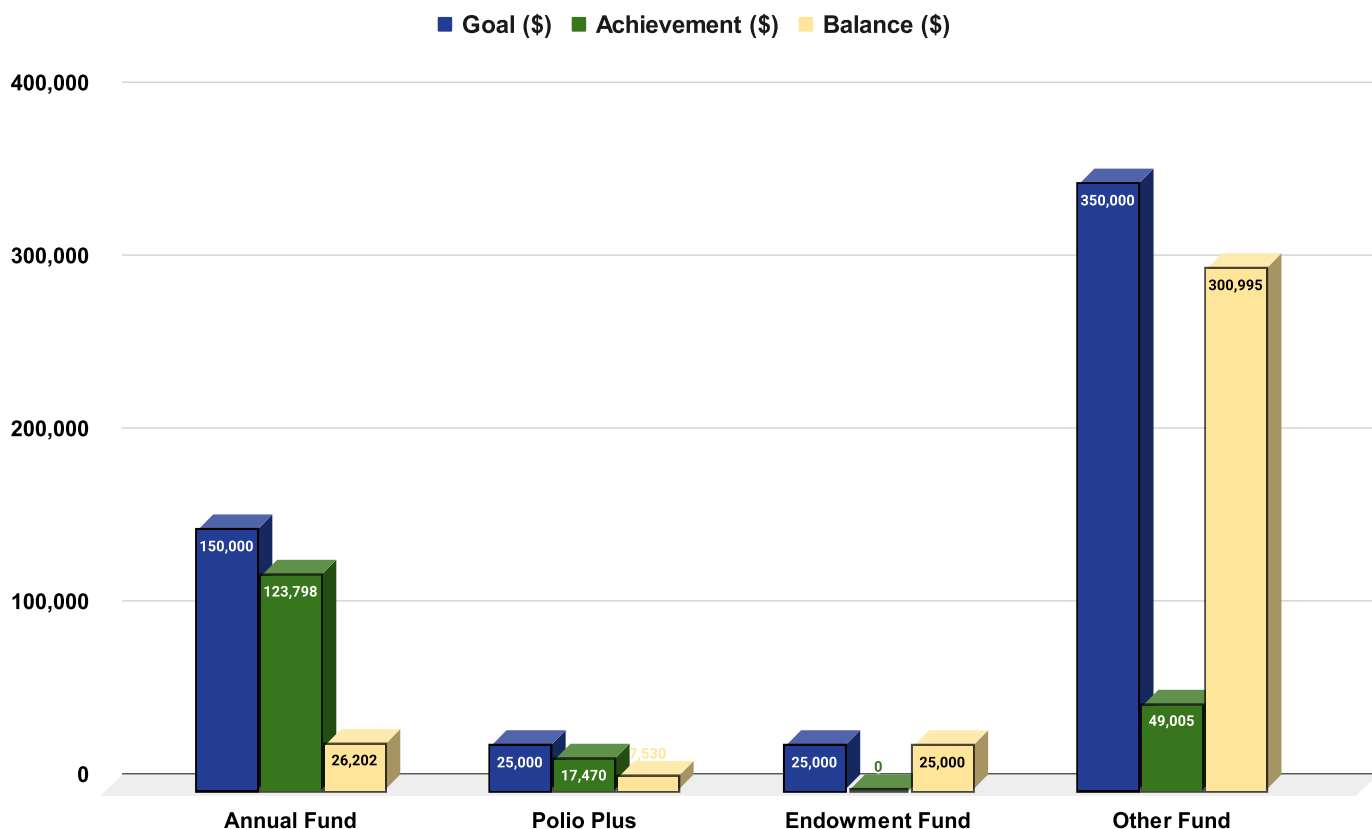


GML

GOVERNOR'S MONTHLY LETTER



**UNITE
FOR
GOOD**



TRF GOAL AND ACHIEVEMENT 2025-26

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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,

November, observed as The Rotary Foundation Month, served as a powerful reminder of Rotary's enduring commitment to transforming lives through sustainable growth and empowerment. The Foundation's focus on community development emphasizes creating opportunities, enhancing livelihoods, and fostering self-reliance through education, entrepreneurship, and skill-building. Across District 3292, Rotary clubs actively engaged in initiatives that promoted local enterprise, vocational training, and community service. These efforts empowered individuals to realize their potential, strengthened communities, and contributed meaningfully to inclusive progress. Through these programs, the district demonstrated Rotary's holistic approach to sustainable development, combining practical support with long-term capacity building.

This month also highlighted Rotary's resilience, unity, and collaborative spirit in service. As the District Governor, several DG Official Club Visits were successfully conducted, enhancing engagement, communication, and collaboration among clubs. District members also participated in the Rotary Institute in India, gaining valuable insights, exchanging ideas, and reinforcing fellowship within the Rotary community. A major milestone was the successful completion of The

Rotary Foundation Seminar and Recognition Program on November 28, which celebrated exemplary service and acknowledged the transformative impact of the Foundation's initiatives at both local and global levels.

These activities collectively reflect Rotary's unwavering dedication to empowering communities, fostering service, and building a more peaceful, self-reliant world. On behalf of District 3292, heartfelt gratitude is extended to every Rotarian for your commitment, compassion, and contributions. Together, we continue to light the path toward meaningful change, creating stronger communities and advancing a brighter, more equitable future for all.

**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,

This November, as we celebrate The Rotary Foundation, I invite you to consider not only what we give but why we give. The Foundation is more than a fund for projects. It is the beating heart of our promise that service, rooted in trust and friendship, can create lasting change.

Our Action Plan calls us to increase our impact, and the Foundation is how we make this vision real. Since 1988, Rotary and our partners have immunized nearly 3 billion children against polio. We have committed more than \$2.6 billion to this cause, and last year alone we directed \$146 million toward the final push for eradication. These numbers are significant, but the true impact is not in statistics — it is in the lives of children who will never again fear polio. It is in the hope restored to families and the peace built in communities once defined by disease.

But polio is only one story among many. Each year, Rotary Peace Centers train new generations of leaders who will transform conflict into dialogue and division into understanding. In 2023-24, nearly 100 new fellows began their studies, continuing a legacy of more than 1,800 peacebuilders from over 140 countries. When we invest in them, we are planting seeds of peace that will bear fruit for decades to come.

The Foundation also touches lives through district and global grants, supporting projects large and small. A clean water well for a rural community, scholarships for young professionals, medical care in the wake of disaster — these are not temporary gestures, but steps toward dignity, resilience, and

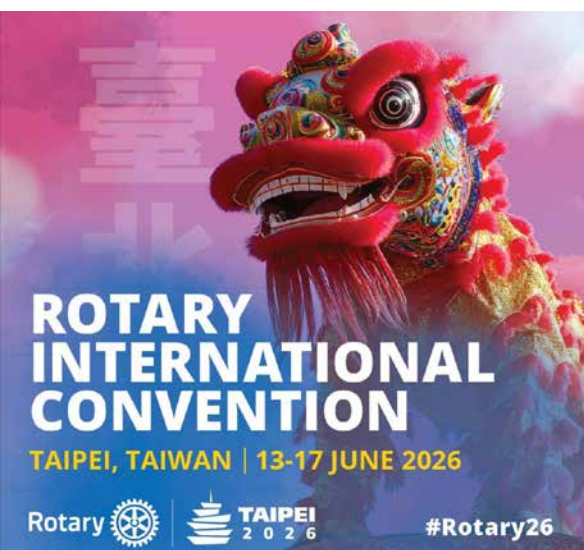
opportunity. This is how Rotary service becomes lasting impact. And when natural disasters strike, our Foundation allows Rotary to act quickly with disaster response grants.

Our Foundation is not about what we can do alone but what we can do together. Each contribution, no matter its size, joins with others to create a collective act of faith in humanity and in the future. The last mile of any great journey is always the hardest. We see this in our final steps toward ending polio, in our work for peace, and in every project that seeks to lift people out of despair. Yet every time we give, we declare that our work will continue regardless of the challenge.

This November, let us give with gratitude, with joy, and with hope. Through our Foundation, we Unite for Good, and in doing so, we leave behind not only projects but a legacy of peace, trust, and Service Above Self.

**Yours in Rotary,
Francesco Arezzo**

Rotary International President, 2025-2026





Editorial

Dear Fellow Rotarians, Greetings!

Our mission extends far beyond producing a monthly newsletter. GML serves as a platform that informs, inspires, and connects every member of the Rotary family. Each edition is carefully crafted to reflect the essence of Rotary—highlighting stories of service, innovation, and compassion that demonstrate the strength, dedication, and unity of our community.

GML is more than a record of accomplishments; it is a testament to Rotary's creativity, values, and commitment. Through its pages, we celebrate fellowship, nurture connections, and reinforce our shared purpose—to serve, to lead, and to leave a lasting impact. Every story and highlight embodies the Rotary spirit: purposeful service, fellowship in action, and the power of united humanity working for good.

November, observed as The Rotary Foundation Month, showcased the remarkable dedication of clubs across District 3292. Key highlights included The Rotary Foundation Seminar and Recognition Program on November 28, which honored outstanding service and acknowledged generous donor contributions, illustrating the Foundation's transformative impact locally and globally. Clubs

engaged in community development initiatives, vocational training, and local enterprise promotion, demonstrating Rotary's focus on empowerment, self-reliance, and sustainable growth.

This issue also celebrated the achievements of clubs' humanitarian service activities around the district, district activities and the Rota Quiz, where participating clubs demonstrated knowledge, teamwork, and enthusiasm, reflecting the spirit of healthy competition and learning within our district.

We extend heartfelt gratitude to all Rotarians and donors whose continued engagement makes these accomplishments possible. May the spirit of The Rotary Foundation inspire hope, strengthen communities, and guide us toward a brighter, inclusive future—united in service and fellowship.

Yours in Rotary,

Rtn. Er. Bidur Timalisina

Chair,

District Publication & GML Sub-Committee
2025-26

ROTARY ON HAND

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DISCLAIMER: Governor Monthly Letter (GML) is an official monthly newsletter of Rotary International District 3292, Nepal-Bhutan. This publication is published by the Editor under leadership and guidance of the District Governor to showcase his vision, mission, plans and activities. It provides opportunities for all fellow rotarians to learn about Rotary International (RI) goals and developments, regional and district activities as well as various news and activities from the clubs. Content published in GML are the sole responsibility of respective clubs, writers and content creators that publishing Team doesn't hold any accountability, if any error in fact, data and information are found. Please, write anything in concern of this publication to gml.district3292@gmail.com



Cataract Surgery Camp

RC Kawasoti
October 27, 2025

Rotary Club of Kawasoti (RC Kawasoti) successfully completed a mega cataract surgery camp in collaboration with Tilganga Institute of Ophthalmology (TIO) on 29th October 2025 at Madhyabindu Provincial Hospital, Kawasoti. This was the signature project of RC Kawasoti, with a target of providing 500 free surgeries in the Rotary Year 2025-26.

During the nearly month-long campaign, a total of 2,772 people were examined across various locations in Nawalpur with the support of several community-based organizations (CBOs) and local government bodies. Among them, 2,001 individuals were diagnosed with eye-related problems and were provided free medication. Additionally, 415 people were found to be affected by cataract, the majority of whom were women.

The detailed summary of the screening was as follows:

Date	Location	Details of Screening			Local Support
		Screened	Problematic	Cataract	
14-Oct	Gaidakot-1 Milanchock	167	127	23	RC Gaidakot
	Kawasoti-14, Agyauli	193	142	19	Kawasoti Municipality
15-Oct	Kawasoti-6, Bishnunagar	264	195	43	Kawasoti Municipality
16-Oct	Kawasoti-17, Dhoki	167	139	38	Kawasoti Municipality
17-Oct	Madhyabindu-1, Setapani	278	201	27	Nawalpur Academy
	Kawasoti-13, Pithauli	219	165	36	Kawasoti Municipality
18-Oct	Kawasoti-15, Godar	237	159	26	Kawasoti Municipality
20-Oct	Gaidakot-3, Dhodeni	181	102	34	RC Gaidakot
26-Oct	Hupsekot-3	216	170	34	Hupsekot RMC
26-28 Oct	Madhyabindu Provincial Hospital	634	439	87	RC Kawasoti
April- Oct	Madhyabindu Eye Care Center	216	162	48	Anvi Memorial Trust
Total Cases		2772	2001	415	

The surgeries were scheduled for 27-29 October, and more than 300 cataract patients arrived for the procedure. However, many people were unable to attend the camp due to challenging weather conditions during the paddy harvesting season. Their priority shifted toward harvesting rather than undergoing eye surgery.

Despite these difficulties, a total of 249 surgeries were successfully completed, including seven individuals who received surgery in both eyes.

The surgery camp was visited by chiefs of the surrounding local governments, the Assistant Governor (AG), club leaders, and various social activists. Along with TIO, the camp received significant support from RC Gaidakot, Anvi Memorial Trust, Madhyabindu Multiple Campus (BSW Wing), SCO Foundation, and other partners.





The Rotary Foundation and Service Projects

Rtn. CA Kumud Tripathy,

FCA, ISA, MBA

PP RC Thamel (PHS)

District Rotary Foundation Committee, Chair, (DRFC 2022-2026)

1. Importance of Foundation and Service Projects

The Rotary Foundation and service projects are central to Rotary's mission, enabling clubs to make a meaningful impact in their communities and around the world. Contributions to the Foundation eventually return to support projects, fostering sustainable service and development.

2. Core Values of Rotary

- Service – Improving lives and communities.
- Fellowship – Building meaningful relationships.
- Diversity – Embracing inclusiveness and equality.
- Integrity – Acting ethically and transparently.
- Leadership – Guiding initiatives for greater impact.

3. The Rotary Foundation

Contributions to the Foundation support projects worldwide. Funds contributed eventually return to clubs to enable impactful service.

4. Service Projects

Types of Grants:

Global Grant

For large international projects.

District Grant

For small-scale local projects.

Club-to-Club Projects

Collaboration between Rotary clubs.

Focus Areas for Global Grant Projects:

Peacebuilding and conflict prevention

Disease prevention and treatment

Water, sanitation, and hygiene

Maternal and child health

Basic education and literacy

Community economic development

Environment

Characteristics of Successful Grant Projects:

Fulfill community needs

Measurable outcomes

Involvement of partners

Sustainability

Clear implementation plan

Proper stewardship

5. Applying for Global Grant

Requirements:

Minimum budget: USD 30,000

At least 2 participating clubs (host + international)

Clubs must meet qualification requirements

If DDF is needed, approval from DRFC and DG

Clubs contribute to project funding

Application via rotary.org

Financing of Global Grants:

Source	Contribution
Cash from clubs	Required
Cash from non-Rotarians	Optional
Term gift / restricted fund	Optional
District Designated Fund (DDF)	80% from World Fund
International partner	15% towards Project Rotary
Foundation project fee	5% (not part of project cost)

Online Application Steps:

1. Basic Information
2. Committee Members
3. Project Overview
4. Area of Focus
5. Measuring Success
6. Location and Dates
7. Participants
8. Budget
9. Funding
10. Sustainability
11. Review and Lock
12. Authorization

6. Applying for District Grant

District grants are for smaller projects.

Minimum contribution: District \$1,000 + Club \$1,000 or more.

Application is online through the district.

7. Contributions to TRF (USD) Last four years (2021-22,2022-23,2023-24,2024-25)

Fund	Amount (USD)
Annual Fund	825,859
Polio Plus	140,918
Other Fund	1,014,748
Endowment Fund	418,521
Total	2,400,046
(NRs. 340,806,532)	

8. Total Grant Funding (USD)

Year	Grants	Total Funding
21-22	26	1,780,811
22-23	21	1,249,511
23-24	31	2,939,432
24-25	31	1,679,938
Total	109	7,649,692
(NRs. 1,086,256,264)		

9. District Grant Funding (USD)

Year	Grants	Total Funding
21-22	30	30,000
22-23	24	25,198
23-24	41	42,830
24-25	17	19,800
Total	112	117,828
(NRs. 16,731,576)		

10. Goals and Achievements (RY 2025-26)

Fund	Goal (\$)	Achieved (\$)	Balance (\$)
Annual Fund	150,000	123,798	26,202
Polio Plus	25,000	7,470	7,530
Endowment Fund	25,000	0	25,000
Other Funds	350,000	49,005	300,995
Total	550,000	190,273	359,727

11. Stewardship

Definition: Doing the right things even when no one is watching.

Key Aspects:

Responsible and transparent use of Rotary Foundation funds

Implementing grant projects per Rotary policy

Proper financial management and compliance

Consequences of Poor Stewardship:

Loss of Rotary funds

Damage to reputation

Weak or unsustainable projects

Reduced beneficiary impact

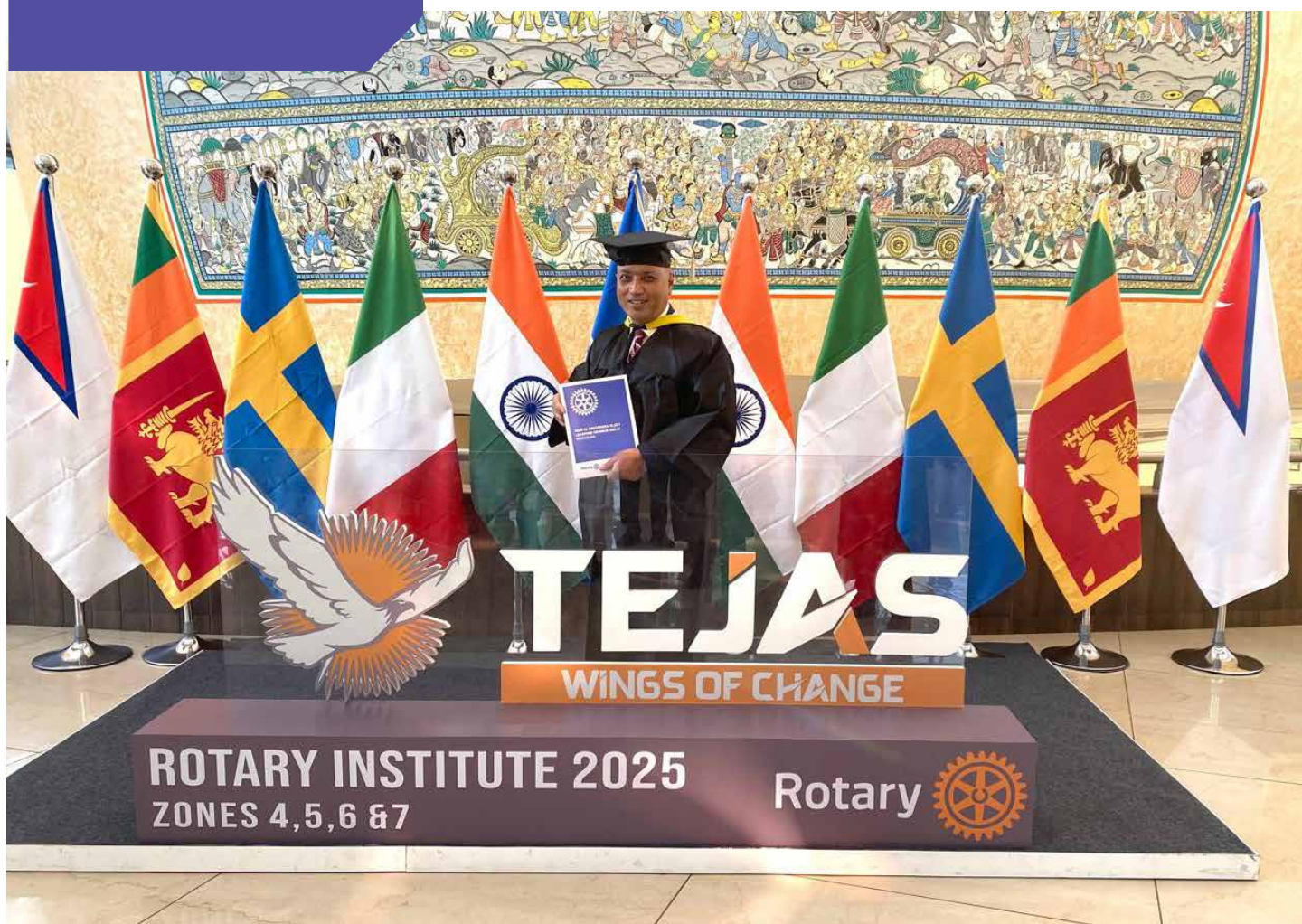
Risk of sanctions

Failure to meet the Four-Way Test

12. Reporting Requirements

Progress Reports: Within 12 months of first payment and annually thereafter

Final Report: Within 2 months of project completion



Governor's Elect Learning Seminar, Governor's Nominee Learning Seminar and Tejas Rotary Institute 2025

A total of 23 participants from RI District 3292 attended the Rotary Institute 2025, including District Governor Binod Koirala, District Governor Elect Vishnu Bahadur Karkee, District Governor Nominee Dr. IP Dhakal, the Council of Governors, district officials, and Rotarians. The event was held in New Delhi, India, from November 11 to 16, 2025.

The Governor's Elect Learning Seminar (GELS) and Governor's Nominee Learning Seminar (GNLS) were successfully organized at the Manekshaw Centre under the coordination of RID K.P. Nagesh and RID Muruganandam M (MMM). The sessions featured world-class speakers who created an inspiring and motivating learning environment. Rotary thrives on service, and empowered leaders ultimately strengthen community impact.





Leaders were encouraged to embrace broad exposure and bold vision to inspire future generations. Both the Manekshaw Centre, the venue for the learning sessions, and Yashobhumi, the venue for the Tejas Rotary Institute, offered historic settings with excellent infrastructure. Facilitators in both GELS and GNLS avoided slides and delivered fully interactive, participatory sessions. Effective time management and regular breaks kept participants attentive and engaged. Accommodation at Hotel Pullman and transportation via individual cars and group vans were well managed and greatly appreciated.

The Tejas Rotary Institute was inaugurated at Yashobhumi by C.P. Radhakrishnan, Hon. Vice President of India, adding significant value to the program. The presence of Rotary International President Francesco Arezoo with First Lady



Anna Maria Criscione, RI Vice President Alain Van De Poel, and TRF Trustee Chair Ann-Britt Åsebol further underscored the importance of the Institute. Several key events were also conducted, including the House of Friendship, TRF Dinner, AKS Society Induction Ceremony, Rotary India CSR Awards, DG Mid-Year Review, DRFC Learning Seminar, and the Rotaract Seminar.

Fellowship and dinner programs at Diablo Qutub Minar, Gymkhana Club, and Chhabra Farms were highly enjoyable and memorable. The partners' program, featuring visits to Parliament House and Qutub Minar for the spouses of DGNs and DGEs, was particularly appreciated. The planning, organization, and execution of all events were exemplary, reflecting the dedication behind this remarkable Rotary journey. It was an honour for all of us to be part of this enriching experience.







Rotary Regional Road Safety Symposium Region 1-3

November 8, 2025

Rotary International District 3292 organized a highly impactful Regional (R 1-3) Road Safety Symposium on 8 November 2025 at Himalayan Restro & Events, Hattisar, Naxal, Kathmandu. Chaired as a chief guest by District Governor Binod Koirala, the symposium brought together experts, policymakers, medical professionals, corporate leaders, youth representatives, and Rotary members committed to advancing road safety in Nepal.



The program began with welcome remarks by Dr. Tara Man Amatya, with Manjusha Shrestha serving as Master of Ceremonies. Nugal Ananda Vaidya moderated the sessions and presented District 3292's comprehensive road safety vision, setting a strong foundation for the discussions.

A series of informative presentations provided national and international perspectives. Mr. Saroj Pradhan of the National Road Safety Council shared global and national road safety trends, emphasizing Nepal's urgent need for coordinated action. WHO representative Dr. Gampo stressed the importance of double-helmet usage, while past president Dr. Anand Jha addressed rising mobile addiction and its link to accidents. Representing WeAre, Mr. Garry Pomerai highlighted school-based safety initiatives. Charter President Vaidya outlined District 3292's strategic road safety efforts.

Following a brief break, the panel discussion gathered resource persons from diverse sectors. Insights were shared by CNI President and RC Mount Everest Lalitpur Birendra Raj Pandey on CSR, NAS representative and RC Kasthamandap Om Rajbhandari on rescue services, RC Kathmandu PP Achyut Babu Ojha on global grants, and orthopedic expert Dr. Raju Dhakal from RC Jawalakhel on accident-related injuries. Rehabilitation perspectives were presented by Dr. Anand Jha.



Additional inputs came from NASA representative and RC Kathmandu West PP Dasharath Rijal, DGE Bishnu Bahadur Karkee, PDRR Sneha Shakya, DIPICC Bimala Dulal, and Service Projects Chair Nirmal Rijal, emphasizing unified and sustained road safety action.

The program concluded with announcements by Co-Chair Madhusudan Guragain, an inspiring address by Chief Guest DG Binod Koirala, and a vote of thanks by Hira Sharma. The symposium strengthened Rotary's commitment to road safety and community well-being.



Rota Quiz Competition Zonal Rounds Concluded in Five Zones of Region 2

Under the leadership of Rota Quiz Subcommittee Region 2 Chair Rtn. Sajju Pradhan, the Zonal Rounds of the Rota Quiz Competition successfully concluded in five out of nine zones on November 2025. These events marked an important milestone as winning teams now advance to the Regional Round. Details of the completed zones are presented below:

ZONE 7

AG Gopal Pd. Pokhrel
Host Club
Rotary Club of Bagmati Kathmandu
Venue:
Aranya Biotique Hotel, Naksal
Date: November 26, 2025

Results:

Winner: Rotary Club of Bagmati Kathmandu
1st Runner-up: Rotary Club of Kantipur Kathmandu

ZONE 9

AG: Mahendra Raj Bhusal
Host Club: Rotary Club of Matribhumi Baluwatar
Venue: Nepal House Restaurant, Baluwatar
Date: November 26, 2025

Results:

Winner: Rotary Club of Matribhumi Baluwatar
1st Runner-up: Rotary Club of Swoyambhu
2nd Runner-up: Rotary Club of Godawari
3rd Runner-up: Rotary Club of Kathmandu West



ZONE 10

AG: Dr. Buddhi Man Shrestha
Host Club: Rotary Club of Greenland Kathmandu
Venue: Marcopolo Business Hotel
Date: November 29, 2025

Results:

Winner: Rotary Club of Greenland Kathmandu



ZONE 8

AG: Manju Dhamala Thapa
Host Club: Rotary Club of Balaju
Venue: Hotel Yellow Pagoda, Kathmandu
Date: November 22, 2025
Results:

Winner: Rotary Club of Kathmandu North
1st Runner-up: Rotary Club of Balaju
2nd Runner-up: Rotary Club of Himalayan Gurkhas

ZONE 13

AG: Kabita Manandhar
Host Club: Rotary Club of Kathmandu Heritage
Venue: Everest Hotel, Kathmandu
Date: November 28, 2025

Results:

Winner: Rotary Club of Kathmandu Heritage
1st Runner-up: Rotary Club of Changu
2nd Runner-up: Rotary Club of Gokarneshwor



Zone 16 Clinches Thrilling Zonal Round of Rota Quiz 2025

November 20, 2025

The Rotary Club of Mahabouddha successfully hosted the highly anticipated Zonal Round of the Rota Quiz 2025 at the picturesque Dhokaima Café in the Patan Durbar Square area. All five clubs of Zone 16—Rotary Club of Mount Everest, Rotary Club of Patan East, Rotary Club of Patan Heritage, Rotary Club of Kopundol, and Rotary Club of Mahabouddha—fielded strong teams in an engaging battle of knowledge, precision, and quick thinking.

After five competitive rounds, the Rotary Club of Patan East emerged as the clear winner. The host club, Rotary Club of Mahabouddha, secured the 1st Runner-Up position, while Rotary Club of Mount Everest finished as 2nd Runner-Up. The Rotary Club of Kopundol and the Rotary Club of Patan Heritage claimed the 3rd and 4th runner-up positions, respectively.



The competition was conducted with remarkable finesse by Quiz Master Rtn. Jayendra Rimal, whose smooth moderation kept the momentum high throughout the evening. Judge Rtn. Lalita Thapa ensured fairness and accuracy in every ruling, earning widespread appreciation from the participants. The event was flawlessly organized under the leadership of region 3 Rota Quiz Regional Chair Rtn. Gupta Bahadur Rana. Assistant Governor for Zone 16, Rtn. Gautam Shrestha, delivered the vote of thanks, expressing gratitude to the host club, participants, and supporters.

A record turnout of 63 Rotarians and Rotaractors from more than 15 clubs made the evening truly memorable, showcasing the growing popularity of Rota Quiz across the district. A delightful high tea, generously sponsored by Rtn. Diwas Amatya of the Rotary Club of Mahabouddha, added a warm touch of fellowship.

Hearty congratulations to the Rotary Club of Patan East for their outstanding victory, and kudos to all participating clubs for demonstrating excellence in knowledge, camaraderie, and Rotary spirit.



Rotary Club of Patan Durbar Square Triumphs in Zone 18 Rota Quiz

November 30, 2025

The Rotary Club of Patan Durbar Square successfully hosted the Zonal Round of the Rota Quiz at Hotel Harmony Bistro, Lalitpur. Three clubs from Zone 18—Rotary Club of Lalitpur, Rotary Club of Patan West, and Rotary Club of Patan Durbar Square—participated actively, each fielding enthusiastic teams. The presence of the participating clubs' presidents added further motivation and encouragement to their respective teams.

After several competitive rounds, the Rotary Club of Patan Durbar Square emerged as the clear winner. The Rotary Club of Lalitpur secured the 1st Runner-Up position, while the Rotary Club of Patan West finished as 2nd Runner-Up.

The contest was conducted with remarkable finesse by Quiz Master Rtn. Jayendra Rimal, whose smooth and engaging moderation maintained high energy throughout the event. Judge AG Zone 18, Rtn. Gautam Shrestha, ensured fairness and accuracy in every decision, earning appreciation from all participants.

The event was flawlessly organized under the leadership of Region 3 Rota Quiz Regional Chair Rtn. Gupta Bahadur Rana. Assistant Governor for Zone 18, Rtn. Siri Prasad Gurung, delivered the vote of thanks, expressing gratitude to the host club, the participating teams, and all supporters for making the program a success.





RC Bharatpur Triumphs at Region 6 Zonal Rota Quiz, Advances to District Semi Finals

November 8, 2025

The Rotary Club of Hetauda at the Secretariat Building buzzed with intellectual excitement as it hosted the zonal and regional rounds of the Rota Quiz for Region 6 on November 8, 2025. The event witnessed spirited participation from ten Rotary Clubs across Zones 33, 34, 35, and 36.

The zonal rounds determined the champions from each zone who would advance to the regional finals. After intense competition, the following clubs emerged as zonal winners:

Zone 33: Rotary Club of Bharatpur
 Zone 34: Rotary Club of Chitwan
 Zone 35: Rotary Club of Hetauda
 Zone 36: Rotary Club of Narayani Midtown

These four winning teams then proceeded to the Regional Rota Quiz, held immediately after lunch at the same venue. In a display of remarkable knowledge and quick reflexes, the Rotary Club of Bharatpur scored the highest points and was crowned the Champion of Region 6, while the Rotary Club of Narayani Midtown secured the position of 1st Runner-Up.



With this victory, RC Bharatpur has earned a place in the semi-final and final rounds, which are scheduled to be held during the District Conference in March 2026 in Pokhara.

The event was hosted by the Rotary Club of Hetauda, with the gracious presence of Rtn. Janak Raj Poudel, District Rota Quiz Sub-Committee Chair. The quiz was conducted by Rtn. Ashes Bhandari, Region 6 Chair, as Quiz Master, while coordination and guidance were ably provided by RC Hetauda President Pramesh Pradhan and his team.

The proceedings were overseen by a distinguished panel of judges, including AG Rtn. Dr. Pramod Poudel (Zone 33), Rtn. Dhan Bahadur Shrestha (Zone 34), and Joint District Secretary Prof. Dr. Rebanta Kr. Bhattarai. The roles of timekeeper and scorekeeper were managed by Rtn. Bipin Pokharel, Nirajan Pradhan, and other dedicated Rotarians.

In his opening remarks, Prof. Dr. Rebanta Kr.

Bhattarai warmly welcomed all participating clubs, team members, and the supporting audience, setting a collaborative and enthusiastic tone for the day's competition. The session concluded with certificates awarded to the winning clubs, participating clubs, and individual members.

Participating Clubs:

Zone 33: RC Bharatpur, RC Dhading
 Zone 34: RC Chitwan, RC Narayangarh
 Zone 35: RC Gaidakot, RC Makwanpur, RC Hetauda
 Zone 36: RC Narayani Midtown, RC Ratnanagar





RC Damak Advances to Semi-Finals from Region 7 Rota Quiz

Bhadrapur & Dharan, November 2025

The ROTA QUIZ - Zonal and Regional Final Rounds for Region 7 concluded successfully, celebrating Rotary spirit, knowledge, and fellowship across the district. The competition was conducted under the leadership of Rota Quiz Regional Chair of Region 7, Rtn. Sushilkumar Shrestha.

Zonal Round - Bhadrapur (November 8, 2025)

The first Zonal Round was held on November 8 at Airport Hotel, Bhadrapur, hosted by the Rotary Club of Bhadrapur. Eight clubs participated: RC Bhadrapur, RC Birtamod, RC Birtamod Midtown, RC Damak, RC Kakarvitta, RC Mechinagar, RC Surunga, and RC Urlabari. After an engaging competition, RC Damak and RC Surunga emerged as winners, qualifying for the Regional Final.

Zonal Round - Dharan (November 15, 2025)

The second Zonal Round, combined with the Regional Final Rounds, was conducted on November 15, at Rotary Sadan, Dharan, hosted by the Dharan-area clubs. Participating clubs included RC Biratnagar, RC Biratnagar Central, RC Biratnagar Downtown, RC Biratnagar Fusion, RC Dharan 3292, RC Dharan Foothills, RC Dharan Ghopa, and RC Itahari. Following a competitive session, RC Dharan Foothills and RC Dharan Ghopa secured the winning positions and advanced to the Regional Final.

Regional Final Round and Champion Announcement

The Regional Final Round, held immediately after the Dharan Zonal Round, brought together the four zonal winners—RC Damak, RC Surunga, RC Dharan Foothills, and RC Dharan Ghopa—for a challenging contest with a separate set of questions. The closely contested rounds required a Rapid-Fire Round and an intense Buzzer Round to determine the champion. RC Damak emerged victorious, claiming the Region 7 ROTA QUIZ Championship and earning a place in the semi-finals.



Acknowledgements

The event was honored by the presence of the District Public Image Chair, Rtn. Amit Giri, and received dedicated support from Assistant Governors Rtn. Nikita Giri, Rtn. Priya Sharda, and Rtn. Binod Chapagain. Sincere gratitude was extended to all participating clubs, hosting clubs, and district leadership for contributing to the success of the event.

Champions

Heartiest congratulations to the RC Damak team—Rtn. Sagar Shrestha, Rtn. Jasmine Karanjit, and Rtn. Anjar Ansari—for their outstanding performance in the Region 7 ROTA QUIZ Regional Final held on November 15, 2025.



Rotary Foundation Seminar and Recognition Program

Hotel Best Western Plus, Kathmandu
November 28, 2025

Rotary International District 3292 successfully hosted the Rotary Foundation Seminar and Recognition Program on November 28, 2025, at Hotel Best Western Plus, Kathmandu. The event was jointly organized by twelve host clubs—RC Bagmati Kathmandu, RC Baneshwor, RC Birganj, RC Chandragiri, RC Kathmandu Midtown, RC Kopundol, RC Pashupati Kathmandu, RC Patan West, RC Pokhara, RC Rajdhani, RC Swoyambhu, and RC Thamel Kathmandu—bringing together district leaders, club presidents, Foundation chairs, and distinguished Rotarians to deepen engagement with The Rotary Foundation (TRF).

The program began with the traditional Khada offering to the chief guest, dignitaries, and members of the Council of Governors, followed by national anthems and the Rotary Song. District Governor Binod Koirala delivered the welcome remarks, setting a purposeful tone for the seminar. Senior leaders, including PDG Rajib Pokhrel, DGE Vishnu Bahadur Karkee, and DGN Dr. I.P. Dhakal, shared their insights on strengthening TRF initiatives. PDG Jitendra Bahadur Rajbhandary, serving as DLF ARMC (2025–26), outlined key goals and priorities for the Rotary year.





A comprehensive technical session led by DRFC Kumud Tripathy highlighted essential TRF components such as global grants, fundraising strategies, and the culture of giving. Presentations by PDG Sanjay Giri and PDG Basu Dev Golan enriched understanding of effective grant implementation and sustainable project planning.

The recognition ceremony honored AKS members, major donors, Paul Harris Society members, Paul Harris Fellows, EREY clubs, and other significant contributors. Awards were presented by district leaders in appreciation of outstanding generosity and commitment.

The event concluded with closing remarks by DG Binod Koirala, followed by a fellowship dinner.



Major Donor			
S.N	Name	Recognition	Club
1	Sanjay Giri	Major Donor Level 3	RC Birganj
2	Amit Giri	Major Donor	RC Rajdhani
2	Pradeep Man Vaidya	Major Donor	RC Patan West
3	Rama Kandel	Major Donor	RC Bagmati Kathmandu
4	Shiva R Bhatt	Major Donor	RC Rajdhani
5	Shuva Kumai Pathak	Major Donor	RC Birtamode Midtown

Paul Harris Society Member			
S.N	Name	Recognition	Club
1	Amit Giri	Paul Harris Society Member	RC Rajdhani
2	Anin Rajbhandari	Paul Harris Society Member	RC Kantipur Kathmandu
3	Arun Kumar Bansal	Paul Harris Society Member	RC Baneshwor
4	Arun Man Sherchan	Paul Harris Society Member	RC Kathmandu Mid-Town
5	Ashok Man Kapali	Paul Harris Society Member	RC Thamel Kathmandu
6	Ashok Man Shakya	Paul Harris Society Member	RC Patan West
7	Bandhu Ranjan	Paul Harris Society Member	RC Kopundol
8	Bhawani Thapa Ghimire	Paul Harris Society Member	RC Bhaktapur
9	Bhim Udas	Paul Harris Society Member	RC Kathmandu Mid-Town
10	Binod Chapagain	Paul Harris Society Member	RC Bhadrapur
11	Binod Koirala	Paul Harris Society Member	RC Pokhra Fishtail
12	Bishnu Kumar Agarwal	Paul Harris Society Member	RC Kantipur Kathmandu
13	Deepak Kumar Shrestha	Paul Harris Society Member	RC Yala
14	Deepak Rajbhandary	Paul Harris Society Member	RC Himalayan Golfers
15	Dhruba Bhattarai	Paul Harris Society Member	RC Rudramati Kathmandu
16	Dilip Kumar Bhattarai	Paul Harris Society Member	RC Baneshwor
17	Dinesh Lal Shrestha	Paul Harris Society Member	RC Yala
18	Dinesh Prasad Shrestha	Paul Harris Society Member	RC Swoyambhu
19	Dinesh Raj Manandhar	Paul Harris Society Member	RC Patan South
20	Dinesh Shanker Palikhe	Paul Harris Society Member	RC Pokhara Annapurna
21	Dipa Prasad Upadhyay	Paul Harris Society Member	RC Rudramati Kathmandu
22	Dr. Binod Bahadur Khatri	Paul Harris Society Member	RC Patan West
23	Durga Prasad Subedi	Paul Harris Society Member	RC Pashupati Kathmandu
24	Ganesh Subedi	Paul Harris Society Member	RC Pashupati Kathmandu
25	Gaurav Shrestha	Paul Harris Society Member	RC Dhulikhel
26	Hira Sharma Nepal	Paul Harris Society Member	RC Kavre Banepa
27	Ishwari Prasad Dhakal	Paul Harris Society Member	RC Bharatpur
28	Jagan Subba Gurung	Paul Harris Society Member	RC Pokhra Fishtail
29	Jayendra Gauchan	Paul Harris Society Member	RC Pokhra Fishtail
30	Jitendra B. Rajbhandary	Paul Harris Society Member	RC Kopundol
31	Kiran Kumar Mudbhary	Paul Harris Society Member	RC Tripureshor
32	Kiran Pyakuryal	Paul Harris Society Member	RC Kantipur Kathmandu
33	Kishor Tripathi	Paul Harris Society Member	RC Rudramati Kathmandu
34	Krishna Kumar Shrestha	Paul Harris Society Member	RC Narayangarh
35	Krishna Pandey	Paul Harris Society Member	RC Central Lumini
36	Kumud Tripathy	Paul Harris Society Member	RC Thamel Kathmandu
37	Lata Baral Sharma	Paul Harris Society Member	RC Tripureshor
38	Laxmi Thapa Giri	Paul Harris Society Member	RC Pokhra Fishtail
39	Mithlesh Kumar Jha	Paul Harris Society Member	RC Rajdhani
40	Narayan Krishna Kharal	Paul Harris Society Member	RC Kathmandu
41	Nilopher Shrestha	Paul Harris Society Member	RC Dhulikhel
42	Pratap Singh Tater	Paul Harris Society Member	RC Rajdhani
43	Preeti Khemka	Paul Harris Society Member	RC Patan
44	Purushottam Rijal	Paul Harris Society Member	RC Chitwan
45	Pyar Jung Thapa	Paul Harris Society Member	RC Himalayan Golfers
46	Rabendra Raj Pandey	Paul Harris Society Member	RC Patan
47	Radha Kunwar	Paul Harris Society Member	RC Tripureshor
62	Rajendra Ligal	Paul Harris Society Member	RC Pokhara Lakeside
48	Rajendra Man Sherchan	Paul Harris Society Member	RC Thamel Kathmandu
49	Ram Prasad Gajurel	Paul Harris Society Member	RC Narayangarh
50	Rama Kandel	Paul Harris Society Member	RC Bagmati Kathmandu
51	Ramakanta Baral	Paul Harris Society Member	RC Pokhra Fishtail
52	Sanjay Giri	Paul Harris Society Member	RC Birgunj
53	Sashi Raj Pandey	Paul Harris Society Member	RC Pashupati Kathmandu
54	Sashi Satyal	Paul Harris Society Member	RC Kathmandu Metro
55	Sewan Panta	Paul Harris Society Member	RC Narayangarh
56	Shalik Ram Adhikari	Paul Harris Society Member	RC Pashupati Kathmandu
57	Shanta Adhikari Koirala	Paul Harris Society Member	RC Ratnanagar
58	Shuva Kumai Pathak	Paul Harris Society Member	RC Birtamode Mid-Town
59	Sudip Koirala	Paul Harris Society Member	RC Rudramati Kathmandu
60	Suniti Acharya	Paul Harris Society Member	RC Jawalakhel
63	Surendra Golcha	Paul Harris Society Member	RC Biratnagar
61	Surya Bahadur Adhikari	Paul Harris Society Member	RC Pashupati Kathmandu
59	Prithvi Vaidya	Paul Harris Society Member	RC Kopundol
57	Subash Sigdel	Paul Harris Society Member	RC Pokhara New Road

Multiple Paul Harris Fellow			
S.N	Name	Recognition	Club
1	Bishnu Prasad Sharma	Multiple Paul Harris Fellow	RC Ratnanagar
2	Ajay Ratna Sthapit	Multiple Paul Harris Fellow	RC Kathmandu Midtown
3	Arati RL Rana	Multiple Paul Harris Fellow	RC Himalayan Golfers
4	Ashim Sitaula	Multiple Paul Harris Fellow	RC Baneshwor
5	Ashok Kumar Basnet	Multiple Paul Harris Fellow	RC Dhading
6	Balaram Sharma Khanal	Multiple Paul Harris Fellow	RC Ratnanagar
7	Barbara Lovegrove	Multiple Paul Harris Fellow	RC Ratnanagar
8	Basanta Adhikari	Multiple Paul Harris Fellow	RC Maharajung
9	Beena Kaini	Multiple Paul Harris Fellow	RC Damauli
10	Bharat Sharma Pokharel	Multiple Paul Harris Fellow	RC Kawasoti
11	Bhoj Bahadur Khatri	Multiple Paul Harris Fellow	RC The Himalayan Gurkhas
12	Bhoj Raj Dahal	Multiple Paul Harris Fellow	RC Kawasoti
13	Bhola Nath Lamichhane	Multiple Paul Harris Fellow	RC Narayangarh
14	Bhumii Poudel	Multiple Paul Harris Fellow	RC Mechinagar
15	Binay Bajra Bajracharya	Multiple Paul Harris Fellow	RC Patan South
16	Binita Khanal	Multiple Paul Harris Fellow	RC Tinau Butwal
17	Binod Prasad Heyojoo	Multiple Paul Harris Fellow	RC Pokhara Midtown

18	Bishnu Hari Timilsina	Multiple Paul Harris Fellow	RC Pokhra Fishtail
19	Bishnu Poudel	Multiple Paul Harris Fellow	RC Narayani Midtown
20	Biswambar Man Amatya	Multiple Paul Harris Fellow	RC Swoyambhu
21	Chadani Rana	Multiple Paul Harris Fellow	RC Patan South
22	Daman Ghale	Multiple Paul Harris Fellow	RC Himalayan Golfers
23	Dicky Karki Chhetri	Multiple Paul Harris Fellow	RC Pokhara Midtown
24	Dinesh Prasad Shrestha	Multiple Paul Harris Fellow	RC Swoyambhu
25	Dinesh Prasad Shrestha	Multiple Paul Harris Fellow	RC Swoyambhu
26	Durga Datta Pageni	Multiple Paul Harris Fellow	RC Pokhara
27	Eak Narayan Dhakal	Multiple Paul Harris Fellow	RC Kathmandu Circle
28	Firoj Shrestha	Multiple Paul Harris Fellow	RC Dharan
29	Gita Upreti	Multiple Paul Harris Fellow	RC Maharajung
30	Hari Poudel	Multiple Paul Harris Fellow	RC Pokhara Midtown
31	Harsha Ratna Shakya	Multiple Paul Harris Fellow	RC New Road City
32	Hiralal Aryal	Multiple Paul Harris Fellow	RC Gaidakot
33	Home Bahadur Chhetri	Multiple Paul Harris Fellow	RC Kasthamandap Kathman
34	Jeetendra Nakarmi	Multiple Paul Harris Fellow	RC Yala
35	Kamala Giri	Multiple Paul Harris Fellow	RC Pokhra Fishtail
36	Keshab Kumar Agrawal	Multiple Paul Harris Fellow	RC Damak
37	Keshav Prasad Badal	Multiple Paul Harris Fellow	RC Kavre Banepa
38	Kiran Krishna Joshi	Multiple Paul Harris Fellow	Kathmandu West
39	Madan Sharma	Multiple Paul Harris Fellow	RC Pokhara
40	Mahendra Raj Bhusal	Multiple Paul Harris Fellow	RC Baneshwor
41	Maheswar Pahari	Multiple Paul Harris Fellow	RC Pokhra Fishtail
42	Manik Lal Kalu Shrestha	Multiple Paul Harris Fellow	RC Dhulikhel
43	Mankaji Makaju	Multiple Paul Harris Fellow	RC Pokhara
44	Manohar Lal Shrestha	Multiple Paul Harris Fellow	RC Kasthamandap Kathman
45	Manoj Bahadur Shrestha	Multiple Paul Harris Fellow	RC Lalitpur
46	Manoj Kumar Das	Multiple Paul Harris Fellow	RC Bardibas
47	Manoj Kumar Kandel	Multiple Paul Harris Fellow	RC Bhadgaon
48	Mohan Bhattarai	Multiple Paul Harris Fellow	RC Pokhra Fishtail
49	Mohan Dhoj Joshi	Multiple Paul Harris Fellow	RC Kathmandu West
50	Mohan Kumar Gurung	Multiple Paul Harris Fellow	RC The Himalayan Gurkhas
51	Mona Dahal	Multiple Paul Harris Fellow	RC Dharan Foothills
52	Nabaraaj Aryal	Multiple Paul Harris Fellow	RC Ratnanagar
53	Nabin Kumar Shrestha	Multiple Paul Harris Fellow	RC Dhading
54	Narayan Prasad Neupane	Multiple Paul Harris Fellow	RC Kawasoti
55	Narayan PrasadGurung	Multiple Paul Harris Fellow	RC The Himalayan Gurkhas
56	Neelam Thapa	Multiple Paul Harris Fellow	RC Maharajung
57	Nirajan Khanal	Multiple Paul Harris Fellow	RC Ratnanagar
58	Nirmal Sapkota	Multiple Paul Harris Fellow	RC Maharajung
59	Om Shanker Shrestha	Multiple Paul Harris Fellow	RC Yala
60	Parameshwar Bhandary	Multiple Paul Harris Fellow	RC Narayani Midtown
61	Pawan Raj Paudel	Multiple Paul Harris Fellow	RC Ratnanagar
62	Phatteh Bahadur Limbu	Multiple Paul Harris Fellow	RC Kasthamandap
63	Poonam Rana	Multiple Paul Harris Fellow	RC Kasthamandap
64	Pradeep Pandey	Multiple Paul Harris Fellow	RC Kathmandu
65	Pradip Poudel	Multiple Paul Harris Fellow	RC Maharajung
66	Prakash Raj Regmi	Multiple Paul Harris Fellow	RC Patan
67	Pramod Paudel	Multiple Paul Harris Fellow	RC Gaidakot
68	Pratima Gurung	Multiple Paul Harris Fellow	RC Maharajung
69	Prayag L. Joshi	Multiple Paul Harris Fellow	RC Lalitpur
70	Prem Kumar Khatri	Multiple Paul Harris Fellow	RC Mount Everest Lalitpur
71	Puran Konwar	Multiple Paul Harris Fellow	RC Pokhara Midtown
72	Raghu Nath Ghimire	Multiple Paul Harris Fellow	RC Kavre Banepa
73	Raju Dhakal	Multiple Paul Harris Fellow	RC Maharajung
74	Raju Shah Shankar Sunar	Multiple Paul Harris Fellow	RC Kawasoti
75	Ram Lal Pokharel	Multiple Paul Harris Fellow	RC Budhanikantha
76	Ram Pyari Bajracharya	Multiple Paul Harris Fellow	RC Kavre Banepa
77	Ram Rijal	Multiple Paul Harris Fellow	RC Dhading
78	Ramchandra Adhikari	Multiple Paul Harris Fellow	Chitwan
79	Ramesh Prasad Koirala	Multiple Paul Harris Fellow	Pokhra Fishtail
80	Ramu Pandeya	Multiple Paul Harris Fellow	Pashupati Kathmandu
81	Ravi Lamichhane	Multiple Paul Harris Fellow	Mount Everest Lalitpur
82	Rohit Bhandari	Multiple Paul Harris Fellow	Dhading
83	Rum Bahadur Gurung	Multiple Paul Harris Fellow	The Himalayan Gurkhas
84	Saibal Ghosh	Multiple Paul Harris Fellow	Mount Everest Lalitpur
85	Sangeeta Bhandari	Multiple Paul Harris Fellow	Maharajung
86	Sanjay Nepal	Multiple Paul Harris Fellow	Mount Everest Lalitpur
87	Saroj Prasad Gyawali	Multiple Paul Harris Fellow	Ratnanagar
88	Satta Bahadur Gurung	Multiple Paul Harris Fellow	The Himalayan Gurkhas
89	Shiv Raj Bhatt	Multiple Paul Harris Fellow	Rajdhani
90	Shiva Khanal	Multiple Paul Harris Fellow	Ratnanagar
91	Shobha Lamichhane	Multiple Paul Harris Fellow	Jawalakhel
92	Shova Kumari Poudel	Multiple Paul Harris Fellow	Balaju
93	Shyam Kumar Timalisina	Multiple Paul Harris Fellow	Kavre Banepa
94	Siri Prasad Gurung	Multiple Paul Harris Fellow	The Himalayan Gurkhas
95	Sudan Ratna Bajracharya	Multiple Paul Harris Fellow	Kathmandu West
96	Suman Karmacharya	Multiple Paul Harris Fellow	Kavre Banepa
97	Sundar Thapa	Multiple Paul Harris Fellow	Kavre Banepa
98	Suresh Man Shrestha	Multiple Paul Harris Fellow	Thamel Kathmandu
99	Surya Prabha Shakya	Multiple Paul Harris Fellow	Kavre Banepa
100	Sushila Shrestha	Multiple Paul Harris Fellow	Patan West
101	Suswopna Rimal	Multiple Paul Harris Fellow	Pashupati Kathmandu
102	Tribhuvan Tiwari	Multiple Paul Harris Fellow	Kawasoti
103	Tula Bahadur Kandel	Multiple Paul Harris Fellow	RC Bhadgaon
104	Umesh Giri	Multiple Paul Harris Fellow	Ratnanagar
105	Upendra Prasad Poudel	Multiple Paul Harris Fellow	RC Pokhara Midtown
106	Urdeep Shrestha	Multiple Paul Harris Fellow	Pokhara
107	Yuba Raj Gurung	Multiple Paul Harris Fellow	The Himalayan Gurkhas
108	Ashish Jajodia	Multiple Paul Harris Fellow	RC Kathmandu
109	Ashwin Narayanankar	Multiple Paul Harris Fellow	RC Pokhara
110	Sarita Shakya	Multiple Paul Harris Fellow	RC Kavre Banepa
111	Siddhi Lal Shrestha	Multiple Paul Harris Fellow	RC Hetauda

112	Dhiraj Kumar Karki	Multiple Paul Harris Fellow	RC Hetauda
113	Ram Prasad Sharma	Multiple Paul Harris Fellow	RC Hetauda
114	Bidur Rijal	Multiple Paul Harris Fellow	RC Hetauda
115	Ram Bahadur Thapa	Multiple Paul Harris Fellow	RC Hetauda
116	Rajan Neupane	Multiple Paul Harris Fellow	RC Hetauda
117	Bikash Shrestha	Multiple Paul Harris Fellow	RC Hetauda

S.N	Name	Recognition	Club
1	Dipak Raj Pokharel	Paul Harris Fellow	Swoyambhu
2	Achut Pokhrel	Paul Harris Fellow	Maharajgunj
3	Achyut Koirala	Paul Harris Fellow	Narayani Mid Town
4	Akhil Kumar Koirala	Paul Harris Fellow	Surunga
5	Anand Ballabh Joshi	Paul Harris Fellow	Thamel-Kathmandu
6	Ananda Raj Sharma Wagle	Paul Harris Fellow	Greenland Kathmandu
7	Anjan Raj Poude	Paul Harris Fellow	Greenland Kathmandu
8	Archan Ghimire	Paul Harris Fellow	Kawasoti
9	Arjun Prasad Sapkota	Paul Harris Fellow	Narayani Mid Town
10	Arun Dev Acharya	Paul Harris Fellow	Narayani Mid Town
11	Ashok Raj Pandey	Paul Harris Fellow	Thamel-Kathmandu
12	Aswin Gole	Paul Harris Fellow	Narayani Mid Town
13	Babita Shrestha	Paul Harris Fellow	Patan South
14	Baburam Khadka	Paul Harris Fellow	RC Bhadgaon
15	Badi Prasad Pokhrel	Paul Harris Fellow	Itahari
16	Banita Pandey	Paul Harris Fellow	Jawalakhel Manjushree
17	Banshi Sharma	Paul Harris Fellow	Kathmandu North
18	Basu Dev Bhusal	Paul Harris Fellow	Butwal Chautari
19	Basu Dev Giri	Paul Harris Fellow	Kawasoti
20	Bed Bahadur Roka	Paul Harris Fellow	Pokhara
21	Bharati Sapkota	Paul Harris Fellow	RC Kathmandu Midtown
22	Bhim Bahadur Sunar	Paul Harris Fellow	Kawasoti
23	Bhoj Raj Pandey	Paul Harris Fellow	Pokhara Paradise
24	Bijay Kumar Mahatto	Paul Harris Fellow	Bardibas
25	Bijay Shrestha	Paul Harris Fellow	Pokhara
26	Bijaya Budha	Paul Harris Fellow	RC Bhadgaon
27	Bijaya Krishna Shrestha	Paul Harris Fellow	Mount Everest Lalitpur
28	Bikram Khadka	Paul Harris Fellow	Kathmandu West
29	Binod Babu Wagle	Paul Harris Fellow	Swoyambhu
30	Binod Bhandari	Paul Harris Fellow	Bardibas
31	Binod Lama	Paul Harris Fellow	Greenland Kathmandu
32	Bishnu Pokharel	Paul Harris Fellow	Swoyambhu
33	Bishnu Prasad Koirala	Paul Harris Fellow	Kirtipur
34	Bishnu Raj Puri	Paul Harris Fellow	Bardibas
35	Chandra Kanta Wagle	Paul Harris Fellow	Gongabu
36	Damodar Sapkota	Paul Harris Fellow	Narayani Mid Town
37	Deepak Subedi	Paul Harris Fellow	Kawasoti
38	Devendra Prasad Dhoju	Paul Harris Fellow	RC Bhadgaon
39	Dharma Maharjan	Paul Harris Fellow	Lalitpur
40	Dhruva Mani Paudel	Paul Harris Fellow	Maharajgunj
41	Diby Thapa	Paul Harris Fellow	Jawalakhel Manjushree
42	Dilip Khanal	Paul Harris Fellow	Greenland Kathmandu
43	Dilli Ram Giri	Paul Harris Fellow	RC Bhadgaon
44	Dipak Bahadur Karki	Paul Harris Fellow	Bardibas
45	Dipak Ratala	Paul Harris Fellow	Kirtipur
46	Dipendra Parajuli	Paul Harris Fellow	Bardibas
47	Gambhir Man Tandukar	Paul Harris Fellow	Thamel-Kathmandu
48	Govinda Raj Paudel	Paul Harris Fellow	Maharajgunj
49	Gopal Prasad Chudal	Paul Harris Fellow	Mechinagar
50	Govind Kandel	Paul Harris Fellow	Gaidakot
51	Govinda P Gurung	Paul Harris Fellow	Gongabu
52	Gunja Bahadur Karki	Paul Harris Fellow	Bardibas
53	Hari Prasad Gautam	Paul Harris Fellow	Bardibas
54	Hem Raj Chapagain	Paul Harris Fellow	Kawasoti
55	Ichha Lamichhane	Paul Harris Fellow	Jawalakhel
56	Indra Prasad Dhungel	Paul Harris Fellow	Bardibas
57	Indra Silwal	Paul Harris Fellow	Bardibas
58	Ishwor Kandel	Paul Harris Fellow	RC Dhading
59	Jaya Narayan Acharya	Paul Harris Fellow	Kirtipur
60	Joshila Bhandari	Paul Harris Fellow	Maharajgunj
61	Jyoti Thakali	Paul Harris Fellow	RC Bhadgaon
62	Khem P Parajuli	Paul Harris Fellow	Gongabu
63	KishorBhattarai	Paul Harris Fellow	Bardibas
64	Krishna Lal Upreti	Paul Harris Fellow	Dhading
65	Krishna Prasad Aryal	Paul Harris Fellow	Kawasoti
66	Krishna Prasad Gautam	Paul Harris Fellow	Bardibas
67	Kunal Kayal	Paul Harris Fellow	Greenland Kathmandu
68	Kushal Shrestha	Paul Harris Fellow	Kavre Banepa
69	Lokraj Koirala	Paul Harris Fellow	Kirtipur
70	Madan Ghimire	Paul Harris Fellow	Narayani Mid Town
71	Mahendra Maharjan	Paul Harris Fellow	Patan Heritage
72	Manoj KC	Paul Harris Fellow	Jawalakhel
73	Milan Bilash Joshi	Paul Harris Fellow	Thamel-Kathmandu
74	Mina KC	Paul Harris Fellow	Gongabu
75	Mohan Lal Shrestha	Paul Harris Fellow	Swoyambhu
76	Mridul Acharya	Paul Harris Fellow	Kathmandu
77	Namrata KC	Paul Harris Fellow	RC Pokhra Fishtail
78	Nanda Lal Sikarmi	Paul Harris Fellow	Lalitpur
79	Natwar Rathi	Paul Harris Fellow	Itahari
80	Om Kumar Shrestha	Paul Harris Fellow	Pokhara
81	Phintos Lama	Paul Harris Fellow	RC Himalayan Golfers
82	Pradip Khadka	Paul Harris Fellow	Kathmandu
83	Pravin Karki	Paul Harris Fellow	Kathmandu
84	Prayog Jung Bahadur Rana	Paul Harris Fellow	Kasthamandap Kathmandu

85	Prem Kumar Shrestha	Paul Harris Fellow	Yala
86	Pritam Raj Nepal	Paul Harris Fellow	Maharajgunj
87	Pushpa Raj Adhikari	Paul Harris Fellow	Kirtipur
88	Radheshyam Sapkota	Paul Harris Fellow	Bardibas
89	Raja Ram Phuyal	Paul Harris Fellow	Gongabu
90	Rajan Parajuli	Paul Harris Fellow	RC Bhadgaon
91	Rajendra Gautam	Paul Harris Fellow	Kathmandu
92	Raju Gurung	Paul Harris Fellow	The Himalayan Gurkhas
93	Ram Chandra Shrestha	Paul Harris Fellow	RC Bhadgaon
94	Ram Chandra Sigdel	Paul Harris Fellow	RC Pokhra Fishtail
95	Ram Hari Fuyal	Paul Harris Fellow	Kirtipur
96	Ram Hari Shrestha	Paul Harris Fellow	Gaidakot
97	Ram Nath Ojha	Paul Harris Fellow	Pokhara
98	Ramchandra Shrestha	Paul Harris Fellow	Bhadgaon
99	Ramesh Adhikari	Paul Harris Fellow	Patan West
100	Ramesh Bhandari	Paul Harris Fellow	Bardibas
101	Ramesh Nepal	Paul Harris Fellow	RC Bhadgaon
102	Ranjana Udas	Paul Harris Fellow	Jawalakhel Manjushree
103	Rekha Bohara	Paul Harris Fellow	Narayani Mid Town
104	Rochak Adhikari	Paul Harris Fellow	Narayani Mid Town
105	Rohit Kumar Yadav	Paul Harris Fellow	Bardibas
106	Roshan Gautam	Paul Harris Fellow	Bardibas
107	Sandeep Amir Kansakar	Paul Harris Fellow	Mount Everest Lalitpur
108	Sandip Raj Bhat	Paul Harris Fellow	RC Bhadgaon
109	Santosh Kumar Sigdel	Paul Harris Fellow	Bardibas
110	Sarina Shakya	Paul Harris Fellow	Kavre Banepa
111	Seema Agrawal	Paul Harris Fellow	RC Damak
112	ShambhuSah	Paul Harris Fellow	Bardibas
113	Shankar Khadka	Paul Harris Fellow	RC Kathmandu North
114	Sharda Devi Thapa	Paul Harris Fellow	Bardibas
115	Sharmila Pathak	Paul Harris Fellow	Mechinagar
116	Shreehari Chalise	Paul Harris Fellow	Gaidakot
117	Shreeram Adhikari	Paul Harris Fellow	Kathmandu West
118	Shrijana Maharjan	Paul Harris Fellow	RC Bhadgaon
119	Shyam Sundar Shrestha	Paul Harris Fellow	Kathmandu West
120	Smriti Lama	Paul Harris Fellow	Jawalakhel
121	Smriti Singh Dhungana	Paul Harris Fellow	Itahari
122	Som Bahadur Tamang	Paul Harris Fellow	RC Budhanilkantha
123	Subash Poudel	Paul Harris Fellow	Greenland Kathmandu
124	Sudarshan Kafle	Paul Harris Fellow	Bardibas
125	Suman Koirala	Paul Harris Fellow	RC Bhadgaon
126	Sumitra Bhattarai	Paul Harris Fellow	Bardibas
127	Sunita Pyakuryal	Paul Harris Fellow	Thamel-Kathmandu
128	Suraj Lamichhane	Paul Harris Fellow	RC Durbarmarg Kathmandu
129	Surajan Rajkarnikar	Paul Harris Fellow	Newroad City Kathmandu
130	Tilak Babu Ghimere	Paul Harris Fellow	Damauli
131	Yaduka Uprety	Paul Harris Fellow	Surunga
132	Yam Prasad Neupane	Paul Harris Fellow	Kawasoti
133	Yuvraj Bhattarai	Paul Harris Fellow	Kawasoti
134	Ravi Goenka	Paul Harris Member	RC Durbarmarg Kathmandu
135	Anjan Shakya	Paul Harris Member	RC Narayangarh
136	Pusha Raj Sharma	Paul Harris Member	RC Kathmandu
137	Om Prakash Shretha	Paul Harris Member	RC Rupandahi
138	Nurapati	Paul Harris Member	RC Rupandahi

S.N	Name	Recognition	Club
1	Deepak Rajbhandary	Polio Plus	Himalayan Golfers
2	Dinesh Prasad Shrestha	Polio Plus	Swoyambhu
3	Pyar Jung Thapa	Polio Plus	Himalayan Golfers
4	Rabendra Raj Pandey	Polio Plus	Birtamode mid town
5	Rajendra Man Sherchan	Polio Plus	Thamel Kathmandu
6	Rotary Club of Butwal	Polio Plus	RC Butwal
7	Rotary Club of Butwal Chautari	Polio Plus	Butwal Chautari
8	Rotary Club of Kirtipur	Polio Plus	Kirtipur
9	Rotary Club of Thimphu	Polio Plus	Thimphu
10	Rotary Club of Kirtipur	Polio Plus	Kirtipur
11	Rotary Club of Rajdhani	Polio Plus	Rajdhani
12	Sanjay Giri	Polio Plus	Birgunj
13	Sashi Raj Pandey	Polio Plus	Pashupati Kathmandu
14	Preeti Khemka	Polio Plus	Patan

S.N	Name	Recognition
1	Rotary Club of Bardibas	100% Contributory Club
2	Rotary Club of Biratnagar Fusion	100% Contributory Club
3	Rotary Club of Butwal	100% Contributory Club
4	Rotary Club of Butwal Chautari	100% Contributory Club
5	Rotary Club of Central Butwal	100% Contributory Club
6	Rotary Club of Chandragiri	100% Contributory Club
7	Rotary Club of Damak	100% Contributory Club
8	Rotary Club of Dharan Foothill	100% Contributory Club
9	Rotary Club of Dhulikhel	100% Contributory Club
10	Rotary Club of Gokarneshwor	100% Contributory Club
11	Rotary Club of Gongabu	100% Contributory Club

District Governor's Official Club Visit

The District Governor's Official Club Visit stands as a vital annual tradition within Rotary International, aimed at deepening engagement and strengthening coordination between district leadership and local clubs. These visits play a fundamental role in maintaining alignment with Rotary's overarching mission while nurturing fellowship, accountability, and shared purpose.

During each visit, the Governor meets with club leaders and members to review ongoing service initiatives, celebrate accomplishments, and discuss challenges that may require collective attention. These interactions provide strategic direction, inspire renewed commitment, and help clubs synchronize their objectives with both district priorities and Rotary's global goals.

More than an administrative exercise, the Governor's visit energizes members and reinforces unity. By exchanging ideas, highlighting best practices, and encouraging collaboration, the Governor helps cultivate partnerships that elevate the impact of Rotary's humanitarian efforts.

In Rotary International District 3292, Nepal & Bhutan, District Governor Binod Koirala began his official club visits in July 2025 with remarkable enthusiasm and dedication. He prioritized personal engagement with members across the district, traveling extensively to connect with clubs in diverse communities. By the end of November 2025, he had completed visits to 50 clubs.

Each visit highlighted meaningful service projects, facilitated thoughtful dialogue, and infused clubs with renewed motivation for the remainder of the Rotary year. Governor Koirala's presence and guidance were highly valued, offering encouragement, practical direction, and a strengthened sense of purpose for advancing Rotary's mission throughout Nepal and Bhutan.



DG Visit RC Chandragiri



DG Visit RC Gokarneshwor



DG Visit RC Jawalakhel Manjushree



DG Visit RC Bhaktapur



DG Visit RC Lalitpur



DG Visit RC Butwal Downtown



DG Visit RC Lumbini Stars



DG Visit RC Maharajgunj



DG Visit RC Sainamaina



DG Visit RC Matribhumi Baluwatar



DG Visit RC Tiloottama Rupandehi



DG Visit RC Tinau Butwal



DG Visit Rotary E-Club of MedicoFusion Hybrid Nepal



DG Visit RC Rajdhani

Club News and Activities



UN Global Road Safety Week Celebration

RC Balaju
November 15, 2025

The Rotary Club of Balaju successfully organized a talk program on 15 November 2025 at Hotel Yellow Pagoda, Kathmandu, to mark UN Global Road Safety Week. The event brought together distinguished guests, including presidents from seven Rotary Clubs, and featured expert presentations on road safety and post-crash support. Keynote speaker Dr. Rtn. Bhagabati Sedain highlighted the rising number of road traffic crashes in Nepal, the psychosocial and economic burden on families, and the need for effective rehabilitation. Guest Speaker Rtn. Nugal Anand Vaidya outlined the District Road Safety Program, its completed initiatives, and future collaboration opportunities. Chief Guest SSP Navaraj Adhikari shared updated crash statistics, major risk factors, and preventive strategies and emphasized the importance of engineering, education, and enforcement in national road safety efforts. He also discussed insurance mechanisms, rescue systems, and victim support. The program concluded with a shared commitment among participating clubs to strengthen advocacy, promote awareness, and support community-based road safety initiatives.



Cow Mat Donation & Support Initiative

RC Biratnagar Downtown
October 29, 2025



Blood Donation Program

RC Biratnagar Central
November 16, 2025

The Rotary Club of Biratnagar Central organized a Blood Donation Program at Radha Krishan Samudayik Bhawan, Tankisinuwari-1, in collaboration with Tankisinuwari Junior JCI. The event began at 8:00 AM and saw encouraging participation, with 50 individuals voluntarily donating blood. The initiative aimed to support patients requiring timely blood transfusions while raising community awareness about the significance of regular blood donation. The program successfully promoted the spirit of service and strengthened the partnership among the participating organizations.

The Rotary Club of Biratnagar Downtown carried out a welfare initiative on 29 October at Shree Krishna Gau Sewa Sadan, Biratnagar, to support the comfort and well-being of cows, particularly pregnant and vulnerable cattle. A total of 40 cow mats were provided, each costing NPR 5,000, totaling NPR 200,000, along with NPR 5,000 in additional cash support, bringing the project value to NPR 205,000. Mrs. Garima Poddar donated 20 mats, while the remaining mats and cash contribution were supported by club members and well-wishers. The initiative helped protect cattle from cold-related discomfort, improved hygiene, and reduced the risk of infection or injury. Caretakers also benefited through easier maintenance and better cleanliness. The durable mats ensured long-term use, and the club planned further support initiatives to strengthen the gaushala's care facilities and promote compassion toward animal welfare.



Support to Education

RC Saibu Bhaisepati
November 24, 2025

The Rotary Club of Sainbu Bhainsepati successfully provided essential Early Childhood Development (ECD) support to Shree Nepal Rastriya Basic School in Jhabarah, Parsagadhi Municipality-3, through a special educational enhancement initiative. With a total project budget of NPR 101,000, the club distributed 41 floor mats, 41 pairs of warm clothes, 24 meters of carpet, 2 rugs, 41 pairs of shoes and socks, 41 school bags, and 41 handkerchiefs, directly benefiting 391 students (210 girls and 181 boys) and indirectly supporting an estimated 5,000 community members.

The handover ceremony was chaired by Principal Rajendra Chaudhary, with Mayor Gokarna Pathak as the chief guest. Rotary Club of Sainbu President Karanbir Thapa, Rotary Club of Birgunj Secretary Dindyal Kedia, and other dignitaries attended, while teacher Mahadev Chapagain facilitated the program.

The initiative aimed to improve the school's learning environment, strengthen access to education, and support children from poor, Dalit, and marginalized families. The impact was immediately visible: ECD children received warm clothes and shoes to protect against winter illnesses, and carpets and rugs made classrooms more comfortable. School bags safeguarded learning materials, while floor mats allowed children to sit and rest warmly. Overall, the program created a safer, more child-friendly environment that enhanced attendance, comfort, and early-grade learning outcomes.





Rotary Peace Poster Drawing Competition

RC Butwal
November 17, 2025

The Rotary Peace Poster Drawing Competition was successfully held on November 17, 2025, at Deep Boarding High School under Rotary International's Focus Area: Peace and Conflict Prevention/Resolution. The program was chaired by Club President Rtn. Krishna Parajuli, who highlighted the importance of nurturing peace-building values

among young students. A total of 18 Interactors from 11 Interact Schools participated, presenting creative artworks reflecting their vision of peace.

The Rotary Club of Butwal organized the event with strong support from its partner Rotaract and Interact Clubs, as showcased in the official program banner. Each participant received a kit bag, diary, drawing book, and certificate to encourage their artistic engagement.

During the award ceremony, outstanding performers were recognized with cash prizes. The winner received Rs. 8,000, the first runner-up Rs. 5,000, and the second runner-up Rs. 3,000. Consolation Prize recipients were awarded Rs. 2,000 each, along with a medal, trophy, and certificate, acknowledging their effort and creativity.

The program effectively promoted the message of peace, strengthened collaboration among clubs, and provided a meaningful platform for Interactors to express harmony and hope through art.



Eye Screening & Parents' Orientation Program

RC Birtamode Midtown
November 12, 2025

The Rotary Club of Birtamode Midtown organized an eye-screening camp at Sundarpur A.A. Vi. in coordination with Birtamod Eye Hospital. A total of 66 students were examined, and 6 were found to have eye-related issues that required further evaluation and treatment.

To enhance the impact of the health initiative, a Parents' Orientation Session was also held on child psychology and child care. The session equipped guardians with a better understanding of their children's emotional and developmental needs, encouraging a more supportive and informed approach at home.



Free Ear Screening Camp

RC Central Banke
November 7, 2025

A free ear screening camp was successfully organized at Bageshwari Secondary School, Gavar, Baijanath-3, in collaboration with BN Community Ear Care Hospital and Bageshwari Secondary School. The Rotary Club of Central Banke led the initiative, with technical support provided by BN Community Ear Care Hospital, Nepalgunj.

The camp aimed to promote awareness on ear health and hygiene, provide free ear check-ups

and basic treatment, identify conditions such as infections, wax buildup, hearing loss, and other issues, and refer individuals requiring advanced medical care.

The camp saw an encouraging turnout, with about 290 community members receiving services. The medical team reported 39 cases of earwax removal, 7 cases of otomycosis treated, and 13 individuals identified with chronic otitis media. Additionally, 10 people were diagnosed with hearing loss, 5 cases involved successful foreign body removal, and 9 individuals were referred for ear surgery.

The Rotary Club of Central Banke expressed gratitude to BN Community Ear Care Hospital for its technical support and to Bageshwari Secondary School for its cooperation and venue arrangements. The program was well appreciated by the community, significantly contributing to early diagnosis, treatment, and awareness of ear-related health issues. The Club looks forward to organizing similar health initiatives in the future.



In addition, President Nominee Tulsi Mishra strengthened the school's cleanliness efforts by donating dustbins, underscoring the importance of hygiene and proper waste management on the school premises.





Do Not Distract Children by Giving Them Mobile Phones or TV

Rotary E-Club of Medico Fusion Hybrid Nepal
November 15, 2025

Rotary E-Club of Medico Fusion's Campaign: "Do Not Distract Children by Giving Them Mobile Phones or TV".

Doctors urged parents not to use mobile phones or television to keep children occupied, warning that excessive screen time severely affected children's mental, social, and physical development. The Rotary E-Club of Medico Fusion Hybrid Nepal, composed of medical professionals, launched the campaign "Do Not Distract Children by Giving Them Mobile Phones or TV" on Saturday to raise awareness about the negative impacts of early screen exposure. Club President Dr. Manju Gubhaju stated that the club would continue awareness activities in coordination with municipalities across Rupandehi.

Dr. Santosh Pokhrel explained that prolonged screen uses often led to sleep disturbances, obesity, autism-like symptoms, irritability, poor academic performance, eye problems, and reduced interaction with family members. He stressed the importance of parental vigilance. As part of the campaign, the club handed over banners and educational materials to local municipal leaders for display in vaccination centers, Montessori schools, and other child-focused spaces. Tilottama Municipality Mayor Ram Krishna Khan welcomed the initiative and affirmed the municipality's commitment to integrating it into ongoing child-friendly programs.



Warm cloths and stationary distribution

RC Kathmandu / RC Godawari
November 12, 2025

The Rotary Club of Kathmandu and the Rotary Club of Godawari jointly carried out a meaningful community service initiative, distributing warm clothes and essential stationery to 105 students

from Chitra Kumari Basic School in Dukuchhap, Godawari-8, and Shree Bageshwori Basic School in Chapagaun, Godawari-10. With winter approaching, the support provided both comfort and motivation, as the students' excited smiles reflected their joy and encouragement.

The program was graced by Deputy Mayor of Godawari Municipality, Ms. Muna Adhikari, as the chief guest. She was joined by Mr. Santa Bahadur Deshar from the Social Development Section and Ward Chairperson Mr. Shekhar Neupane, demonstrating strong community commitment to child welfare. From the Rotary family, Rtn. Youraj Roka, Chartered President of RC Godawari, and Rtn. Rajendra Gautam, President of RC Kathmandu, attended with several Rotarians and representatives who contributed to the event's success. Headteachers, teachers, parents, and students also participated, celebrating Rotary's dedication to education and community upliftment.



Vision Through Eye Camps and Cataract Surgery Support

RC Gairidhara
October, 2025

The Rotary Club of Gairidhara organized two free eye check-up camps on October 11 and 16, 2025, in collaboration with the Eye Department Team of Chitwan Medical College Hospital. A total of 173 patients received eye examinations, and 37 individuals were identified for cataract surgery. The programs were chaired by Club President Rtn. Hiralal Aryal, with local ward representatives as chief guests. Both events were coordinated by President-Elect Rtn. Ramhari Shrestha, with active participation from club leaders and members.

On October 28, 2025, the club facilitated cataract surgeries for patients from both camps at Tilganga Eye Hospital, Kaski, where 18 surgeries were successfully completed. Club members remained present throughout the process, assisting patients during surgery, bandage removal, and medical follow-up, reinforcing Rotary's commitment to community eye health.





RotaKids Nepal Conducted Self-Defense Workshop 2025

Rotary E- Club of District 3292
November 15, 2025

RotaKids Nepal, the only RotaKids club in the country, successfully conducted the "Self-Defense Workshop 2025" at GEMS School, Dhapakhel, in association with Rotary E-Club of District 3292, Nepal, and the Thunderbolts Development Center. Designed for children aged 8 to 14, the workshop aimed to build personal safety awareness and teach basic self-defense skills. RotaKids President Samyak Raj Shrestha welcomed the participants and encouraged nearly 50 students to learn confidently while appreciating the support of the parent Rotary E-Club.

The session was led by Ayasha Shakya, a three-time South Asian Games gold medalist and national Taekwondo coach, assisted by international athlete and media personality Sita Tamang. Together, they guided the children through practical drills, Zumba, and interactive sports activities. The presence of Guest of Honor Mr. Deepak Bista, Olympian and multi-time Asian and South Asian Games Champion, energized the event as he inspired children with stories of discipline and perseverance. The workshop concluded on a positive note, leaving participants more confident, aware, and motivated.



Educational Material Distribution

RC Hetauda
November 13, 2025

The Rotary Club of Hetauda successfully conducted an educational material distribution program at Shree Rastriya Secondary School, Sanutar, Bimphe-1, with the aim of supporting every child's education and motivating students toward their studies. During the event, 300 students from nursery to class 10 received copies, pens, pencils, and other essential learning materials. School Principal Man Bahadur Ghalan expressed that this support greatly boosted the enthusiasm of both students and the school community. Parents also shared that such initiatives are especially helpful for children from economically disadvantaged families.

The program saw active participation from teachers, parents, students, and local residents and was partially sponsored by Mr. Basu Lal Shrestha. Addressing the gathering, Club President Rtn. Pramesh Pradhan encouraged students to study diligently, emphasizing that education is the greatest asset one can achieve in life.



Physiotherapy Equipment Donation to Disabled Rehabilitation Centre

RC Kathmandu Height
November 14, 2025

The Rotary Club of Kathmandu Height, with generous support from the families of Rotarians,

donated essential physiotherapy equipment to the Disabled Rehabilitation Centre (DRC) Nepal in Gokarna, Kathmandu. The contribution aimed to strengthen the center's rehabilitation services, which had long been limited by a lack of proper tools.

The donation included weight cuffs (1 kg, 2 kg, and 4 kg), TheraBands, a wedge pillow, a yoga block, a balance board, a therapy mat, and other supportive items. Although physiotherapists visited the center every Wednesday, inadequate equipment had hindered effective therapy. This support therefore addressed a critical need and significantly improved the quality of treatment provided.

The project was made possible through a meaningful contribution from the family of Aiden Ravi Upadhyaya, who celebrated his birthday by supporting a social cause through the Rotary Club. The club supplemented the funding to ensure the

center received a complete and durable set of equipment.

The initiative directly benefited 26 children, including 20 differently abled children requiring regular therapy to enhance mobility, muscle strength, and independence. During the handover, the Club President delivered an encouraging message that uplifted the children's confidence and brought smiles to their faces. Members of the Rotaract Club of Kathmandu Height were also present in support.

This effort reflected Rotary's commitment to Service Above Self, bringing dignity and hope to vulnerable young children.



Nutrition and Montessori Training

RC Mechinagar
November 23, 2025

The Rotary Club of Mechinagar successfully launched a key community initiative at its adopted school, Gyandeep Primary School, delivering training sessions designed to enhance student health and learning. Rotarian Unisha Khanal, a nutritionist and pharmacist, led an engaging nutrition session for students and parents, emphasizing the connection between balanced meals and academic performance and demonstrating how to prepare affordable, healthy foods readily available in the village.

Similarly, Rotarian Thinku Nembang, founder of Kinder Joy Pre-school, conducted a session on Montessori Classroom Setup, focusing on creating a "Prepared Environment" with child-sized furniture, accessible shelves, and self-correcting learning materials to promote independence and concentration among students.

RCM also distributed stationery, sports materials, and nutritious foods to the children. The program saw active participation from more than 70 students and 30 parents, who gained valuable insights throughout the sessions. The Rotary Club of Mechinagar has been supporting this school for the past five years through various developmental initiatives.



Dental And Mental Health Awareness Program

RC Biratnagar Central
November 14, 2025

The Rotary Club of Biratnagar Central, in collaboration with Sana Paila, organized a one-day Dental and Mental Health Awareness Program at Sharda Secondary School, Dhanpalthan, Karsiya. The initiative benefited 100 students, providing them with essential knowledge on proper oral hygiene and the importance of maintaining good mental well-being. Health professionals led interactive sessions, practical demonstrations, and counseling activities to help students understand healthy habits and the value of early preventive care.

The program focused on promoting both dental cleanliness and emotional resilience among young learners. By the end of the session, students were equipped with practical skills to maintain oral health and support their mental fitness. The initiative proved highly impactful, encouraging long-term awareness and healthier lifestyle practices among the participants.



MENTAL HEALTH AWARENESS PROGRAM

RC Palpa Lumbini
October, 2025

The Rotary Club of Palpa Lumbini conducted a Mental Health Awareness Program on the occasion of World Mental Health Day 2025, aligned with the theme "Access to Services—Mental Health in Catastrophes and Emergencies." The event was held at the premises of Lumbini Medical College. The program took place in the presence of the ward president, Rotarians, Rotaractors, police officers, LMC staff, and medical students. Its primary objective was to educate students, faculty members, healthcare professionals, and the wider community on mental health challenges, particularly during emergencies and disasters.

The event featured interactive sessions designed to reflect the 2025 global theme. The program was successfully completed with a total budget of approximately Rs. 22,000.



Distributed Essential Materials

RC Yala
November 20, 2025

The Rotary Club of Yala, together with the Ann's Group, distributed food items and stationery to the Tulashi Foundation, which operates the Tulasala Ashram in Nakhkhudole-25, Lalitpur. The Ashram houses 43 children aged 1 to 14 and 16 senior citizens. The total support amounted to Rs. 22,000, with generous contributions of Rs. 10,000 from Rtn. Minu Pradhan Shrestha and Rs. 1,500 from Mira Nakarmi. In line with Rotary's commitment to serving vulnerable communities, the club extended this assistance on 20 November 2025 to help ensure the well-being of the residents.



Reaching the Remote Corners of Humla with Compassion & Care!

RC Pashupati Kathmandu
November 11-12, 2025

The Rotary Club of Pashupati Kathmandu, in coordination with Namkha Rural Municipality, Humla, successfully conducted a comprehensive health camp in Ward No. 3 following an initial screening program. This initiative ensured that essential medical services reached underserved communities living in one of the country's most remote regions.



More than 200 patients received medical care during the camp. The most common health concerns identified included osteoarthritis, COPD, gastritis, high blood pressure, PID, pneumonia, and various skin, ear, and eye conditions. Patients were also treated for dental problems, urinary infections, neuropathy, back pain, headaches, piles, and hernias. Diagnostic and clinical services included 50 blood sugar tests—20 of which confirmed diabetes—170 blood pressure checks with 40% showing elevated readings, over 100 ultrasound screenings, NCD prevention counseling, full pharmacy support, and one successful surgical procedure.

As part of the humanitarian outreach, warm clothing was distributed to students of Shree Motiram Primary School, providing comfort and relief in the harsh mountain climate. The project was implemented through strong leadership, effective coordination, and dedicated medical support, with a total budget of NPR 500,000.

Together, the Rotary team continued to serve where the need was greatest, reaffirming its commitment to improving community health and well-being.



Netra Jyoti – Free Eye Screening Camp

RC Biratnagar Downtown
November 10, 2025

The Rotary Club of Biratnagar Downtown, in collaboration with Ramlal Golchha Eye Hospital, Biratnagar, organized a community-focused eye health camp at Satture Hospital, Budhiganga Gaunpalika. The initiative aimed to ensure early detection and treatment of preventable eye problems, providing free diagnosis, medication, spectacles, and cataract surgeries for those in need.

A total of 175 patients were screened, with medicines provided as per diagnosed infections, spectacles given to all requiring vision correction, and 29 individuals identified for cataract testing and surgeries, which were conducted free of cost. The camp, supported by the hospital's medical team and managed by Rotary members for registration, patient guidance, and coordination, directly benefited local residents, particularly the elderly and low-income families with limited healthcare access.

The initiative restored vision for cataract patients, improved daily functioning through free medicines and spectacles, raised awareness on timely eye care, and strengthened the partnership between Rotary and Ramlal Golchha Eye Hospital for future health initiatives.



Blood Donation Program

RC Tilottama-Rupandehi
November 22, 2025

A blood donation program was successfully held on November 22, 2025, at the Nepal Red Cross Society, Butwal, jointly organized by the Rotary Club of Tilottama-Rupandehi, the Rotaract Club of Tilottama Devdaha, the Rotaract Club of Tilottama Rupandehi, and the Rotaract Club of Tilottama-Suddhodhan. The event was graced by Assistant Governor Rtn. Jitendra Sharma of Rotary District 3292 Nepal-Bhutan as the Chief Guest and was chaired by Rtn. Deepak Bhattarai, President of RC Tilottama-Rupandehi. Special Guest Mr. Krishna Chauhan Chhetri, Central General Secretary of the Nepal Voluntary Blood Donors' Society and President of its Rupandehi Chapter, also attended and encouraged the donors.

With active support from Rotary, Rotaract members, and community volunteers, the program recorded 52 pints of blood collected. The initiative successfully promoted the importance of voluntary blood donation and strengthened the spirit of humanitarian service within the community.



612 People Receive Free Dental Services at Four-Day Health Camp in Manang

RC Kathmandu North
October 14-17, 2025

A total of 612 people received dental services at a four-day free dental health camp held in Manang, with technical and expert support from the Kantipur Dental College Teaching Hospital and Research Center (KDC), Kathmandu. The medical team was led by Rtn. Dr. Buddhi Man Shrestha (AG 2025-26) and included Dr. Rabina Chaudhary, Dr. Symphony Shrestha, Dr. Janaki Gurung, and Dr. Aaniya Shrestha, along with dental hygienists Nisha, Shona, Susmita, and Sahanshila. A team of three dental lab technicians also contributed to the camp.



Organized and supported by the Gurkha Welfare Trust Nepal in collaboration with the Rotary Club of Kathmandu North, the camp was co-organized by Manang Province Hospital, Chame Municipality, and the District Health Office-Manang. With technical support from Kantipur Dental College, the camp began on October 14 and aimed to serve residents of the remote Himalayan region where dental services are limited or unavailable.

According to KDC Chairman Dr. Buddhiman Shrestha, the main objective of the initiative was to provide dental check-ups, treatment, and oral health awareness. Over the four days, 115 people received dental cleaning, 115 had fillings, 1 underwent cornoplasty, 10 received DCM treatment, 178 teeth were extracted, and 94 individuals were fitted with artificial dentures.

In addition to clinical services, more than 100 students from schools across all four local levels of Manang received training on dental hygiene and preventive oral care. The health team expressed that the camp was highly beneficial for residents, providing essential care in a region where access to dental services is scarce.



Know The Rotary Foundation

RC Biratnagar
RC Biratnagar Downton
RC Biratnagar Fusion
November 26, 2025

The Rotary Clubs of Biratnagar Downton, Biratnagar, and Biratnagar Fusion jointly organized a collaborative TRF learning session on Wednesday, November 26, 2025, at Hotel Ratna. The session featured experienced TRF speakers, Rtn. Biju Thapalia and Rtn. Kamal Agrawal, and was attended by 30 members from all three clubs. Led by Presidents Rtn. Thakur Prasad Acharya, Rtn. Girija Sarda, and Rtn. Soniya Gupta, with support from their boards and TRF committees, the event aimed to strengthen participants' knowledge of TRF processes, grant opportunities, and contribution pathways.

With a total budget of NPR 35,000, the session directly benefited club members while indirectly supporting future project teams and community beneficiaries through improved grant management. The program enhanced inter-club coordination, increased motivation for TRF giving, and built capacity for sustained project planning and funding. Shared knowledge from the session is expected to ensure long-term TRF practices and continuity in effective grant utilization.





Pink Ribbon of Hope -Breast Cancer Awareness Talk

RC Dharan Foothills
October 29, 2025

October is observed worldwide as Breast Cancer Awareness Month, a global health campaign dedicated to promoting early detection, timely treatment, and education. On 29th October, the Rotary Club of Dharan Foothills, along with participating non-Rotarians, organized an awareness program featuring guest speaker Dr. Sarada Khadka.

Dr. Khadka highlighted that breast cancer, one of the most common cancers among women, can be life-threatening if not detected early. She emphasized the importance of regular

mammograms, timely screening, and self-examinations. A practical demonstration on proper breast self-examination techniques was also provided to help participants understand early warning signs.

The program further encouraged supporting individuals currently battling the disease and fostering open conversations to break the stigma surrounding breast cancer. The Rotary Club urged everyone to prioritize their health and work collectively toward a future where breast cancer is no longer a life-threatening condition.



Mega Free Health Camp

RC Chitwan
November 5, 2025

The camp aimed to deliver accessible healthcare to underserved populations, offering specialized services in ENT, pediatrics, obstetrics and gynecology, orthopedics, dental care, general medicine, and urology.'

A dedicated medical team from the College of Medical Sciences participated, consisting of 17 doctors, one nurse/health assistant, one pharmacy staff member, one housekeeping staff member, and four volunteers. The camp recorded strong community turnout, with all 550 attendees receiving free consultations and treatment.

The event was coordinated. The event was coordinated by Rtr. Pradip Bhattarai and presided over by Club President Rtr. Ramchandra Adhikari. Assistant Governor Rtn. Dhan Bahadur Shrestha served as the chief guest, and Mr. Rob Rowan, President of the Global Action Coalition, added



Bin it Win it - Clean Biratnagar Drive

RC Biratnagar Downtown
October 30, 2025

The Rotary Club of Biratnagar Downtown successfully conducted the "Bin it Win it - Clean Biratnagar Drive" on October 30, 2025, an innovative initiative promoting civic responsibility and sustainable waste management. The project uniquely installed 500 bins in public spaces and city rickshaws, encouraging cleanliness on the move. The event, held along Highway, Dharan Road, Biratnagar, was attended by Hon'ble Mayor Mr. Nagesh Koirala as Chief Guest and Mr. Bhim Ghimire, National Vice President of CNI and Toyota Biratnagar Dealer, as Special Guest.

Sponsored generously by Toyota Nepal with support from Rotary members, the project cost Rs. 2,10,000, covering bins, arrangements, snacks, and gifts. The initiative benefited citizens, city sanitation workers, and daily commuters by providing cleaner public spaces and promoting responsible waste disposal habits. The drive visibly reduced littering, raised awareness, strengthened collaboration between municipal authorities, the private sector, and Rotary, and received positive media coverage. Follow-up campaigns under the Clean Biratnagar Drive banner aim to ensure long-term sustainability and replication across other wards.

further significance with his presence. The active involvement of past presidents, board members, Rotarians, and Rotaractors played a vital role in the program's success.





Mind Management through Meditation

RC Dharan/RC Dharan Foothills/
RC Dharan Ghopa
November 2, 2025

The Rotary Clubs of Dharan, Dharan Foothills, and Dharan Ghopa jointly organized a transformative Health and Happiness workshop led by Swami Sarvanand Ji from the Art of Living Foundation. The session focused on stress reduction, energy management, pranayama, and guided meditation, equipping participants with practical tools to enhance both physical and mental well-being. In today's fast-paced world, where minds are constantly racing, finding peace and focus can be challenging.

The workshop demonstrated how meditation can help tame the mind, reduce stress, and improve concentration. Participants were encouraged to practice meditation daily, even for a few minutes, to experience its positive effects on overall health and clarity. By emphasizing mindfulness and self-care, the session inspired attendees to prioritize their mental well-being and adopt techniques that foster calm, focus, and resilience in everyday life.



Cancer Screening and Cancer Awareness Camp

RC Hetauda
RC Makawanpur
RC Yala
November 22, 2025

A comprehensive cancer awareness and screening camp was organized by the Rotary Clubs of Hetauda, Makawanpur, and Yala, aiming to improve timely information, early detection, and access to treatment for the community. A total of 270 participants, including 167 women and 103 men, were screened for cervical and prostate cancer, with four women and seven men testing positive. Managed locally by Jagran Savings and Credit Cooperative Society Ltd., the camp provided detailed guidance on early warning signs, risk factors, screening procedures, and preventive measures.

A team of specialist doctors and health workers offered free screening for breast, cervical, throat, prostate, and other common cancers. The camp saw active participation from Rotary members, cooperative members, community volunteers, and local authorities, with medical support from Nepal Cancer Hospital and Research Center Ltd. and Silverline Hospital, Balaju. Doctors emphasized the importance of regular check-ups, early detection, healthy lifestyle practices, balanced nutrition, exercise, and avoidance of smoking and alcohol to reduce cancer risk.



ICT Training for Public School Teachers

Rotary E-Club of Namobuddha Bagmati/ RC Kathmandu
November 15-16, 2025

The Rotary E-Club of Namobuddha Bagmati successfully completed a two-day ICT training aimed at strengthening the digital skills of public-school teachers, in alignment with Rotary's focus on Basic Education and Literacy. The program sought to empower teachers with essential ICT competencies to enhance classroom teaching, digital learning, and overall academic efficiency. A total of 20 teachers from 16 public schools participated, contributing actively to the success of the training. The sessions covered a range of topics, including basic and advanced ICT tools, hands-on practice, digital teaching methods, educational software, online platforms, and interactive demonstrations. Trainers focused on practical application, ensuring that participants could confidently use the skills in their daily teaching.

The training concluded successfully, with teachers expressing that the program was highly relevant and beneficial to modern education needs.

The project was supported by the Rotary Club of Kathmandu, Banepa Municipality, and Basic Education & Literacy, RID 3292, whose collaboration played a key role in its smooth execution. By equipping educators with valuable ICT skills, the Rotary E-Club of Namobuddha Bagmati made a meaningful contribution to improving the quality of education in the community and reaffirmed its commitment to similar initiatives in the future.



Equipment Handed Over for Dengue Control

RC Hetauda
November 19, 2025

To address the rising cases of dengue in Nepal, the Rotary Club of Hetauda handed over essential dengue control equipment to Hetauda Sub-Metropolitan Municipality, Ward No. 5. The support included fogger machines, PPE sets, and spraying equipment, along with technical orientation on their proper use. Speaking at the program, Club President Pramesh Pradhan emphasized that community involvement is just as important as equipment, urging residents to continue cleaning their surroundings, prevent water stagnation, and eliminate breeding sites in tires, drums, pots, and other containers. Ward No. 5 President Sushil Ghimire highlighted the importance of coordination with supporting organizations to strengthen local health initiatives. Past presidents and office bearers of the Rotary Club of Hetauda were also present during the handover, which marked an important step toward improving dengue prevention and control in affected areas.



The Himalayan Swing Open 2025: Where Purpose Met the Fairway

RC Himalayan Golfers
November 1, 2025

The serene fairways of Gokarna Forest Resort Golf Club came alive for the inaugural Himalayan Swing Open 2025, organized by the Rotary Club of Himalayan Golfers. The event marked a milestone in Nepal's golfing calendar and underscored the club's commitment to nurturing young talent through its flagship initiative, Golf for All. The tournament was graced by Honorable Minister Anil Kumar Sinha as Chief Guest and District Governor Binod Koirala as Guest of Honor, highlighting golf's growing role as a platform for social development and inclusivity.

A defining moment of the event was the recognition of Avanie Rai, the initiative's first scholarship recipient. A gifted young golfer from an underprivileged background, Avanie will train at the Tarun Sardesai Golf Academy in Karnataka, India. Her triumph in the Ladies' Category at the tournament affirmed both her potential and the transformative impact of accessible opportunities for emerging athletes.

True to the Rotary spirit of "Service Above Self," the Himalayan Swing Open blended sportsmanship, fellowship, and humanitarian purpose. The event



concluded with congratulations to all participants and supporters, raising Rs. 45-50 lakhs to support aspiring golfers without institutional backing. The tournament celebrated the game while fostering discipline, aspiration, and lasting social impact, setting the stage for an enduring annual legacy in Nepal's golfing landscape.





Restoring Sight in the Hills: Free Cataract Surgery Camp

RC Himalayan Golfers
November 5-9, 2025

A five-day free cataract surgery camp was held from November 5-9, 2025, in Bhujung, Lamjung, one of the district's largest Gurung villages. The initiative was a collaborative effort led by Bhujung Municipality, with technical support from Himalayan Eye Hospital, management by Mutu Foundation, and operational assistance from the Rotary Club of Himalayan Golfers.

As the first cataract surgery camp ever conducted in Bhujung, the program was a landmark event for residents and neighboring communities such as Mallingo and Nau-Ghalegaun, forming part of the broader "Reaching the Unreached" project to deliver essential healthcare to remote areas. Despite the challenging terrain, the camp achieved remarkable results, screening 658 individuals, completing 78 cataract surgeries, and distributing 350 black spectacles. By bringing vital eye care directly to the hills, the initiative restored vision, independence, dignity, and hope to those who needed it most, leaving a lasting impact on the community.



Aqua Box Support to Victims of Rainfall Damages in Kavre District

RC Kathmandu Circle
November 13, 2025



Breast Cancer Orientation & Screening Camps

RC Patan Heritage
November 16, 2025

RC Patan Heritage, in collaboration with Lalitpur Metropolitan City Ward 16, organized a Breast Cancer Orientation Session on November 1, where Dr. Bikal Shrestha from the Nepalese Army Institute of Health Sciences provided an informative presentation on the causes, risks, and preventive measures of breast cancer. A NIRAMAI Certified Trainer also demonstrated THERMALYTIX screening technology, and the event received notable media coverage from Arthikaawaz.com, Canadanepal.com, and HMS24 News, as well as a live broadcast on the "Sano Paila" Facebook page. More than 70 participants attended the session.

Continuing its awareness efforts, RC Patan Heritage and LMC Ward 16 jointly conducted a five-day Breast Cancer Screening Camp on November 8, 9, 10, 12, and 13, 2025, benefiting over 160 women aged 40 to 60. Five participants were identified as suspicious cases and were referred for further diagnostic evaluation.

Another orientation program was held on November 16, 2025, in collaboration with Snehi Mahila Samuha, Kupondol-10, where a certified senior nurse from Karuna City Clinic delivered detailed guidance on breast cancer awareness, effects, and self-examination techniques, followed by a THERMALYTIX demonstration. Together, these initiatives strengthened community knowledge and early detection efforts.

Disaster Aid Nepal, in partnership with the Rotary Club of Kathmandu Circle, The Dhulikhel Foundation, and the District Disaster Committee Kavre, successfully dispatched 44 Aqua Boxes to rural areas of Kavre district. A total of 26 boxes were sent to Mahabharat Rural Municipality and 18 to Khani Khola Rural Municipality. This support targeted families who lost their homes during the heavy rainfall from October 26 to 30, 2025. The tentative budget for the initiative was NPR 937,200. The effort aimed to provide immediate relief and ensure access to safe drinking water for affected households.



School Bags & Stationery Distributed

RC Rapti
November 7, 2025

The Rotary Club of Rapti had provided school bags and stationery materials to students on November 7. The club had handed over bags and educational materials to the students of Shree Bhadrakshi Devi Primary School, located in Rapti Rural Municipality Ward No. 9, Shitaldanda. The handover of educational supplies had taken place under the chairmanship of the club president, Gopal Acharya, and in the presence of the chief guest, the School Management Committee Chairperson, Dinamani Wali.

School Management Committee Chairperson Dinamani Wali had expressed special gratitude to the Rotary Club of Rapti for supporting the school and said that similar support was expected in the coming years as well. "Perhaps because this is a backward school, no one had supported us until now," Chairperson Wali had said. "We are thankful to the Rotary Club of Rapti for being the first to support this school. "As per the annual action plan of the Rotary Year 2025/026, the club had supported 35 students studying at the school by providing bags, notebooks, pencils, and other educational materials.





local language. This initiative strengthened community resilience by ensuring reliable access to clean drinking water, offering both immediate relief and long-term health protection for families living in high-risk flood zones.

Distribution of Nano-Membrane Water Filters to Flood-Affected Communities in Eastern Nepal

RC Kathmandu Height
November 21-24, 2025

The Rotary Club of Kathmandu Height, in partnership with Wine to Water–Nepal and Round Table Nepal, successfully distributed 250 nano-membrane water filters to flood-affected and marginalized communities in eastern Nepal. The initiative targeted vulnerable households in the lowland areas of Baradarshi and Jhapa Rural Municipality, which face severe monsoon flooding each year. A key feature of the project was the introduction of advanced nano-membrane filtration technology, designed to provide long-term access to safe drinking water for families frequently exposed to contaminated water sources and waterborne diseases. Distribution was conducted through local schools to ensure effective outreach to the most at-risk households.

A total of 250 families received filters across four educational institutions—Janbikash Madhyamik Vidyalaya (63 families), Amrit Madhyamik Vidyalaya (47 families), Madarsa-e-Islam (64 families), and Indreni Prathamik Vidhyalaya (38 families). An additional 38 filters were provided to extremely poor, ill, and highly vulnerable individuals. The project cost exceeded NRS 2,584,100, with Wine to Water supplying the filters and Round Table Nepal providing plastic buckets for immediate use.

Local volunteers led by Sharad Joshi supported distribution and conducted user training in the



Warm Clothes Distribution & Dental Health Camp

RC Lumbini
November 21, 2025

The Warm Clothes Distribution & Dental Health Camp was organized by RC Lumbini on November 21, 2025, at Shree Medini Basic School, Tilottama-6, Rupandehi. Assistant Governor Jitendra Nath Sharma attended as the chief guest, with Ward President Ganesh Pathak as the special guest, alongside other distinguished guests. With a total budget of NPR 75,000, the initiative successfully supported 65 students by providing warm clothing and essential dental health services. The event demonstrated RC Lumbini's strong commitment to enhancing the well-being of children and advancing community health through meaningful and impactful service.



Relief Materials to Flood Victims in Jhapa Gaupalika

RC Mechinagar
RC Birtamod
RC Birtamod Midtown
RC Kathmandu
RC Kathmandu Circle
RC Pashupati Kathmandu
RC Himalayan Patan
RC Bhaktapur
RC Biratnagar Downtown
November 4, 2025

A relief distribution program was successfully conducted in the flood-affected areas of Jhapa Rural Municipality. The initiative was led by the Rotary Club of Mechinagar and the Rotaract Club of Mechinagar, with support from eight Rotary Clubs—Birtamod, Birtamod Midtown, Kathmandu, Kathmandu Circle, Pashupati Kathmandu, Himalayan Patan, Bhaktapur, and Biratnagar Downtown—as well as Volunteer Corps Nepal, in coordination with Jhapa Rural Municipality and the Red Cross Society Jhapa.

Essential and educational supplies, including water filters, buckets, sanitary pads, Horlicks, and school bags, were distributed to 100 severely affected families in Suga Bathani Basti, Kuwadi, and Milan Basti of Ward No. 2. A total of 3,418 families were impacted, with more than 50 households completely destroyed by the devastating flood on October 4, 2025.

Special appreciation was extended to Mr. Lokraj Dhakal, President of Red Cross Nepal Jhapa District; Mr. Himal Chaulagain, Ward No. 2 Chairperson; the Disaster Management Team; and all Rotarians from Region 7 for their crucial support. Heartfelt gratitude was also expressed to all contributing clubs for their commitment and solidarity.



Kitchen Items support to Karunamaya Foundation

RC Kathmandu Circle
November 1, 2025

Essential kitchen materials—including saws, hammers, clippers, glasses, bowls, small plates, spatulas, buckets, cooking pots, and other utensils—were provided to Karunamaya Foundation Nepal to support its ongoing community service and humanitarian activities. The support included 2 saws, 2 hammers, 1 clipper, 26 glasses, 12 balls, 25 bowls, 26 small plates, 10 spatulas, 13 buckets, 9 small cooking pots, 9 large cooking pots, and 1 water filter. The tentative budget for the materials was NPR 75,000, contributing to the foundation's efforts to serve vulnerable communities more effectively.



Support to School, Gorkha

RC Mount Everest Lalitpur
November 23, 2025

As part of its service commitment and social responsibility, the Rotary Club of Mount Everest Lalitpur provided financial support to Shree Bhadrakali Secondary School, Bhumlikot-6, Gorkha, on November 23, 2025. The school currently has 105 male and 102 female students, many of whom previously walked 3 to 4 hours daily to attend classes. This challenge had caused a steady decline in enrollment.

In recent years, the school administration introduced a small residential facility to support students who travel long distances. By offering rooms and daily meals, the school observed a positive impact—student numbers increased, and academic performance improved. Recognizing the value of this initiative, the Rotary Club of



Monthly Blood Donation Campaign

RC Dillibazaar
November 7, 2025

The Rotary Club of Dillibazar successfully conducted its third blood donation program, one of twelve planned for the Rotary year 2025–2026. Held at the Radha Krishna Temple premises in Dillibazar, the event saw active participation from club officers, members, and local residents. The remaining nine programs will also be organized consecutively at the same venue in the coming months.

Mount Everest Lalitpur contributed funds to help strengthen the residential program, ensuring that students can save travel time, focus on their studies, and receive quality education without worrying about accommodation or meals.

The donation cheque was handed over to the school management on the school premises by Club President Rtn. Ravi Lamichhane and Club Secretary Rtn. Sandeep Amir Kansakar, in the presence of Assistant Governor of District 3292, Rtn. Gautam Shrestha.





Ear Listening Capability Screening Camp

RC Mount Everest Lalitpur
November 22, 2025

The Rotary Club of Mount Everest Lalitpur successfully organized an ear-listening capability screening camp on November 22, 2025, at Shree Rudrayani Secondary School, Khokna, Lalitpur. A total of 108 residents, aged 5 to 91, were screened for various ear and hearing conditions, with nearly 80% being senior citizens above 70. The screening identified 39 individuals with hearing loss, 16 with discharging ears, 7 with perforations, several with impacted wax, and others requiring simple medication. Both the checkups and medicines were provided free of cost. A follow-up camp will be held after three weeks to distribute free hearing aid devices to those in need.

The club sincerely appreciated the technical expertise of Nepal ENT Center, Pulchowk, and the dedicated team led by Dr. Chandan Baranwal, Dr. Prajwol Pathak, and Audiologist Susan Dahit. Gratitude was also extended to the Rotary Club of Patan East, Lalitpur Metropolitan City Ward 21, RCC Khokna, the Interact Club, and the school management for their valuable support.



Table Tennis Tournament organized

RC Dillibazaar
November 15, 2025

The Rotary Club of Dillibazar successfully concluded anticipated Table Tennis Tournament, an event designed to strengthen fellowship, promote healthy living, and enhance the club's public image. The tournament was jointly inaugurated by Chief Guest R.I. District Public Image Chair Amit Giri and Club President Prem Oli, with RC Rajdhani President Shiva Raj Bhat attending as Special Guest. Enthusiastic participation marked both the men's and women's categories. In the women's division, Indira Parajuli claimed first place, followed by Sabita KC in second, while Sujita Adhikari and Deepa Shrestha



shared third place. In the men's division, Manohari Thapa emerged champion, with Sumit Kunwar second and Indra Shekhar Khadka and Bishnu Parajuli jointly third. Awards were presented by past presidents Mohan Krishna Shrestha, Punya Prasad Paudel, and Arun Regmi. President Oli highlighted the event's role in strengthening fellowship and public outreach, while Chief Guest Giri praised the club's social contributions and encouraged expanding the tournament to the district level.



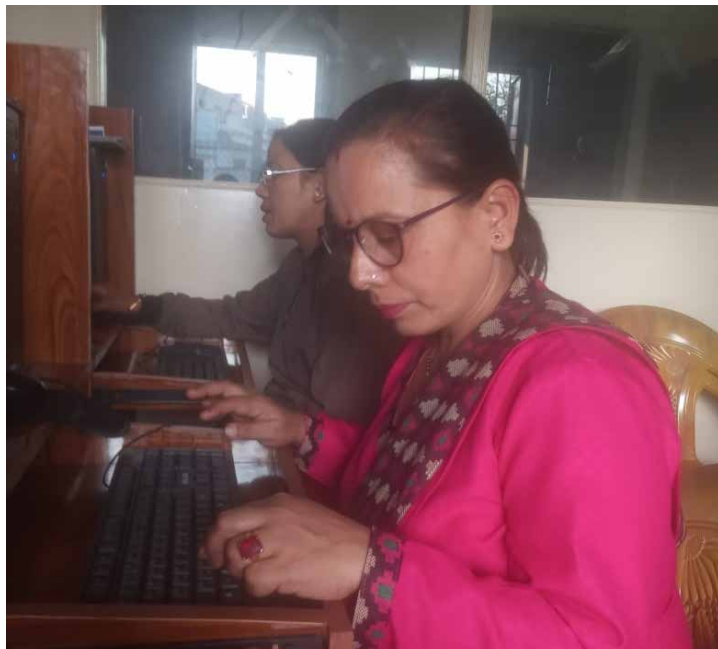
Uterus Prolapse Surgery & Cancer Screening Camp

RC Pokhara Fishtail
October 27-30, 2025

A comprehensive women's health initiative was conducted from October 27 to 30, 2025, at Burtibang Hospital, Dhorpatan, Baglung, organized by the Rotary Club of Pokhara Fishtail under **Global Grant GG #2681663**, with technical support from Pokhara Om Hospital. The program focused on uterus prolapse surgery, cervical and breast cancer screening, and reproductive cancer awareness, aiming to address rising health concerns among rural women and ensure early detection and timely treatment of critical conditions. A total of 900 women were screened, making it one of the region's most impactful outreach efforts.

Among the screened participants, 384 underwent PAP smears, 436 received ultrasound services, 200 received laboratory and X-ray tests, and 5 biopsy procedures were performed based on clinical indications. Fifty-six women were fitted with ring pessaries for uterine prolapse, and 14 uterine prolapse surgeries were successfully completed on-site. During the camp, 39 women were diagnosed with severe prolapse requiring advanced surgical intervention. They were referred to Pokhara Om Hospital, where the project provided full support. Of these, 16 women have already undergone corrective surgery, with all medical, travel, and food expenses for both patients and caretakers fully covered by the initiative.

In addition to treatment, the program placed strong emphasis on awareness and community education, covering topics such as uterine prolapse symptoms, cervical and breast cancer risks, preventive measures, and the importance of regular health check-ups. The initiative was widely appreciated for delivering essential, specialized healthcare to women in remote areas with limited access to hospital-based services. This collaborative effort not only offered immediate medical relief but also contributed significantly to reducing preventable reproductive health complications in the Baglung district.



Computer Training for Teachers

RC Biratnagar Downtown
November 24, 2025

The thirty-day digital literacy training concluded successfully, with participating teachers completing both practical and written assessments. The program significantly enhanced their confidence and ability to use technology effectively in the classroom, marking an important step toward creating a digitally empowered teaching environment.

Held at Shiv Adharbhoot Vidhyalaya, Bel gachi, the training spanned 30 days. A total of 25 teachers successfully completed the course. The initiative was funded under **Global Grant GG #2453359** and delivered by expert facilitators from the Rotary Club of Biratnagar Downtown, while the school supported monitoring, attendance, and examination arrangements.

The beneficiaries included 25 teachers directly, with indirect impact on all students who will now experience improved, technology-integrated learning. Teachers gained practical proficiency in computer operations, MS Office, online tools, and digital documentation. In the medium term, they are expected to integrate digital tools into lesson plans and school administration. Over the long term, the program is poised to foster a sustainable, technology-enabled teaching culture. The school will continue supporting system maintenance and provide weekly practice opportunities to ensure lasting impact.



Interact News



World Interact Day- Rotary Youth Exchange

The Rotary Club of Birgunj and the Rotary Club of Birgunj Metropolis jointly organized an interaction program on 5 November 2025 at DAV School, Birgunj, marking the beginning of World Interact Week, celebrated globally from 5 to 11 November. The event brought together members of four Interact Clubs—Interact Club of Gyanda, Interact Club of Kadambari, Interact Club of DAV, and Interact Club of Jeevan Jyoti Birgunj—for a meaningful and engaging exchange.

During the program, Interactors from all four clubs shared their experiences, personal reflections, and the journey they had undertaken within their respective clubs. They spoke about their involvement in service projects, leadership development, and the friendships fostered through Interact. Their stories highlighted the growth, confidence, and sense of purpose that Interact has instilled in them over time. To commemorate the occasion, the presidents of all four Interact Clubs jointly cut a celebratory cake, symbolizing unity, collaboration, and the shared spirit of service.

Senior Rotarians also contributed to the program by motivating the young participants. Past Presidents Rtn. Sohan Poddar, Rtn. Anand Jha, and Rtn. Deepak Tulsyan delivered inspiring remarks, encouraging the Interactors to continue embracing leadership roles and community service. They shared insights from their own Rotary journeys and emphasized the lifelong value of service above self. President-Elect Rtn. Rakesh Mishra also addressed the gathering, reinforcing the importance of youth engagement in Rotary's mission.

Secretary Rtn. D. D. Kedia and Rtn. Chandan Singh were present to support and encourage the Interactors, adding to the vibrant and enthusiastic atmosphere of the program.

The interaction concluded on a positive and uplifting note, strengthening the bonds between Rotary and Interact Clubs in Birgunj and inspiring young leaders to remain active, committed, and service-driven throughout World Interact Week and beyond.



Interact Club of Pragati formed in Hetauda

A new Interact Club was formed in Hetauda at Pragati Secondary School with the aim of promoting youth leadership, social service, and positive community change. The club encourages students up to the age of 18 to develop entrepreneurship skills, social responsibility, and practical life skills.

The newly established club, chaired by Sadikshya Nepal, focused on community-based service projects, including health awareness programs, environmental protection initiatives, educational support, blood donation drives, and cleanliness campaigns. The club was formed under the sponsorship of the Rotary Club of Hetauda, and its officers were formally nominated and administered the oath during a ceremony attended by the Rotary Club President, Past President, school management representatives, and teachers.

The Interact Club president emphasized conducting regular campaigns for social service and positive community impact, with active participation from all members. During the ceremony, guests highlighted that the club would serve as an important platform for developing leadership, teamwork, time management, and a spirit of volunteerism among the youth. They expressed hope that the club would embody the principle of "service is the greatest religion" and foster strong partnerships between schools and the broader community, inspiring lasting social change.



District Governor's Calendar

DECEMBER 2025

Day	Programme	Location
1	DG Visit of RC Narayani Midtown	Narayangarh
2	DG Visit of RC Gaidakot/DG Visit of RC Purbi Chitwan	Gaidakot/Chitwan
3	DG Visit of RC Narayngarh	Narayangarh
4	DG Visit of RC Kawasoti/DG Visit of RC Nawalpur Kawasoti	Kawasoti
5	DG Visit of RC Chitwan	Chitwan
6	Vibrant Club Workshop, Region 6	Chitwan
9	DG Visit of RC Swoyambhu/Essay Competition- Road Safety	Kathmandu
11	DG Visit and Charter Day Celebration of RC Patan West	Lalitpur
13	DG Visit of Eclub of District 3292	Lalitpur
14	DG Visit of RC Mount Everest Lalitpur/DG Visit of RC Patan Durbar Square	Lalitpur
15	DG Visit of RC The Himalayan Gurkhas	Kathmandu
17	DG Visit of RC Kathmandu Metro	Kathmandu
18	DG visit and Charter Day Of RC Rudramati/DG Visit of RC Kathmandu Metro	Kathmandu
20-21	Train The Trainers 2025-26	Kathmandu
23	DG Visit of RC Madhyapur	Madhyapur
24	DG Visit of RC Kopundol	Lalitpur
25	DG Visit of RC Dillibazar Kathmandu	Kathmandu
26	DG Visit of RC Patan Heritaga	Lalitpur
27	DG Visit of EClub of Nambouddha/DG Visit of RC Balaju	Banepa/Kathmandu
28	DG Visit of RC Kathmandu West	Kathmandu
29	DG Visit and Charter Day RC Kathmandu North	Kathmandu
30	DG Visit of RC Himalayan Golfers	Kathmandu





TikTok CONTEST

In coordination with Free Eye Screening Camp

People who wish to participate can upload a creative video on TikTok based on the theme "LOVE YOUR EYES – PROTECT YOUR VISION".
Show your creativity and spread awareness about eye care!

विषय : आँखासाई माया गर्नुहोस् - दृष्टि जोगाउनुहोस् ।

Deadline: TikTok can be submitted until 31st December 2025

Prize:

- Winner : 10,000/-
- 1st Runner Up : 7,500/-
- 2nd Runner Up : 5,000/-

Organized by:




TikTok Contest Rules and Instructions

- You must follow Rotary's ID **rchetauda** before uploading a video.
- The contest tags **#rchetauda** must be used.
- Videos cannot exceed the 60 second limit.
- Any individual, small group, or organization may create a TikTok to be eligible for awards and can send unlimited TikToks.
- All scripts should utilize family-friendly language, sounds, and appropriate content.
- No references to drugs, alcohol, illegal paraphernalia or violations.