



*Magical  
Rotary*



# GML

**GOVERNOR'S MONTHLY LETTER**

**DECEMBER 2024**  
**Disease Prevention and  
Treatment Month**

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**Stephanie A. Urchick**  
RI President 2024-25



**Rajendra Man Sherchan**  
District Governor 2024-25



**Happy New Year 2025 !**



# GOVERNOR'S MONTHLY LETTER

Dear Fellow Rotarians, Rotaractors, and Interactors,

Season's greetings and best wishes for the New Year!

As the winter season wraps us in its chilly embrace, Rotary's warmth shines through our collective efforts to bring comfort and care to those in need within our communities. December has been a vibrant and productive chapter in our Rotary journey, filled with impactful initiatives and opportunities for growth.

This month, we celebrated Disease Prevention and Treatment Month, reminding us of the profound impact we can achieve together in fostering healthier and more resilient communities. Our district has taken bold strides to address pressing health challenges, exemplifying Rotary's unwavering commitment to service.

We also concluded the first six months of the Rotary year, completing over half of the District Governor's visits to clubs across all regions. These visits have been inspiring, showcasing the meaningful projects and initiatives undertaken by clubs throughout the district. Your dedication uplifts local communities and advances the goals of The Rotary Foundation, creating a lasting impact on lives worldwide.

December also featured the Rotary Institute in Kochi, Kerala, where the Council of Governors and their spouses emphasized the value of regional collaboration, leadership development, and stronger connections within Rotary. Specialized training sessions for our District Governor-Elect and District Governor-Nominee have further laid the groundwork for dynamic future leadership.

Across the district, impactful initiatives thrived. Region 7 hosted a Vibrant Club Workshop, sparking meaningful conversations on enhancing club performance and community engagement. Meanwhile, Regions 1, 2, and 3 collaborated on Intercity Meetings focused on Healthy Aging, offering valuable insights and fostering connections among members.

Looking ahead, the introductory meeting for the 17th District Conference was also held this month. I am excited for this year's conference, scheduled for March 21-23, 2025, in the Kathmandu Valley. For those who have yet to register, I warmly encourage you to join us in this remarkable event to celebrate, learn, and strengthen bonds of camaraderie with fellow Rotarians.

As we step into January, our focus shifts to Vocational Service. I trust that club leaders are already planning and organizing projects to support the underprivileged in our communities, continuing Rotary's legacy of service.

Finally, as we welcome the year 2025, let it be a fresh beginning filled with hope, inspiring the world with peace, prosperity, and happiness. Wishing you all a joyful New Year, meaningful resolutions, and impactful service in the months ahead. Cheers!

Yours in Rotary,

**Rtn. Rajendra Man Sherchan**

District Governor 2024-25

Rotary International District 3292, Nepal-Bhutan

## DECEMBER

Disease Prevention and  
Treatment Month

As we welcome the year 2025, let it be a fresh beginning filled with hope, inspiring the world with peace, prosperity, and happiness. Wishing you all a joyful New Year, meaningful resolutions, and impactful service in the months ahead.  
**CHEERS!**



# RI PRESIDENTIAL STATEMENT

To adapt, as laid out in Rotary's Action Plan, we must occasionally step out of our comfort zone and try something new. Here are two examples of clubs that adapted — one with heart and one through critical thinking and strategy.

The Rotary Club of Chandigarh Mid Town, India, led with heart earlier this year. To engage members and grow membership, Club President Nitin Kapur personally called every former member of the club and invited them to a gathering billed as an alumni meetup.

Eight former members attended, and the results were stupendous. The visitors had a chance to connect once more — not only with current members but with the sense of camaraderie and belonging that membership gave them. By the end of the evening, the club welcomed six of the former members back into the Rotary family.

Club President Kapur showed courage when he reached out to the alumni. Not only did he adapt and try something new but he had the strength of character to show the club's alumni how much they still meant to the family of Rotary. That bravery paid off.

People want to feel needed and appreciated. People want to feel that they belong. And they might never feel that way if we don't have the courage to tell them.

Meanwhile, the Rotary Club of Seoul-Hansoo, Korea, has been experimenting with different club models to great effect. Over the past four years, Seoul-Hansoo has created and maintained four satellite clubs — a service club, an interest-based club for musicians, a cause-based club that mentors professionals, and a club for college students.

These satellite clubs are part of a five-year plan the Seoul-Hansoo club implemented to increase membership through innovation.

What's the secret to founding and maintaining so many satellite clubs? Membership between Seoul-Hansoo and its satellite clubs is fluid and synergistic. Many members of the satellite clubs attend the sponsor club's meetings. And many of the sponsor club's members participate in the satellite clubs.

Additionally, the focus of each satellite club is no accident. Each one appeals to different interests of people in the sponsor club and in the community, attracting existing and potential members. This is an excellent strategy to both retain and attract members because it offers flexibility. If someone is interested in joining but they can't make it to the sponsor club's meetings, they have plenty of options to choose from.

These are just two examples of how we can adapt with our hearts and minds. Every club is different, so I encourage you to reach out to members of your club and of the community around you. Ask them about the club experience and what you can do to improve.

Talk to enough people and you might find ways that you can adapt and spark The Magic of Rotary in your club.

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



# Governor Elect & Governor Nominee Learning Seminar

December 3, 4, and 5  
Kochi, Kerala.

## My Experience on Governor Elect Learning Seminar and Rotary Institute in Kochi

December has been the busiest month so far, with numerous Rotary activities and a few personal extended visits. During the month, I visited various cities in Nepal and India for learning, meetings, workshops, and other preparatory work. From December 3rd to 5th, I participated in the Governor Elect Learning Seminar (GELS) organized in Kochi, Kerala, India. There were 44 Governor Elects from Zones 4, 5, 6, and 7. Since this was my second physical meeting with my batchmates after my DGN training in Bangalore last year, the interaction was more open and frank. Learning from my batchmates and strengthening friendships have been great achievements of this seminar.

Rotary International has been shifting trainings to facilitation models, and all the resource persons demonstrated their roles well during the three-day seminar. Adult learning is not easy, as many people get bored with slides and the mostly one-way communication of trainers. In GELS, participants were divided into two groups, which allowed everyone to speak in each session. The size of the participants is crucial in such seminars. Facilitators focused on creating an environment to explore learning points among the participants, even without making many remarks themselves. This seminar inspired me to change our training

modality and adopt the facilitation method. I have committed to starting this with our "Training to Learning Facilitators" (formerly ToT) scheduled for early January 2025 and continuing with other trainings.

GELS is also considered preparatory work for the Rotary International Assembly, which will be held in Orlando, Florida, USA, in the second week of February. It was an eye-opener for the necessary preparations before the RI Assembly, participation in the assembly, and much more. It gave us many ideas that will definitely help in preparation and presentation at the assembly.

Following GELS, we took part in the Rotary Institute, a massive gathering of COGs from the region and a few leaders from Rotary International. Listening to senior leaders and influential speakers from various fields was an amazing learning experience. Meeting and greeting batchmates and past governors was also a great opportunity. The fellowship and entertainment, including live bands and a carnival, were excellent experiences. Indeed, it was a valuable learning opportunity on how to organize large Rotary events.

Informal and bilateral talks with batchmates were very beneficial to me and others. It was an opportunity to learn about different activities organized by other DGEs. Many districts in India are interested in working with our clubs in Nepal for their proposed GGs. Several districts are eager to organize Rotary Friendship Exchanges with our district, and I am looking forward to organizing at least a few of such exchange visits in 2025-26. Some district governor elects also want to organize their training/seminars in Nepal. However, poor road conditions to Kathmandu and



other cities, as well as flight hassles and concerns about past plane crashes, present challenges.

After the Kochi Institute, we took the opportunity to visit some famous temples in Kerala and Tamil Nadu. We were fortunate to have hassle-free, special darshan at all the temples with Rotary connections at each place. We truly felt proud of our Rotary network and privileged to be a part of it. Everything is possible in Rotary!

In a nutshell, GELS followed by the Rotary Institute provided an enriching and insightful learning experience. I believe this will help me shape next year's activities and develop strategies for their successful implementation.

**DGE Rtn Binod Koirala**



## My experience at the DGN Learning Seminar and Rotary Institute in Kochi, India – 2024:

District 3292 attended as a team along with spouses, who equally participated and enjoyed each and every moment there.

During the DGN sessions, we were asked numerous questions by the facilitators, and everyone shared what they knew, what they felt, and what they learned as well. All the facilitators were well-trained, skilled, and humble. It was an amazing and interactive learning experience for me as a DGN. Furthermore, what an incredible platform to get to know each other so well—whether it was during breakfast, the sessions, lunch, or even more so during fellowship time.

A good teamwork, dedication, trust, and commitment can make everything possible. That's the beauty of the Rotary network.

During the Rotary Institute, we participated alongside DGs and PDGs, where world leaders of Rotary International—including the RI President, RI Past Presidents, RI President Nominee, RI Directors, Past Directors, Incoming Directors, other RI officials, and inspiring speakers from various sectors—delivered speeches on diverse topics. We truly felt enlightened.

After successfully completing the event in Kochi, our Team Nepal visited various religious sites along with our spouses. We traveled to Padmanabha Vishnu Temple in Trivandrum, then to Kanyakumari Temple, followed by Rameswaram Temple, and finally to Meenakshi Parvati Temple and Shiva Temple in Madurai. We all felt deeply blessed to have the extraordinary darshan of all the gods and goddesses.

We had a wonderful team, and after two weeks, we all returned home safely and happily, carrying a lifetime of memories and learning experiences.

**DGN Rtn Vishnu Bahadur Karki**



# Kochi Rotary Institute 2024

The Council of Governors, along with their spouses, from Rotary District 3292 (Nepal & Bhutan) actively participated in the Rotary Institute held in Kochi, Kerala. Their presence highlighted a strong commitment to fostering regional collaboration, enhancing leadership, and building stronger connections within Rotary International's global network. This participation served as an opportunity to exchange ideas, share experiences, and strengthen partnerships for the advancement of Rotary's mission.







# Congratulations !!!

Congratulations to District 3292 for receiving various awards—53 in total—at the Rotary Institute in Kochi, 2024. These awards recognized excellence in Public Image Champion initiatives and Rotary Foundation giving, including the highest TRF Polio Plus Fund contribution during the Rotary Year 2023-24.

The TRF awards include:

- The Highest Donor Participation
- Second Highest Total Contribution
- Third Highest Giving Club Towards TRF Polio Plus Fund (awarded to RC Pashupati)

These achievements contributed to 4 zonal awards, along with 4 Gold, 1 Platinum, and 16 Silver awards under the Annual Fund Challenge category. Additionally, 28 Annual Fund Year-End Special Recognition (EREY) awards were presented to various clubs.

A heartfelt salute to IPDG Rtn. Rajendra Prasad Dhoju for your exceptional leadership, and to the entire District team, District Secretariat, all clubs, esteemed members, contributors, and district leaders for their unwavering support and cooperation. Without your collective efforts, these accomplishments would not have been possible. This is truly a moment of pride for District 3292.



# Get Ready for the Rotary 17th District Conference 2025



Rotary International District 3292

## 17<sup>th</sup> DISTRICT CONFERENCE

21-23 March 2025 | The Plaza, Lalitpur Nepal

<i>Registration Details</i>	<i>upto 31st Dec 2024</i>	<i>1st Jan - 28 Feb 2025</i>	<i>Spot Registration</i>
Rotarians/Guest	10,500	11,000	12,000
Rotarians with Non-Rotarians Spouse	20,000	21,000	23,000
Rotarians with Rotarians Spouse	19,000	20,000	22,000
Rotaract/Interact/RCC	6,000	6,500	7,000

### Bank Information

Account Name : 17th District Conference Rotary Club of Thamel  
Account No : 0120060719300115  
Account Bank : NMB Bank Ltd



for online registration, please visit: <https://events.rotarydistrict3292.org.np/>



## Vibrant Club Workshop Region VII

The Vibrant Club Workshop 2024 for Region 7 took place on **21 December 2024** at **The Everest College, Biratnagar**. The event was filled with energy and excitement, attracting over 100 Rotarians from more than 20 clubs. Esteemed attendees included the District Governor, Past District Governors, Governor Council Members, Rotary Club Presidents, and committed Rotarian Members. The atmosphere was alive with engaging discussions, productive collaborations, and inspiring sessions.

The workshop provided valuable tools and knowledge to help clubs enhance their vibrancy, foster collaboration, and execute impactful community service projects.

Participants left with a renewed sense of purpose and a deeper understanding of Rotary's mission.

The Vibrant Club Workshop 2024 showcased the unwavering commitment of Rotary clubs to drive positive change in their communities. It also served as a platform for exchanging best practices, building camaraderie, and gaining essential insights. The success of this workshop is set to inspire even greater service initiatives across our Rotary District in the future.



## 17th District Conference Introductory Meeting

On December 24, the 17th District Conference Introductory Meeting, chaired by DG Rajendra Man Sherchan, was held at The Plaza, Lalitpur. During the meeting, Conference Chair Rtn Madhusudhan Acharya introduced all the committee and sub-committee members. He also shared the plan and vision for the upcoming conference, which will be held from March 21 to 23, 2025. Participants also shared their ideas and queries during the meeting.





# Intercity Meeting on Healthy Ageing

District ICM Committee & Senior Citizen Subcommittee

Himalaya Hotel, Kopundol, Lalitpur  
December 27, 2024

The Rotary International District 3292 Nepal **ICM Committee and the Senior Citizen Subcommittee**, in collaboration with the **Department of Health (MoHP)**, **World Health Organization (WHO)**, and the **Geriatric Society of Nepal**, organized an Intercity Meeting on Healthy Ageing at Hotel Himalaya, Lalitpur. This initiative aimed to raise awareness and promote strategies for enhancing the quality of life for older adults.

**Rtn Anil K. Thapaliya, ICM Chair**, delivered the welcome remarks and outlined the program's objectives. **WHO Nepal Chief, Dr. Rajesh Sambhajirao Pandav**, shared insights on WHO's initiatives for Healthy Ageing and discussed future collaboration with Rotary.

In his keynote speech, **Chief Guest Dr. Bikash Devkota, Director General of the Department of Health Services**, emphasized the importance of family support in old age, highlighting that elderly care should be viewed as a responsibility rather than a burden. His remarks reflected a compassionate and ethical approach toward elder care, promoting dignity and respect for seniors.

**District Governor Rtn. Rajendra Man Sherchan** shared insightful remarks, focusing on the role of Rotary in promoting health awareness, creating age-friendly communities, and supporting collaborations for the well-being of older adults. He highlighted the importance of addressing the challenges of healthy ageing and fostering partnerships with the WHO and the Government of Nepal for sustainable support systems.

**Geriatrician Dr. Ramesh Kandel** discussed Healthy Ageing, age-related changes, and the need for long-term care systems in Nepal. He stressed the importance of awareness programs, especially regarding issues like forgetfulness in old age, which is often not taken seriously by society.

**Hira Kumari Niraula, Director of Nursing and Social Security Division of the Department of Health Services**, spoke about laws related to older adults and provided statistical data on senior citizens in Nepal. **Psychiatrist Dr. Nidesh Sapkota** highlighted dementia, Alzheimer's, their causes, effects, and care precautions for family members.

Other speakers included **Dr. Umesh Bogati, President of the Geriatric Society of Nepal**, **Dr. Ananta Aryal, Geriatrician**, **Dr. Banshdeep Kharel, Department of Ayurveda and Alternative Medicine**, **Raju Maharjan, Spokesperson for Lalitpur Metropolitan City**, and **Ward No. 9**



**Chair.**

The event emphasized the importance of identifying health challenges in old age, modern medical solutions, and social support systems. Key speakers called for raising awareness, policymaking, and community collaboration to ensure a healthy and dignified life for older adults across Nepal.

A working paper was presented on access to health facilities for older people, mental health care, and nutritional lifestyle measures. Participants discussed the role of organizations, governments, and communities in supporting older adults.

The objective of the program is to create a multi-pronged strategy to improve the health and quality of life of senior citizens. Rotary District 3292 Nepal has pledged to continue raising awareness about healthy ageing through similar programs in the future.

**Rtn. Youraj Roka, serving as the program host and co-chair of the Senior Citizen Subcommittee, emphasized that healthy ageing sensitization is essential for both Rotarians and non-Rotarians. The responsibility for promoting healthy ageing begins with all of us, and it's important to discuss healthy ageing before reaching old age. Such programs**

**should be rolled out across all regions of Nepal through ICM events.**

**PDG Dilendra Raj Shrestha** delivered the closing remarks, and the vote of thanks was given by **Sushil Kumar Karki**. The event saw participation from 260 people, including non-Rotarians, media personnel, and members from 18 host clubs.

**Host Clubs: RC Bagmati Kathmandu, RC Balaju, RC Budhanilkantha, RC Baneshwor, RC Changu, RC Dillibazar-Kathmandu, RC Kathmandu, RC Kathmandu Metro, RC Kopundol, RC Lalitpur, RC Maharajgunj, RC Mount Everest Lalitpur, RC Naxal Shakti, RC Pashupati Kathmandu, RC Rajdhani, RC Sankhu, RC Thamel-Kathmandu, and RC Thimphu**



KNOW YOUR DGE

# Rotary Institute

@ GOD'S OWN COUNTRY

## KOCHI 2024

2024 | 5,6,7 | 6-8 DECEMBER 2024



**Introduction of DGE  
Rtn Binod Koirala**

**Binod Koirala**, a resident of Pokhara, Nepal did Master's Degrees in Science and Health Education from Tribhuvan University, Nepal. He is also Diploma holder in Humanitarian Assistant from Fordham University, New York, USA. Binod is happily married to Bibha and blessed with daughter Bipasha and son Bishesh.

Binod has a friendly nature and simple character which makes him easy to approach, and thus is a true team player. He has developed strong leadership and managerial skills to lead a team in both humanitarian and social development sectors. His professional experience in responsible and leading posts in international organizations has helped him to develop key competencies in communications, interpersonal relations, analytical skills, leadership, networking, training and project management. He has working experience in quite a diversified range of international development sectors such as: humanity, education, environment, public health, disability, income generation, and other social development issues. Binod has travelled extensively in many districts of Nepal that gives him an added advantage of being able to assess and evaluate situations practically and effectively. He is conversant with the government's service delivery systems, working modalities of various (I)NGOs and practices in local and national contexts.

Binod joined Rotary in 2003 as Charter Secretary of Rotary Club of Pokhara Fishtail. He served the club as the club President in 2008-2009. He has been serving in various posts of RI District 3292 since 2009. He worked as member secretary of 6th Rotary District Conference in Pokhara in 2013-14. He was an Assistant Governor in 2015-16 and served as Additional District Secretary for the year 2017-18. He played significant role in establishing Rotary Club of Pokhara Lakeside as the New Club Advisor in 2016-17. Binod has good passion in Rotary trainings and served as a trainer/facilitator in various District level trainings for many years. He served chair of District Training Team for Region 4 of District 3292 in 2021-22 and Co-chair of District Training Committee in 2022-23. Binod is an active member of Clean Cooking task force of ESRA. He is a Major Donor and a Paul Harris Society Member.

Binod has represented his Rotary club and the District in many international forums. He initiated and implemented various humanitarian projects mainly on clean drinking water supply, school sanitation and cleanliness, outreach health camps and a large educational scholarship program. He has developed number of GGs/MGs and implemented successfully. He further extended his skills on project management support to other clubs in the District.

Binod attended District Conference of RID 1040, UK in 2015-16 and RID 1220, UK in 2011-12 as a Speaker in Plenary sessions. He attended all the District Conference of District 3292 since 2008-09 and RI Convention 2014 in Sydney and RI Convention 2019 in Hamburg. Binod attended Rotary Institutes in Bisakha Vista, India in 2022 and Bangalore in 2023. He further attended Governor Nominee Training Seminar (GNTS) at Bangalore in Dec 2023.

Binod has extensively travelled USA, Canada, Australia, UK, France, Germany, Italy, Switzerland, The Netherlands, Austria, Hong Kong, Thailand, Malaysia, Singapore, Sri Lanka and India.

Binod is Nepal country representative of Innovative Community Organization, Canada. Moreover, he is working as freelance development



consultant for few International charity organizations. He has been involved in local business such as the Chairman of Panorama Agro Farm and Recreation Pvt. Ltd. He is also the chairman of Lovelyhill Holdings Pvt. Ltd. (An investment company) and also the Founder Chairman of Uni Dreams Education Consultancy Pvt. Ltd. Pokhara.

Binod also has served in different social organizations such as Chairperson of Health and Blood Transfusion Committee of Nepal Red Cross Society, Gandaki Province. He is advisor to CBRS (Community Based Rehabilitation Center). He has been life members and advisors to other different organization.

# Club News & Activities

DECEMBER 2024

## Rotary Clubs Support Survivors of Disaster

RC Bhadgaun, RC Kathmandu Circle, RC Sunkoshi, RC Himalayan Golfers

November 18, 2024



The Rotary Club of Bhadgaun extended its heartfelt support to the survivors of the devastating landslides in Lek Kharka, Ward No. 3, Doramba Sailung RMC, Ramechhap, where 10 precious lives were lost. We express our deepest gratitude to the members of RC Bhadgaun, RC Kathmandu Circle, RC Sunkoshi, RC Golfers, Simon, and his friends for their invaluable contributions.

Together, we distributed essential relief materials, including 2 blankets, 2 mattresses, and an Aqua Box, to 37 affected families in Lek Kharka. Witnessing the tears of joy and gratitude in their eyes has been a profound reminder of the impact we can make through collective effort and compassion.



## Blood Donation

RC Urlabari

November 29, 2024

Blood donation program was organized by the Red Cross Urlabari in collaboration with the Rotary Club of Urlabari and Rotaract Club of Urlabari on November 29, 2024, at Urlabari-5. A total of 60 pints of blood were collected during the event. The blood was collected by the Red Cross Society of Urlabari and will be used for patients at the Madan Bhandari Trauma Center, Mangalbare, or other individuals in need. The total expenditure for the program amounted to NPR 21,000.





# Mental Health Awareness Program

RC Central Banke  
November 28, 2024

A mental health awareness program was conducted for the local representatives of Kohalpur Municipality, Banke, on Thursday, November 28, 2024. The event, organized by the Rotary Club of Central Banke, was chaired by the club's president, Dr. Prachanda Gautam, and had Deputy Mayor Sangeet Subedi of Kohalpur Municipality as the chief guest.

The program saw the participation of representatives from all 15 wards of Kohalpur



Municipality, along with municipal employees. Chief Coach Dr. Pradeep Pandey, the former president of the Rotary Club of Kathmandu, and all office bearers of the Rotary Club of Central Banke were also in attendance.

During the event, Deputy Mayor Subedi expressed gratitude to the organizing team

and emphasized that Kohalpur Municipality has been allocating a budget to support such initiatives. The event was conducted by former club president, Rotarian Kishore Krishna Bhandari, who also served as the media partner for the program.

# Five-Day Yoga Camp for Health and Wellness

RC Surunga  
December 1-5, 2024

In line with Rotary International's Disease Prevention and Treatment Month, the Rotary Club of Surunga, in collaboration with Patanjali Yog Nagar Samiti, organized an extensive five-day yoga camp from December 1-5, 2024. The camp aimed to promote holistic health and well-being through yoga, meditation, pranayama, and the adoption of traditional dietary and lifestyle habits. Each day of the camp offered unique insights and expert guidance, fostering awareness about the significance of preventive health measures.

The camp was inaugurated with a formal ceremony on December 1, 2024, at the Patanjali Yog Nagar Samiti Hall in Kankai Municipality. The Deputy Mayor of Kankai Municipality, Asha Sharma Siwakoti, graced the event as the chief guest. Rtn. Tika Prasad Kattel, President of Patanjali Yog Nagar Samiti, served as the chief trainer for the day. More than 80 individuals, including Rotarians and local community members, participated enthusiastically. The inaugural session emphasized the importance of yoga in everyday life and its role in preventing illnesses by improving physical, mental, and emotional well-being.

On the second day, expert trainer Pratap Babu Jamarkattel led the session, focusing on specific yogic techniques for stress management and disease prevention. His



practical approach to integrating yoga into daily routines received high praise from the attendees.

The third and fourth days of the camp featured Rudra Oli, an esteemed official from Patanjali Yog District Samiti, Jhapa, as both the chief guest and trainer. Oli conducted in-depth sessions on advanced yoga practices, including the use of local medicinal herbs and traditional techniques to boost immunity and promote overall health. His expertise highlighted the vital connection between yoga and natural remedies, inspiring participants to embrace a healthier lifestyle.

The camp culminated on the fifth day with an impactful session led by Devi Ghimire, President of Patanjali Yog District Samiti, Jhapa. Ghimire, supported by Rudra Oli, guided participants through practical sessions on yogic postures, meditation, and pranayama techniques. The event concluded with a ceremonial lamp-



lighting, symbolizing enlightenment and health. Acknowledgments were extended to all who contributed to the camp's success, including the yoga trainers, Rotarians, and the local community.

This initiative reinforced Rotary's commitment to enhancing public health and fostering community unity. Although the camp officially concluded, yoga sessions will continue at the same venue, ensuring sustained health awareness and empowerment for all.



## Rotary Clubs Distribute Firefighter PPE in Kavrepalanchok

RC Dhulikhel, RC Kathmandu Circle, RC Kavre-Banepa, RC Panauti, RC Kavre Valley, and RE-Club Namobuddha  
November 22, 2024

In a significant effort to enhance the safety and effectiveness of local firefighters, several Rotary Clubs collaborated to provide Firefighter Personal Protective Equipment (PPE) to municipalities in Kavre and neighboring districts. The Firefighter PPE Support initiative was supported by **Fire4Nepal, Belgium**, and organized by the **Rotary Club of Dhulikhel-Nepal, Rotary Club of Kathmandu Circle, Rotary Club of Kavre-Banepa, Rotary Club of Panauti, Rotary Club of Kavre Valley, and Rotary E-Club of Namobuddha**. Special thanks go to Nugal Ananda Vaidya for coordination and facilitation.

### Supported Municipalities

The support reached the following municipalities:

- Dhulikhel Municipality
- Panauti Municipality
- Mandandeupur Municipality
- Namobuddha Municipality
- Kamalamai Municipality, Sindhuli
- Dhudhauri Municipality

### Objective

The project aimed to equip firefighters with essential protective gear, ensuring their safety while responding to emergencies such as fires, natural disasters, and other critical incidents. By providing high-quality PPE, the Rotary Clubs strive to enhance the operational readiness of fire departments in these regions.

### Impact

The distributed PPE is expected to significantly improve firefighter safety, reduce risks during rescue operations, and strengthen emergency response capacities in the supported municipalities. This initiative highlights the Rotary Clubs' commitment to serving communities and addressing critical needs in disaster-prone areas.

### Acknowledgment

This collaborative effort underscores the power of partnerships in addressing community challenges. The Rotary Clubs extend their gratitude to Fire4Nepal, Belgium, and Rtn. Nugal Ananda Vaidya for their generous support in making this project possible.

## Support the Chepang Community

RC Ratnanagar  
November 23, 2024

The Rotary Club organized a program to support the Chepang community, focusing on providing essential school supplies, winter clothing, and hygiene training for women in a remote and underserved area. This initiative aimed to address the educational, health, and basic living challenges faced by the community.

A total of 110 schoolchildren received notebooks, pens, pencils, erasers, warm clothing, uniforms, and blankets. Pregnant and postpartum women were provided with blankets, hygienic sanitary pads, and training sessions on their proper use.

The beneficiaries came from a highly remote and challenging location, which made the



program's impact even more significant. The program prioritized 110 schoolchildren and women from the Chepang community, ensuring improved access to education for children and better hygiene practices for women.

By providing necessary educational materials and warm clothing, the initiative

enabled children to attend school more comfortably. Women benefited from hygiene training and resources, contributing to their overall well-being and quality of life. This program underscores the Rotary Club's commitment to empowering marginalized communities.



## Food and Gifts Distribution

RC Budhanilkantha  
November 30, 2024

The Rotary Club, in collaboration with the Rotaract Club of Budhanilkantha, proudly supported the Mother Nepal Disabled Association – Child Home (Tarkeshwor-3), an orphanage accommodating 45 children from remote areas across Nepal. The following items were distributed to the children:

Rice: 5 bags (25 kg each), Lentils (Daal): 10 kg, Beaten Rice: 1 bag (20 kg), Salt: 10 packets, Cooking Oil: 10 liters, Cloth Washing/Body Soap: 36 pieces, Biscuits: 1 carton, Potatoes: 1 bag (65 kg), School Bags: 40 pieces, Socks and Caps: 45 pairs each and Stationery: Donated by the Rotaract Club of Budhanilkantha

The total contribution amounted to NPR

58,500, with supported documents attached for transparency.

This initiative was carried out with compassion and enthusiasm by all club members, who shared the experience on social media to inspire society and emphasize the collective responsibility to help those in need.

The children were overjoyed to receive these gifts, and the organization was motivated to continue their impactful work. It was a heartwarming moment, reflecting the power of community and kindness.

## Comprehensive Health Camp Benefits Students and Parents in Pokhara

RC Pokhara Midtown and RC Naxal Shakti  
December 7, 2024



A comprehensive health camp was recently held, targeting students of Amar Jyoti Gaonfark Secondary School, located in Ward No. 26 of Pokhara Metropolitan City.

The camp was organized by the Rotary Club of Pokhara Midtown, with technical support from Gandaki Medical College and in collaboration with the Rotary Club Naxal Shakti Kathmandu, the Rotaract Club of Midtown, and the InnerWheel Club Pokhara. Approximately 323 students and parents

participated, receiving health screenings and free medication.

Medical supplies, along with guidance on eye, bone, joint, skin, and dental health, were provided to the school management committee, led by Chairman Prakash Mohan Bhattarai. A pathology lab was set up on-site by Gandaki Medical College to facilitate health check-ups.

Senior healthcare professionals, including

surgeon Dr. Bhojraj Neupane, obstetrician Dr. Chandika Neupane, and senior orthopedic and neurologist Dr. Pabin Thapa, were briefed on the students' health concerns and advised on precautionary measures.

According to Club Secretary Jeevan Bhandari, 155 students and teachers from Amar Jyoti Gaonfark Secondary School, 132 students from Mustang's Mobile School Shree Jana Narmal Secondary School, and 36 local parents were screened free of charge, with medicines distributed to those in need.

The program, chaired by Club President Surya Narayan Baral, included an address by Chairman Bhattarai, who emphasized the importance of a healthy diet for disease prevention.

School Principal Damodar Sapkota expressed gratitude for hosting the camp at the school. He highlighted that students gained valuable knowledge about maintaining good health, fostering a strong desire among many to pursue careers in medicine in the future.



## Distribute 1,526 Bedkits to Dhunebesi Children in Pilot Project

RC Himalayan Golfers  
November 24-27, 2024

The Rotary Club of Himalayan Golfers (RCHG), in collaboration with [Sleeping Children Around the World \(SCAW\)](#), successfully concluded a pilot bedkit distribution project in Dhunebesi, Dhading. Over the course of four days, 1,526 bedkits were distributed to children aged 6 to 12 from 33 schools. Of these, 1,500 bedkits were generously provided by SCAW, while RCHG contributed an additional 26 kits to further enhance the initiative's impact.

The project, with a budget of [\\$60,000 CAD](#)

funded entirely by [SCAW](#), aimed to improve the sleeping conditions of children in underserved areas. RCHG took responsibility for covering all logistical expenses and managing the distribution process across nine strategically located centers. These centers ensured accessibility for children, many of whom traveled hours through challenging terrain to receive their kits.

The beneficiaries, all aged between 6 and 12, expressed immense joy and gratitude, as the bedkits provided them with essential comfort and warmth. This impactful project not only addressed immediate needs but also

highlighted the importance of partnerships in creating lasting change.

RCHG extends its heartfelt thanks to SCAW for their support, the Dhunebesi Municipality for their local assistance, and the hardworking Rotaract volunteers who dedicated their time to making this project a success.

*Readers are encouraged to explore the project's journey and heartfelt moments on SCAW's blog. (<https://www.scaw.org/blogs/category/Nepal>).*

## Distributing Warm Clothes

RC Bharatpur & RC Lamjung  
December 16, 2024

In collaboration between the Rotary Club of Bharatpur and the Rotary Club of Lamjung, a program for distributing warm clothes was successfully conducted at Shree Chandra Jyoti Basic School, Besisahar-9, Lamjung, as a small effort to bring smiles to the faces of young children.

The event was graced by the presence of former president Prof. Dr. I.P. Dhakal as the chief guest, along with Prem Kumari Gurung, the Chairperson of the School Management Committee, ward members, former presidents, and many Rotarians from the Rotary Club.



# Free Eye Screening Camp

RC Purbi Chitwan  
December 14, 2024

The Rotary Club of Purbi Chitwan, in partnership with the Rotary Club of Hetauda, Hetauda Samudayik Hospital, and Kankali Community Forest, successfully organized a free Eye Screening Camp in Khairahani Municipality-4. The initiative aimed to address eye health issues in the community by providing accessible eye care services to underprivileged individuals.

During the camp, a total of 300 people underwent comprehensive eye examinations conducted by a skilled team of medical



professionals. Among those screened, 30 individuals were diagnosed with cataract-related problems, a common yet treatable condition that significantly impairs vision if left unaddressed.

Recognizing the need for timely intervention,

the organizers facilitated free cataract surgeries for 25 patients, ensuring they regained clear vision and improved quality of life. The initiative exemplified the Rotary Club's commitment to community service, bridging the gap in healthcare access for vulnerable populations.

## Bus Stand Renovate

RC Birgunj Metropolis  
November 8, 2024

RC Birgunj Metropolis recently renovated the bus stand near Bham Chauk. The stand, originally constructed by the club approximately five years ago, was inaugurated at that time by Charter President Rtn. Jagdish Sharma.

The renovation event was attended by Club President Rtn. Anil Jayswal, Secretary Rtn. Hariom Kumar Shah, Vice President Rtn. Chandan Singh, Rotaract Past President Prakash Karn, Past President Rabin Shrestha, and members of the local community.

The total cost of the renovation project was Rs. 26,000.

## Dental Camp

RC Mahabouddha  
November 27, 2024

The Rotary Club of Mahabouddha successfully organized a Dental Camp at Mahalaxmi School, Talchikhel, Lalitpur, on November 27, 2024. The event was inaugurated by Club President Rtn. Birangana Maharjan and the school principal. The camp provided oral check-ups for 345 students, addressing prevalent dental issues caused by inadequate care.

Each student received a toothbrush and toothpaste, with the total event cost amounting to approximately Rs. 30,000. A team of six Rotarians and six dental professionals conducted the program, which concluded with lunch for the technical team at 3:00 PM.





## School Uniform (Winter Clothes ) Distribution

RC Itahari Yugal  
December 13, 2024

On December 13, 2024, the Rotary Club of Itahari Yugal organized a winter clothes distribution program at Sunaulo Bal Bikash Kendra, Taltaliya, benefiting 27 students aged 2 to 5 years. Each child received a package containing a tracksuit, shoes, socks, a cap, and chocolates, ensuring their warmth and comfort during the cold season.

The program began with a warm welcome from the school, followed by the organized distribution of items. The children's excitement and joy, especially upon

receiving the chocolates, were evident and heartwarming. Rotary members also engaged with the children in light activities, fostering a cheerful and supportive atmosphere.

This initiative not only addressed the immediate needs of the children but also highlighted the club's commitment to serving the community. The school staff expressed gratitude for the thoughtful gesture, which will significantly enhance the well-being of the children during winter.

The program was a testament to the power of collaboration and compassion in creating a positive impact.

## Dermatological Medicine Distribution

RC Biratnagar Mid-Town  
November 29, 2024

Dermatological medicine worth Rs 162,175 was distributed to approximately 150 prisoners at Morang Karagar, Biratnagar, who are suffering from fungal infections. This initiative aimed to address their urgent medical needs and improve their overall health conditions.



## School Kits Distribution

RC Madhyapur Thimi  
December 21, 2024

The Rotary School Kits Distribution program reached Janajagriti Basic School and Bhimeswor Basic School, benefiting 250 flood-affected students with school bags and stationery, as part of a joint initiative by the Rotary Club of Madhyapur Thimi and Rotary E-Club D9510 Online, Australia. Special thanks to the Kiwanis Club of Kavre Nepal for their support and to the Rotary Community Corps Pipalchaur, the school management committee, and Pralhad Tamang for their coordination efforts in connecting Rotary and the schools. Additionally, the Rotary Club of Madhyapur's water harvesting project further contributed to supporting the local community in Pipal Chaur, Kavre.

## Public Speaking Training

RC Tinau Butwal  
December 7, 2024

The Rotary Club of Tinau Butwal organized a "Public Speaking Training" on December 7 at Asian Hotel, Kalikanagar, under the presidency of the Club President, Rtn. Ramila Sharma.

The training was facilitated by Past President and program trainer, Rtn. Gyandhara Panth. The facilitator engaged with all participants, including Rotaractors, in an interactive session.



# Maha Jatra Show

RC Patan West  
November 27, 2024

The Rotary Club of Patan West collaborated with Mahajatra for a fundraising event. Bidur Timalisina, President of the Rotary Club of Patan West, stated that the event was held on November 27, 2024, with the aim of supporting the Basic Education and Literacy Campaign. The Mahajatra show took place at Nepal Pragya Pratishthan, Kamaladi, Kathmandu.

The funds raised during the program will be used to support the Basic Education and Literacy Campaign. President Timalisina mentioned that the initiative would focus on making schools more technology-friendly and providing essential educational materials such as copies, pens, and school uniforms.



Ticket prices for the Mahajatra event were set at Rs. 3,000 for VIP, Rs. 2,000 for Prime, and Rs. 1,000 for Balcony seating.

Mahajodi, comprising Madan Krishna Shrestha and Haribansh Acharya, returned to the Kathmandu stage after ten years. The program lasted 2 hours and 40 minutes and featured performances by Mahajodi alongside Kiran KC, Narendra Kansakar, Shailendra Sinkhada, Rajaram Poudel, Shivhari Paudyal,

Yaman Shrestha, Dinesh Kafle, and Bibhusha Basnyat.

District Governor Rtn. Rajendra Man Sherchan, accompanied by First Lady Rtn. Sarojani Sherchan, attended the event along with club presidents from various Rotary clubs. The gathering included approximately 600 attendees, both Rotarians and non-Rotarians.

# Zonal Rota Quiz

November 30, 2024

The Rotary Club of Biratnagar Downtown hosted a Zonal Rota Quiz for all five clubs of Biratnagar at Rotary Bhawan, Biratnagar.

The program was conducted by Rtn. Sunita Agrawal, Chair, Region 7 District Rota Quiz sub-committee and was judged by A.G. Rtn. Prof. Dr. Biju Kumar Thapalia. All the clubs actively participated in the program.

Rotary Club of Biratnagar Central won the contest. Rotary Club of Biratnagar Downtown

was the 1st Runner up and Rotary Club of Biratnagar Fusion was the 2nd Runner up.

All the winners and the participants were given a certificate of appreciation.

Such programs strengthens the core values of Rotary- fellowship, service and education .It engages members, showcases Rotary's commitment to intellectual and social growth and creates a lasting impact both within and beyond the clubs.



# Distribution of Track Suits, Blankets, etc

RC Kasthmandap  
December 13, 2024

On December 13, 2024, the Rotarians of the Rotary Club of Kasthmandap visited Ichangu Narayan Basic School to distribute tracksuits, blankets, and other essential items to the families of students affected by the recent landslides. This initiative was carried out in partnership with Can Help Nepal, an organization that has long been supporting schools in various capacities.



# Handover / Distribution of White Sticks

RC Bagmati Kathmandu  
December 3, 2024



The Rotary Club of Bagmati Kathmandu handed over 100 white canes, labeled with stickers bearing the Rotary Club of Bagmati logo, valued at Rs. 80,000, to the Bright Star Society—an organization working for visually impaired individuals—during a program organized by the Society at J & J Health Academy, Thapathali, on World Disability Day,

December 3, 2024.

President of the Rotary Club of Bagmati Kathmandu, Rotarian Manik Ratna Shakya, officially handed over the white canes to the Chairman of the Society, Mr. Basudev Adhikari, who is also visually impaired. President Shakya also distributed the white canes to other visually impaired individuals present at the event.

During his address, President Shakya noted that although the distribution of white canes was not part of the club's initial budget, it was considered a crucial humanitarian initiative. The program was successfully implemented with contributions from club members.

Chairman of the Society, Mr. Basudev Adhikari, expressed his gratitude, stating that a white cane is more than just a stick—it serves as their "eyes" and helps them carry out their daily activities. He emphasized that the donated canes would help meet the demand for such tools in various parts of the country.

The white cane distribution program is expected to help beneficiaries navigate more easily with proper training, enabling them to

manage their daily activities both socially and economically.

Bright Star Society is a non-governmental organization (NGO) working for people with disabilities. The organization not only supports the visually impaired but also serves individuals with hearing impairments and physical disabilities throughout Nepal.

During the closing ceremony of the 15-day World Disability Day events, Mr. Adhikari stated that he and other members would use the donated canes during their outreach visits across the country. He added that they would share the message that the Rotary Club of Bagmati Kathmandu provided high-quality white canes, further enhancing the club's public image within the community.

## Free Health Camp

RC Capital Butwal  
December 28, 2024



Under the leadership of Mr. Vijay Khanal, President of the Rotary Club Capital Butwal, who has been continuously organizing health camps for the past 16 years, and with the active participation of Dr. Ankit Belbase, a free health check-up and medicine distribution program was conducted for the elderly parents of Kalpabasi under the coordination of Ram Prasad Dhakal (Johang Ullikhola). The event was chaired by Mr. Vijay Khanal, with the chief guest being Mr. Tikaram Pandey, Chairman of Satyawati Rural

# Parenting Education Facilitator Training Program

RC Patan Durbar Square  
December 2 & 3, 2024

The Rotary Club of Patan Durbar Square successfully organized the Parenting Education Facilitator Training Program on December 2nd and 3rd, 2024, at Paropakar Maternity and Women's Hospital (Prashuti Griha). The program aimed to enhance the skills and knowledge of healthcare providers working in antenatal and postnatal care. Ten dedicated nursing staff members from the hospital participated, marking a significant step toward integrating holistic parenting education into Nepal's government health system to support families across the country.

The training was led by Parenting Education Consultant Risohani Shrestha Pradhananga from UNICEF, National Parenting Education trainers Rtn. Indra Kumar Shrestha from RCPDS, and Yajana Subedi from Patan Mental Hospital. Their practical knowledge and evidence-based strategies equipped participants with essential skills to support

expecting and new parents effectively.

This program reflects the Rotary Club of Patan Durbar Square's commitment to building meaningful community partnerships and improving public health. We hope this collaboration will inspire more innovative programs in the health sector, ensuring better care and education for mothers and families in the future.





# Robotics Workshop & Training Program

RC Mount Everest Lalitpur  
November 23, 2024

The Rotary Club of Mount Everest Lalitpur and the Robotics Club of Kathmandu Engineering College jointly conducted a Robotics Workshop & Training Program at Rudrayani School, Kokhana. The program focused on building a Home Security System, specifically designed for middle school students.

This hands-on engagement introduced participants to the fundamentals of robotics, including circuit design, implementation, and the integration of software applications



with hardware. The program was tailored to be cost-effective and time-efficient, empowering young minds to explore core areas of robotics while fostering a solid foundation in practical technological skills.

The Home Security System project was laser-based, designed to detect intruders by monitoring interruptions in a laser beam. Any interruption would instantly trigger an alarm system to alert against potential intrusion. Additionally, the system was integrated with a mobile application that immediately notified users in case of unauthorized entry. This project provided a practical, interactive experience in basic security technology by blending hardware and software for hands-on learning.



A total of 22 students and 9 trainers participated in the program, which was conducted with a budget of NRs. 28,680.

# Mega Health Camp in Panchapuri Municipality, Surkhet

RC Naxal Shakti  
December 14, 2024

The Rotary Club of Naxal Shakti successfully organized a Mega Health Camp at Salkot PHC, providing free healthcare services to over 1,050 patients. This impactful initiative was made possible through the support of Nepalgunj Medical College, Salkot PHC, and Panchapuri Municipality.

The event was honored by the presence of the Mayor, Ward Chairpersons, the Health Section In-charge of Panchapuri Municipality, and dedicated medical teams from Salkot PHC and Nepalgunj Medical College, including doctors, nurses, and volunteers.

The services offered at the camp included general medicine, gynecology and obstetrics, ENT, general surgery, orthopedics, dental services, radiology, pediatrics, and laboratory tests.

The camp aimed to deliver accessible and high-quality healthcare to underserved communities while also facilitating referrals for specialized treatment, creating a



significant and positive impact on the local population.

We extend our heartfelt gratitude to Nepalgunj Medical College, Salkot PHC, and Panchapuri Municipality for their invaluable support and collaboration. A special thank you goes to the medical professionals and volunteers who worked tirelessly to provide exceptional care, ensuring the success of this meaningful initiative.



# CLUB OF BIRATNAGAR DOWNTOWN



## Laptop Donation & Scholarship

RC Biratnagar Downtown  
December 19, 2024

To enhance the quality of education and support the Rotary Nepal Literacy Mission, we are actively implementing the TEACH program. As part of the "E" component of the TEACH program, aimed at supporting E-learning, we donated two new laptops during the District Governor's Official Club Visit at Hotel Harrison. One laptop was presented to Shree Bakhri Adharbhat Vidyalaya, and the other to a meritorious student, Aayush Agarwal. This initiative is part of an ongoing project, with plans to donate more laptops in the near future.

Stickers bearing the guiding principles of the Four-Way Test were affixed to the laptops to enhance Rotary's public image.

Total cost: NPR 64,000, generously donated by Past President Rtn. Kiran Karna.

To promote the "Back to School" initiative, we awarded scholarships to four bright and underprivileged children for three consecutive years. The scholarships were presented in the gracious presence of the District Governor at Hotel Harrison.

Deep Kumar, a third-grader at Odyssey School, received a scholarship worth NPR 30,000 annually.

Mahi Rai, a Class 2 student at Buddha

Neelkantha School, was awarded a scholarship worth NPR 30,000 annually.

Sonam Kamat, a nursery student at Sumnima English School, received a scholarship of NPR 15,000 annually.

Khushi Kumari, a student at Mahendra Morang Adarsh Multiple Campus, was awarded a scholarship of NPR 11,000 annually.

Total scholarship amount: NPR 86,000 per year for three years, donated by club members. The donors included President Rtn. Manju Agarwal, Rtn. Kiran Karna, Rtn. Vandana Rathi, and Rtn. Archana Sharma. Four bright and deserving children and their families benefited from this initiative.

## Girls' Toilet Project in Remote Palpa Village

RC Butwal Downtown  
November 26, 2024

On November 26, the Rotary Club of Butwal Downtown inaugurated the Girls' Toilet Project at Shree Kuwari Basic School, a remote and underserved school in Palpa district. Supported by Rotary International District 3292, the initiative aims to enhance sanitation facilities for female students, addressing a vital need within the community.

The program was chaired by Club President Rtn. Shiva Gyawali, with Til Bahadur Budhathoki, Chair of the School Management Committee, serving as the Chief Guest. Lal Bahadur Batala, the school principal, was also present.



The event concluded with speeches from the dignitaries, who highlighted the project's significance in promoting health, dignity, and education for students and extended their best wishes for its timely success.

[Key Details:](#)

•Total Beneficiaries: 100 students and 10 teachers.

•Total Contribution: Rs. 400,000 (Rs. 200,000 from RID 3292 and Rs. 200,000 jointly from the club and school).

Additionally, the Rotary Club presented the Rotary 4-Way Test to the school administration.

# Vocational Awards Ceremony

RC Yala  
November 1, 2024

On November 1, 2024, the Rotary Club of Yala hosted a Vocational Awards Ceremony, featuring District Governor Rajendra Man Sherchan as the chief guest, alongside special guests PDG Yogendra Man Pradhan, PDG Dilendra Raj Shrestha, and Ward 16 Chair Nirmal Ratna Shakya. The event took place at Kati Daboo, in the heart of Patan Durbar, and was attended by approximately 150 individuals, including Rotarians, Anns, Rotaractors, and other distinguished guests. The ceremony was presided over by RC Yala President Dharmendra Raj Shakya, who extended a warm welcome to all attendees.

This year's awards marked the resumption of the event after a two-year hiatus due to the pandemic. District Governor Mr. Sherchan presented awards across six vocational categories. The inaugural award, the RC Yala Vocational Award, was bestowed upon Tirtha Maharjan of Chapagaun for his decades-long dedication to crafting traditional bamboo boxes. The second award, the Pushpa Sirapa, recognized Darshan Shilpakar for his



exceptional skills as a carpenter, particularly for his contributions to the reconstruction of temples damaged in the earthquake. A Deep Appreciation Certificate was awarded to Chhatra Bahadur Kayastha for his significant contributions to Nepal Bhasa literature. The fourth award, the Indra-Krishna Appreciation Certificate, was given to R.M. Nakarmi for his achievements in the musical field. The fifth Appreciation Certificate was awarded to Mohan Pd Nakarmi for his restoration of a 104-year-old fire brigade vehicle, while the sixth Appreciation Certificate recognized Narayan Devi for her contributions to Newari cultural dance.

Each award recipient also received a cash prize of 10,000. In his address, DG Mr. Rajendra Man Sherchan praised the commendable initiatives undertaken by RC Yala and



acknowledged the honorees for their valuable contributions to their communities and heritage sites. Award recipient Mr. R.M. Nakarmi expressed his gratitude to RC Yala for the recognition he received. The ceremony concluded with closing remarks from Rtn Twinkle Nyachhyon and Rtn and coordinator Jitendra Nakarmi.

# Third Club Assembly

RC Kathmandu Downtown  
December 21, 2024



The Rotary Club of Kathmandu Downtown held its third club assembly on December 21, 2024, at Hotel Le Himalaya, Lazimpat, with Assistant Governor Chhongba Sherpa in attendance.

# Dental Awareness Program

RC Biratnagar Central  
December 3, 2024

Rotary Club of Biratnagar Central, in collaboration with Sana Paila, a nonprofit organization, aims to raise awareness among the general public, particularly the local community, about the inclusion of dental treatment facilities under the Nepal Health Insurance Policy.

This initiative seeks to emphasize that dental care is as important as any other medical treatment and is now accessible through the health insurance program. Increased awareness of this provision will promote better oral hygiene and preventive care, which are crucial for long-term health benefits.

By integrating dental treatment facilities into the Nepal Health Insurance Policy, the public can enjoy improved access to affordable dental care, significantly enhancing community well-being and quality of life.





## Awareness program on Cervical Cancer & HPV/DNA Test

RC Patan East

December 7 & 14, 2024

The Awareness Program on Cervical Cancer was jointly organized by the Rotary Club of Patan East and the Westar Welfare Society on December 7th at the Westar premises. The program featured Dr. Anu Bajracharya, Senior Consultant Gynecologist and Oncologist at Nepal Cancer Hospital and Research Center (NCHRC), Harisidhi, Bhaktapur, as the key speaker. AG Arjun Shrestha from District 3292 was also present. During the program, 65 women benefited and registered for the HPV/DNA test. The total cost of the program

was NPR 14,000.

Continuing the awareness efforts, an HPV/DNA test program was successfully conducted on December 14th, 2024, with technical support from NCHRC. A total of 42 women were tested, and the reports indicated that 4 women tested positive. The total cost of this program was NPR 74,100 (Seventy-four thousand one hundred only).

The Rotary Club of Patan East expressed gratitude to the entire technical team of NCHRC, as well as to Rtn. Sworupa Shrestha, Director of the Hospital and Vice-President

of RC Yala, for their generous support in achieving these significant outcomes for women's health.

In Nepal, cervical cancer claims the lives of approximately 11 women per 100,000, despite being preventable with time-tested screening strategies. In addition to its impact on health and mortality, cervical cancer imposes a substantial social and economic burden in low- and middle-income countries (LMICs) like Nepal. Awareness and screening through the Papillomavirus (HPV) DNA Detector Test can enable early diagnosis and prompt treatment, making cervical cancer curable.

## Rotary Heritage Walk

RC Dhading

December 7, 2024

The Rotary Club of Dhading organized the "Rotary Heritage Walk" in Neelkantha Municipality, Dhading Bensi, Dhading. The event aimed to highlight the importance of cultural heritage in Dhading Bensi, promote local tourism, and enhance the earning capacity of local residents. With support from the local government and other organizations, the Heritage Walk followed a route from Shankhadhar Chowk, Neelkantha-3, to the famous Pauwa Ghar, Neelkantha-4, and Bhairabi Temple, Neelkantha-6, Dhading.

concluded at Bhairabi Temple, covering a distance of more than 6.23 kilometers, accompanied by traditional music ("baja"). This significant achievement amplified our message, spreading awareness about cultural heritage to thousands across the nation.

Through these activities, we have not only raised awareness about the importance of cultural heritage but also demonstrated the strength and unity of our Rotary family.

More than 350 participants joined the walk, including members of the Rotary Club of Dhading, Rotaractors, bankers, members of the Heart Foundation, representatives from NGOs and INGOs, traffic police, Nepal Police, and the Armed Police Force. The Chief District Officer (CDO) of Dhading was present as the special guest.

The rally began at Shankhadhar Chowk and





## Promoting Learning Through Giving

RC Narayani Mid Town  
December 23, 2024

On December 21 and December 23, 2024, the Rotary Club of Narayani Mid Town, Chitwan, conducted a distribution program under Rotary's focus on Child Education. The event aimed to support students in remote areas by providing essential clothing and stationery.

The distribution took place at two schools: Rastriya Madhyamik Secondary School in Gardash, Chitwan, and Panchadeep Basic School in Ratnanagar, Tandi. At least 50 students directly benefited from this initiative, receiving much-needed supplies to aid their education. A total of 9 Rotarians participated in this initiative, reaffirming the club's commitment to enhancing education

and well-being in underserved communities.

This ongoing initiative, which the club has been running for several years, plays a vital role in encouraging child education in rural areas. The program not only addresses immediate needs but also strengthens the Rotary Club's mission of contributing meaningfully to society.

By supporting students in these schools, the Rotary Club of Narayani Mid Town continues to make a positive impact, ensuring that education remains accessible and empowering young learners for a brighter future. The event was coordinated by Rtn. Bhupendra Shrestha, Vice President of Narayani Mid Town.

## Regional Rota Quiz: Region 6

December 22, 2024

On December 22, 2024, the Rotary Club of Narayani Mid Town, Chitwan, hosted the Regional Rota Quiz for Region 6 at CMT Resort, Chitwan. The event featured enthusiastic participation from six clubs across Zones 35, 36, and 38, aiming to strengthen Rotary knowledge and foster fellowship among the clubs.

The zonal round concluded with the Rotary Club of Gaidakot emerging as the winners with a score of 135 points, followed closely by the Rotary Club of Narayani Mid Town as runners-up with 125 points. Both teams advanced to the regional round.

In the regional round, three clubs competed fiercely. The Rotary Club of Narayani Mid Town triumphed with an impressive score



## Mental Health And Music

RC Himalaya Patan  
December 21, 2024

On Saturday 14th Dec 2024, The Rotary Club of Himalaya Patan organized a talk session of Mental Health and Music by Renowned Psychiatrist Prof. Dr Rabi Shakya. The programme was held at Dhokaima Café, there were approximately 50 members participated, included rotarians, rotaractors and guests.

Mental health refers to emotional psychological and social well-being impacting how individuals think, feel and behave, music as a universal form of expression that music had the ability to influence emotions, reduce stress and improve overall psychological well-being and music could help, regulate emotions, offering and outlet for self-expression and catharsis.

The main aimed of this session was conducted to aware of mental health and mental health is not a disease but mental illness is health condition that can affect a person's mental health and music played a crucial role in shaping our lives.

of 140 points. The winning team was led by Rtn. Dr. Arpana Pradhan, accompanied by Dr. Achut Pokhrel and Dr. Pooja Pokhrel. The quiz featured six challenging rounds, testing participants' in-depth Rotary knowledge.

The program was chaired by Rtn. Ramhari Lamsal, Chair of the Rota Quiz Committee for Region 6. Assistant Governors from the respective zones also graced the event with their presence. The event witnessed an attendance of over 50 Rotarians, reflecting the strong camaraderie and commitment within the Rotary community.

This successful quiz not only underscored Rotary's values but also fostered collaboration and learning among the clubs, setting a remarkable precedent for future events.



## Eye and Dental Screening Camp

RC Birtamode  
December 21, 2024

The Rotary Club of Birtamode, in collaboration with Birtamode Eye Hospital and National Advance Dental Care, successfully organized an Eye and Dental Screening Camp on December 21, 2024. The event was graciously supported by the Rotaract Club of Birtamode (RAC Birtamode) and hosted by Past President and Club Mentor Rtn. Navin Gattani at Pradip Itta Udyog, Chaitubari. The camp served employees of the brick factory and the surrounding underprivileged community.

This initiative aimed to provide free eye and dental checkups, ensuring access to



essential health services for those in need. Medical professionals from Birtamode Eye Hospital conducted comprehensive eye exams, while the dental team offered consultations and basic treatments.

The camp saw a significant turnout of 150 people, including factory workers and community members, who benefited from the free services. It was a remarkable testament to the collaborative efforts of the Rotary and Rotaract Clubs of Birtamode in improving health and well-being within the community.

## Meditation Program Held at the Historic Pakari



RC Devdaha  
December 21, 2024

The Rotary Club of Devdaha successfully hosted a Mega Meditation Program on World Meditation Day 2024 under the historic Pakari tree, Asia's largest tree, located in Devdaha-8, Pakari. This culturally and historically significant site is believed to be where Lord Gautam Buddha meditated, making it a symbolic and meaningful location for the event.

The program, held from 4 AM to 10 AM, attracted a remarkable 189 participants. Supported by Jeevan Vigyan, Devdaha, the

event offered expert guidance on yoga and meditation practices. The total budget of NPR 320,486 covered event management, materials, and snacks for attendees.

Prominent figures graced the occasion, including Rotary Club President Bishnu Prasad Pathak, the Mayor of Devdaha Municipality, Mr. Dhurba Prasad Kharel, as Chief Guest, Deputy Mayor Mrs. Bidhya Laxmi Gurung, ward chairpersons, and Immediate Past President Dr. Sundar Pandey. Their presence underscored the community's commitment to mental health and well-being initiatives.

Participants included local residents, leaders, and members of marginalized communities.



The program aimed to promote mindfulness, peace, and mental wellness in the community.

The event not only raised awareness about the benefits of meditation but also highlighted the potential of the Pakari tree as a meditation center and a tourist attraction. This initiative has sparked interest in developing Devdaha into a hub for peace tourism, which could significantly boost the local economy. Participants expressed their gratitude to the Rotary Club of Devdaha and pledged to integrate meditation into their daily lives.

The Mega Meditation Program was a milestone event, showcasing Devdaha's cultural heritage while promoting mental wellness and fostering



## Zonal Rota Quiz, Zone 15

December 21, 2024

The zonal round of the Rota Quiz for Region 3, Zone 15, was held on December 21, 2023, at Yala Maya Kendra, Patan Dhoka, Lalitpur. Three clubs—RC Himalaya Patan, RC Chandragiri, and RC Jawalakhel—participated in the quiz contest. RC Himalaya Patan achieved the highest score and advanced to the regional round of the Rota Quiz, which will take place later in this Rotary year. The semi-final and final rounds of the quiz will be held during the District Conference in March 2025.

RC Himalaya Patan hosted the event, while

members of the District and Regional Rota Quiz Sub-committees conducted the quiz. The Assistant Governor of Zone 15 provided coordination support and guidance to the clubs.

The quiz enriched both the participants and the audience by enhancing their knowledge of Rotary. Learning is a vital part of Rotary culture, and the Rota Quiz serves as an effective means of fostering this culture.

## Cultural Carnival 2024

RC Patan Heritage  
December 21, 2024

The Rotary Club of Patan Heritage, in collaboration with the Rotaract Clubs of Patan Heritage, Kathmandu Midtown, Liberty College, and Durbar Marg, successfully organized Cultural Carnival 2024—a vibrant celebration of Nepali culture and traditions. Initiated by the Rotaract Club of Patan Heritage last year, this signature event is now in its second edition, showcasing the rich cultural heritage of Nepal through performances and displays.

The event began with a grand performance by PrashnaChinha, followed by a stunning Kathak dance. Cultural ramp walks and dances represented diverse communities, including the Magar, Rai, Tharu, Newar, and Chhetri. A major highlight was the Tibetan dance “Tashi Sheolpa,” symbolizing luck and introduced by the Great Fifth Dalai Lama in 1645. The event was further graced by actors Diya Maskey, Srijana Ningleku, and Ming Sherpa from the movie Karsang. Over 300 attendees enjoyed musical performances by Rotaractors and external artists.

This year, the carnival also served as a fundraiser for Project Chori, an initiative aimed at encouraging rural female students to pursue careers in STEM (Science, Technology, Engineering, and Mathematics). With only 29% of women globally in STEM fields and even fewer in Nepal, the project seeks to bridge this gap through awareness and engagement activities.



## Handpump Handover

RC Lumbini Siddharthnagar  
December 13, 2024

The Rotary Club of Lumbini Siddharthnagar installed a hand pump (tube well) in the Gaidihawa Rural Development Committee, Block No. 1. Until then, the local community did not have access to clean drinking water. With this initiative, the club ensured that the locals now have access to pure water.

The total budget for the project was NPR 236,870. The local people greatly benefited from having access to clean drinking water, which had a significant positive impact. This project highlighted the Rotary Club's commitment to improving the lives of people in rural areas and addressing their basic needs.





## Garden Bench Handover Program

RC Chitwan

December 23, 2024

The Rotary Club of Chitwan, in collaboration with the Ruth Memorial Foundation, organized a "Garden Bench Handover Program" on December 23, 2024, at Kailashnagar Madhyamik Vidyalaya, Bharatpur, Chitwan. The program aimed to enhance the school's outdoor environment by providing two garden benches, creating a comfortable space for students and staff to study, relax, and interact.

The event was attended by distinguished guests, including President Rtn. Bhanu Sharma, Past President Rtn. Dilip Piya, Ruth Memorial Foundation's Patron Spouse Mana Piya, and Program Coordinator Rtn. Santosh Shrestha.

With a budget of NPR 15,000, the initiative directly benefits over 300 students and staff members, promoting outdoor learning and recreational activities. The project underscores Rotary's commitment to improving educational infrastructure and fostering positive academic environments. This initiative is expected to have a lasting impact on the school community, encouraging students to make effective use of outdoor spaces.

## Participation on "SADVAB" Multi-District Seminar

RC Kapilvastu

December 1, 2024

The Rotary Club of Kapilvastu attended the 'SADVAB' Multi-District Seminar on World Peace and Understanding, organized by the Rotary Club of Balarampur Greater, India. The program was chaired by Rtn. Dr. Devesh Chandra Shrivastava, with a distinguished group of guest speakers from various fields. RC Kapilvastu President Balkrishna Pandeya and Charter President Toplal Pokhrel, along with several past presidents, participated in the seminar.

The Multi-District Seminar played a significant role in promoting goodwill and understanding about world peace among both Rotarians and non-Rotarians.

## Road Traffic Crash Rescue Training

RC Itahari

December 3, 2024

The Rotary Club of Itahari organized a two-day Road Traffic Crash Rescue Training in coordination with Itahari Sub-Metropolitan City on 3rd December in Itahari. The training was facilitated by Arun Sainju, a well-known rescue freelancer from Nepal and the chief trainer of the team. The main implementing partner for the training was Safe and Sustainable Travel, Nepal, with supporting partners including UNDP, the National Road Safety Council, and the Rotary Club of Kathmandu Circle.

The training program was highly effective and useful for rescuing people, especially from fires in homes, offices, or public places, as well as from road traffic crashes. The direct beneficiaries of the training included 8 drivers and helpers from the fire brigade team of Itahari Sub-Metropolitan City and 9 municipal police officers. They were trained to rescue people during disasters, particularly from fires and road crashes. In total, 17 trainees were equipped with the skills to rescue people from fire and road traffic crashes.

A Road Traffic Crash Rescue Machine was handed over to Deputy Mayor of Itahari Sub-Metropolitan City, Sangita Kumari Chaudhary, during the closing ceremony. The Deputy Mayor expressed her gratitude to the chief trainer and the President of the Rotary Club of Itahari for providing such a powerful, expensive, and technologically advanced machine to aid in road traffic crash rescues.







## Mental Health Awareness Programme

Rotary E club of Medicofusion Hybrid Nepal

December 14 & 17, 2024

On December 14, RC Medicofusion, in joint collaboration with Jaycess Sunwal and PABSON Sunwal, conducted a mental health awareness program for school teachers in Sunwal Municipality. A total of 150 teachers from various schools in Sunwal Municipality participated in the program. The session was chaired by Miss Sapana Sharma, and the Chief Guest for the event was Mrs. Bimla Aryal, the Mayor of Sunwal.

The 4-hour program focused on the importance of mental health, recognizing the signs and symptoms of stress in students, and effective communication with students. Strategies for suicide prevention were also highlighted during the session.

Rotarian Dr. Bikram Kafle led the session, with support from Rotarian Yashoda Bagale.

Similarly, on December 17, RC Medicofusion, in collaboration with the Rotaract Club of Butwal, organized another mental health

awareness program for community leaders in Sainamaina Municipality. The program was chaired by Mrs. Dikshya Khanal and attended by around 200 participants, including students from Kshitz International College, Butwal.

This 3-hour session focused on the importance of mental health, stress identification, and management, with a special emphasis on suicide prevention. The session was once again led by Rotarian Dr. Bikram Kafle.

## Mid-day Meal and Bed Foam Distribution

RC Biratnagar Fusion

December 19, 2024

On 19th December, the Rotary Club of Biratnagar Fusion organized a humanitarian event aimed at providing much-needed support to local families and patients at Biratnagar Koshi Anchal Hospital. The event focused on feeding and providing comfort to individuals in need, as well as addressing the welfare of patients at the hospital.

**Mid-Day Meal Distribution:** The Rotary Club of Biratnagar Fusion provided a nourishing mid-day meal, including tea and biscuits, to 250 individuals. The meal was served with the goal of ensuring that local families and individuals, especially those experiencing financial difficulties, received a wholesome and satisfying meal. The event aimed to offer not only physical sustenance but also a sense of community support.

**Bed Foam Distribution:** In an additional effort to improve the quality of life for

patients, the Club distributed 500 bed foams to the families of patients at Koshi Anchal Hospital. These bed foams were given to ensure that patients, especially those who spend extended periods in bed, could benefit from increased comfort during their recovery.

The food distribution initiative was facilitated by the Nar Sewa Narayan Sewa Foundation. The club's efforts were well-received, with many families expressing their gratitude for the gesture and the help provided to those in need.





## Stationeries & Computer Set Distribution

RC Greenland  
December 14, 2024

On December 14, 2024, Rotary Club of Greenland carried out a service project in the education sector by distributing stationery and a computer set to "Shree Baljyoti Adharbhubt Vidyalaya" in Chapbhanjyang, Shankharapur Municipality.

The items were officially handed over to Principal Mr. Shankar Adhikari by President Rtn Anjan Raj Poudyal, and Charter President Rtn Anand Sharma.

## Open Discussion on Mental Health

RC E-Club of Namobuddha, Bagmati  
December 18 & 19, 2024

In collaboration with the Mental Health Department of KU, the Rotary E-Club of Namobuddha organized an open discussion on mental health for Grade Eight and Nine students of Kathmandu University High School, Dhulikhel. The program aimed to help adolescents identify and address mental health issues such as anxiety, depression, ADHD, and mood disorders.

Based on a survey and data analysis, the levels of anxiety, fear, mood disorders, and nervousness were assessed among 120 students, with behavioral tips provided. Dr. Shikshya from the Mental Health Department conducted the workshop.

## Shoes Distribution

RC Gyaneshwor  
December 5, 2024

The Rotary Club of Kapilvastu attended the 'SADVAB' Multi-District Seminar on World Peace and Understanding, organized by the Rotary Club of Balarampur Greater, India. The program was chaired by Rtn. Dr. Devesh Chandra Shrivastava, with a distinguished group of guest speakers from various fields. RC Kapilvastu President Balkrishna Pandeya and Charter President Toplal Pokhrel, along with several past presidents, participated in the seminar.

The Multi-District Seminar played a significant role in promoting goodwill and understanding about world peace among both Rotarians and non-Rotarians.

## Women's Health Check Up

RC Tripureswor  
December 20, 2024

On the occasion of celebrating the 1000th Regular Weekly Meeting of the Rotary Club of Tripureswor, the club organized a Lapse-Free Women's Health Check-up Camp in collaboration with the Family Planning Association of Nepal on Friday, December 20, 2024, at Okharpauwa, Kagatigaun, Nuwakot.

The health camp provided general health check-ups, uterine prolapse examinations, and Pap screening services. One case of stage-four uterine prolapse was identified, while all other Pap screenings were found to be VIA negative.





## Warm Clothes and Food Distribution Program

RC Dharan  
December 26, 2024

The Rotary Club of Dharan successfully held its annual Food and Warm Clothes Handover Program at Maya Ghar, Itahari, on December 26, 2024. Organized by First Lady Rtn. Dr. Anju Pradhan, in collaboration with the Annies and lady members, the initiative demonstrated the club's dedication to supporting marginalized communities.

Maya Ghar, managed by President Mrs. Subhadra Pyakurel, shelters 150 residents, including women and children. The program provided essential food supplies, warm clothing, and gifts like cosmetics, tika, bangles, and bags, spreading warmth and joy during the winter season. Eighteen Rotary members actively participated in the event, which had a budget of NPR 40,000. Their efforts emphasized the club's ethos of "service above self," uplifting the residents' spirits and addressing their immediate needs.

Program coordinator Dr. Anju Pradhan thanked all contributors and reaffirmed the club's commitment to similar humanitarian initiatives. This event stands as a testament to the Rotary Club of Dharan's mission to serve and inspire positive change.

## Creating Hope at Maya Ghar

RC E-Club  
December 12, 2024

The Rotary E-Club of District 3292, Nepal, successfully completed a District Grant project at Maya Ghar, a home for orphaned children aged 4 to 19. Maya Ghar, which relies entirely on donations, provides shelter, education, healthcare, and addresses social issues under the stewardship of Ms. Durga Acharya.

The project, initiated in Rotary Year 2023-24 and handed over on December 12, 2024, received \$1,000 from the district and an additional \$1,000 raised by the club. These funds enabled the provision of warm clothing, improved living spaces, and essential cooking utensils for 26 children at



Maya Ghar.

Ms. Acharya and the children expressed heartfelt gratitude to the Rotary E-Club of District 3292, Nepal, and the Rotaract Club

## DG Visit

RC Kathmandu Height  
December 28, 2024

Rotary Club of Kathmandu Height welcomed District Governor Rajendra Man Sherchan for his official visit. The day featured a warm welcome by President Manjusha Shrestha, a closed-door meeting, a Club Assembly, and a general meeting. DG Sherchan's inspiring insights motivated members to strengthen their commitment to "Service Above Self."

The event concluded with a fellowship dinner, fostering camaraderie among members. Heartfelt thanks to DG Sherchan, the AG, District Secretary, and all attendees for making the visit memorable and inspiring.



of Kathmandu Metropolis. "This support has brought immense joy and hope to our children, significantly improving their living conditions," Ms. Acharya said.

# Health Care Services

RC Dharan Foothills  
December 28, 2024

The Rotary Club of Dharan Foothills, in partnership with the Rotary Club of Dharan and BPKIHS, organized a Mega Health Camp at Nabhadip School, Ramdhuni Municipality, on December 28, 2024. The camp served 350 community members with diverse health services provided by nine specialists from BPKIHS.

Highlights included an Eye Screening Camp led by Rotarian Dr. Ichhya Joshi, screening over 200 participants, referring 40 for



surgery, and providing free treatments. Blood sugar testing for 200 individuals and free medicines were also offered.

Supported by the local government and Nepal Medical and Sales Representative

Association, the event addressed urgent healthcare needs while embodying Rotary's motto, "Service Above Self." Coordinators Rtn. Dr. Masum Poudel and Rtn. Rohit Man Singh Basnet ensured its success.

# Free Health Camp

RC Tulsipur City  
December 21, 2024

The Rotary Club of Kapilvastu attended the 'SADVAB' Multi-District Seminar on World Peace and Understanding, organized by the Rotary Club of Balarampur Greater, India. The program was chaired by Rtn. Dr. Devesh Chandra Shrivastava, with a distinguished group of guest speakers from various fields. RC Kapilvastu President Balkrishna Pandeya and Charter President Toplal Pokhrel, along with several past presidents, participated in the seminar.

The Multi-District Seminar played a significant role in promoting goodwill and understanding about world peace among both Rotarians and non-Rotarians.



# Empowering Young Minds: "My Career Vision" Event

RC Jawalakhel  
December 13, 2024



The "My Career Vision" program, organized by the Rotary Club of Jawalakhel and Kathmandu Metropolitan Ward-6 at Shree Mahendra Boudha Secondary School, engaged 21 Grade 9 students from seven schools. Participants presented their career plans, evaluated by a jury on clarity, communication, and creativity.

The event encouraged students to explore career aspirations, refine presentation skills, and highlight the societal impact of their goals. Suvasna Subedi from Arunima Secondary School won with an inspiring presentation.

A signature project of RC Jawalakhel, now in its third year, the program aims to inspire schools nationwide to empower young minds and nurture their dreams.



## Zonal Bicycle Ride

Interact, Zone 5  
December 7, 2024

The Zonal Bicycle Ride, held on December 7, 2024, in Kapilvastu, Dang, Dhangadhi, and Shikhhgadhi, marked International Civil Aviation Day and Global Fat Bike Day. Sponsored by various organizations, the event promoted fitness, sustainability, and environmental care.

Eighty participants, including Interactors, united to spread awareness about health and eco-friendly living, fostering community ties and inspiring action for a healthier future.

## Bharatpur Trash Collection

Interact  
December 14, 2024

The Bharatpur Trash Collection Race, held on December 14, 2024, was organized by Mainadevi Foundation, Bharatpur Metropolitan City, and Interact District 3292. Over 1,000 participants took part in the event, which aimed to promote environmental awareness and civic responsibility.

Participants raced in pairs to collect trash throughout Bharatpur, with prizes

of Rs. 50,000, 25,000, and 15,000 for the top three teams. The event, graced by Mayor Renu Dahal, fostered community engagement and highlighted the importance of sustainable waste management.

The collaboration ensured smooth execution, and the race successfully cleaned significant areas of the city while inspiring responsible waste practices for the future.



## Gift of Warmth

Rotaract Club of Yala  
December 14, 2024

'Service Above Self' guides our path, On December 14, 2024, we were "Led by Service" as we traveled 45 kilometers to Dapcha, a remote agricultural community in Namo Buddha, where modern amenities are scarce. This year, our 'Gift of Warmth' project, which previously served street sleepers with blankets, was extended to flood-affected people in Dapcha.

Sri Krishna Madhyamik Vidyalaya, the only community school, hosted the event, ensuring the blankets reached those in need. The students, with handmade garlands and self-composed music, demonstrated the community spirit fostered by service.

The blankets symbolized not just physical warmth, but hope and resilience, inspiring a lifelong commitment to community service. The Rotaract Club of Yala, Rotary Club of Yala, and Nakarmi Samaj are dedicated to creating positive change and continuing this service journey.





# Enhancing Child Friendly Quality Education Rotary Club of Tripureswor

RC Tripureswor has undertaken a three-year (2022-2025) Global Grant Project titled "Enhancing Quality Education in Six Adopted Schools in Nepal."

**The Rotary Club of Bozeman Sunrise, Montana, USA**, is its International Global Grant Partner. The total cost of the project is **USD 148,457**.

The vision of this 3-year Global Grant Project: The project aims to transform each school into a stage where all children have access to child-friendly, quality education. The expected outcomes are:

1. Increased enrollment (100%—no child left behind) and 100% retention of students.
2. A child-friendly teaching and learning environment that promotes joyful learning.
3. Well-maintained, child-friendly school facilities including school WASH facilities, IT/Science Labs, and safe, child-friendly premises.
4. Well-functioning and effective SMC/PTA (School Management Committee/Parent-Teacher Association).
5. Active involvement and support from local governments.
6. A high level of student confidence and

participation in extracurricular activities.

7. Marked improvement in students' knowledge and performance.

This project follows an integrated approach under the "T-E-A-C-H" modality of the Rotary Nepal Literacy Mission:

#### **T: Teacher Support**

- Training for teachers to enhance skills and knowledge, enabling the application of child-friendly, interactive pedagogical methods.
- A gradual transformation from a teacher-centered teaching approach to a child-centered learning approach.
- Impact: 150 teachers trained.

#### **E: E-Learning**

- Introduction of IT/computer-based teaching and learning methods to enhance motivation and interest among teachers and students.
- Utilization of an interactive, IT-based curriculum to make learning more joyful and explorative for children.
- Infrastructure: 6 computer labs with 126 computers, 6 smart screens, and 24 CCTV cameras established.

#### **A-Adult Education**

- Support for parents of schoolchildren through adult education sessions and PTA involvement to review their children's learning progress.

- Impact: 750 parents engaged.

#### **C-Child Development**

- Support for students' all-round development, including leadership, communication, and problem-solving skills, through extracurricular activities.
- Impact: Over 1,300 children engaged in extracurricular activities.

#### **H: Happy School**

Improvement of physical facilities, including computer sets, smart screens, school playground materials, and maintenance of school water and sanitation facilities to enhance the learning environment.

#### **Outcome Achieved so far:**

- Increased motivation among teachers to apply child-focused, quality teaching methodologies.
- Better-prepared and more confident teachers equipped with new tools to conduct effective classroom sessions.
- Improved student attendance due to access to a joyful learning environment.
- Enhanced student performance across grades, reflected in improved government ranking reports.
- Progressive improvement in the social and physical learning environment of schools.

# District Governor's Calendar

## JANUARY 2025

DATE	DAY	EVENT
02	Thursday	DG Visit of RC Patan West
03-04	Friday-Saturday	Rotaract District Conference
04-05	Sat-Sunday	Train the Trainers 2025-26
05	Sunday	DG Visit of Patan Heritage
06	Monday	DG Visit of Himalayan Golfers
08	Wednesday	DG Visit of RC Tripureshwor
11-12	Sat-Sunday	AGTS 2025-26, India
18	Saturday	DG Visit of RC Bajramanasalu Gorkha   RC Gorkha
19	Sunday	DG Visit of RC Dhading
21	Tuesday	DG Visit of RC Chitwan
22	Wednesday	DG Visit of RC Gaidakot   RC Narayangarh
23	Thursday	DG Visit of RC Bharatpur   RC Purbi Chitwan
24	Friday	DG Visit of Kawasoti   RC Nawalpur Kawasoti
25	Saturday	DG Visit of RC Patan East
26	Sunday	DG Visit of RC Patan Durbar Square
27	Monday	DG Visit of RC kathmandu Kalanki
28	Tuesday	DG Visit of RC Nagarjun



# FROM THE EDITOR'S DESK



Dear Fellow Rotarians,

As we enter the new year of 2025, the Rotary family celebrates another month of dedication and unity. Even though December is cold, But the Rotarians have also demonstrated a strong commitment to helping the community and continuing our shared mission to make a difference.

December was filled with meaningful events. The Council of Governors and their spouses actively participated in the Rotary Institute in Kochi, Kerala, emphasizing the importance of regional collaboration, leadership development, and stronger connections within Rotary. Specialized training sessions were also held for District Governor-Elect (DGE) Rtn Binod Koirala and District Governor-Nominee (DGN) Rtn Vishnu Bahadur Karkee, paving the way for future leaders.

Our districts carried out many impactful activities. Region 7 organized a Vibrant Club Workshop, encouraging discussions on improving club performance and community involvement. Regions 1, 2, and 3 hosted Intercity Meetings on Healthy Ageing, creating opportunities for members to learn and connect.

As we welcome 2025, the spirit of Rotary

remains strong and alive. Happy New Year to all our members and partners! Bringing new energy, new ideas and outstanding achievements to our journey together this year.

Looking ahead, January 2025 promises exciting events. The Training of Trainers (TOT) and the Assistant Governor Leadership Seminar (AGLS) in Lucknow will prepare leaders to effectively guide their clubs in the upcoming Rotary Year 2025-26.

Rotary's dedication continues to inspire us all. Together we can achieve extraordinary things. Let's keep the spirit of service alive and move forward to another year of meaningful initiatives.

Yours in Rotary,

**Rtn. Gautam Shrestha**

Chair 2024-25

District Publication & GML Sub-Committee

## ROTARY ON HAND

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#### DISTRICT GOVERNOR 2024-25

Rotary International District 3292, Nepal-Bhutan

**Rtn. Rajendra Man Sherchan**

Rotary Club of Thamel

Mobile: 9851021761

Email: rmsherchan@gmail.com

#### District Publication & GML Team

##### CHAIR

**Rtn. Gautam Shrestha**

Rotary Club of Yala

9851068909, shresthakgautam@gmail.com

##### CO-CHAIR

**Rtn. Puran Kunwar**

Rotary Club of Pokhara Mid Town

9856029356, purankonwar@gmail.com

##### MEMBERS

**Rtn. Shobha Devi Shrestha**

Rotary Club of Yala

9841343792, shobhadevishrestha@gmail.com

com

**Rtn. Chhongba Sherpa**

Rotary Club of Boudha

9841595911, sherparotary@gmail.com

**Rtn. Bikash Rathi**

Rotary Club of Biratnagar Fusion

9804094760, bikash.rathi07@gmail.com

**Rtr. Nischal Dhakal**

Rotaract Club of Central Valley

Kasthamandap

9843822517, nischald21@gmail.com

**Rtr. Safal Shrestha**

Rotaract Club of Himalayan Golfers

9861135804, shresthasafal98611@gmail.com

##### ADVISORS

**Rtn. Raj Kumar Shrestha**

Rotary Club E-Club of District 3292

9851000209, rajk.shrestha@gmail.com

**Rtn. Nischal Bahadur Shrestha**

Rotary Club of Rajdhani

9851095887, nischalrotary@gmail.com

##### DISTRICT SECRETARIES:

**Rtn. Ashok Nath Pyakuryal**

Rotary Club of Thamel

9851037807, ashok.pkrl@gmail.com

**Rtn. Ashok Man Kapali**

Rotary Club of Thamel

9851022922, ashok.kapali@gmail.com

##### DISTRICT OFFICE MANAGER

**Mahesh Bir Bajracharya**

9841373897, rotary3292@yahoo.com

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