





GML

GOVERNOR'S MONTHLY LETTER

AUGUST 2023

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President 2023-24



Rajendra Dhoju

District Governor 2023-24

Potary International District 3002





AUGUST

Membership & New Club

Development Month

I implore all club leaders and fellow Rotarians to foster a positive atmosphere that nurtures joyful connections with every member.

GOVERNOR'S MONTHLY LETTER

Dear Fellow Rotarians, Rotaractors, and Interactors,

It is with profound pleasure that I embark on this journey alongside all of you, engaging in a multitude of service projects that hold the promise of fostering meaningful impact within our communities. As we navigate through a series of President's installation programs across our district's various clubs, I have had the privilege of connecting with each of you personally, sharing our collective visions and aspirations.

In these testing times, observing the retention of current members and the addition of new ones is a source of great admiration. However, it is incumbent upon us to not only bring them into the fold but also to engage them in purposeful projects, foster a welcoming environment, and provide continuous encouragement for the growth of our organization. I implore all club leaders and fellow Rotarians to foster a positive atmosphere that nurtures joyful connections with every member.

In order to reiterate, our district has set forth ambitious objectives: retaining 98% of our current membership, achieving a 10% increase in membership, and ensuring that 20% of new members are women and formation of at least 5 new Clubs. I am confident that the collaborative efforts of all club leaders will steer us towards the attainment of these district goals.

In the month of August, we were privileged to host an enlightening Membership and Public Image Seminar, which saw the participation of over 250 attendees. The event proved to be a platform for learning, sharing, and forging valuable connections. My heartfelt gratitude extends to our esteemed Chief Guest and Rotary International Director 2023–25, Aniruddha Roy Choudhary, Rotary Coordinator Sharat Chandra and Rotary Public Image Coordinator Sandeep Narang as well as all distinguished guests who graced us with their time and invaluable insights.

Lastly, let us remain aligned with the wisdom of our RI President's counsel: through our combined efforts, we shall kindle positive aspirations within our communities, nurturing the mental well-being of us all

Let us create and light up the hope for all whom we serve.

Yours in Rotary,

- Rtn. Rajendra Prasad Dhoju

District Governor 2023-24

Rotary Indternational District 3292, Nepal-Bhutan



RI PRESIDENTIAL STATEMENT

At the 2023 Rotary International Convention in Melbourne, I asked all Rotary members to become champions in our effort to illuminate mental health needs near and far. This includes helping one another feel more supported, advocating for mental health services, and building bridges with experts in the field to expand access to treatment.

It's an important task and a big ask. But it's also something that should feel familiar to every Rotary member — because everything we do is in the spirit of caring, giving, friendship, and compassion, and has been from the beginning of our organization.

Our worldwide community and our foundational value prioritizing Service Above Self makes

Rotary a powerful global advocate for mental health. A recently published study by Ohio State University found performing acts of kindness was the only one of three mental health interventions tested that helped people feel more connected to others. Study co-author David Cregg said, "Performing acts of kindness seems to be one of the best ways to promote those connections."

This research suggests what we've known all along — that doing good helps transform not just the communities we serve, but it also transforms us. As we put a greater focus on mental health, let's not think of this effort as something new to Rotary, but rather as something we can do better and as a result have a greater impact on ourselves and the people we serve.

We are not starting this effort from scratch. The Rotary Action Group on Mental Health Initiatives has been focused on these kinds of issues for several years — and we will be looking to members of that group for

leadership as we continue to build awareness.

in the WORLD So let's work together to erase the stigma associated with emotional well-being, raise awareness of mental

health needs, and improve access to preventive and interventional mental health services.

Together, we will Create Hope in the World.

- Rtn. Gordon R. McInally

President 2023-24
Rotary Indternational

CREATE HOPE



Strategies for Retention and Recruitment of Members



BY RTN. SUBASH SIGDEL
DISTRICT MEMBERSHIP CHAIR 2023-24
RI DISTRICT 3292

Rotary takes ordinary
people and gives
them extraordinary
opportunity to do more
with their lives than they
ever dreamed possible.

- Sir Clem Renouf (1978-79, RI President) We often talk about the problems with membership and retention, yet more times than not, talking is all we do. We report the numbers that continue to decline, year after year. Some even go so far as to bring Rotarians together and give seminars on the topics concerning membership. Others take the initiative and bring the district membership team together to devise a strategic plan.

Sometimes that strategic plan is sent out to the clubs for them to look at. Then near the end of the year or over a series of years we still wonder why membership has not improved. I believe that we have talked enough about the problem and we have planned this thing to death. We need to focus on solutions. The key to a solution in the area membership and retention is simple, it is often talked about, but it is rarely done.

Well, here is the answer. Are you ready? The answer is we must get our membership and retention plans implemented at the club level. I know this is easier said then done. I know what is standing in the way of implementation time, money and commitment/desire.

These are not easy obstacles to overcome, but it can be done. Today I want to share two ideas that can be implemented at the club level. If they are, we will achieve the results desired of more retained members and an increase in net membership.

Improving Retention

There is no question that members' retention is a serious problem. The membership charts clearly show the drops exceeding the adds each year in the globe. Does everyone know the No. 1 reason we have drops? It amazes me that we still have Rotary starting from scratch to determine this-as if they can't believe the information that Rotary International has put out. I still see new retention chairs trying to get information from dropped members in their districts to try to find the reasons people left the club.



We know the No. 1 reason: it is ineffective club meetings! And RI has already developed materials addressing each one of these issues. We need interesting and productive meetings.

We need meetings to be worthwhile. We need to plan and run effective meetings. Officers need to focus on meetings. We need to keep members involved.

So what is something we can do to focus on having better meetings? What tool can we do to turn things around? How many clubs elect a new president for the year and that new president doesn't have any idea what to do to get his/her club clicking on all club matters?

Here is an ANSWER: it is called the Rotary Club Retention Index.

- A Administration & Communicatio
- N Networking & Socialization
- **S** Service
- W Work & Personnel Development
- **E** Entertainment & Education
- R Retention & Membership

Clubs that focus on the activities will be effective. Effective clubs will keep members active and involved. Active and involved members usually stay members. The result: drops reduced, membership increased.

Each area of the "answer" has a list of activities that can earn points. This is similar to a governor's contest to select the

best club and best secretary in the district. This is something that can be done on the district level as well as in individual clubs.

However, instead of the already overworked district governor having to keep up with the points, it will the job of the District membership & District retention chair.

A club president who concentrates on all the areas of the retention index will insure that the club is doing all it can to give its members the benefits of their membership in Rotary. This will result in most members feeling important and involved, which will retain their membership.

Improving Recruiting

Let's take a quick look at the key aspects of membership.



- Membership: recruiting and developing members in existing Rotary Clubs.
- Extension: extending the motto of Rotary "Service above self" by chartering new clubs of various kinds.
- Retention: retaining the members in existing Rotary Clubs.
- Leadership: the development of Rotary Leaders on the club, district and Rotary International levels

The focus in the last few years has been on retention, and it is a big problem without a doubt. However, membership is the lifeblood of our organization. Look at the numbers. I once said we don't have a membership problem, but we have a retention problem. Well, we have both. The number of new members in existing clubs has gone down.

Every year we are recruiting 10,000 less Rotarians per year. We are not out there bringing the new Rotarians in like we use to. Those are the facts. In order to turn things around, we need to focus on recruiting. The definition of recruit is to renew or restore the health, vitality or intensity.

Each time we recruit a new member we are adding a new dimension to our club. Each new member restores the vitality of your club. New ideas brought in by new members may mean change in the way we do things. Our International President focus on bringing in women younger people below 40 years of age.

So where have we gone wrong in recruiting new members? We have membership committees, don't we? Well, yes we do, at least on paper. In our District 3292 out of the 154 clubs, almost 154 have a club membership chairperson for the club.

I submit to you that in most clubs the chairperson is in name only and there is no committee, and nothing is being planned as a membership program in the club. So the answer in recruiting has to do with the desire and commitment to plan a club membership program. The solution that has proven to work is a "Rotary Carnival" or "Friendship Night" or "Rotarian & Non-Rotarian Interaction" that brings prospects to a meet to introduce them to Rotary movement. So how is it done?

The answer is a FOCUS on recruiting:

- **F** Find Prospects
- Offer Opportunity to Come Together
- C Convince Prospects to Attend
- U Understand What Rotarian are about
- Secure a Commitment to Join

The question always is: does it work? Well, the RC Pokhara Newroad held their "Rotarian & Non-Rotarian Interaction" last six years and they add around 12 new members. In addition to increasing membership the club was clicking on all other matters as well as shown by the club winning the outstanding club president award in 2022-23. Once again, with the commitment of the club president and leadership, each club can implement a solution to the retention and membership problem. The more clubs that accept the challenge to focus their efforts using the tools above, the more our clubs and district will experience net membership growth.

Status of Rotary Clubs in District 3292

Over five rotary years, 49 new clubs were formed, but 11(22.4%) were terminated. Within the 2020/21 year, 25 clubs emerged, yet 9 (36%) were terminated in two years. These clubs - Bardiya, Central Nepalguni, Kathmandu Health Professionals. Mankamana, Metrocity Butwal, Mid Rupandehi, Motipur Butwal, Nepalguni, and Tillottama - faced termination due to unpaid RI and District dues. This highlights the challenge of financial sustainability in Rotary clubs. It's a reminder of the significance of sound financial management to uphold the clubs' ability to contribute to their communities and Rotary's mission.





Rotary Membership

in RI District 3292 (Nepal-Bhutan)



BY RTN. MAHESWOR BHAKTA SHRESTHA
DISTRICT ARCHIVE COMMITTE CHAIR 2023-24
RI DISTRICT 3292

TODAY SOME

1.4 Million ROTARIANS SERVE THEIR LOCAL AS WELL AS GLOBAL COMMUNITIES

Membership in Rotary

Rotary is a Membership organization. Today some 1.4 million Rotarians around the world strive to serve their local as well as global communities and try to foster fellowship network between members locally and globally.

Members are the heart and soul of Rotary clubs, which tries to Engage, Attract, Induct and Retain them within the club. Membership in Rotary is by invitation, not by application, because Rotarians are close-net community volunteers drawn from diverse profession/occupation, gender, age and ethnicity. More members mean more hand to serve the community.

As on July 1, 2023 Rotary District 3292 has 5,495 members in 152 clubs in Nepal and one in Bhutan. Rotarians seek to serve local community with projects through Clubs, District and global Grants that help to develop and implement high impact and cost-effective projects in 7 Areas of Focus, namely peace and conflict prevention resolution, Disease prevention and

treatment, water & sanitation, maternal and child care, basic education & literacy, economic and community development, and supporting the environment.

Rotary Movement in Nepal since 2008

Although the first Rotary club of Kathmandu was chartered on April 13, 1959, Rotary District 3292 Nepal, was started on July 1, 2008, with 1,902 members in 67 clubs. The District had to increase members to 2,700 within a few years. So, the tempo to recruit new members gained momentum. The target of 2,700 members was achieved within 5 years in 2012/13 with 827 additional members in 84 clubs, including one new club in Bhutan from April 24, 2012. In subsequent years, the growth was steady, with highest increase in 2015/16, when 14 new clubs were added with a net addition of 1,160 members to 4,164.

Recent Trends in Membership Growth

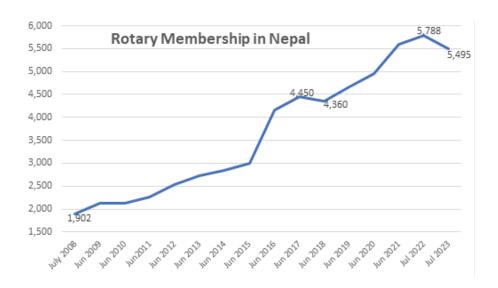
The highest number of 24 new Rotary clubs were added in 2020/21, with 655 additional members. By July 1, 2022, the number of Rotary clubs reached 153 with 5,788 members. There was a net decline in Rotary members, by -7 in 2009/10, -20 in 2017/18 and a massive drop of -293 members in 2022/23. This down turn is indicative of a serious concern on membership development in the District. A series of vibrant club trainings went futile.

The number of female Rotarians in the District had reached 1,048 by July 2022 (17.3% of total members). But there was a net decline of 33 female Rotarians in 2022/23, indicating a special effort needed in this area as well.

Challenges in Rotary Membership

Rotary International President R. Gordon R. McInally is encouraging Rotary clubs to **create a culture of care**, both within Rotary and around the world, by making mental health a priority. In a caring culture, leaders and members focus on helping each other thrive. August is the perfect time to evaluate club's culture and adjust it where needed. Members are more likely to stay if their club experience is fulfilling, feel involved, valued, and cared for:

Date	No. of club	Members	Growth		Female	% Female
Date	140. Of Club	Hellibers	Number	%	Temale	76 I CITICIE
June 30, 2008	67	1,902				
June 30, 2009	70	2,128	226	11.9%		
June 30, 2010	73	2,121	-7	-0.03%	209	9.8%
June 30, 2011	76	2,261	140	6.6%		
June 30, 2012	83	2,541	280	12.4%	274	10.8%
June 30, 2013	84	2,729	188	7.4%	355	13.1%
June 30, 2014	86	2,851	122	4.5%	402	14.2%
June 30, 2015	90	3,004	153	5.4%	483	13.3%
June 30, 2016	104	4,164	1,160	38.6%	655	15.7%
June 30, 2017	116	4,450	286	6.8%	693	15.9%
June 30, 2018	117	4,360	-90	-2.0%	641	14.6%
June 30, 2019	120	4,656	296	6.8%	701	15.3%
June 30, 2020	126	4,945	289	6.2%	783	15.8%
June 30, 2021	150	5,600	655		948	
July 01, 2022	153	5,788	188		1048	17.3%
July 01, 2023	153	5,495	-293	-	1015	18.4%



- stage. If members think their experience in the club can be improved, take action to make changes. Learn more about what members are thinking by taking: member interest survey to understand what new and prospective members care about and how they want to contribute; and member satisfaction survey. Asking for regular feedback will empower members to be involved in creating their ideal club experience.
- Use the Club Health Check to identify areas where the club could improve and determine how to keep the club relevant for members and the community.

Diversity, Equity and Inclusion in

Membership (DEI): Rotary clubs must try to create an **Inclusive Club Culture** to become more inclusive, diverse and equitable, so as to ensure the club is more vibrant and healthier.



Inspiring Seminar on **Public Image** and **Membership** held at Kathmandu



In an extraordinary showcase of unity, growth, and knowledge-sharing, a momentous occasion of Membership and Public Image Seminar 2023 was marked on August 8, 2023 at Hyatt Palace, Kathmandu. This event served as a testament to the unswerving spirit that unites our vibrant Rotary community, drawing together a remarkable assembly of 400 participants representing diverse clubs.

The seminar's objectives were embraced with unwavering enthusiasm, as attendees delved deep into discussions and meticulously devised strategies, all aimed at enhancing our public image and reinforcing our membership initiatives. It is truly heartwarming to witness the collective passion and steadfast determination that forms the bedrock of our shared aspiration to create a lasting and transformative impact.

Distinguished luminaries graced the occasion with their presence, elevating the seminar's significance to new heights. Among them were RI Director Aniruddha Roy Chowdhary, along with keynote speakers RMC Sharat Chandra and RPIC Sandeep Narang. Notable figures like District Governor Rajendra Prasad Dhoju,

IPDG Jitendra Bahadur Raj Bhandari, District Governor-Elect Rajendra Man Sherchan, District Governor Nominee Binod Koirala, District Training Chair PDG Sanjay Giri, District Membership Chair Subash Sigdel and District Public Image Chair Raj Kumar Gupta added to the event's prestige. The seminar was ably hosted by Mc District Training Co-Chair Laxman Gyawali and Samjhana Pokhrel.

During the event, the inaugural edition of the Rotary Year 2023-24's Governor's Monthly Letter (GML) was launched by the chief guest alongside the Council of Governors. The publication received widespread appreciation and recognition from all attendees, including a commendation from RI Director Aniruddha Roy Chowdhary.



100,000 Children to Receive Dental Test for Free

RI District 3292, in collaboration with the Rotary Club of Kathmandu North, has signed a Memorandum of Understanding (MOU) with Kantipur Dental College and BM Foundation. The aim of this partnership is to provide free dental tests to 100,000 school and college students.

The signing of the MOU took place in Kathmandu and involved key figures including DG Rajendra Prasad Dhoju from RI District 3292, President Subash Ghimire from the Rotary Club of Kathmandu North, Prof. Rabindra Man Shrestha from Kathmandu Dental College, and Chairman Dr. Buddhiman Shrestha from BM Foundation.

During the signing event, President Ghimire outlined his vision of elevating this initiative to become the flagship project of his Rotary club. He also committed to initiating the process of identifying eligible schools and colleges in the Kathmandu and Kavre districts starting in the first week of Bhadra 2080.

DG Dhoju expressed concerns about the escalating dental health issues among children due to unhealthy lifestyles. He emphasized the potential benefits of this flagship project, not only for the children but also for their families and the wider community.

DG Elect Rajendra Man Sherchan conveyed his appreciation for the initiative taken by the Rotary Club of Kathmandu North and RI District 3292. He pledged to continue and support this project during his tenure. District Trainer and PDG Sanjay Giri underscored the value of Rotary's initiatives, particularly those that address the health and awareness of the younger generation in Nepal.

This collaborative effort exemplifies the core Rotary values of community engagement, cooperation, and making a positive impact on the health and well-being of individuals and communities.





Installation of Club Presidents

During the month of August



Joint Installation RC Dharan, RC Dharan Foothills _ Rotaract Club of Dharan



President Rtn Er.Rudra Mainalee (RC Kakarvitta)

President Rtn Hari Kumar Shrestha (RC Ratnanagar)



President Rtn Utshav Singh Adhikari (RC Nyatapola)



President Rtn Pradeep Majgaiyan (RC Dang)



President Rtn Amrita Bhusal (RC Tinau Butwal)



President Rtn. Sumeera Shrestha (RC Kathmandu Height)

President Rtn. Hari Gopal Shrestha (Rotary Club of Birgunj Metropolis)



President Rtn Bikash Rathi (RC Biratnagar Fusion)



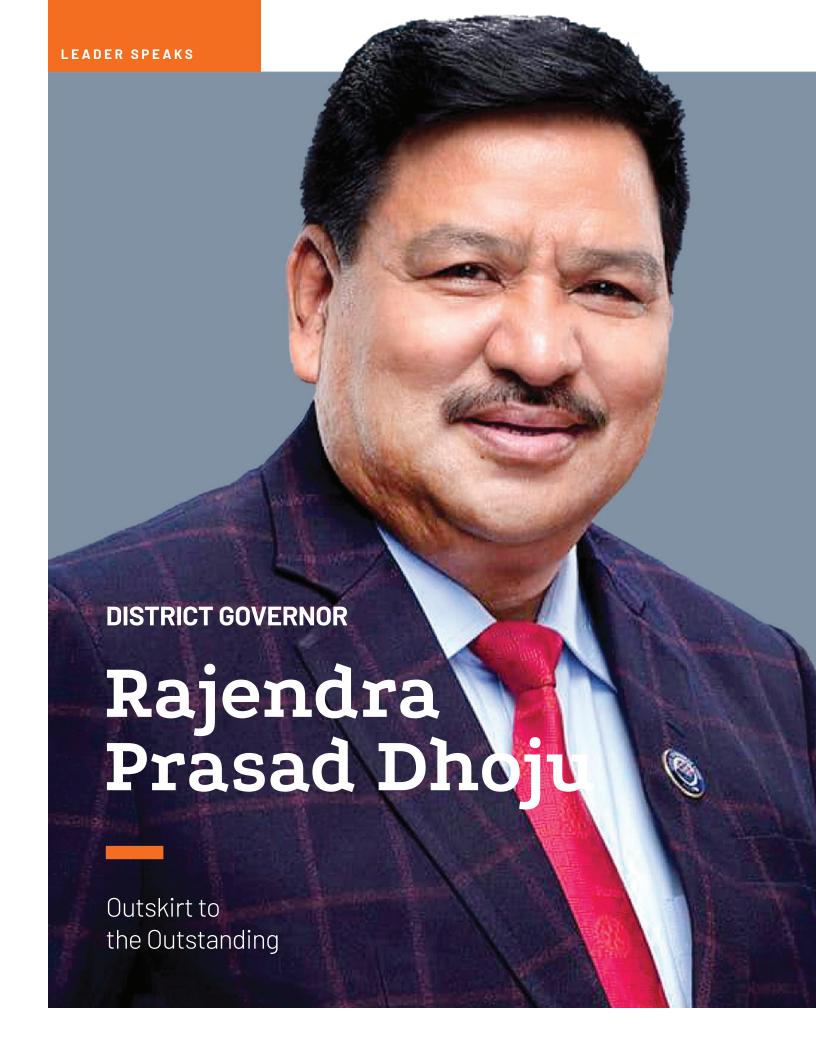
President Rtn Apsara Nepal (Rotay E-club of Medicofusion Hybrid Nepal)



President Rtn Bholanath Lamichhane (RC Narayangarh)



President Rtn. Manju Dhamala Thapa (RC Bagmati Kathmandu)



Rtn. Rajendra Prasad Dhoju, a renowned businessman based in Butwal is serving as District Governor for Rotary Year 2023-24 in Rotary International District 3292, Nepal-Bhutan. He holds the experience of almost three decades of service to Rotary Fraternity since 1993. A Charter Member at Rotary Club of Butwal has gradual rise to the leadership position from RY 2011/12 and received two major accolades, Outstanding President and Outstanding Club.

DG Dhoju has served as a District Rotaract Sub Committee and District Club Extension Sub Committee member in R.Y. 2011-12. In addition, he was Co-chair at District Club Extension and Consolidation Committee in R.Y. 2013/2014, and he has also served as Assistant Governor of Zone 17 in RY 2013/14. He is a Major Donor (Level II) and is happily married to Samira Shrestha Dhoju, Major Donor, and is blessed with three children, daughter (Rashi) and two sons (Abhishek and Ayush).

Big congratulations on your District Governor Installation for the Rotary Year 2023-24. How have you taken your role as **DG in Rotary International District 3292?**

Thank you very much. As a DG, my role would be to link Rotary International and our district 3292. As a District governor, I will provide leadership, motivation, and guidance to all 154 Rotary clubs under the general supervision of the RI Board of Directors. As the Governor, I will act as officers of RI, fostering achievement in our district and at the club level. Under the District Leadership Plan, I will prepare for and execute duties over my term. Districts nominate governors 24-36 months before the governors take office. I will be motivating and support all members and will closely work with DGE and DGN to take our district to new height.

Your goals for this Rotary year seem to be ambitious. What are the major events you have planned this year? Is it possible to achieve them all? What are the foundations and preparations?

One should always target high to achieve things, as I believe. I have set my goals in line with RI President's vision and goals as well. The major events will be peace and conflict, mental health, environment (including 100,000 tree plantation and waste management), support massively in dental awareness, eye camps among the students and community. I will focus on building public image of Rotary by organizing events related with culture and heritages, sports upliftment, economic and community development through vocational training. Another area of health will be on supporting the burn victims and organizations.

Public image has always been one of the primary concerns for Rotary. How do you assess the current situation? And, how are you going to assure the better public image in coming year.

Yes, the public image is one of the important focus of Rotary. It is the face of Rotary to public. Whatever we each Rotarians do in our public life becomes an image of the organization we belong, which is Rotary. Currently, people think that Rotarians only do fellowships at big hotels and it is an organization for rich people. We have to show our good service works that we do at the community, spread the news through social media, touch base with various culture, festivals and behaviors of ethnic groups, uplift the living standards of down trodden people. The diversity, equity and inclusiveness (DEI) is another facet of Rotary. The economic development of people is important, so development of enterprises and employment and entrepreneurship need to be focused. These activities will impart good message of Rotary and we can do through our 7 areas of focus.

Membership retention is yet another challenge in Rotary. You have also planned to have 98% retention and 10% membership growth with 20% of women in this year. Any plan of action you have prepared?

Retention of members is quite challenging. It is said that if we can keep the members for first 3 years in the clubs, we can retain them for life. To meet the goals, I have come up with the reward and recognition for members and clubs who bring new members, reinstate membership from Alumni and install new clubs/satellite clubs. We are conducting various Club Officers Training Seminar (COTS) and vibrant club workshops. We have conducted membership and public image seminar recently. We have to increase the knowledge of Rotary among members and inculcate behavioral change, values and build public image of our organization so that they remain in Rotary. Moreover, quality has to be focused rather than quantity. This is membership month and many clubs are inducting new members. So far, we are progressing.

District 3292 is one of the major districts to run Global Grants. How are these global grants being instrumental in serving community? How is the monitoring and evaluation process going on?

Our district is one of the vibrant districts doing global grants. Our projects, stewardships, performances and reporting have made us proud to continue doing



larger scale projects. Our projects are spread over the 7 areas of focus and addressing the community needs. The economic upliftment of people and bringing changes in their living standard is mainly focused and providing them with health, education, water and sanitation among others is very important. There has to be certainly the monitoring and evaluation system, which is being collected through clubs monthly reporting, meetings with Presidents and AGs and district committees and organization of regional as well as district events and making the members actively participate in these events.

District Award has been one of the major events of the District. However, it's always been criticized for unfair distribution of awards. How much are you aware of the fact? And, how are you planning to ensure this year's award to everyone's pride and ownership?

Yes, Rotarians serve the community giving their time, talent and treasure. They have to be motivated and the clubs as well who put tremendous efforts. So, recognition and reward to be bestowed upon them, so that they are continuously engaged and will remain in Rotary. The district award is a big event organized to recognize members, various regional and district committees and function holder members

(Presidents, AGs, Secretaries). I am aware of the criticism part of the district award. Thus, I have mobilized the district award committee to come up with criteria in each category of award, define parameters and indicators of service projects, performances of functional members, public image building, membership growth and retention, number and quality as well as sustainability of service projects, contribution towards Rotary Foundation and developing relations with non-Rotarians and moreover with local bodies in developing synergy in the work we do. This years' award will try to cover as many clubs as we can reach them and make them a part of the event. District Governor's Citation award also has been announced in addition to RI citation. We are encouraging clubs to send their reports to GML. The committee is working hard to bring up all clubs, encouraging them to put their views and improve award process. The journo award, vocational award will build our public image.

RYLA is also one of the most anticipated events of the district? What is the plan ahead and how have you been looking forward to engage youth participation in Rotary events like this one?

With youth purposeful engagement and with experiences of senior Rotarians, our Rotary movement will foster our existence

We have to show our good service works that we do at the community, spread the news through social media, touch base with various culture. festivals and behaviors of ethnic groups, uplift the living standards of down trodden people.

Our projects, stewardships, performances and reporting have made us proud to continue doing larger scale projects. Our projects are spread over the 7 areas of focus and addressing the community needs.

we are encouraging the youths and engaging them as members in various district committees and also their own functional committees this year.

and provide impetus in our effort of doing good. Rotaracts, Interacts are important parts of Rotary and they do have their own identity. To sharpen their knowledge, behaviors, improve engagement in service projects and develop their personality, leadership quality is main objective of RYLA. This year we are conducting an International RYLA in addition to other RYLA activities for the youth. With good fellowship, bonding and sharing of knowledge and team building attitudes, the RYLA will help to better engage the youths in Rotary. Thus membership, service projects and public image as well as Rotary Foundation will become strong. Also, we are encouraging the youths and engaging them as members in various district committees and also their own functional committees this year.

Rotary also believes in leadership development along with service, fellowship and fundraising. But, district often has to face allegation of unfair and cloudy selection of the future leaders. How do you assess this situation and how can this be fixed?

Leadership development through CLP and DLP has always been focus of Rotary. Rotary is a membership based and voluntary organization. He who serves best and contribute time, talent and treasure is definitely to be recognized, rewarded and brought to leadership position. Leaderships are not born; it is to be inculcated and motivated. Everyone has their own talents and we have to have certain criteria, measurement parameters and eligibility in bringing to leadership position. No unfair or any type of allegation to come to district and district governor or any other positions serving at senior level at district. Rotary public image is also linked with this, so we have to be very much cautious in this regard. No such activities to be seen and a healthy environment to be created, where no one can point fingers.

You had successful DG Installation in Butwal. You are also planning District Conference in Butwal again. How is the preparation? What would you like to add on this?

The DG installation was very much successful with huge participation and a good and positive vibe despite the challenging weather. The district conference is being organized during March 15-17, 2024, also in Butwal. The conference committee has already started work much ahead and actually from the last

conference in Gokarna (March 2023) itself. There have been more than 700 registrations already. Promotional video has been prepared to motivate members. The local government, various other organizations are being contacted to make it a great success and the event will also promote tourism and improve economic activities in Butwal, so it will be conducted as a pride of Butwal too.

How do you see the positioning of RID 3292 in regional network and global platform of Rotary? How can we upgrade ourself in these arenas?

District 3292 has a legacy of better performing in service projects, doing more global grants, contributing to Rotary Foundation, membership growth. It has a good credit among other districts of regional and global network. We need to bring innovative ideas to create more sharing, conducting joint activities with adjoining districts, have sister relationships among the districts, making our larger and quality participations in international conventions, Rotary Action Groups such as WASHRAG, ESRAG, DNRAG etc. and make our members a part of international presentations.

At last, What voice would you like to share to the new leaders coming to District 3292? Advise on to prepare for unforeseen challenges and opportunities.

I always believe in continuity and we have started working together since last few years among the DG, DGE, DGN and DGND. The plans and programmes, capacity building events, seminars are planned in coordination with each other. Moreover, we do not do different things in Rotary, we do things differently. So my voice to incoming leaders is being and will be shared during each event. I am now at the starting quarter of this Rota Year and still more quarters remaining. There may be challenges in the country, but lot of opportunities also comes along with challenges, we have to know how to handle them with working together with government, mainly local government. We have experiences of our works during Earthquake, Covid and many other disasters and we have proved ourselves. Polio is how people remember us. We should try to now focus on economic upliftment of society at large. Motivating and retaining our members and making our district stand high among others is to be focused.

Unlocking Excellence: The Rotary Presidential Citation and its Path to Club Achievement



BY RTN. DR. I.P.DHAKAL
RI PRESIDENTIAL CITATION CHAIR 2023-24
RI DISTRICT 3292

At the beginning of the Rotary year, Rotary Citation goals are established within Rotary Club Central. All Rotarians can access the goals set by their club officers for the upcoming year. If a member cannot view the goals for the incoming year, it might be because their officers have not set them yet.

The Rotary Presidential Citation is a prestigious award presented to Rotary, Rotaract, and Interact clubs that have demonstrated excellence in accomplishing their objectives and supporting strategic priorities during the Rotary year. Rotary, Rotaract, and Interact clubs can earn a Rotary Citation for achieving goals that enhance the club's strength, yet the majority of clubs in District 3292 may not be familiar with this recognition. These goals encompass increasing club membership, establishing sustainable service projects, contributing to The Rotary Foundation (TRF), and enhancing Rotary's visibility within the community.

Club Eligibility for the Citation

To qualify for the Rotary Citation, clubs must maintain active status throughout the year. For citation eligibility purposes, clubs are required to promptly settle each invoice upon receipt (without receiving a 60-day reminder letter from Rotary International Accounts). An outstanding balance should not be present.

To earn the citation, club presidents need to achieve a minimum of 13 out of the 25 listed goals. This flexibility empowers clubs to focus on goals that align with their specific context. While certain goals rely on quantitative data, such as membership figures and Rotary Foundation donations, most are self-reported and marked as "Achieved" within Rotary Club Central. In the event that a recently chartered club is financially sound and accomplishes 13 goals before the Rotary year concludes, it may become eligible for the citation.

Goal Setting in Rotary Club Central

At the beginning of the Rotary year, Rotary Citation goals are established within Rotary Club Central. All Rotarians can access the goals set by their club officers for the upcoming year. If a member cannot view the goals for the incoming year, it might be because their officers have not set them yet. Incoming officers at the club or district level, including Assistant Governors, have the authority to set goals for the upcoming year.

Count of District Training Participation This goal pertains to the attendance of club committee members at the district training assembly (DTA). The DTA is the recommended training endorsed by the Rotary International Board and conducted by District Governors-Elect for incoming club officers, such as club presidents, secretaries, treasurers, as well as committee chairs responsible for club administration, membership, public relations, service projects, and the Rotary Foundation.

Membership Counting

New members added on 1 July contribute to the following year's membership growth. Conversely, members removed on 1 July are counted towards the previous year's loss, as they are not part of the club's

membership at the start of the Rotary year. Current membership figures for your club can be found in the Reports section on the Manage tab of My Rotary. For citation purposes, new members are those added on or after 1 July of the Rotary year, while existing members were part of the club before 1 July.

Service Projects

If concerns arise about a multi-year project affecting the achievement of goals in Rotary Club Central, the project can be divided into manageable segments, with each part marked as complete at the conclusion of the Rotary year.

Demonstrating Goal Attainment

Upon entering the achievement in Rotary Club Central, the completion of selfreported goals is immediately visible. This can be done at any time. If the goal pertains to data-generated accomplishments, such as membership numbers or Rotary Foundation contributions, it might take up to 48 hours for the achievement to appear. Checking the achievement status a day or two after marking it as achieved is recommended.

Rotary Citation Recipient Report

Members with My Rotary accounts can access their club's accomplishments through the Rotary Citation Recipients Report. This report is available in Rotary Club Central under the reports tab, as well as in My Rotary. To locate it, navigate to Manage, then Reports, and select Club Reports. Within the Awards section, you will find the Rotary Citation.

Rotaract and Interact Citation

Rotaract clubs must fulfill 13 of the specified goals to earn the Rotaract Citation. The nominator completes an online form indicating the accomplished goals. Any Rotary club or district leader, along with the Rotaract club president, can submit the nomination. Nominations for Rotaract and Interact clubs' citations can be submitted online by 15 August. It's important to note that nominations for Rotaract and Interact clubs are not accepted via email, mail, or phone. 🥮



Club News & Activities

AUGUST 2023



Tree Plantation at Tarkeshwor

Rotary Club of New Road City, Kathmandu 29th July, 2023

The Rotary Club of New Road City, along with Interact, Rotaract, and Inner Wheel Clubs of New Road City, held a joint tree plantation program at Tarkeshwor Municipality, Ward Number 4, along Sesmati River. 200 trees of various

species were planted during the event.
District Secretary Dinesh Manandhar,
Ward Chairman Narendra Shrestha, and
President Udab Krishna Shrestha were
present to raise awareness of the value of
tree planting on that occasion.

Tree Plantation

Rotary Club of Tulsipur City 2nd August 2023

On 2nd August 2023, the Rotary Club of Tulsipur City and the Rotaract Club of Tulsipur jointly organized the tree plantation program, supported by the Tulsipur Submetropolitan City. The event took place at Tulsipur Submetropolitan City, Ward No. 6 Road, in the presence of Chief Guest, respected Tika Ram Khadka

(Mayor - Tulsipur Submetropolitan City), Rtn. Paban Kumar Yogi (President - Rotary Club of Tulsipur City), Rtn. Bimal Rijal (Assistant Governor, RID 3292, Zone 33), Dujman Bhandari (President - Tulsipur Submetropolitan City, Ward No. 5), Rtr. Inup Bhandari (President - Rotaract Club of Tulsipur), Interact Club of Gorkha, Ideal, Himal, and many other respected dignitaries. The program's main objective was to maintain a healthy environment within the campus premises.

Tree & Lemmon Tree Plantation

Rotary Club of Bagmati Kathmandu 29th & 30th July 2023

On 29th July 2023, a "21 Week Mega Tree Plantation" event took place at Araniko Highway (Sallaghari to Suryabinayak) lasting for 2 hours, organized by the Rotary Club of Bagmati in collaboration with Kathmandu Madhyapur, Thimi Municipality, Suryabinayak Municipality, Kathmandu Valley Development Authority, and Division Forest Office, Bhaktapur.

The club contributed to the plantation of more than 400 trees, and on the day of the event, more than 1000 trees were planted in the area.

Similarly, on 30th July 2023, over 100
Lemon Trees and other plants were
planted and handed over at Kagati Gaun
–01, Kakani Municipality. This program was
jointly organized by the Rotary Club of
Bagmati Kathmandu and the Rotary Club of
Tripureswor, with support from the Rotaract
Club of Bagmati and the Rotaract Club of
Tripureshwor.



Computer Donation to Remote village of Karnali

Rotary Club of Dillibazar-Kathmandu 2nd August 2023

The Rotary Club of Dillibazar, with support from the Surendra Dhakal Foundation and Rotarian members, donated four desktop computers to Sita High School, located in one of the remote villages of Karnali Province in Barakot Village Rural Municipality, Jajarkot district, Nepal. The computers were handed over to Hari Oli, the representative of the SMC, along with the school's team and representatives.

Karnali Province is a remote area characterized by hills and higher mountains in the northern and mid-hills of Nepal. Sita High School is situated in the mid-hills of the western part of the country, serving 500-plus students from economically challenged families. The school is about 1.5 hours away from the nearest community, and the villagers mostly rely on six months of crop cultivation, with some male members seeking livelihood opportunities in India.

The Village Rural Municipality of Barakot is considered backward and lacks adequate development resources. Until now, the school had only one computer, leaving the children deprived of computer education in this digital era. The educational infrastructure is limited, with poor access to drinking water (only one tap) and sanitation facilities (only one toilet). Rtn Prem Oli coordinated the donation

of four desktop computers, which is still insufficient to cater to the total number of students. Therefore, the Rotary Club of Dillibazar is seeking funding support from private donors, service organizations, both local and international, as well as the local government and its members to address this pressing need.



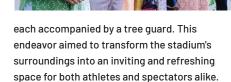
Tree Plantation Program by Rotary Club of Dang

Rotary Club of Dang July 2023

The Rotary Club of Dang, in collaboration with the Human Welfare and Environment Protection Center (HWEPC) and Pant Global Consultancy, successfully conducted a tree plantation program in various locations across Ghorahi on July 10 and July 22.

During the event, a total of 600 saplings of ornamental and fruit trees were carefully planted. These selected tree varieties not only enhanced the aesthetics of the area but also provided crucial environmental benefits such as carbon dioxide absorption and reduced air pollution. The active participation of various stakeholders demonstrated a shared commitment to making a positive impact on the environment.

Furthermore, the program included the beautification of Ghorahi Cricket Stadium by adding 20 ornamental plants,



In addition to this, a thoughtful initiative involved planting a total of 50 religious plants at Sidda Ratnanath Temple in Chaughera, Dang. This aspect of the project aligned with the community's cultural and spiritual values, harmonizing environmental efforts with the local ethos.

THE RC OF DANG CONTRIBBUTERD

Rs. 70,000

TO SUPPORT THIS PROJECT



Rotary Trade Fair

Rotary Club of Biratnagar Downtown 4th & 5th August 2023



The Rotary Club of Biratnagar Downtown orchestrated a magnificent two-day Rotary Trade Fair on the 4th and 5th of August 2023, focusing on women's empowerment and celebrating their talents and endeavors, giving equal opportunities to women for financial independence as men.

The event was eagerly anticipated not only by the Biratnagar residents but also by those in Dharan, Itahari, Damak, Birtamod, Kakarvita, and even spanning across the Indian border to Jogbani and Forbesguni.

The honorable presence of Deputy Mayor Silpa Nirala Karki added prestige to the occasion, gracing it as the esteemed Chief Guest. The event was also graced by Club AG Rtn. Biju Bahini Shrestha and veteran leader Rtn. Beni Gopal Mundara.

A diverse array of 56 stalls showcased offerings including garments, exquisite Rakhis, artificial jewelry, household essentials, ornamental pieces, intricate handicrafts, and delectable foods, along with exciting games that captivated the attention of over 7000 attendees from various communities.

Central to the event's mission was the elevation of women's status by providing them with a platform to showcase their crafts, unveil their talents, and further their entrepreneurial pursuits.

The event's proceeds will be channeled into our diverse service projects throughout the year, enabling us to make a meaningful impact on our community. A free stall was set up to support underprivileged women entrepreneurs, following the Rotary realm of "Service Above Self."



Tree Plantation

Rotary Club of Naxal Shakti 2nd August 2023

Tree Plantation by the Rotary Club of Naxal Shakti, in collaboration with Chapakot Municipality, Syangja, took place on August 2, 2023, at Chapakot-9, Syangja. Six members of our club participated in this program along with Charter President Dr. Luna Sharma. Approximately 500 fruit and flower plants were planted.



YOGA for KIDS

Rotary Club of Biratnagar Fusion 15th August 2023

Mental health-an essential part of children's overall health-has a complex interactive relationship with their physical health and their ability to succeed in school, at work, and in society. Both physical and mental health affect how we think, feel, and act on the inside and outside. Mental health is important throughout childhood-from prenatal considerations through transitions to adulthood.

Around 42% of Nepal's population consists of children and adolescents, a significant portion of which are at risk of developing mental disorders of varying types. The Ministry of Health and Population of Nepal has given an estimate of about 15-20% of this population to experience some form of mental disorder. The most commonly reported being as anxiety disorders, behavioral disorder, and mood disorders seen across cultures. With this thought in mind, we came up with the idea of organizing "Yoga for Kids" program, in collaboration with The Yoga Studio, wherein they will be taught different forms of yoga, exercises, postures, healthy eating habits and most importantly dealing with mental health.

We have started this in a monthly subscription format on 20th July, and our 1st batch registered 24 children, which was beyond what we expected. With the completion of 1 month of our program, the transformation and change mindset of the children is prominent. Most of them are continuing for another month of workout and fun.

Feedback from the parents have pushed us to continue this program further, which was initially only a month long plan.



Blood Donation Campaign

Rotary Club of Itahari Yugal 12th August 2023

The blood donation campaign plays a vital role in addressing various medical emergencies and health challenges. Rotary Club of Itahari Yugal, in collaboration with NYEF Sunsari Chapter, organized this campaign at Shree

Krishna Pranami Mandir Muktidham, Itahari (Near Budi Ganga), with the aim of assisting during medical emergencies.

Blood donation programs are of utmost importance due to their potential to save lives and their significant impact on healthcare systems and the well-being of patients. When individuals donate blood, they play a crucial role in sustaining the health and well-being of their fellow community members and contribute to the overall improvement of society.



300 Lemon Saplings planted in Kagati Gau and **Thapathali**

RC Tripureswor 19th August 2023

The name Kagati Gau signifies "Lemon Village," but there were no lemon plants

there before. We have distributed more than 500 plants since 2019.

Out of these, 200 lemon plants were distributed to individuals, and 100 plants were allocated for the health post, ward office, and school.

Kagati Gau has approximately 700 households and around 5,000 residents, mainly consisting of Balami people (Newars). This settlement is located in remote areas in many regions.



Grocery Support for Children at **Balmandir**

Rotary Club of Kathmandu Metro 30th July 2023

In a heartfelt effort to support the destitute, abandoned, or orphaned children, the Rotary Club of Kathmandu Metro recently organized a grocery distribution program. This noble initiative aimed to provide essential sustenance to these needy children who have been adopted by the Nepal Children's Organization and have found refuge at Bal Mandir in Naksal and Sifal, Kathmandu. The club's unwavering commitment was evident in the procurement of donated items at a cost of Rs. 264,055. Additionally, PDG Santosh Prasad Rijal generously contributed 100 kg of rice, valued at around Rs. 10,000.

The distributed goods included vital provisions such as rice, mixed dal, infant formula, adult diapers, biscuits, wheat flour, pasta, dalmoth, and beaten rice. This collective effort aimed to alleviate hunger and contribute to the well-being of these young souls. A collective show of solidarity from Rotarians, totaling 35, and their families underscored the project's success. Contributions from these caring hearts encompassed a variety of fund amounts, all of which epitomized the spirit of Rotary's dedication to service.

This milestone also marked the initiation of an endowment fund by the Rotary Club of Kathmandu Metro, dedicated to sustaining projects of this nature. In an effort to support the children of Bal Mandir on a long-term basis, the club has allocated Rs. 1 million from its fund, and the support from Metro's partner, Ms. Janice Reid from Australia, has been remarkable, with a committed contribution of AUD 10,000. The ambitious objective is to raise an endowment fund of at least Rs. 10 million, ensuring the continued provision of nourishment to children in need.

Community Assessment for GG in 10 **Schools**

Rotary Club of Yala August 2023

In the month of August 2023, the Rotary Club of Yala conducted a community school assessment and diagnostic level test for TaRL (Teaching at the Right Level), a pivotal step for the upcoming Global Grant Project in 10 different schools. Distinguished Rotarians including Rtn Pramod Sagar Pradhan, Rtn Gautam Shrestha, Rtn Dharmendra Shakya, Rtn Surendra Gopal Shrestha, Rtn Shobha Shrestha, Rtn Kanti Shrestha, Rtn Manjari Tamrakar, Rtn

Om Krishna Shrestha, Rtn Dr Dinesh Lal Shrestha, Rtn Om Shanker Shrestha, Rtn Jiban Pradhan, and Rtn Narahari Joshi collaborated alongside Ann Usha Pradhan, Nirmala Shrestha, and enthusiastic Rotaract members to drive this assessment initiative

Over the past two decades, Nepal has made substantial strides in education, with a remarkable 90% net enrolment rate in primary schools. However, challenges persist, encompassing issues such as unequal access, geographical isolation, gender disparities, and socioeconomic divisions. Barriers to attendance encompass poverty, social exclusion, disability, migration, child labor, and gender biases. This project aims to: (1) Foster foundational education in schools to expedite learning recovery. (2) Galvanize school management networks as a sustainable platform, enhancing children's educational access.



Awareness about tiger conservation to 100 youth of Ratnanagar

Rotary Club of Ratnanagar 29th July 2023

Chitwan, August 14: In observance of International Tiger Day, youths in Ratnanagar have been made aware of tiger conservation

and challenges it poses. In a joint initiative by Rotary Club of Ratnanagar, Rotaract Club of Ratnanagar, Interact Club of Sky Rider, and Interact Club of NCBS, 100 youths were educated about tiger conservation. The program aimed to raise awareness in society about tiger conservation and challenges through the medium of youth. The organizers have informed that the program featured Dr. Jagannath Adhikari, who discussed the state of tigers in Nepal and their conservation and challenges.

Bal Krishna Khadka, the Chief of Division Forest Office Bharatpur, explained the role of the district forest in the human-wildlife conflict and tiger conservation. Similarly, Senior Wildlife Technician Vishnu Bahadur

Lama shared his experiences as a wildlife technician and how to survive from tigers. In the question-answer session of the program, participants raised questions about picnic sports built in community forests. The participants emphasized the need for such sports to not interfere with forest and wildlife conservation and management.

Harikumar Shrestha, President of Rotary Club of Ratnanagar, chaired the program, while Nishan Dahal, President of Rotaract Club of Ratnanagar, Manish Baniya, Past President, Interact Club of Sky Rider, Oshu Neupane, President, Interact Club of NCBS, community forest chiefs, and representatives from local clubs were present at the program.





Tree Plantation Program in Bomghat, Butwal

Rotary Club of Butwal South 15th July 2023

On Saturday, July 15, 2023 (30th Ashar, 2080), the Rotary Club of Butwal South organized a Tree Plantation Program in Bomghat, Butwal, in collaboration with two sponsor clubs, RAC Butwal South and RAC Tinau City. The event was chaired by President Rtn Sharada Pangeni, Rtr Subin Khadka, and Rtr Prakash Khanal, respectively, in the grand presence of RC Butwal South Charter President Rtn Prof Dr. Ramchandrya Aacharya, Ward Chairman Bishnu Dhakal, Chief Administrative Officer Rohit Bhushal of Butwal Sub-Metropolitan City, Past Presidents, Board Members, and General Members.

During the program, Ward Chairman Bishnu Dhakal of Ward No. 3, Butwal Sub-Metropolitan City, expressed gratitude for the club's initiative and partnership in social responsibility through tree planting in their ward. Similarly, Chief Administrative Officer Rohit Bhushal of Butwal Sub-Metropolitan City extended his appreciation for the club's support in their green development initiatives.

A total of 151 plants (Amala, Khayar, Bay leaf) were planted at a cost of NRs 60,375. The project successfully raised awareness among participants and the broader community about the significance of tree planting for environmental sustainability. The event fostered a sense of community engagement and collaboration, encouraging individuals to take responsibility for environmental conservation.



Skill Enhancement Training: occasion of International youth day 2023

Rotary Club of Bhairahwa 12th August 2023

"Youths are the future of the nation." We organized a one-day skill enhancement training program in the presence of the chief guest, Assistant Governor Rtn Hira Bahadur Shah, and trainers C.A. Sagun Khanal and Rtn Kundan Bairacharva. The program was further enriched by the gracious presence of IPDG Rtn Jitendra Raj Bhandari and PDG Rtn Sanjay Giri, along with their inspirational speeches that added additional beauty to the program.

The coordination was excellently handled by Program Coordinator Rtn Raj Kumar B.K. and Rtn Shyam Chhetri.

The training shed light on two important fields: the hospitality sector and professional accounting and auditing. We would like to express our gratitude to all the academic institutions involved for their support and participation, which contributed to the grand success of the event.

Rheumatic Heart Disease Screening program

Rotary Club of Devdaha August 2023

The Rotary Club of Devdaha has been conducting a "Rheumatic Heart Disease Screening program" as its signature project for the year 2023/2024. They plan to screen approximately 20 thousand students from both government and private schools. The screening program takes place every Tuesday under the leadership of President Dr. Sundar



Pandey, with the active participation of club members and officials.

So far, they have successfully screened students from six different schools, totaling 3,500 students. Any students suspected of having heart issues are referred for further echocardiographic screening at Devdaha Medical College, free of charge. At the college, they receive examinations, consultations with a cardiologist, and prescribed treatments as needed.



RC Rupandehi **Motivating Youths** for Tomorrow

Rotary Club of Rupandehi 26th July 2023

The Rotary Club of Rupandehi orchestrated an insightful event, the "Youth Motivation Seminar," with the theme "Empowering Today's Youth for Tomorrow's Challenges." The seminar was exclusively tailored for the college students of Rammani Multiple Campus jointly with Rotaract Club of Rammani Multiple Campus.

Rtn. Raj Kumar Gupta - District Public Image Chair, as the resource person delivered a compelling address that resonated with the young audience.

The seminar wasn't just an intellectual discourse; it was a platform that fostered interaction, idea exchange, and motivation. Through interactive sessions, discussions, and engaging activities, the students gained valuable insights into various aspects of personal and professional growth. They were guided on how to cultivate essential skills, nurture leadership qualities, and harness innovative thinking.

The seminar had an overwhelming presence of 112 students on the campus and also some Rotarians and Rotaractors as organizers.



White Canes to Visually Impaired **Individuals**

Rotary Club of Tinau Butwal 2nd August 2023

The Rotary Club of Tinau Butwal has provided white canes to visually impaired individuals. Four visually impaired individuals from Ward No. 2 of Shitganga Municipality received white canes at a program organized on Saturday.

During the program, the club distributed white canes to visually impaired individuals in the Shitganga-2 Sitapuri area. Tarapati Kshetri, a visually impaired teacher at Shanti Basic School in Sitapuri, also received a white cane. He mentioned that even though he is visually impaired from birth, the support of a white cane has been instrumental in his journey. He expressed gratitude for the assistance that enabled him to attend school and supported him in becoming a teacher.



Public Policy Dialogue for promoting Raithane **Agriculture in Nepal**

RC Jawalakhel 19th August 2023

The Rotary Club of Jawalakhel, in collaboration with Raithane AgriProducts Nepal and Policy Khabar, organized a policy dialogue on August 19, 2023, at Orient Café Durbarmarg from 8:30 to 12:00. The purpose of the event was to promote Raithane agriculture.

The program was attended by 73 people with diverse backgrounds, including high-profile individuals such as the Deputy Speaker of Bagmati Pradesh, Parliament Members from federal and provincial parliaments, government officials, renowned experts in food security, nutrition, genetic resources, and agriculture marketing. Additionally, journalists, Raithane crop promoters, poets, authors, Rotarians, and agribusiness professionals actively participated and contributed to the debate.

The program was organized in a slightly different manner, with no chief guest, special guests, or formalities. RCJ President Dr. Bishnu Raj Upreti chaired the program and facilitated the dialogue. Context-specific perspectives were presented by Mr. Tilak Dhakal and Yadhav Humagain. Based on these presentations, many experts, including Plant Genetic Resource Expert Dr. Bal Krishna Joshi from NARC, Agricultural Economist Dr. Debendra Gauchan, Food Security Expert Dr. Yamuna Ghale, Nutritionist Dr. Aruna Upreti, Mayor of Panchkhal Municipality Mr. Mahesh Kharel, Parliament Member of Bagmati Province Prem Lal Maharjan, Member of Federal Parliament Mr. Manbir Rai, Deputy Speaker Ms. Apsara Chapagain, and representatives of FNCCI, Farmers Association, Nepal Farmers Commission, and many others, expressed their views and made commitments to promote Raithane Agriculture.



Nutrition Program @ Mechinagar Ward 5

Rotary Club of Kakarvitta 14th August 2023

The Rotary Club of Kakarvitta hosted a Nutrition Program on July 31st, 2023, specifically designed for children under 5 years old from Mechinagar Municipality Ward No. 5. The event took place at Bal Kalyan Secondary School in Mechinagar-5, Jhapa, with the valuable support of Mechi Provincial Hospital's Nutrition Department. Over 50 children participated in the program, where their SD Scores were assessed, and their parents received guidance on preparing nutritious meals for their kids. RC Kakarvitta provided nutrition cards, and with the help of these cards, Mechi Provincial Hospital offered free treatment related to nutrition. The program was chaired by President Rtn. Er. Rudra Mainalee.



We had a mental health awareness program in two schools. First, at Kanti Secondary School in Butwal on August 4th, and then at Kalika Secondary School on August 7th, 2023.

At Kanti School, we talked about important things like how to prevent suicide, ways to deal with stress, understanding mental health issues, and how to stop people from treating others unfairly because of mental health. The program was led by Rtn Dr. Bikram Kafle, who is a psychiatrist, and Rtn Yashodha Bagal. Principal Govinda Gyanwali chaired the event, and 50 teachers took part.

In Kalika School, President-Elect Dr. Bikram Kafle, Membership Chair Rtn Ashodha Bagale, who is an expert in nursing psychology, and Youth Chair Rtn Rashita Thapaliya, a psychiatric nurse, helped with the session. The school principal, Dinesh Thapa, chaired the program. This time, 100 teachers from the school joined in.

Both schools had a budget of 50,000 each for the project.

Zonal Futsal Tournament

RC Biratnagar Downtown 12th August 2023

On the occasion of International Youth Day, the Rotary Club of Biratnagar Downtown orchestrated an engaging futsal tournament that united five vibrant Rotaract clubs.

- 1. Rotaract club of Biratnagar
- 2. Rotaract club of Biratnagar Downtown
- 3. Rotaract club of Fusion
- 4. Rotaract Club of Dharan
- 5. Rotaract Club of Nobel Medical College.

This dynamic event not only celebrated the spirit of youth but also fostered camaraderie and sportsmanship.

The participating Rotaract clubs infused energy into the tournament, creating an electrifying atmosphere. Beyond the thrill of competition, the tournament held a deeper significance by directing its proceeds towards benefiting local youth initiatives. Rotaract Club of Nobel Medical College emerged victorious in the competition followed by Rotaract club of Dharan.

By synergizing sports, youth engagement, and community betterment, this event exemplified the power of collaboration and youth-driven positive change.

Veteran Rotarian leader Beni Gopal Mundara graced the occasion as chief guest. The President, club members and their families enjoyed the Match.



Celebrating Mehendi in Shrawan: Tradition and Togetherness

Rotary Club of Dharan Foothills 27th July 2023



The members of the Rotary Club of Dharan Foothills came together in a joyful Mehendi Ceremony to celebrate unity and cultural appreciation. This event, held in the auspicious month of Shrawan, took place at Bloom Restaurant on July 27, 2023, creating a memorable occasion filled with fun and tradition. The Mehendi ceremony in the month of Shrawan showcased the power of tradition in fostering connections among its members.

The program enhanced the club's commitment to strengthening the bonds among its members. All the members from various walks of life, united by their membership in the Rotary Club, enthusiastically participated in the Mehendi application as they celebrated womanhood.



at Rotary Botanical Garden

Rotary Club of Rupandehi 12th August 2023

Rotary Club of Rupandehi continues to make significant strides in the development of the Rotary Botanical Garden within the Karahiya Community Forest at Tilottama-8, Rupandehi. The club's commitment to environmental enrichment and community engagement is evident through its substantial investment in the project.

This year's accomplishment shines through as 200 AMALA plants have been successfully planted in the garden, enhancing the garden's biodiversity and contributing to environmental conservation, adding to the diverse collection of flora on 12th

August. Furthermore, the Rotary Club has displayed its dedication to sustainability by constructing a protective wall with fences around the garden, enhancing both its aesthetic appeal and longevity of the garden.

The investment of NPR Rs. 5.25 lakhs along with more than 300 volunteer hours from Rotarians demonstrates the RC Rupandehi's steadfast commitment to fostering a thriving botanical space for the community's enjoyment. As the project progresses, the Rotary Botanical Garden in Karahiya Community Forest stands as a testament to the club's dedication to environmental

conservation and community enhancement. The ongoing success of this initiative promises a greener, more vibrant future for Rupandehi and its inhabitants. With continued support and shared enthusiasm, the project is set to become an example of sustainable development and a source of pride for the community.

This project is carried out in collaboration with Tilottama Municipality since 2 years and has a vast strategic plan for it. The special visit to Rotary Botanical Garden from District Leaders is planned somewhere in the mid year as per the plan of action.

Kickoff and Stone Laying of Amrauli Solar Irrigation

RC Narayangarh 19th August 2023

Amrauli, Madi Municipality - In a groundbreaking event held last Saturday, the Amrauli Solar Irrigation project was officially kicked off, and the stone-laying ceremony took place. This initiative, funded by the global grant GG2345428, has a total cost of \$103,109.10 USD.

The program was chaired by Rtn Bholanath Lamichhane, the President of RC



Narayangarh, who expressed his gratitude for the generous grant that made this project possible. The chief guest, Tara Kumari Kaji Mahato, the Mayor of Madi, emphasized the importance of sustainable irrigation systems in reducing dependency on monsoons.

The special guest, AG Dinup Kumar Baral, praised the efforts of the community in coming together to implement this project. The Amrauli Solar Irrigation project covers a vast area of 66 Bigha and aims to benefit 170 households. With the installation of four deep borings and four solar pumps, this project

will revolutionize the irrigation system in the region. Farmers will now have access to a reliable water source throughout the year, reducing their reliance on unpredictable rainfall.

The Amrauli Solar Irrigation project is a significant step towards achieving sustainable agriculture and improving the livelihoods of the local community. It is expected to have a positive impact on the agricultural sector, ensuring food security and economic growth in the region.

Hand Embroidery Training for Underpriviledged Women

Rotary Club of Narayani Mid Town

7th August 2023

A one-week hand embroidery training program, jointly designed and organized by RC Narayani Mid Town and the Women Entrepreneurs Association of Nepal, Chitwan, for underprivileged women, concluded on August 7, 2023, with a closing session chaired by President Arpana Pradhan of RC Narayani Mid Town. During the week-long program, 12 underprivileged women benefited from intensive training in hand embroidery, with a focus on acquiring the embroidery skills necessary to sustain their livelihoods. The trainees have been encouraged to continue practicing and have been assured of job opportunities within the same institute.

The closing session took place at the Career Fashion Technology Institute, with Tika Ram Kandel, Past President of RC Chitwan, serving as the chief guest.



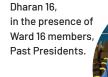
Wheel Chair Distribution

Rotary Club of Dharan 7th August 2023

The Rotary Club of Dharan has distributed 8 wheelchairs to BPKIHS, Dharan, in the presence of BPKIHS Director Dr. Jagat Narayan Prasad, Spokesperson Rtn. Dr. Anju Pradhan, President Rtn. Shivanand Shah, Past Presidents, and Rotarians. Director Dr. Jagat Narayan Prasad expressed his gratitude on behalf of BPKIHS for the wheelchairs.

He informed that the wheelchairs would greatly support the dengue relief camp being conducted in BPKIHS.

Furthermore, one wheelchair was provided to Ward no. 13, Dharan, for the Basic Health Camp program in the presence of Ward 13 chairman, health coordinator, Past Presidents, President, and Rotary members. Another wheelchair was provided to Sabitri Rai, a disabled lady from





INTRODUCING BRAZILIAN LEADER

MÁRIO CÉSAR MARTINS DE CAMARGO

Rotary International President, 2025-26

Mário César Martins de Camargo, a member of the Rotary Club of Santo André, São Paulo, Brazil, has been chosen by the Nominating Committee to become the President of Rotary International for the term 2025-26. If no other candidates challenge him, he will officially be announced as the nominee on September 15.

De Camargo's main goal is to improve Rotary's public image by working on its overall image and reputation. He believes that Rotary needs to refresh its brand, especially in certain areas, to attract new members and funds. He plans to use online tools after the pandemic to connect with Rotarians worldwide and wants to establish stronger partnerships

with political, community, and business leaders. He also wants to highlight the strength of Rotary's 1.4 million volunteers.

Additionally, he aims to make changes in how Rotary selects volunteers for positions and manages its operations. He suggests a more transparent system for appointing volunteers with clear criteria and data-based evaluations.

De Camargo was the president of Gráfica Bandeirantes and has worked as a consultant in Brazil's printing industry. He has held leadership positions in various printing and graphics trade associations, including the Brazilian Assocation of Graphic Technology and ABIGRAF. He has also been involved with Casa da Esperança (House of Hope) board, a hospital sponsored by his Rotary club, which supports 150,000 children with disabilities every year.

De Camargo studied in the US and Germany and holds degrees in business administration from EAESP-Fundação Getulio Vargas and in law from Faculdade de Direito de São Bernardo do Campo. He has been part of Rotary since 1980 and has held roles such as director, trustee, RI learning facilitator, committee member and chair, and task force member. He and his wife, Denise, are also recognized as Major Donors and Benefactors of The Rotary Foundation.



District Governor's Calendar

September 2023



ROTARACT ACTIVITIES





PRESIDENT SECRETARY MEET

23rd September 2023 at Pauwa Bhairahawa

Rotaract District 3292 is excited to announce the launch of its highly anticipated event the inaugural PS Meet. This transformative

occasion, organized in partnership with the Rotaract Club of Bhairahawa, is set to take place on September 23, 2023, at the prestigious Hotel Pauwa Bhairahawa. As the first of its kind in our district, the PS Meet holds immense significance.

The primary aim of the PS Meet is to create a dynamic space for Rotaractors to deliberate on key agendas that drive the Rotaract movement. By bringing together a diverse pool of minds, experiences, and perspectives, the event seeks to initiate robust discussions that lead to innovative solutions, collaborative initiatives, and strategies that can enhance our collective impact. With more than 600 Rotaractors set to attend, this event promises to be an enriching gathering of like-minded individuals who are dedicated to making a difference.

With the Rotaract Club of Bhairahawa as the gracious host and several esteemed co-host clubs, the PS Meet epitomizes the spirit of collaboration that defines Rotaract. This event transcends geographical boundaries, uniting Rotaractors under a common goal - to contribute meaningfully to society and shape a brighter future.



SUCCESSFUL COMPLETION OF ZONAL LEVEL **CLUB OFFICER TRAINING SEMINARS**

Rotaract District 3292 proudly announces the successful completion of Zonal Level Club Officer Training Seminars across all 23 zones. These seminars, meticulously organized by the Rotaract District Committee, underscore our commitment to empowering the Rotaract community.

These training sessions equipped Rotaractors with essential knowledge, tools, and insights

to excel in their roles. Led by esteemed District Trainer, Rtr. Dinesh Gaire, these seminars deepened understanding of Rotaract's core principles and fortified our community's growth-centric spirit.

This accomplishment exemplifies our dedication to nurturing leadership, fostering knowledge exchange, and strengthening bonds. The successful completion of Zonal Level Club Officer Training Seminars marks a new chapter in our journey of making a positive impact.



PRESIDENT NIGHT

1st & 2nd September 2023 at Sauraha Chitwan

In an exciting development, Rotaract District 3292 is thrilled to unveil the much-anticipated event of the season - the Rotaract President Night. Set against the backdrop of the mesmerizing Chitwan Center Park Resort in Sauraha, this event is scheduled to unfold on the 1st and 2nd of September 2023.

The Rotaract President Night stands as a beacon of unity and purpose, aiming to bring together presidents from our esteemed district. This engaging evening has been meticulously designed to foster fellowship, amplify the sense of unity, and spark motivation among these indispensable leaders within the vibrant Rotaract community. As the excitement builds, stay tuned for a series of updates that will guide you through this enriching journey of camaraderie, growth, and inspiration. The countdown to the transformative Rotaract President Night 2023 has officially commenced!

INTERACT ACTIVITIES





DISTRICT ASSEMBLY

29th July 2023

The first-ever District Assembly of Interact District 3292 - Nepal & Bhutan was successfully conducted on 29th July 2023 at Ullens School, Lalitpur. The event saw the participation of 165 interactors and esteemed guests, including notable figures such as District Interact Committee Chair

Rn. Suraj Kharel, Charter DIR Dr. Nikesh Kaushal, Past DIR Rtr. Himal Acharya, and Immediate Past DIR It. Bipin Subedi. It served as a platform for District 3292 to present District goals and vision for this tenure, marking a significant importance for clubs to have a smooth and successful tenure. Avenue Directors about their respective committee plans and goals. The DIR presented the budget and plans for

the district's operations during the tenure. He also announced that the district will recognize outstanding clubs and individuals with awards. District also introduced Vibrant Club Calculator, which assesses clubs based on various criteria to measure and enhance their performance.

Therefore, 1st District Assembly was a remarkable success.

ZONAL LEADERSHIP TRAINING SEMINAR 4th August 2023

Zonal Leadership Training Seminar is a training event organized by Interact District 3292- Nepal & Bhutan for all the interact clubs registered under District 3292. District Interact Representative, Itr. Biplob Thapa along with the District Officials of District 3292 served as trainers for this nationwide training seminar. Zonal Leadership Training Seminar aims to fuel interactors with learning and leadership all together while nurturing growth. It began on the 4th of August at Dhangadhi with the active participation of 138 interactors. Similarly, It was successfully conducted in Dang in the presence of 92 participants and in Butwal with 335 participants on the 5th and 7th of August respectively. On the 10th and 11th of August, the Zonal Leadership Training Seminar was successfully accomplished with 87 Interactors in Kushma and 150 participants in Pokhara respectively. The



first-ever Zonal Leadership Training Seminar in Damauli achieved a successful milestone with the involvement of 187 participants. Likewise, 158 participants in Dharan and 129 participants in Bhadrapur were trained. The seminar also was successfully held in Chitwan with the engagement of 351 active participants. The training seminar is for the interactors residing in valley is scheduled on 2nd of September.

FROM THE **EDITOR'S DESK**



Dear Fellow Rotarians,

Greetings! I trust you've been enjoying the rainy season and leveraging it to plant trees for the well-being of our environment and the generations to come. This phase provides an excellent opportunity to cleanse our surroundings and breathe in the revitalizing, unpolluted air. It's a reminder of the harmonious relationship between plants, animals, and the ecosystem. Let's raise a cheer to your endeavors!

In the realm of Rotary, every instance of community happiness is a cause for celebration. Our genuine commitment to making a positive difference aligns with our broader mission of fostering peace, prosperity, and strong mental health. I'd like to take a moment to congratulate each one of you for executing such valuable projects and generously sharing these uplifting stories with us. It's indeed an honor to disseminate your news and activities to countless readers and aspiring minds.

August dawns as the 'Membership Retention and New Club Development Month'. During this time, you've not only contributed to society but have also inspired fresh minds to join the Rotary fold. This has significantly contributed to expanding, fortifying, and invigorating our Rotary community. Congratulations to all, particularly to the new members who are now part of our shared commitment to 'Service above Self'.

As the editor of GML, my objective is to offer you more than just monthly updates. My dedicated team is committed to delivering carefully curated, inspiring, and enlightening content. This content is designed to infuse hope into the world. Please continue supporting us by sharing news, updates, articles, creative expressions, and experiences that cater to the discerning interests of our thoughtful audience.

I'm honored to share that the July issue of GML received an overwhelmingly positive response. We had the privilege of officially launching it at the Membership and Public Image Seminar. Aniruddha Roy Choudhary, the Chief Guest and Rotary International Director for 2023-25, graced the event and even extended his appreciation through handwritten words for our effort. This incredible moment is truly worth celebrating. Thank you for your heartfelt support and well-wishes!

Let's move ahead together, steadfast in our mission to 'Create Hope in the World'.

Yours in Rotary,

- Rtn. Raj Shrestha

Chair 2023-24

District Publication & GML Sub-Committee

ROTARY ON HAND

Download 'Rotary District 3292' App







DISTRICT GOVERNOR 2023-24

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ROTARY NEWS / RISAO

What's up? And, get it published. TEMPLATES HERE -