
Tilottama - Rupandehi	40+1
Salleri	22+0
Nyatapola	18+0



HIGHEST MEMBERSHIP GROWTH RANK | 2023-2024 (RC RATNANAGAR)

# THE VALUE-DRIVEN MEMBERSHIP GROWTH



**BY RTN. RAJENDRA SHAKYA**  
PAST PRESIDENT  
RC TRIPURESWOR

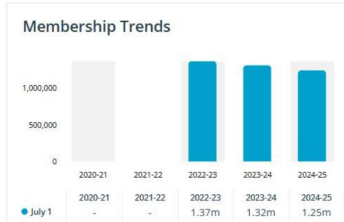
Recently, I came across Rotary membership status as follows:

## Trends

Explore data and trends related to club goals.

### Worldwide

View Club Type: All



Source: Rotary Club Central 19 August 2024

The above figures clearly indicate that Rotary membership is shrinking from 1.2 million that we all use to claim for the last two decades to 1.155 million by 2024 (in RI record of 19 August 2024, excluding the no of Rotractors). Moreover, the status shows a membership trend decreasing both worldwide and in the District 3292. Why this is happening?

There are many factors for this. But, I personally think we have not been able to apply enough the **Value-Driven Membership Growth** approach to inspire members to enjoy, help find relevancy of their membership to stay in Rotary.

## Why Values Are Important?

Because, everything we think, everything we feel, every action we take, is because of our BELIEFS and VALUES.

We may not be aware of it. We may not be conscious of it. But our VALUES shape our decisions and our decisions set our LIFE. Our VALUES signals what is important to us. They are emotional states that show us what is important, and what we want to experience.

In the same manner, every organization has a set value which guides the organization's culture that drive the intent and direction of the organization's leadership and hence its members to inculcate the norms and behaviors. These norms and behaviors demonstrated by each member of the organization gives the identity to the organization and its members to get the true inspiration to belong, to find relevancy, to enjoy and stay in Rotary.

Whether we find a meaning to our Rotary membership or if we find true joy in it depends to a great extent on what we understand, how we think, how we feel, and how we behave and act in Rotary that sets us as Rotarians. This depends on what do we **BELIEVE** in Rotary and how do we perceive **VALUE** of Rotary membership to our own personal life in a true sense?

Many times we complain about our Clubs, we complain about Club Presidents and other Club Leaders, even more, we complain about the District Governor, and other Rotary leaders, that it should have happened like this, why it is not happening like that in Rotary, etc. Do you think such complaints are helping us to improve the situation? Probably not.

## Why Not?

Because, in my opinion, we are not thinking, feeling, or acting in a way as Rotarians are expected to do - based on the common Value that governs the essence of Rotary- which is one of the reasons for the membership decline.

**Core Values** are the fundamental beliefs of a person or organization. The **Core**

**Values** dictate behavior and can help people understand the difference between right and wrong. **Core Values** also help organization to determine if they are on the right path and fulfilling their goals by creating an unwavering guide.

A Club will become a **RIGHT Club** when each of the Club members becomes the **RIGHT Member** as an individual, and then its leaders emerging out of such Clubs become the **RIGHT Leader**. Once Clubs become **RIGHT**, then the District becomes the **RIGHT** and hence **Rotary** becomes the **RIGHT** organization for us. But how is it possible to have all members become **RIGHT** in the first place? What is the **benchmark** to set a member to become **RIGHT** in a Rotary Club?

It is the **BELIEVE** and organizational **VALUE** that we all embrace in Rotary that set us all together to think, feel, and act in a common and harmonized way, and that should serve as the benchmark to be a **RIGHT and True ROTARIAN**.

## The Values established in Rotary are:

### I. The Four-Way Tests

The test is one of the hallmarks of Rotary. It was developed in 1932 by Herbert J. Taylor, who later became RI president. Its four brief questions are a simple checklist for our ethical behavior and norms. As Rotarians, our utmost responsibility is to speak the truth, to be fair, to build goodwill and better friendships, and to do our very best in all situations. If people are not able to tell the truth, are not fair to other stakeholders, are not promoting goodwill and friendship, and are not seeking outcomes that are generally beneficial, then the organization or community will not thrive.

### II. Five Core Values of Rotary Service

We believe that peace comes from understanding our world, which is a bi-product of service activities and our programs. Service is one of the main elements of our mission and the initiatives we pursue within each of our individual clubs fuels this culture. There is no greater satisfaction than that which comes from serving others.



### Fellowship

We believe that fellowship benefits all of humanity. Fellowship generates greater tolerance of others, build mutual understanding and goodwill, expands our overall perspective of the world and transcends all boundaries, including those of race, gender, and nationality to build a better world.

### Diversity

We, believe that, in the pursuit of service to others, we can accomplish international unity. Through the diversity of our members, our organization is able to broaden the scope of the activities, programs, and service we can provide. We encourage a diverse community within the individual clubs that are part of Rotary International.

### Integrity

Accountability, honesty, and ethics are the backbone of our organization and something we expect from each of our leaders and members. We encourage all members to adhere to the highest ethical standards in both professional and personal relationships with others. Fairness and respect are grounded in The Four-Way Test and we must conscientiously steward the resources entrusted to us.

### Leadership

We believe in the development and nurturing of current and future leaders in our community. As a global fellowship, we hold leadership qualities in the highest regard to implement our core values throughout the world.

These values are established in Rotary – not just for us to keep reading in the documents, but they are, first and foremost, to be embraced fully so that each one of us gets **TRANSFORMED** into a **True Rotarian**, to become a **BETTER HUMAN BEING**, to become a **True Citizen**. Herein remains the true meaning and values of becoming a Rotarian. Once we embrace these Rotary values, then each of us starts to think, feel and act in a way that will, in my opinion, will leave no room for any complaints and we will enjoy being a Rotarian in a true sense and get the **Inspiration to stay in Rotary**.

## DISTRICT EVENT

# DEVELOPING LEADERSHIP IN ROTARY



**Hotel Aloft, Thamel**  
**August 2, 2024**  
**Total Participants: 90**

The Women in Leadership, Rotary District 3292, organized a dynamic workshop titled "Developing Leadership in Rotary" at Hotel Aloft, Thamel. The event aimed to empower both women and men in Rotary by equipping them with essential leadership skills and fostering a robust network of support. The program attracted a diverse group of Rotarians eager to enhance their leadership abilities and take on more prominent roles within Rotary.

The workshop began with a warm welcome from distinguished speakers, including DG Rtn. Rajendra Man Sherchan, District Learning Facilitator PDG Rtn. Jitendra B. Rajbhandary, and Chair of Women Leadership in Rotary, Rtn. Dr. Suniti Acharya. Their opening remarks highlighted the importance of diversity, equity, and inclusion (DEI) in leadership. The technical session, facilitated by Rtn. Jayendra Rimal, focused on the workshop's goals and introduced the trainers who would guide the participants through the day's sessions. The first session, led by Rtn. Dr. Suniti Acharya, Rtn. Mona Pokhrel, and DEI Chair Rtn. Dr. Nirmal Rijal, emphasized the transformative power of DEI in enhancing leadership. Rtn. Jayendra Rimal then conducted a 60-minute workshop session on understanding leadership skills, providing participants with practical strategies for effective team management and collaboration.

The final session featured a panel discussion with First Lady Rtn. Sarojani Sherchan, Dr. Suchita Ghimire, and Reshu Aryal, who shared insights on fostering confidence and overcoming leadership

challenges. The interactive Q&A session that followed allowed participants to engage directly with the panelists.

The event concluded with a vote of thanks by Co-Chair Rtn. Subidhya Khanal followed by a hi-tea.



# DISTRICT MEMBERSHIP AND PUBLIC IMAGE SEMINAR



**Hotel Himalaya**  
**August 17, 2024**  
**Total Participants: 200+ from 76 Rotary Clubs**

The Rotary District Membership and Public Image Seminar is a vital event aimed at equipping Rotary club members with the tools and strategies to grow their membership and enhance the Rotary's public image. The seminar typically covers best practices in member recruitment, retention, and engagement, as well as effective communication techniques to elevate Rotary's presence in the community. By focusing on these key areas, the seminar helps clubs strengthen their impact, attract new members, and ensure that Rotary's mission of service is widely recognized and supported.



The Rotary District Membership and Public Image Seminar was an esteemed event, graced by the presence of Chief Guest RI Director Aniruddha Roy Chowdhary and Rotary International Public Image Coordinator Sandeep Narang. The seminar's importance was further amplified by the participation of prominent figures, including District Governor Rajendra Man Sherchan, PDGs Basu Dev Golyan, Rabindra Kumar Piya, Jaya Rajya Laxmi Shah, Sanjay Giri, Chintamani Bhattarai, Rajib Pokharel, and Santosh Prasad Rijal, as well as District Learning Facilitator PDG Jitendra Bahadur Rajbhandary, IPDG Rajendra Prasad Dhoju, District Governor-Elect Binod Koirala, District Membership Chair Subash Sigdel, and District Public Image Chair Amit Giri. Adding to the event's distinction were Miss Nepal 2023 Srichchha Pradhan, Miss Nepal 2024 Ashma Kumari KC, and Miss Nepal Earth 2024 Sumana KC. The seminar, expertly

hosted by District Secretary Ashok Pyakurel, marked a key moment in Rotary Membership and New Club Development Month on August 17, 2024.

At the event, Rotary International District 3292 Nepal & Bhutan proudly collaborated with The Hidden Treasure Pvt. Ltd. to appoint Miss Nepal titleholders as ambassadors for key causes. The MOU was signed by District Governor Rajendra Man Sherchan and The Hidden Treasure Director Ajaya Ratna Stapit. As part of this partnership, Miss Nepal World 2024 Ashma Kumari KC was named Rotary Brand Ambassador, Miss Nepal Earth 2024 Sumana KC took on the role of Environment Ambassador, and Miss Nepal World 2023 Srichchha Pradhan became the Public Image Brand Ambassador—each committed to driving meaningful change under the banner of "The Magic of Rotary."



# WORKSHOP: WEBSITE & MOBILE APP MANAGEMENT



<https://rotarydistrict3292.org.np>

**Download, Engage and Grow**  
using the **Rotary mobile app**.



The District Information Technology Committee initiated its first workshop of the Rotary year 2024-25 with an engaging session for Rotary clubs in Region 1. Held at Thames International College, Battisputali, the workshop brought together representatives from 16 clubs, including presidents, secretaries, and members, for a 2.5-hour program.

The workshop was organized into three focused sessions: "Managing Club Information, Members, and Board Profiles," "Club Monthly Reporting System," and "Leveraging Club E-Resources." These sessions aimed to provide practical, hands-on experience, helping clubs enhance their digital reach, stay updated with the latest e-resources, and foster networking opportunities through the dedicated Rotary app.

## Club monthly report of RC — (2024-25)

Search by Month											
<span style="background-color: #0056b3; color: white; padding: 2px;">Club Administration</span> <span style="background-color: #ccc; padding: 2px;">Membership</span> <span style="background-color: #ccc; padding: 2px;">Service Projects</span> <span style="background-color: #ccc; padding: 2px;">TRF Contributions</span> <span style="background-color: #ccc; padding: 2px;">Public Image</span>											
S.N	Month	No. of Regular Meetings held (In person/Virtual/Service projects)	Board Meeting	Club Assembly	Committee Meeting	Guest Speakers	Classification talk	District/other events attended	Monthly Attendance Percentage	File	Remarks
1	July	5	3	2	9	1		1	65		AG Rtn. CHHONGBA SHERPA attended 2 Club Assembly meetings.
2	August										

Realtime reporting system

- DISTRICT INFORMATION TECHNOLOGY COMMITTEE

The event was honored by the presence of District Governor Rtn. Rajendra Man Sherchan and District Joint Secretary Rtn. Ashok Man Kapali. The sessions were facilitated by Rtn. Chhongba Sherpa, Rtn. Gautam Shrestha, and Rtn. Agrani Amatya, who offered valuable insights and a step-by-step process to optimize the use of digital tools for effective club management and community engagement.

## Club's Monthly Reporting System

Clubs are now required to submit their monthly reports through the reporting system. This system, accessible to both the club president and secretary, assists in tracking and maintaining records for future reference. We request that all clubs use this system to update their monthly reports.

# DIGNIFIED MENSTRUATION TALK AND REUSABLE PAD-MAKING TRAINING

**Organized By : Girl Child Empowerment Committee**  
**August 10, 2024**

The Girl Child Empowerment Committee of RID3292, in collaboration with the RC Bhaktapur, RC Kathmandu Circle, RC New Road City Kathmandu, Saurya Society for Change, and Indaram Health, successfully organized a Dignified Menstruation Talk and Reusable Pad-Making Training. The event took place at St. Xavier's English Academy, Budhanilkantha, with the participation of 77 students from the academy and nearby institutions.

The event commenced with a welcome speech by Co-chair Rtn. Binita Hada Pradhananga, setting a positive tone for the day's activities. The Program Chair, Rtn. Ramila Shrestha, emphasized the significance of dignified menstruation and the need for sustainable menstrual practices in her opening remarks.

The training session, aimed at educating young girls about menstrual health and

hygiene, featured hands-on instruction in creating reusable pads. This initiative aligns with Rotary's commitment to empowering women and girls, fostering both health and economic benefits.

Past District Governor Rtn. CA Jitendra Bahadur Rajbhandari graced the event as the Chief Guest. He lauded the efforts of the organizing committee and emphasized the importance of such initiatives in promoting dignity and health for women and girls.

The event concluded with a vote of thanks delivered by Rtn. Ngima Sherpa, Director of the Service Committee, RC Kathmandu Circle, who expressed gratitude to all participants, organizers, and supporting organizations for their contributions to the program's success.

This training not only equipped the participants with practical skills but also played a crucial role in breaking the silence surrounding menstruation and advocating for a dignified approach to menstrual health.



# TREE PLANTATION

**August 17 & 20, 2024**

With the initiative of the Rotary Club of Baneshwor and the Secretary of Tokha Municipality, a Tree Plantation Program was organized on August 17, 2024, in collaboration with Zone 4 Clubs (Rotary Club of Dillibazar, Rotary Club of Naxal Shakti, Rotary Club of Madhyapur) in Tokha Municipality. Most members from all four clubs, along with Assistant Governor Ms. Bhawani Devkota, participated in the program.

On August 20, 2024, the Rotary Club of Dillibazar organized another Tree Plantation Program in Panauti, Balthali, involving all Zone 4 districts. This event was initiated with the support of Ladkeshwor Basic School, the Management Committee of Bindabasini Temple, and local residents, who also committed to preserving the plants. The theme of the program was "Rotary for Environment." The event was successfully completed.



# INSTALLATION OF CLUB PRESIDENTS

During the month of August



Presidents Rtn Binay Shrestha - Dharan  
Rtn Dr Anju Pradhan - Dharan Foothills  
Rtr Suvam -RAC Dharan



President Rtn Taranath Parajuli  
(Rotary Club of Ilam)



President Rtn Raman Uprety  
Rotary Club of Jawalakhel



President Rtn Hareram Lamechhane  
Rotary Club of Gongabu



President Rtn Bidur Timilsinha  
Rotary Club of Patan West



President Rtn Bijay Bahadur Shrestha  
Rotary Club of Himalayan Golfers



President Rtn Dr Bikram Kafle  
E club of Medicofusion Hybrid Nepal



President Rtn Raju Shrestha  
Rotary Club of Matribhumi Baluwatar



President Rtn Rakesh Ram Shrestha  
Rotary Club of Nyatapal



President Rtn Vijay Khanal  
Rotary Club of Capital Butwal



President Rtn Samir Karki  
Rotract Club of Thames International



President Rtn Bikram Kumar Shah  
Rotary Club of Damak



President Rtn Bishnu Pathak  
Rotary Club of Devdaha



President Rtn Bikram Kumar Shah  
Rotary Club of Damak



President Rtn Gita Prasad Nepal  
Rotary Club of Madhyapur



President Rtn Milan Krishna, Rotary Club of Kirtipur



Joint Installation of Rotary Club of Itahari and Itahari Yugal



President Rtn Manjusha Shrestha  
Rotary Club of Kathmandu Height



President Rtn Namrata Giri  
Rotary Club of Jawalakhel Manjushree



President Rtn Narayan Prasad Bhandari  
Rotary Club of Lumbini Siddharthanagar



President Rtn Pasang Tamang  
Rotary Club of Boudha



President Rtn Ranjan Shrestha  
Rotary Club of Sankhu



President Rtn Sajju Byanjankar  
Rotary Club of Patan Heritage



# TEACHING AT RIGHT LEVEL (TARL) IN NEPAL

Rotary Club of YALA

Period December 2023 – December 2025  
Project Cost : US\$ 69,500

The majority of Nepal's 26,500+ public schools struggle with low educational attainment. Several factors contribute to this issue, including insufficient teacher dedication and motivation to implement quality teaching methods, the challenges faced by migrant children from low-income labor families, and the lack of practical, demonstration-based teaching materials. Additionally, the 2015 earthquake and the COVID-19 pandemic have severely disrupted the education of children from lower socio-economic backgrounds, leading to significant learning gaps. Many students were involuntarily promoted without acquiring the necessary knowledge and skills for their grade level.

According to the Annual Status of Education Report (ASER) conducted by RC Yala in 27 schools, the situation at the primary level is alarming: 26% of students cannot recognize letters, only 14% can read at the word level, and just 17% can read a paragraph or story in Nepali. In mathematics, only 43% can recognize single-digit numbers, 12% can perform simple two-digit subtraction, and only 1% can solve basic division problems.

The Global Grant Project on Teaching at the Right Level (TaRL) seeks to address these issues by improving foundational education in 30 public schools in the Lalitpur and Kavre districts. This evidence-based pedagogical approach aims to enhance the academic achievement of students in grades three, four, and five by rapidly improving their foundational reading and

mathematics skills and strengthening their comprehension of course materials. The project, with a total funding of US\$ 69,500, is supported by RC Aachen-Frankenberg of Germany, RC Hilversum-West of the Netherlands, Rotary Deutschland - District 1810, Rotary Midden-Nederland - D1570 NL, RID 3292 Nepal & Bhutan, RC Yala, and the RI World Fund. The direct beneficiaries include 30 community schools, over 145 teachers, and more than 3,600 students.

The government plans to incorporate the TaRL pedagogy into all public schools across Nepal. While this project may seem like a small step, Rotary's initiatives have the potential to train thousands of teachers, making a significant impact on the implementation of TaRL pedagogy in Nepal's public schools.



# CLUB NEWS & ACTIVITIES

During the month of July - August



## Nrs 150,000 Cheque for Scholarships

Rotary Club of Baneshwor  
July 30, 2024

The Rotary Club of Baneshwor, the first club of RI District 3292, celebrated its 17th Charter Day and hosted the District Governor's official visit on July 30th. During the event, the club presented a cheque for Rs. 150,000 to the Principal of Ananda Bhairab School in Mulpani, to support scholarships for 25 girls and 5 boys. Additionally, the club inducted five new members, including four men and one woman.

## Adolescent Reproductive Health

Rotary Club of Birgunj Metropolis  
July 22, 2024

The Rotary Club of Birgunj Metropolis recently organized an awareness program on Adolescent Reproductive Health at Jeevan Jyoti School. The session was led by Dr. Chandani Pandey (MBBS, MD OBS & Gynae) from Asharam Hospital. The program was attended

## Tree Plantation

Rotary Club of Biratnagar Central  
August 21, 2024

The Rotary Club of Biratnagar Central, in collaboration with the Rotaract Club of Biratnagar Central, organized a Tree Plantation Program. A total of 150 Dhupi plants were distributed and planted along the stretch from Rotary Chowk to Koshi Hospital Chowk. The primary goal of this initiative was to contribute to the environment and raise awareness about the importance of tree planting. The event was graced by Chief Guests CDO Prem Bhattarai and SP Nawaraj Karki. During the program, Club President Jinna Thapa emphasized the significance of planting trees and how each individual can make a difference through such



actions. She highlighted that together, we can make a substantial impact on the environment. The club plans to continue this movement in the coming days. The total cost of the program was Rs. 15,000.



by Interact members and female students, who received valuable information on reproductive health. In addition to the awareness session, RC Birgunj Metropolis distributed hygiene kits to the students and Interact members. The event was graced by the presence of Club President Rtn. Anil Jayswal, Secretary Rtn. Hariom Kr. Shah, Dr. Rtn. Ashok Das, Rotaract President Dipu Barnawal, PP Rtr.

Prakash Karn, and several Past Presidents of the Rotaract Club of Birgunj Metropolis. The total cost of the project was Rs. 5,500/-. On the same day, RC Birgunj Metropolis inaugurated a new Interact Club at Jeevan Jyoti Secondary School in Ranighat, Birgunj. During the opening ceremony, 15 members took the oath to officially join the newly established club at the school.



## Yoga Training Session

Rotary Club of Butwal Chautari  
August 17, 2024

A yoga and pranayama training session was held during the 215th regular meeting of the Rotary Club of Butwal Chautari. Madhav Poudel, Coordinator of the Pathik Foundation, Rupandehi, led the session, highlighting the benefits of yoga for improving health, infusing life with positive energy, and guiding individuals on a positive path. Poudel emphasized the importance of spirituality in life but noted that true spiritual growth requires

more than just righteousness. He stressed that addressing basic needs like hunger and illness is essential before one can fully engage in spiritual practices. On the same day, the Rotary Club of Butwal Chautari awarded honorary membership to Tara Chandra Kedia, President of Kedia Group Organization, and Ram Chandra Chhetri, Ward Chair of Butwal Sub-Metropolitan City-11.



## Healthy Periods Program & Child Nutrition Workshop

Rotary Club of Birgunj  
July 28, 2024

The Rotary Club of Birgunj organized a "Healthy Periods" program at MoonLight School, Birgunj, to educate young girls and women about menstrual cycles, health, and hygiene. The program, facilitated by Rtn Dr. Purna Priyadarshini Jha, was attended by girls from classes 9 and 10, along with their school teachers. Additionally, at the same venue, the Rotary Club of Birgunj hosted a "Child Nutrition Workshop" for the parents of MoonLight School students. The workshop was led by Rtn Dr. Anand Kumar Jha, a pediatrician, who provided valuable insights into child nutrition.

## Free Maternal Health Camp

Rotary Club of Chitwan  
July 27, 2024

On July 27, 2024, the Rotary Club of Chitwan and its Spouse Club jointly hosted a Free Maternal Health Camp in celebration of Maternal & Child Health Month at Ganeshdham, Bharatpur-11. The event was honored by Chief Guest Rtn. Hari Prasad Subedi, AG Zone 38, and chaired by RC Chitwan President Rtn. Bhanu Sharma. The camp featured presentations by esteemed gynecologists Dr. Lok Bahadur Sedhai and Dr. Binuma Shrestha. Dr. Sedhai addressed management of pregnancy and uterine diseases, while Dr.

Shrestha focused on cervical cancer awareness and treatment. Nearly 200 women received health checkups, including 166 VIA tests for cervical cancer screening and 105 USG (video x-ray) exams. The program had a total cost of NPR 350,000, with NPR 125,000 allocated for medicines. At the conclusion of the event, President Bhanu Sharma and Program Coordinator Dr. Lok Bahadur Sedhai presented tokens of appreciation to the 12-member medical team. The remaining medicines, valued at NPR 60,000, were donated to the Satya Sai Free Health Clinic Committee, represented by Rupa Sedhai, extending the camp's reach and ensuring additional resources for those in need.

The camp made a significant impact by improving maternal and child health services and raising awareness about crucial health issues in the community. By facilitating early detection and providing education, the camp empowered women with the knowledge and resources to better manage their health.





### Tree plantation by Distributing 500 plants to Rotarians and Rotaract Members

Rotary Club of Central Lumbini  
July 27, 2024

If one is born as a human being, they have a responsibility to contribute to the environment. Planting trees is not only a duty of each individual but also adds value to one's life. With this belief, the President of RC Central Lumbini has decided to distribute plants of various fruit trees to individual members of RC Central Lumbini and four sponsored Rotaract clubs. The formal program was

inaugurated at the residence of Past President Rtn. Prem Sharma Lohani, with PDG Rtn. Santosh Rijal as the Chief Guest. Speaking on the occasion, PDG Rijal reiterated the idea of involving family members, especially the spouses of members, in the Rotary Movement. Program Coordinator Rtn. Bishnu Sharma outlined the plan to distribute a minimum of 500 plants, to be planted in available open spaces in the homes of individual members of Rotary and Rotaract clubs or their neighbors' homes. The President requested all members to take care of the plants and share pictures of their growth during Environment Month, April

2025. The best plant will receive a surprise award from the club. District Project Committee Co-chair and Past President of RC Central Lumbini, Rtn. Heerabhadur Shah, spoke about the club's dedicated efforts toward the environment since its charter year and praised the new idea of planting trees at members' homes for better care. Secretary Rtn. Gangadhar Bhandari conducted the formal program, sharing inspirational stories to motivate members to get involved in service projects. All members accepted the plants and planted them in their respective homes after the formal program.

### Dharan Kora 2024 Program

Rotary Club of Dharan Ghopa  
July 20 2024



The Kora Cycling Challenge, Nepal's largest charity ride, is held annually in July, attracting both professional and amateur riders nationwide. Launched in Kathmandu in 2011, the 2024 event took place on July 20 in Dharan, organized by the Rotary Club of Dharan Ghopa and Paddlers Dharan, with support

from Miteri Development Bank Ltd. The event partners included several local businesses and institutions. The ride began at Bhanu Chowk and ended at Hariyali Saudaik Ban, Dharan 19, featuring a 27 km circuit that highlighted Dharan's Buddhist Gumba, temples, and tourist attractions.

Key figures at the opening ceremony included Rtn Gaurabman Shrestha, President of the Rotary Club of Dharan Ghopa; Chief Guest Mr. Tulasi Pd Wosti, CEO of Miteri Development Bank; and other prominent guests. Over 150 riders participated, with organizers providing jerseys, refreshments, and lunch at the event's conclusion.



## Fruit Tree Sapling Plantation

Rotary Club of Birtamode  
August 3 & July 1, 2024

The Rotary Club of Birtamode recently led a successful fruit tree sapling plantation drive, planting a total of 95 saplings across two locations. At Brihat Bishranti Ashram, 30 fruit trees were planted with the help of 10 club members. Simultaneously, 22 members planted 65 saplings of various fruit species at the Agro Forestry Promotion Centre Pvt. Ltd. During the event, Club Administration Director PP Rtn Min Prakash Mainali gave an engaging talk on "Rubber



Plantation - The Science Behind and the Benefits," offering participants valuable insights into rubber cultivation. Following this, Club Mentor PP Rtn Navin Gattani guided members on a tour of a rubber factory, showcasing the complete process from rubber collection to the final product. The Rotary Club of Birtamode is dedicated to making a positive environmental impact through tree planting and ongoing care. These efforts not only contribute to a more sustainable world but also inspire others to engage in similar initiatives for the health of our planet.



## Joint Tree Plantation

Rotary Club of Butwal South  
August 3, 2024

Joint Tree Plantation Phase-I was a collaborative effort organized by RAC Butwal South and RAC Tinau City, under the leadership of Rtn. Er. Dujendra Kumar Basnet, President of Rotary Club of Butwal South. The event was attended by a total of 57 participants, including club members and officials. The Chief Guest was Mr. Bishnu Prasad Belbase, Chairperson of the Gaunpalika, and the Special Guest was Mr. Man Bahadur Budhathoki, Chairperson of the Darwaha Temple Management Committee. The program had a budget of NPR 22,000. As part of this initiative, RC Butwal South adopted the Darwaha Temple as a core area for tree plantation and protection. During the event, 250 plants, including various fruit-bearing and other species, were planted within the temple grounds. The impact of this tree plantation is expected to be significant. It will positively contribute to the environment by reducing global warming and, in the long term, the fruit and wood from these trees could become a source of income for the temple.



## Food Festival, Exhibition & Art Competition

Rotary Club of Patan East  
August 24, 2024

RC Patan East and Westar Welfare Society jointly hosted two major events at Westar Residency, Balkumari. The day began with a vibrant Food Festival and Exhibition, inaugurated by IPDG Rtn. Rajendra

Prasad Dhoju. The event, which attracted around 1,000 visitors, aimed to promote local products made by women entrepreneurs and foster fellowship while raising funds for social services.

Later, an Art Competition took place, with Hon'ble Minister Rtn. Ram Krishna Chitrakar as the chief guest. Public Image Chair RID3292 Rtn. Amit Giri and Ms. Sanu Maharjan, LMC Ward No. 9 women's member, were also present as special guests. The competition featured 40 children from grades 1 to 10, with technical support from Mr. Ajay Deshar of Young Picasso. The program, budgeted at NPR 15,600, aimed to support children's growth through extracurricular activities. Participants were awarded medals, gifts, and certificates.



## Donation and Feast Service Program at Manav Sewa Ashram, Tillottama

Rotary Club of Butwal Downtown  
14 August 2024

On July 13th, 2024, the Rotary Club of Butwal Downtown organized a food donation program at HUMAN SERVICE Home in Tilottama, Lumbini Province. This home provides shelter to individuals who are homeless and suffer from mental illness. The program, which served a feast to approximately 200 residents, was organized to



celebrate the birthday of First Lady Sharmila Gyawali, the spouse of Club President Rtn. Shiva Gyawali. In honor of the occasion, First Lady Sharmila Gyawali generously donated Rs. 17,500/- to support the event, ensuring that the residents could enjoy a special meal.

## Tree Saplings Plantation at District Police Office

Rotary Club of Dhulikhel  
July 20, 2024

The Rotary Club of Dhulikhel led a tree plantation drive at the District Police Office, focusing on sustainability and community engagement. Over 50 native saplings were planted with the help of more than 30 volunteers, including police personnel.

Funded by NPR 20,000 from the club's greenery fund, the initiative aimed to enhance biodiversity, improve air quality, and beautify the premises. The trees are expected to create a healthier environment, reduce carbon dioxide levels, and support local wildlife.



## Fruit Trees Plantation

Rotary Club of Lalitpur Midtown  
August 3, 2024

As part of our sustainability program, the Rotary Club of Lalitpur Midtown planted 60 different fruit trees (costing NPR 30,000) within the compound of GEMS School, Dhapakhel.

Past President Rotarian Rajesh Khadka coordinated the plantation area, ensuring that each tree was tagged with the name of the person who planted it, along with the botanical name of the plant.

We hope this tree plantation will benefit not only the school, which serves as a hub for children, but also the entire locality. As these trees mature, they will provide habitats for various bird species, contributing to the health of the entire ecosystem. We believe this initiative will support our long-term goal of a greener future.

## Training Session on Protecting Children in the Digital Age

Rotary Club of Dharan  
August 4 & 5 2024

RC Dharan conducted a two-day training session on "Protecting Children in the Digital Age" on 4th and 5th August at Public School and Balika School, led by Childsafenet experts Arjun Shrestha and Mandira Shrestha.

The session aimed to equip educators, parents, and community leaders with the tools to safeguard children from digital dangers like cyberbullying and online predators. Over 70 participants, including teachers, social workers, students, and parents, attended. With a budget of Rs.16,000, the training provided resources and support to foster a safer online environment. The session provided up-to-date insights on the growing online risks for children, especially with the increasing use of social media by younger age groups. Through case studies and real-life scenarios, participants learned effective strategies for safeguarding children online.

The training led to immediate awareness and proactive measures among attendees, with long-term expectations of reducing online harm and creating a safer digital environment for the younger generation.





## Food Distribution at Aama Ko Maya Chattrabas

Rotary Club of Dhading  
8 August 2024

On August 8, 2024, the Rotary Club of Dhading organized a food distribution program at "Aama Ko Maya Chattrabas" in Neelkantha Municipality-4, Dhading. This facility cares for over 32 children from various parts of Nepal. The distribution of essential food items aimed to ensure that no one at Aama Ko Maya Chattrabas goes hungry. The program was organized with the support of Rtn. Anil KC, in celebration of Anuska KC's birthday. The event was attended by the President of the Rotary Club of Dhading, Rtn. Sudip Rasaili, along with the Immediate Past President (IPP), Past Presidents (PP), and other members of the Rotary Club. The main objective of the food distribution was to affirm that every child has the right to food.



## School Bags, Stationery, and Washing Machine Support in Jhapa

Rotary Club of Dillibazar-Kathmandu and Birtamode  
9th August 2024

The Rotary Club of Dillibazar, with partial support from the Rotary Club of Mordialloc, Australia, and in partnership with its sister club, the Rotary Club of Birtamode, jointly distributed school bags and stationery to 164 students from economically disadvantaged backgrounds, including 15 visually impaired students. Additionally, the Rotary Club of Birtamode supported 10

children with school shoes, provided walking sticks for 15 visually impaired students, and donated a washing machine for residential visually impaired children. During the distribution program, several dignitaries and participants were present, including five members from the Rotary Club of Dillibazar (Sagar Nidhi Tiwari - President, Youraj Roka - Vice President, Prem Oli - President Elect, Samjhana Pokhrel - PP & PAG, and Sandhya Raj Bhandari - Treasurer), two AGs Sujan Pradhan and Binod Basnet, Rotary Club of Birtamode President Suresh Kumar Agrawal, Secretary Sandhya Rathi, Past Presidents, seven club members, Service Project Directors, Rotaractors, media personnel, the Deputy Mayor of the local government, the School Management Committee Chair and members, head teachers and school staff, as well as parents and children.



## Healthy Smiles and Happy Face

Rotary Club of Dharan Foothills  
July 23 2024

The Rotary Club of Dharan Foothills conducted an Oral Health Assessment Program on July 23, 2024, at Children House Montessori, Dharan. The program was supported by the Department of Community Dentistry from BPKIHS, Dharan, and Children House Montessori. We acknowledge the medical and technical support led by Head of Department, Professor Dr. Ashish Shrestha, and the Founder Director of Children House Montessori, Mrs. Parwati Tumbahangphe, for providing refreshments and logistics.

One hundred children aged 5-10 benefitted from the program, receiving oral health screenings and counseling for better oral health. Twenty-five children were referred to BPKIHS for further management of their oral health following the screenings. The children were accompanied by their parents, who also found the service gratifying.

The program concluded with the distribution of certificates of appreciation from RC Dharan Foothills and an exchange of tokens of love from the Principal of Children House Montessori.



## Tree Plantation Program

Rotary Club of Surunga  
July 27 & August 9, 2024

On July 27, 2024, the Rotary Club of Surunga, in collaboration with the Rotaract Club of Surunga and with support from the Kanakai Community Forest Upbhokta Samuha, successfully carried out a tree plantation program. In alignment with the district's goal of planting 1,000 trees per club, 200 fruit-bearing trees beneficial to animals and birds were planted in Section 4 of Kanakai Community Forest. The event saw enthusiastic participation from 45 Rotarians and Rotaractors, underscoring their commitment to environmental conservation and addressing the global climate crisis. On Friday, August 9, 2024, the Rotary Club of Surunga, together with the Rotaract Club of Surunga and the Kanakai Samudaik Ban Upabhokta Samuha, successfully completed the second phase of their tree plantation program in celebration of Community Forest Day. The event was presided over by Rtn. Luba Raj Uprety, President of the

Rotary Club of Surunga, and served as a testament to the clubs' dedication to environmental sustainability. A total of 450 trees, including both fruit-bearing and wildlife-friendly species, were planted, significantly contributing to ongoing environmental conservation efforts. The initiative was supported by 50 enthusiastic participants, highlighting the community's commitment to improving green spaces. Chief Guest Yam Bahadur Magar, an officer from the Sub-Division Forest Department in Surunga, honored the event with his presence and praised the collaborative effort.



## Healthy Teeth Healthy Lives

Rotary Club of Kavre Valley  
July 25, 2024

Under the slogan "Healthy Teeth, Healthy Lives," the Rotary Club of Kavre Valley, with technical support from Supreme Dental Care, Banepa, conducted a Dental Screening and Hygiene Awareness Program at Shemrock Nist School, Banepa. Over 190 students were screened, with many receiving immediate treatment for dental issues and referrals for further care. The program also included educational sessions on dental hygiene, promoting the importance of oral health among students.

## Mental Health Awareness & Tree Plantation Program at Bhavishya Nirman School

RC EClub of Medicofusion Hybrid Nepal  
August 3, 2024

A half-day mental health awareness program was held at Bhavishya Nirman School, Devdaha-2. The event was led by Rtn Dr. Bikram Kafle and featured Dal Bahadur Thapa, the school management chairman, as the chief guest, with special guests including Govinda Psd Bhushal, the principal, and Assistant Governor Thaneswor Pandey. The program focused on recognizing symptoms of stress, managing stress,

preventing suicide, and raising awareness about drug abuse. Dr. Kafle emphasized the distinction between mental health and illness, discussed ways to maintain a healthy lifestyle, addressed the causes of drug abuse and addiction, and suggested preventive measures. Rtn Yashoda Bagale highlighted common mental health issues among school children, while Rtn Dr. Santosh Pokhrel spoke about healthy eating habits. Approximately 200 students from the school attended the event. On the same day, the Club also organized the planting of around 100 trees and flowers within the



school grounds. The event was inaugurated in the presence of the chief guest, special guests, and school teachers, with around 200 students participating in the planting activity. The total budget for the program was NPR 25,000. As a government school, this initiative benefited students, staff, and the local community.





## Plant Distribution to the household of Banepa Municipality

Rotary E-Club of Namobuddha, Bagmati  
29 July 2024

The Rotary e-Club of Namobuddha launched its first service project with a plant distribution program to benefit the community economically. Chaired by the club's chartered president, Rtn. Ganga Luitel, the event featured Mr. Shanti Ratna Shakya, Mayor of Banepa Municipality, as the chief guest. Key attendees included the Deputy Mayor, RI3292 IPDG Rajendra Prasad Dhoju, IPDS, Assigned AG, Ward Chairperson, social activist, and club board members. Supported by Green Valley Green Nepal, the project distributed 1,300 plants to 650 households. A three-year MOU was signed with Banepa Municipality to focus on environmental protection, ensuring household ownership of the plants. The project budget was NPR 268,300.

## Mehendi Fellowship

Rotary Club of Itahari Yugal  
2 August 2024

President Rtn. Shradha Bista of the RC Itahari Yugal hosted a vibrant Mehendi program at her home, gathering members of the Rotary and Rotaract clubs of Sunsari, along with their families, for an evening of cultural celebration.

Held during the sacred month of Shrawan, the event was significant as devotees sought Lord Shiva's blessings for happiness, health, and prosperity. Women wore traditional green, red, and yellow attire, with green symbolizing



## LIGHTNING OF LAMPS

ROTARY CLUB OF LUMBINI  
SIDDHARTHANAGAR  
July 22, 2024

On July 22nd, the Rotary Club of Lumbini Siddharthanagar organized a "Lighting of Lamps and Spiritual Discourse Program" in memory of the victims of the Chitwan road accident, where many lives were tragically lost. During the event, 101 lamps were lit, and a satsang was conducted to pray for the peace of the departed souls. The program was coordinated by the club's Treasurer, Rtn. Bhusan Sriwastav, who also generously covered the event's expenses, totaling NPR 28,367. The event was graced by the presence of Rtn. Dr. Govind Ballabh Bhatta, a charter member of the club, who served as the chief guest. The event saw the participation of Past Presidents, Board of Directors, Rotarians, and many local residents, all coming together to honor the victims and offer their prayers.



peace and a connection to nature. The Mehendi added to the festive atmosphere, celebrating cultural traditions, spiritual devotion, and community bonds.



## Tree Plantation Program

Rotary Club of Kathmandu Heritage  
August 10, 2024

The Rotary Club of Kathmandu Heritage organized a tree plantation program at the National Martyr and Peace Park in Gokarneshwor Municipality, Ward No. 4. The event was honored by the presence of Mayor Dipak Kumar Risal as the chief guest, along with Deputy Mayor Sannani Lami, Ward President Jaya Ram Lama, Chief Advisor of the Municipality Ramesh Risal, Chief District Forest Officer Puskar Raj Gaudaula, Chief of the Forest Sub-Division Office Arun Kumar Gupta, Rotary International District 3292 Environment Coordinator Dipak Raj Bhandari, and Sergeant-at-Arms Coordinator Binita Pradhan. The program was chaired by Hema Kumari Adhikari, President of the Rotary Club of Kathmandu Heritage, with the club's secretary, Dr. Buddhi Malla, serving as the master of ceremonies. The event was coordinated by the club's President-Elect, Krishna Prasad Sharma. In a statement, the club emphasized the global importance of environmental conservation, highlighting Nepal's potential to set an example in this field. The Rotary Club believes that by leading in environmental conservation, Nepal can enhance its tourism sector and contribute positively to the country's sustainable development.



## Gaindakot with future Generation

Rotary Club of Gaindakot  
3 August 2024

This year, we embrace the theme "The Magic of Rotary," celebrating the remarkable impact our members have on communities. As we embark on this journey, the Rotary Club of Gaindakot has recently demonstrated its commitment to community service by distributing stationery and learning materials to students from low-income families at the government school "Shree Nawadurga Adharbhut Vidyalaya" in Gaindakot Nagarpalika-1.

This school, which serves students from ethnic minority and Dalit communities, received the generous donation during the first month of Rtn. Ramesh Kafle's tenure as President for the Rotary Year 2024-25. The program was honored by the presence of District Governor Rtn. Rajendra Man Sherchan and First Lady Rtn. Sarojani Sherchan, Assistant Governor Rtn. Ashok Kumar Basnet, and other district officials, as well as all past presidents of RC Gaindakot and members of the school's management committee. During this significant event, four Rotarians and non-Rotarians took on the guardianship of four children. We believe this exemplifies the magic of Rotary.

## Handover Smart Digital eLibrary

Rotary Club of Tripureshwor  
July 28, 2024

The Rotary Club of Kathmandu achieved a significant milestone by setting up and handing over a Smart Digital eLibrary to Shree Gram Sewa Basic School in Gamchha, Kathmandu. This initiative is part of the global grant project "Enhance Quality Education in 6 Adopted Schools in Nepal," aimed at elevating educational standards in underprivileged schools.

The eLibrary includes 21 computers with educational software for students in grades 1 to 8, offering an interactive learning platform. A 75-inch Digital Smart Board was also installed to enhance classroom engagement, allowing



## Micro Credit Program (Dairy Development)

Rotary Club of Hetauda  
August 8, 2024

The Rotary Club of Hetauda microcredit program recently provided financial support to women in two rural municipalities to enhance their economic opportunities. In Gadhi Rural Municipality, the program benefited five groups of women, totaling 35 individuals who are all from below the poverty line. Each group was allocated NPR 50,000 to purchase cows, which will help them improve their livelihoods through dairy farming. Similarly, in Handikola Rural Municipality, the program supported three groups of women. Two groups, consisting of 14 women in total, received NPR 30,000 each. Additionally, one group of 7 women received NPR 50,000 each. These funds are intended to assist them in various income-generating activities. Overall, the program distributed a total of NPR 25,20,000. This initiative aims to empower women economically and support their journey towards financial stability and self-sufficiency.



teachers to deliver lessons more dynamically.

A security system with four CCTV cameras was installed to protect the new resources and ensure a safer environment for students and staff. This project highlights RCT's commitment to enhancing education in Nepal by integrating advanced technology. By upgrading Shree Gram Sewa Basic School, the initiative provides students with vital tools for success in a digital world and serves as a model for future efforts to reduce educational disparities across the country.



## Dental Health Camp

Rotary Club of Kapilvastu  
16 August 2024

A Dental Health Camp was organized at Nepal Adarsha Secondary School in Shivaraj-1, Shivapur, Kapilvastu, with technical support from Simali Dental Care Pvt. Ltd., Butwal-6, Nepalgunj Road, Rupandehi. Dr. Shishir Aryal and Dr. Joseph Bista, along with two dental assistants, provided diagnosis and treatment over an eight-hour period. Rotaract and Interact members supported the program throughout the day.

The event was inaugurated online by Rotary 3292 District Governor for RY 2024-2025, Rajendra Man Sherchan. The camp primarily targeted students up to class five, with over 150 students and some guardians receiving dental treatment. The program was conducted with a budget of NPR 10,000, excluding medical service and medicine costs.

The Rotary Club of Kapilvastu received appreciation from both the school and the local community for organizing the camp, which also enhanced the club's recognition in the area.

## Give Blood, Save Lives

Rotary Club of Narayangarh  
August 3, 2024

In response to the critical need for blood in Chitwan district hospitals, the Rotary Club of Narayangadh, Spouse Club of Narayangadh, Rotaract Club of Narayangadh, Interact Club of Balmiki, and Interact Club of Narayangadh have united to organize a vital blood donation program. This event, coordinated in collaboration with The Federation of Nepalese Chambers of Commerce and Industry, Chitwan, and the Nepal Red Cross Society, Regional Blood Transfusion Centre, took place at The Chamber of Commerce and Industry, Chitwan.



Under the leadership of Rotarian Rajendra Poudel, the program saw a generous turnout of 69 donors, including 50 men and 19 women, with 21 of them being first-time donors. We extend our heartfelt thanks to all who contributed to the success of this initiative. Rotary, Spouse, Rotaract, and Interact Clubs remain committed to supporting and serving our community in the future.



## Supporting Education and Maternal Health

Rotary Club of Kavre-Banepa  
August 13, 2024

The Rotary Club of Kavre-Banepa distributed track suits, stationery, and water bottles to 30 students of Shree Bhagwati Basic School in Namobuddha Municipality Ward No. 6, Belbotar, Kavre, on August 13. The club believes that these items will bring smiles to the students' faces and motivate them in their studies. President Rtn Shyam Kumar Timalisina, along with other Rotarians, handed over the materials in the presence of School Principal Mr. Ramesh Prasad Neupane, School Management Committee Chairman Mr. Prem Lama, as well as other teachers and guardians.

Earlier, on July 19, the Rotary Club of Kavre-Banepa conducted a program at Scheer Memorial Adventist Hospital, Banepa, under the Maternal and Child Health Program. The club distributed health materials and warm clothes to 19 mothers and 18 newborns. President Rtn Shyam Kumar Timalisina and Secretary Rtn Rishi Ram Dahal handed over the items, accompanied by other club members and Rotarian Dr. Hector G. Gayares, CEO of Scheer Memorial Hospital





## 1000 Tree Saplings Plantation

Rotary Club of Gorkha  
14 August 2024

On July 2, 2024, the Rotary Club of Gorkha initiated an ambitious project of planting 1,000 saplings during the first month of the Rota Year 2024-25, despite heavy rain. In alignment with the goals of Rotary District 3292, the club successfully completed the tree plantation on the grounds of Lateshwor Mahadev Temple in Chhewetar, Gorkha Municipality-10, as part of their service project. The event was attended by Pradeep Kunwar, Ward Chairman of Gorkha Municipality-10, the Assistant Governor of Zone 18, the Club Chairman, the former Chairman, other Rotarian members, and local residents.



## Mental Health and Vocational Training Program for prisoners

Rotary Club Of Ratnanagar  
July 30, 2024

The Rotary Club of Ratnanagar recently organized a mental health awareness program along with a seven-day vocational training workshop for 45 women prisoners at the District Jail in Bharatpur, Chitwan. The initiative aimed to enhance the mental well-being of the inmates while equipping them with valuable skills. During the training, the women learned to create beautiful jewelry items, including earrings, bracelets, bangles, and pendants, with a special focus on festivals like Teej, Dashain, and Tihar. This program effectively combined mental health support with vocational training, addressing the psychological

needs of the inmates and providing them with practical skills for their future. The total budget of NPR 142,900 covered the trainers' fees, training materials, transportation, and miscellaneous expenses. This initiative benefited 45 women prisoners in Bharatpur, Chitwan, by providing mental health support and vocational training in jewelry making. The training helped reduce stress and depression among the inmates by engaging them in productive activities. The skills they acquired will contribute to their financial independence after their release. Additionally, the Rotary Club of Ratnanagar plans to promote and market the products they create, further supporting their reintegration into society.



## Membership Orientation Talk Programme

Rotary Club of Himalaya Patan.  
August 10, 2024

On August 10th, 2024, RCHP organized a membership orientation program at Dhokaima Café. The session was led by Dr. Dhruba Acharya, Adviser to the District Membership Committee. He delivered a highly informative presentation, featuring important slides on membership activities. Dr. Acharya discussed the history of Rotary, membership dynamics, challenges, and opportunities. He emphasized the critical role of members in the future of the club, highlighting the need to retain and grow membership. He also underscored the importance of "Time, Talent, and Treasure" as the three key contributions expected from members.

The orientation aimed to familiarize new members with Rotary's goals, values, and vision. By the end of the session, new members felt more connected and engaged with the organization, gaining a clear understanding of what Rotary is, what it does, and why it matters. The program also helped them understand their roles and responsibilities within the organization. Overall, this effective orientation encouraged active membership and contributed to improving member retention by ensuring members were well-informed about Rotary's mission, values, and vision.

## Bench & Sports Material Distribution with 135th Regular Meeting

Rotary Club of Purbi Chitwan  
August 3, 2024



The Rotary Club of Purbi Chitwan held its 135th Regular Meeting at Bishwar Shiva Mandir, Khairahani-11, Chitwan. During the meeting, the club made a small contribution to the temple by handing over a few benches. The event was attended by the club's chartered president, past presidents, Immediate Past President (IPP), Board of Directors (BOD) members, general members, the temple management president and board members, as well as the Rotaract president and members.

On the same day, the club also donated sports equipment to players in Rapti. The total budget for this project was NPR 35,000

## Burn Prevention Awareness Program

Rotary Club of Thamel  
August 3, 2024

On August 3, 2024, the Rotary Club of Thamel, in collaboration with Interburns UK, organized a Burn Prevention Awareness Orientation Program for the "Buhari Samuh" of the Keshchandra Mahabihar Conservation Society in Itumbahal. The program saw the participation of over 60 community members and was conducted in the local language, Nepal Bhasa, to ensure effective communication and engagement. The interactive nature of the sessions allowed for in-depth discussions and active participation from the attendees, making the program a valuable initiative for promoting burn prevention awareness within the community



## Free HPV-DNA Testing Cervical Cancer Screening Camp

Rotary Club of Sankhu  
July 12 2024

The Rotary Club of Sankhu organized a free HPV-DNA Testing Cervical Cancer Screening Camp with technical support from Peth-Nepal, Kathmandu Model Hospital, Kritipur Hospital, PHEC-Coop, and the Community Reproductive Health and Counseling Center. The screening camp was held at the Sankhu Health Post in Kolagal, Shankharapur Municipality, Ward 7. The program, which cost NRs. 20,000, was funded by contributions from Rotary members of RC Sankhu, with additional test kits sponsored by the technical support team.

Ninety patients benefited from the camp, receiving check-ups and gaining valuable knowledge about the care of their private parts. The importance of such a camp was underscored by the fact that many women hesitate to visit hospitals for check-ups of their private body parts. The patients realized the significance of these screenings, understanding that health is more important than feelings of shyness.

## Club website launched

Rotary Club of The Himalayan Gurkhas  
13th July 2024

Assistant Governor (AG) Rtn. Arun Man Sherchan launched the new website of the club [www.rchimalayangurkhas.org.np](http://www.rchimalayangurkhas.org.np) on 13th July 2024 during the 21st Installation Ceremony. Club charter history and histories of Gurkhas are briefly outlined on the website. Besides of this, all the project activities, meeting/events, social events, photos, videos and publications are kept in the website categorically. The website was pending since last few year and its now live to all.





## New Members Bring in Fresh Energy to Rotary Club

Rotary Club of Thimphu  
14 August 2024

The Rotary Club of Thimphu held a special induction ceremony on August 14, 2024, at the Druk Hotel, Thimphu, to welcome eight new members. The evening was filled with excitement and anticipation as these new members embarked on their Rotary journey. The ceremony began with a warm welcome from Club President Sonam Tobgay, who emphasized the importance of community service and the core values of Rotary. In his opening remarks, President Tobgay expressed his enthusiasm, saying, "We are thrilled to welcome eight new members to the Rotary Club of Thimphu. We look forward to their participation and

passion for community service, and we are excited to work together to make a positive impact in our community." Secretary Rinzi Om introduced the new members, who were met with applause and a warm reception from the club. The new inductees come from diverse backgrounds, including a former government official, a former ambassador, a UN job holder, and business entrepreneurs. President Tobgay then presented each new member with a Rotary pin, symbolizing their official entry into the club. The event concluded with a fellowship gathering, well attended by club members, at the Druk Hotel, Thimphu, Bhutan

## Educational Materials Handover Program

Rotary Club of Pokhara Paradise  
August 24, 2024

Baba Foundation Nepal, in collaboration with the Rotary Clubs of Pokhara Lakeside and Pokhara Paradise, has been actively working in the fields of children's education and environmental preservation. As part of their ongoing efforts, they recently handed over dustbins and educational materials to Shri Kedareshwar Mahadevmani Temple and Kedareshwar Vedic Gurukul Vidyashram. A total of nine dustbins were

provided to help manage waste around the temple. Additionally, educational materials were distributed to the 80 students (Batak) studying at the school, including 504 notebooks, 72 dot pens, 312 pencils, 160 cutters, and 160 erasers. These resources will significantly support the students in their studies and contribute to a cleaner environment around the temple.



## Child Friendly Toilet Handover

Rotary Club of Birtamode Midtown  
5th August 2024

Joint Program with Round Table Birtamod 27:

Rotary Club of Birtamode Midtown successfully constructed a child-friendly toilet at Bhimale Primary School and Baljyoti Aadharbhut School, Salbari, Jhapa. The facility includes separate male and female toilets and urinals, with a capacity to accommodate four children on each side simultaneously, allowing a total of eight students to use the facility at once.

- Budget: Rs. 5,50,000
- Beneficiary Profile: Over 100 students

### Impact:

The construction of these toilets has made it easier for students, especially female students, to attend school regularly. The initiative has significantly reduced absenteeism. Initially, the school had only 20-25 students, but since the construction of the toilet, more students have enrolled, increasing the total number of students to 65.





## Support for the crisis at the school landmark

Rotary Club of Patan West (RCPW)  
August 22, 2024

The roof of a building was completely damaged by strong winds on 30th May 2024. Since it was the rainy season, official documents and other materials were also damaged. During this crisis, with the help of the Rotary Club of Patan West, construction materials were purchased, and the roofing work was completed. The allocated budget was Rs. 110,000.00 (one lakh and ten thousand).

To make the campaign for education for all a success and to ensure that basic education is meaningful, it is necessary to preserve the existence of Sri Saraswoti Basic School. It takes an hour and a half for the children to get to the school, and there is a forest along the path. Therefore, protecting the school is essential to guarantee the right to education for the children of Ramkot.

Sri Saraswoti Basic School is located in Gandaki Province, Tanahun District, Bandipur Rural Municipality, Ward No. 3, Ramkot. The school was established in 2014. Ramkot is a 1.5-hour walk from Bandipur, a destination renowned both nationally and internationally. Most tourists who visit Bandipur for a two-night stay also visit Ramkot to observe rural life. Although the majority of the residents are from the Magar caste, Gurungs and Dalits also live there.



## Tree plantation & Food Serving

Rotary Club of Central Butwal  
August 9, 2024

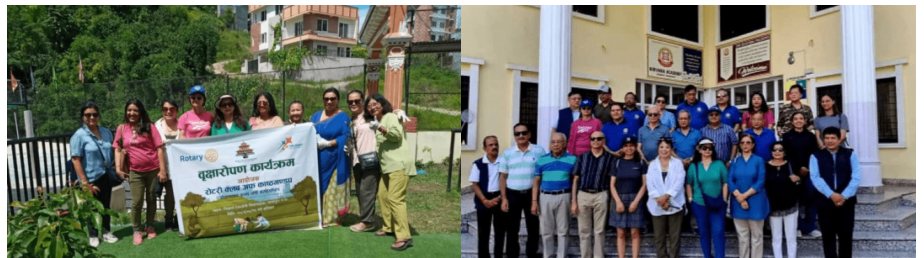
The Rotary Club of Central Butwal organized a tree planting event at Jana Jagriti School, Tilottama-2, Yogikuti, where 150 trees of various types were planted. The program was chaired by Club President Elect Rtn. Baburam Bohora, with Honorable Parliament Member Mr. Basudev Ghimire serving as the Chief Guest. Special Guest AG Rtn. Khimanand Pandey, along with past presidents and club members, also attended. Mr. Ghimire highlighted the importance of tree planting for society and climate change, praising the club's efforts as a noble cause.

In addition, the club provided meals for 150 residents at Manav Sewa Ashram, where individuals aged 60 to 90 reside, many without family support. AG Rtn. Khimanand Pandey emphasized the significance of supporting this age group, noting that such acts of kindness will be reciprocated when one reaches a similar age. The club also planted 70 trees within the ashram premises.

The event was hosted by Secretary Rtn. Minraj Bhardwaj, with a welcome speech delivered by Program Coordinator Rtn. Ghanshyam Poudel, and a vote of thanks by President Elect Rtn. Baburam Bohora

## 70 Saplings Plantation

Rotary Club of Kasthamandap  
August 3, 2024



Around 40 members of the Rotary Club of Kasthamandap participated in a Tree Plantation Programme at Nirvana Academy in Sitapaila, planting 70 saplings, including fruit-bearing trees and firs. The event aimed to contribute to the environment and strengthen community bonds. Each sapling was carefully

planted to provide future shade and sustenance for the school. After the planting, members enjoyed a delicious lunch together. The day was blessed with perfect weather, enhancing the experience and fostering a strong spirit of fellowship and camaraderie among all participants.



## ROTA GAI-JATRA 2024

Rotary Club of Bhaktapur  
August 24, 2024

Gaijatra of Bhaktapur is a vibrant festival celebrated annually in the historic city of Bhaktapur, Nepal. Known as the "Festival of Cows," it honors the deceased with families leading decorated cows or young boys dressed as cows in a grand procession through the ancient streets.

Rota Gaijatra 2024, organized by the Rotary Club of Bhaktapur in collaboration with local Rotaract Clubs, creatively blends traditional Gaijatra festivities with a celebration aimed at fostering fellowship among Rotarians and Rotaractors. This event not only honors tradition but also serves as a platform to raise awareness about the non-profit services provided by these clubs.

Sponsoring Rota Gaijatra offers a unique opportunity to support an initiative that combines cultural celebration with social impact, reflecting the clubs' commitment to community service. The event will feature participation from RID3292 District Governor Rtn. Rajendra Man Sherchan, Immediate Past

District Governor Rajendra Prasad Dhonju, and over 300 Rotarians, Rotaractors, and Inner Wheel members.

The primary beneficiaries include the local community of Bhaktapur, Rotary and Rotaract members, cultural enthusiasts, and community groups. The event promotes cultural preservation, community engagement, and support for local artisans and vendors, strengthening community bonds through shared celebration. Additionally, it raises awareness of Bhaktapur's rich heritage, promotes tourism, and provides economic benefits to local businesses



## Free Eye Screening

Rotary Club of Pokhara  
August 23 2024

The Rotary Club of Pokhara recently organized a Free Eye Screening program for students at Shree Kanya Secondary School and Gyan Bhumi Secondary School. A total of 136 students at Shree Kanya Secondary School, with 22 requiring further

attention, and 178 students at Gyan Bhumi Secondary School, with 17 needing additional care, were screened during the program.

This initiative was conducted in technical cooperation with the Himalaya Eye Hospital, Pokhara, and was supported by the Interact Clubs of Kanya Secondary School and Pokhara Gyan Bhumi. The program



## Blood Donation

Rotary Club of Bhairahawa  
August 24, 2024

The Rotary Club of Bhairahawa, in collaboration with the Rotaract Club of Bhairahawa, organized a Blood Donation Programme alongside its 378th Regular Meeting. The event was graced by the Chief Guest, Mr. Deepak Chhetri Neupane, Chairman of the Nepal Red Cross Society.

During the event, Club President Rtn. Ram Prasad Panthi, Programme Coordinator PP Rtn. Pawan Kumar Poudel, and PP Rtn. Sanjiv Sharma Regmi shared their insights on the vital role of blood donation in society. The programme was hosted by Secretary Shyam Chhetri.

The Blood Donation Programme successfully collected 59 pints of blood, reinforcing the message of the critical importance of blood donation in saving lives.



aimed to identify and address vision-related issues among students, ensuring that those in need receive the necessary medical attention to support their educational journey.



## Free Eye and Dental Camp at Central Jail

Rotary Club of Maharajgunj  
July 27, 2024

A one-day free eye and dental camp was conducted on July 27, 2024, with the goal of providing services to women prisoners at Sundhara Prison. This event was jointly organized by the Rotary Club of Maharajgunj and the Central Prison Hospital.

During the program, 250 women had their eyes examined, and 130 women had their teeth examined. After the eye examinations, 160 pairs of glasses of various prescriptions, along with necessary medications, were distributed.

Continuing this initiative, another one-day free eye and dental camp was organized for men on August 3, 2024, at the Central Prison Hospital Sundhara and Bhadra Jail, again jointly by the Rotary Club of Maharajgunj and the Central Prison Hospital. Four examination rooms were set up separately for eye and dental check-ups.

The chief guest of the program



was the Charter President of the Rotary Club of Maharajgunj and Member of the National Planning Commission, Nepal, Honorable Dr. Jay Bahadur Tandon. The Central and Bhadra jails housed 2,967 prisoners, including 144 foreigners. Among them, 575 men had their eyes examined, and 509 men had their teeth examined. A total of 380 pairs of glasses of various prescriptions, along with required medications, were distributed.

Technical assistance for the program was provided by doctors and health workers from Central Prison Hospital, Kirtipur Eye Hospital, and Om Samaj Dental Hospital.



## Homage to Mahaboudha Temple

Rotary Club of Mahabouddha  
August 15, 2024

RC Mahabouddha commemorated their meeting with a visit to the Mahabouddha Temple in Patan. This marked the first worship of the new tenure, initiated by Club President Rtn. Birangana Maharjan and followed by club members, Rotaractors, and guests. The event was graced by the presence of special guest AG Rtn. Arjun Kumar Shrestha, whose attendance made the occasion even more memorable. During the visit, everyone



participated in worship and lit candles. The gathering included 16 Rotarians, 3 Rotaractors, and 8 guests. The visit concluded with a fellowship where members and guests enjoyed Samayabaji. The total expense for the event was Rs. 12,450, which covered the cost of candles, a contribution to the temple, and food.

## Health Checkup and Awareness Program

Rotary Club of Biratnagar Downtown  
August 22, 2024

Under the initiative of the Rotary Arogya Mission, the Rotary Club of Biratnagar Downtown, in collaboration with Birat Medical College Teaching Hospital, organized the following health checkup camps:

### 1. Psychiatric & Eye Checkup Camp at Manavsewa Ashram, Tintoliya:

80 senior residents of the ashram benefited from psychiatric and eye examinations conducted during the camp.

### 2. Pediatric Health Checkup at Shree Janta Bal Adharbhat Vidyalyaya, Jehda:

A team of eight medical staff, including three doctors, conducted health checkups for 350 students at our adopted school. Due to the high prevalence of malnourishment among rural children, various illnesses were diagnosed, and discounts on treatment were provided. After the checkup, children were given fruits and juice.

### 3. Nutrition Awareness Program:

Dietician Om Prakash Shah conducted an awareness program on nutrition, benefiting 350 children from our adopted school, Shree Janta Bal Adharbhat Vidyalyaya.



## Advanced Tailoring Course for Teen Mothers (District Grant Project)

Rotary Club of Tinau Butwal & RAC Tinau Butwal  
14 August 2024

In Rotary Year (RY) 2022/23, RC Tinau Butwal, in collaboration with RAC Tinau Butwal, provided basic tailoring courses to 10 teen mothers who were in desperate need of financial support. These young women, facing challenging circumstances, successfully completed the training, and in RY 2023/24, we launched advanced-level courses for the same group, which concluded in 2024.

This initiative was part of the District Grant Program, with a total budget of USD 2,500 (NPR 336,151.25). The Rotary District contributed USD 1,000, while RC Tinau Butwal and RAC Tinau Butwal raised an additional USD 1,000 and USD 500, respectively. The chief guest at the completion ceremony was Rtn. Azaj Alam, Club's GSR and District

Award Committee Chair, and the course was expertly conducted by trainer Bimala Pradhan. Upon completion, the participants were awarded certificates.

We are now planning to further support these mothers by providing them with sewing machines and other essential accessories to help them start their own tailoring businesses. Additionally, we aim to cover their rent for six months to help stabilize their ventures, contingent upon successful fundraising.

This project has empowered these teen mothers by equipping them with valuable tailoring skills, enabling them to become financially independent and encouraging them to pursue entrepreneurship.



## Prepares to Launch Rotaract Club with Orientation for Prospective Members

Rotary Club of Naxal Shakti  
August 18, 2024

The Rotary Club of Naxalshakti organized an orientation program for prospective members of the Rotaract Club on August 18, 2024. RC Naxal Shakti plans to establish a new Rotaract Club in this Rotary Year 2024-25.



## One Day Basic Training on News Writing and Reporting

Rotary Club of Devdaha  
August 5, 2024

In an effort to enhance the communication skills of school information officers, the Rotary Club of Devdaha, in collaboration with Setomasi Media, organized a training session titled "Basic News Writing & Reporting." The program, which took place recently, saw the participation of 40 teachers from both government and private schools across Devdaha. These teachers, who also serve as information officers for their respective schools, were trained to write and disseminate school news in a formal and accurate manner.

The training, aimed at improving the quality of information shared by schools, was chaired by the President of the Rotary Club of Devdaha, Mr. Bishnu Prasad Pathak. The Chief Administrative Officer of Devdaha Municipality, Mr. Krishana Prasad Sapkota, attended the event as the Chief Guest. The sessions were facilitated by Mr. Pawan Poudel, a media professional from Setomasi, alongside Mr. Bishnu Pokharel, the head of Setomasi.

The program, which cost NPR 42,000, was lauded by participants for its practical relevance. Mr. Kishor Kewat, a teacher from Narayani Public School, remarked, "This training was incredibly helpful. It has equipped us with the skills to report school activities accurately, ensuring that stakeholders receive quality information."





## Tree Plantation

Rotary Club of Biratnagar  
July, 2024

At the beginning of the new tenure, we organized a tree plantation program (Focus Area: Environment, Coordinator: Rtn. Binita Dharewa) to beautify the club premises. Over 50 saplings, including guava, amla, and bel, were planted. The plants were sourced from the Forest Department Morang at the Biratnagar office. The plantation program saw active participation from more than 20 individuals, including members of the local community, Rotarians, and Rotaractors.



## Tree Plantation for Environmental Conservation

Rotary Club of Kathmandu Metro  
August 17, 2024

The Rotary Club of Kathmandu Metro, in partnership with Dakshinkali Municipality Ward No. 1, organized a tree plantation program titled "One Step to Environment Conservation" at Dadagaon and Bagsingh Chaur. Supported by the Rotaract

Clubs of Metro City, Kathmandu Metro, and Dakshinkali, the initiative saw the planting of 200 trees, including 50 fruit trees, with the goal of transforming Bagsingh Chaur into a Rotary Garden and picnic spot.

Over 50 participants, including Rotary and Rotaract members, the local community, and police, joined the effort. The event highlights a shared commitment to environmental conservation and community development, marking the beginning of a long-term project to create a sustainable, green space for future generations. The Rotary Club of Kathmandu Metro remains dedicated to environmental stewardship and enhancing the quality of life for local residents.



## Tree Plantation and Food Giving to Old aged home

Rotary Club of Pokhara Fishtail  
August 1 & 8, 2024

On August 1, 2024, the Rotary Club of Pokhara Fishtail celebrated its 1000th Regular Weekly Meeting by planting 700 trees at Gandaki Boarding School and Western Regional Engineering Campus, Lamachaur. Local community members and staff from both institutions participated in the event. On August 8, the club continued its efforts by planting 150 trees at Batsayan Briddhashram in Ward No. 14, Pokhara Metro, and donated Rs. 7,500 worth of daily necessities to the elderly residents. These initiatives contribute to the protection of the Seti River area and highlight Rotary's community impact.



## Joint Tree Plantation Initiative by Rotary Clubs

Rotary Club of Boudha  
August 26, 2024

RC Boudha, RC Gyaneshwor, RC Matribhumi Baluwatar, RC Himalayan Golfers, RC Gokarneshwor, and RC Kantipur collaboratively organized a tree plantation drive along the Bagmati River corridor in Gokarneshwor Municipality. With the support of Gokarneshwor Municipality, over 200 jacaranda trees were planted. The project had a total budget of 60,000 rupees and will benefit local residents. Plans are also underway to establish a Rotary Community Corps (RCC) in the area.



## Planting The Future: 120 Trees to Celebrate 120 Years of Rotary

Rotary E-Club of District 3292, Nepal  
August 10, 2024

The Rotary E-Club of District 3292, Nepal, celebrated 120 years of Rotary with a significant tree plantation event at the Shivapuri Nagarjun National Park Buffer Zone. This initiative, aligned with Rotary's focus area of 'Protecting the Environment,' saw enthusiastic participation from 74 volunteers, including members of the Rotaract Club of Kathmandu Metropolis, the Interact Club of L.R.I School, the Interact Club of Rato Bangala School, RotaKids, and club members with their families.

The day's activities began with members and volunteers assembling at Shankhamul, from where they departed for Naava Resort at 10:45 AM. Upon arrival at 11:45 AM, participants were welcomed with refreshments. President Raj Shrestha addressed the gathering, emphasizing Rotary's dedication to environmental sustainability. He highlighted the generous donation of 190 trees, including 100 from the Rotary Club of Bukit Kiara Sunrise (RCBKS) in Malaysia, and expressed

gratitude to all supporters.

Rtn. Poonam Thapa provided an overview of the day's tree planting activities, and PE Kanchan Tamang introduced the team leaders overseeing the plantation. At 12:30 PM, the group moved to the buffer zone, where they planted 120 trees, symbolizing Rotary's 120 years of service. The event was marked by active involvement from all participants, reflecting a shared commitment to a greener future.



## Blood Donation Program

Rotary Club of Tulsipur City  
August 17, 2024

A blood donation program was jointly organized by RC Tulsipur City, RAC Tulsipur, and IME Life Insurance at Kalikadevi Rakta Sanchar Kendra, Tulsipur-5, Dang, with management by the Nepal Red Cross Society, Tulsipur. The event saw the participation of around 60 people and successfully collected 35 pints of blood. With a budget of 15,600 rupees, the program ensures that patients at Rapti Provincial Hospital and nearby private hospitals in the Tulsipur area will have access to blood whenever needed



## Need Assessment for Global Grant

Rotary Club of Lalitpur  
August 14, 2024

Past President Rtn. Rupak Das Tamrakar from the Rotary Club of Lalitpur, along with a team from Nepal Orthopedic Hospital, visited Phidim in Ilam District, Nepal, to conduct a needs assessment for the proposed Global Grant Project "Orthopaedic Health Camp" at Panchthar District Hospital, Phidim.

# ROTARACT ACTIVITIES



## Building a Greener Future with Sustainable Initiatives and Collaborations



### Rotaract Club of Kathmandu August 24, 2024

A three-year native forest restoration project, which guarantees a 99.9% success rate, was launched on August 24, 2024, following three months of meticulous planning, resource management, and meaningful collaboration. The Rotaract Club of Kathmandu, supported by the Rotary Club of Kathmandu, in collaboration with The Revolution Project, the Division Forest Office, Lalitpur, and Sano Hattiban Kirat Manghim Byawasthapan Samiti, planted 270 plants of 14 different native species in Sano Hattiban Kirat Manghim, Hattiban.

Recognizing the unplanned planting of trees around the valley and the lack of focus on sustainability, it became clear that change was necessary, and better ideas were in demand. An idea sparked by such unsettling scenarios in the mind of Rtr. Ananta Malla, Service Project Chair of the Rotaract Club of Kathmandu, took its first steps when the Rotaract Club of Kathmandu and The Revolution Project came together to lay the foundation for this initiative. The Revolution Project, an organization dedicated to restoring forests around the Kathmandu Valley with native plants since 2021, was the perfect partner to help make this idea a sustainable one.

Meetings were held, and sites were visited, but crucial elements were still needed: resources and guidance. This is where the Rotary Club of Kathmandu, the first Rotary Club in Nepal, stepped in. With the foundation laid, the Rotary Club of Kathmandu helped build this project and turn an idea into reality, contributing Rs. 1 lakh to the initiative.

### Mataya Health Camp



### Rotaract Club of Yala August 21, 2024

On August 21, 2024, the Rotaract Club of Yala, in collaboration with the Rotary Club of Yala and the Interact Club of Yala, organized the Mataya Health Camp to support the cultural tradition by assisting devotees who walk all day. The health camp provided essential medical support, including first aid, medicines, and bandages, along with refreshments such as water and Jeevanjal. Additionally, foot massage services were offered to help ease the strain of the long walk. The camp successfully served over 100 devotees with refreshments and provided foot massages to more than 20 participants, effectively achieving its primary objectives.

# END PLASTIC SOUP:

## LET'S STOP PLASTIC POLLUTION IN SEAS, RIVERS, AND LAKES



**BY RTN. JOSÉ ALBERTO PEREIRA**  
 ROTARY CLUB ATLÂNTICO WEST  
 REGION, ROTARY DISTRICT 1960,  
 PORTUGAL

Because it's practical, easy, and cheap, plastic is used in a large number of applications. Global plastic production has grown from 200 million tons in 2000 to 450 million tons in 2020 and is expected to reach 950 million tons by 2030.

Eighty percent of plastic is not recycled and ends up in nature—in the air, soil, and water that surround us. Plastic doesn't decompose chemically but instead breaks down into increasingly smaller particles until it reaches the size of nearly undetectable nanoparticles. These nanoparticles remain in the air we breathe, the soil we cultivate, the food we consume, and in the water of lakes, rivers, seas, and oceans, where marine animals can ingest them. It's estimated that by 2050, there will be more plastic in the oceans than fish. Today, we already ingest 5 grams of plastic per week—the weight of a credit card!

It's time to act! Many organizations around the world are mobilizing to protect our planet and our health. Rotary International has identified the fight against plastic as a global environmental project and, in collaboration with other organizations, launched the End Plastic Soup project.

### What is the End Plastic Soup project?

Launched in 2018 by Rotary Clubs of District 1580 (Northern Netherlands),



End Plastic Soup is now a public service organization under Dutch law, with more than 400 Rotary, Rotaract, and Interact clubs as ambassadors, supporters, and friends across more than 50 countries. The project aims to motivate and mobilize the Rotary Family, along with other organizations and public authorities, to fight against the proliferation of plastic in oceans, seas, rivers, and lakes.

### How do we intend to act in this area?

By informing and raising awareness among the public about this problem, educating people to recycle more effectively, organizing cleanup actions, supporting scientific projects, and engaging in social, economic, and political debates. All of this is only possible with the participation of everyone, at all levels. Therefore, we want this project to be open to all Rotarians in all Districts through their Governors, Committees, Clubs (Rotary, Rotaract, and Interact), or individually. Rotarians from around the world can join, as can non-Rotarians who feel motivated to take action. It will certainly be an excellent opportunity to attract new Fellows and increase Club membership.

Our first priority is to inform and educate. Young people are the best vehicle for changing social consciousness, and this work begins at school. Therefore, it is important to establish strong connections with schools, strengthen partnerships and innovative projects, and discuss these topics with young people, including at RYLA. Taking Rotarians to schools will add value to our communities and the world in general.

The second priority is to promote awareness in communities, creating a

positive public image around this project. Articles in newspapers, radio interviews, partnerships with business entities (such as store chains), and impactful community events are all ways to raise awareness about End Plastic Soup.

The third priority is to involve authorities, particularly those connected to education and the environment, in the End Plastic Soup initiative. A Rotarian is a lobbyist, in the positive sense of the word, who brings parties together and promotes dialogue to reach solutions that are beneficial to everyone. It is crucial to leverage Rotary networking and contacts to gain attention and support from national, regional, and local authorities.

Last but not least, the fourth priority is to act! Organizing cleanup actions on rivers and lakes, awareness campaigns in schools and local communities, and securing media coverage—all of these are essential to raising awareness and reducing plastic pollution in our lakes and rivers.

Finally, a word of encouragement to the Clubs! Join this project, which is truly innovative and transformative in the global Rotary movement. You can join directly on the End Plastic Soup site (<https://endplasticsoup.org/join-us/> or [endplasticsoup@gmail.com](mailto:endplasticsoup@gmail.com)), or you can contact me at +351966922172 (WhatsApp) or [zeper1@gmail.com](mailto:zeper1@gmail.com). My name is José Alberto Maia Pereira, and I'm here to support you in this journey to End Plastic Soup. We count on you!



## District Governor's Calendar September 2024

- — **Sept 1<sup>st</sup>, Sunday** DG Visit of RC Kathmandu West
- — **Sept 3<sup>rd</sup>, Tuesday** DG Visit of RC Patan South
- — **Sept 4<sup>th</sup>, Wednesday** DG Visit of RC Kapan & RC Charumati
- — **Sept 5<sup>th</sup>, Thursday** DG Visit of RC Kathmandu Midtown
- — **Sept 7<sup>th</sup>, Saturday** DG Visit of RC Dhulikhel
- — **Sept 8<sup>th</sup>, Sunday** RNLM Program
- — **Sept 9<sup>th</sup>, Monday** DG Visit of Gyaneshwor
- — **Sept 10<sup>th</sup>, Tuesday** DG Visit and Charter Day of RC The Himalayan Gurkhas
- — **Sept 11<sup>th</sup>, Wednesday** DG Visit of RC Kopundol
- — **Sept 12<sup>th</sup>, Thursday** DG Visit RC Butwal South
- — **Sept 13<sup>th</sup>, Friday** DG Visit RC Butwal Downtown & RC Central Butwal
- — **Sept 14<sup>th</sup>, Saturday** DG Visit of RC Tinau Butwal & Vibrant Club Workshop
- — **Sept 15<sup>th</sup>, Sunday** DG Visit of RC Lumbini Stars & RC Capital Butwal
- — **Sept 16<sup>th</sup>, Monday** DG visit of RC Sainamaina
- — **Sept 17<sup>th</sup>, Tuesday** DG Visit of RC Himalaya Patan
- — **Sept 18<sup>th</sup>, Wednesday** DG Visit of RC Greenland Kathmandu
- — **Sept 22<sup>nd</sup>, Sunday** Zone 6 TRF Symposium & Recognition Program
- — **Sept 23<sup>rd</sup>, Monday** DG Visit of RC Kirtipur
- — **Sept 24<sup>th</sup>, Tuesday** DG Visit of RC Kathmandu Kalanki
- — **Sept 25<sup>th</sup>, Wednesday** DG Visit of RC Bhaktapur & RC Kathmandu North East
- — **Sept 26<sup>th</sup>, Thursday** DG Visit of RC Gokarneswor & RC Gongabu
- — **Sept 27<sup>th</sup>, Friday** DG Visit of RC Sankhu & Inter City Meeting (ICM)
- — **Sept 28<sup>th</sup>, Saturday** DG visit of RC Patan Durbar Square
- — **Sept 30<sup>th</sup>, Monday** DG Visit of RC Kavre Valley & RC Swoyambhu



# FROM THE EDITOR'S DESK



Dear Fellow Rotarians,

At GML, we strive to create more than just a monthly newsletter; we aim to be a source of inspiration and connection for our Rotary community. Our mission is to bring you stories that uplift, ideas that spark creativity, and updates that keep you engaged with the incredible work happening across our district. Each edition is a reflection of our shared commitment to making a meaningful impact, and we take pride in curating content that resonates with the spirit of Rotary.

I'm pleased to share that in the months of July and August, 91 of our clubs contributed activities report. This is a testament to the vibrant and engaged community we have within RID3292. However, our goal is to feature articles from all 159 clubs in our district, ensuring that every voice is heard and every story shared.

In this issue, we've highlighted several key district events, including the Membership and Public Image Seminar, the "Developing Leadership in Rotary" program by the Women in Rotary Committee, the Dignified

Menstruation Talk and Reusable Pad-Making Training organized by the Girl Child Empowerment Committee, and the Website and Mobile Apps Management workshop for Zone I led by the Information Technology Committee. We're also excited to feature an insightful interview with RI 2023-2025 Director, Rtn. Anirudha Roychowdhury. Additionally, as part of our commitment to showcasing impactful initiatives, we've included coverage of a Global Grant project, continuing our goal to spotlight one such project in every issue.

Your continued support is invaluable. Please keep sharing your news, updates, articles, creative expressions, and experiences that cater to the discerning interests of our thoughtful audience. Together, we can continue to build a GML that truly reflects the spirit of Rotary. Thank you to the GML team for your continuous support and dedication.

Yours in Rotary Service,  
Rtn Gautam Shrestha  
Chair, 2024-25  
District Publication & GML Sub-Committee

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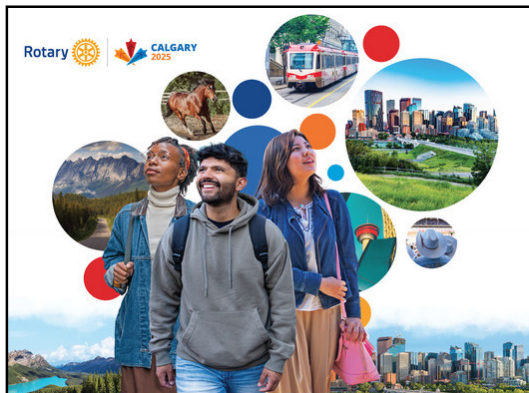
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ROTARY NEWS / RISAO



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