





GOVERNOR'S MONTHLY LETTER

JANUARY 2025
Vocational Service Month

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Stephanie A. Urchick RI President 2024-25



Rajendra Man Sherchan District Governor 2024-25

Building a Better World



GOVERNOR'S MONTHLY LETTER

Dear Fellow Rotarians, Rotaractors, and Interactors.

As we welcome the month of February, we also embrace the opportunity to celebrate and reflect on one of Rotary's most significant areas of focus: Peace and Conflict Prevention/Resolution. This theme resonates deeply with Rotary's mission to foster understanding, goodwill, and global harmony.

The Essence of Peace in Rotary

Rotary's commitment to peace is not limited to the absence of conflict but extends to building sustainable frameworks that promote social equity, justice, and mutual understanding. As Rotarians, Rotaractors, and Interactors we are uniquely positioned to lead initiatives that cultivate peace in our communities and beyond. Through service, dialogue, and collaboration, we can transform potential conflicts into opportunities for growth and unity.

Empowering Change through Action

This month, I encourage all clubs within our district to prioritize activities that align with peacebuilding and conflict resolution. Whether it is organizing educational workshops, facilitating interfaith dialogues, or supporting community projects that address social disparities, every effort contributes to a more harmonious society.

Consider these actionable ideas for your clubs:

- **2** Educational Seminars and Workshops: Host discussions on conflict resolution techniques, emotional intelligence, or community mediation strategies.
- Youth Engagement Programs: Empower young leaders to champion peace through leadership training and mentorship programs.
- © Community Outreach: Partner with local organizations to address pressing issues such as domestic violence, bullying, or discrimination.
- © Global Grants: Utilize Rotary Foundation grants to implement projects that address the root causes of conflict and promote peace in underserved regions.

Sharing Inspiring Stories

I am inspired by the impactful work already being carried out by clubs in our district. From initiating dialogue platforms for marginalized communities to supporting education programs in conflict-affected areas, these efforts exemplify the power of collective action.

The Role of Each Rotarian and Rotaractor

Peace begins with each of us and is reflected in how we communicate, the partnerships we forge, and the service we render. Let us commit to being ambassadors of peace in our daily lives and extend this commitment to every project we undertake.

A Call to Action

As we strive to make our communities and the world more peaceful, let us remember that change starts with a single step. By working together, we can be the architects of a future where conflicts are resolved with compassion, differences are celebrated, and peace prevails.

Thank you for your unwavering dedication and for embodying Rotary's core values in all that you do. Let us continue to "Create Hope in the World" through our actions, service, and commitment to peace and keep alive the power of Magical Rotary.

Yours in Rotary,

Rtn. Rajendra Man Sherchan

District Governor 2024-25 Rotary International District 3292, Nepal-Bhutan





RI PRESIDENTIAL STATEMENT

I always walk into meetings at my home club of McMurray, Pennsylvania, with a smile on my face.

A few years ago, someone arrived late. Instead of scolding the person, we cheered. Since then, we've made it a tradition to applaud all members when they arrive for meetings. It's tough not to smile with a greeting like that.

There's nothing more powerful for engaging and retaining members than a club that's vibrant, welcoming, and — yes — fun.

Think back to what drew you to Rotary. Chances are, it wasn't just the service projects or professional networking. It was the people — the friendships, the shared laughter, and the joy of working toward a common purpose. That's what keeps us coming back.

If you're looking for that sense of joy in your meetings, don't be afraid to ask yourself and your fellow members some tough questions. If you were a prospective member, would you join your current club? It's a powerful question but don't stop there.

Do members of your club feel that they belong? Are your meetings fun? If not, what can you do about it together?

At your next meeting or event, try something new to bring out a few extra smiles. It's the simple things that create lasting bonds and make clubs simply irresistible.

Here's one example of a club moving in the right direction. The Rotary Club of Fukushima, Japan, has been combining environmental responsibility with community fun since 2021. In Japan, people have made picking up trash into a sport known as SpoGomi, and every year the club hosts a game. This year, more than 400 participants cheered each other on while they came together to improve their community.

This event is an excellent example of how Rotary clubs can have fun, make a difference, and raise awareness for broader global challenges all at the same time. And the inclusive, family-friendly format allows people of all ages to participate.

When we enjoy what we do, that energy becomes contagious. It's what attracts new members and keeps our clubs strong and engaged. It helps people feel that they belong.

Retention and culture go hand in hand. The healthier our club culture, the more likely members are to stay. Rotary magazine is an outstanding resource for inspiration on how to enhance our club culture and deepen member engagement. I encourage you to explore the stories and strategies in these pages, drawing from other clubs' successes to find ideas that work for you.

Together, we can create a more engaged, enjoyable, and inclusive Rotary that every member can feel proud to be part of. Let's continue with renewed commitment and enthusiasm, living The Magic of Rotary.

Yours in Rotary

Rtn Stephanie A. Urchick

President 2024-25

Rotary International





4th RCC Conference

Gorkha | January 3 & 4, 2025

The fourth national conference of the Rotary Community Corps (District RCC) under Rotary District 3292 has successfully concluded. The conference, which began on Saturday in Gorkha, wrapped up on Sunday. The event was coordinated by the Rotary Club of Gorkha and the Rotary Club of Bajra Manasalu, with the inauguration carried out by Rotary District 3292 Governor Rajendra Man Sherchan during a special ceremony.

During the event, Dr. Buddhiman Shrestha, head of Kantipur Dental College, led a session on oral and dental health. Additionally, Pritham Paudel gave a presentation on positive thinking, while Pawanraman Khanal focused on public speaking skills. The program also featured a session by Dr. Rewant Kumar. Over 150 participants from across the country

attended the event.

The conference made a significant decision to establish Rotary Community Corps in all Rotary clubs throughout the country, as announced by the Chairperson of the Rotary Community Corps (District RCC), Uttam Khadka. The conference also provided updates on various activities carried out in different districts through the Rotary Community Corps.

Participants celebrated cultural diversity by performing traditional dances and wearing ethnic attire from their respective communities. Rotary District 3292 encompasses 160 Rotary clubs, 142 of which have established Rotary Community Corps (RCC). It was also highlighted that Gorkha is home to two Rotary Community Corps.







Message from RCC Subcommittee Chair

The success of the 4th District RCC Conference in Gorkha is truly wonderful to hear! Your heartfelt appreciation and gratitude perfectly embody the spirit of unity and collaboration that Rotary represents.

A special thanks goes to District
Governor Rtn. Rajendra Man Sherchan
for his invaluable support and presence
as the chief guest. Additional gratitude
is extended to Past District Governors
Basudev Golyan, Sanjaya Giri, and Jitendra
Bahadur Rajbhandari, as well as District
Governor Elect Binod Koirala and District
Governor Nominee Vishnu Bahadur Karkee,
for their guidance and participation.

Acknowledgment is also due to the Assistant Governors, District Secretary, DRFC, District Chairs, Co-Chairs, District Officials, Presidents, Rotarians, and the Mayor of Gorkha Municipality, Shahid Lakhan Rural Municipality, along with the RCC Sub-Committee members and advisors.

A big thank you to the Host Club, Co-Host Club, Prerana Designer, all Rotary Clubs that encouraged RCC participation, and the participating RCCs, especially RC Gorkha and RC Kathmandu North, for their dedication and support.

Congratulations to everyone for their collective efforts in making the conference a remarkable success!

Rtn Uttam Khadka Chair, RCC Subcommittee



Train The Trainers

Gorkha Garden Hotel, Gorkha January 4 & 5, 2025 The "Train the Trainers – RY 2025/2026" program brought together approximately 55 participants along with an esteemed Learning Facilitator.

Day One Highlights:

The event began with District Governor-Elect (DGE) Binod Koirala extending a warm welcome to all participants. District Governor (DG) Rajendra Man Sherchan shared his remarks, while Plan Lead Past District Governor (PDG) Basu Dev Golyan recounted his experiences. District Learning Facilitator (DLF) PDG Jitendra Bahadur Rajbhandary provided an overview and guidelines for the program.

The day featured three insightful presentations:

- Rtn. Dr. Dhruba P. Acharya: "Know Your Resources"
- DGE Binod Koirala: "Understanding Your Role & Planning Your Curriculum"
- Rtn Jayendra Rimal: "Adult and Facilitator Learning/Non-Verbal Communication"

The day concluded with a fellowship cocktail dinner.

Day Two Highlights:

The second day commenced with a session by DC PDG Sanjay Giri on "New Dimensions in Training," followed by DLF PDG Jitendra B. Rajbhandary presenting on "Facilitation Techniques."

Interactive training activities were a significant part of the day. Participants were divided into two groups, with nine members from each group facilitating discussions on assigned topics. The findings were presented, and valuable feedback was provided by the audience.

During the closing plenary, two participants shared their experiences. DGN Vishnu B. Karkee delivered his remarks, while DGE Binod Koirala provided closing comments. DLF PDG Jitendra B. Rajbhandary concluded the program with wrap-up remarks, and the Rotary Club of Gorkha delivered a vote of thanks.

Upcoming District Secretaries, Rtn. Subash Sigdel and Rtn. Anish Bajracharya, served as the Masters of Ceremony. The program concluded with a fellowship lunch before the participants departed for their respective destinations.











Assistant Governor Learning Seminar (AGLS) & District Team Learning Seminar (DTLS)

The Regnant Hotel Lucknow, India January 11 & 12, 2025 The Assistant Governor Learning Seminar (AGLS) and District Team Learning Seminar (DTLS) were held on January 11 and 12, 2025, at The Regnant Hotel in Lucknow, Uttar Pradesh, India. The event drew over 70 attendees and featured a distinguished panel comprising PDG Sanjaya Giri, the District Coordinator; PDG Basudev Golyan; DG Rajendra Man Sherchan; DGE Binod Koirala; ARRFC M.K. Jha; DGN Vishnu Bahadur Karkee; Amit Giri; incoming District Secretary Subash Sigdel; Anish Bajracharya; Laxman Gnawali; and Laxmi Thapa Giri. These esteemed individuals, along with program facilitators, joined DLF Co-Chairs Rama Kandel and Meenu Kunwar Shrestha.

DG Rajendra Man Sherchan, First Lady Sarojani Sherchan, DGE Binod Koirala, and his spouse co-led the program's opening. Day 1 of the seminar commenced with registration and participant arrivals, followed by a refreshing high tea session. The program officially began with opening remarks and speeches from distinguished dignitaries, including DG Rajendra Man Sherchan, DGN Vishnu Bahadur Karkee, Plan Lead PDG Basudev Golyan, and ARRFC M.K. Jha, PDGs of India. The inaugural plenary session featured a heartfelt welcome speech by DGE Binod Koirala and program highlights presented by DLF Co-Chair Rama Kandel. The inaugural session concluded with a fellowship dinner and an entertainment program.

On Day 2, the district team and assistant governors participated in two concurrent seminars that addressed topics such as interacting with the district team, supporting clubs, roles and responsibilities, and building connections. These groups later reconvened for a follow-up and assessment meeting. During this session, PDG Sanjay Giri delivered a presentation on effectively communicating about Rotary, while Dr. Dhruba Acharya spoke on recognizing available resources. Additionally, two participants shared their reflections on the seminar. DGE Binod Koirala gave closing remarks, and incoming DLF Co-Chair Meenu Kunwar Shrestha delivered a vote of thanks. The seminar concluded with a fellowship lunch, marking the end of a stimulating and insightful learning experience.









Participating in the AGLS and DTLS of RI District 3292 in Lucknow was a novel and fascinating experience for me. I sincerely appreciate the opportunity provided by PDG Sanjay Giri and DGE Rtn. Binod Koirala. It was a privilege to be part of the seminars, which were held away from home, allowing me to focus entirely on the subject without distractions like cell phone calls or other interruptions.

I realize that I still have much to learn and understand about our organization. This learning seminar stood out because it emphasized less on presentations and more on sharing and meaningful conversations. I must take a moment to commend the facilitators for their exceptional efforts, which were truly admirable.

Additionally, the location exceeded expectations, offering comfortable accommodations and delicious meals.

I believe this training will serve as a strong foundation for building a solid connection between us and the District.

Rtn Jitendra Nath Sharma

Rotary Club of Lumbini Siddharthanagar Assistant Governor 2025-26



The Assistant Governors and District Team Learning Seminar in Lucknow, India (January 11–12, 2025), was an absolute blast! Led by the dynamic Rtn. Binod Koirala, District Governor 2025–26, and accompanied by Rtn. Rajendra Man Sherchan, District Governor 2024–25, along with First Lady Sarojani Sherchan, the event kicked off the year with energy and fresh inspiration. Rotarians from RI District 3292, representing various corners of Nepal, traveled to the seminar, joined by fellow Rotarians from India and past District Governors who shared motivational insights, igniting a sense of commitment in all of us.

We delved into the essentials of the Governor's learning through My Rotary, with hands-on sessions covering grants, branding, membership, and leadership. The real magic, however, happened when Assistant Governors from Nepal came together, forming lasting bonds and a shared commitment to service.

Fellowship events, including a stunning orchestra, a lively dinner, and exploring the beautiful city of Lucknow, brought us even closer. This seminar was about more than just learning—it was about connecting, sharing, and growing together as one big Rotary family.

As we move forward into RY 2025–26, we are ready to cherish and excel in our new roles and responsibilities.

Rtn Sumeera Shrestha

Rotary Club of Kathmandu Height Assistant Governor 2025-26







Workshop on Building Entrepreneurial Resilience and Managing Risks

In response to the economic challenges faced by entrepreneurs in Nepal due to recurring natural calamities such as floods, Rotary District 3292, Nepal Bhutan, is organizing a one-day workshop titled "Building Entrepreneurial Resilience and Managing Risks." This initiative aims to raise awareness among entrepreneurs about risk mitigation strategies to ensure sustainable business practices.

The workshop will be held on January 29, 2025, and will bring together 55 entrepreneurs—30 women and 25 men—from across the Kathmandu Valley. Participants will engage with subject matter experts and experienced entrepreneurs through a structured schedule to discuss ways to navigate crises effectively and build resilient enterprises.

District Governor Rajendra Man Sherchan, a well-known entrepreneur himself, identified the need for this workshop in collaboration with Sunil Krishna Shreshtha, Chair of the District Vocational Service Committee, and other dedicated Rotarians. First Lady Sarojani Sherchan, an entrepreneur herself, took the initiative to coordinate the organization of this workshop.

Why This Workshop Matters

Natural disasters and economic uncertainties have left many businesses in Nepal vulnerable, with nearly two-thirds of startups failing within their first year of operation. This workshop aims to equip participants with:

- Practical tools to sustain their businesses during crises.
- Networking opportunities to build partnerships and share insights.
- Expert advice on developing disaster-resilient enterprises to minimize impacts and losses.

The program underscores Rotary's commitment to creating lasting change by helping entrepreneurs navigate challenges, sustain their businesses, and contribute to economic stability in Nepal.





Setting Up ICT Facilities in Schools to Improve the Quality of Education in Nepal

Rotary Club of Maharajgunj (GG # 2456844)

The Rotary Club of Maharajgunj successfully completed the Global Grant 2456844 Project, titled "Setting Up ICT (Information and Communications Technology) Facilities in Schools to Improve the Quality of Education in Nepal." This project was supported by the Rotary Club of Gwangnam and other associated clubs, including the Gwangju Club, Gwangju Hansung Club, Opo Club, Opo Hanul Club, Gonjiam Club, Gonjiam Expo Club, and Gwanjiam Munbeak Club 3600 from South Korea.

The handover ceremony, organized by the Rotary Club of Maharajgunj, Kathmandu, in coordination with the Shri Azad School Management Committee, took place on December 17, 2024, at the school premises in Baluwa, Ward 12, Panchkhal Municipality, Kavrepalanchowk. The event was chaired by Mr. Krishna Bahadur Danuwar, Chairman of the School Management Committee, with Mr. Mahesh Prasad Kharel, Mayor of Panchkhal Municipality, serving as the chief guest.

Mr. Pralhad Prasad Timilsina, the school principal, welcomed all the dignitaries and highlighted the school's achievements. The President of the Rotary Club of Maharajgunj, Er. Sudarshan Bhandari, presented the key features of the project.





The Global Grant Project equipped fifteen classrooms with 75-inch Interactive Smart Boards and established a fully functional e-library. The e-library includes:

- 20 branded Dell desktop computers
- 20 computer tables and chairs
- A server desktop computer with accessories
- Complete furnishing of the e-library room

An agreement was signed between Open Learning Education Nepal (OLE Nepal) and the Rotary Club of Maharajgunj to enhance access to quality education by integrating technology into classrooms at Shri Azad School. The collaboration aims to provide open and free access to quality education and foster innovative learning environments for students.

A two-day pre-training course for teachers was conducted, with 35 participants (19 male and 16 female) attending the sessions. A one-day post-training course is scheduled for March 2025.

The project was officially handed over by the President of the Rotary Club of Maharajgunj to the Chairman of the Shri Azad School Management Committee. The total project cost was NRs. 71 lakhs. The School Management Committee has committed to operating and maintaining the provided equipment and furniture to ensure sustainable usage.

Club News & Activities

JANUARY 2025

Sweater Distribution Program

RC Chitwan | January 1, 2025



The Rotary Club of Chitwan, in collaboration with Rut Memorial Trust and Manakamana Foundation, organized a sweater distribution program at Rashtriya Basic School, Pamdanda, Ichchhakamana. The program, with a total cost of Nrs. 1,15,000, provided 150 sweaters to children from the Chepang and Gurung communities, addressing the challenges posed by cold weather in this remote region.

The school, situated at an altitude of 1,300 meters, faces unique geographical challenges. Known for its orange farming, the village suffers from a lack of secondary schools and basic infrastructure. Students often have to trek three hours to reach the school, and pursuing secondary education requires traveling to Muglin. With limited access to proper winter clothing, children frequently fall ill, leading to missed classes.

The event was presided over by Club President Rtn. Bhanu Sharma, who emphasized the initiative's role in improving children's health and promoting uninterrupted education. President Sharma highlighted that in the remote areas of Chitwan, where the Chepang community predominantly resides, young children often struggle to attend school and face health issues due to the cold. To address these challenges, sweaters were distributed to every child. He expressed confidence that this initiative would enhance their health and contribute to their educational progress. He also highlighted Rotary's contributions to polio eradication, education, health, water sanitation, and environmental protection.

School Principal Yan Bahadur Gurung expressed gratitude for the initiative, underscoring its positive impact on students' well-being and academic performance. The program was coordinated by Vice President Rtn. Rajan Piya.

The distribution program served as a meaningful intervention, ensuring warmth and care for the children while supporting their educational pursuits. The initiative provided immediate relief from harsh weather conditions, improving students' health and attendance and fostering a more conducive learning environment.

Warm Clothes and Tiffin Bowl Distribution

RC Biratnagar Midtown | January 3, 2025

RC Biratnagar Mid-Town organized a

distribution program, providing warm clothing and tiffin bowls for mid-day meals to students of Shankarpur Adharbhut School, located in the heart of Shankarpur, Biratnagar-2. The school currently serves approximately 65 underprivileged students from grades 1 to 6.

RC Biratnagar Mid-Town has been continuously supporting this school for the past 10 years, with the latest initiative valued at Rs. 65,000.





Club Assembly, New Board Formation and Family Picnic

RC Nawalparasi | December 30, 2024

RC Nawalparasi successfully organized its 3rd Club Assembly and New Board Formation program, combined with a family picnic, on December 30, 2024. The event, presided over by Club President Sunil Kasaudhan, was held at the picturesque Sunawal Hillpark in Nawalparasi. The Chief Guest for the occasion was AG Krishna Prasad Paudel, who graced the gathering with his presence and inspiring words.

The program saw active participation from 32 Rotarians and 15 non-Rotarians, fostering a spirit of camaraderie and family bonding among attendees.



Scholarship distribution in Teaching at Right Level (TaRL) Implemented Schools

RC Yala | December 31, 2024





A total of five lakh rupees has been generously contributed by our esteemed Past President, Rotarian Surendra Govind Joshi, to provide scholarships for disadvantaged students in the first phase of the TaRL initiative, which encompasses thirteen schools. A comprehensive strategy and procedure have been established to ensure the effective and efficient distribution of these funds.

Based on assessments conducted by TaRL teachers, fifteen students from grades three to five were selected to receive scholarships. Each student is set to receive a total scholarship of 2,500 rupees, disbursed in two installments, as recommended by their

In December 2024, the first installment of 1,000 rupees was distributed to fifteen students from each school in the presence of school teachers, parents, representatives from the school management committee, head teachers, mentors, and the designated focal person for the TaRL schools. During this month, a total of 195 students received scholarships amounting to 195,000 rupees across the thirteen TaRL-implementing schools.

At Kitini Secondary School, District Governor

Rajendra Man Sherchan attended during his visit and distributed scholarships to fifteen students alongside the head teacher, management committee representatives, and parents. On this occasion, a TaRL teacher shared insights into the impact of the TaRL implementation and the significance of the scholarships for the selected students.

The second installment will be distributed two months later, at a rate of 1,500 rupees per student, based on recommendations from class teachers who will assess the students' regular attendance. This distribution is scheduled to take place in Fagun (February) before the school year concludes.

Zone 14 Rota Quiz Contest

January 12, 2025



The Rotary District 3292 Zonal Rota Quiz Contest (Zone 14) was successfully held at Hotel Shangrila Blu, Bakhundol, Lalitpur, in the esteemed presence of PDG Jitendra Bahadur Rajbhandary and Rota Quiz Chair Lalita Thapa. of Kopundol, Rotary Club of Mahaboudha, Rotary Club of Mount Everest, and Rotary Club of Patan Heritage. The Rotary Club of Patan Heritage triumphed as the winner of the competition.

The participating clubs were the Rotary Club

Rota Quiz Region VI, Zone 37

December 14, 2024

The Rota Quiz 2024-25 for Region VI, Zone 37, was conducted in Birgunj at Hotel Pujan on 14 December 2024. The host clubs were RC Birgunj and RC Birgunj Metropolis, while the participating clubs included RC Birgunj, RC Birgunj Metropolis, RC Bardibas, and RC Janakpurdham.

The chief guest of the program was AG Rtn. Ramprasad Sharma, and the quiz was conducted by Quizmaster Rtn. Ashesh Bhandari. RC Birgunj emerged as the winner, while RC Birgunj Metropolis secured the second position.

The program was chaired by Rtn. Ramhari Lamsal, Regional Chair of the Rota Quiz.



Medical Camp

RC Janakpurdham

January 18, 2025

The Rotary Club of Janakpurdham, in collaboration with Janta Sahakari Sanstha, organized a medical camp on 18th January 2025 with the support of a team of doctors.

The team included:

- •Dr. Pankaj Sah Consultant Physician
- •Dr. Misha Mahaseth Dental Surgeon
- •Dr. Kabita Sah Gynecologist
- •Dr. Hem Chandra Ophthalmologist

During the campaign, 154 patients were examined, with most cases involving skin infections and dental problems. All medical checkups and medicines were provided free of cost.

The camp was managed by Club President Pramod Agrawal, Chartered President Vijaya Jhunjhunwala, Immediate Past President Chandra Shekhar Agrawal, Service Projects Chair Pradeep Dutta, and Dr. Misha Mahaseth.

We extend our heartfelt gratitude to Janta Sahakari Sanstha for providing a healthy and





Girls' Toilet Handover to Gaguri Pinda Secondary School

RC Dhading | January 19, 2025



The Rotary Club of Dhading officially handed over a Girls' Toilet to Gajuri Pinda Secondary School, located in Gajuri Rural Municipality-5, Dhading. The school, established in 1982 BS, now benefits from a three-room toilet facility constructed with the support of RNLM, Gajuri Rural Municipality, and the Rotary Club of Dhading.

During the handover program, 21 students from the Chepang community were also provided with stationery and warm clothes. The event was held in the school compound and was attended by prominent figures, including RI District 3292 District Governor Rajendraman Serchen, District Secretary Ashok Kapali, Assistant Governor Zone 35 Hari Prasad Situwala, and past and current

presidents and members of RC Dhading. Additionally, the event saw the presence of Gajuri Rural Municipality President, parents, teachers, and students.

Through this initiative, more than 200 female students now have access to clean, safe, and hygienic toilet facilities, promoting better health and sanitation at the school.

Rotary Club Supports Fire Victims

RC Kathmandu Downtown | January 18, 2025

On January 18, the Rotary Club of Kathmandu Downtown donated food and clothing to fire victims in Kalikot District. The handover ceremony was attended by Assistant Governor Chhongba Sherpa at Le Himalaya Hotel. During the weekly meeting, the club invited the Assistant Governor as a guest speaker to highlight the importance and impact of service projects in Rotary. The session was interactive and informative.



The importance of Public Image in Rotary

RC Boudha | January 17, 2025

On January 17, the Rotary Club of Boudha held its 134th regular meeting at Hotel Siddhartha. The session featured a presentation by District Public Image Chair, Rotarian Amit Giri, on "The Importance of Public Image in Rotary."







Warm Clothes and School Bag Distribution

RC Tinkune Kathmandu | January 2, 2025

Warm clothes and school bags were distributed to 455 students from three schools in Parbat district through the coordination of the Rotary Club of Tinkune Kathmandu, with support from various Rotary Clubs and Rotarians. On January 2, the founder president of Rotary Club of Tinkune Kathmandu, Tilak Prasad Tiwari, along with members of Rotary Club of Jawalakhel, welcomed the students from Shree Janaseva Sanskrit Secondary School, Shree Binu Secondary School in Paiyun Rural Municipality, and Shree Narayanasthan

Primary School in Pangrang, Falevas Municipality.

This initiative was made possible through the efforts of individuals and organizations, including Mr. Klaus Mayer and Manju Dhamala Thapa, Past President of Rotary Club of Bagmati Kathmandu, who coordinated resources for Mr. Binumavika's students. Warm clothes and school bags for students from other schools were provided by Rotary Clubs and Rotarians, such as the Rotary Club of Bagmati Kathmandu, Rotary Club

of Kathmandu, Rotary Club of Rudramati Kathmandu, Rotary Club of Biratnagar Midtown, Rotary Club of Newroad City, and others. Individual contributors included Rotarians Shakila Pathak, Netra Basnet, Gautam Shrestha (Jhilke Hulaki), Dinesh Shrestha, Prithvi Vaidya, IP Dhakal, and disability rights activist Krishna Gahatraj.

This collective effort brought much-needed support to the students and highlighted the impact of community collaboration.

Mental Health Awareness Campaign

RC Ratnanagar | December 25-26, 2025



The Rotary Club of Ratnanagar organized a cybercrime and mental health awareness campaign to address pressing issues related to poor mental health—such as suicides and

drug addiction—and to help prevent these challenges while enhancing the academic performance of high-achieving students.

The campaign reached 195 students from Mohana Secondary School, aged 11 to 18, representing diverse socio-economic backgrounds. The program aimed to educate students, particularly those with limited awareness of online safety, about the importance of protecting themselves in the digital space.

The initiative significantly improved students' understanding of cybercrime and mental health issues. Participants learned to identify online threats and developed strategies to safeguard themselves.

Moreover, as a result of the program, nine students from four secondary schools were confidentially identified as experiencing mental health challenges. Counselors and specialists are now providing these students with ongoing support, including counseling and treatment.

Distribution of Warm Clothes, Stationery, & Hygiene Kits

RC Kavre-Banepa | January 3. 2025



The Rotary Club of Kavre-Banepa has distributed track suits, sweaters, caps (topis), school bags, stationery, water bottles, and hygiene kits to 42 students of Shree Amar Basic School in Namobuddha Municipality, Ward No. 4, Chuhane, Kavre. Considering the cold weather and the financial situation of the students' families, RC Kavre-Banepa undertook this project to keep the students warm and healthy.

The distributed items brought smiles and happiness not only to the faces of the students but also to their teachers and parents. Furthermore, this initiative is expected to motivate the students in their studies.

Club President Mr. Shyam Kumar Timalsina, along with other Rotarians, handed over the materials to the students in the presence of School Principal Mr. Surya Bahadur Karki, School Management Committee Chairman Mr. Ram Bahadur Lama, as well as other teachers and guardians.

Handover of Critical Medical Supplies to Thimphu Hospital

RC Thimphu | January 11, 2025



The National Referral Hospital (Jigme Dorji Wangchuck National Referral Hospital) in Thimphu is the public hospital of Bhutan, located in the capital, Thimphu. Since its establishment in 1972, the hospital has been providing free basic medical treatment, advanced surgeries, and emergency services to citizens from across the country. It offers the most sophisticated health evaluation and management services in Bhutan.

During a small function held on 11 January 2025 at the JDWNR Hospital premises, the

Rotary Club of Thimphu made a donation of critical consumables for the Cath Lab, which plays a pivotal role in enhancing the hospital's capacity to deliver top-tier cardiac care. By providing essential items such as micro catheters, vascular balloons, and cuvettes for checking ACT and oxygen saturation, the donation directly supports both diagnostic and therapeutic interventions for heart patients. This contribution not only elevates patient care but also alleviates some of the financial pressures on the hospital, ensuring better health outcomes and the continued

provision of advanced treatments.

The equipment was procured through a joint venture project between RC Thimphu D3292 and RC Nibe D1440, with a total value of 1.4 million Ngultrum (equivalent to US\$ 16,000).

During the handover function, President Sonam Tobgay expressed that the Rotary Club of Thimphu was overjoyed to have the opportunity to donate such critical equipment to the hospital. He highlighted that the donation would save lives, support the incredible work of healthcare professionals, and reaffirmed the club's commitment to making similar contributions in the future.





Zonal Rota Quiz, Region 3, Zone 16 and 17

January 9, 2025

The zonal round of the Rota Quiz for Region 3, Zones 16 and 17, was held on 3 January 2025 at Goodwill Hotel, Kannibahal, Lalitpur. Two clubs from Zone 16-RC Patan Durbar Square and RC Patan West-along with one club, RC Yala, from Zone 17, participated in the guiz contest. RC Patan Durbar Square scored the highest, while RC Yala secured the second position. The winning team has advanced to the regional round of the Rota Quiz, which will take place later this Rota year. The semi-final and final rounds of the quiz will be held during the District Conference in March 2025.

RC Yala hosted the event. District Rota Quiz Sub-Committee Chair, Rtn Lalita Thapa, conducted the quiz, while Region 3 Chair,

Sarita Shrestha, provided coordination support and guidance to the clubs. The team of organizers included Zone 16 AG Gupta Bahadur Rana as the Judge, Rtn Prem Kumar Shrestha as the Timekeeper, and Rtn Jeetendra Nakarmi as the Scorekeeper. The AG of Zone 17, Rtn Suresh Acharya, thanked the host club RC Yala, the participating clubs and team members, and all those supporting the event as a team and joining as part of the audience.

Team Members:

RC Patan Durbar Square: Rtr Ujjayala

Bajracharya

RC Patan West: Rtn Saraswati Yonzon, Rtn

Bhaggeswori Rawal, Rtr Unnati Subedi



Warm Clothes Distribution Program

RC Narayani Mid Town | January 2, 2025

On January 2, 2025, the Rotary Club of Narayani Mid Town, in collaboration with its Rotaract Club, organized a Warm Clothes Distribution Program at Hupsekot Secondary School, Hupsekot-4, Rumsi. The initiative aimed to support 200 students from classes 5 to 12, ensuring they stay warm during the winter and continue their education comfortably.

The program was led by Club President Rtn. Bishnu Paudel, exemplifying Rotary's commitment to service. Adding to the event's impact, Past President Rtn. Arpana Pradhan conducted a menstrual hygiene training session for the girl students, addressing a vital aspect of their well-being and education.

Rtn. Mahesh Kanu elaborated on the various activities and projects undertaken by the club, highlighting its long-standing dedication



to community development. A total of three Rotarians actively participated in the event, along with members of the Rotaract Club, showcasing the collective effort and dedication of the Rotary family.

The Warm Clothes Distribution Program is

a recurring project of the Rotary Club of Narayani Mid Town, focusing on different schools in need each year. Such initiatives not only provide immediate relief but also contribute to the holistic development of the community, aligning with Rotary's vision of creating lasting change.

Distributed Various Essential Items to People With **Disabilities**

RC Tripureshwar | January 4, 2025

Under the "Muthi Daan" program, the Rotary Club of Tripureshwar, Kathmandu, distributed various essential items, including daily-use food supplies such as rice, dal, cooking oil, sugar, tea, biscuits, and sanitary items like washing soap, bath soap, liquid soap, toilet cleaner, and more, to individuals with disabilities on January 4, 2025, at Apanga



Sarokar Kendra, Basantapur, Kathmandu. The program was coordinated by the club's president, Rotarian Lata Sharma Baral.

The distributed items were generously contributed by the club's members and other supporters. Several other members of the

club were also present during the event.

A total of 54 individuals with disabilities live at this Kendra, including 24 males, 18 females, and 12 children. The residents have various types of disabilities.

Distribution of Warm Clothes and Scholarships

RC Mahabouddha | January 3, 2025

The Rotary Club of Mahabouddha organized a Warm Clothes and Scholarship Distribution program at Tri-Padma Vidyashram Secondary School, Lalitpur. Sweaters and bags were distributed to 31 students, and scholarships were awarded to three students. The event was honored by the presence of RC Mahabouddha's Past President, Rtn. Surendra Shakya, along with the school principal and teachers. This initiative aimed to support vulnerable communities during the winter by providing essential clothing to low-income families, children, and the elderly, ensuring warmth and comfort during harsh weather conditions.



Esperanto Learning Session

RC Itahari Yugal | December 15, 2024

On 15th December, an Esperanto learning session was organized for the members of the Rotaract Club of Sunsari and the Rotary Club of Itahari Yugal, led by Santosh Dhamala and his team. The session, attended by 15 participants, aimed to introduce the basics of Esperanto, a universal auxiliary language designed to foster intercultural communication and global unity.

The program began with an overview of the history and purpose of Esperanto, highlighting its simplicity and global relevance. Participants were introduced to fundamental grammatical rules, sentence structures, and commonly used vocabulary, such as greetings and numbers. The session also featured interactive activities like role-playing and group discussions, enabling participants to practice conversational skills and explore the practical applications of the language.

A Q&A session provided additional insights into resources for continued learning and the benefits of networking within the global Esperanto community. The session was engaging and well-received, inspiring participants to further explore Esperanto and recognize its potential to bridge cultural and linguistic gaps.



Dental and Eye Health Camp

RC Himalaya Patan

January 25, 2025

The RC Himalaya Patan successfully organized a Dental and Eye Health Camp on Saturday, 25th January 2025, at Gurudwara, Kupondole, Lalitpur, in collaboration with Ward 10, with technical support from Dental Avenue and Sudristi Optical Pvt. Ltd.

The primary objective of the health camp was to promote oral and ocular health awareness, provide basic check-ups, and offer preventive and corrective measures for dental and eve care. More than 180 patients benefited from the health camp, and the community provided positive feedback regarding the services

The Dental and Eye Health Camp was a significant step in promoting preventive healthcare. It not only provided essential services to the community but also raised awareness about maintaining oral and visual health.



The Art of Saying No

Rotary E-Club of District 3292, Nepal | January 25, 2025

The Rotary E-Club of District 3292, hosted an insightful talk program on "The Art of Saying No", facilitated by I/O Psychologist Anmol Maharjan. The session explored how mastering this skill can enhance work-life balance, improve quality of life, and promote peace of mind.

The interactive discussion included practical tips on saying "No" thoughtfully and maintaining boundaries while preserving relationships. Members shared personal experiences, with entrepreneurs highlighting challenges in business contexts and others

reflecting on the emotional impact of declining financial requests. Notably, Subash Shrestha questioned the existence of worklife balance, while Manish Adhikari introduced the idea of a "secret life" beyond personal and professional spheres.

President Raj Shrestha emphasized the "gray areas" of saying "No," requiring careful judgment. The presence of spouses and Rota Kids enriched the session, which concluded with valuable takeaways for personal and professional growth.



Blood Donation

RC Devdaha | December 31, 2024

The Rotary Club of Devdaha successfully organized a Blood Donation Program on December 31, 2024, at Devdaha Aadarsha Multiple Campus. The event, held in collaboration with the Youth Red Cross Circle of DAMC and the Red Cross Society, Devdaha, collected a total of 50 units of blood, significantly contributing to local blood banks and raising awareness about the importance of blood donation.

With a budget of NPR 100,000, the program covered all expenses, including management, materials, and refreshments for participants. The camp was efficiently run with the technical and equipment support provided by the Red Cross Society, ensuring the smooth execution of the program.

The event was attended by key figures, including Rotary Club of Devdaha President Bishnu Prasad Pathak, Mayor of Devdaha Municipality Mr. Dhurba Prasad Kharel as the Chief Guest, Deputy Mayor Mrs. Bidhya Laxmi Gurung, ward chairpersons, Secretary Narayan Bhandari, and other Rotarians whose active involvement made the event a success.

The donors included students, community members, and leaders motivated by the opportunity to contribute to saving lives. The collected blood will benefit individuals in need of emergency medical assistance, surgeries, and other critical situations.

The program emphasized the life-saving importance of blood donation, fostering a culture of regular donation among youth and the broader community. Many attendees pledged to donate blood regularly, recognizing that "Blood donation is life donation."

This impactful initiative by the Rotary Club of Devdaha not only addressed immediate community needs but also inspired a longterm commitment to supporting health and humanity, setting a strong example for similar future events.



Blood Donation and Eye Check-Up

RC The Himalayan Gurkhas | January 17, 2025

The Rotary Club of The Himalayan Gurkhas and the Rotaract Club of People's Campus jointly organized a one-day "Blood Donation and Free Eye Check-Up Camp" on Friday, 17th January 2025, at People's Campus, Paknajol, Kathmandu. A total of 27 pints of blood were collected during the blood donation camp. Similarly, 96 patients benefited from the eye check-up camp.

The partnering organizations for this event were the Nepal Red Cross Society, BP



Koirala Lions for Ophthalmic Studies, and the Kathmandu Metropolitan City as the government partner.

The blood donation program is a regular initiative organized annually by the Club in collaboration with various social organizations.



Practical Mushroom-Farming Training Program

RC Surunga | January 24, 2025

The Rotary Club of Surunga successfully organized a Practical Mushroom Farming Training Program at New Siddhibinayak Mushroom Farm, Bhetwal Gau, Kanakai Municipality, Jhapa. This event was part of Rotary International's Vocational Service Month, focusing on skill-building and empowerment. The program was generously sponsored by Kanakai Municipality.

The training was presided over by Rotary Club President Luba Raj Uprety, with Prem Bahadur Katwal, Ward Chairperson of Kanakai-8, serving as the Chief Guest. The Chief Trainer, Prashodhan Niraula, a distinguished young scientist, provided participants with valuable insights into mushroom cultivation. The event was further supported by AG Kumar Mani Pokharel (Region 7), President-Elect Dilliram Mainali, Nominee Arjun Bohora, Secretary Somnath Uprety, Sgt. at Arms Menuka Uprety, Rtn. Khyam Oli, and Rtn. Susma Neupane, all of whom demonstrated unwavering support.

The program featured practical, hands-on training conducted directly at the mushroom farm, giving participants invaluable real-world experience. The training was specifically designed to empower disabled individuals with sustainable agricultural skills. At the end



of the session, each participant received 50 packets of mushroom seeds and plastic bags to help them launch their own mushroom farming ventures.

The event's success highlighted the importance of practical vocational training and underscored the Rotary Club of Surunga's commitment to fostering community economic development and supporting marginalized groups.



Enhancing Women's Empowerment by Building Their Skills

R-EClub Namobuddha | January 9 & 10, 2025

To enhance women's empowerment and impart skills, the Rotary E-Club of Namobuddha, with the support of Namobuddha Municipality, organized a two-day basic beautician training program for women residing in Namobuddha. The session was led by Rtn. Shova Nakarmi, one of the most renowned beauticians in the Kavre district.

More than fifty women participated in the training, which was tailored to meet their specific needs. The participants highly benefited from the session and expressed great enthusiasm. Certificates were awarded to all participants upon completion.

The program was chaired by prominent dignitaries from the Kavre district. The total budget for the program was Rs. 350,000.



Free Health Camp and Non-Food Item Support Program

RC Patan East, RC Patan Heritage, RC Mahabouddha, RC Mount Everest and RC Kupondol

December 28, 2025



The food distribution (uncooked) and free mental health check-up program were successfully completed at Rima Sewa Samaj, Golfutar, Kathmandu, on December 28, 2024. The event was organized by Zone-14 clubs (RC Patan East, RC Patan Heritage, RC Mahabouddha, RC Mount Everest, and RC Kupondol) in the presence of RI District 3292 Assistant Governor Arjun Shrestha, club presidents, members, and guests.

During the joint service project, the following items were distributed to support Rima Sewa Samai:

• Rice: 43 packets (each 25 kg)

• Tea leaves: 5 kg • Oil: 24 liters

• Bhuja and chiura: 20 kg

• Potatoes: 50 kg · Soybean: 1 sack

• Basic medicines: Worth NPR 6,530

· Basic daily-use goods: Including toothpaste, soap, detergent, Vaseline, phenyl, Dettol, etc.

· Lentils: 50 kg · Sugar: 10 kg · Salt: 20 packets • Sesame seeds: 3 kg

The total value of the distributed goods and food, sufficient for two months, amounted to NPR 116,000 (One lakh sixteen thousand). The financial contributions for the program were made by:

- Each club contributing NPR 10,000
- RC Patan East President-Elect Rtn. Ramesh Basnet: NPR 10,000
- RC Kupondol Past President Rtn. Mahesh Bhakta Shrestha: NPR 50,000
- Neighbors of Rtn. Nitu Barnawal: NPR 6,000

Additionally, a free mental health checkup was conducted by Dr. Richa Sinha, Psychiatric Consultant from Green City Hospital, Basundhara, Kathmandu. Mr. LB Tandan, Chairman of Green City Hospital and Past President of RC Kathmandu Downtown, emphasized that their hospital regularly supports health services for Rima Sewa Samaj.

About Rima Sewa Samaj:

Rima Sewa Samaj is a registered shelter for homeless and mentally ill individuals. Currently, it houses 62 senior citizens rescued from the streets. According to Rima Sister, 95% of the residents are mentally challenged. The shelter operates solely through the support of kind-hearted individuals and receives no assistance from the Nepal Government. The current condition of Rima Sewa Samaj is dire and in need of greater support.

Tracksuits for Students of Mangala Secondary School, Sindhuli

RC Kopundole | December 15, 2024

RC Kopundole organized the distribution of tracksuits to 100 students of Mangala Secondary School in Gopsila village, Sindhuli district. This initiative was supported by the Friends of the 1981 batch of St. Xavier's School, Jawlakhel, Lalitpur.

Established in 2015 BS as a primary school, Mangala Secondary School is one of the four high schools within the Golanzor VDC. The school currently has 200 students (137



girls and 63 boys), including 20 students from the marginalized and indigenous Hayu community, which has a very limited population within Sindhuli and Ramechap districts. Of the total students, 112 (85 girls and 27 boys) belong to other Dalit communities.

The Hayu community is an indigenous tribe of Kirat origin with a total population of 2,950 (according to the 2011 census). The

Government of Nepal has initiated several programs to uplift this community, including educational support for children and livelihood assistance for parents through local municipalities.

The chairman of the VDC and the School Management Committee expressed their gratitude for the support in promoting education among various communities, particularly the Hayu community.

Eye Screening Camp

RC Tinau Butwal

January 3, 2025



The 9th Chartered Day of the Rotary Club of Tinau Butwal was celebrated on January 3, 2025, with an Eye Screening Camp organized at Hamro Sagarmatha Aadarbut School, Tilottama-3, Simanagar. In this camp, renowned ophthalmologist Dr. Binita Bhattarai from LEIRC and optometrist Pratiksha Bhandari conducted eye check-ups for approximately 175 students, ranging from pre-nursery to Class 4. They also provided necessary medicines and glasses to the students in need.

Portable Toilet Chair Distribution

RC Patan Durbar Square | January 26, 2025



On January 26, 2025, the Rotary Club of Patan Durbar Square distributed 15 portable toilet chairs to children with cerebral palsy at the Self-Help Group for Cerebral Palsy in Dhapakhel. The donation was part of a special initiative to support children from low-income families living in rented accommodations without access to disabled-friendly toilets.

District Governor (DG) Rajendra Man Sherchan, during his official visit, personally handed over the portable toilet chairs to the children, ensuring they received the necessary support to improve their daily living conditions. These children, selected by the Rotary Club of Patan Durbar Square based on their economic challenges, will now benefit from enhanced independence and dignity in their personal care routines.

This thoughtful gesture reflects the Rotary Club of Patan Durbar Square's commitment to improving the lives of individuals in need and making a meaningful difference in the community.



Mattress Distribution to Blind/Visually Impaired Students

RC Biratnagar Fusion | January 18, 2025

The Rotary Club of Biratnagar Fusion recently made a meaningful contribution to Shree Purwanchal Gyanchakshu Vidhyalaya, a special school for blind and visually impaired students in Dharan. On January 18, 2025, the club distributed 42 mattresses to the school, enhancing the comfort and well-being of the students. This donation drive was conducted following a request from the school and subsequent verification by the club members.

This thoughtful initiative aimed to improve

the living conditions of the children, ensuring they have a restful environment to support their education and daily activities.

In addition to the mattresses, the club also provided oranges and biscuits to the children, bringing both nourishment and joy. The distribution of these items was well-received, uplifting the students' spirits and fostering a sense of care and community.

The Rotary Club of Biratnagar Fusion continues to demonstrate its commitment to

community service by supporting vulnerable groups, such as children with visual impairments. This donation reflects the club's dedication to positively impacting the lives of those in need, fostering better living conditions, and encouraging a spirit of giving and unity within the community.

The event was a resounding success, with the students and staff expressing their heartfelt gratitude to the club for its generous contributions.

Firefighter Uniform Handover Program

RC Kapilvastu | January 7, 2025

The Rotary Club of Kapilvastu and RCC Kapilvastu jointly handed over a set of firefighter uniforms to the staff of the Fire Extinguisher Unit of Shivaraj Municipality. The handover ceremony was attended by the President of RC Kapilvastu, Balkrishna Pandeya, the President of RCC Kapilvastu, Gyanmati Tharu, the Mayor of Shivaraj Municipality, Ajaya Thapa, and other members.

This program has significantly enhanced the local reputation of RC Kapilvastu. While it may seem like a small gesture, this support holds great importance as it has fostered collaboration with the local government.

Official DG Visit

RC Purbi Chitwan

January 23, 2025

District Governor Rajendra Man Sherchan, District Assistant Secretary Ashok Kapali, and Assistant Governor Ashok Kumar Basnet visited the Rotary Club of Purbi Chitwan on January 23, 2024. During their visit, they successfully conducted the 4th Club Assembly and the 155th Regular Meeting.





Project Jhola: Bag Distribution

RC Lamjung | January, 2025

The Rotary Club of Lamjung, in collaboration with the Rotaract Club of Lamjung, successfully organized the project "2222" (Bag Distribution). As part of our commitment to basic education, literacy, and public image, school bags were distributed to 47 underprivileged children at Sri Jana Bikash Secondary School, located in Besisahar Municipality-7, Chandidanda, Lamjung.

These children come from families unable to afford basic educational necessities. The program was held in the presence of Besishahar Municipality Mayor, Mr. Guman Singh Aryal. The students and their parents were overjoyed, and the school community expressed heartfelt gratitude for the muchneeded support.



Mrs. Lumbini Pradesh 2024 Contest

RC Lumbini Siddharthanagar | November 30, 2024

To enhance and empower women's equality in society, the Rotary Club of Lumbini Siddharthanagar organized a beauty pageant competition for married women. It was a long event that started on September 1st and concluded on November 30th. The purpose of the event was to inspire women after marriage and make them feel that they can achieve anything they desire, even after marriage.

The budget for the program was 22,372,352/-. The women in the community greatly benefited from the event and were highly impressed by the program. The impact on society was very positive, as the Rotary Club successfully elevated the concept of a beauty pageant to a new level.





Stationery, Sports Items, & **Fruit Distribution**

RC Birgunj Metropolis

December 24, 2025

The Rotary Club of Birgunj Metropolis distributed stationery, sports items, and fruits to the students of Shivshakti Primary School in Jirabhawani Gaupalika. The program was chaired by President Anil Jayswal, with chartered member and past president Rtn. Jagdish Prasad Sharma and secretary Rtn. Hariom Kumar Shah also present.

The total cost of the project was Rs. 25,000.



Training for Single Mothers

RC Kathmandu Height | January 25, 2025

Behind every successful woman is herself. Embracing this empowering motto, the Rotary Club of Kathmandu Height successfully conducted a Yomari-making training program for 25 single and homebased worker women. This marks the second year of the initiative, which aims to equip women with skills that promote self-reliance and economic empowerment.

The training not only provided hands-on experience in preparing the traditional delicacy but also brought joy and a sense of community to everyone involved. Just as sweet as the Yomaris themselves, the



program was filled with fun, laughter, and learning.

The Yomaris prepared during the training will be available at the Balkumari Temple Sunakothi Marketplace stall, supporting the women in turning their skills into sustainable income opportunities.

The Rotary Club of Kathmandu Height extends its heartfelt gratitude to all members and well-wishers for their unwavering support in making this program a success. Together, we continue to empower and uplift our communities.

Jacket & Tracksuit Distribution for Human Being and Mat Distribution for Cow





RC Biratnagar Downtown | January 8,15, & 22, 2025

On January 8, 2025, at the City Palace in Biratnagar, the Rotary Club of Biratnagar Downtown distributed warm jackets to 30 sweepers of the Dome community from the Kesaliya area of Biratnagar. Each jacket featured our club's logo to enhance Rotary's public image, with a total cost of NPR 21,000.

On January 15, 2025, on the occasion of Makar Sankranti, we distributed 100 tracksuits to the students of Shree Bakhri Adharbhut Vidyalaya in Ward No. 12, Bakhri village. Each tracksuit also featured our club's logo to enhance Rotary's public image. The children were also provided with eatables as part of the

program. The total cost of the tracksuits was

On January 22, 2025, at Shree Krishna Gau Sewa Sadan, Jathua, and Panchali Mandir Goushala in Biratnagar, we provided 115 cows with warm mats (durries). This initiative was taken in response to the Goushala management committee's request for warm materials to mitigate the effects of the cold weather. The total cost of the project was NPR 14,950. Providing warm mats helps keep the cows warm, reduces stress caused by the cold, supports their health, improves milk production, conserves energy, benefits calves, and ensures better overall care and comfort for the animals.



DG Official Visit

RC Patan West | January 2, 2025



On January 2, 2025, the Rotary Club of Patan West successfully hosted its official District Governor's visit.

Donates Hydraulic Metal Cutter

RC Capital Butwal | January 6, 2025

The Rotary Club of Capital Butwal has donated a hydraulic metal cutter to the Lumbini Province Highway Safety and Traffic Management Office to aid in post-accident rescues.

Worth approximately NPR 1.2 million, the equipment was provided through Rotary International District 3292 in coordination with Safe Travel Campaign Nepal. It will help rescue victims trapped in vehicles.

At the handover event, Rotary leaders Dinesh Pandey and Bijay Khanal presented the cutter to Chief Superintendent of Police Shyam Bahadur Khatri. Deputy Inspector General Dan Bahadur Karki emphasized technology's role in public safety and called for community support in reducing accidents.

Rotary District Service Project Chair Rajendra Lamsal reaffirmed Rotary's commitment to road safety. With Lumbini Province witnessing over 2,400 accidents and 600 deaths annually, this initiative aims to enhance rescue operations and save lives.



2 Days Free Mega **Health Camp**

RC Chitwan

January 10 & 11, 2025

The Rotary Club of Chitwan, in collaboration with Madi Municipality and the College of Medical Sciences (CMS), organized a two-day mega health camp on January 10th and 11th, 2025, at Baghauda Hospital in Basantpur, Madi. The camp provided healthcare services to 580 patients, especially from rural and marginalized communities. Specialized consultations in various fields, including ophthalmology, ENT, and pediatrics, were offered, along with advanced diagnostics and free medications. Additionally, 200 women received cervical cancer screenings. A team of 40 medical professionals supported the event.

The camp was inaugurated by Rtn. Dr. Manohar Pradhan, with special quests including Madi Municipality Mayor Tara Kaji Mahato and Armed Police Force SP Rajesh Kharel. The event also received support from the Armed Police Force, and transportation was arranged for residents of rural areas. The camp, with a budget of NPR 300,000, was praised for its impact on the community, marking the first superspecialist health camp in Madi Municipality and strengthening Rotary's goodwill.

President Elect Rtn. Ramchandra Adhikari concluded the program with a vote of thanks,





Electric Geyser Handed Over to Differently-Abled Students

RC Butwal Downtown | December 20, 2024

On December 20th, the club organized a heartfelt ceremony at Lumbini Secondary School, Sunwal, where an electric geyser was handed over to differently-abled students.

The program, chaired by Rtn. Shiva Gyawali, aimed to enhance the students' comfort and well-being. This initiative underscored the club's dedication to inclusive education and its commitment to creating a better learning environment for all.

The geyser was an essential resource for the students, providing much-needed warmth and comfort during the winter season.

Agreement for the Construction of a Toilet

RC Kathmandu Downtown | January 29, 2025

This agreement is made for the construction of a toilet at Chana Bhumi Aadarbhut School, located in Shivapuri Rural Municipality-6, Gurjey.

The project, initiated by the Rotary Club of Kathmandu Downtown, is being implemented in coordination with Shivapuri Rural Municipality. The agreement is officially signed by: Govinda Thapaliya (Ward 6 President, Shivapuri Rural Municipality), Raj K. Lama (Contractor) and Rtn. Raj K. Baidwar (President, Rotary Club of Kathmandu Downtown)

In alignment with Rotary International's motto, Service Above Self, all parties commit to ensuring the successful completion of this initiative. The total budget allocated for the project is NPR 350,000.

Empowering Young Minds with Knowledge and Skills

RC Bhaktapur |

December 8, 2024

The "International Dignified Menstruation Day" event was successfully organized by RC Bhaktapur and the Rotaract Club of Bhaktapur to promote menstrual health, break societal taboos, and advocate for the rights and dignity of menstruators. The event aimed to create a safe space for open discussions, education, and community engagement on menstrual hygiene and equity.

On this special occasion, a Reusable Pad-Making Workshop was conducted for students in grades 6–10 at Mount Everest Secondary School, Bhaktapur. The main highlights of the event included an orientation on dignified menstruation, a reusable pad-making workshop, and various awareness activities.

The interactive session provided insightful knowledge, encouraged open discussions, and equipped students with practical skills to promote sustainable and dignified menstrual practices. The students actively participated, shared their thoughts, and left the workshop feeling empowered and informed.

The event reached over 130 participants, fostering a deeper understanding of menstrual health and inspiring collective action to combat stigma and inequality. Attendees expressed increased confidence in discussing menstruation openly and advocating for change.

The "International Dignified Menstruation Day" event was a significant step toward normalizing conversations about menstruation and promoting dignity for all. It highlighted the importance of education, access, and community support in creating a world where menstruation is no longer a source of shame or inequality.





Fire Control PPE Successfully Handed Over

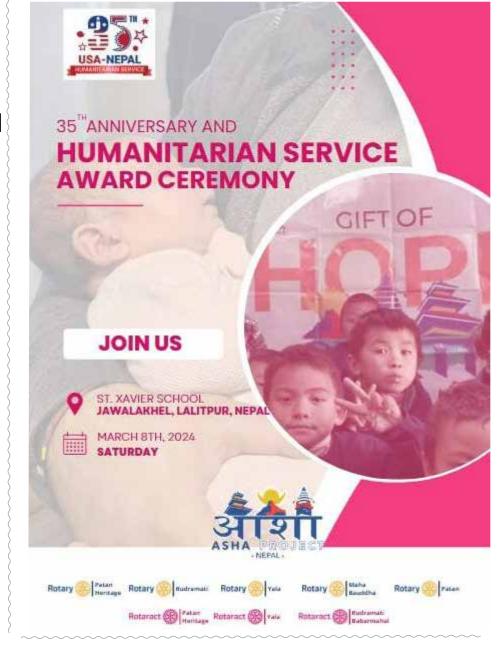
RC Ratnanagar | January 6, 2025

The Rotary Club of Ratnanagar, in coordination with the Rotary Club of Kathmandu Circle, successfully handed over five sets of fire control Personal Protective Equipment (PPE) to Ratnanagar Municipality and Kalika Municipality. These high-quality, UK-imported PPE sets are crucial for enhancing fire control efforts during disaster situations.

In Ratnanagar Municipality, the handover ceremony was attended by Mayor Pralhad Sapkota, Deputy Mayor Yadav Prasad Pathak, Chief Administrative Officer Sukdev Lamsal, and Disaster Branch Chief Bishwas Shrestha. Following the ceremony, officials expressed their appreciation for this valuable contribution toward strengthening local disaster response. Similarly, in Kalika Municipality, the PPE sets were handed over to Mayor Binod Regmi, Deputy Mayor Bimala Lama, and the Branch Chief. Both municipalities received the PPE sets based on their specific disaster management needs, ensuring better preparedness for future emergencies.

This initiative highlights the Rotary Clubs' commitment to improving local disaster response capabilities and ensuring community safety. By providing essential fire control equipment, the clubs are playing a crucial role in enhancing emergency preparedness and response efforts. The PPE sets, which are high-quality and imported from the UK, will significantly contribute to effective disaster management. In total, five PPE sets were handed over to the two municipalities, benefiting local government officials, disaster management teams, and the general public of Ratnanagar and Kalika Municipalities. This contribution will improve fire control and disaster preparedness, enabling a quicker and safer emergency response.

This initiative serves as a significant step toward building resilient communities and ensuring better-equipped local disaster management teams.







Healing the wounds of war in Ukraine – visible and invisible

By Pat Merryweather-Arges, 2023-24 RI Vice President and a member of the Rotary Club of Naperville, Illinois, USA | January 29, 2025

I met Dr. Olha Paliychuk shortly after Russia's invasion of Ukraine in February 2022. As we both work in healthcare. I knew the priority needs for addressing the physical harm in emergency situations and we communicated frequently by e-mail and WhatsApp. At the same time, the Ukraine Medical Association of North America (UMANA) opened a warehouse around O'Hare airport and medical donations poured in from around the US, but with most in the Chicago and Wisconsin areas.

Rotary District 6450 started a fundraising effort to secure medical supplies and equipment that were in great need, identified by Rotary members in Ukraine. We purchased equipment and supplies and secured air transportation through UMANA. Many Rotary members and non-members donated for Ukraine through the district.

We also worked with Dr. Olha to identify needs when Rotary established Disaster Grants for Ukraine. In the first 18 months, the need for advanced surgical equipment for brain trauma, limb amputations, and internal organ damage from mortar attacks and shrapnel became a priority.

At the same time, the strain of war on children and family members of front-line military and health care workers became very apparent. There has been

an increased emphasis on mental health support for children and family members, as well as military members, during the past two years. That has now expanded to include emergency and healthcare workers.

While the wounds of physical injuries may heal over time, the mental wounds of war are deep and harder to address without mental health support. Even those without physical wounds suffer from the mental wounds of war.

War is not natural. Children and adults are not trained to injure one another, they are trained to be kind and helpful. War takes a major mental toll on those

involved in conflict.

Dr. Olha has incorporated the mental health needs as a priority in her Rotary humanitarian efforts as the needs are so great and at times, overwhelming. As a district governor-elect, Olha will be in the United States for Rotary's annual training event in Orlando in early February. This provided an ideal opportunity to plan a conference and invite other panelists to discuss the ongoing mental health impact of the war.

Special event: Healing the wounds of war, visible and invisible

The conference will take place 4 February in Chicago at the Ukraine Cultural Center. It is an opportunity for Rotary clubs in the district and beyond, as well as the public, to get involved and learn how they can help. The free-event will include heavy appetizers and a cash bar.

Speakers include:

Dr. Olha Paliychuk, MD, Ph.D, MSc, MBA, is from Ukraine and is a certified gynecologist oncology physician. A member of the Rotary Club of Cherkasy, she has been instrumental in working with Rotary members and clubs to identify supplies, equipment, and services needed for Ukraine. She has been a constant source of support for Ukrainians and Rotary members throughout the

war.

John Hewko is CEO and General Secretary of Rotary. Hewko's Ukrainian parents came to the United States in 1949 after having spent four years in a refugee camp in southern Germany. Hewko grew up speaking Ukrainian at home, and he and his wife, Marga, lived in Ukraine from 1991 to 1996. In 1991-1992, he played a small role in preparing the initial draft of Ukraine's post-Soviet constitution and participating in the working groups that were developing the initial Ukrainian post-independence legislative initiatives. They still have a great deal of family, friends, and former colleagues in Ukraine and he has been a strong advocate for the people of Ukraine.

Chris Manson is the vice president of Government Affairs for OSF Healthcare based out of Peoria, Illinois. A former military officer and EMT, he consulted with UMANA and others to create Ambulances for Ukraine which has sent dozens of the emergency vehicles to Ukraine, sources from communities throughout the United States including Chicago and my home town of Naperville. Seven more ambulances are scheduled for delivery later this month.

Dr. Olga Maihutiak serves as the MedGlobal medical lead on Ukraine Medical needs

working with the World Health Organization (WHO) and has trained over 260 frontline doctors in Chernihiv, Poltava, Odesa, and Dnipro in essential Point-of-Care Ultrasound (POCUS) techniques and Butterfly Network. She is on the board of UMANA, Ambulances for Ukraine, and Ukrainian Congress Committee of America.

The conference will focus on the needs of Ukraine but also the need to promote peace and resolve conflicts. War is not natural. This is why peace is one of Rotary's main causes. Every year, Rotary awards up to 130 fully funded fellowships for dedicated leaders from around the world to study at one of our peace centers. Since the program began in 2002, the Rotary Peace Centers have trained more than 1,700 fellows who now work in over 140 countries.

Our hope for this conference is that we can increase an understanding of the growing physical and mental health needs of Ukraine as the war approaches three years; identify areas that Rotary can assist in the healing process; and strategize how Rotary Peace Centers and Rotary Peace Fellows can play a role in promoting peace.





Rotary International District 3292

17th DISTRICT CONFERENCE

21-23 March 2025 | The Plaza, Lalitpur Nepal

Registration Details	upto 31st Dec 2024	1st Jan - 28 Feb 2025	Spot Registration
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/

District Governor's Calendar

FEBRUARY 2025



DATE	DAY	EVENT
04	Tuesday	DG Visit of RC Janakpurdham
04	Tuesday	DG Visit of RC Lahan
05	Wednesday	DG Visit of RC Bardibas
05	Wednesday	DG Visit of Birganj
06	Thursday	DG Visit of Birganj Metropolis
06	Thursday	DG Visit of RC Hetauda
07	Friday	DG Visit of RC Makawanpur
13	Thursday	DG Visit of RC Lalitpur Midtown
14	Friday	DG Visit of RCNarayani Midtown
15	Saturday	Vibrant Club Workshop @ Chitwan
23	Sunday	Rotary Walkathon

FROM THE **EDITOR'S DESK**



Dear Fellow Rotarians,

I am truly moved by the incredible support and enthusiasm from clubs across all regions. Seeing your dedication through shared updates and activities fills me with gratitude and motivates me to move forward with a positive outlook. Your unwavering efforts allow me to showcase Rotary's commendable work to the world.

As we continue spreading the 'Magic of Rotary' spirit, I am deeply touched by the numerous service projects initiated by clubs across the district. Rotarians, with their golden hearts, are making a real impact during these cold days—distributing warm clothes, supporting mental health initiatives, organizing region-wise quiz contests, and providing career and financial training to youth. Your efforts are truly commendable keep up the fantastic work! Kudos to all! January, Vocational Service Month, has seen a series of impactful training sessions, equipping our communities with essential skills. Rotary's philosophy of skill-sharing and collective growth is clearly in action, strengthening individuals and communities alike.

Meanwhile, preparations are in full swing for the 17th District Conference, set to take place from March 21-23 in Lalitpur, with over 1,500 participants expected. My best wishes to the dedicated organizing team-I encourage all Rotarians to support this annual event

Additionally, leadership preparations are well underway under DGE Binod Koirala, who is currently attending the Rotary International Assembly in the USA. Under his guidance, the Train the Trainers program, Assistant Governor Learning Seminar, and District Team Learning Seminar were conducted with great enthusiasm. Wishing him continued success!

As we step into February, Peacebuilding and Conflict Prevention Month, let us embrace our role in fostering peace within our communities. Peacebuilding extends beyond resolving conflicts-it means promoting social harmony, supporting justice, and nurturing lasting collaborations. Let's all be beacons of hope and champions of peace!

Together, we make a difference.

Yours in Rotary,

Rtn. Gautam Shrestha

Chair 2024-25

District Publication & GML Sub-Committee

through active participation.

DISTRICT GOVERNOR 2024-25

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ROTARY NEWS / RISAO

