

GML

Rotary
District 3292



**UNITE
FOR
GOOD**

GOVERNOR'S MONTHLY LETTER



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Francesco Arezzo
RI President 2025-26



Binod Koirala
District Governor 2025-26

GOVERNOR'S MONTHLY LETTER



Dear Fellow Rotarians, Rotaractors, and Interactors,

October, observed as Community Economic Development Month, stood as a strong reminder of Rotary's unwavering commitment to transforming lives through sustainable growth and empowerment. Rotary's focus on community economic development centers on creating opportunities, enhancing livelihoods, and fostering self-reliance through education, entrepreneurship, and skill-building. Across District 3292, clubs actively promoted local enterprise, vocational training, and community engagement—enabling individuals to realize their potential and contribute to inclusive progress.

The month also demonstrated Rotary's resilience and unity in service. Despite the disruptions caused by the Gen-Z protests of September 8, which postponed several activities and delayed some District Governor visits, our determination remained firm. We successfully conducted some Clubs's Visits, engaged two health camps in Baglung, held an Intercity Meeting on "End Polio Now," and celebrated World Polio Day on October 24, reaffirming our dedication to Rotary's global mission of eradicating polio. The Interact District Sports Meet in Pokhara further strengthened youth engagement, teamwork, and fellowship among Interactors across the district.

As we concluded the festive season of Dashain, Tihar, Nepal Sambat, and Chhath, these celebrations highlighted the importance of unity, joy, and shared purpose. They reflected the enduring Rotary spirit—where service transcends challenges, and collaboration leads to meaningful impact.

On behalf of Rotary International District 3292, I extend heartfelt gratitude to every Rotarian for your unwavering dedication, compassion, and service. Your continued commitment lights the way toward stronger, self-reliant communities and a more peaceful world. Together, we stand united—and together, we end polio now.

**Yours in Rotary,
Binod Koirala**

District Governor, RY 2025–26



Rotary
District 3292



**UNITE
FOR
GOOD**

18th DISTRICT CONFERENCE

FEBRUARY 19-21, 2026 | POKHARA

(फागुन ७-९, २०८२)

Welcome to Pokhara



RI PRESIDENTIAL STATEMENT



Dear fellow Rotary leaders,

October is Rotary's Community Economic Development Month, a time to spotlight our efforts to help communities build thriving, sustainable futures. This month's observance aligns perfectly with the Rotary core value of leadership.

Leadership means empowering people to guide their own progress. That is precisely what Rotary's economic development projects aim to achieve. Take, for example, a recent initiative in southern India in which Rotary members unlocked the power of women of the Adivasi tribal groups through sewing training to earn a living and regain social inclusion. Historically, widows and abandoned women in this region lose social standing and are shunned by society or blamed for their misfortunes. Opportunities to support themselves or obtain training are minimal.

This year, the Rotary Club of Windsor Roseland, Ontario, partnered with clubs in Districts 3203 and 3234 in India — and with the Indian organization Sevalaya Trust — to provide sewing machines and training to 80 Adivasi women. They learned to stitch saree blouses, kurta tunics, and salwar suits, enabling them to support themselves and their families. Each woman received a certificate for completing the program, and the sewing-machine provider offered free long-term maintenance for the machines. The project offered vital income and dignity to women ostracized by society after widowhood.

This story is one example of Rotary leadership in action: local people guiding solutions that address their community needs. Our role is not to deliver charity or to impose outside models, but to foster self-reliance by investing in leadership, skills, and sustainable enterprise.

This October, I invite Rotary members worldwide to reflect on economic leadership in their communities. Who is stepping forward to lead local economic initiatives? Where is there untapped talent that could be supported with training or mentorship? How can your club catalyze opportunity through partnerships with local businesses, vocational schools, or savings groups?

Leadership is not always about being visible. Sometimes it means listening, working collaboratively, and amplifying the voices of others. That approach lies at the heart of Rotary's philosophy and our lasting impact on economic development.

By building capacity — whether through microcredit groups, vocational training workshops, or entrepreneurship programs — we enable communities to lead their own transformation. When people take ownership of their progress, change becomes sustainable.

Let us lead with good intention and provide support with heart. By nurturing local leadership, we can create opportunities that ripple through communities, empowering individuals, families, and societies.

Together, we can support economies that work for everyone and enact community development projects that last.

**Yours in Rotary,
Francesco Arezzo**

Rotary International President, 2025-2026





Editorial

Dear Fellow Rotarians, Greetings!

Our vision extended far beyond publishing a monthly newsletter. We endeavored to create a meaningful platform that informed, inspired, and connected every member of the Rotary family. Each edition is thoughtfully designed to capture the essence of Rotary—sharing stories of compassion, innovation, and service that celebrate the collective strength and spirit of our community.

More than a record of achievements, GML stands as a reflection of Rotary's creativity, commitment, and values. Through its pages, we have given connections, strengthened fellowship, and reminded readers of our shared purpose—to serve, to lead, and to make a lasting impact. Every word embodies our resolve to "make a difference," highlighting the essence of Rotary: fellowship in action, purposeful service, and the power of humanity united for good.

October, observed as Community Economic Development Month, showcases how Rotarians' dedication continued to transform lives and inspire others to join our movement. The efforts of members across District 3292 strengthened

communities and expanded Rotary's positive influence.

This issue of GML features significant district events, including the Global Ethics Day program, the Intercity Meeting on "End Polio Now," the District Governor's Official Club Visits, and various health camps and service initiatives led by clubs. The World Polio Day celebration in Nepal and the Interact District Sports Meet in Pokhara reflected the unity and enthusiasm of our Rotary family. The cover photo, shared by the Rotary Club of Hetauda, was added to this edition, following the previous feature from the Rotary Club of Birtamode.

We were deeply encouraged by the positive response to the earlier edition published on the District 3292 website, reaffirming our shared commitment to communication and service. As we celebrated the festivals, it brought renewed joy, harmony, and purpose. May this spirit continue to inspire hope, strengthen communities, and guide us toward building a brighter, better future—together in unity and service.

Yours in Rotary,

Rtn. Er. Bidur Timalisina

Chair,

District Publication & GML Sub-Committee
2025-26

ROTARY ON HAND

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Threads of Change

How a Rotary Project in Pokhara is Weaving a New Future for Women ?



In the foothills of the Annapurna mountains, quiet change is taking place. Inside a small workshop in Pokhara, the steady hum of sewing machines fills the air. Around the tables, twenty women are busy cutting fabric, threading needles, and stitching clothes. Each stitch represents a new beginning—a step toward independence.

For many of these women, especially those who are single or widowed, life has been challenging. Job opportunities were scarce, and earning an income was difficult. But that is beginning to change through a Rotary project that helps women learn valuable, income-generating skills.

The project, titled **"Basic Sewing, Cutting, and Hand Embroidery Training Program for Women Empowerment,"** is a 78-day training initiative organized by the **Rotary Club of Pokhara in collaboration with the Rotary Club of Singapore** and the Rotaract Club of Pokhara. Over 390 hours of lessons, the women are learning to sew and embroider—skills that can help them earn a livelihood and support their families.

"When you teach a woman a skill, you give her the power to rebuild her life," says Kapil Kiran Shrestha, the project coordinator and a member of the Rotary Club of Pokhara. "Sewing and embroidery are practical trades because women can work from home, manage their time, and still

earn an income."

Ten of the participants are learning basic sewing and cutting, while the other ten are specializing in hand embroidery. Their progress has been remarkable. They began with simple stitches, but now they can create full garments and intricate embroidered designs. More importantly, they have gained confidence, built friendships, and found renewed hope for the future.

When the training ends, the journey will not stop there. The Rotary team is helping the women form a Women's Handicraft Group so they can work together, share ideas, and sell their products in larger markets.

"This is where the real work begins," says Khitiz Poudel, coordinator from the Rotaract Club of Pokhara. "The training gives them skills, but we want to make sure they can use those skills to earn a living."

The clubs are also working to connect the women with buyers and organizations that value handmade Nepali crafts—both within Nepal and abroad. These connections will help transform their skills into real business opportunities.

This project reflects Rotary's commitment to fostering sustainable community development. Rather than providing short-term aid, it empowers people with the tools and opportunities to build better lives for themselves.

As Rotary celebrates Community Economic Development Month this October, the story of these twenty women in Pokhara stands as a powerful reminder that small efforts can create big change. When women are empowered, families and entire communities grow stronger.

Amid the gentle rhythm of sewing machines, something beautiful is unfolding. The women of Pokhara are not just learning to sew—they are stitching together a new story of confidence, dignity, and hope, one thread at a time.





Towards Polio Eradication

Dr. Suniti Acharya

Chair

Polio Plus Subcommittee 2025-2026

Introduction

Polio is a highly infectious disease caused by the poliovirus. There are three types of poliovirus, WPV123, mostly affecting young children, that attack the nervous system and can lead to spinal and respiratory paralysis, and in some cases, death. Polio has existed since prehistoric times—ancient Egyptian images show children walking with canes, with withered limbs characteristic of



the disease. Although major polio epidemics were unknown before the 20th century, the disease has caused paralysis and death for much of human history. Over millennia, polio survived quietly as an endemic pathogen until the 1900s, when major epidemics began to occur in Europe. Soon after, widespread epidemics appeared in the rest of the world. At its peak in the 1940s and 1950s, polio would paralyze or kill over half a million people worldwide every year.

The first successful demonstration of a polio vaccine was by Hilary Koprowski in 1950, with a live attenuated virus in an oral vaccine. The vaccine was not approved for use in the United States but was used successfully in other countries. Two vaccines are used throughout the world to combat polio. The first was developed by Jonas Salk, first tested in 1952, and announced to the world by Salk on April 12, 1955. The Salk vaccine, or inactivated poliovirus vaccine (IPV), consists of an injectable dose of killed poliovirus. In 1954, the vaccine was tested for its ability to prevent polio; its field trials grew to be the largest medical experiment in history.

Eight years after Salk's success, Albert Sabin developed an oral polio vaccine (OPV) using a live but weakened (attenuated) virus. Human trials of Sabin's vaccine began in 1957, and it was licensed

in 1962. After this, worldwide immunization with oral polio vaccines (OPV) and inactivated polio vaccines (IPV) started and has significantly reduced the incidence of poliomyelitis. The polio vaccine was introduced in Nepal in 1985. It was expanded into a countrywide operation by 1990.

Global Polio Eradication Initiatives GPEI.

In 1988, the World Health Assembly passed a resolution to eradicate polio—to achieve its permanent reduction to zero, with no risk of reintroduction—and in the same year, the Global Polio Eradication Initiative (GPEI) was launched.

The WHO's work towards this milestone was complemented by Rotary International, who wants to keep the momentum of smallpox eradication going to ensure that no child is unnecessarily paralyzed for life ever again. Later on, other partners like UNICEF, CDC, and the Bill and Melinda Gates Foundation joined. Because of the efforts of the GPEI and its partners and national governments, millions of doses of oral polio vaccine were administered through mass campaigns, saving the lives of up to 60,000 children. Health workers all over the world vaccinated more than 400 million children in 2023, saving the lives of up to 60,000

children and preventing an estimated 650,000 cases of paralysis from polio. Since the Global Polio Eradication Initiative (GPEI) was launched in 1988 to eradicate all polio viruses, the global incidence has decreased by over 99.9% from an estimated 350,000 in 1988 in more than 125 endemic countries to 140 cases reported in two countries, Afghanistan and Pakistan, in 2020. By 2025, in Afghanistan, WPV1 was reported in 29 cases this year. In Pakistan the total number of cases this year is 29.

Though vaccines have stopped the spread of wild poliovirus in all but two countries: Afghanistan and Pakistan. However, other countries have experienced outbreaks of poliovirus variants, which can emerge in areas where immunization rates are low.

Polio Certification and Eradication

The Regional Certification Commissions carry out a careful and detailed review of the documentation that each country presents to demonstrate its progress and contribute to the eradication of polio. By 1994, polio had been eliminated from the Americas, and by 2000, the Western Pacific was polio-free. WHO's South-East Asia region was certified polio-free in 2014, and the African region in 2020.

Rotary International's Contributions to Polio

In 1985, Rotary International committed to raising 120 million USD for immunizing children of the world against polio. This pledge inspired the adoption of the Global Polio Eradication Initiative by the WHO. Rotary International began immunizing children against polio in 1979 in the Philippines and in 1985. RI joined GPEI in 1988. Building healthy futures was at the core of Rotary International's mission when it began this fight to end polio for good in 1985. Rotary Nepal started its Polio Plus program in 1989.

Rotary launched its polio eradication program, Polio Plus. In 1988, the World Health Assembly (the governing body of the WHO) resolved to end polio. Toward that goal, Rotary helped assemble partnerships with WHO, UNICEF, and the U.S. Centers for Disease Control and Prevention that established the GPEI. The Gates Foundation and Gavi, the Vaccine Alliance, later joined.

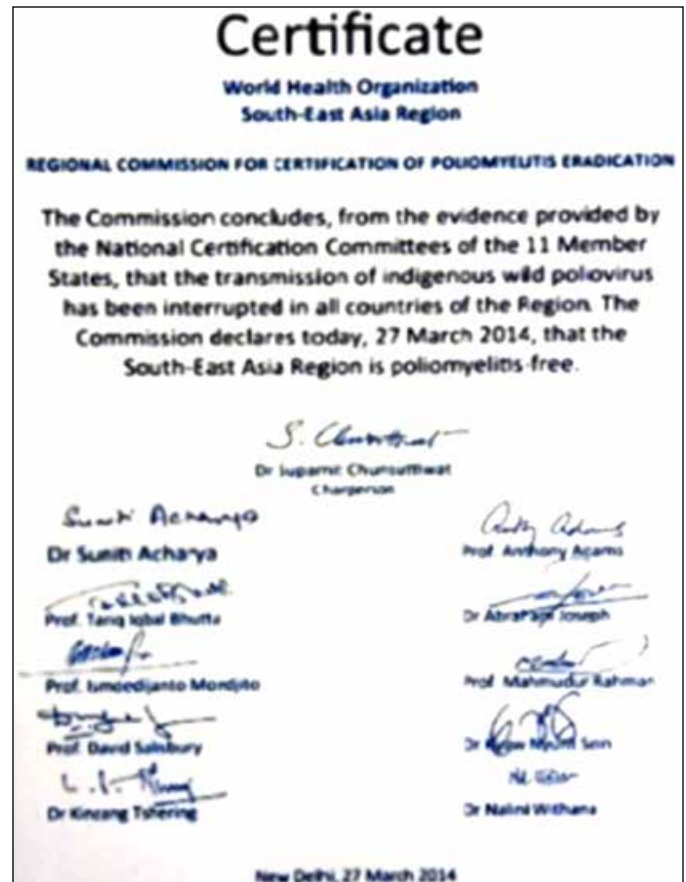
Rotary's primary role in the GPEI is fundraising, advocacy, raising awareness, and volunteer mobilization. Rotary members raise funds, secure support from governments, nongovernmental organizations, corporations, and the public, immunize children, and promote awareness in their communities.

Rotary has helped immunize 3 billion children against polio, contributed more than \$2.7 billion to global polio eradication efforts, and helped secure more than \$10 billion from donor governments. In addition to funding for vaccines at the Rotary International level, Rotary at the country level is also doing lots of advocacy and social mobilization work in addition to each club contributing to the RI Polio Fund.

The way forward towards eradication

The 2026 Action Plan, developed through extensive consultation and grounded in the latest data, sets out how GPEI partners, including Rotary, will focus activities where they will have the greatest impact, making deliberate, sometimes challenging choices to minimize risk, safeguard hard-won gains, and maintain progress toward a polio-free world.

- Target investments to the highest-risk areas of Afghanistan and Pakistan, the last remaining strongholds of wild poliovirus, and outbreak zones in Southern and Central Africa, the Horn of Africa, and the Lake Chad Basin.
- Expand new vaccination strategies, including delivery of the novel oral polio vaccine type 2 (nOPV2) in between campaign rounds and fractional dose



inactivated polio vaccine (IPV) during campaigns to close immunity gaps in the hardest to reach places.

- More systematically integrate with health partners, such as measles and nutrition services, to reach the most vulnerable children and strengthen routine immunization.
- Enhance national surveillance and lab capacities to ensure rapid detection and response to outbreaks, even as budgets tighten.

Conclusion

It is our collective duty to prepare for a lasting polio-free world. Specifically, essential immunization, surveillance, and the new approach to polio transition, which draws upon lessons learned and puts countries at the forefront, as solutions need to be country-specific and tailored to each country's own context. Within that context, it is necessary to emphasize the importance of implementing all activities to not only achieve a polio-free world but also to sustain it.





Global Ethics Day Matters in Rotary

Rabi Prasad Baral
Chair
Rotary Ethics and Four-Way Test Subcommittee

Each year, the world observes Global Ethics Day on October 10 to reflect on the moral foundations that guide human behaviour, leadership, and global progress. Initiated by the Carnegie Council for Ethics in International Affairs, based in New York City, this day offers individuals, organizations, and institutions a meaningful opportunity to examine how ethical principles shape decisions and influence society.

For Rotarians, the day holds profound significance. Ethics is not merely a topic for annual reflection; it is the backbone of Rotary's identity and philosophy of service.

1. **Is it the truth?**
2. **Is it fair to all concerned?**
3. **Will it build goodwill and better friendships?**
4. **Will it be beneficial to all concerned?**

These four simple yet profound questions guide every Rotarian in personal, professional, and community life. They are far more than slogans; they are enduring principles that shape character, build trust, and ensure that actions reflect honesty, fairness, and goodwill.



Why Global Ethics Day Matters in Rotary ?

Global Ethics Day invites people around the world to reflect on the importance of ethics in addressing today's most pressing global challenges: inequality, corruption, environmental degradation, and conflict. Initiated by the Carnegie Council for Ethics in International Affairs, this observance encourages thoughtful engagement with the moral principles that guide our shared future.

Rotary, with its 1.4 million members across more than 200 countries, stands as a global moral force dedicated to peace, integrity, and Service Above Self. Rotarians practice ethical decision-making every day, allocating project funds responsibly, ensuring fairness in selection processes, fostering transparent partnerships, and leading their communities by example.

Global Ethics Day serves as a powerful reminder that ethics is not abstract; it is practical and transformative. It holds great significance in

Ethics: The Heart of Rotary

When Paul Harris founded Rotary in 1905, his vision reached beyond friendship and networking. He envisioned a community of professionals committed to upholding the highest standards of integrity in both business and service. This moral compass was later institutionalized through Rotary's Four-Way Test, one of the most recognized ethical frameworks in the world:

Rotary because it strengthens the culture that distinguishes Rotary from other service organizations: a culture built on trust, truth, and fairness. In a time when ethical lapses in politics, business, and public life continue to erode public confidence, Rotary's steadfast commitment to ethical conduct stands as a moral compass for society.

District-Level Initiatives

To uphold the enduring value of Rotary Ethics and the Four-Way Test, Rotary Districts shall embed these guiding principles throughout all leadership development initiatives. This includes their systematic integration into Club Officers Training Seminars (COTS), District Conferences, and Training Programs conducted at the district, regional, and club levels.

The District Subcommittee on Rotary Ethics and the Four-Way Test, in close collaboration with the District Governor, is currently drafting the Terms of Reference (TOR). This framework will serve as a practical guide for clubs and Rotarians across the district, ensuring consistent adherence to Rotary's ethical standards.

In collaboration with the District Committee, Rotary Clubs are encouraged to host essay writing and public speaking contests focused on ethics and the Four-Way Test. These events should engage school and college students, inter-club participants, and Gen-Z youth, helping to cultivate integrity, civic responsibility, and ethical consciousness among the next generation.

In a spirited observance of Global Ethics Day 2025, Rotary District 3292 hosted a grand celebration on October 10 in Kathmandu. The event brought together Past District Governors, esteemed Rotary dignitaries, and fellow Rotarians in a shared commitment to ethical leadership. Spearheading the program was RC Mount Everest Lalitpur, a consistent champion of this initiative since 2017, with outstanding coordination led by Rtn. Badan Lal Nyachhon.

Ethics Re-envisioned in Rotary

The 2025 Global Ethics Day theme, "Ethics Re-envisioned," invites individuals and institutions to rethink how ethical principles address today's complex global realities. For Rotary, this theme resonates deeply. Rotary's Four-Way Test remains a timeless moral compass, yet its relevance hinges on how it responds to modern challenges, digital transparency, artificial intelligence, climate responsibility, and inclusive development.

Rotary's five core values—Service, Fellowship, Diversity, Integrity, and Leadership align naturally with this call for ethical renewal. Re-envisioning ethics means reaffirming these values through the lens of contemporary issues, prompting Rotarians to ask, "How do we ensure ethical use of technology?" How do we promote fairness and equity in service? How do we model transparency and good governance?

By embracing "Ethics Re-envisioned," Rotary acknowledges that ethics must evolve with time and context. This is both a challenge and an opportunity to innovate with conscience, lead with humility, and serve with renewed moral clarity. Ethical leadership today demands reflection, responsiveness, and a commitment to inclusive impact.

Rotary as a Global Ethics Movement

Rotary's mission to create lasting change, whether through disease prevention, peacebuilding, or youth empowerment, rests on the foundation of ethical leadership. Integrity and accountability are not optional; they are

essential. True ethical leaders choose what is right, even when it is difficult or unpopular.

Global Ethics Day offers Rotarians a timely opportunity to reflect on the moral principles that guide their service. This reflection reinforces Rotary's motto, Service Above Self, as both an enduring ideal and a declaration of ethical responsibility.

In truth, Rotary has been honouring the spirit of Global Ethics Day for over a century, long before its formal recognition. Programs like RYLA, Rotaract, and the Ethics and Four-Way Test Committees continue to nurture ethical awareness and moral reasoning among emerging leaders.

Ethics in Rotary transcends borders and beliefs. It unites diverse cultures around a shared vision: that peace and progress must be rooted in fairness, truth, and respect. Every Rotarian, club, and district plays a vital role in stewarding this ethical legacy.

Conclusion

As the world observes Global Ethics Day, Rotarians are called not only to reflect but also to act by demonstrating ethical leadership in every sphere of life. In doing so, Rotary continues to serve as a living example of how ethics can inspire service, build trust, and transform communities.

Global Ethics Day truly matters in Rotary because ethics is what gives Rotary its soul. Without ethics, service loses its meaning; with ethics, service becomes a light for humanity.



Rotarians Across Four Nations Unite for Rotary's UN International Day of Peace



UNITE FOR GOOD **Rotary** **PEOPLE of ACTION**

JOIN US !!!!!

Rotary's UN International Day of Peace multi-country Rotary Zoom Celebration

DATE: Sunday, September 21, 2025
TIME: 2.00 - 3.00 pm AEST, Sydney
9.30 - 10.30 am IST, India
9.45 - 10.45 am NPT, Nepal
12.00 - 1.00 pm PHT, Philippines

Join your Rotarian Colleagues and guests from NEPAL, PHILIPPINES, INDIA & AUSTRALIA for a celebration of four Rotary initiatives creating meaningful progress towards peace.

Only ONE (1) hour of your day - but a lovely way to celebrate the UN International Day of Peace 2025!

  <https://us05web.zoom.us/j/86574481299?pwd=HSZ33vdf537uYS3a24aT70hNChsAHG.1>

Our Esteemed Speakers:

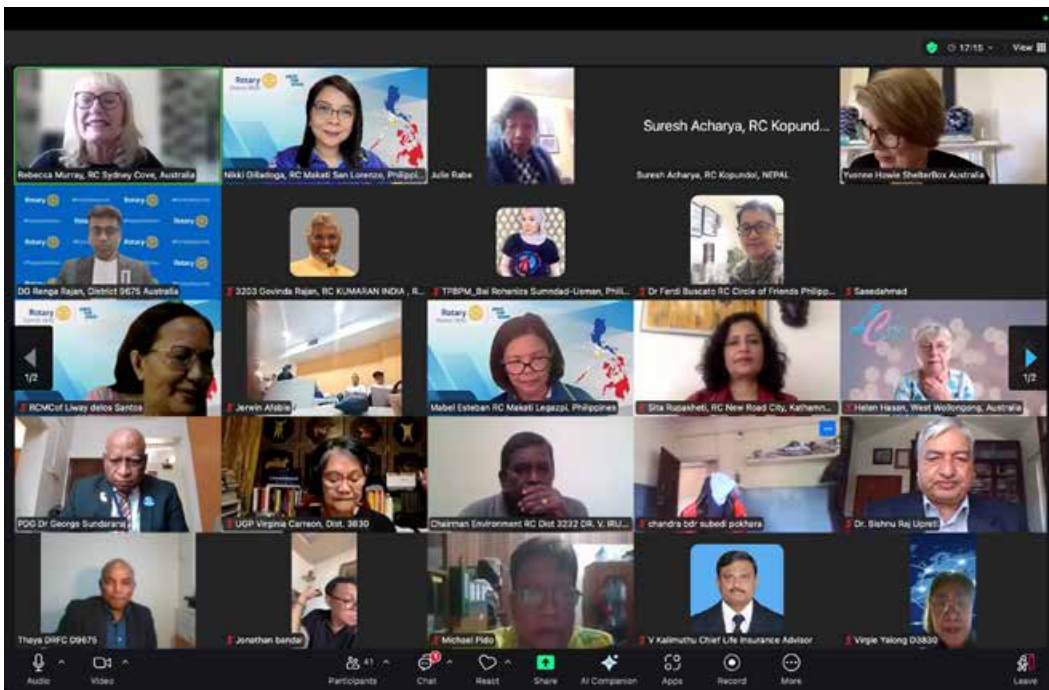
- 
Bai Rohaniza Sumndad Usman
Planting Seeds of Peace: Growing Generations of Peace Heroes
- 
PDG Dr. George Sundararaj
International Exchanges to Promote Peace and Understanding
- 
Dr. Bishnu Raj Upreti
Conflict, Peace & Security
- 
RTN Yvonne Howie
Supporting Displaced People through Shelterbox.

Kathmandu, Nepal
September 21, 2025

More than 200 Rotarians from Nepal, Australia, India, and the Philippines came together online on Sunday to mark the UN International Day of Peace, sending a powerful message of unity and hope during a period of national reflection in Nepal.

The multi-country celebration was jointly hosted by the four Rotary Districts and featured four keynote speakers, each representing their country, who delivered impactful messages on

peace and reconciliation. From Nepal, Dr. Bishnu Raj Upreti, a leading conflict management scholar and professor, spoke on "Conflict, Peace & Security." Representing Australia, RTN Yvonne Howie highlighted "Supporting Displaced People through Shelterbox." From India, PDG Dr. George Sundararaj emphasized the role of "International Exchanges to Promote Peace and Understanding." From the Philippines, Bai Rohaniza Sumndad Usman inspired the audience with her talk, "Planting Seeds of Peace: Growing Generations of Peace Heroes."

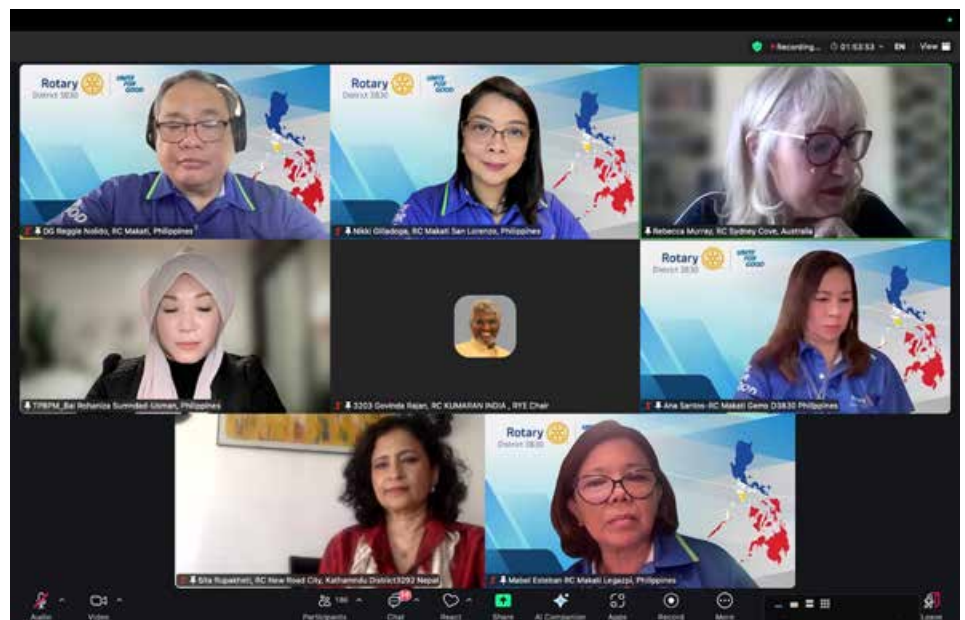


"This year, more than ever, we were reminded that peace is not just an ideal; it is our responsibility," noted one participant.

The program was efficiently coordinated by Rebecca Murray, International Service Chair of District 9675 (Rotary Club of Sydney Cove, Australia), whose leadership connected voices across four time zones. From Nepal, International Service Chair Sudip Koirala and Co-Chair Sita Rupakheta led local coordination, supported strongly by District Governor Binod Koirala and district leaders.

The event began with a moment of condolence for the families who lost loved ones during Nepal's recent political movements. "The sacrifices of so many young Nepalis are a reminder of our nation's deep yearning for justice, dignity, and equality," a speaker noted, emphasizing the urgent relevance of the message of peace.

Despite the challenges of coordinating across continents, Rotarians joined in large numbers. Their participation itself stood as a statement that service, trust, and compassion remain stronger than division.



Celebrating Global Ethics Day 2025 National Symposium



The 2025 symposium was widely regarded as a highly successful event, recognized by participants as a strong call for greater commitment from Rotary International District 3292 and Nepalese society to uphold ethics and the Four-Way Test. Distinguished speakers included Past District Governor Ratna Man Sakya (Chief Guest), Prof. Dr. Rajendra Dhoj Joshi of MBUST (Keynote Speaker), Guest Speaker Pradeep Kumar Shrestha, Prof. Timila Yami Thapa, and Rajendra Shakya.

Rtn. Pradeep Man Vaidya, Past Chair of the NRCL, provided an update on the progress of the Memorandum of Understanding (MoU) signed in 2023 between Rotary International District 3292 and the UN Global Compact Nepal. The event also featured addresses by Past District Governor Jaya R. L. Shah and Ethics Champion Arch. Swostina Ranjit.

Hotel Shangrila Blue, Lalitpur October 10, 2025

The Global Ethics Day (GED) National Symposium 2025-26 was celebrated in Nepal on October 10, 2025, marking the ninth consecutive year of the event since its initiation by the Rotary Club of Mount Everest Lalitpur (RCMEL). This year, the symposium was jointly organized by RCMEL and the Network of Rotary Clubs of Lalitpur (NRCL). The Convener of the National Symposium, Rtn. Badan Nyachhyon, highlighted the objectives and structure of Global Ethics Day, emphasizing its role as a common platform for promoting awareness on ethics, integrity, and the Rotary Four-Way Test among Rotarians, Rotaractors, government officials, business and professional communities, civil society, and the younger generation. He reflected on the continuous efforts over the past nine years, including the translation of the Four-Way Test into ten languages of Nepal and Bhutan, as well as youth engagement activities such as essay and speech competitions and the annual declaration of the Ethics Champion of the Year.





In concluding remarks, District Governor Elect Vishnu Bahadur Karkee congratulated the organizers for the successful execution of the symposium and expressed his commitment to elevating the event to greater heights in the coming year, with increased youth engagement both within and beyond Rotary. Rtn. Rajendra Bam delivered the Vote of Thanks on behalf of NRCL and the organizing team, while Dr. Bhawani Thapa Ghimire, Co-chair of the Rotary Ethics and Four-Way Test Subcommittee, served as the host of the event.

Inspirational messages were sent by Rotary International President Francesco Arezzo, District Governor Binod Koirala, and Rtn. Rabi Prasad Baral, Chair of the Rotary Ethics and Four-Way Test Subcommittee.

A total of 55 participants attended the symposium, contributing to the meaningful success of Global Ethics Day 2025 in Nepal.



Inter City Meeting on End Polio Now



Best Western Plus, Kathmandu October 18, 2025

Rotary International District 3292 Nepal Bhutan successfully organized an Intercity Meeting on the theme "END Polio Now" to commemorate World Polio Day 2025, celebrating the birthday of Jonas Salk, the inventor of the injectable polio vaccine. The event was attended by approximately 200 participants, including Rotarians, Rotaractors, representatives from WHO and UNICEF, the Nepal Paediatric Society, Ministry of Health officials, local government representatives, health workers, doctors, nurses, and community volunteers. Sunil Tuladhar served as the Master of Ceremonies, efficiently managing the program and time. Welcome addresses were delivered by Dr. Suniti Acharya, PolioPlus Subcommittee Chair, and Krishna Pandey, ICM Chair. Dr. Acharya emphasized that although Nepal has been polio-free since 2010, sustaining immunization and surveillance and adopting new eradication strategies remain critical for achieving a lasting polio-free world.





The program featured powerful personal narratives that highlighted the real-life impact of polio. Dr. Raju Dhakal, a polio survivor, shared his journey from contracting polio in Gorkha to becoming a successful doctor serving spinal cord injury patients, illustrating resilience and determination. Dr. Tara Man Amatya recounted his visit to the Franklin Roosevelt Museum, showcasing the pre-vaccine era and global efforts that led to vaccine development. These experiences provided inspiration and context to the technical discussions.

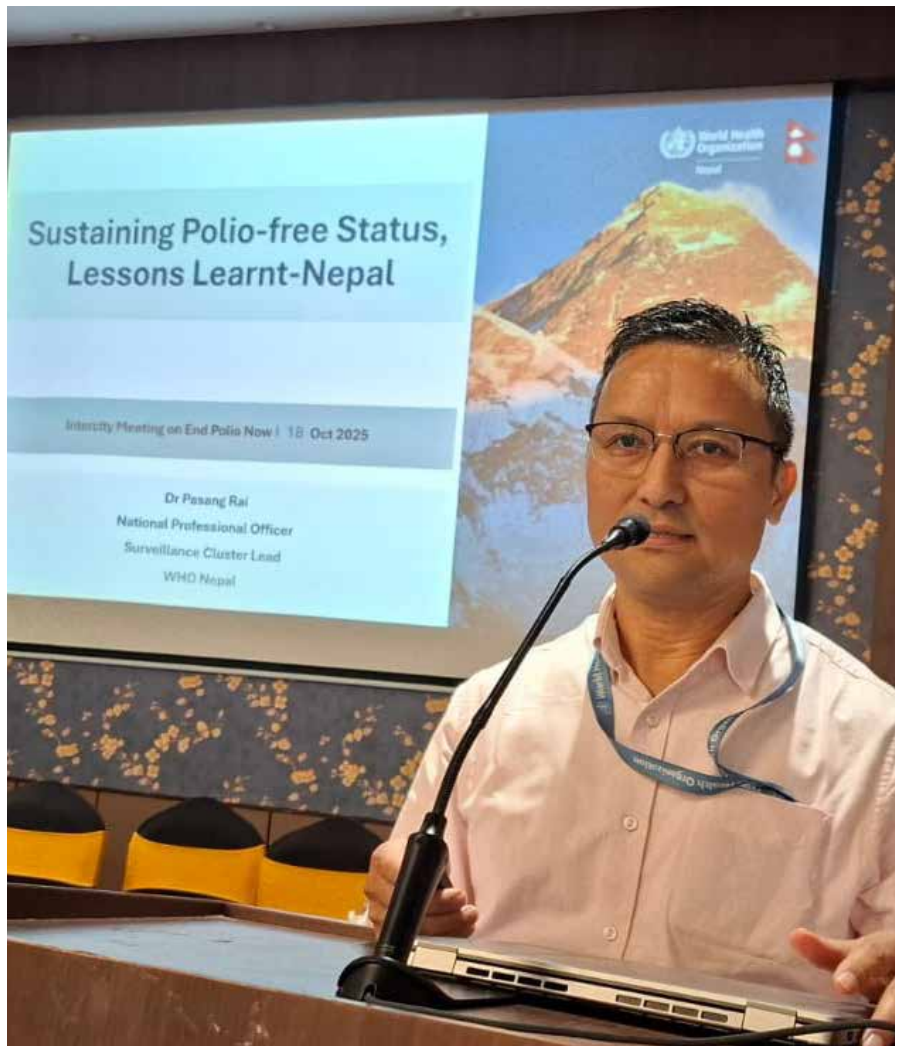
The program included an inspirational performance by singer Sabina Karki, which received enthusiastic applause from the attendees. District Governor Binod Koirala highlighted Rotary International's financial contributions to global vaccine supply and urged Rotarians to continue supporting polio eradication efforts. A representative from WHO Nepal presented the country's polio-free status and shared the certification of the South Asia region as polio-free, recognizing the efforts of the Regional Certification Commission, which included Dr. Acharya as the Nepali commissioner. The polio-free certificate was formally presented to the Minister of Health, with Dr. Badri Raj Pande, a member of the National Committee, in attendance. WHO representatives also outlined strategies adopted by the organization and the Government of Nepal to maintain this status, emphasizing continuous surveillance and preparedness for outbreak response.



Representatives from the Ministry of Health highlighted ongoing programs conducted in collaboration with WHO and stressed the need for sustained resources to maintain polio surveillance. Key strategies included high-level advocacy with partners and donors, strengthening subnational capacity for outbreak preparedness, enhancing cross-border surveillance, conducting regular polio risk assessments, and establishing primary immunodeficiency surveillance for early detection of VDPV and poliomyelitis cases. The UNICEF representative reiterated the organization's commitment to support Nepal's polio-free efforts, while Rtn. Dr. Badri Raj Pande acknowledged the Nepal Paediatric Society's role in developing polio guidelines and standards. Representatives from Kathmandu and Lalitpur Metropolitan Cities expressed appreciation for their first invitation to the meeting, highlighting routine monthly immunization clinics and the critical advocacy work carried out by community health volunteers.



The session concluded with a lively discussion, where participants asked technical questions, which were addressed by experts. Attendees also suggested that Rotary expand its engagement with health workers, volunteers, and local governments to strengthen polio eradication efforts further. The meeting effectively combined technical guidance, personal inspiration, and strategic planning, reinforcing collaboration among stakeholders, celebrating Nepal's polio-free achievement, and reaffirming the country's ongoing commitment to maintaining a polio-free status. It also emphasized the importance of multisectoral cooperation and continuous community engagement in sustaining global eradication efforts.





District Governor's Official Club Visit

The District Governor's Official Club Visit is one of the most significant annual events of Rotary International, designed to strengthen engagement, communication, and collaboration between district leadership and individual clubs. These visits serve as a cornerstone of Rotary's governance and fellowship, ensuring that the clubs remain aligned with the broader vision and mission of Rotary International.

During these visits, the Governor engages in meaningful dialogue with club leaders and members—reviewing service activities, recognizing achievements, addressing challenges, and outlining strategies for growth. This process provides valuable guidance and motivation while helping clubs align their goals with district priorities and Rotary's global objectives. It also reinforces the culture of accountability, transparency, and fellowship that defines Rotary service.

Beyond administrative review, the visits inspire members, foster unity, and promote collaboration among clubs. By sharing insights and best practices, the District Governor strengthens bonds of fellowship and creates opportunities for greater synergy, inter-club initiatives, and collective impact.

District Governor Binod Koirala of Rotary International District 3292, Nepal & Bhutan, commenced his official club visits in July 2025 with great enthusiasm. Demonstrating his strong commitment to grassroots engagement, he spent considerable time and effort to personally interact with members across diverse regions of the district. By the end of October 2025, he had successfully visited 35 clubs across the district.

These visits showcased impactful service projects, fostered constructive dialogue, and re-engineered motivation for the Rotary year ahead. Governor Koirala's interactions were widely appreciated for providing encouragement, practical insights, and a clear sense of direction for advancing Rotary's mission within the local contexts of Nepal and Bhutan.



DG Visit RC Baglung



DG Visit RC Kathmandu Mid-Town



DG Visit RC Yala



DG Visit RC Bagmati, Kathmandu

Rotary Club of Yala Marks District Governor's Visit with Meaningful Contributions

During the District Governor's Official Club Visit on October 17, 2025, the Rotary Club of Yala presented the District Governor with a USD 100 cheque as a token of admiration and love for the PolioPlus Fund—a significant gift ahead of World Polio Day on October 24, 2025. Rtn. Om Shanker Shrestha presented the cheque, highlighting the club's long-standing support for Rotary's global effort to eradicate polio. The club also contributed USD 4,500 to The Rotary Foundation's Annual Fund. This generous gesture demonstrates the Rotary Club of Yala's unwavering commitment to both the PolioPlus campaign and The Rotary Foundation, underlining its active participation in promoting Rotary's humanitarian activities and worldwide service purpose.





Comprehensive Health, Eye Screening and Cataract Surgery Camp

RC Pokhara Fishtail
October 9-12, 2025

The Rotary Club of Pokhara Fishtail successfully organized a Comprehensive Health and Eye Screening & Cataract Surgery Camp at Jaimini Municipality, Kushmeshera, Baglung, from October 9 to 12, 2025, in collaboration with ICO Foundation Canada and Himalaya Eye Hospital, Pokhara, with District Governor Binod Koirala as the Chief Guest. The initiative aimed to provide essential health and eye care services to the rural population, enhancing access to preventive care and improving community well-being.

During the four-day camp, 1,375 individuals received eye screening services, and 58 cataract patients underwent successful surgeries.



Additionally, 450 reading glasses and essential eye medicines were distributed free of cost. A dedicated women's health check-up benefited 239 women, screening for uterine prolapse, cervical cancer, and breast cancer, while 208 beneficiaries received ultrasound services for early detection and preventive care.

The camp also focused on adolescent health through an awareness session on menstrual hygiene management, during which 150 adolescent girls from four government schools were provided with reusable sanitary pads. This comprehensive approach addressed critical health needs, promoted preventive care, and raised awareness about overall well-being.

The initiative showcased the club's commitment to delivering accessible medical services to underprivileged populations. The Rotary Club of Pokhara Fishtail expressed sincere gratitude to Himalaya Eye Hospital, the local government,



and all volunteers and partners for their support, cooperation, and dedication, which were instrumental in the successful execution of this humanitarian program. The camp significantly contributed to community health awareness and strengthened the foundation for continued healthcare outreach in rural areas.





Cerebral Palsy Day Celebration at Rotary CP Day Care Center

RC Biratnagar Downtown
October 8, 2025

The Rotary Club of Biratnagar Downtown organized a special event to celebrate Cerebral Palsy (CP) Day at its signature project site—the Rotary CP Day Care Center. The program aimed to raise awareness about cerebral palsy, appreciate caregivers, and bring joy to the children under the club's care. It also served as a platform to strengthen fellowship and unity among Rotary members, as representatives from the Rotary Club of Biratnagar and Rotary Club of Biratnagar Fusion joined the celebration, reflecting this year's theme, "Unite for Good."

With a budget of Rs. 35,000, the event enhanced the center's facilities and created a cheerful atmosphere. To improve comfort, four ceiling fans, two stand fans, and twenty chairs were installed. Gift bags bearing the Rotary emblem and filled with goodies were distributed to all children, while Rotarians and guests enjoyed tea, snacks, and biscuits. All attending members proudly wore "Unite for Good" button buddies, symbolizing Rotary spirit and solidarity.

The event received strong support from the Rotary Club of Biratnagar, the Rotary Club of Biratnagar Fusion, and generous donors. Two donors were recognized with Four-Way Test mementos, Rotary cloth bags, and themed calendars for their valuable contributions.

The beneficiaries included children with cerebral palsy, who enjoyed improved comfort and engagement, and staff and caregivers, who experienced better working conditions and renewed motivation. The program also raised community awareness of the center's mission and impact.

Overall, the celebration brought enhanced infrastructure, greater visibility for the project, stronger inter-club collaboration, and inspired continued support from donors and Rotarians. The newly installed facilities serve as lasting assets, while the reinforced partnerships and goodwill ensure the CP Center's continued growth and sustainability.



Blood Donation Program

RC Godawari
October 18, 2025

The Rotary Club of Godawari successfully organized a meaningful and impactful Blood Donation Program in close collaboration with Godawari SACCOS on October 18, 2025, at Godawari, Lalitpur. The program witnessed a remarkable response, with a total of 32 generous and compassionate individuals—including both Rotarians and non-Rotarians—stepping forward to donate blood. Each donation represented not just a gift of life but a powerful demonstration of selfless service and humanity, directly contributing to saving lives in our community.

We would like to extend our heartfelt gratitude to the Nepal Red Cross Society, Lalitpur, for their invaluable technical guidance, expert supervision, and seamless coordination. Their professional support ensured that the entire blood collection process was conducted safely, efficiently, and in accordance with the highest standards of health and hygiene. The collaboration between Rotary and the Red Cross exemplified how teamwork and shared vision can bring about significant positive change.

This initiative stands as a proud testament to Rotary's enduring guiding principle, "Service Above Self." It highlights the unwavering commitment of our members and partners to serve humanity, support those in urgent need, and foster a stronger, healthier, and more compassionate community. Through acts of kindness such as this, Rotary continues to inspire hope, promote social responsibility, and reinforce the profound impact that collective service can achieve.





Distribution of Tracksuits to Thali Police Station

RC Himalayan Golfers
October 11, 2025

A special distribution program was organized at the Thali Police Station on October 11, 2025, to provide tracksuits to police personnel who had suffered during the Gen-Z movement that took place on September 8 and 9, 2025. The event was held to express appreciation and solidarity with the officers for their dedication and service during a challenging time.

The program was conducted in the presence of members of the Rotary Club of Himalaya Golfers (RCHG), along with local stakeholders and community representatives. The distribution was led by Club President Rtn. Daman Bahadur Ghale and Immediate Past President Rtn. Bijay Bahadur Shrestha, who jointly handed over the tracksuits to the police officers in a brief yet meaningful ceremony.

The initiative reflected Rotary's continued commitment to supporting those who serve the community and maintaining harmony during times of unrest. The gesture was well received by the police personnel, who expressed their gratitude to the club for recognizing their efforts and extending thoughtful support.



The Rotary Foundation Talk

RC Patan West
October 9, 2025

The Rotary Club of Patan West had the honor of hosting Rtn. Kumud Tripathy, Chair of the District Rotary Foundation Committee, as the Guest



Understanding Disasters and Early Warning Systems for Safer Communities

RC Kathmandu Height
October 11, 2025

The Rotary Club of Kathmandu Height organized a special talk on "Understanding Disasters and Early Warning Systems for Safer Communities" by Er. Suraj Gautam, a Disaster Risk Reduction professional, on October 11, 2025, at Hunger Hub, New Baneshwor, Kathmandu. The event was held to raise awareness about disaster management and early warning mechanisms in light of the recent disaster situation in Ilam and to mark International Disaster Risk Reduction Day (October 13).

Er. Gautam delivered an engaging presentation on the fundamentals of disaster risk reduction, explaining key components—hazard, vulnerability, risk, and preparedness—and their interconnections. He discussed major disaster types in Nepal, such as earthquakes, floods, landslides, debris flows, fires, and unsafe infrastructures, emphasizing the importance of identifying emergency points in workplaces and public spaces.

The session, attended by club members and proposed Rotaractors both in person and online, was highly interactive and practical. It encouraged participants to integrate disaster preparedness into community service, with key takeaways including the development of a Disaster Preparedness Calendar and a better understanding of the risk management cycle.

Speaker. His session was insightful and inspiring, focusing on the core of Rotary's humanitarian mission.

Rtn. Tripathy delivered a comprehensive presentation on the vital role and global impact of The Rotary Foundation, emphasizing how every contribution—big or small—drives life-changing projects across the world. From eradicating polio to promoting peace and providing clean water, he highlighted how the Foundation continues to transform lives globally.

A key part of the session was the presentation of a four-year data analysis on Foundation collections, offering a transparent overview of the club's fundraising performance and setting a clear benchmark for future goals.

Encouraging members to deepen their involvement, Rtn. Tripathy highlighted various recognition levels through which Rotarians can contribute to the Foundation's mission, including:

- Paul Harris Fellow (PHF)
- Multiple Paul Harris Fellow (MPHF)
- Paul Harris Society (PHS)
- Major Donor (MD)



His address served as a powerful call to action, inspiring members to strengthen their commitment to The Rotary Foundation's noble cause. The interactive Q&A session that followed provided members with valuable insights into the Foundation's priorities and impact.

The meeting concluded with Club President Rtn. Suman K. Pokharel presenting a Token of Love to Rtn. Tripathy in appreciation of his time and inspiring message. The session was a resounding success, leaving members motivated to further advance the mission of The Rotary Foundation.





Handover of Steel Cabinets to Police Station

RC Kavre Banepa
September, 2025

The Rotary Club of Kavre-Banepa handed over four steel cabinets worth NPR 50,000 to the Area Police Station, Banepa, to help restore infrastructure damaged during the Gen-Z Protest. The initiative aimed to support secure record-keeping and improve office functionality. The handover ceremony, attended by local officials, police personnel, and Rotarians, reflected Rotary's commitment to community development, peacebuilding, and institutional support. The Area Police Office expressed heartfelt gratitude for Rotary's timely assistance, which strengthened collaboration between Rotary and law enforcement in rebuilding community trust and efficiency.



Flood Relief Support in Ilam and Rani, Biratnagar

RC Biratnagar Central
October 10, 2025

The Rotary Club of Biratnagar Central actively participated in a humanitarian relief initiative organized by Udhog Sangathan Morang to support families affected by the recent devastating floods in Ilam. As part of this collaborative effort, essential relief materials—including clothes, mats, shoes, and food items—were handed over to the Ilam Chamber of Industries for distribution among the flood-affected communities. A total of 100 individuals benefited from this meaningful initiative, receiving much-needed supplies to help them recover and rebuild their lives.



Track Suits Distribution

RC Yala
September 27, 2025

The Rotary Club of Yala, in collaboration with the Anns Group, organized a meaningful visit to the Anmol Children Development Home located in Baneshwor. The program was held with the noble intention of spreading joy and festive spirit among the resident children before the Dashain celebration. During the visit, new tracksuits and t-shirts were distributed to 21 orphaned children, symbolizing warmth, care, and the spirit of togetherness that Rotary upholds. Furthermore, a cash contribution of Rs. 4,000 was extended to support the children's festive needs, bringing the total expenditure to Rs. 24,000, of which Rs. 20,000 was allocated for clothing.

The children expressed profound happiness and gratitude upon receiving the gifts, their radiant smiles reflecting the true essence of Dashain—love, sharing, and joy. The gesture not only brightened their festival but also instilled in them a renewed sense of belonging and hope.

This initiative stood as a shining example of Rotary's unwavering dedication to humanitarian service, particularly in underprivileged communities. By extending thoughtful acts of generosity and compassion, the Rotary Club of Yala reaffirmed its commitment to fostering dignity, empathy, and social harmony. Such endeavors exemplify Rotary's enduring mission—to serve humanity selflessly and to make a positive, lasting difference in the lives of those who need it most.





Water Filter Distribution in Flood-Affected Dewanganj, Sunsari

RC Kathmandu Height
October 18, 2025

The water filter distribution program was held on October 18, 2025, in Dewanganj Rural Municipality, Sunsari, to provide safe drinking water to families affected by recent floods. The event was jointly organized by the Rotary Club of Kathmandu

In addition, the club conducted a separate flood relief program on October 10 in the Mills area near the Jute Mill, Rani, Biratnagar. During this program, food items and slippers were distributed to 25 families displaced by the floods. The slippers were generously donated by a club member, while other members contributed food supplies.

Through these compassionate endeavors, the Rotary Club of Biratnagar Central reaffirmed its unwavering commitment to humanitarian service and community welfare. By extending timely support to those in distress, the club once again embodied Rotary's motto, "Service Above Self," and upheld the enduring spirit of fellowship, empathy, and unity that defines Rotary's mission to serve humanity.



Height, the Rotary Club of Kathmandu Circle, and RSK Shelter, with technical and logistical support from the CNIYEF Koshi Chapter.

A total of 108 Aqua Box Emergency Filters, 4 large Community Filters (provided by RC Kathmandu Circle), and 92 Candle Steel Filters (arranged by CNIYEF) were distributed across Wards 3, 4, 7, and 9. The beneficiaries included local households, government schools, health posts, and police stations.

This initiative was made possible through the generous contribution of the Rotary Club of Kathmandu Circle's Charter President Nugal Vaidya, while the organizing clubs managed transportation and logistics.

The RSK Shelter team also provided demonstrations in local languages to ensure proper use of the filters. This humanitarian effort benefited over 200 families, helping prevent waterborne diseases and improving community health and resilience.



Clothes Distribution

RC Itahari Yugal
September 19, 2025

On the joyful and auspicious occasion of Dashain, the Rotary Club of Itahari Yugal organized a heartfelt community service program at Sunolobal Bikash Kendra. The event aimed to bring smiles and festive joy to the faces of young children while promoting the Rotary spirit of Service Above Self.

As part of the celebration, the club distributed new clothes to the students, symbolizing care, compassion, and togetherness during the festive season. The children were delighted to receive their new outfits, which added to their excitement for the Dashain festival. In addition, stationery items such as notebooks, pencils, chocolates, and other educational materials were distributed to support their learning and academic development.

The event created a cheerful and positive atmosphere filled with happiness and laughter. The students expressed their joy and gratitude, which deeply touched the hearts of the Rotarians present. The celebration strengthened the bond between the club and the local community while highlighting the importance of giving back to society and nurturing young minds.

Through this initiative, the Rotary Club of Itahari Yugal once again demonstrated its commitment to community welfare and education. The program served as a beautiful reminder that even small acts of kindness can bring immense happiness and hope to those in need.

The club extended sincere appreciation to all members and volunteers who dedicated their time, effort, and generosity to make this Dashain celebration meaningful, successful, and memorable for everyone involved.



Stationery Materials Distribution

RC Yala
October 5, 2025

The Rotary Club of Yala provided stationery materials to 17 community schools in Lalitpur and Kavre after third, fourth, and fifth grade teachers successfully completed teacher training in English, math, and Nepali as part of the second phase of the Global Grant project—Teaching at the Right Level (TaRL), which aims to improve the quality of education. To provide notebooks, pencils, pens, and other necessary supplies to



the schools, Rotarians personally visited them. The project, which will cost a total of Rs. 250,000, intends to give kids the fundamental resources they need to learn effectively and to establish a supportive learning environment. Teachers and school administrators conveyed their gratitude, pointing out that the resources will significantly enhance classroom involvement and student engagement.



Rotary Club Provides Relief Materials Worth Rs 51,000 to Flood Victims

RC Surunga
October 10, 2025

As floods on October 4 and 5, along with unseasonal rains, continued to disrupt public life, the Rotary Club of Surunga demonstrated humanitarian concern by providing Rs 51,000 in cash relief to affected families.

Rotary Club of Surunga President Dilliram Mainali stated that the assistance was intended to address the immediate needs of families displaced by the floods. In coordination with the local administration, the club handed over the check through Mahendra Giri, coordinator of the One for One campaign, to facilitate the purchase and distribution of relief materials. The relief materials will include rice, lentils, noodles, oil, tarpaulins, clothing, and other daily necessities, according to Mahendra Giri.

Local flood victims expressed gratitude for the club's support, noting that institutional initiatives like this provide significant relief in times of need. "We were in a situation where we could have gone hungry, but the club's support has given us some relief," said one beneficiary.



Four Way Test Distribution

RC Narayani Mid Town
September, 2025

In September 2025, the Rotary Club of Narayani Mid Town conducted a special program to distribute the Four-Way Test in the workplaces of two of its esteemed Rotarians. The distribution took place at the offices of Shikhar Insurance and Golden Agro, both owned and managed by the club members.

During the program, the importance and practical relevance of the Four-Way Test were explained to the staff members working in both offices. Emphasis was placed on how this ethical guideline—asking whether actions are truthful, fair, beneficial to all, and foster goodwill and friendship—can guide decision-making in everyday business and professional conduct.

A total of eight Rotarians actively participated in this initiative, engaging with the employees and encouraging them to integrate the principles of the Four-Way Test into their daily professional and personal lives. The event not only strengthened ethical awareness in the workplace but also reinforced the Rotary Club's commitment to promoting integrity, accountability, and service above self in the local community.



Spreading Festive Joy Through Food Donation

RC Pashupati
October 1, 2025

In celebration of one of Nepal's biggest and most cherished festivals, the Rotary Club of Pashupati Kathmandu organized a food donation program at the Disabled Association in Bungmati, Lalitpur. The initiative aimed to spread joy, compassion, and the true spirit of giving during the festive season by extending support to those in need.

With a total budget of Rs. 50,000, the club provided nutritious food supplies and other essential items

to the organization, which currently shelters 56 differently abled children. These children, who depend on the association for their daily care and sustenance, were deeply touched by the generosity and warmth shown by the Rotarians.

Through this meaningful act of service, the Rotary Club of Pashupati Kathmandu not only helped fulfill the immediate needs of the children but also reinforced the Rotary spirit of "Service Above Self." The program served as a beautiful reminder that festivals become truly special when shared with love and compassion for others, especially those who need it most.



Street dogs were vaccinated, fed, and provided with reflective collars on the occasion of "कुक्कुर तिहार"

RC Mechinagar
October 20, 2025

The Rotary/Rotaract Club of Mechinagar successfully celebrated Kukur Tihar by organizing a special program dedicated to dogs. In a nation where dogs are uniquely worshipped for their loyalty and revered as "भैरवको बहान", the Club focused on practical action to support the street dogs.

The program addressed their core needs through:

- **Vaccination:** Crucial rabies and scabies vaccinations were administered, improving the health of the dogs and ensuring public safety.
- **Feeding:** Nutritious meals were provided to support proper nutrition on their special day.
- **Reflective Collar Distribution:** Reflective collars were placed on the dogs to increase their visibility at night, reducing the risk of road accidents.

Over 100 street dogs benefited from this initiative, reflecting the club's ongoing commitment to animal welfare and public safety. By combining Nepal's rich tradition of dog worship with essential health and safety measures, the Rotary Club of Mechinagar reinforced the profound human-animal bond celebrated during the festival.

The program was made possible with the technical support of Mechinagar Krishi Tatha Pashu Swasthya Pravidhik Samuha.



Poem Writing Competition on the Occasion of World Heart Day

RC Kavre Banepa
September, 2025

To commemorate World Heart Day 2082, the Rotary Club of Kavre-Banepa successfully hosted a unique and inspiring poem-writing competition for Grade 12 students of Kavre and visually impaired participants.

The competition aimed to raise awareness about heart health through creative expression and inclusivity, showcasing the power of words to inspire compassion and promote well-being. Over 35 participants, including students from various schools and differently-abled individuals, took part, making it a memorable and inclusive literary celebration.

Participants presented heartfelt poems on themes of love, empathy, and heart wellness. The event also featured motivational speeches by representatives from Rotary and partner organizations, emphasizing the importance of both heart health and mental well-being.

Winners and participants were honored with certificates and appreciation tokens, while the audience enjoyed a rich blend of talent, emotion, and purpose. The program successfully embodied Rotary's values of Diversity, Equity, and Inclusion (DEI) while advancing its focus on Disease Prevention and Treatment.



World Sight Day - Public awareness stall on eye health

RC Hetauda
October 9, 2025

In celebration of World Sight Day 2025, observed globally by the World Health Organization (WHO) on the second Thursday of October, the Rotary Club of Hetauda, in collaboration with the Hetauda Community Eye Hospital, organized a public awareness stall on eye health at Buddha Chowk, Hetauda. The initiative aimed to educate the community about the importance of eye care, prevention of common eye diseases, and the value of regular eye checkups for maintaining good vision.



The stall attracted a large number of visitors, including students, senior citizens, and local residents, who engaged with medical professionals and volunteers to learn more about eye health. Participants received practical tips on identifying early symptoms of vision problems, maintaining eye hygiene, and adopting healthy habits to protect their eyesight. Informational leaflets and brochures on conditions such as cataracts, glaucoma, and refractive errors were also distributed.

Moreover, the stall provided information about upcoming Free Eye Screening Camps scheduled for December 2025 and February 2026, jointly organized with Hetauda Community Eye Hospital. These camps aim to offer free and accessible eye care services to underprivileged communities.



Blood Donation Program

RC Central Kapilvastu
September 29, 2025

The Rotary Club of Central Kapilvastu organized a blood donation program on September 29, 2025, to mark World Heart Day. The event was conducted in collaboration with the Nepal Red Cross Society, Badganga Branch; the Nepal Medicine Business Association; the Pharmacy Association; and Hitech Path Lab, Kapilvastu.

The program aimed to promote the spirit of compassion and community service by encouraging voluntary blood donation to save lives. A large number of Rotarians and members of the local community actively participated in the event, generously donating blood for those in need. Their contributions reflected the Rotary ideal of "Service Above Self" and helped spread awareness about the importance of maintaining a healthy heart and supporting humanitarian causes.

The initiative not only strengthened partnerships among local organizations but also inspired others to take part in life-saving activities that foster health, kindness, and social responsibility within the community.



Ration Kit Distribution for Flood-Affected Families

RC Biratnagar Downtown
October 7, 2025



Helping Hand to Flood-Affected Families

RC Birtamode /RAC Birtamode
October 8, 2025

In the spirit of Rotary's motto, "Service Above Self," the Rotary Club of Birtamode extended support to families affected by recent floods in Jhapa Gaupalika. The club contributed NRs. 51,000 worth of essential relief materials, distributing support kits to 20 families who had lost their belongings in the disaster. Each kit contained basic necessities to help the families meet their immediate needs and begin rebuilding their lives with dignity. Club members personally visited the flood-affected area to distribute the relief materials and express solidarity with the victims.

Adding to this humanitarian effort, the Rotaract Club of Birtamode contributed NRs. 21,000, demonstrating the strong bond between Rotaract and Rotary in serving the community together.

This compassionate joint initiative reflected the unwavering commitment of both clubs to stand by their community in times of distress—responding swiftly and selflessly to help restore hope and resilience.

The Rotary Club of Biratnagar Downtown conducted a relief project at Janta Adharbhoot Vidyalaya, Dhoni, Jahada Gaunpalika, to support families affected by recent floods. The initiative, titled Ration Kit Distribution for Flood-Affected Families, aimed to provide immediate assistance by meeting essential food and hygiene needs while reinforcing Rotary's ongoing engagement in community welfare and education. A total of 70 households from a single basti in Dhoni village, who had lost basic supplies due to the floods, benefited from the project. Each family received ration kits containing chiura, moorie, soya chunks, noodles, biscuits, juices, and soap, at a total cost of approximately NPR 25,000.

The project not only provided immediate relief and food security but also restored hope and morale among the affected families. It enhanced the visibility of Rotary as a dependable community partner during crises and encouraged collective responsibility and participation within the



Mental Health & Well-Being Talk Program

RC Bhairahawa
October 11, 2025

Rotary Club of Bhairahawa successfully conducted its 428th Regular Meeting at The Grand Kitchen, under the able leadership of Club President Rtn. Kamal Koirala.

The meeting featured Dr. Kishor Adhikari, a renowned Mental Health Specialist, as the Guest Speaker. During his address, Dr. Adhikari discussed critical aspects of mental well-being, highlighting the importance of early diagnosis, fostering open conversations, and encouraging community support to effectively address mental health challenges. He also shared insights on practical strategies to maintain psychological health in daily life.

Rotarians and guests in attendance participated actively in the discussion, posing questions and sharing their perspectives. Their engagement reflected the club's continued dedication to promoting health, wellness, and awareness within the community, demonstrating a proactive approach to societal well-being.

The area is also home to the club's ongoing three-month adult literacy program, ensuring sustained engagement and empowerment. Regular follow-ups are planned to assess post-flood recovery and identify future needs, highlighting the project's commitment to long-term community support.





Health Camp

RC Central Kapilvastu
October 10, 2025

A free health camp was successfully organized by the Rotary Club of Central Kapilvastu at Bhumikasthan Municipality, Ward No. 10, Dhanchour, with the active involvement and support of local authorities, community leaders, and healthcare professionals. The program aimed to provide essential medical services to rural residents who have limited access to regular healthcare facilities.

During the camp, a total of 269 individuals from the surrounding areas received various medical consultations and diagnostic services. Among them, 80 patients underwent detailed video X-ray examinations, while 200 individuals had their blood sugar levels checked to help identify potential diabetes-related issues. In addition, several beneficiaries availed themselves of general health checkups, blood pressure measurements, and other basic screenings.



To ensure comprehensive care, the Rotary team, along with participating doctors and volunteers, distributed free medicines to all patients based on their medical needs. The initiative not only addressed immediate health concerns but also helped raise awareness about preventive healthcare and the importance of regular medical checkups among the local population.



Handover the Dental Equipment to Hospital

RC Pokhara
October, 2025

The Rotary Club of Pokhara successfully handed over a complete set of advanced dental equipment to Rupakot Hospital, located in Rupa Rural Municipality, Kaski. The formal handover ceremony was graced by AKD Guru U Pandita Ananda, who attended the program as the chief guest. The dental unit and its full set



Free Medicine Bank Inauguration

RC Balaju/RC Kirtipur
October 13, 2025

The Free Medicine Bank was successfully inaugurated at Kirtipur Hospital on October 13, 2025. This significant initiative was made possible through the generous contributions of the members of the Rotary Club of Balaju and the Rotary Club of Kirtipur, with valuable technical support from PHECT-Nepal.

The program aimed to provide essential medicines free of cost to underprivileged patients, thereby improving their access to necessary healthcare services. The inauguration ceremony was graced by representatives from both Rotary Clubs, hospital officials, and community members, all of whom expressed their appreciation for this noble and impactful initiative.

This collaborative effort stands as a commendable example of Rotary's commitment to promoting community welfare and enhancing public health through sustainable service projects.



of equipment were generously supported by the Empower Nepal Foundation, Michigan, USA—an initiative spearheaded by Prof. Dr. Murari Subedi. This meaningful contribution aimed to strengthen the hospital's dental services and enhance access to quality oral healthcare for the local community.



Health Camp

RC Swoyambhu
September, 2025

The Rotary Club of Swoyambhu, in collaboration with the Rotaract Club of Swoyambhu, successfully organized a two-day health camp at Sahidlakhan Rural Municipality-8, Bungkot, Gorkha. The camp served 203 local residents, focusing primarily on women's health through free medical check-ups and consultations. In addition to providing essential health services, four wheelchairs were distributed to individuals in need, enhancing their mobility and quality of life. The initiative reflected Rotary's continued commitment to improving community health and supporting vulnerable groups. The event received positive responses from the local community, highlighting the impact of coordinated volunteer efforts in delivering meaningful healthcare outreach.



Relief Distribution Program

RC Kawasoti
October 5, 2025

In response to the recent monsoon emergency, the Rotary Club of Kawasoti organized a relief distribution program at the District Administrative Office, Nawalpur. The initiative provided essential relief materials to families affected by floods and landslides, addressing immediate needs. The program demonstrated Rotary's commitment to humanitarian service and rapid community support during times of crisis. By ensuring timely assistance, the club helped mitigate the impact of the disaster on vulnerable households, reinforced local resilience, and strengthened the bond between Rotary and the community it serves.



Three-Seater Metal Chair handover to ward office

RC Hetauda
September 25, 2025



Hetauda, the capital of Bagmati Province, experienced significant damage due to demonstrations and protests by Gen Z. In response, the club provided four three-seater metal chairs to support efficient work management and service delivery for the community. This contribution aimed to restore functionality and assist staff in continuing their social service activities. The initiative reflected the ongoing collaboration between Ward No. 4 and the Rotary Club of Hetauda in various community development and social welfare programs, reinforcing their commitment to serving local residents effectively.





Multiple Humanitarian Initiatives

RC Kathmandu Circle
October, 2025

The Rotary Club of Kathmandu Circle, in collaboration with various partners, successfully implemented multiple humanitarian initiatives focused on clean water access, disaster relief, and public health support across Nepal.

A total of 108 Family Water Filters were distributed to households in Wards No. 3, 4, and 6 of Dewangunj Rural Municipality, Sunsari, in coordination with RC Kathmandu Height and RSK Shelter. The project ensured safe drinking water for families facing water contamination and poor sanitation, significantly improving community health.

In partnership with Disaster Aid Nepal and The Dhulikhel Foundation, 16 Aqua Boxes were provided to flood and landslide victims in Panauti Municipality, offering clean water, hygiene kits, and

essential supplies to displaced families. Similarly, 5 Aqua Boxes were distributed to affected families in Dhulikhel-09, Kavre, helping them rebuild their lives after severe landslides.

The club also handed over PPE sets to ambulance drivers and ICU staff of Helping Hands Hospital, Chabahil, enhancing frontline safety during emergencies. This initiative strengthened the hospital's preparedness for public health crises.

To support education and hygiene, the club provided kitchenware sets and a water filter to Ganesh Secondary School, Baglung-14, improving meal hygiene and access to clean drinking water for students and staff. Additionally, 24 water filters for 23 schools and two Aqua Boxes were handed over to Simikot Rural Municipality, Humla (budget



NPR 1,030,500), ensuring safe water for students and teachers.

Furthermore, 60 Aqua Filters were dispatched to RC Ilam and RC Birtamode Midtown for flood-affected families in the Ilam district (budget NPR 2,436,000).

Collectively, these initiatives underscored Rotary's unwavering commitment to clean water access, disaster relief, and community well-being across Nepal.



Health Camp, Blood Donation & 40+ Marathon

RC Dillibazar Kathmandu
September, 2025

The Rotary Club of Dillibazaar successfully organized a Free Community Health Camp and the 40+ Marathon in collaboration with the Maitidevi-Dillibazaar 40+ Youth Group. The event drew strong community participation, with Bal Chaulagai, Santosh Dhungel, and Sujan Shrestha securing first, second, and third places, respectively. Alongside the marathon, free health services—including blood tests, eye checkups, and full-body examinations—were provided by Alpha Care Diagnostic Center, Matrika Eye Centre, and Himal Hospital. The initiative significantly benefited locals, particularly those with chronic and eye-related conditions. In addition, the club launched a monthly Blood Donation Campaign in partnership with Shanti Gyan Satsang Bhajan Mandal and other foundations, promoting the theme "Blood Donation is Life Donation." These impactful programs strengthened Rotary's community ties and highlighted its enduring commitment to public health and social service.





Walk for Wellness & CPR Training Seminar on the occasion of "World Heart Day"

RC Dharan/RC Dharan Foothills/RC Dharan Ghopa
September 27, 2025

On the occasion of World Heart Day Week, the Nepal Heart Foundation, Sunsari, in collaboration with the Rotary Club of Dharan, Rotary Club of Dharan Ghopa, and Rotary Club of Dharan Foothills, organized the "Walk for Wellness/Zonal Hike 2.0" and a CPR Training Seminar on September 27, 2025, in Dharan. The event aimed to raise awareness about cardiovascular health, encourage physical activity, and promote community well-being.

More than 70 enthusiastic Rotarians, health professionals, and community members participated in the walk, spreading the message of healthy living and preventive heart care. The CPR Training Seminar, led by Dr. Siddhartha Koirala from B.P. Koirala Institute of Health Sciences (BPKIHS), provided valuable insights into heart health and practical training on life-saving CPR techniques. His demonstration equipped participants with essential knowledge to respond effectively during cardiac emergencies.



The program successfully blended fitness, education, and fellowship, highlighting the importance of preventive health measures and collective action. The joint initiative exemplified Rotary's ongoing commitment to creating healthier, stronger, and more compassionate communities under the inspiring theme of "Heart for Every Heart."



Temple Cleaning & Tree Plantation

RC Birgunj
September, 2025

The Rotary Club of Birgunj participated in Project Mandir Sanrakshan 2.0, a temple cleaning and tree plantation campaign organized by the Rotaract Club of Shankaracharya on September 20 at Baudhimai Temple, Ward No. 10, Birgunj. The event was supported by RC Birgunj, Rotaract Club of Birgunj, and Interact Clubs of Gyanda and Kadambari Academy. Conducted ahead of the Dashain festival, the initiative aimed to promote cleanliness, environmental awareness, and community service.





Membership Seminar

RC Lumbini Siddharthanagar
September, 2025

The Rotary Club of Lumbini Siddharthanagar successfully organized a membership seminar aimed at strengthening engagement, retention, and recruitment within the Rotary family. Presided over by President Parshuram Parajuli and facilitated by District Membership Chair Laxman Gnawali, the session brought together 35 participants, including Rotaractors and prospective members. The seminar featured interactive discussions, motivational insights, and leadership development activities. Participants gained a deeper understanding of Rotary's mission, vision, and membership value, while newer members were inspired to take on leadership roles. The program effectively boosted morale, teamwork, and communication within the club, resulting in a renewed commitment to sustained Rotary engagement and collaboration.



School Dress (T shirts) and Chairs Distribution

RC Biratnagar Midtown
September 24, 2025

The Rotary Club of Biratnagar Midtown organized a distribution program at Shankarpur Adharbhat Vidyalaya, Biratnagar-2, Morang. The club distributed school T-shirts and chairs to students to encourage regular attendance and motivate them toward education. The chairs were generously sponsored by Rtn. Nand Kishore Rathi, Past President of the club, with the total cost amounting to Rs. 35,000. Many club members actively participated in the event, which aimed to promote the importance of education and inspire students to pursue learning with enthusiasm and consistency.



Pilgrimage Walk and Temple Cleaning

RC Dharan
September, 2025

The Rotary Club of Dharan successfully organized a Pilgrimage Walk and Temple Cleaning program, visiting the revered Dantakali Mata and Budda Subba temples. Around 35 participants joined in cleaning the temple surroundings and roadways, collecting plastic bottles, wrappers, bags, and other waste materials to promote cleanliness and environmental awareness. The club extended heartfelt thanks to all volunteers for their enthusiasm and dedication, which made the event a remarkable success. Special appreciation was given to the Interact Club of Shree Sharda Balika Namuna Secondary School for their active involvement. The initiative beautifully combined spirituality, community service, and environmental stewardship, fostering unity and responsibility among participants.



World Polio Day End Polio Now



Candlelight in Rotary Circle Biratnagar

On October 24, World Polio Day,

All Rotary Clubs of Biratnagar Rotary Club of Biratnagar, **Rotary Club of Biratnagar Midtown**, **Rotary Club of Biratnagar Downtown**, **Rotary Club of Biratnagar Fusion**, and **Rotary Club of Biratnagar Central** jointly organized a Candle Lighting Awareness Event at Rotary Circle, Biratnagar.

The event symbolized Rotary's shared commitment to the End Polio campaign and the vision of a polio-free world. A special social awareness campaign was also conducted by the Rotary Club of Biratnagar Downtown, spreading the message of prevention and vaccination against polio.



Polio Awareness Rally in Kavre

Unite For Good! On October 24, 2025, World Polio Day, the **Rotary Club of Dhulikhel**, the **Rotary Club of Kavre Banepa**, the **Rotary Club of Panauti**, the **Rotary Club of Kavre Valley**, and the **Rotary E-Club of Namobuddha Bagmati** successfully organized a Polio Awareness Rally.





World Polio Day -Candle lighting Program in Pokhara

On World Polio Day, all the Rotary Clubs in Pokhara came together to celebrate the occasion with a Candle Lighting Ceremony dedicated to the theme "End Polio Now." District Governor Binod Koirala graced the event. The event symbolized unity, hope, and Rotary's commitment to eradicating polio worldwide. Rotarians and community members participated enthusiastically, lighting candles to honor the decades-long global effort that has brought the world closer to a polio-free future. The program also served to raise public awareness about the continued importance of vaccination and collective action, reminding everyone that together, we can ensure every child lives free from polio.



Candlelight Ceremony in Damak

On World Polio Day, the **Rotary Club of Damak**, in collaboration with the Rotaract Club of Damak, organized a Candle Light Ceremony at the Rotary Stambha to express solidarity with Rotary International's mission to end polio and raise awareness about vaccination.

Rotarians, Rotaractors, and community members lit candles symbolizing hope, health, and a polio-free future. The event reaffirmed the clubs' commitment to Rotary's vision—a world where every child is safe from polio.





Polio Awareness Rally in Dharan

Unite For Good! On October 24, 2025, World Polio Day, the **Rotary Club of Dharan**, in collaboration with its partner clubs—**RC Dharan Ghopa**, **RC Dharan Foothills**, and the **Rotaract Club of Dharan**—successfully organized a Polio Awareness Rally.

The rally began at 7:30 a.m. from Singa Devi, passed through Macha Bhaudi and Bhanu Chowk, and concluded at Chatta Chowk. Over 50 Rotarians participated, spreading the message “Keep Polio Zero.”



World Polio Day with “End Polio Now” Campaign in Gaindakot

The **Rotary Club of Gaindakot** observed World Polio Day with the global theme “End Polio Now” by organizing a community awareness event at Gaindakot-2, Pulchowk. Rotarians displayed two awareness banners along the East-West Highway to promote Rotary’s mission of eradicating polio. The program was graced by Assistant Governor Rtn. Dr. Promod Poudel and chaired by President Rtn. Hiralal Aryal, with several club leaders and local residents in attendance. The event concluded with a friendly tea gathering, reaffirming the club’s commitment to awareness, advocacy, and action in support of a polio-free world.



Polio Awareness Rally in Chitwan

On October 24, 2025, the **Rotary Club of Narayani Mid Town** and the **Rotaract Club of Narayani Mid Town** jointly organized a Polio Awareness Rally in Bharatpur to mark World Polio Day. The rally began at Chaubiskothi and concluded at the Chitwan Business Complex, with around 30 Rotarians and Rotaractors participating enthusiastically.

Banners highlighting World Polio Day and the message of a polio-free world were displayed at key locations across Chaubiskothi and the Chitwan Business Complex, spreading awareness and reinforcing Rotary’s ongoing commitment to end polio forever.





Cycle Rally in Hetauda

Under the special campaign “End Polio Now,” the **Rotary Club of Hetauda** successfully organized a cycle rally on October 24, the day after Bhaitika, to raise awareness about polio on the occasion of World Polio Day. Despite the busy festive schedule, the event was completed successfully with enthusiastic participation. Club officials, members, and cycling enthusiasts, along with the presidents of the Himalayan Riders Society and Cycle City Hetauda, actively joined the rally.

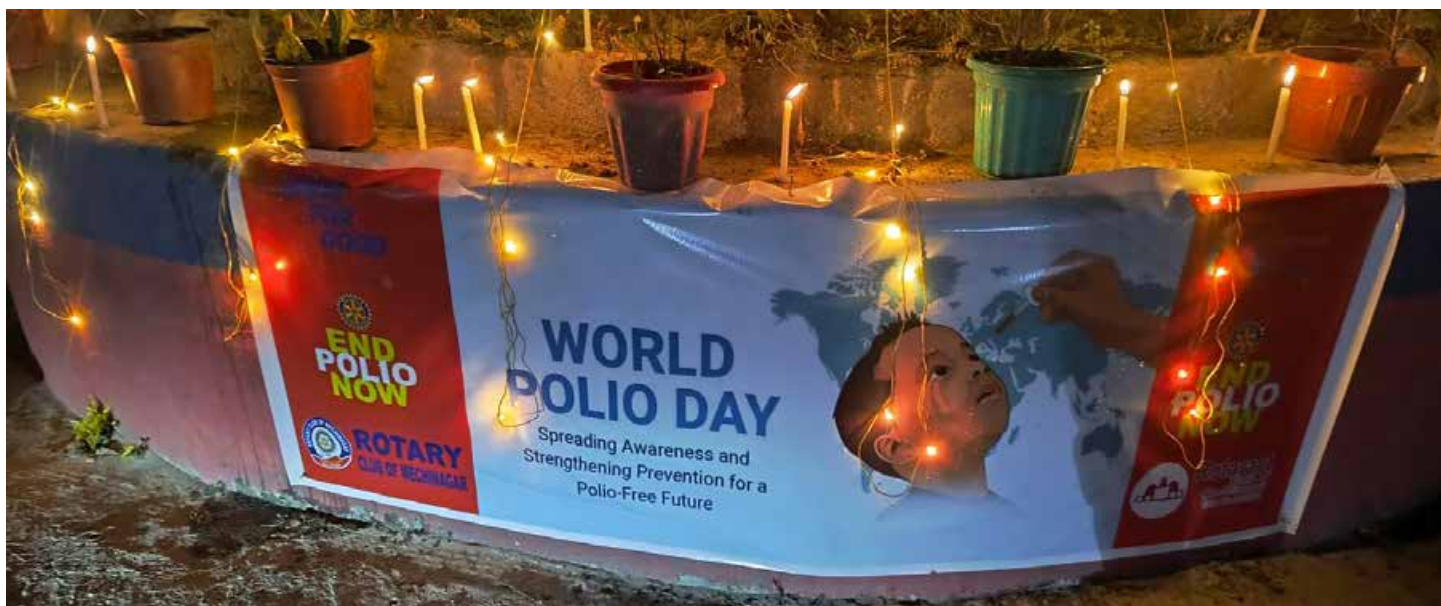
The rally covered a 16-kilometer route through major areas of Hetauda and concluded at the club’s secretariat in Huprachaur, Hetauda-4. Ward No. 4 President Naveen Sigdel attended the closing ceremony as the chief guest. The program concluded with a token of love distribution and a refreshment session, celebrating the participants’ contribution. The Rotary Club of Hetauda extended heartfelt gratitude to all cyclists for their active involvement and support in promoting a polio-free world.



Car Rally in Itahari

On World Polio Day, the **Rotary Club of Itahari** and the **Rotary Club of Itahari Yugal** jointly organized a grand car rally in Itahari under the slogan “Let’s End Polio.” Supported by the **Rotaract Clubs of Itahari and Sunsari**, the event aimed to raise public awareness about polio prevention and vaccination.

The rally featured 40 vehicles adorned with banners and public announcements, starting from Itahari Stadium and concluding at Parnami Temple. Awareness messages were also displayed on an LCD screen at Itahari Chowk and shared widely on social media. Rotary leaders emphasized the importance of vaccination, hygiene, and unity to ensure Nepal remains polio-free.



World Polio Day –Celebration in Mechinagar

On World Polio Day, the **Rotary Club of Mechinagar** and the **Rotaract Club of Mechinagar** jointly organized a Candle Lighting Program at Dhulabari Chowk to demonstrate their global commitment to a polio-free world. The event aimed to raise public awareness about the importance of vaccination, surveillance, and advocacy in eradicating polio.

Rotarians, Rotaractors, and local residents lit candles symbolizing hope, health, and a brighter future. The program also honored frontline health workers and concluded with a collective pledge to continue supporting Rotary's mission to end polio forever.



Celebrated with Cleanliness Campaign at Banglamukhi Temple

On World Polio Day, a cleanliness campaign was organized at the historic Banglamukhi Temple in Lalitpur by the Rotary Club of Patan Heritage, **Rotaract Club of Patan Heritage**, **Women Environment Group, Lalitpur Metropolitan City Ward No. 11**, and the **PUBG Mobile Team**.

The initiative promoted polio eradication awareness, community hygiene, and the preservation of cultural heritage. Participants actively cleaned the temple premises and encouraged public responsibility toward health and cleanliness. This meaningful effort celebrated World Polio Day while reinforcing unity for a healthier, cleaner, and polio-free world.



Lighting Up Candles in Birgunj

The Rotary, Rotaract, and Interact Clubs of Birgunj jointly celebrated World Polio Day by lighting candles and displaying a banner with the message "End Polio Now" at the Old Bus Stand in Adarsh Nagar.



Interact District Sports Meet

Pokhara

October 25-27, 2025



The Interact District Sports Meet 2025 officially began on October 25, 2025, in Pokhara, under the chairmanship of District Interact Representative Itr. Sushan Adhikari. The opening ceremony was graced by the presence of District Governor Rtn. Binod Koirala, District Interact Committee Chair Rtn. Rupesh La Shrestha, and other Rotarians. The event commenced with the national anthem, flag hoisting, and the players' oath, symbolizing the spirit of unity, discipline, and sportsmanship that defines the Interact movement.





This year's sports meet brought together over 270 enthusiastic participants from various Interact Clubs across the district, fostering fellowship through friendly yet competitive games. The competitions included basketball, futsal, badminton, table tennis, chess, and athletics, each event showcasing the participants' skills, teamwork, and determination. The atmosphere was filled with energy and excitement as Interactors demonstrated their talents both on and off the field.

The District Sports Meet 2025 served not only as a platform for physical excellence but also as an avenue for building leadership, camaraderie, and the true Rotary spirit of collaboration. The event reflected the vibrant enthusiasm of youth dedicated to fitness, friendship, and service above self.



District Governor's Calendar November 2025

Day	Programme	Location
1	Golf Tournament organized by RC Himalayan Golfers	Kathmandu
2	TRF Committee Meeting	Kathmandu
3	DG Visit of RC Matribhumi Baluwatar	Kathmandu
6	DG Visit and Charter Day Celebration of RC Rajdhani	Kathmandu
7	Lab Opening Ceremony	Pokhara
8	Charter Day of RC Kathmandu Midtown/Road Safety Program	Kathmandu
12-19	Rotary Institute	India
20	DG Visit of RC Jawalakhel Manjushree	Lalitpur
21	DG Visit of RC Lalitpur/Meeting with RC Kathmandu	Lalitpur/Kathmandu
22	DG Visit of RC Panauti	Kavre
25	DG Visit and Charter Day Celebration of RC Chandragiri	Lalitpur
28	The Rotary Foundation and Recognition Program	Kathmandu

