

# GML

GOVERNOR'S MONTHLY LETTER

JUNE 2024

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**Gordon R. McNally**

President 2023-24  
Rotary International



**Rajendra Dhoju**

District Governor 2023-24  
Rotary International District 3292



*Fostering*  
**FELLOWSHIP**



# GOVERNOR'S MONTHLY LETTER

Dear Fellow Rotarians, Rotaractors, and Interactors,

As I reach this milestone, I find myself deeply grateful to my Assistant Governors, District team, Club Presidents, and all my Rotarian friends, Rotaractors, and Interactors. Your unwavering support, hard work, dedication, and inspiration have been the driving force behind our achievements. I am truly humbled and thank you all once again for everything.

**The Rotary Year 2023-24 has been remarkable in many ways. We achieved a 100% DG visit rate to all 154 clubs of RI District 3292, Nepal and Bhutan. We chartered six new clubs and increased our membership by over 200 despite the economic downturn. The district also contributed more than USD 700,000 to the Rotary Foundation.**

Our efforts in environmental conservation were successful, with over 60,000 trees planted. We conducted four Inter-City Meetings (ICMs) focusing on mental health, heart care, sustainability, and WASH. Two Vibrant Club Workshops were organized to strengthen club affairs, and the District Membership and Public Image Seminar highlighted the importance of membership engagement and growth, showcasing the beauty of Rotary both within and outside our fraternity.

Rotary's commitment to youth and their potential was evident in our two successful Rotary Youth Leadership Awards (RYLA), where future leaders engaged in various activities and leadership practices. The conference in Bhutan was a great success, with Rotary's contributions being appreciated at both community and governmental levels.

These are just a few highlights, but I am overwhelmed by the continuous support and initiatives from my team and Rotarians across the district. This year, we set a new benchmark for the Governor's Monthly Letter (GML), filled with engaging content, including articles, interviews, Rotary information, district news, and events along with so much of good works our Rotary Clubs have done for the community. Your contributions have inspired many and truly 'Created Hope in the World'.

I would also like to thank RI President Gordon R. McNally, RI Directors, officials, and the Council of Governors for guiding me and inspiring me to do more. As I pass the baton to our new leader, DGE Rajendra Man Sherchan, I wish him a successful tenure.

Yours in Rotary,

**- Rtn. Rajendra Prasad Dhoju**

District Governor 2023-24

Rotary International District 3292, Nepal-Bhutan

## JUNE

Rotary  
Fellowship Month

This year, we set a new benchmark for the Governor's Monthly Letter (GML), filled with engaging content, including articles, interviews, Rotary information, district news, and events along with so much of good works our Rotary Clubs have done for the community.



# RI PRESIDENTIAL STATEMENT

It's customary for a Rotary president in the final month in office to recap the past year on this page, and I am proud of all we have achieved together. But I want to focus on our future, and that begins with polio.

**We have reached an astonishing 3 billion children with the polio vaccine, and we have averted an estimated 20 million cases of paralysis. But it's not enough. We must continue supporting the End Polio Now campaign to reach zero cases and keep our promise to the world's children.**



Polio is not our only global commitment. In fact, Rotary has been working toward global peace even longer. Spreading Positive Peace through service projects and Rotary

Peace Centers around the world is more important than ever.

We must also continue to build peace from within, and that begins with supporting mental health and wellness among our fellow Rotary members and the communities we serve. Rotary has an opportunity to help build a global mental health system that currently does not exist, and I urge all members to consider joining the Rotary Action Group on Mental Health Initiatives to keep up the momentum we began this year.

It's been the honor of a lifetime to serve as your president. You have given Heather and me memories we will cherish forever. I look forward to our continued friendship and our collective commitment to Create Hope in the World.

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

## Rotary



**STEPHANIE A. URCHICK**

ROTARY INTERNATIONAL  
PRESIDENT 2024-25



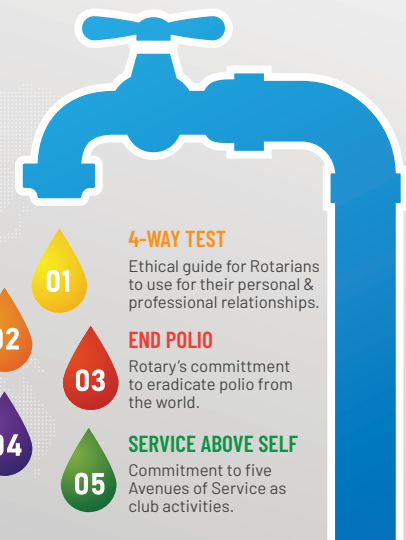
Don't misunderstand me – we are not going to end polio or bring peace to the world by waving a wand and saying some funny words. It's up to you. You create the magic with every project completed, every dollar donated, and every new member.

### FELLOWSHIP

Connecting people across the globe with common passion, interest and objectives.

### PEOPLE OF ACTION

Unique passion for taking action to improve their communities and the world.



### 4-WAY TEST

Ethical guide for Rotarians to use for their personal & professional relationships.

### END POLIO

Rotary's commitment to eradicate polio from the world.

### SERVICE ABOVE SELF

Commitment to five Avenues of Service as club activities.

# Fellowship in Rotary

## My understandings of “Sangat, Satsang and Sadsang”



**RTN. NUGAL VAIDYA**  
CHARTER PRESIDENT,  
Rotary Club of Kathmandu Circle  
RID 3292, Nepal-Bhutan

*Literacy Networking is an important aspect in rotary as it is the true strength in rotary as we have the capabilities of networking both domestically and internationally.*

For many of members of a Rotary Club Fellowship in Rotary is having fun meeting people, eating, drinking and entertainment. But for a Rotarian, fellowship in rotary is in addition the synergy of togetherness to harness strength in Service so to have the fun that we can cherish upon.



So, while members have fun during the fellowship times of a rotary club, the club officials use this as a networking in the preparation of the club meeting so that the meeting is best effective in agenda and in time. While the guest and visitors utilize it as networking to know each other further. Networking is an important aspect in rotary as it is the true strength in rotary as we have the capabilities of networking both domestically and internationally. That is how we build resources and take up service projects for the betterment of our communities. It is very much important to realize and know that rotary is not a charity organization but a service organization which assist community developments. That is why we are also known as community volunteers. In charity, it could be one time job; you do it and you forget it. But since it is also community development that is why our basics also guides us on Rotary Community Corps and excels on promoting Grant service projects through

The Rotary Foundation. And through the International Service Avenue, that is why we talk about promoting international brotherhood and peace. We need to wander Rotary Fellowships in these directions. These explorations are more visible during rotary district events and programs in the domestic context, and during the International Conventions and Events in the international context. And many of us are doing this practice.

We all have grown up today and are in the quest of becoming a good civilian, successful professionals, and family. If you remember in our childhood and in our youth days, we are often cautioned on "Sangat" by our families and well-wishers. Although there is so much glamour in "Sangat", it also has a worry some syndrome in our societies too as it has a vulnerable character leading to negating a positive growth. Since Rotary is the service organization of varied vocations, it gives

immense scope of regular fellowships and networking enriching one's synergy for a constructive role and lives. That is why Fellowships in Rotary should be acknowledged as "Satsang".

We meet so many different good peoples, good thoughts, good acts, different abilities, different creed, different origins in this global village. It is not a religious matter I am talking about, in fact "Satsang" is never a religious matter. In all religion "Satsang" is always the fellowships of the people. But there is "Sadsang" if one wants to be more religious and divine irrespective of which religion one belongs to. And that is the path to eternity? At the moment, let us enjoy the "Satsang", the "Fellowships" in Rotary, this way it will help us fulfilling the objective of Rotary and our own way of life. Rotary like organizations need to avoid "Sangat" and enjoy "Satsang", the Fellowship. 🌀





## Rotary Initiative

# Moving Towards E-cooking



**RTN. BINOD KOIRALA**  
DGN, RID 3292, NEPAL-BHUTAN

IN 2018 ALONE,  
**24,000**  
NEPALIS LOST THEIR  
LIVES TO CHRONIC  
ILLNESSES CAUSED  
BY INDOOR SMOKE  
POLLUTION.

### Project background

Nepal, a low income third world country, faces many issues. Among them is the pollution and damage to health caused by continuing use of traditional cooking practices in Nepalese households. Many people in poorer areas still use firewood as cooking fuel, which leads to health damaging indoor and outdoor atmospheric pollution.

In 2018 alone, 24,000 Nepalis lost their lives to chronic illnesses caused by indoor smoke pollution. Each year, thousands more Nepalis begin to suffer from similarly caused illnesses, which include bronchitis, skin diseases, and eye cancers. Children are particularly vulnerable. In a study carried out by the Nepal Health Research Council, approximately 10% of children under 5 years of age had a recent acute respiratory infection and 3% of children reported wheezing during the last year. This is a tragedy and is intolerable.

### Towards a solution

A key component of any solution is a transition to indoor electric cooking. Nepal is a country with abundant electricity generated through its hydroelectric capacity. Research already done shows that electric induction cooking is cheaper than firewood or LPG which is the other commonly used alternative fuel. The feasibility study identified two key issues, cultural barriers and upfront cost. People were unwilling to give up traditional cooking methods particularly as the upfront cost, beyond the reach of poorer households. Also essential is to ensure that households have a safe electric supply following appropriate safety measures. The pilot demonstrates that with training, education, financial, logistical and implementation support these issues can be overcome. This is where Rotary comes in.

### Progress so far

Rotary Club of Pokhara Fishtail (RCPF) with financial support from Bristol Breakfast Rotary Club, UK and Rotary Club of Neoteric, Hong Kong have carried out a pilot programme covering 80 households in a slum settlement near Pokhara and a

hilly village in north from Pokhara. This pilot project covered upgrading of electricity supplies, procurement, distribution and installation of induction cookers followed by implementation support where required. The pilot programme was a resounding success with up to 95% implementation rate and fuel cost savings of up to 50%. In participating households' indoor pollution was reduced by upto 90%.

### What next?

With the success of the pilot project, the participating Rotary Clubs initiated a bigger sized project covering 650 households, in a remote area through a Global Grant. The project monitoring is on the way looking on pulmonary respiratory improvement, reduction on carbon emission and decreasing cooking fuel cost. After this, many clubs under the District 3292 will be encouraged to work on this area with benchmarks created by the Global Grant.

### Conclusion

Environment is an alarming concern to all over the world. Air pollution is one of the major issues which degrade ozone layers. Inhouse cooking on firewood, Liquefied Petroleum Gas

(LPG) and other traditional fuels in Nepal creating air pollution. It further causes acute respiratory and other human health issues. Transforming traditional cooking into electric will drastically reduce indoor/outdoor air pollution and human respiratory diseases. Furthermore, electric cooking is safe, quick and low-cost. It supports on households and national economy by reducing to import LPG and preventing deforestation. On top of all, the project promotes to use nation's own clean hydro energy.

Jay Rotary! 🌟

*The pilot programme was a resounding success with up to 95% implementation rate and fuel cost savings of up to 50%.*



Transforming from traditional cooking to Electric

# AN OUTLOOK OF DISTRICT TRAINING ASSEMBLY

**ROTARY YEAR 2024-25**

Rotary International District 3292, Nepal-Bhutan  
15 June 2024, Lalitpur, Nepal







DISTRICT EVENT

# GLIMPSES OF GRANT MANAGEMENT SEMINAR

**ROTARY YEAR 2024-25**

Rotary International District 3292, Nepal-Bhutan  
16 June 2024, Kathmandu, Nepal





# CONGRATULATIONS!!

## DISTRICT AWARD AND RECOGNITION PROGRAM 2023-24

29 June 2024, Kathmandu, Nepal





# DISTRICT 3292 (NEPAL) EARNS ROTARY YOUTH EXCHANGE (RYE) CERTIFICATION

We are pleased to announce that District 3292 has successfully met the certification requirements for its Rotary Youth Exchange (RYE) program, as set by the Rotary International (RI) Board of Directors. This achievement highlights the dedication and hard work of all the Rotary members in District 3292 who have actively participated in and contributed to the success of this outstanding program.

The certification review process, conducted by RYE staff, thoroughly examined the submitted documents, confirming that District 3292 has fulfilled the necessary criteria for certification. This certification is specifically applicable to the Nepal portion of the district. It is important to note that clubs located in Bhutan are currently ineligible to participate in the Youth Exchange program.

Due to the unavailability of liability insurance in Nepal, District 3292 has been granted an exception to this requirement. However, the district's certification is contingent upon its continued adherence

to RI policies for all types of exchanges. Certified districts will be asked to recertify every five to seven years on a staggered basis to maintain compliance and ensure ongoing program quality.

While RI has established certification requirements to ensure certain expectations are met by all districts, it is important to understand that this does not imply compliance with local laws and standards. Each district, including District 3292, is responsible for ensuring that all legal obligations are met. Therefore, District 3292 is encouraged to consult with a legal professional in the local area to address any legal concerns. 🌍



# REFLECTING MOMENTS WITH GML

## ROTARY YEAR 2023-24



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1. Launching of Governor's Monthly Letter (GML) at District Membership and Public Image Seminar 2023
2. Rotary Public Image Coordinator (RIPC) Sandeep Narang on his remarks to GML and Public Image of Rotary
3. Chair-District Publication and GML Sub-committee with the recognition for his hard work by DG Rajendra Dhoju
4. Rotary International President Representative (RIPR) Dennis Shore, his wife Lyna, District Secretary Dinesh Manandhar and Editor Raj Shrestha
5. Rotary International President Representative (RIPR) Dennis Shore writing his comments on GML
6. Rotary International President Representative (RIPR) Dennis Shore and Editor Raj Shrestha with GML
7. Signed copy of GML by RIPR Dennis Shore
8. Recognition for District Publication and GML Sub-committee
9. Designer Suraj Shrestha on his work
10. RI Director Anirudh Roy Chowdhury writing his appreciation on GML
11. Celebration and final wrap-up meeting of District Publication and GML Sub-committee on 28 June 2024

# EVENTS WITH TIMELINES 2023-24



## 2022

The "Training of Trainers" event was held on **16-17 December 2022** in Kathmandu, with a total of participants numbering

### 79

## 2023

The "AGTS/DTTS" event was held on **3-4 February 2023** in Pokhara, with a total of participants numbering

### 124

The "PETS" event was held on **31 March - 1 April 2023** in Chitwan, with a total of participants numbering

### 169

The "District Training Assembly (DTA)" event was held on **6 May 2023** in Kathmandu, with a total of participants numbering

### 516

The "Grant Management Seminar (GMS)" event was held on **7 May 2023** in Kathmandu, with a total of participants numbering

### 185

## 2024

The "Rotary Day Celebration in Patan" event was held on **23 February 2024** in Patan



The "International MARATHON with Past Sports Person Forum" event was held on **17 February 2024** in Pokhara



The "AG PS Mid term Review Meeting" event was held on **16 February 2024** in Pokhara, with a total of participants numbering

### 66

The "ICM REGION 7: Tiny Hearts: Big Care" event was held on **27 January 2024** in Biratamode

The "RYLA Pokhara" event was held on **11 - 14 January 2024** in Pokhara



The "Rotary Day Celebration in Lumbini" event was held on **23 February 2024** in Bhairahawa



The "MARATHON" event was held on **2 March 2024** in Ratnanagar



The "Multidistrict TRF Symposium" event was held on **6 March 2024** in Kathmandu, with a total of participants numbering

### 57

The "16th District Conference" event was held on **15-17 March 2024** in Butwal, with a total of participants numbering

### 1688







The "District Membership and Public Image Seminar" event was held on **5 August 2023** in Kathmandu, with a total of participants numbering

**124**



The "Vibrant Club Workshop Region V" event was held on **2 September 2023** in Butwal

The "Basic Education and Literacy Event" event was held on **8 September 2023** in Kathmandu

The "ICM on Mental Health and Wellbeing" event was held on **16 September 2023** in Kathmandu



The "Vibrant Club Workshop Region VII" event was held on **23 September 2023** in Dharan



The "TRF Seminar" event was held on **25 November 2023** in Kathmandu, with a total of participants numbering

**163**

The "Global Ethics Day Celebration" by ethics and "Four way test committee in association with UN Global Compact Network Nepal" event was held on **20 October 2023**

The "Rotary Marathon" event was held on **14 October 2023** in Bhairahawa

The "ICM at Pokhara (Building Sustainable Projects and Finding Resources)" event was held on **7 October 2023** in Pokhara

The "ICM ON WASH (Water For All : Bridging Gaps and Confronting Hurdles)" event was held on **30 September 2023** in Kathmandu



The "International RYLA" event was held on **25-27 April 2024** in Kakani



The "International Convention in Singapore" event was held on **25-29 May 2024** in Singapore



The "Conference in Bhutan (The Spirit of Rotary in Bhutan)" event was held on **1-3 June 2024** in Thimpu, with a total of participants numbering

**100**

The "District Award and Recognition Programme" event was held on **29 June 2024** in Kathmandu, with a total of participants numbering

**350**

# Joint Club Assembly

## During the Month of June 2024



Joint Club Assembly of Rotary Club of Kopundol



24th Charter Day and Installation Ceremony of RC Kopundol



24th Charter Day and Installation Ceremony of RC Kopundol



Joint Club Assembly of Rotary Club of Mahaboudha



Joint Club Assembly of Rotary Club of Mount Everest



Joint Club Assembly of Rotary Club of Patan Heritage



Joint Club Assembly of Rotary Club of Naxal Shakti

LEADER SPEAKS

DG 2024-25

# Rajendra Man Sherchan

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Dynamic Leadership  
in Action



## INTERVIEW BY RTN. RAJ SHRESTHA

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DGE Rajendra Man Sherchan, the District Governor for 2024-2025, has a long and distinguished history with Rotary. He was the Charter President of RC Thamel (2001-2004) and has served in various capacities within RI District 3290, contributing significantly to the establishment of Nepal District 3292. From 2012 to June 2021, he coordinated Adult Literacy under the Rotary Nepal Literacy Mission. His Rotary service includes roles such as Assistant Governor, District Advisory Council Member, and Co-Chair of the Family Values Subcommittee.

Rajendra has been instrumental in environmental conservation, having chaired the Tree Plantation Committee that planted over 100,000 trees in Nagarkot in 1979. He also served as Chairman of Thames International College and held director positions in Salt Trading Corporation Ltd. and Sagarmatha Insurance Company Ltd.

Recognized for his contributions, Rajendra received the Citation for Meritorious Service from the International Federation of Asian and Western Pacific Contractors' Association in 2016. His extensive business and social service experiences span various sectors, including finance, industry, and education, and he has represented Nepal in numerous international forums and delegations.

Here is an excerpts of the interview taken by Rtn. Raj Shrestha, Chair-District Publication and GML Sub Committee.

**Big congratulations on being appointed as District Governor for the Rotary Year 2024-25 of Rotary International District 3292, Nepal-Bhutan. How have you taken this opportunity to enhance Rotary mission in the district?**

Thank you. I am honored to take this opportunity to enhance Rotary's mission by focusing on service in communities with significant needs. We will prioritize areas such as education, health, and environmental sustainability. Encouraging clubs to collaborate, we aim to create a more substantial and lasting impact. By working together, we can address pressing issues more effectively and bring about meaningful change in our district.

**Since your tenure is starting from 1 July 2024, what would be your strategic priorities and plan of action to bring change in bettering Rotary impact in the society?**

As I begin my tenure, my strategic priorities and plan of action will focus on enhancing Rotary's impact on society by building on past initiatives, prioritizing key areas of work, fostering collaboration beyond our network, boosting membership, and contributing to the Rotary Foundation.

First, we will focus on the continuation and enhancement of past initiatives. This involves a thorough assessment of ongoing projects to evaluate their effectiveness and identify successful strategies and areas needing improvement.

Second, increasing collaboration beyond the Rotary network is another strategic priority. We will develop strategic partnerships with other NGOs, governmental bodies, and international organizations to amplify our reach and effectiveness. Engaging with the private sector for funding, resources, and expertise will further enhance our projects.

Finally, contributing to the Rotary Foundation will be a significant focus. We will organize innovative fundraising events and campaigns to increase contributions to the Foundation. Ensuring efficient and impactful use of grants provided by the Rotary Foundation will maximize their benefits.

**RI President Stephanie A. Urchick has chosen 'The Magic of Rotary' theme for this year, how does it signify to fraternity and in the grassroots level?**

RI President Stephanie A. Urchick's theme for this year, 'The Magic of Rotary,' signifies the reflective and transformative impact Rotary has had on communities over the years. This theme summarizes the amazing results achieved through the collective efforts of Rotarians worldwide and highlights the unique spirit of volunteerism and hope that Rotary fosters both within its fraternity and at the grassroots level.

'The Magic of Rotary' highlights how the organization's dedicated work has consistently brought about positive change, improving lives and communities globally. This magic lies in the ability of Rotary to unite people from diverse backgrounds, cultures, and professions, all driven by a common goal of service above self. Through this unity, Rotary has not only addressed critical issues such as education, health, water and sanitation, and economic development but has also instilled a sense of hope and possibility in the hearts of those it serves.

At the grassroots level, 'The Magic of Rotary' is reflected in countless projects and initiatives that address local needs and challenges. These projects, often led by local Rotary clubs, demonstrate the power of community-driven action and the impact of volunteerism. By engaging directly with communities, Rotarians build trust and collaborate effectively, ensuring that their



efforts are sustainable and truly beneficial. Moreover, this theme inspires Rotarians to continue their mission with renewed enthusiasm and creativity.

**Rotary is known of its service projects conducted in community. What are the major goals you have taken for this Rotary year?**

This Rotary year, our major goals focus on impactful service projects addressing critical issues within our community. We are launching awareness campaigns against child marriage and human trafficking, as well as initiatives to combat plastic waste and the effects of melting snow. Our 'Back to School' program will build 50 toilets for girls, while our health initiatives aim to provide cervical cancer screenings for 5,000 women and promote mental health through ICM. We will also focus on adult education for 500 adults and environmental efforts, including planting 100,000 trees and revival of ponds and lakes. Additionally, we will support vocational training in vermicomposting and banana fiber, and facilitate youth exchange program to foster global understanding and cooperation. Something to watch out for this year will be Karnali Project funded by USAID and some exchange programs.

**Public image of Rotary has been in strategic priorities for few years. How far have we achieved in our district and how do you plan to enhance more?**

The public image of Rotary has significantly improved in our district, with growing

awareness of our work and contributions. Many community members now recognize Rotary and its impact through various service projects. To further enhance our public image, we will continue to showcase our ongoing and future projects, highlighting the positive changes they bring. By utilizing social media, local media, and community events, we aim to keep the public informed and engaged. Additionally, we plan to target other organizations for collaboration, which leverages their support and resources to boost our efforts. Through strategic partnerships and consistent visibility, we can reinforce Rotary's mission and attract more support for our initiatives, ensuring a greater and more enduring impact on our community.

**RID 3292 is recognized for prominent district to do number of successful Global Grants. What are the strengths of the District to receive this opportunity and how have you planned for your tenure?**

RI District 3292 is known for its success in securing numerous Global Grants. Our strengths lie in our committed membership, strong organizational structure, and a deep understanding of local issues. For my tenure, I plan to promote even more Global Grant projects by encouraging clubs to identify and address the most pressing needs in their areas. We will focus on collaboration, capacity building, and utilizing our local insights to create meaningful solutions. By increasing our reach and addressing untouched areas, we can maximize our

While challenges exist, the resources and expertise of our Rotarians help us address technical, financial, and governmental issues effectively.

Encouraging clubs to engage with local municipalities and fostering relationships with other organizations will be key strategies to address these challenges and achieve our goals more effectively.

impact and continue to uphold the tradition of excellence in Global Grants. This proactive approach will not only solve immediate problems but also build sustainable futures for our communities.

**There are 159 Rotary clubs in RID 3292. However, the challenge of managing legal and administrative hassle remain one of the major hiccups in club operation due to financial reporting system, qualifying for tax exemption and renewal in government bodies. How are you facilitating through District level and lobbying with government to ease the process?**

To facilitate club operations and ease administrative challenges in RID 3292, we are actively working at the district level and lobbying with the government. With 159 Rotary clubs in our district, we recognize the difficulties posed by legal and financial reporting requirements, tax exemption qualifications, and renewal processes. We are engaging with government officials to streamline these procedures, aiming to simplify compliance and reduce bureaucratic hurdles. Additionally, we are providing clubs with resources and training to navigate these systems more effectively, ensuring smoother operations and enabling them to focus on their core mission of service.

**Rotary is one of the many humanitarian organizations operating in Nepal. Do you have any plan to collaborate and coordinate with other organizations to bring bigger and lasting positive impact in the community?**

Yes, we plan to collaborate and coordinate with other humanitarian organizations in

Nepal to create a bigger and lasting positive impact in our communities. While challenges exist, the resources and expertise of our Rotarians help us address technical, financial, and governmental issues effectively. Our success has always been rooted in teamwork, and by partnering with like-minded organizations, we can enhance our reach and efficiency. These collaborations will enable us to pool resources, share knowledge, and tackle community problems more comprehensively, ensuring sustainable development and a brighter future for those we serve. This year we are definitely going to renew and reestablish our relationships with different networks.

**What are the major challenges you foresee as District Governor in RID 3292 and how do plan to overcome?**

As District Governor of RID 3292, I foresee challenges such as resource limitations, bureaucratic hurdles, and the need for increased community engagement. To overcome these, we will emphasize collaboration with various entities, including government bodies, social organizations, municipalities, businesses, and fellow service organizations like us. By leveraging these partnerships, we can bring in resources, streamline processes, and amplify our impact. Encouraging clubs to engage with local municipalities and fostering relationships with other organizations will be key strategies to address these challenges and achieve our goals more effectively.

**At last, would you like to share any of your thoughts, suggestions and vision to the fellow Rotarians, Rotaractors and Interactors?**

As we move forward, I encourage all Rotarians, Rotaractors, and Interactors to see Rotary as a big family dedicated to self-development and community service. Let's maximize the benefits of our network by collaborating and supporting one another. This year, we have exciting initiatives for the new generation, aimed at helping them grow professionally and becoming ambassadors of Rotary. Together, we can create lasting positive impacts in our communities and enrich our own lives through service and fellowship. I invite everyone to join us in these efforts and look forward to what we can achieve together. 🌟



Editor Raj Shrestha posing with District Governor 2024-25 Rajendra Man Sherchan and First Lady Sarojani Sherchan.

# Club News & Activities

JUNE 2024

## School Uniform and Stationary Distribution

RC of Naxal Shakti  
10<sup>th</sup> May 2024

The Rotary Club of Naxal Shakti believes that the development of a child is crucial to the development of a nation. Therefore, the club's main role is to support young children, and we are always eager to help them. On May 10th, RC Naxal Shakti distributed school uniforms and stationery at Shree Kamal Adharbhat Vidhyalaya, Kamal Pokhari, Kathmandu. There were 250 students from Nursery to Class 8



present at the event. Five members of the club attended the event, with PDG Jaya Rajya Laxmi Shah serving as the Chief Guest.

## Stress Management

RC of Itahari Yugal  
17<sup>th</sup> May 2024

The Rotary club of Itahari Yugal is thrilled to announce our partnership with the Kiwanis club of Itahari and Rotract Itahari club, recently organized and impactful training program on stress management and harmony between balancing inner and outer life. The workshop aimed to address daily stress and provide practical tools for managing stress effectively from morning to evening.

The workshop was done in presence of special guest Mr Jiwan Parajuli president of Udhoyog Badhijya Saang Itahari followed by president of RC Itahari Yugal Rtn Rajiv Ghimire, president of Kiwanis club of Itahari Mrs Manita Tamang and president of Rotract club Itahari Mr Mission Parajuli. Our center of attraction was facilitator Mr Bal Krishna Tharu (Psycho-Therapist). The program was followed by snacks and fruits. The workshop focused on stress

management techniques pertinent to daily life, emphasizing the importance of starting the day early and maintain a balanced routine until bedtime. Each participants received a booklet containing valuable tips and strategies to implement in their everyday lives. Facilitator Bal Krishna Tharu provided us various practical tips that are easy to incorporate into daily routines.

Overall the program was highly beneficial to all participants. It provided them with practical tools to manage stress and improve their daily lives. The initiation taken by the RC Itahari Yugal ,Kiwanis club of itahari and Rotract Itahari club was commendable effort in promoting mental well-being within the community.

Total costs of this program is Rs 30000. The main aim of this workshop is to manage stress in our daily life. How to make our life easy with simple tips.



## Strategic Meeting for 2024-2025

RC of Bhairahwa  
18<sup>th</sup> May 2024

The Rotary Club of Bhairahawa has devised a special plan to spread community-level awareness to reduce accidents. On Saturday, during a strategic planning session organized by the club in Palpa, members received training on traffic rules and legal arrangements to minimize accidents.

In a similar program, Rajkumar Gupta, the founder president of the Rotary Club of Bhairahawa, facilitated training on self-talk for institutional leadership, using community-understood language. Former President Sanjivraj Regmi provided insights into the club's current institutional development, leadership transfer, and member responsibilities. Current President Umesh Acharya guided the members on using technology and studying online to gather Rotary-related information.

Kalpna Tiwari, Rotary District 3292 Nepal Bhutan Zone 32 Assistant for 2024/25, expressed gratitude to the organizers for training club members on various topics, including the annual action plan. She praised the club's timely strategic plan and the members' excellent work, emphasizing the necessity of group effort.

Ram Prasad Panthi, Rotary Year 2024/25 President of the Rotary Club of Bhairahawa, highlighted the club's special program to raise community-level awareness to reduce accidents as part of their social work. He stressed the importance of club members being aware of the training program and committed to completing the annual activities per Rotary International and Rotary District 3292 objectives.

The training and strategic planning program, conducted by Shyam Bahadur Thapa, Secretary for 2024/25, saw the participation of 35 Rotary Club of Bhairahawa members.





## Support to Project Paarth Endowment Fund

RC of Yala

21<sup>st</sup> May 2024

Rotary Club of Yala conducted RWM 1420 featuring a talk about childhood cancer and the Project Paarth Endowment Fund by Dr. Janith Singh and Dr. Rishi Ram Poudel. Dr. Janith Singh is an orthopedic onco-surgeon currently working as a lecturer at the National Trauma Centre, National Academy of Medical Sciences and Dr Rishi Ram Poudel is an Onco-surgeon working at Patan Hospital and Nepal Cancer Hospital & Research Center.

He and his friends recently established a non-profit organization called Project Paarth to help enable life- and limb-saving surgery for poor & deprived children with bone and soft tissue cancer but who are unable to bear the cost but who can live a normal life if they have

an opportunity to have a operation facility. There are about 300 such patients who have been waiting for the support.

RC Yala has contributed Rs 5,65,000 to Project Paarth to support their noble endeavor.



## Mega Health Camp

RC of Dharan Foothills

25<sup>th</sup> May 2024

The RC of Dharan Foothills successfully organized a Mega Health Camp at Amar Singh Secondary School, Dewanganj-5, Sahebganj, Sunsari, Nepal on 25th May 2024 in collaboration with BPKIHS and Dewanganj Gaon Palika, Sunsari. This event saw an overwhelming response from the local community, with more than 300 patients visiting the camp. Despite the challenging weather conditions, with a very sunny and hot day, the entire team demonstrated exceptional dedication, contributing to the program's success.

The health camp provided services across eight medical specialties, by the doctors of BPKIHS including General Medicine and Emergency Medicine, Orthopedic, Dermatology, Ophthalmology, Surgery, Obstetrics and Gynecology, Pediatric and Oral Medicine. Moreover, 25 undergraduate students of BPKIHS volunteered to play a crucial role in ensuring the smooth operation of the camp. In addition to medical consultations, the patients also received necessary medications, free of charge.

The Mega Health Camp was a resounding success, providing essential medical services to over 300 patients. The Rotary Club of Dharan Foothills extends its gratitude to all participants and looks forward to organizing similar events in the future to continue serving the community.



## Personal Hygiene and Sanitation (WASH) Program

RC of Mahabouddha

29<sup>th</sup> May 2024

The Rotary Club of Mahabouddha conducted a Personal Hygiene and Sanitation (WASH) program at Mahalaxmi Secondary School in Nakhipot, Lalitpur, on May 29, 2024. During the program, we delivered education on personal hygiene, particularly hand-washing methods and dental hygiene techniques. We distributed toothpaste, toothbrushes, and soap to 382 students.

The WASH program included both educational and practical sessions. The objectives of the WASH program were to raise awareness about the importance of hygiene, which indirectly helps in reducing infectious diseases such as diarrhea, dysentery, and worm infestations, thereby improving general health.

Participants included Rotarians, health workers, school committee members, and teachers. Thanks to all participants for making the WASH program successful and fruitful. The Rotary Club continues to uplift health awareness among school children through its initiatives.



# ICT training for Public School Teachers

RC of Kathmandu  
May & June 2024

The Rotary Club of Kathmandu has conducted ICT Training for Public School Teachers with the support of RNLM RID 3292 and in collaboration with various Rotary Clubs.

**21<sup>st</sup> Batch Program:** RC Kathmandu, in association with the Rotaract Club of Sindhuligadi and Shree Siddhababa Ma. Vi. Panityanki Kamalamai, held an event on May 24-25, 2024. The Chairperson of Ward 6, Mr. Ujwal Bikram Thapa, PP Rtn Prof Dr. Lok Bikram Thapa, and representatives from the educational office of Kamalamai Municipality, including Mr. Ramesh Devkota, attended the program. Mr. Navin Karki facilitated the training program, with 20 teachers from 15 schools participating.

**22<sup>nd</sup> Batch Program:** RC Kathmandu and RC Bardibas, held an event at Shree Janata Ma.Vi. Gauridanda-02 of Bardibas Municipality, Mahottari, on May 24-25, 2024. The President of RC Bardibas, Rtn. Krishna Prasad Gautam, Former Home Minister of Madesh Pradesh, Ms. Sharada Devi Thapa, AG Ram Prasad Sharma, and the representative from the Educational Office Bardibas, Mr. Gopal Dahal, attended the event. Mr. Som Prasad Sigdel facilitated the training

program, with 20 teachers from 11 schools participating.

**23<sup>rd</sup> Batch Program:** RC Kathmandu and RC Illam, held an event at Shree Karfok Ma.Vi, Suryodaya Municipality-12, Illam, on May 25-26, 2024. The President of RC Kathmandu, Kishor Upreti, Mayor Rana Bahadur Rai, President of RC Illam, Taranath Parajuli, and representative from the Educational Office, Mr. Yog Nidhi Bhattarai, attended the event. Mr. Madhav Bhattarai facilitated the training program, with 20 teachers from 20 schools participating.

**24<sup>th</sup> Batch Program:** RC Kathmandu and RC Central Banke, held an event at Shree Dynamic Ma.Vi, Kohalpur Municipality, Banke, on May 28-29, 2024. The President of RC Central Banke, Rtn. Kishor Krishna Bhandari, attended the event. Mr. Tarka Khatri facilitated the training program, with 25 teachers from 24 schools participating.

**25<sup>th</sup>-31<sup>st</sup> Batch Program:** RC Kathmandu, in association with RC Parbat, RC Gorkha, RC Central Banke, RC Butwal, RC Surkhet, and RC Naxal Shakti, organized the same training at the following locations:

- Shree Bhawani Bidhyapith Ma.Vi., Phalewas Municipality, Parbat
- Rotary Hall, RC Gorkha, Gorkha
- Barbardiya Municipality Bhawan
- Rotary Bhawan, RC Butwal
- Rastriya Ma.Vi., Birendranagar-6, Surkhet
- Shree Kamal Pokhari Ma.Vi., Kathmandu

Across these 11 programs, a total of 215 teachers from 162 different public schools underwent two days of training on basic ICT skills. This included preparing lesson plans, creating result sheets with charts, developing teaching slides, and using internet resources in the classroom.



# Free Health Camp

RC of Damak  
17<sup>th</sup> May 2024

The Rotary Club of Damak conducted a one-day free health camp in coordination with Birat Cancer Institute, Birat Medical College Teaching Hospital Biratnagar, and Om Santi Dental Hospital Damak at Chulachuli Madhyamik Bidhyalay Damak-3. The health camp focused on the screening of breast and cervical cancer for women, as well as oral and dental health checkups for the students and teachers of the school.

The health camp was inaugurated by the Mayor of Damak Municipality, Mr. Ram Kumar



Thapa. Additionally, the President of the Rotary Club of Damak, Mr. Padam Baral, emphasized the importance of oral health care among students and the screening of cervical and breast cancer among women,

as these are the most common cancers affecting women after maternity. During the health camp, 72 women benefited from cancer screening, and 264 students benefited from dental services.

## Donation of Prosthetic Limb

RC of Biratnagar Downtown  
2<sup>nd</sup> June 2024

The Rotary Club of Biratnagar Downtown donated a prosthetic limb to Jitendra Mandal, a 27-year-old in need, on June 2nd. Similarly, on May 29, 2024, the Rotary Club of Biratnagar Downtown, in collaboration with the Rotary Club of Birgunj, organized the provision of a prosthetic limb to Man Bahadur

Basnet, a 64-year-old individual from Rangeli Municipality with a physical disability.

The project's specialty lies in its focus on enhancing mobility and improving the quality of life for both Jitendra Mandal and Man Bahadur Basnet. The efforts involved sourcing the prosthetic limbs and arranging the necessary medical support for fitting them. The outcome is significantly improved mobility and independence for the recipients, fostering greater social inclusion and an enhanced ability to perform daily activities. This initiative highlights Rotary's commitment to community service and support for individuals with disabilities.



## Club Officers Training Seminar of RC Kathmandu Height

RC of Kathmandu Height  
2<sup>nd</sup> June 2024

Club Officers Training Seminars are essential for Rotary organizations, providing crucial leadership development, operational knowledge, and understanding of Rotary's programs. These seminars enhance officers' skills in communication, conflict resolution, and strategic planning, ensuring effective club management. They offer valuable networking opportunities, fostering collaboration and the sharing of best practices among peers. Well-trained officers

are more confident and engaged, leading to increased member participation and better resource utilization. Additionally, these seminars ensure consistency and standardization across clubs and facilitate smooth leadership transitions through effective succession planning. Overall, this training is vital for equipping Rotary leaders to uphold the organization's mission and drive its initiatives successfully.

Taking this need further, The Rotary Club of Kathmandu Height proudly conducted the Club Officers Training Seminar (COTS) on Saturday, June 1, 2024. There was greater participation from club members along with a few guests. Key highlights of the seminar included in-depth discussions on various avenues of club functions, the roles and responsibilities of members and directors, and strategic planning for the upcoming year. This engaging and informative session set the stage for a successful year ahead. The approximate cost was Rs. 50,000.



## Hoops for Hope

RC of Biratnagar Central  
3<sup>rd</sup> - 4<sup>th</sup> June 2024

RC Biratnagar Central co-hosted the 1st Nona Koirala Under-17 Basketball Championship. Eighteen teams from all over Nepal participated in the tournament. Cash prizes and Certificates of Appreciation were awarded to the winners and first runners-up in both the boys' and girls' categories.

**Sustainability:** This project will continue in the coming years with the aim of empowering youth and making a meaningful difference in society and their lives.

Total cost: **NRs. 1,45,000**  
Club contribution: **NRs. 10,000**





## Robotics, Coding & AI

RC of Yala

3<sup>rd</sup> - 9<sup>th</sup> June 2024

On 03 June 2024, a tripartite MoU was signed among Kitini Secondary School located at Taukhel/Godawari Municipality, Rotary Club of Yala (District 3292 Nepal-Bhutan) and Doorsikshya Education Network, Kathmandu to implement a year-long curriculum on Coding, Robotics and AI. This curriculum accredited by STEM.ORG will prepare selected students from grade 4 to 8 with essential 21st century skills, provide opportunities to enhance critical thinking competencies and secure their future career in this increasingly digitalized world. The MoU also commits to setting up the Kitini Innovation Lab and preparing students to participate in competitions and events

organized at national and international levels. Likewise an exhibition was held at Phulchowki Secondary School, Thaiba Godawari-14, Lalitpur, concluding a boot camp on Coding and Robotics course.

This is the second event in series in Godawari municipality showcasing the projects prepared by grade seven/eight students after they went through ten sessions of training each on the basics of robotics and coding, jointly launched by Phulchowki Secondary School and Rotary Club of Yala with technical support of Doorsikshya Education Network. Students and teachers from some schools in the vicinity as well as parents, officials from local administration and district education unit and other organizations visited the exhibition where students demonstrated eight projects each on robotics and coding.

**Expenditure: Rs 100000**

## Girls' Sanitation Initiative

RC of Biratnagar Downtown

7<sup>th</sup> June 2024

The Rotary Club of Biratnagar Downtown, in collaboration with the Lions Club of Kathmandu, initiated the construction of two girls' toilets at Gayatri Sanskrit Vidhyalaya. This project focuses on enhancing sanitation facilities, crucial for improving health and hygiene standards. The specialty of the project lies in its joint effort between two major service organizations, emphasizing the importance of gender-specific facilities in educational institutions. The immediate impact includes improved hygiene and privacy for female students, fostering a safer and more comfortable learning environment.

Beneficiaries are the female students and staff of the school, who will directly experience the enhanced sanitary conditions. The long-term outcome is expected to be increased school attendance and retention rates among girls, contributing to their overall well-being and educational success. It is in progress, will completed in coming month.

**Total budget of the project: 2,50,000/-.**



## Successful Gynecological Health Camp

RC of Kathmandu Metro & RC of Kathmandu Heritage

6<sup>th</sup> June 2024

On June 6, 2024, Rotary Club of Kathmandu Metro, in collaboration with the Rotary Club of Kathmandu Heritage and the Rotaract Club of Metro City, organized a successful Gynecological Health Camp at Central Jail, Jagannathdewal. Supported by Ek Ek Paila and Samyak Diagnostic Pvt. Ltd., the camp aimed to provide essential gynecological health services to female inmates.

The camp's objectives included offering gynecological check-ups, conducting necessary lab tests, providing medical advice, and raising health awareness. Activities included registration and initial screening, professional consultations, lab tests by Samyak Diagnostic Pvt. Ltd., and distribution of essential medicines. A health education session was also conducted.

A total of 72 women received check-ups, and 49 Pap tests were conducted. Five tests returned positive, and these inmates were referred to the Maternity Hospital for further evaluation. The total cost of the camp was Rs. 1,35,017.00, funded by contributions from the Rotary Club of Kathmandu Metro (Rs. 75,917.00), the Rotary Club of Kathmandu Heritage (Rs. 15,000.00), and Samyak Diagnostic Pvt. Ltd. (Rs. 44,100.00 for lab costs).

The Gynecological Health Camp was a resounding success, providing crucial health services and early detection of potential issues. The Rotary Club of Kathmandu Metro extends its gratitude to all contributors, including the Rotary Club of Kathmandu Heritage, Rotaract Club of Metro City, Ek Ek Paila, Samyak Diagnostic Pvt. Ltd., the Central Jail staff, and volunteers, whose efforts were vital in making the camp successful.



## Girls' Toilet Handover Program

RC of Kathmandu Downtown  
17<sup>th</sup> June 2024

Girls' toilet with sanitary facilities equipped, owned jointly by RI District 3292, RC Kathmandu Downtown, and Shivapuri Rural Municipality. The cost is Rs 6,57,000.00.

The project was jointly handed over to the school's Headmaster, Mahendra Dhakal, by

the chief guest, DG Rajendra Dhoju of Rotary International District 3292, as well as the special guest, Rtn Govinda Thapaliya, and the president, Rtn Sthaneshower Regmi.

Approximately 130 schoolgirls and women teachers will benefit from the project. Some Rotary Club members, students, and local people were present at the handover event.



## Thanksgiving 2023-2024 & Joint Club Assembly

RC of Bhairahwa  
21<sup>st</sup> June 2024

The Rotary Club of Bhairahawa, renowned for guiding the youth in Rupandehi in capacity development and social responsibility, recently concluded the 6th Joint Club Assembly for the Rota Year 2023/24 and the first Joint Club Assembly for 2024/25. Ram Prasad Panthi, the club president for 2024/25, outlined the work plan and budget for the upcoming year, pledging to further enhance the club's identity during his tenure. During the program, Umesh Chandra Acharya, the club president for 2023/24, reflected on his tenure as the seventh president, highlighting his focus on administrative processes, reporting, public image, and GML

publicity to energize the club. He mentioned that the club successfully conducted mental health awareness programs as part of its annual plan and participated in the district award competition for the first time. Additionally, the chairpersons of five committees presented reports on their activities for the Rota Year 2023/24 during the Assembly.

AG Hira Bahadur Shah, the club's AG for 2023/24, praised the club's efforts, stating that it stood out among many others due to its innovative initiatives throughout the year, leaving a significant impact on the district. AG Kalpana Tiwari, for 2024/25, urged the inclusion of social service programs alongside activities supporting the Rotary district goals.

In a gesture of appreciation, club president Umesh Chandra Acharya honored members who supported the club throughout the year with tokens of love. Additionally, club secretary Hari Prasad Acharya, Santosh Shukla, and 2024/25 secretary Shyam Chhetri emphasized the need for collective cooperation to achieve greater heights.



## My Career Vision Speech Competition

RC of Jawalakhel  
20<sup>th</sup> - 21<sup>st</sup> June 2024

An inter-school speech contest themed "My Career Vision" saw impressive participation of 46 students of grade 9 across 15 schools, including 7 public and 8 private school. The event, organized by the RC Jawalakhel in collaboration with Gokarneshwar municipality, was held in two separate sessions, attracting the attention of the local community and officials.

During the contest, each student presented their long-term career aspirations, discussing their motivations, planned paths, and the preparations they deem necessary to achieve their goals. The speeches also highlighted the potential social contributions and benefits of their chosen careers, emphasizing the importance of giving back to society and the nation.

The mayor of Gokarneshwar, along with other prominent community leaders, was present, underscoring the municipality's commitment to fostering educational excellence and civic responsibility among young residents. At the culmination of the spirited contests, Chamunda Secondary School and East Pole Secondary School emerged as the winners, with their students receiving top honors for their articulate and inspiring presentations. Notably, both first prizes were clinched by talented girl, showcasing the rising influence of girl in academic and extracurricular achievements.

This event not only highlighted the diverse aspirations of the student participants but also brought the community together in support of the next generation's educational and professional development.



# A 30-Day Mental Health Awareness Campaign

RC of Biratnagar Fusion  
15<sup>th</sup> June 2024

A 2022 WHO report titled "World Mental Health Report: Transforming Mental Health for All" revealed the estimation that the loss of productivity across the life course attributed to mental health conditions will cost the global economy \$6 trillion by 2030. The report draws attention to poor mental health services globally and the need for mental health change. This serves as a landmark to guide renewed efforts in mental health, address the needs and bridge the gaps.

Nepal's mental health needs are high, but we are only taking baby steps in interventions. Nonetheless, the shift from seeking help from traditional healers to professional health specialists is gradually increasing. Rotary Club of Biratnagar Fusion launched a comprehensive 30-day mental health awareness campaign targeting schools and colleges in Biratnagar and nearby areas. The aim of the campaign is to raise awareness about mental health issues among students

and provide them with essential resources and support.

These sessions were conducted in various educational institutions within Biratnagar area. Each session focused on different aspects of mental health awareness, including stress management, anxiety, depression, and building resilience. The average participation rate in each session was 70 students. This indicates a significant level of interest and engagement among the student community regarding mental health issues. The active involvement

of students underscores the importance of such initiatives in addressing the growing need for mental health support among young individuals.

The content was delivered through interactive presentations, group discussions, and experiential activities to ensure maximum engagement and understanding among the participants. 2 key resource persons were involved in conducting these sessions – Mrs. Rani Sarda Rathi, M.Sc. Clinical Psychology and Mrs. Gitanjali Sharma, Psychosocial Counsellor at Maiti Nepal.



# Orientation Training to Interactors of Interact Club of Narayani Public School

RC of Narayani Mid Town  
23<sup>rd</sup> June 2024

Orientation training to Interactors of Interact Club of Narayani Public School was organized on 23<sup>rd</sup> June 2024 at Narayani Public English School at Bharatpur-11. Orientation training

was done by Arpana Pradhan, President of the Rotary Club of Narayani Mid Town.

4 Rotarians, 3 teachers along with the Principal of the school and 27 Interactors were present during the program.

Budget of the orientation training program was Rs. 15,000 which was borne by the Rotary Club of Narayani Mid Town.

# Orientation on Conflict-Sensitive & Peace Promotive Journalism

RC of Jawalakhel  
25<sup>th</sup> June 2024

On the auspicious occasion of the 22nd Charter Day, the Rotary Club of Jawalakhel organized a half-day event titled "An Orientation on Conflict Sensitive and Peace Promotive Journalism," supported by Universal Engineering and Science College, Lalitpur. The session was led by RCJ's President, Dr. Bishnu Raj Upreti, and attended by 16 journalists. The facilitators



for the session included the country's senior journalist Yubaraj Ghimire and the Rotarians duo - Dr. Raj Kumar Dhungana and Rajendra Senchurey from RCJ.

Mr. Senchurey discussed the dimensions of conflict and peace, setting the tone for the event. Dr. Dhungana provided theoretical perspectives on conflict-sensitive journalism, while Mr. Ghimire shared his firsthand experiences working as a journalist and editor during Nepal's decade-long conflict. Following the presentations, Dr. Upreti convened a panel discussion that allowed

journalist participants to engage directly with the panelists.

The Journalist participants appreciated the event, describing it as a life-changing experience and committing to reflect the knowledge gained in their journalistic work. The event received coverage from several media outlets, including the nation-owned Gorkhapatra Daily and the National News Agency.

Rotarians from RCJ were also present at the event.

# Rotary Club of Rajdhani Donate Mobile Eye Clinic Van to BPKLCOS

RC of Rajdhani  
28<sup>th</sup> June 2024

In a landmark event, the Rotary Clubs of Rajdhani proudly handed over a state-of-the-art Mobile Eye Clinic Van to the B.P. Koirala Lions Center for Ophthalmic Studies (BPKLCOS) in a ceremony held on June 28, 2024.

The Mobile Eye Clinic Van, a project initiated under Global Grant GG2348840, aims to provide comprehensive eye care services to remote and underserved communities, with a special focus on school children. This initiative, valued at USD 49,351, is equipped with advanced ophthalmic technology, including a vision chart, slit lamp, auto refractometer, and more in the van.

The handover ceremony was attended by distinguished guests, including District Governor Rajendra P. Dhoju, ARRFC MK Jha, District Secretary Dinesh Manandhar, DRFC Kumud Tripathi, and other dignitaries from the District, members of Rotary club of



Rajdhani, Doctors, Staff and Resident fellows from the eye institute.

As the keys were handed over to BPKLCOS, the atmosphere was filled with hope and excitement for the positive impact this mobile clinic will have on the community. The BPKLCOS team expressed their gratitude and commitment to utilizing the mobile clinic to its fullest potential, ensuring that eye care services reach those in the most need.

Additionally, as the Mobile Eye Clinic Bus travels through the region, it will serve to increase the public image of Rotary, showcasing our commitment to service and community support.

This project exemplifies the power of collaboration and the Rotary spirit of service above self, marking a significant step towards a future where quality eye care is accessible to all.



# Second woman takes office as president of Rotary International

## One-year term will prioritize adapting to changing times and advancing peace

Stephanie Urchick, member of the Rotary Club of McMurray, PA, will become the second woman to take office as president of Rotary International on 1 July 2024. During her one-year term, Urchick will lead the 119-year-old membership service organization in adapting for future success as Rotary's 1.4 million members around the world develop and implement sustainable, community-driven projects that fight disease, promote peace, provide clean water, support education, save mothers and children, grow local economies, and protect the environment. More than US\$5.5 billion has been awarded

through The Rotary Foundation—Rotary's charitable arm that helps clubs work together to perform meaningful, impactful service—to support these initiatives over the last 100 years.

As one of the world's largest membership service organizations, Rotary has made peacebuilding the cornerstone of its global mission. From carrying out service projects to supporting future leaders through youth programs and scholarships, Rotary is taking action to address the underlying causes of conflict, including poverty, discrimination, ethnic tension, lack of access to education, and unequal distribution of resources.

As president, Urchick will also oversee Rotary's top goal of eradicating polio. Alongside its Global Polio Eradication Initiative partners, Rotary has achieved

a 99.9% reduction in polio cases, and contributed more than US\$2.7 billion and countless volunteer hours to protect 3 billion children from this paralyzing disease.

About Stephanie Urchick  
Urchick holds a doctorate in leadership studies from Indiana University of Pennsylvania. A Rotary member since 1991, Stephanie has served Rotary in many roles and capacities. Her service includes building a primary school in Vietnam; installing water filters in the Dominican Republic; mentoring new Rotary members in Ukraine; coordinating a Rotary Foundation grant project in Poland; and leading efforts to formulate and adopt Rotary's Action Plan, a strategic road map that will help bring even more people together to create lasting and positive change in an evolving world. 🌍



# District Governor's Calendar

## JULY 2024



DATE	DAY	EVENT
1	Monday	DG Installation Ceremony 2024-25
2	Tuesday	Installation Ceremony of RC Yala
3	Wednesday	Installation Ceremony of RC Biratnagar Downtown Installation Ceremony of RC Biratnagar Fusion
4	Thursday	Installation Ceremony of RC Birtamode Installation Ceremony of RC Kakarvitta
5	Friday	Installation Ceremony of RC Butwal Installation Ceremony of RC Mechinagar
6	Saturday	Installation Ceremony of RC Swoyambhu Installation Ceremony of RC Tinahu Rtract Butwal - 11:00 & RC Swoyambhu - Evening
7	Sunday	Installation Ceremony of Kathmandu West Installation Ceremony of RC Rajdhani
8	Monday	Installation Ceremony of RC Kathmandu Metro
9	Tuesday	Installation Ceremony of RC Lalitpur Midtown
10	Wednesday	Installation Ceremony of RC Kantipur
11	Thursday	Installation Ceremony of RC Thamel
12	Friday	Installation Ceremony of RC Kathmandu Midtown
13	Saturday	Installation Ceremony of Pashupati
14	Sunday	Installation Ceremony of RC Rudramati

# ROTARACT ACTIVITIES



## PROJECT RAJWASOLA

Rotaract Club of Palpa Lumbini  
21<sup>st</sup> - 29<sup>th</sup> May 2024

The Rotaract Club of Palpa Lumbini conducted the project "Rajwasola" with the support of the Rotary Club of Palpa Lumbini and Lumbini Medical College and Teaching Hospital. The project was coordinated by Rtr. Ashutosh Bhusal, Rtr. Smarika Singh Pradhan, Rtr. Arushi Chandra Jha, Rtr. Riya Bhattarai, and Rtr. Bibhuti Shah, with the main motto of "Sima Nagdai Mahinawari Manaudai," which means breaking all the stereotypes prevailing in our communities and celebrating menstruation to embrace new changes and livelihood. The program aimed to create awareness targeting a large audience.

On May 21<sup>st</sup>, we organized a reusable pad-making seminar for all the volunteers, led by past Vice President of RAC Palpa Lumbini, Dr. Rtr. Sweta Paudel. On May 22<sup>nd</sup>, we organized a debate competition with the title "Mahinawari Bardan Ya Abhishap" at Saraswati School and conducted informative classes regarding the female and male reproductive



systems, hormonal changes, and good touch and bad touch for the students.

On May 25<sup>th</sup>, we held a menstrual mela at Tudhikhel Tansen Ward 6 with the delightful presence of the Mayor of Tansen, Mr. Santosh Lal Shrestha, as the chief guest. The menstrual mela featured games, menstrual kit gift hampers, food stalls, and stage

performances about menstruation. On May 26<sup>th</sup>, we conducted a reusable pad-making seminar for Aama Samuha. Similarly, we volunteered at Shree Divya Jyoti Secondary School on May 27<sup>th</sup> and conducted a debate competition there as well. Finally, by organizing a reusable pad-making seminar on May 29<sup>th</sup> at the District Police Office, we concluded Project Rajwasola.

# INTERACT ACTIVITIES



## CHARTER CEREMONY OF INTERACT CLUB OF NARAYANI PUBLIC SCHOOL

Interact Club of Narayani Public School  
23<sup>rd</sup> June 2024

Charter Ceremony of Interact Club of Narayani Public School was organized on 23<sup>rd</sup> June 2024 at Narayani Public English School at Bharatpur-11. Charter Certificate of the club was handed over to the President of Interact Club of Narayani Public School by the President of the sponsoring club Rtn Arpana Pradhan. Oath taking ceremony of the President, board members and all the Interactors present was done during the ceremony. 4 Rotarians, 3 teachers along with the Principal of the school and 27 Interactors were present during the program.



Budget of the Charter Ceremony program was Rs. 15,000 which was borne by the Rotary Club of Narayani Mid Town.

## PRESIDENTIAL CONVENTION AND ANNUAL ZONAL MEET 2.0

8<sup>th</sup> June 2024

The "Presidential Convention and Annual Zonal Meet 2.0" is a significant annual event for all the clubs within Zone 6 (Kathmandu). As the name suggests, the event consists of two sections: the Presidential Convention and the Annual Zonal Conference. This event includes moments like presidents sharing their journeys, likely discussing their experiences in leading their respective clubs, and a panel discussion dedicated to "Youth in Interact and Interact for Youth," which involves discussions on engaging young people in community service and leadership roles within Interact clubs, as well as performances.



# FROM THE EDITOR'S DESK



Dear Fellow Rotarians,

Whoa! What an enriching experience we created all together!

**I embraced the challenge of making the Governor's Monthly Letter (GML) more engaging, fulfilling, and meaningful through its content, presentation, and outlook. With my background in advertising and communication, the beauty and appearance of matters have always inspired my creative thought process. Thus, I seized the opportunity to present the good deeds of Rotary clubs in a more engaging and appreciable way.**

Thank you, District Governor Rajendra Prasad Dhoju, for this opportunity to serve the fraternity as Editor. Your leadership, dedication, and hard work have been phenomenal in 'Creating Hope in the World.'

I sincerely thank every district and club leader who supported me by sending your news and activities on time and in the given format. Without your content and eagerness to see the published documents, it wouldn't have been possible to achieve this milestone. I have received overwhelming appreciation in person, via emails, and messages from Rotarian friends across the district for the hard work put into publishing GML on time, every time, and meeting the utmost quality. The appreciation and love from RI officials,

including Rotary International President Representative (RIPR) Dennis Shore and RI Director Anirudh Roy Chowdhury, have been truly overwhelming.

This year, we also worked diligently to develop a significant space for GML on the website and app of RI District 3292. Many thanks to IT Chair Chhonga Sherpa for taking on the many hassles of updating pages and managing the archival mechanism. I believe the digital version of GML will reach many enthusiasts not only in our district but also around the world.

My sincere gratitude to my District Publication and GML Sub-Committee team, who have helped me incessantly in collecting and processing news and articles to make them more reader-friendly and precise. I would also like to thank designer Suraj Shrestha from TheSquare for providing professional graphic design services free of charge for an entire year. It's truly incredible, and I believe the voluntary services you all have provided are instrumental in creating awareness and inspiring many in our community.

Thank you all for your support and dedication.

Yours in Rotary,  
**- Rtn. Raj Shrestha**  
 Chair 2023-24  
 District Publication & GML Sub-Committee

**DISTRICT GOVERNOR 2023-24**  
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