





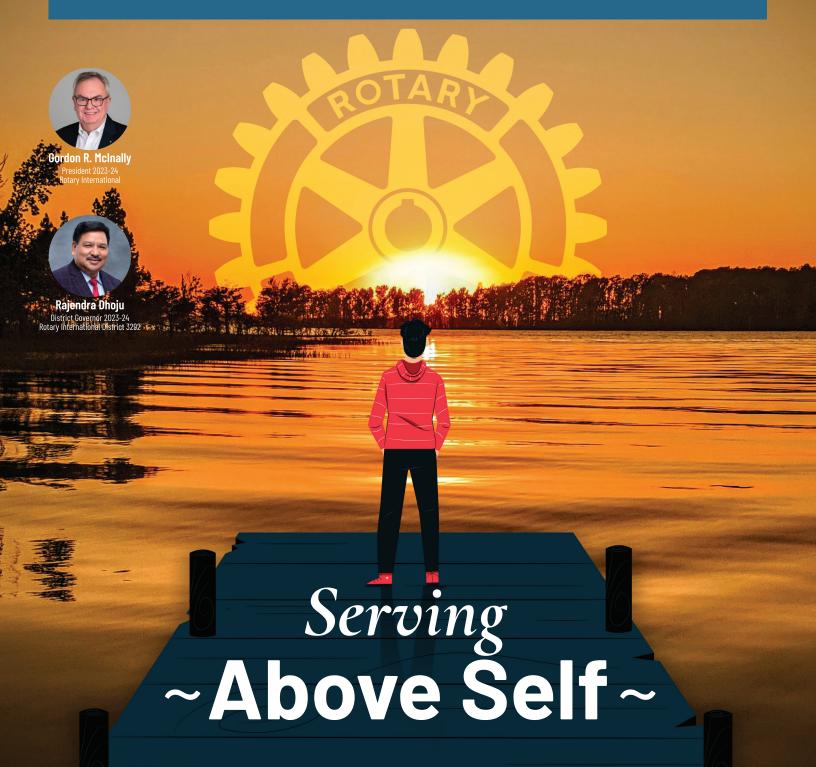
NOVEMBER 2023 Rotary Foundation Month

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NOVEMBER

Rotary Foundation Month

As a responsible organization, we swiftly responded to support the affected individuals. At the behest of RID 3292, numerous clubs and fellow Rotarians came forward, providing both financial and physical aid.

GOVERNOR'S MONTHLY LETTER

Dear Fellow Rotarians, Rotaractors, and Interactors,

As the festive season draws to a close, I find immense joy and gratitude in reconnecting with the vibrant spirit of service that defines our district.

The ongoing District Governor's Visit, journeying from East to West, has been truly inspiring. I am deeply moved by the dedication of Rotarians in spearheading remarkable projects that not only uplift our communities but also adhere to the ethical standards and guidelines fundamental to Rotary's ethos. My heartfelt appreciation goes out to all the club officials and members I have had the pleasure of meeting thus far.

November is the month of celebration and honoring the invaluable contributions made to The Rotary Foundation (TRF). Your unwavering support has been instrumental in driving our humanitarian endeavors, allowing us to extend our reach and make a tangible difference in the lives of those in need. The recent successful TRF Seminar and Recognition Program held on November 25, 2023 in Kathmandu aimed to highlight the significance of TRF, fostering encouragement for increased contributions and ensuring the sustainability of Rotary's mission.

I humbly urge all Rotary Clubs and their leadership to align with the TRF Goals of our district and work collaboratively to achieve them within the stipulated timelines. Together, as a unified team, we can overcome any challenge and achieve the seemingly impossible.

Unfortunately, we have faced the sad news of a devastating earthquake (November 3, 2023 and aftershocks on various dates) in Jajarkot and Western Rukum, resulting in tragic loss of lives and properties and rendering numerous individuals homeless in this harsh weather. As a responsible organization, we immediately responded to support the affected individuals. At the behest of RID 3292, numerous clubs and fellow Rotarians came forward, providing both financial and physical support. However, the need for ongoing support remains critical, and I earnestly urge everyone to extend whatever assistance is possible. Your contributions can make a significant impact and help provide vital support to those affected by this calamity. We are reaching out to local government authorities in coordination with the local Rotary representatives to offer life-saving aid in the affected regions. We are aiming for longer term reconstruction work and build a Rotary Village in the affected community.

Wishing each and every one of you a Merry Christmas filled with joy, love, and the spirit of giving.

Yours in Rotary,

- Rtn. Rajendra Prasad Dhoju

District Governor 2023-24

Rotary Indternational District 3292, Nepal-Bhutan



RI PRESIDENTIAL STATEMENT

Next year, Rotary takes a step toward supporting peacebuilding in the Middle East and North Africa region when recruitment begins for our newest peace center in partnership with Bahçeşehir University (BAU) in Istanbul.

A series of events in the coming year will recognize the new center at BAU and Rotary's work to promote peace. The 2024 Rotary International Convention in May will mark 25 years since the first Rotary Peace Centers were announced — coincidentally at the Rotary Convention in Singapore in 1999. Recruitment for the first cohort of Rotary Peace Fellows at BAU also starts in 2024, and selected candidates will begin their program in early 2025.



Since its beginning, the peace centers program has prepared more than 1,700 peace fellows working in more than 140 countries to create a more

peaceful world. That is certainly worth celebrating, but Rotary Peace Fellows are more than statistics on a page. Their actions have helped Create Hope in the World and will continue to do so.

Our peace centers in North America, Europe, Africa, Australia, and Asia depend on financial support as well. The program at BAU was made possible thanks to a generous gift of \$15.5 million to The Rotary Foundation from the Otto and Fran Walter Foundation.

This new Rotary Peace Center will offer a one-year professional development certificate in peace and development studies for fellows focusing on peacebuilding within the Middle East and North Africa region.

Peace must be waged persistently; it is the soil where hope takes root. But as with any journey, we take one step at a time. Let's take those steps together.

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



Know Your Foundation



MITHILESH KUMAR JHA ROTARY CLUB OF RAJDHANI ROTARY INTERNATIONAL DISTRICT 3292, NEPAL-BHUTAN

ARRFC 23-24 for D3292 & 3120 DISC for 22-23 for D3292 DRFC for 2019-22, D3292

The Rotary Foundation (TRF) has its remarkable efficiency, with a staggering 92% of its funds directed straight into projects and services, exemplifying its commitment to maximizing impact.

The Rotary Foundation stands as the cornerstone of Rotary International's noble endeavors, serving as a catalyst for positive change across communities worldwide. Founded in 1917 with a modest initial contribution of \$26.50, this philanthropic powerhouse has continually upheld its mission to foster goodwill, understanding, and peace by championing initiatives that enhance healthcare, education, and poverty alleviation.



Why one should contribute to TRF?

PERSONAL OWNERSHIP: TRF is our foundation, and contributing to it aligns with our shared responsibility to make a difference. If we don't support it, who else will?

DISASTER RESPONSE: TRF swiftly addresses emergencies like pandemics (e.g., COVID-19), earthquakes, floods, and other crises, providing vital assistance where it's most urgently needed.

EXTENSIVE GLOBAL REACH: TRF operates in more than 220 countries, surpassing the outreach of even the United Nations, showcasing its widespread impact and ability to reach diverse communities globally.

SIGNIFICANT FINANCIAL IMPACT: Over \$4 billion has been allocated to life-changing projects, underscoring TRF's substantial financial commitment to driving positive change worldwide.

POLIO ERADICATION EFFORTS: TRF is actively working towards eradicating polio from the face of the Earth, contributing significantly to the global campaign that has made substantial progress in making the world polio-free.

RECOGNITION AND ACCREDITATION: Charity Navigator, an organization that evaluates over 9,000 foundations worldwide, has

consistently awarded TRF a 4-star rating for the past 15 years, acknowledging its credibility and effectiveness.

LEGACY OF 600D: With over a century of history, TRF boasts a rich legacy of making a positive impact on the world, demonstrating a longstanding commitment to doing good and fostering sustainable change.

In the words of Vyas, " अष्टादशे पुराणेसु व्यासस्य बचनम् द्वयम्, परोपकाराय पुण्यम् पापाय पर पिडनम्"



At the core of Rotary's ethos lies the Foundation, empowering clubs and districts to channel their efforts towards impactful projects that resonate with their local communities while transcending global boundaries in pursuit of a better, more equitable world.

The Rotary Foundation (TRF) has its remarkable efficiency, with a staggering 92% of its funds directed straight into

projects and services, exemplifying its commitment to maximizing impact. Remarkably, this distinction places it among the largest foundations globally. In Nepal, millions of dollar's projects are done in basic education and literacy, prevention of disease and treatment, maternity and child health care, sanitation drinking water and hygiene, community economic development, scholarship and vocational training.



Ways of Giving to TRF:

1. Annual Fund

- Vital to TRF's operations, serving as its lifeblood.
- Establishes the District Designated Fund and World Fund, crucial for granting purposes.
- Allocation breakdown: 5% to admin fee, 47.5% to District Designated Fund (received after 3 years by the District), and 47.5% to World Fund (matched by 80% for Global Grants).
- Contributions made by individuals, clubs, and districts are credited accordingly.
- Grants recognition points and various recognitions based on the contributions.

Recognition Levels and Contributions:

- Every Rotarian Every Year (EREY): Requires a minimum contribution of \$25 per member annually and a per capita contribution of \$100 from the club.
- Rotary Sustainable Member:
 Attainable with a \$100 contribution per member.
- Paul Harris Fellow (PHF): Achieved with a cumulative contribution of \$1,000.
- Paul Harris Society (PHS): Annual contribution of \$1,000 leads to PHS pin.

Major Donor Levels:

Various levels attained with cumulative or one-time contributions:

Major Donor: \$10,000

Major Donor - Second Level: \$25,000 Major Donor - Third Level: \$50,000 Major Donor - Fourth Level: \$100,000

2. Arch Klumph Society (AKS) Levels

Achieved with cumulative or one-time contributions:

■ AKS: \$250,000

Trustee Circle: \$500,000
 Chair Circle: \$1,000,000
 Foundation Circle: \$1,000,000+



Doing Good in the World

















Contributors' Status in Nepal:

Major Donors:

Over 300 individuals have achieved the status of Major Donors within your district. There are more than 300 eligible members for the Paul Harris Society within the district. However, the number of continuous PHS contributors is fewer, totaling less than 100.

Arch Klumph Society (AKS) Members:

There are 5 notable AKS members within vour district:

DR. ROOP JYOTI:

Achieved AKS status in the Rotary Year

Holds the esteemed position at Chair Circle within the AKS.

PDG JAYA R L SHAH:

Attained AKS status during the Rotary Year 2016-2017.

Holds the distinguished position at Trustee Circle within the AKS.

DR. HARISHCHANDRA NEUPANE:

Became an AKS member in the Rotary Year 2019-2020.

Holds the revered position at Chair Circle within the AKS.

A member of RC Chitwan.

GURU PANDITA U ANAND:

Contributed and achieved AKS status in the Rotary Year 2019-2020.

Recognized as a member at Trustee Circle within the AKS.

A member of RC Pokhara.

PAST PRESIDENT SASHI RAJ PANDEY:

Expected to attain Chair Circle status in the upcoming Rotary Year 2023-2024.

Has been a significant contributor, anticipated to ascend to the Chair Circle within the AKS.

Served as the Past President during the Rotary Year 2021-2022.

3. Endowment Fund

Named Endowment Fund:

- Requires a minimum contribution of \$25,000.
- Donors have the flexibility to contribute the total amount over a span of three years.
- Enables individuals to create a named endowment within TRF.

Pool Endowment Fund:

- Calls for an association of persons, clubs, or multiple entities to contribute within a single year.
- The minimum contribution from a single entity should be \$1,000.
- Unlike the Named Endowment Fund, contributions to the Pool Endowment Fund require a single-year commitment from the associated parties.
- Recognition at the second level of Major Donor status is granted. However, it does not generate recognition points.
- Involves the signing of a Memorandum of Understanding (MOU) between the donor(s) and TRF to formalize the contribution and its terms.

Both endowment fund options offer Rotarians and associated entities the opportunity to establish lasting legacies while supporting

ongoing initiatives. Whether contributing individually over three years or collaboratively within a single year, these endowment funds allow for sustained support and lasting impact within the Rotary community.

4. Restricted Giving

- Contributions intended specifically for Global Grants are termed as Restricted Giving.
- Recognition is provided, but an additional 5% as an administrative fee is levied on the contributed amount.
- Supports Global Grants, providing opportunities for impactful humanitarian projects, scholarships, and vocational training teams.

5. Directed Gift

- Offers the chance to support Global Grants within a specified period, typically within one to two years, for humanitarian projects, scholarships, and vocational training teams.
- Available for both Rotarians and non-Rotarians, excluding Rotary Clubs. Corporates and Private Trusts can also participate.
- Naming rights are confined to individuals and families, not multiple donors.
- Financing sources may include District Designated Funds (DDF) and cash, adhering to the standard cash and DDF match.
- Directed Gifts are ineligible for World Fund matching.
- Directed Gifts within a Global Grant exempt the compulsion for a 15% contribution from the International Partner.
- The minimum amount for a Directed Gift is \$30,000.
- Requires a Memorandum of Understanding (MOU) between the donor and TRF.
- Specifies the area of focus for the utilization of the contribution.

Utilization of Directed Gift:

If an individual contributes \$15,000 as a Directed Gift, TRF allocates the donation to a grant within the same area of focus stipulated in the MOU. TRF manages the spending of the contributed amount.

Recognition and Points:

Contributes to achieving recognition as a second-level Major Donor but does not generate recognition points.

6. Grants

District Grants:

- Area of Focus: There is no specific area of focus for District Grants.
- **No Minimum Amount:** No minimum contribution is required.
- **Execution:** Managed and conducted by the District.
- Funding Source: District Designated Funds (DDF) allocated by the District.

- **No Restrictions:** Generally, there are no strict restrictions on the usage of District Grants.
- Eligibility: Clubs must maintain good standing and meet all requirements outlined by the District to qualify for these grants.

Additional Grant Types:

Disaster Relief Response Grant: An emergency grant of \$25,000 aimed at providing rapid assistance in times of disasters and crises.

Program of Scale Grant: A substantial grant totaling two million dollars allocated once a year globally for a large-scale program.

Global Grants:

- Area of Focus: Aligned with TRF's six areas of focus.
- Minimum Amount: Typically involves a minimum grant size and specific guidelines based on the intended project.
- Execution: Managed internationally and involve partnerships between Rotary Clubs in different countries.

- Funding Source: Utilizes both District Designated Funds (DDF) and World Fund contributions.
- Strict Criteria: Follows comprehensive guidelines and stringent criteria for eligibility, sustainability, and impact assessment.
- Emphasis on Sustainability: Focuses on sustainable, high-impact projects meeting specific criteria for long-term benefits and community empowerment.

These various grant types cater to different needs and purposes, enabling Rotary Clubs and Districts to engage in impactful projects both locally and globally while adhering to specific quidelines and criteria set by TRF.

Conclusion

In summary, The Rotary Foundation (TRF) stands as a beacon of philanthropy, fostering global goodwill and catalyzing positive change in communities worldwide. With its diverse avenues for giving, including the Annual Fund, Endowment Funds, Restricted Giving, and Directed Gifts, TRF empowers individuals, clubs, and districts to contribute meaningfully to humanitarian causes.

The Foundation's structure encompasses various recognition levels, from Paul Harris Fellowships to Major Donor and Arch Klumph Society memberships, acknowledging the generosity and commitment of donors who support TRF's mission. These contributions fund impactful projects, including District Grants, Global Grants, and specialized grants like Disaster Relief Response and Program of Scale Grants, addressing critical needs and fostering sustainable solutions.

Through strategic partnerships, stringent criteria, and a steadfast commitment to sustainable impact, TRF navigates disaster responses, supports educational initiatives, eradicates diseases like polio, and drives holistic community development.

Moreover, the Foundation's efficiency, with a remarkable 92% of contributions directly funding projects and services, underscores its unwavering dedication to maximizing the impact of donations. It's a testament to TRF's legacy of over a century of doing good in the world, bringing together Rotarians and non-Rotarians in a shared vision of creating a more peaceful, healthier, and prosperous world for all.

Ultimately, TRF's work transcends borders, embodies generosity, and exemplifies the transformative power of collective giving, making a profound difference in the lives of individuals and communities, both today and for generations to come.

Support to the earthquake-affected in Jajarkot

ROTARY CLUB OF BHAKTAPUR NOVEMBER, 2023

The Rotary Club of Bhaktapur, in collaboration with the former president of the Rotary Club of Durbar Marg, Nugel Baidhya, provided various essential supplies to the earthquake-affected area of Jajarkot within 36 hours of the disaster. Working together with the team leader of RN-16, Arun Sainju, and other colleagues, shelters were established in various locations. Along with providing primary medical treatment to the patients, efforts were made to rescue and provide relief to those stranded and displaced.

The coordination for this initiative was led by IPP (Immediate Past President) Binita Hada. 🍪





Act of Philanthropy

ROTARY CLUB OF YALA | 10 NOVEMBER, 2023

In the spirit of compassion and empathy, a remarkable act of philanthropy was recently carried out to support the earthquake victims of Rukum and Jajarkot, Nepal responding to the successful fulfillment of appeal of Rotary District Office 3292 Kathmandu. Through our collective efforts, we have raised and donated Rs 132,000 (One Lakh Thirty Two Thousand Only) to aid those affected by the recent earthquakes in the region. This heartwarming endeavor exemplifies the profound impact that acts of kindness can have on individuals battling the impact of natural calamity to their daily livelihood and serious illnesses. The fund should be instrumental in providing immediate relief, including shelter, food, and medical assistance, to the affected families. Our commitment to Rotary's mission of service above self is evident in the timely and impactful response to the urgent needs of the communities in Rukum and Jajarkot.

Earthquake Relief Fund

ROTARY CLUB OF BANESHWOR | NOVEMBER, 2023

The Rotary Club of Baneshwor demonstrated its commitment to humanitarian efforts by presenting a cash donation of Rs 51,000 to District Governor Rajendra Prasad Dhoju. This generous contribution aims to aid individuals affected by the recent earthquake in the Western Region. The funds will provide crucial support to the needy, addressing their immediate challenges and contributing to the ongoing relief efforts.





Hands at times of Pain - Jajarkot Relief

ROTARY CLUB OF BOUDHA | 3 NOVEMBER 2023

The Rotary Club of Boudha, a dedicated social service organization, exemplified its commitment to humanitarian efforts by swiftly responding to the devastating earthquake that struck Jajarkot on the night of November 3, 2022, at 11:47 PM.

The earthquake, registering a magnitude of 5.7, left a trail of destruction, claiming 154 lives and injuring 375 individuals in Jajarkot.

In a remarkable display of solidarity and compassion, the Rotary Club of Boudha mobilized its members to contribute a substantial amount of RS 56 thousand for earthquake relief in Jajarkot. The club's prompt and collective response underscores its unwavering dedication to serving communities in times of crisis. This financial support serves as a testament to the Rotary Club's mission to make a positive impact on society and alleviate the suffering of those affected by natural disasters.

The Rotary Club's involvement in disaster relief reflects its broader commitment to fostering goodwill and addressing humanitarian needs. Beyond financial contributions, Rotary Clubs are known for their hands-on involvement in community projects, ranging from healthcare and education to infrastructure development. The members of the Rotary Club of Boudha, through their concerted efforts, have demonstrated the power of community service in bringing relief and hope to those facing adversity.

As a beacon of social responsibility, the Rotary Club of Boudha continues to embody the principles of Rotary International, emphasizing service above self. Their proactive response to the earthquake in Jajarkot exemplifies the Rotary movement's ability to mobilize resources and support, making a meaningful impact on the lives of those in need.



Earthquake Support

ROTARY CLUB OF KANTIPUR 10 NOVEMBER, 2023 On behalf of the club a cheque for NPR 370,000.00 was handed over to DG Rajendra Prasad Dhoju to support the earthquake relief works that are undergoing in Jajarkot and Rukum in the western Nepal on 10th November 2023 by the Rotary Club of Kantipur.



Jajarkot Relief Project

RC NAXAL SHAKTI 18 NOVEMBER 2023

Rotary Club of Naxal Shakti in collaboration with Siddhartha Vanasthali Institute, batch 2047, jointly helped the earthquake victims of Jajarkot by providing Earthquake relief Aid and distributing mattresses, rice and thrift clothes and shoes. Our Charter President Dr. Luna Sharma has handed over the things on 18th November 2023 to the Karnali Pradesh Government office. Rotary Club of Naxal Shakti and Siddhartha Vanasthali Institute Batch 2047 have collected funds for this purpose. We felt immense pleasure in helping the needy people of Jajarkot. The list of the thing is given below:

- 1. 120 kg Warm Cloths
- 2.50 pieces Mattresses
- 3. 250kg Rice 🍩





Earthquake Supporting To Jajarkot

ROTARY CLUB OF KATHMANDU MID-TOWN NOVEMBER 2023

The Rotary Club of Kathmandu Mid-Town, in association with Volunteer Corps Nepal and Rotary International, actively supports the earthquake-affected families in Jajarkot. Our team and volunteers are on the ground providing continuous support to the affected families since the onset of the disaster.









The Rotary Foundation Seminar

DISTRICT NEWS 25 NOVEMBER 2023 The Rotary Foundation Seminar and Recognition Programme for the Year 2023-24 was organized at Hotel Yak and Yeti in Kathmandu on November 25, 2023, with the participation of more than 200 Rotarians under the convenorship of District Governor Rajendra Prasad Dhoju of our District 3292. The chief guest of the programme was RI Director Aniruddha Roy Chowdhury, and the guest of honor was RRFC Debashish Das. Rotary International Regional Grants Officer Laura Bradley also participated in the programme, and the Council of Governors was present at the event. The Rotarians who contributed to the Rotary Foundation were felicitated during the event.









Club News & Activities

NOVEMBER 2023



Heritage Site Seeing Tour

Rotary Club of Patan Heritage 26th September 2023

An iconic event, the "Heritage Site-Seeing Tour," was a significant gathering of lead profiles, including H.E. Ambassadors from different countries such as the Embassy of the USA, the British Embassy, the Embassy of Switzerland, the Embassy of Russia, and the Embassy of the Islamic Republic of Pakistan. It also included Charge de Affairs from various embassies like the Royal Thai Embassy, the Embassy of Malaysia, the Embassy of the Democratic Socialist Republic of Sri Lanka, and the Malaysian Embassy. Additionally, it welcomed Heads of Diplomatic Missions, Honorable Consul Members, the Deputy Mayor of Lalitpur, active participation from Ward Chairmen of Lalitpur Metropolitan City, and fellow members of the Rotary Club of Patan Heritage. This benchmarking event is believed to have promoted international understanding, fostered diplomatic relations,

celebrated cultural diversity, and strengthened bonds of friendship and cooperation between different nations, heritage, and the exchange of culture.

During this event, observers witnessed and engaged with various aspects of the tour, exploring and experiencing the heritage of Patan, Lalitpur City, understanding the values of tangible and intangible culture, centuries-old traditions, and interacting with the indigenous communities of Patan. The event also featured different cultural dances and performances.

The facilitators for the event were Mr. Dilendra Raj Shrestha and Mr. Rohit Ranjit, while the Master of Ceremonies was conducted by Rtn. Pradip Shrestha.

Empowering Women: Mushroom Farming Training

RC Biratnagar Downtown 12th October 2023

The Rotary Club of Biratnagar Downtown organized a 5-day mushroom farming training for 35 women, aiming to empower them. In the form of vocational training at Shiv Aadharbhut Vidyalaya, Belgachi on 12th of October, it was started with a theory class followed by practical sessions. Local villagers and the principal of the school helped the club organize the program. Rajan Rajwanshi, who has acquired a diploma in agriculture farming was the trainer. Mushrooms in the first phase will be harvested in 35-40 days.

This initiative has had a profound impact, enhancing the women's self-reliance and income-generating abilities. The newfound expertise in mushroom farming will not only boost their financial independence but will also lead to better living standards for their families. By equipping these ladies with valuable skills and opportunities will make the women self-reliant. 35 women as well as their families will be benefitted.



ROBOTICS WORKSHOP IN RUDRAYANEE HIGH SCHOOL, KHOKANA

Rotary Club of Mount Everest 7th October 2023

Rotary Club of Mount Everest conducted a Robotics Workshop in Rudrayanee High School Khokana. The workshop had two main objectives, firstly, to raise awareness and facilitate discussions on the role of students in fostering innovation and, secondly, to make them aware and alert of the impact of automation. Robotics, at the intersection of science, engineering, and technology, involves creating machines, or robots, that replicate or

substitute for human actions. Following careful consideration and discussions, we designed a comprehensive workshop course tailored for eligible students. We believed the effectiveness of this workshop depended on inspiring students to delve deeper into the field of robotics. The course was meticulously crafted to ensure ease of learning and completion.

The program had 48 participants, including 25 students (from classes 10 and 11), 12 expert volunteers from KEC Robotic Club, 6 RCMEL organizer members, and 5 school staff members, including the Principal. Nepal Finance Ltd contributed Rs 50,000.00 to support this knowledge-sharing initiative among school children, and Kathmandu Engineering College sponsored backpacks worth Rs. 25,000.00 for the participating students.



Seminar on Stress Management and Mental Health

RC Naxal Shakti 8th October 2023

Seminar on 'Stress Management and Mental Health' was organized jointly by RC Tripureshwor, RC Naxal Shakti, RC Chandragiri and RC Gangabu



at Soaltee Crown Plaza on 8th October 2023. The seminar was conducted by Dr. Saroj Ojha, Chief Department of Psychiatric from Teaching Hospital.



Financial Support To a **Cancer Patient**

Rotary Club of Yala 18th September 2023

In the spirit of compassion and empathy, a remarkable act of philanthropy was recently carried out to support a cancer patient on her challenging journey. This heartwarming endeavor exemplifies the profound impact that acts of kindness can have on individuals battling serious illnesses. The recipient of this generous philanthropic deed is Ganga Shrestha of Sano Thhimi, a 32-year-old mother of a 17 months old daughter, who has been courageously battling stage 3 breast cancer for the past year. Her journey has been characterized by countless doctor visits, chemotherapy sessions, and emotional counseling. The Rotary Club of Yala and Anns, generously contributed Rs. 30,000, while Upacharka Laagi Sahayogi Haatharu donated Rs. 10,000, providing crucial aid for her treatment and assisting in her much-needed



recovery. It provided her and her family with hope, relief, and a sense of community support that is immeasurable. Mrs Ganga Shrestha expressed her gratitude, saying, "I can't put into words what this means to me and my family. The love and support we've received have given us the strength to keep fighting."



Breast Cancer Awareness

Rotary Club of Bhairahawa 28th October 2023

Engaged and acknowledged by the Dillimaya Foundation actively contributed to the Breast Cancer Awareness rally program on 28th October 2023.. The initiative aimed to raise awareness about breast cancer, coinciding with the global anti-cancer campaign observed in October. The rally program was hosted by Rotary Club of Bhairahawa.



Rotary Nawalpur Solar Lifting Drinking Water Project

RC Narayangarh 10th November 2023

On November 10, 2023, the Rotary Nawalpur Water Supply Project, located at Siranchok Rural Municipality-3, Hermi, Gorkha, under the Rotary WASH project, successfully concluded its handover program amid a grand ceremony. The project was jointly inaugurated by President Rtn. Bholanath Lamichhane, Rtn. Dinup Baral, AG Zone 6, representatives from Rotary Club Pasco Kennewick, RC Walla Walla Noon, RC Walla Walla Sunrise, Tri Cities Sunrise (Sara Archer, Peter Travis, Jennis Gail Corn, Curtis Allen Nelson, Flavian Sawadogo, Steven Allen Simmons), Siranchok Rural Municipality Ward No. 3 Ward Chairman Mr.

Jagdishwar Dhakal, PP Rtn Arun Khanal, PE Rtn Yagyamuni Bajracharya, first VP Rtn Guneshwar Mahato, secretary Rtn Sewan Panta, consumer committee president Jummadin Mian, plan designer Santosh Majakoti, project manager Prajwal Sharma Pangeni, and school principal Mr. Krishna Bahadur Neupane, who also attended the event. More than 135 people from 27 households are expected to directly benefit from the water supply project. Likewise, a tap has been provided for the mosque, directly benefiting 10 people, and two taps, one filter, and one pad vending machine have been supplied to a school, benefiting more than 300 students.

The total cost of the Rotary Nawalpur water supply project is Rs 51,82,897.10, with Rs 3,74,267 contributed by the Rotary Club of Narayangarh, Rs 2,62,000 from District 3292, and the remaining amount from the Rotary Club of Pasco Kennewick and District 5080. Additionally, the land for the water source was generously provided free of charge by Mr. Surya Bahadur Dhakal and Mr. Rammaya Dhakal.





"Women Skill Development Project" Visit

RC Jawalakhel 5th November 2023

The "Women Skill Development Project" is currently being executed by the Rotary Club of Jawalakhel through the global grant GG2235008 in Godawari Municipality, Badikhel, Lalitpur. The Rotary Club of Peterborough, Canada, is serving as the international partner Rotary Club for this Global Grant. The project's objective is to provide certified vocational training in tailoring, Montessori, baking, junior plumbing, building electricity, bricklayer masonry, and poultry farming, benefiting a total of 140 women.

On November 5, 2023, Rtn. David Abramsky from the Rotary Club of Peterborough, together with RCJ officials and members, visited the global grant project site to observe the ongoing training activities and its outcome. A productive meeting took place at the project site involving each trainee from the seven training programs, along with trainers, consultants, the ward chairperson, and RC members. Rtn. Subash Pyakurel, the primary contact for the global grant, delivered a presentation on the progress of the vocational training and overall project activities and outlined the plan for the remaining activities. Trainees and the local ward chairperson expressed their deep appreciation for the opportunity to the women by providing vocational training in their community. Additionally, the trainees committed to utilizing their skills to increase their monthly income in the days to come.

The Club President, Rtn. Dr. Upreti, highlighted the importance of allocating resources from the local government in coming days for the vocational training program and RCJ's will also do its best in finding potential resources for the project's continuity after completion of Global grant.

Life Saving Training - 'You Can Save 5 Lives'

Rotary Club of Chitwan 4th November 2023

The "You Can Save 5 Lives Training" event was successfully conducted on November 4th, 2023, at the Rotary Dandapani Bhattarai Bhawan in Bharatpur Height, Chitwan. Organized jointly by the Rotary Club of Chitwan and the Rotaract Club of Chitwan, the event received valuable support from Atma Gyan Prachar Sangh.

The primary objective of the training program was to equip participants with essential skills and knowledge related to life-saving practices with a focus on the potential to save up to five lives. The collaboration between the Rotary and Rotaract clubs, along with support from Atma Gyan Prachar Sangh, reflected a



and the promotion of crucial life-saving skills.

Dr. Laxmi Panthy, an esteemed international doctor, served as the designated trainer for the event. Her expertise and international experience added significant value to the training session.

The training program covered a range of topics, likely including first aid techniques, emergency response procedures, and other skills. Participants had the opportunity to engage with Dr. Laxmi Panthy, benefitting from her wealth of knowledge and practical insights.

The event saw a diverse group of attendees, including members of the Rotary Club, Rotaract Club, and other community members interested in acquiring life-saving skills.

Cancer Patient Support

Rotary Club of Kapilvastu 5th November 2023

The Rotary Club of Kapilvastu conducted its 492nd regular meeting on November 5th to present a donation of Rs. 55,227 to a cancer patient named Deepak K.C, a journalist, at the Rotary Club of Kapilvastu office.

The program was led by the club's president, Rtn. Bishnu Mava Gaire, and attended by the Assistant Governor, Rtn. Basudev Ghimire, who served as the chief guest. The donated funds were handed over to Mr. Madhay Belbase, a member of the Federation of Nepali Journalists' Forum in Kapilvastu. The meeting concluded successfully in the presence of Rotarians, guests, and club members.

Deusi Bhailo **Program**

Rotary E-Club of District 3292, Nepal-Bhutan 11th November 2023

On November 11, 2023 Rotary E-Club of District 3292, Rotract Club of Kathmandu Metropolis, Interact Club of LRI School, Interact Club of Rato Bangla School & Rota Kids of E-Club of District 3292 conducted Joint Meeting with Deusi Bhailo Program. This event was also marked as Interact Week and International Children's Day Celeberation.

The event was followed by making rangoli, singing various group and individual songs, dancing, creative poem, playing bingo and Tihar puja with Deusi Bhailo folk songs. President of Rotary E-Club Rtn. Ravin Man



Bajracharya also handed over Chartered Certificate to president of newly chartered Interact club i.e. Interact Club of Rota Bangla School Ms. Sanriddhi Maharjan.

President of Rotakids of E-Club Mstr. Aarav Shrestha also inducted few more new members to it's club. The event was concluded by collecting funds from Rotary E-Club members and providing to it's Rotaract Club, Interact Clubs and Rotakids for their service project. Total 66 participants were observed on this day to celeberate Deusi Bhailo with full of entertainment and laughter.







Health Camp at Murma Village

Rotary Club of Narayani Midtown 7th November 2023

On November 7th, 2023, the Rotary Club of Narayani Mid Town and Summit Healthcare Pvt. Ltd. jointly organized a health camp at Murma Village, Mugu District. Three Rotarians, including Gynecologist Dr. Bandana Khanal Neupane and Orthopedic Surgeon Dr. Gaurav Neupane, along with two other doctors, facilitated the health camp in this remote location. Medicines worth Rs. 50,000 were provided by Time Pharmaceuticals (P.) Ltd. Seventy patients benefited from the health camp.



Cold Water Station Handover

Rotary Club of Biratnagar Fusion 10th November 2023

Water is a basic necessity for any individual, and providing drinking water to the public at zero cost is indeed a great deed. The Rotary Club of Biratnagar Fusion received a request to set up a Cold Water Station at Teenpaini Chowk, Biratnagar. This location is a major intersection point of four roads, and hundreds of passersby cross the junction daily for school, work, etc. We immediately took action and agreed to conduct this project after thorough analysis and discussion.

On November 10 2023, we handed over this project to Samudayik Prahari Sewa Kendra, Teenpaini. The inauguration was carried out by Morang Superintendent of Police, Deepak Pokhrel, and Plan Lead, PDG Rtn. Basu Dev Golyan. AG Rtn. Ram Avtar Agrawal was also present along with members from Samudayik Sewa Kendra, other Rotary clubs, and our club.

The project was successfully inaugurated and handed over after the signing of the MOU. Rotary Club branding was done appropriately, along with a clear display of the 4-WAY Test on the sides. We are confident that this project will benefit many people and showcase Rotary's presence.

Breaking the English Language Barrier

Rotary Club of Kathmandu Height 18th November 2023

Rotary Club of Kathmandu Height organized "Breaking the English Language Barrier" sessions for 6 weeks at Bidhyadaya public school at Jhochhen, Kathmandu. The sessions took place for 6 weeks from September to November 2023. The wrap up was done on 18th November in the regular meeting of the club in presence of the project partner representatives. The program was targeted to the students of grade 4, 5 and 6 of the public school. The total of the 28 students were benefited along with the teachers who also joined the sessions and supported the team.





The facilitators in their sessions provided the knowledge on the grammar, vocabulary and the basics of the communication. The students were taught rhymes, songs and were trained for the drama in English to boost up their confidence. The facilitators guided them throughout.

The students were a bit hesitant to talk in the beginning but later the confidence level was built. They were highly engaged and opened up with series of questions and queries to the facilitators while also enjoying the learning. The budget tentative for the project was

Rs.72,000 for the facilitation and program design, voluntary contribution of the hours spent in the class and for the meetings and coordination.

Rs. 72,000 OUT OF WHICH THE DIRECT CASH CONTRIBUTION WAS RS.20,000

Distribution of Warm Clothes and Stationery to Students

Rotary Club of Ratnanagar 20th November 2023

November 20, 2023 — The Rotary Club of Ratnanagar, in collaboration with Rotaract and Interact, organized its annual distribution program on November 20th, 2023, at Kalika-9, Latauli Chitwan, held at Shree National Basic School. The program aimed to provide essential items to school students, including warmer clothes, stationery, playing materials, shoes, and sandals. Nearly 105 students benefited from the program.

Approximately 30 Rotarians, accompanied by their spouses, actively participated in the event. The gathering, held at Shree National Basic School, brought together members of the community in a gesture of support for the education and wellbeing of local students.



The formal program was conducted by Secretary Rtn Amit Bhusal, who efficiently managed the proceedings. During the event, Rtn Bishnu Sharma provided a brief description of the program, emphasizing the significance of the initiative in enhancing the educational experience of the students.

President Hari Kumar Shrestha expressed gratitude to all the individuals and organizations that contributed to the success of the program. He acknowledged the collective effort of the Rotarians, volunteers, and sponsors, highlighting the positive impact such initiatives have on the

lives of students and the community.
The annual distribution program has become a tradition for the Rotary Club of Ratnanagar, reflecting the club's commitment to community service and education. The event not only provides essential items to students but also fosters a sense of community involvement and support.

The Rotary Club looks forward to continuing such initiatives in the future, contributing to the betterment of education and the overall well-being of the local community.



Project Site Visit of RC Narayani Mid Town

Rotary Club of Narayani Midtown 26th November 2023

Regional Grant Officer of Rotary International Laura Bradly visited Rotary Pursu Drinking Water Project GG 2015043 at Pursu 4, Dhading on 26th of Nov. 2023. President Arpana Pradhan presented token of love to her and appreciated her role in approving the project. Officer Laura Bradly was accompanied by ARRFC MK Jha and DRFC Kumud Tripathy. The visit to the project site was very useful to make the RI Officer understand the impact of the project to the villagers. 10 Rotarians, 50 members of the consumers committee and other dignitaries were present at the project site.

Rotary Image Promotion- Mount Climbing Rotarian

Rotary Club of Mahabouddha

Rotary Club of Mahabouddha member Rtn. Prakash Raj Pandy has undertaken the mission of climbing all seven continents. He has successfully conquered two mountains as part of this endeavor:

- 1. Mount Elbrus, the highest peak in Europe, on June 23, 2023.
- 2. Mount Kilimanjaro in Tanzania on October 31, 2023, at 6:30 am.

His future plans include ascending Mount Aconcagua, the highest peak in South America.





With suicides rising in the U.S., Rotary members who've lost loved ones are determined to prevent more deaths. Their first step—talking.

Nearly 50,000 people die by suicide each year in the U.S., and over half of them use a gun. In 2022, preliminary figures indicate that the rate of suicide in the U.S. was the highest in the five decades since the U.S. Centers for Disease Control and Prevention began recording that data. The negative effects of the COVID-19 pandemic may have contributed to the increase, according to a CDC report. Globally, more than 700,000 people die by suicide each year, according to the World Health Organization.

To start, mental health experts want people to throw out any hesitation they feel about talking with a friend, parent, sibling, or child who they suspect might be thinking about dying or harming themselves. The National Alliance on Mental Illness notes that many studies show that discussing the issue doesn't increase the chance of suicide.

And experts emphasize you don't need to have all the answers. Often people in distress aren't looking for concrete advice, and just making small talk and showing empathy can save lives, according to the International Association for Suicide Prevention. The group advises to watch for warning signs, including hopelessness, rage, and reckless activity, and to be knowledgeable about available resources.

It's such a big issue, it really needs more attention. We need to talk about these things, to bring knowledge to more people. We've got to bring it out of the darkness and talk about where people can get help.

What should you do if you suspect someone is contemplating suicide?

There are five action steps for helping someone in emotional pain:

- 1. Ask them directly, "Are you thinking about suicide?"
- Keep them safe by reducing their access to potentially lethal items or places.
- 3. Be there. Listen to their feelings and acknowledge what they are saying.
- 4. Help them connect to a suicide crisis line or to someone they trust.
- 5. Stay connected, follow up, and keep in touch after a crisis.

District Governor's Calendar DECEMBER 2023

	DATE	DAY	EVENT
	5	Tuesday	DG Engagement
	6	Wednesday	DG Visit of RC Kapan
	7	Thursday	DG Visit of RC Kirtipur
	9	Saturday	DG Visit of Eclub of District 3292 Nepal
			DG Visit of RC Boudha
	0	Sunday	DG Visit of RC Himalayan Golfers
	11	Monday	DG Visit and Charter Day of RC Patan West
E SEE	14	Thursday	Rotary Institute
	15	Friday	Rotary Institute
	16	Saturday	Rotary Institute
1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	17	Sunday	Rotary Institute
	22	Friday	DG Visit of RC Bharatpur
	23	Saturday	Pokhara Carnival
	24	Sunday	Pokhara Carnival
	,		TOT 2024-25
	25	Monday	TOT 2024-25
	26	Tuesday	TOT 2024-25
	27	Wednesday	DG Visit of RC Matribhumi Baluwatar
	28	Thursday	DG Visit of RC Charumati
	29	Friday	DG Visit and Charter Day of RC Kathmandu North
	30	Saturday	DG Visit of RC Rudramati
		-	

ROTARACT ACTIVITIES





ROTARACT DISTRICT 3292 ACHIEVES REMARKABLE SUCCESS IN RECENT INITIATIVES

- 1. Nationwide Blood Donation Campaign Breaks Records: Rotaract District 3292 has achieved a significant milestone with the successful execution of the 10th Late Sachin Memorial Blood Donation Campaign. Spanning across 38 different locations throughout Nepal on the 25th and 26th of November, the campaign saw an overwhelming response, resulting in the collection of an impressive 1385 pints of blood. This massive turnout reflects the commitment and generosity of Rotaract clubs across the district.
- 2. Versatile Voice Podcast Launches First Episode: The Rotaract District Committee proudly presents the inaugural episode of the Versatile Voice Podcast. In this debut episode, the discussion centers around menstrual hygiene management, featuring esteemed quest Rtn. Sushil Karki. The episode, hosted by District Women Chair Rtr. Shristi Raut, is now

- available on the Rotaract 3292 YouTube channel. This innovative podcast promises to be an engaging platform for insightful conversations on diverse topics.
- 3. Upcoming Rotaract Quiz Sparks Excitement: Rotaract District 3292 is gearing up for an intellectually stimulating event with the upcoming Rotaract Quiz scheduled for the 16th of December. The competition will kick off with zonal rounds, leading up to the final showdown at the Rotaract District Conference. This quiz promises to be a test of knowledge, wit, and camaraderie among participating Rotaract clubs.
- 4. Earthquake Relief Work Demonstrates Rotary Solidarity: Responding to the urgent need for assistance, several Rotaract clubs within the district have taken a proactive stance in earthquake relief efforts. Initiating relief work immediately, these clubs have demonstrated the true spirit of Rotary by actively contributing to

ongoing relief operations. Their dedication to helping communities affected by the earthquake is a testament to the humanitarian values upheld by Rotaract District 3292.

In summary, Rotaract District 3292 continues to make impactful strides in community service, knowledge sharing, and disaster response. These initiatives showcase the district's commitment to Rotary principles and its ongoing efforts to create a positive and lasting impact on society.



INTERACT ACTIVITIES





WORLD INTERACT WEEK

30th October - 5th November

Interact District 3292- Nepal & Bhutan joyfully celebrated World Interact Week and the 61st Birthday of Interact with enthusiasm and commitment. The district organized a themed approach to each day of the celebratory week, highlighting Membership Monday, Time Travel Tuesday, Wellness Wednesday, Thankful Thursday, Cultural Friday, Service Saturday, and Celebration Sunday.

Under the effective leadership of District 3292, all active clubs eagerly embraced the daily themes, contributing to a dynamic and lively celebration of World Interact Week. A noteworthy achievement occurred on Membership Monday, where the district successfully welcomed 366 new interactors in a single day, showcasing a significant boost in participation and engagement. Throughout the week, clubs embraced various themes, reflecting on their legacy on Time Travel Tuesday, promoting wellness on Wednesday, expressing gratitude on Thankful Thursday, and celebrating cultural diversity on Cultural Friday. Service Saturday involved impactful social service acts for a better tomorrow. On Celebration Sunday, many clubs

marked the occasion by participating in donation events, cleaning campaigns, and various service activities, accompanied by fellowship events that included cutting cakes in celebration of being a part of Interact.

Throughout the week, each club seized the opportunity presented by the designated themes, demonstrating creativity and commitment to the principles and spirit of Interact. The collective engagement showcased a strong sense of unity as clubs came together to celebrate the 61st special Birthday of Interact, making the week a memorable and meaningful observance for all.





FROM THE **EDITOR'S DESK**



Dear Fellow Rotarians,

Celebrating The Rotary Foundation Month as we say goodbye to big festivals in Nepal and eagerly await the arrival of Christmas and the dawn of 2024. Embrace the gradual chill in the air as we usher in these joyous occasions.

At the heart of the Rotary movement lies The Rotary Foundation, an indispensable force in the global humanitarian landscape. The generous efforts of Rotarians worldwide form the backbone of this impactful organization. We cover up diverse ways one can contribute to Rotary, shedding light on The Rotary Foundation's updates and insights.

Recently, District 3292 hosted The Rotary Foundation Seminar and Recognition Program on 25 November. This event aimed to commemorate the monthly theme while emphasizing its significance within the Rotary community. Notably, individuals demonstrating exceptional generosity were acknowledged during the program, inspiring countless others to continue supporting Rotary's noble mission of 'Service Above Self'.

Unfortunately, Nepal had a terrible earthquake in Jajarkot, western part of Nepal. More than 150 people died, and over 200 got badly injured. The earthquake broke more than 300 schools. Now, hundreds of thousands of people are having a tough time because of the cold. Many Rotarians and Rotary Clubs quickly helped the area. We appreciate their help; we talk about what they did in this issue of GML.

People in places like Jajarkot and Western Rukum are still struggling in the cold. District 3292 remains actively engaged, collaborating with local authorities to provide essential support. I implore everyone to extend a helping hand to this humanitarian crisis and assist those in dire need.

As we enter the month focused on 'Disease Prevention and Treatment', I am confident that Rotary Clubs throughout the District are actively engaged in service projects, I earnestly urge all club leaders to share their impactful initiatives with the GML team. Let us collectively spread the news and amplify the positive influence of our deeds worldwide.

Stay warm and be kind to everyone. Wish you all Merry Christmas!

Yours in Rotary,

- Rtn. Raj Shrestha

Chair 2023-24

District Publication & GML Sub-Committee

fostering healthier and happier communities.

ROTARY ON HAND

Download 'Rotary District 3292' App







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What's up? Ánd, get it published.