



ROTARY INTERNATIONAL DISTRICT 3292, NEPAL

ROTARY CLUB OF YALA

चाह्यवी क्लव यल



Souvenir
19th Anniversary





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FOUNDER OF ROTARY



Service above Self
Paul P. Harris
1869-1947

Paul Harris, the father of Rotary Movement was born on April 19, 1868. When he passed away on January 27, 1947, he left behind for mankind a rich legacy of fellowship and brotherhood for international understanding and service to humanity. Today, the seed he sowed in 1905, has blossomed into a large tree having more than 1.2 million members from more than 29,626 clubs in 163 countries.

Souvenir Publication Committee

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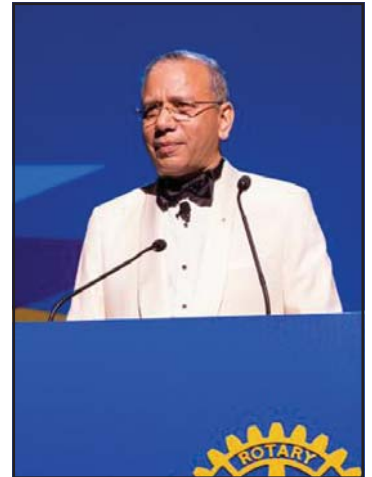
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22 June 2015

Rotarian Sushil Bajracharya
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Dear fellow Rotarian,

My warmest congratulations on your installation to the office of 2015-16 club president.

Just as Rotary brings out the best in each of us, so too you, as an officer, will bring out the best in your club. Your passions and strengths will energize your fellow members, which will only increase your club's effectiveness. As a leader, you have a rare opportunity to motivate others in your club to greater integrity, compassion, and Service Above Self. It is not just a responsibility, but a gift to be able to have such an impact.

Each club officer has a vital role to play in the continued success of Rotary. Dedicated members are the bedrock of our service. During your term, your innovative and committed leadership will be the fuel that powers the Rotarians in your club and the good work they do. Rotary is only as strong and vibrant as its clubs, and local officers are the heart and soul of Rotary.

The work you do this coming year will not only improve Rotary, it will improve you and the world around you. I look forward to the unique ways that you will encourage your fellow members to *Be a Gift to the World*.

Sincerely,

K.R. Ravindran
2015-16 President, Rotary International

ROTARY INTERNATIONAL
RI DISTRICT 3292

Message from District Governor 2015-16

Dear President Rtn Sushil,

At the outset, I have my deep appreciation for the excellent works accomplished by the Team led by the President Rtn. Sushil Bajracharya during the Rotary Year 2014-15.

I have also my heartfelt CONGRATULATION to you, to your team and to all the members and families of RC Yala on the auspicious occasion of the 19th Installation Ceremony. I have my best wishes for your pleasant Rotary Year 2015-2016 and successful tenure in leading, lending, sharing and showing the seeds of love in your Club, in your vocation, in your community and in and around the world. I am in the full belief that your leadership will take RC Yala to a new height.

Rotary thrives on Team Work and thus, friendship is imperative. Our Founder of Rotary, Rtn. Paul Harris had said, 'Friendship is the Bedrock on which Rotary was built' and he has defined Rotary in one word "TOLERANCE". Thus, in Rotary, SAUHARDRATA, (harmony), camaraderie, friendliness and mutual understanding should be the MANTRA for all of us. Let our livelihood be infinite gratitude, tolerance and forgiveness with ever readiness to reconcile. Let us all display quality like fairness, honesty and sincerity and let us give compassion, love, cooperation, respect, care and concern to each other. This will make us powerful and our abilities will become stronger to be able to convert liabilities into assets, disadvantages into opportunities and build our Clubs, District 3292 and the world as we dream for – one that is healthier, happier and with hopes for better things to come.

So, let us:

- make the coming years, as a year of action.
- consolidate the profound belief that relationships are more important than ambition
- be professional in our approach and concise in our speeches
- make our best efforts and attempt to walk the path defined by PRIP Rtn. Kalyan Banerjee, "Make Rotary simple and giving" and "not glamorous and wasting" as urged by RIP Rtn. K.R. Ravindran.

Our RI President Rtn. K.R. Ravindran has given the theme for RY 2015-16, as, "BE A GIFT TO THE WORLD." He has said "All of you have been given so many gifts. And you have now been given this great gift: one year to take all your talents, all your gifts, everything that you are and can become and Be a Gift to the World". In order to adapt and



implement the theme of the RIP Rtn. Ravindran, we all now should seek to exemplify, "SERVICE IS MY BUSINESS and I want to BE A GIFT TO THE WORLD."

In fact, current is the most appropriate time to display the character and strength of Rotary, when a massive earthquake and consequent tremors have largely devastated our nation. The society at large faces severe trauma, pain and sufferings. Thousands of our fellow citizens languish with basic essentials such as shelter, food, clothes (chhana, khana and nana) and medical attentions. Now is the perfect moment for we all Rotarians to rise above the usual, and offer our extraordinary help to the entire community in despair, to be able to be a healer for the sufferings of thousands. Now is the time to prove the worth of Rotary and Rotarians to prove that Rotary is a great place to belong. Let SAUHARDRATA rule the roost and spread the healing touch to the suffering of thousands. This will be the real work by us to "BE A GIFT TO THE WORLD".

Let us all enjoy Rotary from a simple fellowship to large service projects. Let us share our love, affection and passions. God has provided us with unmatched assets, and more so to us as Rotarians. So, let us make optimum use of those. We all should remember that Rotary Family is like symphony orchestra. If a single player does not play properly, the tune goes haywire. So, let us ensure that we will make a most melodious tune.

Finally, let us, with absolute sincerity, attempt to adopt all desired traits as defined by our Rotary International Leaders. Let us reach within to embrace humanity, let us get engaged in Rotary and together, let us light up Rotary to BE A GIFT TO THE WORLD.

With best wishes
Yours in Rotary Service

(Rtn. Keshav Kunwar)
District Governor (2015-16)
RI District 3292, Nepal-Bhutan



Message from District Governor Elect 2016-17

ROTARY INTERNATIONAL
RI DISTRICT 3292



Dear President Sushil Bajracharya and fellow Rotarians
Rotary Club of Yala

Jwajalapa!!

It is with great pleasure that I extend my warm greeting to the President and each one of you Rotarians of your esteem Club for another New Year ahead 2015/2016 ahead in Rotary.

The coming year will give each one of us an opportunity, to us Rotarians, to work together to create a better world for all humanity. Each one of us will be challenged to do our best to make Clubs effective, develop the public image of Rotary and take up Projects under the avenues of service and thrust areas, with emphasis in Literacy, Water and Sanitation, Mother and Child health and thereby 'MAKE A GIFT TO THE WORLD' with these good deeds we can offer service to those in need.

Service and fellowship go hand in hand and bring all of us Rotarians of Dist 3292 Nepal and Bhutan together.

With warm regards and best wishes.

Yours In Rotary

Jaya Rajya Laxmi Shah
District Governor Elect

Message from District Governor Nominee 2017-18

ROTARY INTERNATIONAL
RI DISTRICT 3292



Dear Fellow Rotarians,
Let me take this opportunity to congratulate the President and all the club officials for the coming year.(2015-16). The year ahead belongs to you and your team and we are sure you will keep the Rotary wheel spinning in all its glory and spirit. My best wishes and support will always be with you We have just been through a massive disaster and the aftershocks are still being felt. Many of us are saddened by the loss of our near and dear ones. My prayers go out to all those who have left us .May their souls rest in peace.

The year ahead is a challenge to all of us for we have to build from the ruins of today towards a better future for the community of tomorrow . Rotary thrives in the opportunity to serve and the coming year will provide us many focus areas to work hand in hand to exemplify the service above self motto.

The core values of Rotary should be the guiding star in all we do. There will be times when we drift from it but the Rotary pin we wear should always remind us of who we are and what we do. The Rotary image is what sets us apart from others and our activities encourage others to join hands with us exchange ideas and take action.

"Be a gift to the world" . The theme for the year .Let others remember you through your contributions and deeds for years to come.

"The best way to find yourself is to lose yourself in the service of others."(Gandhi)

"Rotary is without reality until men translate it into their lives and the lives of others.

In short, you and I are Rotary."

These two quotes should help inspire us in our efforts.

The year ahead is not only yours it is ours. Together we must touch hearts to extend the hand of service to reach beyond all boundaries of mankind.

Thank You
Yours in Rotary
Rtn.Sanjay Giri
DGND Dist 3292



Message from President 2015-16



It's my pleasure to wish you all very happy and successful Rota Year 2015-16. I wish to extend my sincere thanks to all fellow Rotarians of Rotary Club of Yala for their trust on me as a President for Rota Year 2015-16. I am sure, with support and guidance from all fellow Rotarians of the club and partner in service i.e. Anns, Rotaracts, Interacts, and Rotary Community Corps the year 2015-16 will be a meaningful year to take image of Rotary Club of Yala to next level.

Rotary Club of Yala has been very prominent in Rotary movement in Nepal and has also been a vibrant club having good image amongst the Rotary Clubs in Nepal. It is possible because of diverse and dedicated members and partner in service. The club has produced many leaders beyond the club levels including DG and will continue to create more leaders in coming days.

Rotary International President Rtn. K.R. Ravindran has announced the theme for 2015-16 as "Be a gift to world". In fact, change starts within self, and inspire others to change. Now, it's time to change ourselves and to become a gift to world to make it a

better place to live in. And Rotarians of Rotary Club of Yala will always strive to be a gift to the community.

The recent earthquake in Nepal is the cause of sorrow and sufferings to the millions of Nepalese which took the lives and destroyed home of thousands of people. It is an opportunity to serve above self. Rotarians, Anns and Rotaracts of Rotary Club of Yala are actively supporting the victims of earthquake in their community and surrounding areas for emergency shelters, Water Sanitation and Hygiene (WASH), Health and reconstruction School buildings. All Rotarians, with their vocational knowledge, skill and funds are trying their best to contribute to this noble cause. It is the beginning of being gift to the community and will continue in the days to come.

Thank you.

Sushil Bajracharya | President 2015-16 |
Rotary Club of Yala | RID 3292



Message from President 2014-15



Dear Rotarian Friends

I want to thank and express sincere gratitude to all for contribution, guidance and support for success of Rota year 2014-15 Rotary movement. Whatever achievement we got this is the joint effort of all members of the club as well as members of the board. In addition I sincerely thank to Ann and Rotaracts for their sincere efforts for the club.

We have performed various activities as distribution of computers, school furnishing, rain water harvesting, well drilling and so on using WCS Japan fund. But above all in this Rotary year we have tremendous works are created by massive earthquake on 25 April and May 12 and lot of aftershocks. A lot of our brothers and sisters lost their lives and dwellings. Our club members also have to suffer from damage in their house but fortunately everybody is safe with family members. Immediately after first major earthquake we rushed equipments to birthing centers of southern remote parts of Lalitpur whereby function of birthing centers continued inside tent because most of birthing centers were collapsed with equipments buried. Similarly relief materials such as food stuffs, utensils, blankets and Rs 5000 for rent for displaced people of Lalitpur city were distributed and supplied water by tankers as water supply network was disrupted for some days.

Thanks to Rotarian fellows for their tremendous effort to make low cost

temporary shelter house for earthquake displaced people in Harisiddhi, Sunakothi, Bungamati, Khokana Chitlang, Thasi, Ryle, Lakure Bhanjyang and so on. Community members have too actively participated. A lot of people from inside and foreign countries have contributed with great enthusiasm for temporary shelters. MOU was signed by District Governor and Rotary president to share cost of temporary shelter by 50 % each. We use WCS Japan fund and other well wishers contributions. There are already 25 shelter houses constructed and next 25 are going to be completed within this June at Harisidhi. Similarly a lot of temporary shelters are completed in other places as well. On health sector WASH programs are held on different localities. All these works are done with Rotary motto "Service above self". Salute to heroes of Rotary club for their tremendous contribution by serving the suffering communities in the form of relief distribution and shelter house construction. I want to extend thanks to District Officials and board members of the club and everyone who supported the club to its achievements. I am sure the effort will take further momentum in coming Rotary year even for permanent house with new Rotary Leadership.

Rajendra Man Shrestha
President 2014-2015



EDITORIAL

Dear All,
At the outset, on behalf of the editorial team, I would like to congratulate, all new presidents of Rotary Clubs of Nepal and their teams for taking the responsibility to lead their respective clubs in the year 2015-16.

Rotary International District 3292 has already proved itself to be a vibrant district through carrying out numerous projects in supporting the communities and also through its contribution to the Rotary Foundation. Very recently we have witnessed the most disastrous calamity of our life, the big earthquake of April 25. Rotarians from all the clubs in the country have shown their concern to the victimized fellow countrymen and have reached the needy providing relief materials.

Dear Fellow Rotarians, now time has come that we dedicate ourselves in the rehabilitation of the affected areas and people. Together, we will not leave any stone unturned in reconstruction of the country. In this context I find all incoming leaders of clubs in the district have greater responsibility on their shoulders. We wish them a very successful Rotary year 2015-2016.

As Editor of Rotary Club of Yala for the year 2015-2016 I would like to extend my sincere thanks to those who have contributed in bringing out this souvenir magazine and I am confident that all fellow members of the club will extend their helping hands in bringing out the weekly club bulletin *'The Bell'* regularly.

My special thanks to PP Kiran Shrestha for taking the overall responsibility of publication of this souvenir and thanks also go to contributors of ads and articles.

Yours in Rotary
PDG Dilendra Raj Shrestha
Editor

We wish all the best to
ROTARY CLUB OF YALA
on the occasion of its
19th Anniversary



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Rotary Club of Yala

Temporary Shelter Project

Community Shelter Khokana

Project details:

Project Partners: Six families of Earthquake Severally Affected Families
Rotray Community Corps Khokana
Rotary International District 2700 of FUKUOKA, Japan
Rotract Club of Yala
RC Yala Ann Group
Rotary Club of Yala

Location: Near Ganodaya School Khokana
Lalitpur

No. of families: Six
Total area of the shelter: 45' x 18' = 810 sft. Room size per family = 135 sft
Total cost: Rs. 110,000.00 Cost per room/family= Rs. 18,333.33 (USD 180.00)“

Construction mode: Participatory approach. The affected families erected and provide all labor support to complete the shelter, which build a sense of ownership. RC Yala provided only outside materials and technical support



Community shelter for six families at Khokana, supported by RCC Khokana

Selection Criteria:

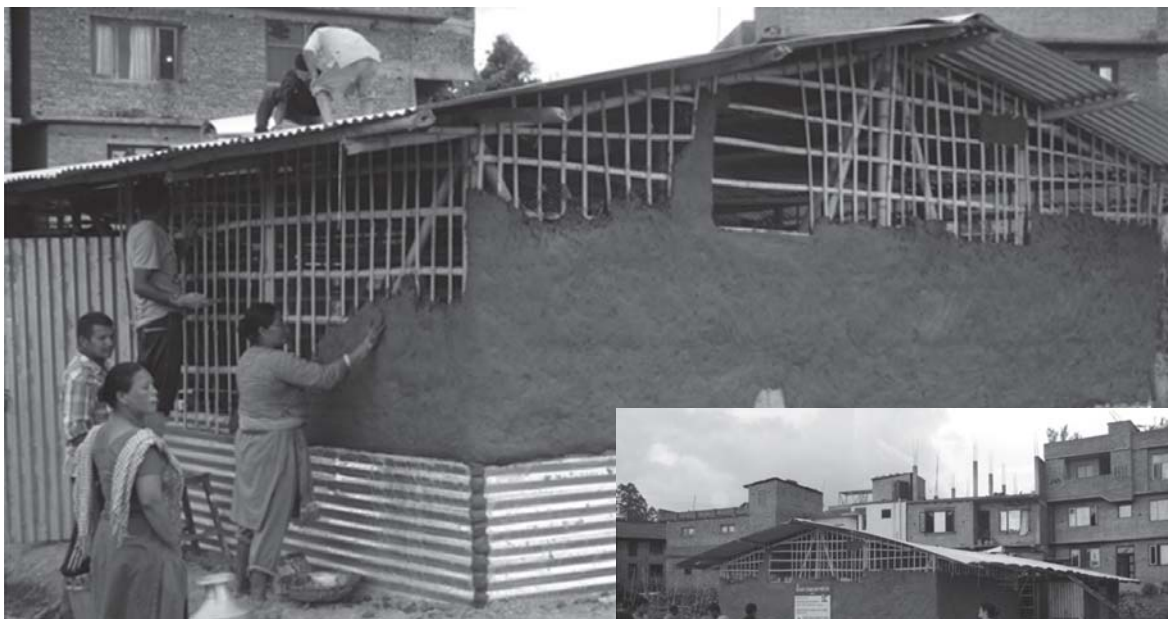
1. Completely damaged earthquake house not good for living
 2. Currently living outside the house
 3. Weaker section of the society
 4. Families with more women, children, old persons and sick
- Of the 10 families listed by RCC six were selected on the above criteria.



Six severely affected families in the community shelter.



“Ownership buildup with own participation in building the shelter



Some female folks have gone to plant the rice while some are busy in mud plaster of the shelter and roofing.



The full view of the community shelter

Selected Earthquake Severely Affected Families for the shelter



*Family 1.
Ram Dongol -55 years, farmer
Wife 40 years, no other source of income.
Daughter 21 years, Son-20 years both students.*



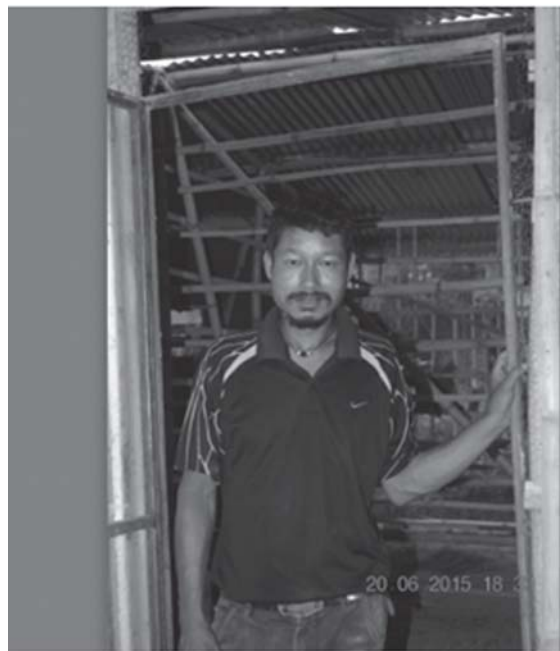
*Family 2.
Krishna Hari Dongol 42 years, farmer, sick for last 5 years and can not walk properly, no other source of income. Wife 40, Son 19 years, Daughter 14 years Both students.*



*Family 3.
Shankar Dongol 34 years, living with old parents,
small job in a local cooperative. Wife 34 years, Son
3 years, Father 74 years, Mother 69 years.*



*Family 4.
Herakaji Dongol 41 years, labor at Wi-Wi factory,
Wife 42 years, 2 Daughters 19 and 12 years, Son 15
years, all students.*



*Family 5.
Man Shyam Maharjan 38 years, small job at
Sundhara, wife 36, 3 daughters 18, 14 and 3 years
all students.*



*Shantu Dongol 39
years, craftsman
Wife 39 years, son
5 years*



*Shelter families with RCC Khokana Chair Buddhi
Krishna Shrestha, RC Yala Shelter Project Focal
Person, Rtn, PP. Surendra G. Joshi and Ann Badri
L. Joshi*



We wish all the best to
ROTARY CLUB OF YALA
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RTN. KIRAN SHRESTHA (PHF)
 Classification: Publishing (1995-96)
(O) SS Media Vision / Hand Made Souvenir Shop, Momadu Galli, Lalitpur. 18 Nepal **(R)** Momadu Galli, Mangal Bazar, Lalitpur 18, Nepal **Tel:** 977 1 5521266 **(R)** 977 1 5553842 **(O) Cell:** 9851031220
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Ser: Editor, Dir, Sec, VP, P, DSch **B:** October 15
W: Margā 15



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 Classification: Electrical Engineering (2001-02)
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RTN. DR. NEERAJ JOSHI

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RTN. PREM SINGH

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(R) Sinchahity, Satdobato, Lalitpur, Ward no. 6.
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 5523853 (O) **Cell:** 98510 64935
Email: purehoney44@hotmail.com **Spouse:** Dina
Ser: Dir, Tr, Sec **B:** Jun1 15 **W:** Falgun 23



RTN. PADAM K. SHRESTHA (PHF)

Classification: Trekking (1995-96)
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Spouse: Urmila **Ser:** Tr, Dir **B:** Dec 08
W: April 28



RTN. Capt. PURNA LAL SHRESTHA

Classification: Aviation (2004-05)
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Ser: Dir **B:** April 26 **W:** Dec 12



RTN. PRAFULLA M.S. PRADHAN (MPHF)

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(R) Pulchowk, Lalitpur Sub Metropolitan City Ward No
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Spouse: Sarojini **Ser:** Tn, DCm, VP, P **B:** Oct 08
W: March 3



RTN. RAJENDRA M. SHRESTHA (PHF)

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B: april 19 **W:** Falgun 08



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Email: pramodssp@gmail.com **Spouse:** Usha **Ser:** Dir,
 Jt Sec, Sec, VP, P, DCm, AG
B: Nov 06 **W:** December 24



RTN. RAM PRASAD SHRESTHA

Classification: Teaching - Commerce (2013-14)
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Spouse: Vijaya **B:** Jan 27 **W:** November 27



RTN. ROSHAN SHRESTHA
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B: Dec 07 **W:** Magh 10



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RTN. RUP K. SHRESTHA
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Spouse: Nirmala **Ser:** Sgt. **B:** Dec 25 **W:** Falgun 25



RTN. SHAILENDRABAJRACHARYA (PHF)
 Classification: Jewelry (2001-02)
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RTN. SAJAL PRADHAN
 Classification: Media Communication (2013-14)
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Tel: 977 1 5574746
B: Aug 1



RTN. SUBHAKAR VAIDYA (PHF)
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 (1998-99) **(O)** Plan International, Nepal, Shree Darbar
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W: Falgun 21



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 Thankot VDC W No 7, Kathmandu, Nepal (R)
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 Spouse: Dr. Jeevan Ser: Dir, Tr, Jt. Sec, VP
 B: March 28 W: April 20



RTN. SURENDRA G. SHRESTHA
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 Spouse: Nirmala Ser: Tr, Dir, SA B: Falgun 19
 W: Baishakh 12



RTN. URMILA SHRESTHA (MPHF)
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 B: April 12 W: Baishakh 16



RTN. SURYA BHAKTA SANGACHHEN
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 Spouse: Basanta Ser: B: Dec 4 W: 26 Fagun



RTN. Prof. DAVID GELLNER
 Honorary Member
 Classification: Anthropologist
 Head of Department,
 School of Anthropology and Museum Ethnography,
 51 Banbury Rd, Oxford OX2 6P
 Ann: DOLORES MARTINEZ
 2005



ROTARY CLUB OF YALA

ROTARY INTERNATIONAL DISTRICT 3292 NEPAL-BHUTAN

Club No. 31764

Chartered on 28 June 1996

VISION:

Establish RC Yala as one of the vibrant club in the RI District 3292 engaging actively with due balance on the four pillars of a successful Rotary Club i.e. membership growth and retention, successful service projects, contribution to TRF and leadership beyond club, for the improvement of the quality of life of its community within the framework of the motto of Rotary "Service Above Self" in collaboration with its partner in service, Anns, District Committees and the communities.

Regular Weekly Meeting:

5.30pm Every Friday at Bagaicha Restaurant, Jawalakhel, Lalitpur.

Weekly News Bulletin:

"Ga:n" (The Bell)

No. of Members:

Total Member 48 Ordinary Member – Male-44, Female-3

Honorary Member – Male – 1

TRF Contribution:

Major Donor – 1, MPHF - 5, PHF – 16

Sponsor Club:

Rotary Club of Patan / Club No.23126 / Chartered on 29/08/1985GSR
- Rtn Kamal B. Nyachyon

Sponsored Clubs:

Rotary Club of Himalaya Patan / Club No 63381/Chartered on 17/09/2003

Rotary Club of Lalitpur

Rotary Club of Balaju

Rotary Club of Baneshwor / Club No 79915 / Chartered on 30/07/2008GSR -

Partner in Service:

Rotaract Club of Yala

Interact Club of Yala

RC Yala Anns Group – established on 6th August 2005

RCC – Thashi, Sanagaun, Lalitpur

RCC - Agnishal, Lalitpur

RCC - Khokana, Lalitpur

RCC - Chitlang, Makawanpur

CHARTERED PRESIDENT

Rtn. Dr. Kedar Lal Shrestha

CHARTERED SECRETARY

Rtn. Dilendra Raj Shrestha

CHARTERED MEMBERS

Rtn Dr. Kedar Lal Shrestha

Rtn Jagdishor M Pradhan

Rtn Dilendra R Shrestha

Rtn Ramesh B Chipalu

Rtn Ishor P Shrestha

Rtn Dharma R Shakya

Rtn Binod K Shrestha

Rtn Chandra Maharjan

Rtn Dhruva M Pradhan

Rtn Thakur M Shakya

Rtn Laxmi L Shrestha

Rtn Nepal K Shrestha

Rtn Dr. Jeevan L Amatya

Rtn Purna M Shakya

Rtn Keshav R Joshi

Rtn Devendra B Pradhan

Rtn Padam K Shrestha

Rtn Amrit R Shakya

Rtn Lokesh R Dali

Rtn Kiran Shrestha

Rtn Subash G Baidya

Rtn Megha R Shakya

Rtn Surendra G Joshi

Rtn Urmila Shrestha

Rtn Urmila Amatya

Rtn Krishna Ram Joshi

Rtn Prafulla M Pradhan

Rtn Krishna D Tamrakar

Rtn Amar Man Joshi

Rtn Jagdish R Joshi

Rtn Badri P Joshi

Rtn Prakash S Shrestha

Rtn Gopal Silpakar

Rtn Kiran M Pradhan

Rtn Ishor M. Sinya

Rtn B.B.Bajracharya

Rtn Naresh B Shrestha



YEAR	PRESIDENT	SECRETARY
1996-97	Rtn Dr. Kedar Lal Shrestha	Rtn Dilendra R Shrestha
1997-98	Rtn Dr. Kedar Lal Shrestha	Rtn Dilendra R Shrestha
1998-99	Rtn Thakur Man Shakya	Rtn Iswor Man Sinya
1999-00	Rtn Dilendra Raj Shrestha	Rtn Dhruva Man Pradhan
2000-01	Rtn Badri Prasad Joshi	Rtn Krishna Das Tamrakar
2001-02	Rtn Surendra Govinda Joshi	Rtn Gopal Man Shrestha
2002-03	Rtn Devendra Bahadur Pradhan	Rtn Dharma Ratna Shakya
2003-04	Rtn Krishna Das Tamrakar	Rtn Kiran Shrestha
2004-05	Rtn Dhruva Man Pradhan	Rtn Kiran Shrestha
2005-06	Rtn Gopal Man Shrestha	Rtn Kiran Nath Shrestha
2006-07	Rtn Urmila Shrestha	Rtn Jeevan Lal Amatya
2007-08	Rtn Kiran Shrestha	Rtn Narahari Das Joshi
2008-09	Rtn Dr. Jeevan Lal Amatya	Rtn Pramod Sagar Sing Pradhan
2009-10	Rtn Pramod Sagar Sing Pradhan	Rtn Urmila Amatya
2010-11	Rtn Narahari Das Joshi	Rtn Rajendra Man Shrestha
2011-12	Rtn Prafulla Man Sing Pradhan	Rtn Sushil Bajracharya
2012-13	Rtn Kiran Nath Shrestha	Rtn Surendra Gopal Shrestha
2013-14	Rtn Urmila Amatya	Rtn Deepak Kumar Shrestha
2014-15	Rtn Rajendra Man Shrestha	Rtn Prem Singh
2015-16	Rtn Sushil Bajracharya	Rtn Laxman Joshi



Major Club ACTIVITIES of Rotary Club of Yala in Rota Year 2014-15 at a glance

May 23

Scholarship to girl child students of Chitlang distributing she goats .costRs147200

May 28

22 mosquito nets, a double deck iron bed, food stuffs and confectionaries worth Rs 25000 and brail paper worth Rs 15000 were handed over to Adarsha Saula Vidyalaya through DG Dilendra Raj Shrestha

May 30

.Bramhayani school water tank and classroom construction cost Rs126160.

May 31

A health camp was held on the premises of Shanti Ashram Sankhamul.185 patients were benefitted from check up , ENT service, physiotherapy and Pap smear test. Free medicine were distributed . Club has provided a revolving chair to the health clinic of the centre. – Cost Rs 25943

Jun 6

Six wheel chairs were distributed to physically challenged persons. Cost Rs 43800

Jun13

First club assembly held with presence of AG Ganesh Raj Shrestha and discuss on strategic planning for coming year

Jun 14

Cancer awareness, Pap smear test mammogram test at Thasi on 188 patients. Cost Rs 5000.

Jun 22.

Rain water harvesting with tank and tube well fitting at Kanya Lower Secondary School Sirha-cost Rs 34700

Jun 28

A cancer awareness and Pap smear test camp was opened in lamjung with support of Cancer care centre Jawalakhel and RC Lamjung. Altogether 338 ladies were benefitted.A lot of ladies were detected cancer in early stage and prolapsed. They were called to visit Kathmandu at earliest timr Total cost Rs 38000.

July 4

Installation of new office bearers of RC Yala along with 3 new members Ram Prashad Shrestha, Chandra Bahadur Maharjan and Sajal pradhan were inducted on the installation ceremony.

. July 12.

Pap smear test held on Sanepa .Total patients on camp 62 .Ann Fund contribution (WCS Japan) RS 63000

July 26

Second Club assembly held and adopted the proposed Strategic planning.

Aug 3

Computers were distributed at Chitlang through poet Durga lal Shrestha cost Rs 67000

Aug 6 & 7

Mid day meal wkere served to senior citizens of Swasthya Tatha Santi Ashram worth Rs 3500 on Aug 6 and Baudha Bihar centre Sunakothi worth Rs3000 on 7 Aug by Ann

Aug 29

Pap Smear testof 105 ladies at Harisiddhi –cost Rs10500

Aug 30

Second Pap smear test was held at Harisiddhi.105 ladieswere





benefited. Many patients were detected as early stage of cancer. Total cost Rs 10500.

Sept 4&6

Pap Smear test and cancer awareness on Kathmandu Neta and Satdobato respectively.

Patients 70 and 77 –Rs 7000 and Rs 77000

Sep 2.

Felicitation to 7 sons and daughters of Rotarians who secured master degree

Sep 5.

An entertainment program which is quite new was introduced in club meeting where lot of satire of each member was presented by PP Dhruv Man Shrestha and jokes were cracked by every member

Sep 19

A grand Birthday Celebration of first group of Rotarians was held offering saguns, Khadas and tika by Ann group followed by song and dance.26 Rotarians and some district officials have participated

Sep 26

Head mistress of Neel Barahi school received check of Rs 66500(School service project Korea) from President to procure school materials.

Sep 22

97 patients including Anns of this club participated on cancer screening through colposcopy machine by Dr Sarita Ghimire

Oct 25

Rs27100 was handed over by AG Ganesh Raj Shrestha to Shanti Ashram Sankhamul which was contributed by President and his spouse, Rtn Ram Prashad and spouse and Ann President. On the occasion mid day meal worth Rs 3000 was served to senior citizens by Ann Ramuna Shrestha

Nov 8.

In old age care centre Golphutar 32 meters of petticoat cloths and Rs 8000 worth of gas stove, soaps, biscuits and food stuffs were distributed by Rotarians and Ann

Nov 11.

A Vocational Award to a potter of Rs5000 for his skill on making special type brick and felicitation of

a mathematical professor and an astrologer who have served the community for more than 40 yrs. Similarly in Durga bhajan competition the declared first second and third group were awarded cash prize of Rs 15000, Rs 10000 and Rs 5000. The total cost of the competition and award ceremony is Rs 82000.

Nov 14

Third club assembly was held chaired by AG Ganesh Raj Shrestha and suggested for better presentation by committee for DG Cub visit on 28 Nov

Nov 28

DG has visited Surya school khanigaun, Basuki school Lakuri Banjyanga and Bramhayani primary school and he expressed his satisfaction on contribution made by Rotary club of Yala towards school building construction, computer supply and role of club to uplift the life of marginalized poor students of Bramhayani Primary school. President presented all necessary documents to DG. All committee chairs presented the goals and progress of their committee followed by dinner.

Dec 4

Participation on Rota Quiz 2014-15

Dec 26

District TRF Seminar 2014-15 participated by 2

Dec 27

Act Asia conference on Intaracts in Bangladesh participated paeticipated by Narahari Das Joshi

Feb 4 2015World Cancer day was observed with

different activities-talk program on cancer by different doctors in meeting hall of Lalitpur Sub metropolitan city, pap smear test, candle light processionand Cycle Rally from Basantapur to Patan Durbar square total cost

Feb 7-9 2015

South Asia Peace Conference Lumbini participated by 4 from the club (Photo of Prafulla and family)

Feb 10.

Birthday celebration of Second group of Rotarians held by offering sagun, khadas and tika.Even Japanese Rotarians who handed over of 2 million





Yen to DG who accepted on behalf of Rc Yala and DG ,DGE with spouses and PDGS were offered saguns , khada and tika.This program was followed by photo competition among Rotarians and Ann. During this program DG has handed over a check of Rs 290000.of RC YALA to Dr Sarita Ghimire the founder Cancer care foundation centre for coposcopy machine. The screening test by this machine is more accurate and prompt result than pap smear test

March 14

Five Rotarians with Ann visited Adardha Saula school and distributed Rs 15000 worth brail paperas well as food stuffs , biscuits was handed over and mid day meal was served to physically handicapped students, Total cost Rs 30000.

March 22

Rain water taping with with tank and tube well fitting and bio sand filter in Sri chanda Higher secondary school. Total cost Rs 131000.

Feb 27.28 and March1

District conference attended by 9 members

March 30-2 April

RYLA training in DAV School co hosted by club- 2 participants from club.

April 2. Dug well and submersible water pump to connect main tank in Shanti Ashram Sankhamul.Total cost Rs 70000

Aprll 15.Installation rain water collectionbio sand filter on CBR Sankhamul

April 15

3 tube wells erected in Rautahat in untouchable community localities such as Sarki tole,mushahar tole and Jungle tole-cost Rs 50000.

April 24 –Five computers were handed over to yuva Prativa School Khokana –cost 137500

April 25

A heritage tour on Sunakothei was held with 12 participants including family members.After completion of remarkable tour when the team was returning a massive earthquake struck with devastation. The team was miraculously survived.

April 26 to last of April and afterwards

After devastation by earthquake lot of relief works were done.15 water tankers were used to distribute water in different localities , and utentials, food stuffs.and Rs 5000. for rent to those who have collapsed house and in dire condition. AltogetherRs 360000. was spent.

March and April

A team of Rotarians had visited birthing centres of remote parts of Lalitpur such as Tholo Durlung,Gotikhel Candanpur, Bhattedanda Malta etc to need assessment on earlier March. The necessary items for birthing centers were collected and immediately after earthquake the club has dispatched them to birthing centers. The District health Office has issued a letter of appreciation to the club. The total cost is Rs 600000.

April 28. The club has handed over 40 bed and bed sheets with pillows worth Rs 40500 and 10 scholarship to physically challenged girl child at the rate of Rs 1000.per head and three blind students were given scholarships at the rate of Rs 6000 per head contributed by president and Rtn Ram Prasad Shrestha

Jun 13

District training assembly

Jun 14

District grant seminar

Jun 14

District membership seminar

May and afterwards

1. Solar electricity tapping in Sinchahity adult ladies night school- cost Rs 28500
- 2.Temporary shelter house no 25 are completed in Harisiddhi with club investment of Rs 100000. And after receving next Rs 100000.next 25 shelters are going to complete within this week.
- 3.Temporary community shelter house for 6 families is completed in Khokna cost 110000.
- 4.five temporary shelters are completed in Chitlang at the cost Rs 100000









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 - Mechatronics, Electronics, Telecommunications,
 - Civil & Infrastructure Engineering, Computer Science/Information Technology, Industrial Engineering



We wish all the best to
ROTARY CLUB OF YALA
on the occasion of its
19th Anniversary

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भुखाय् ब्वल भुखाय् ब्वल भुखाय् ब्वल

दिलेन्द्र राज श्रेष्ठ

बैशाख १२ गते शनिबाःया व हाकुगु दिं जि सुथय् छता
निता ज्या सिधय्काः थःगु रेष्टुरेण्ट, थर्ड वर्ल्डय् प्यम्ह
नाराणद्योया देगः ल्यूने जुया थाहा वना ज्याकुथी
थयंकाः कम्पूटर चाय्के जक लात रेष्टुरेण्टया स्टाफ
वयाः म्हिगःया हिसाब क्यना च्वंबलय् प्वाक्क मत सित
। जिपिं निम्हसियां मिखा न्यूवने अंगलय् च्वंगु घडी
वन । निहनसिया १२ ता थाय् १० मिनेट ति ल्यंदनि ।
निम्हसिनं छप्वाःम्हुतुथें 'ई नं ब्यः मत सियेत' धाय् वल
। धयागु खू बयू जुइमलाःनि सकतां ग्यानापुक्क सन ।
'भुखाय् ब्वलथेंच्वं धाधां क्वथां पिहांवया । स्वाहाने
क्वहांवयाबलय् तलय् किचेनय् च्वपिं स्टाफत नं अन
नापलात । 'ज्यू ज्यूथाय्, सुरक्षित थासय् च्वू धाधां
गबले छेदी थयन मचाः । ल्यूने चुक पत्ति व न्यूवने
मोमदु गल्लि पाखे निथासं धूफः दना च्वन । नापच्वंगु
छे दुनज्वी धका च्वना । छेदी थयंकानं सनाहे च्वन
तिनि । पिहा वय्गु आट याये मफया अनये लुखाक्वय्
च्वना । उगुहे इलय् रेष्टुरेण्टय् न्यूवाबलें वयाच्वनीम्ह
किजा छम्ह, जि नापनापहे क्वहां वःगु जुया च्वन, वं

धाल 'दाई, अगाडीको मन्दिर त छैन' । भुखाचं संगु
भचा म्हो जुलथें ताय्का पिहा वया, न्यूवने स्वया ,
प्यम्हनाराणद्यो या देगः पाताः जुइधुकल खनी ।
उकिया दक्षिणपूर्वस च्वंगु हरिशंकरया देगः व जुजु
योग नरेन्द्र मल्लया सालिकनं मदय् धुकुगुला होसहे मदु ।

छे लुमना वल । छे पाखे स्वया ब्वाय् वना, ग्याग्यां ।
जिमि तिरि भबानी व काये दिशेभ छेदी वया लुखाय्
च्वनाच्वंगु नाप लात । आः छुयाय् धैगु सहलह याना ।
श्व भुखाय् चानचुनया मखु, हाकनं लिहां वय्फु धैगु
वाःचाय्काः चकंगु थासय् वनेगु क्वःछिना । बिदम्बना,
भी आःजु बाज्या पिन्सं दय्का थकूगु चुक, चुकया
छचाखेरं स्वतत्या जक जाःगु छेत थौकन्हय् म्होलय् ५
तूया जुइ धुकल । उगु छेत दुनाःवल धाःसा चुकया
दथुइ च्वसां सुरक्षित मजुइ धुकल । स्वम्हं ब्वाय् वनाः
सत्तीगु चकंगु थाय् भिंद्योया देगः न्यूवनेया दबुलिई
थयंका । सलंसः मनुत न्हापांहे अन थयंका च्वनेधुकल
खनी । थयनेवं भसंग वन । मंगः हितिफुसय् च्वंगु





मणिमण्डप फल्चा निगुलिं मदय् धुकल । सत्यमोहन दाइनं कना दीगु खू लुमंसे वल । जुजु योग नरेन्द्र मल्लं यल लाय्कुली च्यागः मणि स्थापना याना थकल हू । मणिकुमार गणेश, मणिचैत्य, मणिहिति, मणिमण्डप, मणिभैरव, मणिछे, मणिकुण्ड व मणिकेशव नारायण । थवहे च्यागः मणि दुगु थाय्यात मणि गः, मणिगल, मंगल धाधां मंगलबजार जुयावन धैगु धापु दु । भिंद्यो या देगःया न्यवने च्वंगु सिंह दुगु लठ्ठा नं स्वताः जुइक त्वधुल खनी ।

दबली च्वंपिं सकलया मिखा प्यम्हनाराण द्यो व हरि शंकरया दुंगु देगलयसा न्हाय्पं धाःसा छम्ह निम्हसिनं ज्वनावःगु एफएम रेडीयो पाखें न्यकाच्वंगु भुखाय्या समाचार पाखे । 'धरहरा नं त्वःधुल हू', 'यें लाय्कुलिइ देगः छगहे मन्त हू' आदि इत्यादि । 'थाहा' धाःगु एफ एम रेडीयोजा 'पाटन दरबार ध्वस्त' धाःगुनं न्यता । छु पत्याः याय्गु छु मयाय्गु । भवानीया मन धाःसा थःथितिया अवस्था छुखः धैगु मस्यतले थातयहे मलाः । धन्य, सकलें सकुशल जूगु न्यते दत । न्यतेगु जक मखु थःपिनं सुरक्षित जूगु कनेगुनं उलिहे हथाय् । काय् दिशेभं थःगु मोबाइल फोन या माध्यमं फेसबुकय् थःपिं सकुशल जूगु समाचार तथा बिल । धन्य सामाजिक संजाल । छको लुमंसे वल र टेटरी क्लबया वाः मुज्याय् भुखाय्या बिज्ञ तयसं धाःगु खू । नेपालय् याकनहे तच्चःगु भुखाय् ब्वइ, लखौ लख छे दुनी, एयरपोर्टया रनवे चिराचिरा जुइ, हाइवेया ता (पुलत) स्यनी, दूरसंचार बन्द ज्वी, बाधत स्यनाः बिजुलि मत च्याइ मखु आदि आदि । भुखाय् ब्वया छु छु जुइ तिनिखें धैगु त्रास जा दहे दनि । अथेजूसां तत्कालया निति संचारया माध्यम सुचारु जूगुलिं मनूतय्त यक्कोहे राहत जुल, थःथिति पासापिं सकुशल जूमजू सीके फयाः ।

स्वतःस्फूर्त रुपं प्यम्हनाराणद्यो या देगः व हरिशंकरया देगः दुनावंगु निथासं छगू हूलहे स्वयम्सेवीत देगलय् दुने सुं ल्हातला धैगु स्वयेत देगःया अप्पा, चा, सिं आदि चीकेत थःगु ज्यज्यानया च्यूता मतसे न्यववात । भचा जाय्वं पुलिस व सेनाया जवानत नं थ्यंकः वल । सकसिन जानाः देगलय् अप्पा, चा, सिं चिकेगु नापनापं देगलय् च्वंगु अमुल्यगु बस्तुत, अलय् जुजु योग नरेन्द्र मल्लया सालिकयात तुरन्तहे सुरक्षित थासय् तयगु ज्या जुल । देगलय् दुने व हिटि फुसय्या मणिमण्डपय् ल्हाःपिं लिकात धकाला धाल, तर ग्वःम्ह लिकात, ग्वःम्ह म्वात वा सित धैगु आतक सीके मफु ।

'हाकन वन' 'हाकन संकल' धाधां बहनी जुल छें देनेगु आट मन्त । ग्याग्यां छें वना कम्बल निपु व लायेगु प्लाष्टिक छपाः कया हया । त्वालय् च्वंपिं, डेराय् च्वंपिं याना थ्यंमथ्यं स्वसलं मल्याक मनूत आदर्श कन्या स्कूलया कम्पाउण्डय् च्वंवल । न्यान्हु तक अन्हे लात । 'जिथाय् चकंगु थाय् दु, च्वं वा' धाःपिं पासापिं थःथिति जा यक्कोहे दु तर आम मनूखं गथे दुःख सिल धैगु नं अनुभव यायेमाः धका गनं मवना । सकसिनं नःथें स्यःथाःगु, क्वःगु जा नयाः अन्हे च्वना ।



थव भुखाय् ब्वःखुन्हुया अनुभव जुल । उकिया ल्यूया खू लिपा कने । शुभाय् ।

TEMPORARY MOBILE HOUSES FOR EARTHQUAKE VICTIMS

LAXMAN JOSHI AND GYANENDRA MAHARJAN



INTRODUCTION

BikramSambat 2072 Baisakh 12 (25 April 2015) turned out to be a nightmare for all the Nepalese people. A devastating earthquake of 7.8 magnitude hit Nepal, with the epicentre in the area of Barpark, a small village in Gorkha district followed by hundreds of aftershocks. Another big quake of 7.3 magnitude came on May 12, 2015; numerous aftershocks continue on a daily basis. So far over 8700 people have lost their lives, three times that number injured and hundreds of thousands of people became homeless.

Harisiddhi village, one of the most severely affected areas, is located in the south-east border of Lalitpur sub-metropolitan city. Twenty four people have died in the village; more than 150 people were badly injured and more than 200 houses collapsed due to the earthquake and following aftershocks. Most families, including elderly, handicapped, injured, women and children were living under tents in open areas. With the rainy season approaching, the urgency of providing good housing condition to earthquake victims was obvious.

Different organizations, local and international are engaged in the rescue, relief and rehabilitation of

earthquake victims. Support for restoration of physical infrastructure damaged by the earthquake is forthcoming. Discussions in Harisiddhi village clearly pointed to the need of a credible forum in the village to seek and co-ordinate support for temporary settlement necessary for those living under tents and tarpaulins. A committee named 'Emergency Temporary Settlement Management Committee' (ETSMC) was formed with members comprising of respected elders in village. The main objective of the Committee is to improve the housing situation for victims of the earthquake aftershocks that followed for many weeks.

ROTARY ENGAGEMENT

Towards the end of May 2015, ETSMC approached Rotary Club of Yala (Lalitpur) (RCY) for supporting construction and distribution of temporary shelters in Harisiddhi. A series of discussions and meetings led to signing the first Memorandum of Understanding (2072 Jestha 17) to construct 11 temporary mobile houses made up of steel and CGI sheets (designed and preferred by local people – Figure 2) to the homeless families. These mobile houses were built at a local workshop and assembled at community land officially approved by the local Ward Secretariat. Funding was provided by RCY through its own sources and contributions from family members and friends.



PREPARATION AND PROCESS

The entire project including preparation can be summarized as following:

- Prepare of cost estimates, construction of temporary mobile houses (CGI Sheets Tunnel type).
- Detailed survey of earthquake victim households for prioritizing recipients of mobile houses.
- Seek official approval from local authority for building temporary mobile houses on communal land.
- Sign agreement between RCY and ETSMC and receive initial payment from RCY.
- Construction of mobile houses locally and assembling the houses on site.
- Handover mobile houses to selected earthquake victims at a function attended by the Ward Secretary, Harisiddhi and representatives of RCY.
- Prepare and submit project report to RCY as specified in the agreement.

The 11 mobile houses constructed in the first phase were handed over to recipient victims on 2072 Jestha 22, only five days after signing the MOU. Progress of work with photographs was shared through social media in order to seek additional funding for more mobile houses. A second MOU was signed between RCY and ETSMC to construct 14 new mobile houses was signed on the same day of distributing the first batch of mobile houses. The same process was followed for selecting recipient earthquake victims and construction of the mobile houses. The 14 mobile houses were handed over to the recipients on 2072 Jestha 29, 7 days after signing the MOU. Following the success of the second phase, a third MOU was signed on 2072 Asadh 5 for building 25 more mobile shelters. So far RCY has provided support for 50 temporary shelters in Harisiddhi village with its own funds as well as generous donors (individuals and institutions).

CONSTRUCTION SITE AND HOUSE DESIGN

The site for building temporary mobile houses is located in Harisiddhi, Lalitpur Sub-Metropolitan City(Ward 28). Harisiddhi village was merged with Lalitpur Sub-Metropolitan City only a few months ago. The site is shown in Figure 1.

The locally adapted design (Figure 2) from tunnel type was used to build the mobile houses. The floor

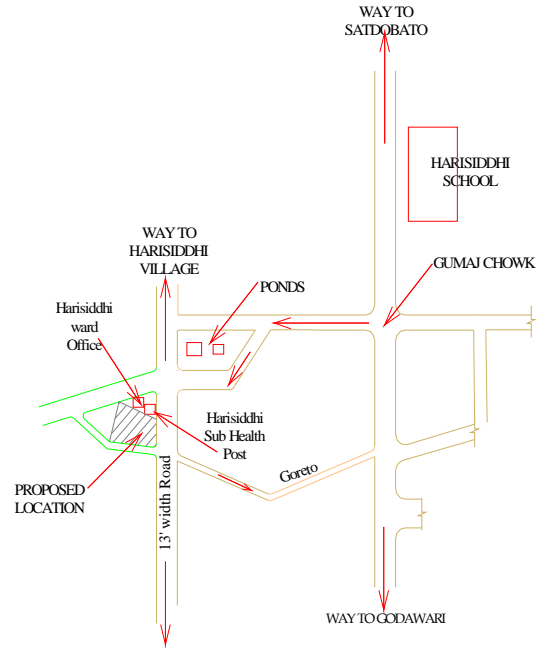


Figure 1: Location for mobile houses in Harisiddhi village. coverage of the mobile house is 9 x 12 feet and height at centre is 8 feet.

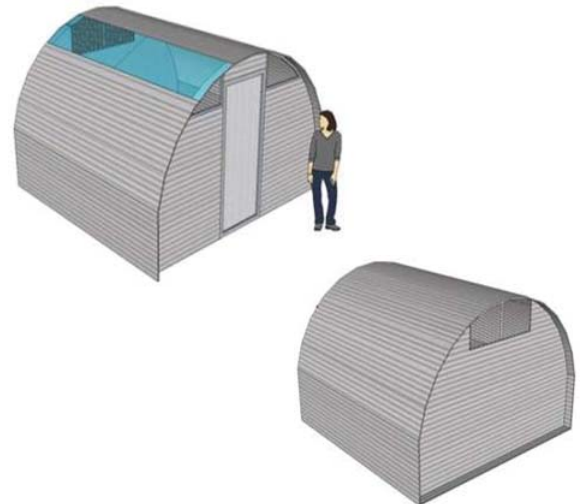


Figure 2: Design of mobile house (floor area: 9 x 12 feet, height at centre 8 feet)

Salient features of the mobile house:

- designed to be strong and long lasting (estimated to be over 8 years) as it is made of all metal (square pipes and CGI sheets)
- includes a shelf inside for storing luggage and other items
- can also be padlocked - this is important for farmers who are normally in the field during day time
- wholehouse can be lifted and shifted to a new location without dismantling
- house can be dissembled and reassembled with ease, hence for long term storage and transporting it to other locations or villages is relatively easy.



PHOTOS



Signing of the first Memorandum of Understanding



Participants at 2nd handover event of mobile houses



Assembling mobile houses



Handing over of mobile house (2nd phase)



Earthquake victim receiving certificate of mobile house (1st phase)



Peeking inside a mobile house

*We wish
all the best
to*

Rotary Club of Yala
*on the occasion of its
19th Anniversary*

**Shree Laxmi Mahalaxmi
Kastha Udhog**

श्री लक्ष्मी महालक्ष्मी काष्ठ उद्योग

ल.पु. सातदोबाटो, गोदावरी चोक, ललितपुर
फोन: ५५४३८८४ ५५४२३०७०
फ्याक्स: ९७७-९-५५४३८८३



We wish all the best to
ROTARY CLUB OF YALA
on the occasion of its
19th Anniversary

MIRACLE TECHNOLOGY

Phone no.: 2298410
Teku, Kathmandu.



Strategic Planning Worksheet Of RC Yala

For 2014 – 2017

The worksheet has been completed to create strategic plan of RC Yala during the Club Assembly held on 6th June 2015 with the participation of Rotarians, Anns Rotaractors in presence of AG of Zone 11 Ram Pd Bhandari

1. Where are we now?

In terms of Club strengths (internal)

- Good partners in service (Rotaract)
- Very active Anns and Rotaracts
- Homogeneity of members in terms of culture, language and ethnicity
- Diverse skills and experiences of members
- Good Image of RC Yala
- Strong representation of Members in district leadership (in key positions)
- Excellent Family values and relationship
- Focused on Community Needs and Cultural heritage
- Good International relations
- Good relation with District
- Good Fellowship (Glee Club)
- Good Management
- Proactive and good team work
- Rotary Encyclopedia exists in club
- Media expert is member of club
- Involvement in wide range of service projects
- In house points available to make members PHF with little contributions

In terms of Club weaknesses (internal)

- Members cannot afford time (limited members are active)
- Poor attendance (only 50%)
- Individual capacity not fully exploited
- Inadequate engagement of partners in service in Rotary activities
- Poor documentation
- Language barrier to attract new members
- Members are not updated with Rotary information and knowledge
- Members not visiting other clubs
- Limited Flagship Project
- Less communication with partners
- No Rotary Calendar for the year
- Inadequate Global Grant Proposals
- Weak Coordination with Rotaract and Interact Clubs
- Lack of openness of few members
- Prototype fellowship
- Website not updated
- Lack of knowledge on Rotary protocol
- Photography and Journalism classification not filled yet

In terms of Opportunities for the club (external)

- Develop partnership with local bodies and other clubs for service projects
- Access to Global and District grants
- Seek support from District Committees for enhancing Rotary knowledge
- Participate in District and RI events
- Opportunity to host District events
- Contribution to TRF and participate in TRF events
- Provide service to the community
- Hosting District events
- Implement Flagship Project
- Participate in International Rotary Fellowship
- Work with partners in service
- Interaction and partnership with media
- Post Earthquake reconstruction and Rehabilitation

Challenges for the club (forthcoming)

- To have a flagship project and completion with other clubs
- Maintain the prestige and credibility
- Competition with emerging and well functioning clubs (voluntary organizations)_
- Mobilize full potential (economic and intellectual) of members
- Retaining members and bringing women members
- Bringing new members that are from Rotaract, media that are young and female
- Fund Collection for projects
- Motivating members to attend RWM
- Interaction with other international clubs
- Inspiring and exciting talk programs
- Generate contribution to TRF
- Organizing proper venue for Rotaract and Interact
- Maintaining or reducing average age of the members
- Information collection and dissemination



2. Where do we want to be?

Targetdate:30th June 2017

Key characteristics of future state

- Establishing relationship and partnerships with clubs within and outside Kathmandu and to have at least two sister club relations
- Establish and operate strategically focused RC Yala Award of Rs 100,000
- At least four strategically focused vocational awards established (different vocation)
- Membership growth of 10 (at least 3 women) mostly on unfilled classifications particularly from media
- Adopt two villages for over all development (RCC) possibly Chitlang and Lakhure Banjyang
- Implement at least 3 Global Grant project
- Contribute US\$ 15,000 to TRF and participate in all TRF events
- Host at least 5 district events any other District events at earliest opportunity
- Maintain credibility of the Club at top five level in the District
- Participate in all the District events and International events
- At least 20% of members are playing important roles in the District
- RC Yala is well known in the community as one of the popular service organizations (image building and public relation)
- Improve the quality of weekly Bulletin (to be of interest to other Rotarians and non Rotarians)
- Prepare at least 7 proposals on (a) education for children with disabilities (b) cancer prevention and care (c) rainwater harvesting (d) solar system at health center of WASH (e) disaster preparedness and earthquake training (f) support old age home (g) scholarship and (h) E/Q reconstruction and rehabilitation
- Built upon the strengths, cash the opportunities, minimize weaknesses and face the challenges
- Establish RC YALA Endowment Fund
- Effective E/Q disaster response and rehabilitation programme
- 100% PHF club
- Outstanding members on Rotary information and knowledge
- RC Yala will have its own building

Vision statement: The following vision statement has ben proposed by consensus to accommodate key future characteristics

Establish RC Yala as one of the vibrant club in the RI District 3292 engaging actively with due balance on the four pillars of a successful Rotary Club i.e. membership growth and retention, successful service projects, contribution to TRF and leadership beyond club for the improvement of the quality of life of its community within the framework of the Moto of Rotary "Service Above Self " in collaboration with its partners in service, Anns, District Committees and the communities

3. How do we get there?

To reach our vision, the following goals have been proposed for the year 2015/16 under each standing committees. The proposed goals fall under the strategic priorities of RI namely (a) Support and Strengthen Clubs (b) Focus and Increase Humanitarian Service And (c) Enhance Public Image and Awareness

- Club Administration Committee**
- Review and revise club bylaws
 - Publish weekly club bulleting in hard and soft copies
 - Celebrate joint birthdays of Rotarians and Ann’s 3 times a year
 - Organize one picnic
 - Oraganise joint interaction and meeting with clubs, Ann’s and Rotaracts
 - Establish sister relation with at least two clubs
 - Update and upload website
 - Achieve 70% attendance
 - Encourage members to participate in district events (at least 50% members) and host at least two district events
 - Recognize makeups
 - Train members on use of RI website
 - Review and revise club dues

- Membership Committee**
- Conduct classification survey and update classification roster
 - Participate in district membership seminar
 - Induct 8 new members (5 male and 2 female). Nominate a photographer
 - Oraganise Rotarian non Rotarian interaction
 - Orientation for new members and oraganise continued education
 - Achieve 90% retention
 - Assign mentors for new members
 - 6 Membership committee meetings



Service Project Committee

- Scholarships for school going E/Q victims
- One blood donation camp
- 5 WASH projects
- 2 Cancer awareness and test camps
- Supporting elderly women at least 50
- Supporting at least 5 birthing center
- Organize one each vision, diabetes and oral test camp
- Support at least 5 schools with required facilities
- Organise at least on tree plantation event
- Apply for three GG projects on (a) cancer programme (b) Rabbis and (c) school support focusing post E/Q need

The Rotary Foundation Committee

- Contribution to RI foundation-\$6500 from Rotarians and Anns
- Achieve 100% contribution club
- Coordinate with club service project committee to develop proposals and apply for GG projects (with preference to disaster response for health and education and WASH)
- Monitor ongoing GG project
- Orient members about TRF to motivate contributions
- Host at least one TRF event of the district
- Add one Paul Harish Society member

Public Relation Committee

- Organize RC Yala Award together with felicitation of non Rotarians in the community
- Organise at least one media orientation to sensitize print and electronic media (sharing activities and field visits)
- Visible participation at least in two municipal events
- Regular website maintenance and updates
- Inducting a member from media
- Organize at least one family based product exhibition, cultural programme and culture tour
- Invite media in the events of RC Yala
- Print/produce materials that highlights image and identity of Rotary in the community

4. How are we doing?

To monitor our progress, following steps will be taken.

Prepare Annual Plan that helps to achieve annual goals, with avenue-wise activities, time-line and assigned responsibilities based on above goals and actions

Monitoring and Evaluation:(a) Form a Strategic Planning Committee (b) Organize 12 Board meetings, 6 club assemblies, 52 RWMs and at least four Standing committee meetings and (c)Organize review and planning annually

Signatories:

President Elect: Rtn. Sushil Bajracharya

President Nominee: Rtn. Deepak Kumar Shrestha

*We wish
all the best
to
Rotary Club of Yala
on the occasion of its
19th Anniversary*

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Cell: 9851012613



We wish all the best to
ROTARY CLUB OF YALA
on the occasion of its
19th Anniversary

iTech Office Support

Cell no.: 9851010409
Balkhu, Kathmandu.

महाभूकम्प र प्राविधिक पक्ष



रोटेरियन ई. सुरेन्द्रगोविन्द जोशी

प्रत्येक शनिश्चरवार विहान ८ वजे तिर बाल्यवस्थाका विद्यालयका साथिहरुसंग मंगलबजार लायकू दर्वारमुनी भेटी भलाकुसारी गर्दथ्यौं । कुराकानी बागमतिको भेल जस्तो कहिले सम्य कहीले असम्य विना तुजुगको गरमा गरम बहस पनि हुन्थयो । जे भए पनि जीवनको उत्तरार्धको ११२ घण्टा समय रमाइलै वित्थ्यो । सधैंभैं गएको बैशाख १२ गते शनिश्चरवार पनि हतार हतार कृष्ण मन्दिरको परिसरमा पुगियो । ४ जना साथिहरु बिच शुरु भयो भलाकुसारी ।



मंगलबजार लायकू दर्वार

कुरो निस्क्रयो, तयारी भईरहेका मंगलबजारको दक्षिणमा र हेको मन्दिर, भाई देगःको पूननिर्माणको विषय । उक्त मन्दिर भगिरथ भैया भन्ने भारदारले बनाएको थियो रे । भार दारलाई उसवेला नेपाल भाषामा भारो भन्ने चलन रहेछ । उनी तत्कालिन राजाका एक प्रभावशाली भारदार थिए र कुनै किसिमका उर्दि जाहेर गर्ने विषेश अधिकार समेत पाएका थिए रे । उनका भारो वंश हाल पूर्णचण्डि वरपरका मूल्मी समुदाय हुन सक्ने समेत कुरा उठे । विदम्बना १९९० सालको भूकम्पमा पूर्ण क्षति भएको उक्त मन्दिर पूर्ण रुपमा पूननिर्माण भएन । अनि बहस चल्थ्यो, तत्कालिन राणा शासकले भूकम्पवाट पूर्ण क्षति भएका पाटनका धेरै ठुला ठुला मन्दिरहरु तालतुले पूननिर्माण गरे, जस्तै भाइ देगः मन्दिर, अहिलेको डिएसपी कार्यालयसंगैको महादेव मन्दिर र दक्षिणपट्टीको मन्दिर, पानपसल माथिको मन्दिर, अनि स्वथः नारायण अगाडिको नारायण मन्दिर र कोवाहालको कृष्ण मन्दिर । हुंगाका शिखरशैलीका र पगोडाशैलीका मन्दिर हरुलाई मुस्लिम

शैलीका गुम्बज मन्दिर बनाए । अरु पनि कति हाम्रा सांस्कृतिक धरोहरहरु विरुप भए होलान, मासिए होलान । कसैले कुरा गासे, अवका दिनमा लायकू दर्वारका सबै संरचनाहरु १९९० पूर्वका स्थितिमा ल्याउन सके कति सुन्दर होला ?



भाई देगः

अब के चाहियो गफ हाकियो १९९० सालको भूकम्पतर्फ । ४ जना साथिहरु मध्ये कोही पनि २००० साल अगाडि जन्मेका थिएन । सबैले वाजे बज्यै बाबु आमावाट सुनी आएका वृतान्त पोखे । त्यसवेला तलेजु, च्यासि देगः र अरु थुप्रै मन्दिरहरु पूर्ण रुपमा भत्केका थिए रे । काठमाडौं उपत्यकामा ठुलो धनजनको क्षेति भयो रे । आफना आफन्तहरुको कुन अवस्थामा वचे र कुनै कुन अवस्थामा धरापमा परे भन्ने कुराहरु राखे । धेरै घरहरु भत्के रे । महाभूकम्प पछि पनि एक महिना सम्म पनि पराकम्पनहरु आइनेरहे रे । ८० देखि १०० वर्षमा आउने महाभूकम्प अब कहिले आउने होला । फेरी त्यस्तै भूकम्प आयो भने के बाकि रहने होला आदि इत्यादि कुराहरु उठे ।

त्यो विहानी भूकम्प बाहेक अरु कुनै विषय गफ भएन । १० वजे तिर सबै घरतिर लागे । म पनि बजारवाट केही सामान लिइ मानभवन मार्ग हाने । घरमा माहिली छोरी र नातिनी आएको रहेछ । एकछिन नातिनीसंग जिस्किएं । अनि ११ वजेतिर परिवार ५ जनासंगै विहानको खाना खाइयो । एक छिन फेसबुक र समाचार हेर्न कम्प्यूटरमा बसे । त्यतिकैमा माहिला जुवाइ घरमा आए र भान्छामा गफिन पुगे । म पनि



आफनो चारपांग्रे निकाली हरिसिद्धिमा निर्माण भइरहेको आफनो घरको हेरविचार गर्न त्यतातर्फ सुइकें । घरको ५ चौ तल्लामा प्लास्टर चलिरहेको थियो भने ६ थौं तल्लामा गाह्रो निर्माण भइरहेको थियो । ८ जना ज्यामीहरु कार्यरत थिए । स्वां स्वां गर्दै ५ चौं तल्ला पुगेपछि प्लास्टरको काम हेरें । एउटा कुनामा प्लास्टर बांगो भएको रहेछ । मधेशे ठेकेदारलाई देखाएपछि उनले ठिक गर्दिन्छु भने । अनि अधि सरें छैठौं तल्लाको लागि ।

४।५ पाइला के अगाडि सारेको थिए जीउ हल्लियो । सम्पूर्ण घर घररर गयो । ज्यामीहरु सबै ठुलो हल्ला गरेर आए, भूकम्प.....भूकम्प भनेर.....। त्यसपछि एक पाइला पनि अगाडि सार्न सकिएन । खुट्टा फटाएर संगैको पिलार समातेर बसें । कहिले नसुनेका आवाजहरु सुनियो । घर भत्केको अनि चारैतिर ग्यांगु गुरुंग आवाज हुनुको साथै घर बांस हल्लिए जस्तै भए । अहिले रुक्ला कि तहिले रुक्ला आस गर्दै थिए । बाहिर कोलाहल मचिरहेको थियो । रोइ कराइको आवाज पनि आइ रहेको थियो । १ मिनेट सम्म हल्लिएको हल्ल्यै । तर बाहिर देखिएसम्म कुनै घर पूर्ण रुपमा भत्केको देखिएन । एउटा आत्मा विश्वास जागिराखेको थियो संगैका अरु कमजोर डिजाइनका घरहरु नढलिकन मेरो घर ढल्ने छैन । विचमा मानभवनमा परिवार पनि सम्भ्र रहेथें । तर ५ जना घरमा छोडि आएकोले केही धाडस पनि भइरहेको थियो । बल्ल तल्ल भूकम्प रोकियो । घरका केही गाह्रोहरु खसे र केही चिरा परे । सबै जनमानस घर बाहिर निस्के । कोही डरले कामी रहेका थिए भने कोही रोइरहेका थिए । धेरैले एक आपसमा धाडस दिदै थिए । त्यसपछि पनि पराकम्पन आइर हेका थिए । घरमा फोन गर्न धेरै प्रयास गरियो कसैलाइ फोन पनि लागेन । एकछिन पछि छोरीबाट सबै सकुसल भएको एसएमएस पाएपछि मन अलि शान्त भयो । बिहान गरेको भूकम्पको गफ याद आयो । के थाहा बिहान ९ बजेतिर चारजनाको दिमागमा उठेका महाभूकम्प ती कुराहरु दिउसो १२ बजे प्रत्यक्ष भोग्नु पर्ला भनेर ।



चार नारायण मन्दिरको अवशेष, मंगलबजार लायकू

केहीबेर बाहिर खुल्ला ठाउमा बसे पछि मानभवन घर तिर लागें । घरमा सबै कुसल पाए । अनि साथि भाइ आफन्तको

हालखबर बुझ्न जुटें । सबैको कुसल मंगलको खबर पाउदा मन हल्का हुनै भयो । अनि मंगलबजार लायकूका हाम्रा सांस्कृतिक संपदाहरुमा क्षेति पुग्नुका साथै २ जनाले ज्यान गुमाएको कुराले मन खिन्न तुल्यायो । भूकम्पको पराकम्पनको प्रभावबाट सुरक्षित हुन धेरै जसो जनमानस खुल्ला ठाउंहरुमा अस्थाइ सिविरमा बस्न थाले । ३४ दिन सम्म सर्वसाधारण अतिनै त्रसित वातावरणमा रहे । तत्पश्चात सरकारबाट नगर तथा गाउका वडाहरुमा भूकम्प प्रभावित घरहरु आवास योग्य भए नभएको मुल्यांकन गर्न निर्देशन दिए । यही संदर्भमा म पनि लपुउमनपा वडा नं १६ नागरीक मंचको संयोजक हैसियतले र भवन सम्बन्धि आफ्नो प्राविधिक ज्ञानको कारण वडा नं १६ सहित काठमाडौंका ६५० जति घरहरु निरक्षण गर्ने मौका पाए ।



सुरक्षित अस्थायी बसोबास

प्राविधिक दृष्टिकोणले यसपल्ट पूर्ण क्षति भएका आवसीय भवनहरु ५ प्रमुख कारणबाट प्रभावित भएको देखिन्छ ।

१. जीर्न अवस्थाका माटोको जोडाइका घरहरु धेरै भत्केका र वस्नै नहुने अवस्थामा छन् । यी घरहरु ४० देखि सयौं वर्ष पुराना छन् । काठमाडौं र अरु घना वस्ति भएका सांखु जस्ता पुराना शहरहरुमा जीर्न घरहरुको कारण धेरै मानवीय क्षेति पनि भएका छन् ।



जीर्न पुराना घरहरुमा भूकम्पको प्रभाव

२. अनि अर्को पूर्ण क्षेतिको कारण हो कमजोर डिजाइन, भार अनुसारको थेग ९कतचगअतगचभ० नहुनु वा थेग भन्दा बढि



भार व्यहोर्नु र भूकम्पको लागि असन्तुलित थेग हो । उचित विप्लेशन विना तल्ला थपै जानु, भारको कुनै विप्लेशन विना कम साइजको थेगको निर्माण गर्नु, अर्थात पिलर र विमको साइज तथा डण्डीको व्यवस्था भार अनुसार नहुनु । त्यस्तै जगको साइज र किसिम माटोको भारवहन क्षमता अनुसार निर्माण नगर्नु, अनि थेगहरुको जोर्निमा राम्रो पकड नहुनु आदि ।



कमजोर थेगको कारण ढलेको घर

३. तेस्रो क्षेत्रिको कारण निर्माण पक्षमा हेलचेकाइ तथा कमजोर कार्यहुनु अथवा स्पेसिफिकेशन अनुसार निर्माण कार्य नहुनु हो । बजारमा विभिन्न किसिमका कमसल निर्माण सामग्री पनि उपलब्ध छन् । तिनका गुणस्तर कुनै प्रयोगशालाको परिक्षण विना यकीन गर्न मुस्किल हुन्छ । त्यस्तै कार्यगत कुरामा पनि धेरै हेल चेकाइ हुन सक्छ, जस्तै सिमेन्ट बालुवा गिट्टि राम्रोसंग नमिसाउनु, ढलान मिसाउदा पानी बढी हाल्नु, डण्डिहरु राम्रो संग नजोडनु, पिलर र विममा चाहिने जति रिंग नबांधनु, गाढो बनाउदा जोर्नीहरु सही ढंगमा नहुन, इटा नभिजाउनु, ढलान पछि चाहिने जति पानी नदिनु आदि । कामदार राम्रो भएन र सुपरिवेक्षण पनि कम भयो भने निर्माण पक्ष धेरै नै कमजोर हुन जान्छ । यस्तो कारणबाट पनि यसपाली धेरै घरहरु क्षेत्रिग्रस्त भएका छन् ।



संभावित निर्माण व्यवस्थापनमा कमजोरी

४. चौथो कारण जगमुनीको माटो र भूमिगत पानी को अवस्था हो । बालुवा मिसिएको कमसल माटोमा भूमिगत पानी भएको अवस्थामा भूकम्पमा घर हल्लिंदा माटो सबै भोल पदार्थमा परिणत हुन्छ जसलाई लिक्विफिकेशन भनिन्छ । यस्तो अवस्थामा घरहरु जमिन मुनी धस्ने वा ढल्किने हुन्छ । यसपाली नदि छेउका भवनहरु यसरी प्रभावित भएका देखिन्छन । त्यस्तै जगको माटो एकै किसिम नभइ ठाउ ठाउमा फरक भएमा घरहरु ढल्किने हुन्छ । अनि कमजोर मलिलो माटोमा भूकम्पबाट घर हल्लिंदा घरहरु जमिनमा धस्ने हुन्छन् । यस्तो माटो भएको ठाउमा हालसालै बनाइएका घरहरु भूकम्पबाट धेरै प्रभावित भएका छन् ।

*We wish
all the best
to
Rotary Club of Yala
on the occasion of its
19th Anniversary*

**Pure
NATURAL
Honey
Original
Taste**



- ❖ Have honey day, stay healthy.
- ❖ Honey is good for the people all age.
- ❖ Regular taking of honey improves your memory power.
- ❖ Taking honey with hot water in winter warms you up quickly.
- ❖ Taking honey with the lemon water regularly helps you loose your weight.
- ❖ When you take tea, coffee, milk or any other soft drinks you better use honey instead of sugar for your health.



N. STONE BEE CONCERN
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संभावित लिक्विफिकेशनबाट प्रभावित

५. २०० मीटर भन्दा बढि गहिरो भौगर्भिक अवस्था पांचौ कारण हो । जमिन सतह भन्दा धेरै गहराइमा विभिन्न मोटाइमा चट्टानका सतहहरु हुन्छन् । यी सतहहरु समथल, नागवेनी, या ढल्केको रुपमा हुन्छन् । त्यसमा थप यिनीहरु ठाउ ठाउमा अलि चिरा परेका वा धेरै तुका तुकी परेका पनि हुन सक्छन । कुनै वस्ती चिरा नभएको चट्टान माथि छ भने भूकम्पको क्षेत्रीय प्रभाव कम हुन्छ । चिरा चिरा परेको चट्टान माथि धेरै क्षेति हुन्छ भने चिरा माथिनै पर्ने भवनको भने कुनै भविष्यनै हुदैन ।



संभावित २०० मीटर भन्दा बढि गहिरो भौगर्भिक अवस्थाको कारण

अब प्रश्न उठछ, भूकम्पीय दृष्टिले सुरक्षित घर कस्तो र कहाँ बनाउनु पर्ला । भूकम्पबाट नभत्किने भवन निर्माण गर्न सकिन्छ, तर भूकम्पीय प्रभाव हीन अथवा जुनसुकै अवस्थामा पनि केही नहुने घर निर्माण गर्न सकिदैन । माथि उल्लेख गरिएको पांचौ अवस्थामा जस्तोसुकै भवन भएपनि भूकम्प प्रभाव हीन हुन सक्दैन । त्यस्तै चौथो अवस्थामा भवन निर्माण संभव भए पनि भूकम्प प्रतिरोधको लागि धेरै आर्थिक भार व्यहोर्नु पर्ने हुन्छ । जुन आर्थिक दृष्टिकोणमा संभाव्य नहुन सक्छ । साधारणतया दोस्रो र तेस्रो अवस्थामा मात्र निर्माण व्यवस्थापनमा उचित ध्यान दिन सके बढि सुरक्षित हुन सकिन्छ । उल्लेखित प्रथम अवस्था भनेको आर्थिक कारणवस बाध्यताको अवस्था हो । यस्तो अवस्थामा सुरक्षित स्थान खोज्नु वा सूरक्षाका अरु उपाय अपनाउनु भन्दा अरु विकल्प देखिदैन । प्रतिरोधक अथवा विना क्षतिको घर निर्माण हुनु भन्दा भूकम्पबाट हुने प्रभावबाट जिउ ज्यान सुरक्षित हुने किसिमको संरचनाको निर्माण हुन आवश्यक हुन्छ । जनमानसको सुरक्षित अवस्था र मितव्ययी निर्माण

व्यवस्थापनमा सरकारी निकायहरुको भूमिका अहम हुन्छ । जनस्तरमा नहुने कार्यहरु जस्तै: भूउपयोग योजना, लिक्विफिकेशन हुन सक्ने क्षेत्रको पहिचान, तथा भूकम्पीय जोखिमयुक्त भौगर्भिक क्षेत्रको पहिचान र सिमाङ्कन तथा तत् सम्बन्धित विवरण सरकारि क्षेत्रबाट सुलभ तरिकाले उपलब्ध गर्न सकिने हुनु पर्दछ । अनि बाध्यतावस जीर्न घर मा वसीरहेकाहरुलाई सरकारबाट उचित आवास व्यवस्थाको कार्यक्रम ल्याउन अति आवश्यक भएको छ ।



सुरक्षित घर निर्माण गर्नु होस् र भूकम्पबाट सुरक्षित हुनु होस् १११

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क्यान्सर रोग सम्बन्धी जनचेतना

- भवानी श्रेष्ठ

क्यान्सर बिभिन्न नसर्ने रोग मध्ये एक हो। यो रोग भएपछि निकोपानं गाह्रो हुन्छ। यो रोगको लक्षण समयमै थाहा नहुदा बिरामी डाक्टरकोमा पुग्दा ढीलो भै सकेको हुन्छ र त्यतिबेला यो रोगको उपचारबाट समेत निको हुन नसक्ने अवस्था हुन्छ। यसतो अवस्थामा बिरामीलेपनि औधि दुःख पाउँछ र धनको पनि नोक्सान हुन्छ।

क्यान्सर रोगले उमेर, लिंग जात केही भन्दैन। बच्चा, बृद्ध, युवा जुनसुकै उमेरकोलाई पनि यो रोग लाग्न सक्छ। महिलाहरूमा विशेष गरेर स्तन तथा पाठेघरको मुखको क्यान्सर बढी भएको पाइन्छ। महिलाहरूमा हुने यी दुई प्रकारका क्यान्सरहरूको समयमै निदान भएमा यसबाट बच्न सक्ने संभावना धेरै हुन्छ। अतः महिलाहरूमा यस सम्बन्धमा जनचेतना जगाउनु अति आवश्यक छ।

स्तनको क्यान्सर

बिज्ञहरूका अनुसार स्तनको क्यान्सरको लक्षणमा पहिले स्तनमा गिर्खाहरू देखापर्छ। कहिलेकाहिं स्तनको वरिपरिको छाला परिवर्तन भै चाउरी पर्ने हुन्छ। स्तनको मुन्टोबाट फोहर वा रगत निस्कनु वा स्तनको मुन्टो गाडीनु आदि स्तनको क्यान्सरका लक्षण हुन सक्छन्।

पाठेघरको मुखको क्यान्सर

महिलाहरूको गुप्ताङ्गबाट गन्हाउने फोहोर पानी बग्ने, महिनावारी बन्द भैसकेका महिलाहरूमा पुनः रगत देखा पर्नु, महिनावारी अनियमित हुनु, यौन सम्पर्क पछि रगत देखा पर्नु आदि पाठेघरको मुखको क्यान्सरका लक्षण मानिन्छ।

माथी उल्लेख गरे जस्तै यी रोगहरूबाट बच्न नियमित जाँच तथा यस बिषयमा समयमै सतर्कता अपनाउनु पर्छ भन्ने ज्ञान

हुनु अति आवश्यक छ। अतः यस बिषयमा व्यापक रूपमा जनचेतना जगाउने कार्यक्रमको आयोजना गर्नुपर्छ भन्ने कर्तव्यबोधका साथ रोटरी क्लब यलका महिला समुहले बिगत ९ वर्षदेखि बिभिन्न जनचेतनामूलक कार्यक्रम तथा क्यान्सर रोग सम्बन्धी स्त्रीनिङ्गको कार्यक्रमको आयोजना गर्दै आएको छ।

रोटरी क्लब यल महिला समुहको जनचेतनामूलक कार्यक्रम

नेपालमा भएका रोटरी क्लबहरूमध्ये महिलाहरू तथा रोटरीयनहरूका परिवारको बिभिन्न कार्यक्रमहरूमा सर्वाधिक संलग्नता रहने क्लबमा रोटरी क्लब यल अग्रपंक्तीमा आउँछ भन्दा अत्युक्ती नहोला। आफ्नो ब्यक्तिगत स्वार्थभन्दा माथी उठेर सेवा गर्नुपर्छ भन्ने रोटरीको पवित्र उद्देश्यलाई आत्मसात गर्दै रोटरीयनहरूले गर्ने सेवा कार्यमा परिवारका सदस्यहरूको पनि सक्रिय साथ रहेको छ। महिलाहरूले पनि केही ठोस कार्य गर्नुपर्छ भन्ने भावनाबाट अभिप्रेरित महिलाहरूले सानातिना कामहरू त गरिआएकै भएतापनि ठोस काम गर्न अर्थको ब्यबस्था कहाँबाट गर्ने भन्ने समस्या त थियो नै।

सन २००४ मा जापानको ओसाकामा भएको रोटरी इन्टर नेशनलको कन्भेन्सनमा भाग लिने क्रममा ओसाका जाँदा यल क्लबका हितैसी मित्र ओसाका सेन्ट्रल रोटरी क्लबका सदस्य हिसाओ तानाकाज्यूले हामीलाई त्यहाँ एउटा संस्था (नाम याद भएन) मा लिएर जानुभएको थियो। त्यहाँ दिजूसोको खाजाको ब्यबस्था महिलाहरूले गर्ने र खाजा बनाए वापत संस्थाको सदस्यहरूले तिरेको पैसा महिलाहरूले आफै नलिई सामाजिक कार्यमा खर्च गर्ने गरेको थाहा पायौं। यसै कुराबाट अभिप्रेरित भएर रोटरी क्लब अफ यलका महिलाहरूले पनि क्लबको विशेष कार्यक्रमहरू हुँदा त्यसरीनै खाना ख्वाउने र त्यसवापत



पाएको पैसाबाट क्यान्सर सम्बन्धी जनचेतना जगाउने कार्यमा खर्च गर्ने शुभ कार्यको थालनी भयो ।

हालसम्म रोटरी क्लब यलका महिला समुहको सक्रियतामा नेपाल अर्बुद रोग निवारण संस्था, भक्तपुर क्यान्सर अस्पताल, नेशनल क्यान्सर हस्पिटल, रिसर्च सेन्टर, नेपाल क्यान्सर केयर फाउण्डेशन तथा नेपाल क्यान्सर हस्पिटल लगायत विभिन्न संघसंस्था तथा विशेषज्ञहरूको सहयोग समेतबाट काठमाण्डौ उपत्यकाका विभिन्न बिद्यालय, बिहारहरू, टोल छिमेक तथा गाउँहरू तथा काठमाण्डौ बाहिर अन्य जिल्लाहरूमा समेत गरी ५० भन्दा बढी विभिन्न चेतनामूलक कार्यक्रमहरू संचालन गरीसकिएको छ । चेतनामूलक कार्यक्रम लगतै क्यान्सर स्क्रिनिङ्ग कार्य, बिशेष गरी पाठेघरको मुखको क्यान्सर भए नभएको तथा लाग्न सक्ने सम्भावनाको समयमै निदान गर्न प्यापस्मेयर् टेष्ट लगायत हाल आएर कोल्पोस्कोपी तथा VIA Test समेत गरी ३५ भन्दा बढी क्याम्पको समेत आयोजना भै सकेको छ । यसरी संचालन भएका कार्यक्रमहरूमा ५० देखि ३५० जना सम्मको सहभागीताभएको सुखद अनुभव रहेको छ ।

क्यान्सर सम्बन्धी जनचेतना जगाउने कार्यमा महिलाहरू एकसुर ले दत्तचित्त भै लागेको, यसले देखाएको सकारात्मक नतिजाहरू तथा यस कार्यक्रम प्रति स्थानीय समुदायहरूले देखाएको चासो समेतका कारण रोटरीयनहरूले समेत अझ बढी हौसला तथा सहयोग प्रदान गरेको छ । साथसाथै यल क्लबका देश बिदेशका, बिशेष गरी जापानको फुकुओकाका, भगीनी सम्बन्ध भएका क्लबहरूको समेत सहयोग प्राप्त हुन थालेको छ । यसले राम्रो



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*We wish
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to
Rotary Club of Yala
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