



Sister City Agreement Signing with Rotary Club of Madras West

Sister City Agreement Signing Ceremony between Rotary District 3292 Nepal & Bhutan and Rotary District 3232 Chennai, India held at Hyatt Place Kathmandu on 14th September 2022. A total of 23 Clubs signed the agreement with more clubs of

Pokhara is expected to sign this alliance on 15th September 2022.

On behalf of Rotary Club of Yala, President Rtn Gautam Shrestha signed agreement with Rotary Club of Madras West.



Banglamukhi Temple Cleaning

Banglamukhi temple is one of the famous temples in Lalitpur. There are various small temples inside the Banglamukhi temple premises and this temple is specially crowded on Thursdays as it is considered as the day of Bhagwati.

Devotee believe Temple is the house of God though we know God lives everywhere and in everything still Temple is the place devoted to worship of God, which dedicated to religious and spiritual activities including prayer, meditation, sacrifice and worship such place should be always kept clean and hygiene for its devotees, therefore looking at the need of cleaning Temple we Rotary Club of Yala decided

to take this Temple cleaning as one of our project and on 14th September 2022 Wednesday we cleaned Banglamukhi Temple with support of Sankhamul Mahila Samiti. For Rotary, it is important to engage and make public aware of what it does in the local communities.

32 members including Rotarian, Anns, Rotaract, Interact, Visiting Rotarian, and sankhamul mahila samiti were involved in this program. Rs 4,000 contribution from Rtn Kiran Shrestha's friends and daughter, Rtn Urmila Shrestha and Rtn Manjari Tamrakar sponsored Rs 1,000 & Rs 500 each, President Rtn Gautam Shrestha sponsored Mineral Water and Gloves, IPP

Rtn Dr Sumitra Manandhar Gurung sponsored brush, Gas Gun was supported by Rtn Jitendra Nakarmi and Rtn Dr Sumitra Manandhar Gurung.



Talk Program on Retinoblastoma

Month of the September, begins with Talk Program of Dr Purnima Rajkarnikar on Retinoblastoma. Retinoblastoma is the most common type of eye cancer arising from primitive retinal cells. It is a primary intraocular malignancy, mostly seen in children up to 5 years age. It occurs in 1 of 15,000 live births and has 5% mortality rate in developed countries which has been observed up to 50% in the developing countries. It is a life threatening disease; however if

diagnosed properly and treated timely it can be cured. In Nepal about 60 new cases found every year.

Early presentation of Retinoblastoma both Life and Eye saved if systemic chemotherapy, laser therapy and periocular chemotherapy. Late presentation in Retinoblastoma risk of loss of life or Prolonged treatment like high dose chemotherapy, radiation therapy or exenteration surgery to remove eyeball.



Financial Support to Kidney Patient's Treatment

The Rotary Club of Yala on Thursday donated Rs 50,000 for the treatment of 49-year-old Pooja Dewan Napit, who was admitted to Bir Hospital for kidney failure.

President of Rotary Club of Yala, Rtn Gautam Shrestha handed over a cheque of Rs 50,000 to Pooja's son Siraj Napit. Pooja's husband Shiva Napit said her 24-year-old son Siraj will donate his kidney.

At the initiative of senior journalist Balram Pyasi and club member Rtn Dr Rabindra Roy, Rotary Club of Yala collected Rs 50,000 from its office-bearers in three days.

Club treasurer Rtn Om Krishna Shrestha, working committee member Rtn Dr Rabindra Roy and senior journalist Pyasi were present on the occasion.

Board Meeting and Anns Meeting held Together

On Saturday 10 September 2022, Rtn Sanjaya Shrestha and Ann Purna Laxmi Shrestha jointly host 3rd Board Meeting and first Ann meeting.



Sharing Experiences by Rtn Dr Sumitra Manandhar Gurung

On September 9 2022, IPP Rtn Dr Sumitra Manandhar Gurung shared her experiences on her recent Rotary Club of Lincoln, UK visit. Rotary Club of Lincoln, chartered in 1922 under district 1270



Kartik Nach Mask Maintenance by Rotary Yala

On September 2nd 2022, Treasurer Rtn Om Krishna Shrestha handed over Rupees 30,000 to Mr Kiran Chitrakar of Kartik Nach Preservation Committee for Maintenance of Mask of Dancers.

Kartik Naach, also known as Kachhala Pyakhan, is a dance musical play that is performed every month of Kartik (October or November) in Nepal. It was established in 1641 AD by Nepali King Siddhi Narsingh Malla. The play is performed in Kartik Dabali, Patan Durbar Square every year. It is usually presented for 2 to 27 days with 17 tales of Hindu God



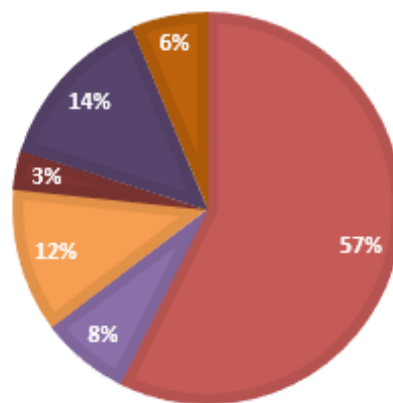
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website: www.rotaryclubofyala.org.np email: shresthagautam@gmail.com

First Quarter Meetings

Total Meetings	14	Guest Speaker	4	Inhouse Speaker	3
Installation Program	1	Business Meeting	1	Club Assembly	1
Board Meetings	3	Meeting in Service	2	Happy Hours	2
Committee Meetings	2	Service Projects	18		

FIRST QUARTER PARTICIPATION %

■ Rotarian ■ Anns ■ Rotaract ■ Interact ■ Guest ■ Visiting Rotarian



Service Projects So Far

Tree Seedling Plantation	Bal Binod, Tika Vidhyasharam, Clark Himalaya, & Basuki School
Blood Donation Program	Ward #6 Kanibahal
PAP Smear Test	Ward #6 Kanibahal
Colposcope Machine Handover	Nepal Cancer Relief Society, Lagankhel
Krishnashthami Health Camp	Mangal Bazaar, Lalitpur
Scholarship for Sakcham Basnet	World -Class School, Imadole
Kidney Patient Treatment Support	Bir Hospital
Kartik Nach Mask Maintenance	Kartik Nach Committee
Temple Cleaning	Banglamukhi Temple
PCR Extraction Kit Handover	Nepal Korea Friendship Municipality, Thimi
Cancer Awareness Program	5 Different Places

MOU between Rtn Sushil Bajracharya & RC Yala on Endowment Fund “Chandra Muni Fund for Matya Health Camp”

A 10-point memorandum of understanding was signed between Rotary Club of Yala and PP Rtn Sushil Bajracharya on 30th September 2022 as an endowment fund.

The title of the endowment fund was "CHANDRA MUNI FUND FOR MATYA HEALTH CAMP". The sole purpose of the endowment fund is to encourage and

financially support to Rotaract club of Yala for their noble cause "the Matya Foot Massage & Health Camp".

The agreement was signed by President Rtn Gautam Shrestha, PP Rtn Sushil Bajracharya, Treasurer Rtn Om Krishna Shrestha and President of Rotaract Club of Yala Rtr Situ Tamrakar.



PCR Kits Handover to Nepal Korea Friendship Municipality Hospital, Thimi

Rotary Club of Yala handed over PCR Extraction Kits amount worth Rs 1,80,000 to Nepal Korea Friendship Municipality Hospital, Thimi on September 20, 2022. The amount is left over from the Global Grant Project (No. GG2118291) miscellaneous expenses item.

On October 6, 2021 Rotary Club of Yala handed over PCR machines and associated kits to Nepal Korea Friendship Municipality Hospital. The cost of the PCR and the kits amounted to Nrs Eight Million that Rotary Club of Yala mobilized under a Global Grant Project with the support of Rotary Clubs of Jindalee, Brisbane, Taiwan, Kathmandu Midtown, Yala members and Thimi Municipality as well.

With the principle of service above self and serve to change gives, Rotary Club of Yala initiated the project to fight Covid-19 by accessing PCR to needy communities to test Covid-19 and protect people from Covid-19 virus.



RIDE Felicitation and Basic Education & Literacy (RNLM) SPARK

The Basic Education & Literacy Committee (Rotary Nepal Literacy Mission) of RID 3292 has a goal to make Nepal 100% literate. The mission in various structures and objectives, since 2012; had a common objective of a complete eradication of illiteracy for a peaceful, developed and prosperous Nepal.

On Friday 23rd September, in presence of RI Director Elect Rtn Aniruddha Roy Chowdhury, who is also the Secretary

General of Rotary India Literacy Mission graced the event at the Hyatt Place Hotel, Kathmandu. Incidentally, RIDE Rtn Aniruddha was the last DG of RID 3290 (of which Nepal was a part until 30th June 2008). During the program RIDE Rtn Aniruddha Roy Chowdhury was also felicitated by Council of Governors.

President Rtn Gautam Shrestha participated this event and Rotary Club of Yala was one of the host club for this event.



Talk Program on Chiropractic Treatment and it's Benefits



Dr Yojana Shahi, First licensed and board certified Chiropractor in Nepal, delivered her talk program "Chiropractic Treatment and it's benefits" on 23 September 2022. Chiropractic medicine is a non-invasive drug free approach that deals with the pain coming from muscle, tendons, ligaments, bones and joints. Chiropractic treatment was first introduced in USA by Dr. D.D. Palmer in 1895.

During her presentation she focused on common conditions treated like Neck pain ,Shoulder pain, Back Pain (Upper, Middle and Lower), Osteoarthritis,Headaches, Tightness/ Stiffness/muscle spasm, Sprains/ strains, Hip pain,Disc bulges/herniation, Sciatica (Low back pain going down the leg). The most widely used treatment procedure performed by Chiropractic Physician is known as "Chiropractic manipulation/ adjustment." The purpose of manipulation/adjustment is to Align spine,Treat joint dysfunction, Decrease pain and increase ranges of motion,Reduce nerve irritability,Restore normal joint motion and optimal function.

Festival Celebrations

On 30th September 2022, RC Yala celebrated Dashain festival as well as monthly birthday of 5 Rotarians and 5 Spouses.



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Birthday (July-September)

Ann Ratna Devi Shakya - 7 July	Rtn Deepak Das Tamrakar - 25 July
Rtn Deepak Kumar Shrestha - 28 July	Rtn Dr Dinesh Lal Shrestha - 30 July
Ann Renu Baidya - 30 July	Rtn Dharma Ratna Silpakar - 5 August
Rtn Sailendra Bajracharya - 6 August	Ann Ajanta Shakya - 13 August
Mr Sujit Gopal Shrestha - 18 August	Ann Dina Singh - 20 August
Rtn Dhruva Man Pradhan - 25 August	Ann Srijana Shrestha - 26 August
Ann Binu Joshi - 27 August	Ann Ujjwal Bajracharya - 31 August
Rtn Dr Sudarshan Pradhan - 6 September	Mr Maheshwar Shrestha - 8 September
Rtn Twinkle Nyachhyon - 11 September	Ann Radha Shrestha - 12 September
Rtn Narahari Das Joshi - 18 September	Ann Nirmala Shrestha - 22 September
Ann Prathana Joshi - 23 September	Rtn Dilendra Raj Shrestha - 27 September
Rtn Sushil Bajracharya - 28 September	Ann Sushila Joshi - 30 September

Top 10 Participation List of Involvement

Here are the list of Rotarian, who participated most in club meetings and activities.

		Points
Gautam Shrestha	President	22
Kanti Shrestha	New Member	15
Om Krishna Shrestha	Treasurer	15
Kiran Shrestha		14
Manjari Tamrakar		14
Shobha Shrestha	President Elect	14
Om Shanker Shrestha	Admin Chair	13
Deepak Das Tamrakar	Vice President	11
Surendra Gopal Shrestha	Sergent at Arms	11
Dhruva Man Pradhan		10
Prem Singh		10
Rabindra Roy	New Member	10





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दशैकी शुभकामना