





GOVERNOR'S MONTHLY LETTER

OCTOBER 2023

Community Economic and Development Month

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Gordon R. McInally
President 2023-24
Rotary International



Rajendra Dhoju
District Governor 2023-24
Rotary International District 3292



Together ~WECAN~



OCTOBER

Community Economic and Development Month

As Rotarians, we hold ourselves to the highest ethical standards, exemplified by our adherence to the 4-Way Test.

GOVERNOR'S MONTHLY LETTER

Dear Fellow Rotarians, Rotaractors, and Interactors,

It is with immense gratitude that I acknowledge the unwavering enthusiasm and support pouring in from every corner of our district. Amidst the festival time, it is appreciable to witness the impactful initiatives undertaken by the leaders within Rotary.

Throughout October, designated as 'Community and Economic Development Month' in Rotary, we continued to share invaluable values, skills, and knowledge. Four Inter-City meetings have already transpired, providing us with the opportunity to delve into crucial thematic areas such as Building Sustainable Projects and Finding Resources, Water for All, Mental Health and Wellbeing, and Promoting Sustainable Management.

The battle against Polio remains a flagship movement for Rotary. While we have made significant achievement, the fight is not yet over, as new cases continue to emerge. Our district is actively engaged in awareness campaigns and providing vital support to government efforts. World Polio Day on October 24 was marked with various events, including a notable 21.1km marathon in Region 5.

Ethical conduct in every profession, business, and community is fundamental in fostering a healthy and secure environment for all. As Rotarians, we hold ourselves to the highest ethical standards, exemplified by our adherence to the 4-Way Test. The celebration of 'Global Ethics Day' and the Ethics Symposium in Nepal promises to amplify awareness not only within the Rotary community but also among non-Rotary circles. It is my hope that these events will inspire our youth, igniting a passion for ethical advocacy and thereby paving the way for a brighter future.

As we march into November, designated as 'Rotary Foundation Month,' we are set with an ambitious TRF goal: to meet an annual target of USD 500,000 in RY 2023-24, along with a USD 25,000 contribution towards End Polio and a commitment of 30% of the total contribution to the Annual Fund. Achieving these goals is a collective endeavor, and I implore each one of you to contribute towards realizing our district's vision for this year.

As the festive spirit continues to illuminate Nepal, I extend warm wishes for a healthy and prosperous Tihar, Nepal Sambat 1144, and Chhath Parwa.

Yours in Rotary,

- Rtn. Rajendra Prasad Dhoju

District Governor 2023-24

Rotary Indternational District 3292, Nepal-Bhutan



RI PRESIDENTIAL STATEMENT

The World Health Organization designated 10 October as World Mental Health Day, and with Rotary placing a special focus on mental health this year, I would like to help answer the question posed to me most often when I travel to meet members: How can my club get started?

By the end of the challenge, the mothers had a special bond and decided to form a Rotary Community Corps called llaw ng Tahanan ("one who lights up the home") with the goal of involving more mothers in health education and wellness support — and later youth services, teen pregnancy prevention, and help with unhealthy substance use.



There are many more great mental health project stories on Rotary Showcase, and I invite you to share your experiences as

you begin your own projects. Also, please reach out to mindhealth@rotary.org with any thoughts or ideas you would like to share about mental health in the Rotary world.

Right now, there is someone you know in the Rotary world — in your club, from a project you've worked on, in a Rotary Fellowship or Rotary Action Group — who could use a little more of your time and attention. Rotary is this great gift of global friendship, and that also means being there for each other.

Discovering the human connections that bind us is what we do through our membership every day. It's what Rotary has always been about, and we can build on it by helping each other find peace at home.

We need to learn how to ask not just "How are you?" but also "How are you really?" By doing so, Rotary can continue to Create Hope in the World.

- Rtn. Gordon R. McInally President 2023-24 Rotary Indternational



Sparkling Temples

Rotary's Cleaning Mission



RTN. GAUTAM SHRESTHA

The Kathmandu Valley boasts a rich cultural and historical heritage, housing numerous World Heritage Sites that reflect its ancient and diverse cultural traditions. Notable among them are Kathmandu Durbar Square, Patan Durbar Square, Bhaktapur Durbar Square, Swoyombhunath Stupa, Pashupatinath Temple, and Boudhanath Stupa, which draw visitors from around the world.

By cleaning temples, individuals and communities engage in a form of social responsibility. These actions can inspire other organizations, community groups, and individuals to undertake similar initiatives.

In the morning, individuals follow their daily routines. Some devotedly visit the temple to pray, while others enjoy morning walks, occasionally incorporating a visit to the temple for reflection. Additionally, elderly community members gather at the temple to sing bhajans and engage in friendly conversations. The temple thus serves as a place for prayer, self-reflection, and community, bringing people of all ages together.

During temple worship, devotees actively participate in various religious rituals and practices. They offer prayers to the deity or deities, chant mantras, and present offerings of flowers, incense, lamps, fruits, and more. They use plastic bags or other disposable items to carry their worship

materials. However, once they have completed their worship, they casually discard the empty bags in various places. This behavior suggests that they are deeply engrossed in their devotion, with little regard for maintaining the temple area and responsibly managing the waste they generate. It appears that they do not consider it their responsibility to address these issues. In some locations, there is a customary practice of disposing of waste materials like plastic and paper by burning them within the temple premises.

Recognizing this issue, the Rotary Club of Yala decided to do clean-up drives for three-four temples every year. One may call this the TEMPLE RUN project, where we move from one temple to another.

During the Rota Year 2021-22, we collaborated with local groups, Interact, and Rotaract to clean the Chandeswori Temple in Pimbahal, Lalitpur. Approximately 50-55 volunteers joined us in this endeavor. The nearby residents expressed great satisfaction with our program, and we were delighted to witness the community coming together.

In the following Rota Year 2022-23, we expanded our efforts to clean the Banglamukhi Temple, Mahalaxmisthan Temple, and the Machindranath Chariot Area in Lalitpur. In the current Rota Year 2023-24, we are focused on cleaning the Karyabinayak Temple and Shree Balkumari Temple in Sunakoti. We received significant support from various local groups and the community for these projects.

Cleaning one time is not enough, we have to clean on a regular basis. By taking initiative on cleaning and preserving these temples, Rotary can play a crucial role in safeguarding the cultural heritage and traditions of the community.

By cleaning temples, individuals and communities engage in a form of social responsibility, taking care of shared spaces that hold cultural and religious significance. These actions can inspire other organizations, community groups, and individuals to undertake similar initiatives.

Rotary's initiative to clean temples aligns with its core values of service, community engagement, and leadership. It can have far-reaching positive effects on the community's health, culture, environment, and overall well-being, making it a worthwhile endeavor for the organization.

In summary, cleaning temples goes beyond mere sanitation; it encompasses cultural, spiritual, and environmental aspects, fostering a sense of community and responsibility while maintaining the sanctity of these revered places.



Rota Quiz Zonal Round, Zone 42

ROTARY CLUB OF BIRATNAGAR FUSION 30 SEPTEMBER 2023

Quizzes are a great way to have fun, but they can also be used as a tool for self-improvement as they can help you learn more about yourself and other's view regarding yourself.

Similarly, Rota Quiz is an important event of Rotary International. This is a wonderful means to enhance your Rotary knowledge and learn about the past, present and future of Rotary.

Rotary club of Biratnagar Fusion hosted the Zonal round for Zone 42 at Rotary Bhawan, Biratnagar. It was a wonderful session of guizzing conducted by Quiz



Master Rtn. Badri Katwal, Regional Rota Quiz member and presence of Assistant Governor Rtn. Ram Avtar Agrawal.

After 5 rounds of quizzing, Rotary Club of Dharan Ghopa were Runners-up. Rotary Club of Biratnagar Fusion emerged as Winners of the Zonal round.

Inauguration Ceremony:

Cerebral Palsy Clinic and Care Center

ROTARY CLUB OF PATAN DURBAR SQUARE 30 SEPTEMBER 2023

The Signature Project of the Rotary Club of Patan Durbar Square, which took place on September 30, 2023, was a significant milestone for the community. The project involved the inauguration of the Cerebral Palsy Clinic and Care Center in Satdobato, located opposite the Swimming Complex. The esteemed Chief Guest for this occasion was none other than the District Governor, Rtn. Rajendra Pd Dhoju.

This project holds a profound purpose: to establish a well-equipped pediatric rehabilitation center that is not only accessible to all but also financially inclusive for users. The primary objective is to provide a



dedicated space for pediatric rehabilitation, particularly for those affected by cerebral palsy, where they can receive the care and support they need. Furthermore, the project aims to raise awareness about the issue of cerebral palsy and its potential mitigations.

This project is a shining example of Rotary's commitment to making a positive impact on the lives of individuals and communities. It not only provides much-needed services but also raises awareness and promotes a sense of shared responsibility, emphasizing that together, we can make a significant difference in the lives of those in need.

Building Sustainable Projects and Finding Resources

REGION 4, INTER CITY MEETING | 7 OCTOBER 2023

Rotary International Nepal 3292, operating within the Nepal-Bhutan region-4, hosted an Intercity Meeting. The meeting took place in Pokhara on a 7th October 2023, Saturday and revolved around a specific focus on Rotary's comprehensive planning and resource identification.

District Governor Rajendra Prasad Dhoju graced the program as the Chief Guest. During the event, speakers deliberated on the strategic planning of Rotary's projects and the methods for resource identification. DG Dhoju stressed the importance of Rotary's substantial contributions to society and shed light on various projects designed to enhance the well-being of the community.

DGN Binod Koirala played a pivotal role in streamlining the program and engaging in discussions regarding the opportunities and resource management within the Rotary framework. Rtn Upendra Paudyal, a former CEO of NMB Bank, provided insights into the potential and challenges of social responsibility.

Furthermore, Douglas Maclagan, a British national and a seasoned social worker, shared his expertise on the subject of identifying financial resources for social initiatives. The program also featured valuable contributions from the IPDG Jitendra Bahadur Rajbhandari, PDG Santosh Rajjal, and PDG Sanjay Giri.

The event was presided over by Intercity Meeting Chairman Rtn Indra Tiwari and expressed gratitude through the words of District Membership Chair Rtn Subash Sigdel. Regional Training Chair Rtn Lakshmi Thapa Giri orchestrated the event. Rotary International Nepal 3292 comprises a total of 17 Rotary clubs within the Nepal-Bhutan region-4.



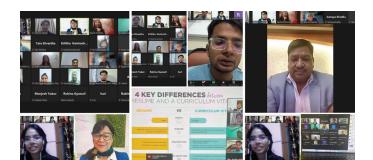
Vocational Training Conducted for Youths

17 OCTOBER 2023

Exploring the possibilities of virtual platforms to connect youth groups, Rotary District 3292 offers opportunities to prepare youths for the job market. The District Vocational Training Committee of nine member team, is planning a quarterly training mainly targeted to youth groups nationally. The goal is to provide workshops to help build necessary skills that are both practical and marketable.

On 17 October 2023, over 90 participants from around a dozen Rotaract clubs and various colleges engaged in an interactive Vocational Training Program which was conducted in Zoom's online platform. District Governor Rajendra Dhoju kindly joined the program to congratulate the clubs and the participants and shared encouraging words for their future endeavors. Great team effort by the Vocational Training Committee and practical tools shared by the expert presenter with extensive background in Human Resources and resume writing field.

With the successful commencement of the resume writing training, the committee is poised to create a positive impact on the lives of the youth in Nepal. The VTT remains committed to its mission and looks forward to achieving even more significant milestones in the future.





Women Leadership in Rotary 2023-24

Dashain Greetings and Exploring Avenues for Women Leadership

ANAND HOTEL, PASHUPATI, KATHMANDU 19 OCTOBER 2023

Women Leadership in Rotary 2023-24 organized a program titled 'Dashain greetings and Exploring Avenues of Women Leadership' on 19th October, 2023 at Anand Hotel, Pashupati, Kathmandu . It was well received by



Rotarians and non-rotarians as the hall was full of enthusiastic Rotarian leaders. The District Governor, Secretaries, District Governor Elect, PDGs, first ladies and many other district officials participated in the program.

Speaking at the program, PDG and the only woman District Governor Rtn. Jaya Rajya Laxmi Shah encouraged all women out there to come forward and take leadership positions at various levels.

Similarly, District Governor Rajendra Prasad Dhoju emphasized the need to be courageous having the required talent for taking up higher positions in the club and district level. He supported the rotarians' voice to have more women in Rotary. He also encouraged more women to take up desired positions that commensurate their Rotary experience and contributions.

Chair – Women Leadership in Rotary 2023–24 Hema Kumari Adhikari gave a presentation reiterating the fact that women Rotarians move ahead confidently. She re-emphasized that the time has come to have a woman District Governor after a gap of almost 10 years. As the committee name suggests they would continue voicing on women leadership by all means.

An urge from the Economic and Community Development Subcommittee

Economic and community development is one of six areas of focus adopted for community development economically by Rotary International and The Rotary Foundation. This is one such area of focus that RI and TRF wants all clubs to look upon in the month of October to see if the clubs are doing anything in this regard and asking "What are your club doing"?

RID 3292 District Governor Rtn. Rajendra Prasad Dhoju has formed a 10 members team "Economic and Community Development Sub-committee" in our Rotary district. This team shall be able to reach out to communities at large through local

clubs with their plan and program for Community Development for their sustainable developments through economically.

This team can guide rotary clubs to establish a Rotary Community Corps (RCC) beside other suitable programs and empower them to take actions. RCC members can identify barriers in the community's economic progress and develop sustainable solutions to move forward with a basic support from any possible resources like Rotary clubs etc.

In our country, looking at our current difficulties and hurdles this can only be a solution to uplift communities economically.

Swoyambhu R. Tuladhar

Chair

Economic and Community
Development Subcommittee 2023-24



Celebrating Global Ethics Day 2023

HOTEL HIMALAYA, KOPUNDOLE, LALITPUR 20 OCTOBER 2023

The celebration of the Global Ethics Day and the Ethics Symposium in Nepal were initiated by the Rotary Club of Mount Everest Lalitpur in 2016. The objective of celebration of the Global Ethics Day symposium is to build awareness among the Rotary and non-Rotary communities and motivate the youth to generate advocacy enthusiasm empowering Ethics for a better future.

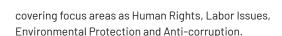
The event was observed on 20th October 2023 in Hotel Himalaya, Kopundole, Lalitpur.

The direct beneficiaries of the symposium is the Rotary Clubs in the RID 3292 in general and particularly the 9 host clubs namely RC of Chandragiri, RC of Himalaya Patan, RC of Jawalakhel RC of Lalitpur Mid-Town, RC of Mahaboudha, RC of Mount Everest Lalitpur, RC of Patan West RC of Rajdhani, RC of Yala, and non-Rotarian institutions as UN Global Compact Network Nepal (GCN) and the Society of Consulting Architectural and Engineering Firms (SCAEF) that took part in the event with 35 Rotarian delegates, 4 guest speakers and 5 non-Rotarian participants.

The GED symposium was chaired by Rtn. Badan Nyachhyon, Chair, Rotary Ethics and Four Way Test Sub-Committee who also highlighted the objectives of the program and the structure of the symposium with plan to involve all Rotary clubs and conducting Leg 2: On the spot Essay Competition and Leg 3: Free Speech Contest in colleges selected by the Rotary Clubs in all 7 Regions, and finally selecting Ethics Champion in the next GED Symposium.

The beauty of the Symposium was the citation of messages from Rt. Hon. President of Nepal Revered Ram Chandra Poudel and RIP Gordon McInally, and signing of MOU between RID 3292 and UN Global Compact Network Nepal for 3 years collaboration for promotion

of Ethics, Four Way Test and Ten Principles of UN Global Compact



The Symposium was enlightened by 4 guest speakers namely Ms. Chandni Joshi, Gender Rights and Policy expert, Ms. Padmini Pradhananga, President, Transparency International Nepal, Mr. Anil Keshary Shah, Financial Sector Lead of Nepal and Ms. Arch. Swostina Ranjit, the Ethics Champion 2017. Rtn. Prof. Dr. Tara Man Amatya deliberated a lecture on medical ethics.

The Rotary leaders DG Rtn. Rajendra Dhoju and DGE Rtn Rajendra Sherchan addressed the symposium and encouraged the Rotarians for generating enthusiasm for promotion of Ethics and Four Way Test as guided by the second Object of Rotary International for observing highest standard of Ethics and Integrity in the professional and Business life of the Rotarians and encouraging the new generation for advocacy for Empowering Ethics.



Polio Peace Rally 2023

Rotary Marathon 21.1km

REGION 5 | 14 OCTOBER 2023

To mark World Polio Day and promote the "End Polio" theme, the

Rotary Clubs of RC Bhairahawa, RC Lumbini Siddharthanagar, and RC Central Lumbini organized a 21.1-kilometer marathon race. This event, aimed at conveying a powerful message and inspiring youth to engage in sports, was expertly coordinated by Rtn Rajkumar Gupta from District Public Image in Region 5. The initiative was a collaborative effort among three Rotary Clubs. Rtn Umesh Chandra Acharya served as the Master of Ceremony, skillfully conducting the event's proceedings.

Anish Thapa of Parbat became the champion of the 2023 Rotary Half Marathon. The 33-year-old Thapa, currently serving in the Indian Army, completed the half marathon in 1 hour, 6 minutes, and 43 seconds, covering the specified distance of 21.1 kilometers.

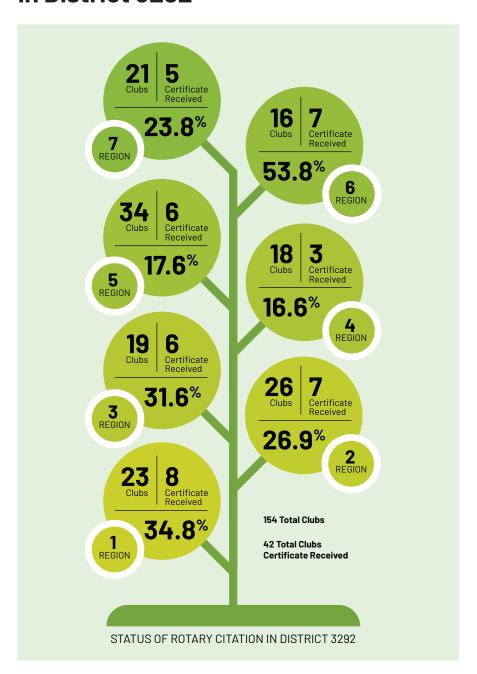


In the marathon, organized with the slogan "Eradicate Polio Today," Narendra Singh Raut from Baitadi and Mukesh Bahadur Pal from Mahendranagar among 200 participants secured the second and third positions with cash prizes of Rs. 75,000 and Rs. 50,000 respectively.

The marathon, which started in the morning from Bhairahawa's Budhwachok, passed through Devkota Chowk, Basantapur, Belahiya Bypass, the Tourist Gateway, and concluded again at Devkota Chowk, heading towards Gautam Buddha International Airport and Lumbini Gate. The competition was co-organized by the Rotary Club of Central Butwal and the Rotary Club of the Capital. Rotary District Public Image Chair and Marathon Coordinator Rajkumar Gupta provided information that the marathon is organized every year on the occasion of World Polio Day.



Status of Rotary Citation in District 3292



RI District 3292 Nepal-Bhutan stands out as a prominent district in Rotary, boasting 154 Rotary Clubs and 182 Rotaract Clubs. However, in the 2022/23 term, only 42 out of 154 Rotary Clubs, or 27%, were recognized with the prestigious Rotary Citation Certificate. This highlights a need for wider familiarity with this accolade among clubs. Region 6 leads with the highest percentage of certificate

awardees at 53.8%, followed by Region 1 at 34.8%, and Region 2 at 31.6%. This serves as a call for increased engagement and recognition across the district. It's imperative to note that the Rotary Citation is not exclusive to Rotary clubs; Rotaract and Interact clubs are also eligible based on their performance and goal achievements.



About Rotary Citation

The Rotary Citation awards recognize the hard work clubs do throughout the year. Working to achieve the citation goals helps clubs engage their members, stay relevant in their communities, and run more efficiently. A welcoming and engaging club not only fosters a positive experience for its members, but also reflects the values of Rotary. When clubs achieve citation goals, they contribute to the overall health and culture of Rotary for generations to come.

Citation for Rotary Clubs

Citation goals can be found in Rotary Club Central. To achieve the Rotary Citation, review all the available goals, select at least half of them, achieve those goals, and report your achievement in Rotary Club Central. All achievements need to be reported in Rotary Club Central by 30 June.

Scan QR to learn more about Rotary



Club News & Activities

OCTOBER 2023



Twin Club Agreement Signing Ceremony

Rotary Club of Matribhumi Baluwatar 8th September 2023

The twinning agreement of two clubs, Rotary Club of Matribhumi Baluwatar RID 3292 & Rotary Club of Santeram RID 1960 was signed dated 8 September, 2023 In Nepal House Kathmandu.

The agreement signing was conducted in presence of President Rt. Subidhya Khanal Dahak & President Rt. Jose Alberto Mia Parera. This twinning agreement will lead both clubs to a strong togetherness for service, fellowship and Cultural Exchange. The program was witnessed by the Honorary Consul of Portugal to Nepal Mr. Rajendra Khetan, Assistant Governor Rtn. Sarita Shrestha along with Rotaractors and Interactors. The participation of district official was also there. Both presidents addressed the participants with their remarks and commitment to serve further in the cultural exchange between clubs and countries.



Health check-up of students:

a) 265 students received eye screening services.

b) Dental screening services provided to 250 students.

Mental health:

The school's principal informed about the female students exhibiting symptoms of mass hysteria. Rtn Dr. Dhruba Man Shrestha, a member of RC Rajdhani and an experienced psychiatrist, conducted a counseling session for students from grades 6 to 8 where he discussed common stressors affecting students in that age group and strategies for coping with such situations. The students greatly appreciated the session and actively engaged with the doctor, posing many questions.

Education

The Rotary team held separate meetings with two students facing

financial barriers to continuing their education and decided to cover the students' school fees for the year. PP Dr. Bhavani Prasad Dhungana from RC Rajdhani assured the students that he would support their further studies if they performed well in their current classes. Additionally, Honorary member of RC Rajdhani, Judge Bala Ram KC, offered to provide an opportunity to a female student aspiring to become a lawyer.

Disabled friendly girls' toilet:

The RC Rajdhani team finalized the design and location for constructing a disabled-friendly girls' toilet within the school compound. The RNLM Girls Toilet project would provide Rs 2,00,000 for the construction, with the remainder of the funds being supplied by RC Rajdhani. PP Dr. Bhavani Prasad Dhungana pledged his contribution of Rs 1,00,000 for this project.

Children Art Competition

Rotary Club of Dhulikhel 15^{th-}16th September 2023

On the occasion of National Children's Day, the Rotary Club of Dhulikhel, Nepal, in collaboration with the Rotaract Club of Dhulikhel and the Kiwanis Club of Kayre-Nepal, joined forces with Creative Cooperative and HRDC Hospital to successfully organize an "Art Competition" for school students hailing from Dhulikhel Municipality and Banepa Municipality, as well as HRDC Hospital beneficiaries. This impactful event saw participation from a total of 65 students. To recognize and celebrate the budding talents, six students were awarded with the top prizes, while all participants were generously presented with gifts courtesy from the Rotary Club

of Dhulikhel and the Kiwanis Club of Kavre, Nepal. The program's success was made possible through the generous sponsorship of individuals and organizations including Rotarian Keshav Kunwar, Rtn. Durga Kunwar, Rtn. Jagadish Shrestha, Mr. Om Prakash Shrestha, and Shrestha Art House. The

Rotary Club of Dhulikhel expresses heartfelt gratitude to all those who contributed their support to make this event a resounding success, demonstrating its commitment to nurturing the talents and well-being of the local youth and hospital beneficiaries.



Cardiac Test for Seniors

RC Biratnagar Downtown 29th September 2023

In honor of World Heart Day, the Rotary Club of Biratnagar Downtown and Rotaract Club of Nobel Medical College joined hands to organize Cardiac Tests For Seniors at Birateshwor Vridhaashram. This collaborative effort aimed to promote heart health awareness and provide crucial cardiac screenings to the elderly, fostering a healthier and happier community.

A team of 16, doctors along with medical students) had conducted the Cardiac test camp and the program was very successful by treating 56 old aged residents of Birateshwar Vridhaashram. We did ECG Screening, BP Checkup to all.

The project led to early detection of cardiac issues, enhancing seniors' health awareness and promoting proactive cardiac care.



Cyber Security Hackathon for Girls

Rotary Club of Mount **Everest Lalitpur**

30th September 2023

In a fantastic collaboration, the Rotary Club of Mount Everest Lalitpur, Women in IT (WIIT), and Bug V teamed up for an event at Shree Rudrayani Secondary School, Khokana, Lalitpur. The event, "Cybersecurity-Related Hackathon for Girls," aimed to empower young women in cybersecurity. Kumari Bank Limited funded the event, and Kathmandu Engineering College, Kalimati, provided support.

GOAL AND OBJECTIVES:

■ 'To empower youth through safe digital engagement.

Objectives:

- `Enhance girls' knowledge of safe internet access and encourage Cyber Security & ICT education.
- Provide mentoring and coaching on safe internet usage.



- `Boost youth confidence in digital skills and service management.
- `Increase youth networking for meaningful digital engagement.

The "Cybersecurity-Related Hackathon for Girls" was not merely an event; it was a vision of the future. As these young girls demonstrated their prowess and passion for cybersecurity, they unveiled a world where gender does not limit one's potential. They are the trailblazers, the guardians of the digital realm, and the future leaders in this vital field. In the pursuit of knowledge, empowerment, and equality, this event stands as a testament to what can be achieved when visionaries come together, and when young minds are given the opportunity to shine. The Rotary Club of Mount Everest Lalitpur, Women in IT (WIIT), and BugV are proud to have sparked a flame of curiosity and resilience in the hearts of these remarkable young girls.

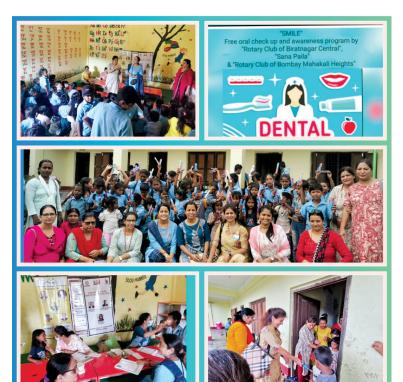
"Smile" Oral Health Camp

RC Biratnagar Central 5th October 2023

A free oral health checkup and awareness program was held by "Rotary Club of Biratnagar Central" in association with sister club "RC Bombay Mahakali Heights' at Shree narayan Adharbhut Vidyalaya. Dentists from Hamro hospital performed the checkup. Awareness

of dental hygiene and techniques of the same were also shared. Dental Kits were distributed to all the students at the school.

BUDGET: 15,000 NPR **BENEFICIARIES: Around 85 students** IMPACT: Better oral hygiene practice.



Festive Expo 2023

Rotary Club of Naxal Shakti 6th - 7th October 2023

Rotary Club of Naxal Shakti had organized Festive Expo 2023. Inauguration of the program

was done by DG Rajendra Dhoju who was the chief quest of this program. Along with the DG, RI 3292 District Officials, all fellow Rotarians and RCNS Members were also present on the opening day of the Expo.The expo was a grand success.

Approximately 40 stalls with varieties of items, goods and medical lab were made available in the expo. A large number of Visitors have observed the Expo. The entire fund raised from the event will be utilized for the support of underprivileged and needy ones in the community.





First Corporate Cricket Festival 2080

Rotary Club of Itahari Yugal 6th - 7th October 2023

The first Cricket festival 2080 was jointly organized by RC Itahari Yugal along with Jilla Hotel Thatha Paryate Bewasayi Sangh, Sunsari which marked a significant milestone in the local sporting calendar. This event brought together enthusiastic participants, creating together an atmosphere of change with excitement. This festival provided a unique platform for professionals from different sectors to come together, fostering relationships beyond the confines of their work places.

Opening ceremony was held in presence of Jilla Hotel Thatha Paryate Bewasayi Sangh, Sunsari's President Mr. Tej Bahadur Puri and Khelkud Bikash Board, Koshi Pradesh Member Secretary Hansh Raj Wagle. Opening game was held between Kasturi College Itahari and Udhoyga Badhijya Sangh Itahari team.

The Winning amount of NPR 25000 for winner and NPR 15000 for second team along with certificates had been awarded to the teams. Recognizing individual excellence with awards like Man of the Match, Best Bowler and Best Bats Man along with certificate were also presented to the respective players.

These types of festival is believed to set a new trend of sports in Itahari. We stand proud in being able to set an example in the sports history in Itahari.

THE TOTAL COST OF THIS **EVENT WAS AROUND**

Rs. 70,000



Snakebite Prevention Project

RC Kathmandu Mid-Town October 2023

Recent project by RC Kathmandu Mid-Town that have helped to enhance the Public Image of the Rotary.

The Rotary Club of Kathmandu Mid-Town successfully launched a nationwide snakebite prevention communications campaign funded by a Rotary Global Grant. The campaign imparts awareness and prevention knowledge in 5 local languages through multiple channels including a website. It aims to address the issue of snakebite which causes over 1000 deaths annually in Nepal. The innovative approach has received appreciation and helps spread Rotary's reach.

The Project was led by Rotarian Isabella Khadka, RC Kathmandu Mid-Town, Chair Membership.



Rotary Club of Bhairahawa 7th October 2023

The program was focused to address and speak about the mental health of people and not to hesitate to express the mental health state. The event also aimed to make people aware of the

serious conditions that may even take lives

It was led by spiritual leader and mentor Rupeshwor Gaur Das under the chairmanship of Rtn Umesh Chandra Acharya, Mr Acharya explained about mental health and also said that it can be life threatening if not treated timely.

DG Visit and **GG Site Visit**

RC Narayani Mid Town 9th October 2023

The official visit by the District Governor, along with the celebration of the 1000th Regular Meeting, occurred on October 9, 2023, at the Hotel Royal Century in Bharatpur. Additionally, the 4th Club Assembly was held as part of the District Governor's official visit. District Governor Rajendra Prasad Dhoju presided over the 4th Club Assembly and requested that all committee chairpersons present their respective reports. During this event, two new Rotarians were welcomed into the club, and all founding members were acknowledged and received tokens of appreciation. The program was followed by a fellowship dinner.



On the same day, as part of the District Governor's visit to the Rotary Club of Narayani Mid Town, a brief visit was made to the GG Project Site of the Rotary Jaluke Drinking Water Project. An interactive session was held with the consumers' committee representatives during this visit. G. Narayan Chhettri, a Past President

of the club and the project's primary contact, provided a comprehensive overview of the project to the visiting District Governor. The visit was accompanied by District Secretaries Dinesh Manandhar and Durga Subedi, Rotarians from RC Narayani Mid Town, as well as representatives from the Jaluke Consumers Committee.

DG's Official Visit to RC Hetauda

Rotary Club of Hetauda 10th October 2023

DG Rtn. Rajendra Prasad Dhoju embarked on an official visit to Rotary Club of Hetauda at its secretariat building, situated at Hetauda-4, Huprachaur, at the annual program which also marked the World Mental Health Day.

DG Rtn. Dhoju visited Human Service Home (Manabsewa Ashram) and handed over the cheque amounting NRs 1,11,111/for annual food service program to the physically and mentally ailing elders.

DG Dhoju had an intensive close-door meeting with the officials of RC Hetauda along with District Secretary Rtn. Dinesh Raj Manandhar, Assistant Governors Rtn. Raj Bhai Suwal and Rtn. Ram Prasad Sharma and provided guidelines for running the club more effectively.



Attending the 4th Club Assembly and 1512fth Regular Weekly Meeting, chaired by Club President Rtn. Swagat Raj Pyakurel, DG Rtn. Rajendra Prasad Dhoju released the club bulletin and focused on regular club reporting to the district and active participation of members in activites, and congratulated the club President for leading the club in achieving the vision and mission of Rotary.

Moreover, two new members Rtn. Rabin Jung Thapa and Rtn. Dipesh Joshi were inducted by Assistant Governor Rtn. Raj Bhai Suwal and pinned by the DG Rtn. Rajendra Prasad Dhoju. They were welcomed by the club President Rtn. Swagat Raj Pyakurel. On the same occasion, DG presented Certificate to IPP Rtn. Suyash Raj Parajuli for achieving Rotary Citation in his tenure. A cheque of Rs 10,000/- was also handed over to the Chair of Divya Sewa Niketan Elderly Home as contribution from the club.

Mental Health Day Celebration

RC E-club Medicofusion Hybrid Nepal 10th October 2023

A Mental Health Day was celebrated in collaboration with other Rotary clubs: Rotary Club of Lumbini, Rotary Club of Butwal, Rotary Club of Tinau Butwal, Rotary Club of Manigram, Rotary Club of Tillottama Rupandehi, Rotary Club of Bhairahawa, Rotary Club of Butwal South, Rotary Club of Central Butwal, Rotary Club of Lumbini Star, and Butwal Synergy. The event included a Walkathon program where participants wore t-shirts featuring the slogan "Mental Health is a Universal Human Right," followed by a speech delivery session. A total of 100 individuals participated in the program, donning t-shirts with a mental health logo distributed by E-Club of Medicofusion Hybrid Nepal. Many members of the public also observed the event. Dr. Bikram Kafle, President-Elect of Medicofusion, delivered



a session on mental health, and the closing session was led by Charter President Dr. Santosh Pokhrel. Fifteen members from Medicofusion participated in the program. THE TOTAL BUDGET FOR THE EVENT WAS

NPR. 65,000

Human Trafficking Awareness Program

Rotary Club of Biratnagar Fusion 11th October 2023

Human Trafficking is a subject less discussed. In 2019, the National Human Rights Commission estimated that 1.5 million Nepali's are vulnerable to human trafficking. Traffickers continue to target young, uneducated individuals from traditionally marginalized castes and ethnic minority communities with limited economic opportunities, and then lure victims with promises of work or education.

Traffickers increasingly use social media and mobile technologies to lure and deceive victims.



A government study documented more than 61,000 Nepalis – including approximately 10,000 children – in forced labor over the past five years, especially in agriculture, forestry, and construction.

Rotary Club of Biratnagar Fusion has committed to spread maximum awareness on this subject via awareness programs in schools, colleges, communities with the help of resource persons from NGO's like Maiti Nepal, ABC Nepal, etc. The club has already

conducted this program in two different schools, Adarsha Balika Vidhyalaya and Delhi Public School which was well appreciated by the management team of both the schools.

On the occasion of International Girl Child Day, the club has re-launched their Human Trafficking Awareness video from last year and displayed the same in public location like cinema halls and sharing the same on social media platforms too with the hope of reaching maximum audience.

Dental Health Care Camp in School

Rotary Club of Mahabouddha 12th – 13th October 2023

On the October 12th and 13th, 2023, the Rotary Club of Mahabouddha, in collaboration with Mustang Dental Care Centre in Jomsom, conducted a Dental Health program in Thini and Jomsom. This initiative aimed to provide essential dental care services to the local communities, promoting oral health care awareness and well-being.



Uniform and Computer Distribution Program

Rotary Club of Bhadgaon 13th October 2023

On October 13, 2023, the Rotary Club of Bhadagaon provided computer equipments and also distributed jackets to 29 students at the UCEP General School in Thimi, Bhaktapur.





Rotary Club of Pokhara Paradise 13th – 14th October 2023

On October 13, 2023, the Rotary Club of Pokhara Paradise orchestrated a distribution program for DfG reusable sanitary pads at Shree Amarjyoti Secondary School in Arjunchoupari-2, Lamdanda, Syangja. This program was executed with great success, providing valuable insights into its positive societal impact and empowering girls. Approximately 70 girls, along with seven

teachers and two school committee members, were beneficiaries of this initiative.

Likewise, on October 14, the Rotary Club of Pokhara Paradise and the Child Welfare and Education organization collaborated to host a one-day workshop on creating reusable sanitary pads for girls, in partnership with Days for Girls Lamjung Enterprise. The workshop featured Mrs. Dianne Burch, the Team Leader from Days for Girls Australia, and Mrs. Anita Gurung from Days for Girls Lamjung Enterprise, who served as the trainer. Laxmi Thapa Giri, the chief guest, presided over the training session. Eight trainees participated, who expressed their happiness and received certificates, benefiting from the program.

Friendly Football Match

Rotary Club of Ratnanagar 19th October 2023

Tikauli Chaur, October 19, 2023 – In a spirit of camaraderie and a celebration of the importance of sports in our lives, the Rotarians and Eastern Chitwan Active Journalists locked horns in a friendly football match held on the 19th of October, 2023. The event took place at Tikauli Chaur where Zone 37 Assistant Governor, Surendra Nath Regmi, graced the occasion as chief guest.

AG Regmi emphasized the pivotal role of sports in fostering friendships, encouraging teamwork, and promoting physical well-being. He stressed that such events play a crucial part in building strong community bonds and upholding the values that both Rotary and journalism represent.

The Club president Hari Kumar Shrestha extended a warm welcome to everyone



participating underlining the significance of this yearly match, which has been a cherished tradition since the 2019/20 Rotary year.

The 30-minute football match showcased the athletic prowess and camaraderie between these two distinct groups. In the end, the Eastern Chitwan Active Journalists triumphed with a final score of 3-1, securing their victory and bragging rights until the next friendly encounter.

The event not only encouraged teamwork and a healthy lifestyle but also helped boost the public image of the Rotary Club through the active involvement of the local journalism community.

As the sun set on the playing field at Tikauli Chaur, the shared values of friendship, community, and the spirit of sportsmanship shone brightly, leaving everyone looking forward to the next yearly showdown.

Empower for Pink Health

Rotary Club of Dharan Foothills 19th October 2023

Rotary Club of Dharan Foothills organized a breast cancer awareness program "Check yourself: Empower for pink health" to mark October as Breast Cancer Awareness month. The multifaceted initiative aimed at educating and empowering women regarding breast health, was held on 19th October 2023 at Amarhat Community Hall, Dharan. The program was sponsored by Shree Amar Sewa Samaj.

Rtn Dr Sarada Khadka, MCh Breast and Endocrine Surgery, played a pivotal role in the program, dispelling common myths associated with breast cancer. Her insights not only debunked misconceptions but also provide valuable, evidence-based information, ensuring that women were well informed about the disease.

The heart of the event lay in the emphasis on self-breast examinations. Dr Sarada stressed the importance of these exams in early detection, enabling women to take an active role in monitoring their health. She conducted a comprehensive tutorial, guiding participants through the correct techniques for self - examination, equipping them with practical skills they could apply in their daily lives. The program also featured a compelling segment where a breast cancer survivor shared her personal journey. Her story, from diagnosis to treatment

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and recovery, served as a poignant testament to the significance of early detection and timely medical attention.

Rotary Club of Dharan Foothills didn't just inform; it inspired. It underscored the importance of self-advocacy and empowered women to take charge of their breast health. It served as a reminder that early detection can make the difference in the fight against breast cancer.

Rotary Clubs Collaborate to Transform Mera Primary School in Nepal

Rotary Club of Patan South 1st - 27th October 2023

Rtn Kami Rinji Sherpa of the Rotary Club of Patan South has spearheaded an impactful service initiative, transforming the Mera School in Kharikhola, Solukhumbu. Teaming up with three dedicated Rotarians from the Rotary Club of Port Macquarie Sunrise, Australia. The project was carried out during their visit to Nepal from October 19th to October 27th, 2023. Notably, these two clubs have successfully secured two matching grants and one global grant in shared endeavors of 23 years of partnership. The joint efforts have led to various essential activities at the school:

Supporting Education: The distribution of uniforms and stationery among students from classes 1 to 5 was a significant step forward.

Infrastructure Revitalization: Extensive improvements were made to the school's infrastructure. Walls were plastered and painted, toilets and showers were repaired, and facilities such as the kitchen, storage area, and school office were refurbished with new furniture.



Water System Upgrades: The project included maintenance and repairs to the drinking water system, involving changes to pipelines, taps, and other necessary fixtures.

Agriculture and Green Initiatives: The collaborative effort expanded beyond school premises to enhance the existing greenhouse garden and cultivate barren land with millet, engaging both the school and neighboring community.

Empowering Students: A main aspect of the project involved providing scholarships.

Students at Mera Primary School (classes 1 to 5) receive NRs. 5000 annually, and those at Kharikhola Higher Secondary School (classes 6 to 12) are granted NRs. 10,000 yearly.

Sustainability Initiatives: The project included the maintenance and repair of solar hot water shower tubes and tanks, ensuring sustainable and eco-friendly facilities for the school.

Sanitation Maintenance: The project also focused on the maintenance of toilets, septic tanks, and taps, ensuring hygienic and well-functioning facilities for the students and staff.





Tenacious surveillance

A key to progress in the eradication of polio

By Diana Schoberg

Several African countries are considered at high risk for a polio outbreak. But for many years, Malawi wasn't one of them. The nation has a sound public health infrastructure, and its immunization rate is good.

The last time a child there had been paralyzed by polio was in 1992, decades before all countries on the continent were deemed polio-free. So, when a child in Malawi tested positive for wild polio in February 2022, it was a surprise.

It was a similarly unwelcome surprise a few months later at the polio reference lab in New York State. The lab had identified a case of polio in an unvaccinated man living in Rockland County, about 30 miles north of Manhattan. We never thought that we would see a case of paralytic polio in the United States.

So how did health workers discover polio in two countries long considered polio-free? And how can they be sure it's gone now? This process of searching for a disease is known as surveillance, something that Rotary has supported with \$73.6 million in funding over the past five years. As the worldwide eradication of polio approaches, surveillance will play a pivotal role in ensuring that the world is truly polio-free.

If executed as they should be, the fundamentals of conducting surveillance are relatively simple. "In public health, you only see what you look for," explains Stella Anyangwe, an End Polio Now coordinator from South Africa who previously served with WHO for 17 years. "If you don't look for something, you don't see it — though the fact you don't see it doesn't mean it doesn't exist. That's what surveillance does: You collect and analyze information and then interpret it."

BY NUMBERS



145 active labs in the polio network



labs with the capacity for environmental surveillance



800 Sites worldwide conduct environmental surveillance



\$73.6 MILLION in Rotary surveillance funding for calendar years 2018-22



85%
of countries in the WHO African region have an environmental surveillance system

District Governor's Calendar

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	DATE	DAY	EVENT
	2	Thursday	Meeting with Dr. Suniti Acharya- Award
	3	Friday	DG Visit of RC Balaju
		,	Lunch Meeting with visiting PDG Dave Ashley,
			D-1220 Nottingham, UK
	4	Saturday	DG Visit of RC Dhulikhel
	5	Sunday	DG Visit and Charter Day of RC Bagmati Kathmandu
	6	Monday	DG Visit and Charter Day of RC Rajdhani
	8	Wednesday	DG Visit of RC Kathmandu Midtown
			GG handover RC Sankhu
3	10	Friday	GG Handover of RC Narayangarh
	11	Saturday	DG Visit of RC Lalitpur
	18	Saturday	Inter City Meeting (ICM)
	19	Sunday	DG Visit of RC Kathmandu North East
	22	Wednesday	DG Visit of RC Kopundol
	25	Saturday	The Rotary Foundation Seminar
	27	Monday	DG Visit and Charter Day of RC Narayangarh

ROTARACT ACTIVITIES





DASHAIN GREETINGS EXCHANGE: FOSTERING UNITY AND WARMTH IN DISTRICT 3292"

On the 11th of October 2023, a heartwarming gathering unfolded as the Rotaract District Committee of Rotary International District 3292 orchestrated a Dashain Greetings Exchange event. This occasion found its home at the esteemed Rotary Hall in Thapathali, setting the stage for the 6th meeting of the dedicated members of the Rotaract District Committee for the year 2023-24. At the heart of this event was the exchange of warm and sincere greetings, bringing together the District Rotaract Representative (DRR) Rtr. Roshan Karki, all the esteemed district committee members, and a host of passionate club presidents and representatives. In this convivial atmosphere, connections were forged, and a strong sense of unity prevailed, epitomizing the spirit of Rotaract's commitment to service and community.

MEGA NATIONWIDE BLOOD DONATION

As anticipation builds for the 25th of November 2023, Rotaract District 3292 is gearing up for a monumental undertaking - a Mega Nationwide Blood Donation camp that promises to make a profound impact on the community. This ambitious initiative reflects the heart and soul of Rotaract's commitment to serving society. What makes this endeavor even more impressive is the meticulous planning that's well underway. Collaboration with the venerable Red Cross, an organization known for its dedication to humanitarian causes, has been firmly established, creating a powerful synergy of goodwill.

The coordination and resource management efforts surrounding this colossal event are a testament to the dedication of Rotaract District 3292. At the helm of this life-saving campaign are the skilled and compassionate hands of District Blood Donor and Cells Chair Rtr. Bikalpa K.C. and Rtr. Biru Kumar Gupta. The journey towards this significant event is not just about collecting blood but also about fostering a culture of caring and sharing that will resonate long after the last drop is donated. It's a testament to the power of community and the transformative potential of collective action.

LAUNCHING 'VERSATILE VOICE' PODCAST: **EXPLORING IMPORTANT TOPICS"**

Exciting things are happening in Rotaract District 3292 as they've just started a new podcast series called "Versatile Voice." It's like a radio show that you can listen to online. Right now, they're working on two episodes that are almost ready for you to hear.

In the first episode, they're talking about taking care of your mental health, which is super important. Rtr. Shrist Raut is the host, and she's joined by an expert, Rtn. Sushil Kumar Karki, who knows a lot about this topic. They're going to have a conversation that should be interesting and helpful.

The second episode is also exciting. They're going to have a guest named Samaya Khadka who knows about opportunities for young people. Another person, Rtr. Anusha Nepal, is the host, and she's really good at leading the conversation. Making sure everything sounds good is Rtr. Rajish Kumar Chaudhary, who's the one in charge of recording and editing the shows.

These podcasts are a way for Rotaract District 3292 to share different stories and ideas with people. It's their way of talking about important things and helping the community. The "Versatile Voice" podcast is like a treasure chest full of wisdom and different ways of thinking, all meant to make the world a better place.

EFFICIENTLY ORCHESTRATING CLUB COTS

The Rotaract District Committee of Rid 3292, under the capable leadership of District Trainer Rtr. Dinesh Gaire and his dedicated training team, has been efficiently orchestrating Club Officers Training Seminars (Club COTS). What sets this initiative apart is their personalized approach, working closely with each club to customize the training to suit their unique needs and preferences. This tailored approach underscores their commitment to ensuring that every club receives the knowledge and skills necessary to thrive in their roles and create a meaningful impact in their communities.

INTERACT ACTIVITIES





PS MEET

14th October, 2023

Interact District Committee 3292- Nepal & Bhutan successfully marked the first District PS Meet of the Rotary Year 2023-24 on 14th October, 2023 in the premises of St. Xavier's School, Jawalakhel. The activity occurred in both virtual and physical formats, thereby promoting more inclusive participation. The District meeting no. 239 of Interact District 3292 supported by Interact Club of St. Xavier's School, Jawalakhel. The presence of the panel having District Interact Representative Itr. Biplob Thapa, Charter District Interact Representative Itr. Nikesh Kaushal, Immediate Past District Interact Representative Itr. Bipin Subedi, District Rotaract Representative Rtr. Roshan Karki and District Secretary Itr. Sheetal Thakur led the meeting undisputedly in a convincing manner. There were 20 physical and 44 virtual presences of Presidents and secretaries in PS Meet.

Interact District recognized and reviewed different agendas by clubs and forwarded them during the PS Meet that proceeded for the discussion, amendment and approval. The current Scenario of Interact District 3292 and District Sports Meet were briefly announced. The clarification on the meeting minutes and report writing was delivered. The theme for the Nationwide project was announced as "Culture and Tourism" on the other hand the theme of the National Video Award was announced as "Show us your impactful project". The panel had a insightful clarification on DIR nominations and District Bylaws amendment. These amendments were thoroughly discussed and passed. Through these meaningful discussions on several agendas, the PS Meet successfully became an arena where fresh ideas were nurtured, and effective strategies were developed to drive positive Impact through Interact.



FROM THE **EDITOR'S DESK**



Dear Fellow Rotarians,

Festivity continues to spread joy and happiness among us. Dashain has graced us with sunny days and heartwarming reunions with loved ones. May these moments of joy continue to uplift us.

As the country is facing difficult time of economic down turn, we see our people leaving country for better opportunities in life, Rotary has to play instrumental role in bringing back hope. It is not the time to stay observant but to take action on creating opportunities in community by sharing knowledge, experience and facilitating for some productive economic activities. We hold big responsibility to cultivate and nurture an admirable business environment through ethical practices, systematic organizational development and envisioning long-term goals.

October as a month of 'Community Economic and Development Month', there have been a lot of activities to support the monthly theme as well as one of the major aspects of Rotary organized by various clubs in the district. We are the 'People of Action' and always committed to support for the development of local communities for their economic sustainability by organizing skill-based training programs, knowledge-

What's up?

Ánd, get it published.

TEMPLATES HERE

sharing and reaching out to the people in

Polio Plus campaign has been held in this month with a slogan 'Together, We End Polio' as we come together to create awareness and appreciate the parents, professionals and volunteers who contribute to this mega campaign of Rotary, internationally. Our commitment to eradicate Polio from the world continues and we shall work together until it's officially brought down to zero.

We are now welcoming the month of 'The Rotary Foundation', where a cumulative effort of all Rotarians make change in our community by giving. The Rotary Foundation helps Rotary members play pivotal role to advance world understanding, goodwill, and peace by improving health, providing quality education, improving the environment, and alleviating poverty. So, let us all extend our support to the motive.

Additionally, I would like to extend my best wishes for the upcoming 'Festival of Lights - Tihar', Nepal Sambat 1144 and Chhath Parwa. May it bring prosperity, togetherness and good health to you all.

Yours in Rotary,

- Rtn. Raj Shrestha

Chair 2023-24

District Publication & GML Sub-Committee

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DISTRICT GOVERNOR 2023-24

Rotary International District 3292, Nepal-Bhutan

Rtn. Rajendra Prasad Dhoju

Rotary Club of Butwal Mobile: 98570 20090 Email: dhoju99@gmail.com

GML PUBLICATION TEAM

Rtn. Raj Shrestha

Rotary E-Club of District 3292 98510 00209, rajk.shrestha@gmail.com

Rtn. Gautam Shrestha

Rotary Club of Yala 98510 68909, shresthakgautam@gmail.com

Rtn. Arjun Shrestha

Rotary Club of New Road 98412 36099, arjunmr303@gmail.com

REGIONAL CHAIRS

Region 1: RAC Sunil Baral

RAC Manohara - 98434 35756

Region 2: Rtn. Pradeep Shrestha

RC Patan Heritage - 98010 60606

Region 3: Rtn. Rombus Shrestha

RC Patan Durbar Sq. - 9845094012 Region 4: Rtn. Rajan Bahadur Kumal

RC Pokhara Lakeside - 98560 22960

Region 5: Rtn. Bikram Chhetri

RC Lumbini Stars - 9857030576

Region 6: **Rtn. Rajish Kr. Chaudhary** RC RAC United Birgunj - 98454 05701

Region 7: Rtn. Chandra Agrawal

RC Dharan - 98520 47116

PUBLISHING TEAM

Sub-Editor: Rtn. Kanchan Tamang Rotary E-Club of District 3292 98034 93393, tmgkanchan00@gmail.com

Designer: Suraj Shrestha

www.thesquare.com.np, 98512 20963

ADVISORS

Rtn. Nugal Vaidya

Rotary Club of Durbarmarg - 98510 39703 Rtn. Maheswor Bhakta Shrestha Rotary Club of Kopundol - 98510 94345 Rtn. Nischal Bahadur Shrestha Rotary Club of Rajdhani - 98510 95887

Rtn. Dinesh Raj Manandhar, PhD

Rotary Club of Patan South 9851051822, dineshrotary12@gmail.com

Rtn. Durga Prasad Subedi

Rotary Club of Pashupati 9851011720, dipesh@awecourier.com

DISTRICT OFFICE MANAGER

Mahesh Bir Bajracharya

9841373897, rotary3292@yahoo.com

ASSOCIATES

Rtn. Chhongba Sherpa

Rotary Club of Boudha - 9841595911

ROTARY NEWS / RISAO