

Rotary Opens Opportunities

ROTARY INTERNATIONAL DISTRICT 3292 NEPAL-BHUTAN

ROTARY CLUB OF YALA

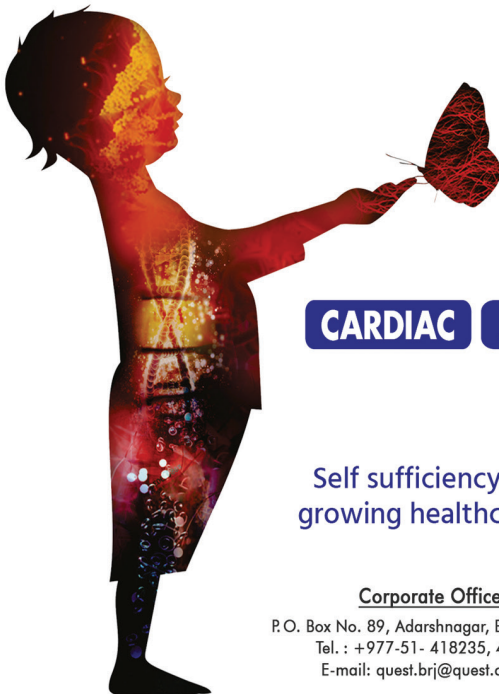
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Souvenir 24th Anniversary 2020/21



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FOUNDER OF ROTARY



Paul P. Harris
1869-1947

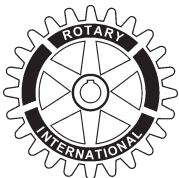
Paul Harris, the father of Rotary Movement was born on April 19, 1868. When he passed away on January 27, 1947, he left behind for mankind a rich legacy of fellowship and brotherhood for international understanding and service to humanity. Today, the seed he sowed in 1905, has blossomed into a large tree having more than 1.2 million members from more than 34,000 clubs in 200 countries.

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ROTARY INTERNATIONAL
RI DISTRICT 3292



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13 June 2020

Rotarian Subhakar Baidya

Dear Rotary Club of Yala Officer,

I congratulate you on your installation as a club officer for 2020-21.

I hope the upcoming year will be challenging, yet fulfilling. Your leadership team will collaborate to build a strong, engaged club dedicated to strengthening your community, both locally and globally. You will use your years of experience as a Rotarian and as a leader to provide inspiration, motivation, and guidance as we work together to achieve our goals for Rotary.

Use this opportunity to grow your membership, to work closely with Rotaractors, and to continue to improve our virtual meeting skills. Now is the time for change in Rotary to meet the world's challenges.

In Rotary, we are not afraid to confront some of the world's most critical and widespread humanitarian issues. When we vaccinate an infant against polio, teach a young adult how to read, or bring water to a village by building a well, we are creating a better world for future generations. We serve the global community, and we're just getting started.

It is honor to work beside you as we guide our fellow Rotarians to another successful year. I am relying on you as *Rotary Opens Opportunities* in 2020-21.

Sincerely,

Holger Knaack
President,
Rotary International 2020-21



Message from District Governor 2020-21



My Dear Fellow Rotarians,

Greetings to you all.

Let me congratulate you for taking the responsibility of the leadership of your club. Rotary club's leadership is something which is most enjoyable. Along with fun it is very important that we understand our responsibilities and work hard to achieve our goals.

We are passing through a very unprecedented time. Something we have never witnessed in our whole life. The suffering and the threat that many are facing are at times unbearable. But as they say "when the going gets tough the tough get going" we Rotarians are also tough people and we also need to get going to help and assist people who are in difficulty during this time of pandemic. As this pandemic is going to remain here for a long time I think each club should identify the people, the community where our help is required the most and move ahead to assist them. In doing so we also need to make sure that we keep the virus at bay from ourselves and our family.

The Rotary year 2020/21 is going to be a very different year for all of us. Lot of Rotary programmes are going to be on virtual platform. During the challenging times we have to do challenging things and the most challenging task will be for the clubs to have

their regular weekly meetings. I know these meetings cannot be in person but we can always stay in touch with our club friends through virtual meetings. These virtual meetings will certainly help members to be engaged with Rotary.

Doing service projects will be another challenge. But this also should not be very difficult as we can plan our projects now and implement them once things become normal which I know will happen very soon.

Rotary Club of Yala is a club which has been doing great work in our District and expectation from this club is very high. I urge each member of this club to adopt to the new environment during this crisis and take advantage of the new opportunities. Our RI President Rtn. Holgar Knaack has given us the theme "Rotary Opens Opportunities" and we all know it certainly does. So let us all "Trailblazers" get together to open this opportunity with the mindset of "Together We Can."

I wish each and everyone of you a very enjoyable Rotary Year 2020/21.

Jai Rotary.
Rajib Pokhrel
DG 2020/21
Nepal/Bhutan.



ROTARY INTERNATIONAL
RI DISTRICT 3292

Santosh Rijal
DGE 2020-21



Message from DGE 2020-21

Dear President Subhakar,

Congratulations on your Presidency 2020 – 2021. I am confident you will bring to the Club the same level of energy and creativity as your predecessors. To represent such a great Club with committed and hardworking Members is indeed an honor and I wish you well in this exciting new position.

This also offers you a wonderful opportunity to reflect upon the history of this great Club and the important contributions it has made to the Community. As you mark the beginning of 25th year of service, you have every reason to be proud of the Club's past and excited about its future. I am certain that Yala will continue its service to humanity and endure to engage successfully with the community for years to come.

However, today an even more visible global 'Covid19 pandemic' challenge lies on our path of 'of doing good' impacting our daily lives at all levels. The common goal and vision shared by all to defeat this 'pandemic' will be a test of our lifetime. While we combat this 'pandemic' on all fronts, Rotary's dedication to improving the overall health and wellbeing of all people will not be compromised. It is

during such 'trying times' that Rotary initiatives have brought great relief to mankind in the past. The rightly placed theme for 2020 - 2021 'Rotary opens opportunities' inspires us to serve further and encourages us to do what we do best, 'service above self'.

Your Club possesses the leadership skills and a passion to make a difference and you are ideally placed to show your abilities to respond to all the challenges. While you enjoy the trust and confidence of your Members, I am sure you will provide strong leadership and direction.

I wish you great success with your new responsibilities. Good luck and best wishes.

Yours In Rotary

Santosh Rijal
DGE 2020 - 21



Message from DGN 2020-21



Rtn. SaritaShrestha
President 2019-2020

Rtn. Subhakar Baidya
President 2020-2021
Rotary Club of Yala

Dear Friends

My best wishes and hearty congratulations on 24th Charter Day Celebration of Rotary Club of Yala, and the beginning of 25th year of glorious service to the community. It is indeed a great achievement of your club and cause for a celebration.

The world at present is going through COVID-19 Pandemic. Rotary International, our District 3292 and Rotary Clubs are doing its best by providing its services to communities by humanitarian services, and working in partnership with the Government and Local Authorities to serve the communities at this time of global crisis, which is the true spirit of Rotary "Serving the Community". I also had the opportunity of working earlier with your club, one of the premier clubs of our district, as Assistant Governor. I am

confident of your support to the society in helping the community at this time of crisis.

Once again my best wishes and congratulations on your club's silver jubilee year and wishing you the very best in the year 2020-2021 and years to come. I look forward to your club's support and working closely with your club in the Rotary Year 2022-2023.

Rtn. Jitendra B. Rajbhandary
District Governor 2022-2023



ROTARY INTERNATIONAL
RI DISTRICT 3292

Anil Shrestha
Assistant Governor, Zone 12
2020-21



Message from AG 2020-21

Dear Club President Rtn Subhakar Baidya,

The Rotary year officially begins on July 1st every year with new aspirations and new dreams. On this outset, I express my happiness for the wonderful opportunity that you have received to lead one of vibrant Rotary club in our Rotary District 3292. Please accept my congratulation and best wishes to you and your team for the successful tenure ahead in Rotary Year 2020-21. I am sure that under you able leadership Rotary Club of Yala will achieve new heights of success maintaining the club legacy. I would also like to take this opportunity to congratulate the outgoing Cub President Rtn Sarita Shrestha and her team for the successfully completing Rotary Year 2019 -20.

To be effective and impactful club, it's important that a club know where it's been, where it's at currently, and where it wants to go. Rotary Club Central helps club to set goals, track progress and identify past and present achievements. Therefore, I highly encourage you and your team for the maximum utilization of Rotary Club Central and Rotary Online resources for upgrading the Rotary knowledge and keep the club progress records.

Rotary clubs everywhere are embracing virtual meetings platforms to keep members engaged and to ensure the club carry on the good work in the community during this lockdown period caused by the COVID-19 pandemic. Despite the challenge, I am glad to

share that our District 3292 have also created milestones by successfully conducting virtual district mandatory trainings such as PETS, DTTS and DTA events. We are all set to go for the next remarkable Rotary year under the able leadership of District Governor Rtn Rajib Pokhrel.

Rotary International theme for 2020-21 is "Rotary Opens Opportunities". Through this wonderful theme, Rotary International President Rtn Holger Knaack is asking all Rotarians to create opportunities that strengthen the leadership, help put service ideas into action, and improve the lives of those in need.

Lastly, I would like to reiterate that I would be more than happy to be working closely with you all for a memorable and remarkable Rotary Year 2020-21.

Yours in Rotary Service,
Rtn. Anil Shrestha
Assistant Governor – Zone XII
Rotary International District 3292 - Nepal and
Bhutan



Message from President 2020-21

I express my sincere gratitude to all fellow Rotarians of Rotary Club of Yala for entrusting me with the role of Club's President for the year 2020-21. Rotary Club of Yala is celebrating its 25th anniversary this year. I feel privileged to have this opportunity to serve our club in this capacity during its Silver Jubilee year.

In Rotary, we connect with people from diversified professions and create solidarity for collective actions to serve communities. Rotary Club of Yala, ever since it was chartered, has been actively engaged in services to the communities by promoting Rotary values within the club and beyond. Our club has the legacy of mutual respect and understanding among the club members, and the culture of giving, whenever we join hands to serve the people in need. Service above the self is the driver of whatever we do for the benefit of needy children, women and men. We all are proud of being a Rotarian and being a member of RC Yala.

Currently, we are facing a difficult time due to COVID19 pandemic. The Rotary theme of 2020-21 says Rotary opens opportunities. Despite the difficult situation, we will find creative ways to strengthen our club and our services to the

communities. We will continue to focus on education of children in schools and health of women and children. However, we will have to be flexible to address the emerging needs of the people in changing scenario due to COVID.

I congratulate President Rtn Sarita Shrestha and the Board of 2019-20 for successful completion of their tenure. We had a year of many joyous fellowship events and joint actions for community services. We were kept connected and engaged throughout the year, despite the lockdown in later part of the year.

Upcoming year 2020-21 will be a challenging one. However, I am sure that we together can make it fulfilling, because, we believe, together we can.

Rtn Subhakar Baidya
President 2020-21
RC Yala



ROTARY INTERNATIONAL
RI DISTRICT 3292

Message from President 2019-20



By the end of my tenure as the President of Rotary Club of Yala, I am more convinced than ever that Rotary connects the world. With the various humanitarian services, Rotary has been visible with the ideal of service above self imbedded in the hearts of Rotarians. The way of connecting has changed this year due to the unprecedented pandemic of the century which hit all sectors of humanity. At the same time, we are experiencing a scenario where people all over the world are coming closer virtually. Social distancing has changed the way of life and equally changed the modality of serving, but the spirit to serve remains.

This year, seven new members were inducted, with which net growth in membership surpassed the goal of 10 percent. Social events of the year included hiking/picnic, joint birthday celebrations, felicitations to Past Presidents, recognition of Anns' Group Presidents, and honoring children of members who graduated at different levels. Senior citizens of the community were felicitated and regular program of vocational award and recognition was observed.

Earthquake affected classrooms were reconstructed and handed over to Shree Ratna Laxmi School Gorkha, additional classroom constructed at Bhanodaya Basic School, windows and doors fitted at Bal Binod School where club had supported building construction in the previous years, installed bio-sand filtration system under Water and Sanitation program at Siraha Primary School and Jamia Mussainia Mifthul Madrasa of Siraha District. As part of continuing connection with the community, an interaction program was held with teachers of some of the schools supported by the club. E-learning training was conducted for teachers of Tika Vidyashram School.

Under Survival Skill Swim program, students studying in grade VI of Bhanodaya School were trained and provided with necessary materials for the swimming skill by Rotarian family member with support of Swim heroes from Singapore. As the year started with an effort to environment protection by plantation in the Children Park, Jwagal, we are very pleased to provide a variety of playing equipment to the Park. To

facilitate outside tourists to move around Lalitpur area, city maps were installed at four strategic locations of Lalitpur Municipal City.

Support for treatment under "Stand Up For Breast Cancer Patients" was continued. Anns group were actively engaged in providing scholarship, tiffin, stationary, uniform, shoes to children of Kalidevi School, Bramhayani School and Clark Himalayan School, to name a few, support to senior citizens, helpless and differently abled children, along with a number of awareness and test camps related to cervical and breast cancer.

The spread of COVID19 in the later part of the year switched our focus to a coping strategy. The days of being locked down have taught us that it is time to adopt alternative ways to prepare for living with COVID. Consequently, with the team work and generous contribution from members for relief works, we could provide PPEs, Gloves, hand Sanitizers to hospitals, health post, and quarantine centers. Similarly energetic Rotaractors engaged themselves to distribute food packages to orphanage, old age home and needy families.

I would like to take this opportunity to express my sincere gratitude to the excellent team of all Rotarian Colleagues, Anns Group, Rotaract Club, Interact Club as well as national and international organizations for joining hands to make 2019-20 a special and an unforgettable year.

Looking forward to Rotary Year 2020-21, as "Rotary Opens Opportunities", I extend my best wishes to President Rtn Subhakar Baidya and the entire team for a year full of accomplishments.

Warm Regards,

Sarita Shrestha
President 2019-20
Rotary Club of Yala
RID 3292 Nepal

मन्तव्य



रोटरी क्लब यल परिवारलाई नयाँ रोटरी वर्ष २०२०/२१ सफल तथा उपलब्धिमुलक हुने आशा सहित शुभकामना दिन चाहन्छु। विश्वासका साथ मलाई नयाँ वर्षको अध्यक्ष पदमा चयन गरेकोमा सबै आयन्सहरूलाई धन्यवाद दिन चाहन्छु। साथै गएको सालको कार्यक्रम सफलता पूर्वक समाप्त गर्न सकेकोमा आयन्स समुहको बोर्डलाई बधाई दिन चाहन्छु।

वर्तमान अवस्थामा कोरोना भाइरसको महामार पीले कठिनाई भएपनि यसले आउने दिनहरूमा सकारात्मक सोच र शक्ति सहित अगाडी बढ्ने प्रेरणा दिनेछ भन्ने विश्वास गरेकी छु। आयन्स समुहले गरीब, महिला, बृद्ध, अपाङ्ग तथा, स्कूलका विपन्न विद्यार्थीहरूको लागि आफु भन्दा सेवा माथीको भावनाले सहयोग गर्दै आएको छ। कोरोना भाइरसको अप्रत्यक्ष असर पनि यही लक्षित वर्गहरूमा परिरहेको हुन सक्छ र आयन्स समुहले पिडितहरूलाई विशेष सहयोगको ब्यबस्था गर्नु पर्ने हुन्छ। बिगतका उदाहरणीय कामहरूमा यस वर्ष पनि निरन्तरता दिनको साथै परिस्थिति अनुकूल थप सेवा गर्नु पर्ने देखिन्छ। परिस्थितिले ल्याएको सामाजिक दुरी कायम राख्ने, भिड भेला नगर्ने जस्ता नयाँ आवश्यकताले, आयन्सहरूले अपनाउँदै आएको काम गर्ने तरिकामा पनि केही परि वर्तन गर्नु पर्ने हुन सक्छ। आयन्सहरूको मिटिङ संचालन, मनोरन्जन जस्ता कार्यक्रमहरू कसरी संचालन गर्न सकिन्छ भन्ने बिषयमा सरसल्लाह गर्नु पर्नेछ।

आयन्स समुह रोटरी क्लब यलको सहयोगी हात हो र रोटरी क्लब यल आयन्स समुहको मार्ग दर्शक पनि हो। यस्तै रोटराक्ट क्लब यल र इण्टराक्ट क्लब यलको साझा लक्ष पनि आयन्स समुहको लक्ष जस्तै समाजको आवश्यक वर्गहरूको सेवा नै हो। आउँदा दिनहरूमा हामी सबै बिच आवश्यक सहयोग तथा सहकार्य बढ्ने विश्वास गरेकी छु। अन्त्यमा, सदाभैँ यो वर्षपनि सबै आयन्स साथीहरू, रोटरी क्लब यल, रोटरीयनहरू बाट निरन्तर सहयोग पाउने आशा गरेकी छु।

उमा जोशी



शुभकामना

सर्व प्रथम रोटरी वर्ष सन २०१९/२०२० को आयन्स समुहको उच्च पद अध्यक्ष जस्तो गरिमामय पदमा जिम्मेवारी दिई, वर्षभरी सहयोग गर्नु भएकोमा सबै आयन साथीहरू प्रति धेरै धेरै धन्यवाद दिन चाहन्छु।

सबै आयन साथीहरूको सहयोग बाट भाबी कार्य योजनाको बार्षिक योजना अनुसार यसपाली पनि रोटरी क्लब अफ यलका आयन्स समुह बाट विभिन्न कार्यक्रमहरू संचालन गरी विभिन्न संघ संस्थामा गई महिला, विद्यार्थी भाई बहिनी र बृद्ध बृद्धाहरूको सेवागर्ने मौका पाएका छौं। साथीहरूको संयुक्त सहयोग बिना कुनै पनि काम सहज नहुने भएकोले समय समयमा सल्लाह सुझावको साथै मिति बाट कार्यक्रम बनाई अगाडी बढ्ने गरेका छौं।

शिक्षा, स्वास्थ्य र समाजसेवा नै परम धर्म हो। रोटरी क्लब अफ यल आयन्स समुहले अति आवश्यक ठाउँहरू जस्तै ब्रम्हायणी स्कूल, क्लर्क हिमालयन मेमोरियल स्कूल, भानेद्वय स्कूल आदीमा आवश्यकता हेरि रोटरी क्लब अफ यलका आयन समुहले डेस, स्टेसनरी, खेलकुदका सामानहरू, खाद्यान्न र खाजा तथा खाना खूवाई सहयो ग गर्दै आईरहेका छौं। क्लबको बजेट अनुसार समाज कल्याणका कामहरू गर्न पाएकोमा मैले आफुलाई भाग्यमानी ठानेको छु। बौद्धजन बिहार दिवासेवा केन्द्रमा जाँदात्याहाँका जेष्ठ नागरिकहरूलाई खाजा खुवाउने साथै जेष्ठ नागरिकहरू संग बस्दा खुसीभएको अनुभव मैले पाएँ।

यसपाली रोटरी क्लब अफ यलका आयन्स समुहले निरन्तरता दिई रहेको बृद्धाश्रम भन्दा फरक बृद्धाश्रमहरू जस्तै दिव्य सेवा निकेतन बृद्धाश्रम गल्फुटार मा खाद्यान्न हस्तान्तर गर्दा त्यहाँका जेष्ठ नागरिकहरू खुसी देखियो। त्यस आश्रममा अरु आश्रमहरूको तुलनामा धेरै सफा सुघर र राम्रो ब्यबस्थापन भएको



मलाई लाग्यो । मुद्दीता सेवा गृह इमाडोलमा रहेको जेष्ठ नागरिकको साथै अनाथ बाल बालिकाहरूको संरक्षण दिई घरायसी वातावरण दिई संचालन गरिएकोमा मलाई राम्रो लाग्यो । यो अरु संस्थाहरू भन्दा फरक लाग्यो ।

धेरै जसो संघ संस्थाहरू राम्रो उद्येश्यका साथ संचालन गरेका हुन्छन । सबै मानव जातीको बाच्च पाउने अधिकार छ । आफ्नो निजी स्वार्थ भन्दा माथी उठेर नेपाल स्नेहको काख नामको संस्थामा सुस्तमनस्थिती भएका, बलात्कृत आईमाईहरू र त्यसबाट जन्मिएका बच्चाहरूलाई खाना, नाना र छानाको ब्यबस्था गरि राखीएकोले हामीलाई खुसी लाग्यो ।

आर.सि यलका रोटरीयनज्युहरूको सुभाब र सहयोग बिना आयन्सहरूको कार्य सफल हुन सक्दैन । त्यसको लागि रोटरी क्लब अफ यलका रोटरीयनज्युहरूलाई धेरै आभार व्यक्त गर्न चाहन्छु । सन २०१९।२०२० को आर.सि. यलका अध्यक्ष रो. सरीता श्रेष्ठज्युबाट आयन्स समुहले गर्ने कार्यक्रममा निरन्तर सहभागी हुनुभएकोमा वहाँलाई धेरै धन्यवाद दिन चाहन्छु । त्यस्तै भु पू अध्यक्ष रो. उर्मिला श्रेष्ठज्युलाई पनि मेरो तर्फबाट धन्यवाद दिन चाहन्छु । रोटरी क्लब अफ यलका आयन समुहमा वहाँले निरन्तररूपमा सल्लाह, सुभाब र सहयोग गरिरहनु भएको छ ।

यसपाली मलाई निरन्तर सहयोग गर्नहुने सबै आयन साथीहरूलाई धन्यवाद र बिशेष गरि बोर्डका साथीहरू उपाध्यक्ष कुमुद प्रधान, सचिब राधा श्रेष्ठ र कोषाध्यक्ष अन्जु श्रेष्ठलाई मेरो तर्फबाट धेरै धन्यवाद दिन चाहन्छु । साथै रोट्राक्ट क्लब अफ यलका भाईबहिनीहरूले बिभिन्न कार्यक्रमहरू आयोजना गरि बर्ष भरी आयन्स ग्रूपलाई सहयोग गर्नुभएकोमा धेरै धेरै धन्यवाद दिन चाहन्छु ।

अन्तमा उमा जोशीज्युको नेतृत्वमा बन्ने नयाँ टिम र नयाँ रोट्राक्ट टिमलाई आयन्स समुह र मेरे ब्यक्तिगत तर्फबाट आउने बर्षको कार्य सफलताको लागि हार्दिक शुभकामना व्यक्त गर्दछु ।

धन्यवाद ।

शुशीला जोशी

अध्यक्ष २०१९-२०२०

राटरी क्लब अफ यल आयन्स समुह



Message from Rotaract President 2020-21

Dear All,

Warm Greetings!

On behalf of Rotaract Club of Yala, I would like to take this opportunity to congratulate the entire Rotary Club of Yala family on reaching a milestone of 25 years in service. And I would like to congratulate President Rtn. Sarita Shrestha and the team as well for a remarkable tenure and their continued service even during the difficult time of lockdown due to Covid-19 pandemic.

It has been an honor for Rotaract Club of Yala to be part of the Yala family and have Rotary Club of Yala as its parent club. Throughout the years since the establishment of Rotaract Club of Yala, Rotary Club of Yala has been the pillar of support and the encouragement from them has always pushed us forward.

Rotaract has taught me that while giving hand in service, you better yourself. As RI President Holger Knaack has announced the theme for Rota year 2020-21 as "Rotary Opens Opportunities", Rotaract has surely provided me with endless opportunity to grow within and make relation with individuals who have same motive but diverse ideas to better the world. So, let's take a stand on this theme together and create a more opportunity to those in need and to those who want to help the need.

Lastly, I would like to once again congratulate Rtn. Sarita Shrestha as well as Rtr. Santosh K.C. for the successful completion of their tenure. Likewise, I would like to wish a very best to Rtn. Subhakar Baidya for the upcoming tenure and let us jointly work together in the coming days to open more opportunities for individuals who want to make a positive impact in the society in these difficult times.

Yours in Rotaract,

Rtr. Sneha Shrestha
President 2020/21
Rotaract Club of Yala

EDITORIAL

At the outset, I take this opportunity to congratulate Rtn. Sarita Shrestha, Rtr. Santosh KC, Intr. Shreya Shrestha and Ann Sushila Joshi, Presidents of Rotary Club Yala, Rotaract Club of Yala, Interact Club of Yala and RC Yala Anns' Group respectively for successfully completing their tenure in the year 2019/20.

Every year, on the auspicious occasion of Rotary Club Yala's Anniversary, we have been bringing out commemorative souvenir magazine starting from the club's charter presentation ceremony. In this line, we take pride in presenting to you the 25th issue celebrating completion of 24 years of service and entering into the silver jubilee year.

Each year we have been publishing the printed version of the magazine. But, due to the present day situation of COVID19 pandemic the club has decided to publish this issue as an electronic version first. Once the situation permits we will come up with

the printed version of the same.

My sincere thanks go to Rtn Kiran Shrestha for coordinating the publication and Sawana Shrestha for the layouts.

Similarly, we are also thankful to those who have contributed by providing articles and advertisements.

I wish the new Boards of Rotary Club Yala, Rotaract Club of Yala, Interact Club of Yala and RC Yala Anns' Group led by Rtn. Subhakar Baidya, Rtr. Sneha Shrestha, Intr. Sneha Shrestha and Ann Uma Joshi a successful Rotary year 2020/21.

Bhabani Shrestha
Editor

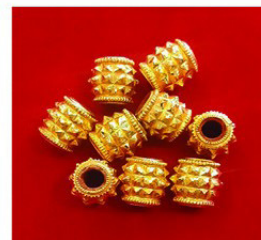


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*We wish all the best
to
ROTARY CLUB OF YALA
on the occasion of its 24th Anniversary*



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ROTARY CLUB OF YALA

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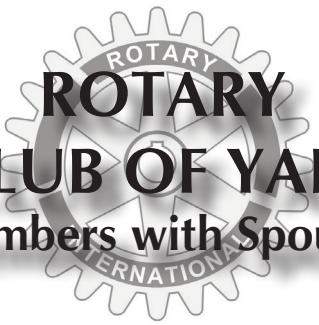
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Rtn. Mohan Byanjankar



Editor
Rtn. Bhabani Shrestha



Club Trainer
Rtn. PP Prafulla M.S. Pradhan



**ROTARY
CLUB OF YALA**
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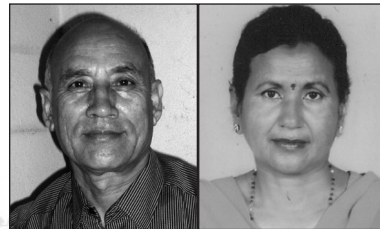
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 Ser: Sec, Dir, VP, P (2014-15);
 B: Apr 19; W: Falgun 8



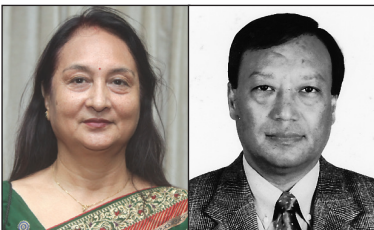
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 Ser: Tr, Sec; VP, PE, P B: Dec 1; W: Feb 17



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 Spouse: RASMILA. Ser: Dir; B: Aug 6; W: Mar 5



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 Spouse: NIRMALA. Ser: Tr, Dir, Sec, SA, PE, P; B: Falgun 19; W: Baisakh 12



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 Spouse: UJJWOL. Ser: E, Sec, VP, P; B: Sep 28; W: Mar 9



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ROTARY CLUB OF YALA

Club ID : : 31764
 Chartered : : 28.06.1996
 No. of Members : : 60 (Active – 59; Honorary – 1)
 Meeting Day : : Friday
 Meeting Time : : 5:30 PM
 Venue : : Bagaicha Restaurant,
 Jawalakhel
 Area Code : : 01
 Rotaract : : 1
 Interact Club : : 1
 RCC : : 4
 PHF : : 22
 MPHF : : 11, Major Donor Level 1
 PHS Member : : 2



ROTARY CLUB OF YALA ANNS EXECUTIVE COMMITTEE 2020/21



President
Uma Joshi



Vice President
**Rtn. Sofi
Raghubansh
Shrestha**



Secretary
Rtn. Manjari Tamrakar



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Editor:
Rtr. Prerit Rajkarnikar



Lockdown Living in the UK

David N. Gellner,
Professor of Social Anthropology,
University of Oxford
Honorary Member, Rotary Club of Yala.

The roads are mostly empty. The sound of ambulance sirens at frequent intervals during the day is a reminder that the disease is still at large. For most of the populace, it is a time of boredom and temporal dislocation. Some people – mostly professionals who spend a lot of their time at their computer – can continue to work from home almost as if nothing had changed. Many enjoy spending more time with their family and avoiding the daily commute to an office. For many others, it is a time of boredom and frustration: no work, forced inactivity, cut off from friends except via a screen. As if to taunt people, stuck indoors and restricted to one outing per day, April, a month notorious for its rain showers, was the sunniest, warmest, and most pleasant April on record.

It is toughest for the poor – as everywhere in the world. If you live in a small flat in a tower block in London, with no garden, no balcony, nowhere to go, it is, of course, much harder than for those with their own house and garden. Some public parks are completely closed. In others, the park itself is open but the playgrounds for children and the sports facilities have been closed.

Police forces in different parts of the country have interpreted the rules differently. Some were quite tolerant, others stopped people trying to drive to beauty spots to take a walk. In London people could jog or walk in the park, but if they tried to lie in the sun or picnic, police would move them on. At least the lockdown has not been as draconian as in Spain,

France, or Italy, where people going outside without good reason have faced fines of 1,000 euros or more. When the lockdown first started there was panic buying in the supermarkets. Whole shelves were empty. Toilet paper was in particular short supply with people suddenly fearing that it would be unavailable and buying far more than necessary. A few people tried to make a profit by selling it on eBay. As time went on, it became clear that supplies would not run short. After a while, the supermarkets adjusted and limited the number of people who could come in at one time. They set aside special times in the morning for elderly or vulnerable customers and other times for NHS and other key workers. The shelves filled up again. The only thing that can still not be bought is flour and the reason is not that flour is not available, but just that the bags for packing it in suitable sizes for supermarkets were in short supply. With time on their hands and stuck at home, a huge proportion of Brits turned their hand to baking, both bread and cakes, and sharing pictures of their handiwork on social media. ‘Bake Off’ is perhaps the single most popular programme on British television.

With people stuck at home for an extended period, many attics have been cleared, many gardens are suddenly no longer neglected, and pets are delighted to have their owners around all day long. Amazon, Netflix, and the supermarkets are all seeing their businesses boom. Most other businesses are in dire straits. The BBC, under huge attack from many



different political positions before the corona crisis hit, and with its funding formula under the spotlight, has suddenly found itself trusted and turned to in a way that has not been true for many years.

As lockdown has lasted for eight weeks, signs of fraying at the edges are legion. Many people don't bother to keep their distance in supermarkets on the streets. Yet, others are so anxious they never leave their house. When Boris Johnson appeared on TV on Sunday 10th May to announce a slight easing of restrictions and to encourage anyone who could not work from home to go back to work, he was much critiqued for the sheer confusion and lack of clarity of his new rules. You are now allowed to meet one person outside your household, but only if you maintain 'social distancing', i.e. keep at least two metres apart. As many have asked: Does this mean I can visit my mother but not my father?

For a minority, who are on the front-line, it is not boredom, but exhaustion, terror, and sometimes despair, that are the problem. Every day they go into battle against the unseen and unknown killer, not knowing if they will be its next victim. Many health workers, through prolonged exposure to the virus, but without sufficient PPE (personal protective equipment), succumb. In early April two popular Filipino hospital porters at Oxford's John Radcliffe hospital died within a day of each other. Only after that was proper PPE provided to porters on a regular basis. A very popular senior nurse, from Kerala, died some time after. The Guardian newspaper, pulling together reports from a number of sources, recorded 172 deaths of healthcare workers by May 12th.

Every Thursday evening, all over the country, people gather on their doorsteps to clap and bang saucepans, sometimes to play music, to show their gratitude and appreciation for the NHS and those workers who are putting their lives on the line, day in, day out, with inadequate protection and often on low pay.

One of the most striking things is the number of ethnic minority (BAME or BME in the local jargon, 'Black and Minority Ethnic' – i.e. non-White) people who have died from Covid-19 in the UK. Of the first ten doctors to die, all 10 were from BAME backgrounds. The statistics show that Black men are 4.2 times more likely than White men to die from Covid-19. Even when you adjust for age, region, socio-economic position, education, and prior health conditions, Black men are still 1.8 times more likely to die. The disease seems to discriminate in the same kind of way against South Asians, though

to a slightly lesser extent. Members of the Muslim population are dying in such numbers that the injunction to bury them on the same day cannot be fulfilled and in London they are starting to dig mass graves to accommodate them all.

Why the disease attacks minorities so disproportionately in this way is still a matter of huge debate and much speculation. In the end, there may be no single explanation. What is undeniable is that this crisis is revealing the consequences of social inequality for health in a particularly dramatic way. Specialists in public health and sociology knew this already; but it is now becoming blindingly obvious to everybody who cares to pay attention. The Nepali population in the UK probably numbers somewhere around 100,000 (the exact number is not known because 'Nepali' was not a category offered in the UK census of 2011, though many returned 'Nepali' or some variant under the category 'Other'). Over 70 UK-based Nepalis have died, many of them ex-Gurkha soldiers, and many more have caught the virus and survived. I attended – online – the funeral of Padma Tara Shakya (Dhakhwa) who came to London from Yala/Patan forty years ago; she died of Covid-19 on 21 April, having been moved from the care home where she lived to hospital. So many Nepalis came to the UK for a better life, because the education and health system is – so they thought – better than in Nepal and the system of government – so they believed – more democratic, more efficient, and less corrupt. Meanwhile, back in Nepal, so far not a single person has died and the official number infected is still only around 200. Nobody knows how this global crisis will play out in future. So much is still unknown. The scandal of the long-term neglect of care homes for the elderly, which have now become one of the main sites of the spread and devastating consequences of the virus, is one of the most shocking aspects of the whole crisis. In the UK it is very evident from the high numbers of deaths that release from lockdown is coming too soon. Yet on TV screens we see pictures of Taiwan and South Korea where people are living life almost as normal, just with the addition of facemasks. Whereas some European countries have happily adopted facemasks, whether home-made or not, in the UK there is huge cultural resistance. Scientists keep repeating that there is no scientific evidence that they reduce transmission; and yet those countries with the best rates of controlling the virus are those where the wearing of facemasks is almost universal. The debate will rumble on, but we may look back in five years and say – as once we did about seatbelts in cars – what was all the fuss about?



Google Can't Satisfy Your Search



- Rtn Gautam Shrestha

To trek is to come face-to-face with nature, the mountains, villages, people and their ways of life. There are all sorts of people, good, kind hearted, funny, sad, crazy and at times a few bad you may encounter while travelling. As Dalai Lama once said “Once a year, go somewhere you’ve never been before”, for me that somewhere is Mardi this time. All the information were at my fingertips, all because of the almighty Google.

Nepal is a safe place to travel alone, but this time my travel buddy was Pappu. He is one of my friends who fitted the necessary criteria for this trip and I am glad that he accepted my proposal in a very short span of time.

Upon arriving in the local night bus, we were going to spend the night at local hotel somewhere in Dhampus. It was raining and one can imagine what the rain is like in the winter season in the hills. To fight that freezing cold weather we were enjoying a local drink called Jhaikhatte served with local snacks. Jhaikhatte is local alcohol mixed with hot ghee and rice grains. Dal Bhat is popular all around the country for lunch and dinner. “Dal Bhat Power 24 Hour” is one of the popular phrases among many tourists who visit Nepal every year. Having Dal Bhat for dinner after drinking Jhaikhatte is absolutely delicious.

Woke up early in the morning, and finished up with the morning rituals, along with shaving my head. Bald is beautiful. For the last 3-4 years I have been shaving my head all by myself every day. Breakfast was ready and we were having local breakfast in the American way. We left Dhampus early in the morning after breakfast. During our school years we were taught not to trust or talk to strangers

while travelling. Travelling somewhere far in the jungle or mountains or hills, chatting with strangers, sharing each other’s stories, sharing food from your bag-pack, and asking for distance always boost up your stamina and psyche. One of the memorable conversations was with a Sri Lankan couple with whom cricket was talked a lot on.

Reached Deurali through Pothana and now it started to rain again. We didn’t have any option other than to take a rest at a local restaurant. We ordered milk tea. Here we found locally made rain-coats and without bargaining we took right away. After half an hour of break, we started to walk uphill towards Forest Camp. The trail is a relatively steep uphill walk to the destination. After a good 7-8 hours of walk here we were at the Forest Camp. Lunch time but ordered only milk tea and had food from our bag-pack. Earlier we decided to spend the night in Forest Camp. But suddenly we changed our plan and we walked up to the Rest Camp. The route is marked pretty well with arrows pointing with some white and blue markers on rocks or trees.

It’s Shiva Ratri, the birthday of Lord Shiva. Heavy rain, cold weather and Shiva Ratri. There should be a party tonight. We changed our soaked gears and joined everyone at the tea house hall. Besides us, there were few American trekkers with a guide, and a German couple at the Tea House. I asked for Jhaikhatte and a few snacks. The American trekkers were having food while their Guide sat by their side, carefully filling some weed into a cigarette. Pappu used the lit stick to bring the cigarette to life. Pappu took one last puff from the weed filled cigarette and handed it to me. I grabbed the cigarette from Pappu. I took a deep puff, letting the weed spread its kindness into my body. This was my very first time

having weed. I passed it back to Pappu and stormed away. Pappu can't dance but we sure enjoyed singing some of the Beatles songs together with the German couples before going to bed.

In my life (I've loved them all)

There are places I'll remember All my life, though some have changed
Some forever, not for better, some are gone, and some remain.
All these places have their moments together with lovers and friends. I can still recall
Some have passed away, and some are still around In my life, I've loved them all.

Good Morning! It was mesmerizing to see the morning sunlight spread over the snow-covered mountains and there was no rain today. After morning duty, the tea house owner got us black tea, omelet, a Tibetan bread and some local curry for breakfast. After loading all the stuff into a bag-pack, we start our journey towards High Camp. The first half of the day was through the forest, where you can spot different kinds of birds. The trail was slippery due to heavy rainfall last night. Once we reached Low Camp from Rest Camp, we started seeing snow peaks and beautiful mountain ranges. The trail was tough because of snowfall. Photographs and a cup of tea was mandatory along the way. After a few hours through the journey we passed Badal Danda, and planned to stay at High Camp that very evening. High Camp was the last place to stop. Snow was on the roofs, water in pipes was frozen so no running water and locals' melted snow for cooking and making tea.

It is hard to describe the pleasure of walking on a snowy trail. An adventurous walk, even Google

can't satisfy. The trail was mostly filled with Nepali and few foreigner trekkers. These long journeys had made my feet and legs painful. We rested in the tea house for 30 minutes and refreshed ourselves. We did not have lunch during our journey so we ordered early dinner. Dal Bhat Power for dinner and early to bed. It seemed that night, High Camp slept with us without having sleeping tablets. Quiet and Silence.

Early next morning we crossed High Camp to reach the ViewPoint of Mardi Himal. Despite lack of trekking gears, we reached our destination through this snowy trail. When we reached View Point, 4300m above sea level, the snowy peaks of Mardi and Annapurna Mountains were so majestic and the scenery was absolutely mind blowing. We had forgotten our pains and aches totally. Lots of photographs were clicked. One can't describe these lifetime experiences, because it only happens just once. Trekking in winter is challenging and exciting at the same time.

Fresh water has always been a precious commodity and the need for water more than anything else. It costs 50 rupees for hot water in small glass so I requested for Black Coffee, which costs around 300 rupees. I took a sip of coffee from my glass very slowly, well after all you know it was costly. After staying there for a few moments we returned back to High Camp to have breakfast without taking any rest to trek down hills. From Low Camp we turned towards Siding, where we reserved a Jeep for Pokhara.

Last but not least "Travel is never a matter of money but of courage".

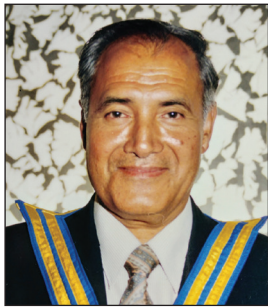




ROTARY CLUB OF YALA

PRESIDENTS

1996-2021



RTN. DR. KEDAR LAL SHRESTHA
YEAR: 1996-97-98

THEME



Show Rotary Cares



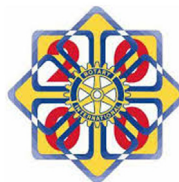
RTN. THAKUR MAN SAKYA
YEAR: 1998-1999

THEME



RTN. DILENDRA RAJ SHRESHA
YEAR: 1999-2000

THEME



ROTARY 2000:
ACT WITH
CONSISTENCY
CREDIBILITY
CONTINUITY



RTN. BADRI PRASAD JOSHI
YEAR: 2000-2001

THEME





RTN. SURENDRA GOVINDA JOSHI
YEAR: 2001-2002

THEME



RTN. DEVENDRA BAHADUR PRADHAN
YEAR: 2002-2003

THEME



Late. RTN. KRISHNA DAS TAMRAKAR
YEAR: 2003-2004

THEME



RTN. DHRUBA MAN PRADHAN
YEAR: 2004-2005

THEME



RTN. GOPAL MAN SHRESTHA
YEAR: 2005-2006

THEME





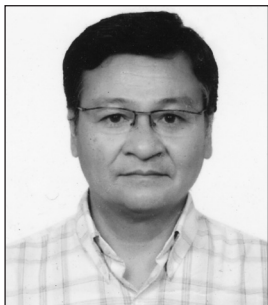
RTN. URMILA SHRESTHA
YEAR: 2006-2007

THEME



RTN. KIRAN SHRESTHA
YEAR: 2007-2008

THEME



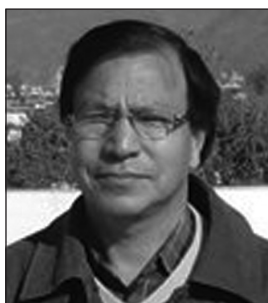
RTN. DR. JIVAN LAL AMATYA
YEAR: 2008-2009

THEME



RTN. PRAMOD SAGAR PRADHAN
YEAR: 2009-2010

THEME



RTN. NARAHARI DAS JOSHI
YEAR: 2010-2011

THEME





RTN. PRAFULLA MAN SINGH PRADHAN
YEAR: 2011-2012

THEME



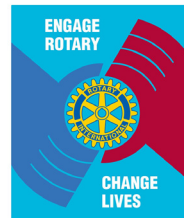
RTN. KIRAN NATH SHRESTHA
YEAR: 2012-2013

THEME



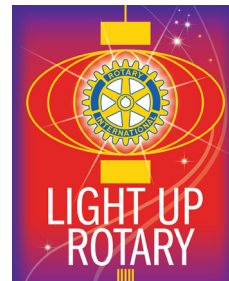
RTN. URMILA AMATYA
YEAR: 2013-2014

THEME



RTN. RAJENDRA MAN SHRESTHA
YEAR: 2014-2015

THEME



RTN. SUSHIL BAJRACHARYA
YEAR: 2015-2016

THEME





RTN. DEEPAK KUMAR SHRESTHA
YEAR: 2016-2017

THEME



RTN. DR. LAXMAN JOSHI
YEAR: 2017-2018

THEME



RTN. SURENDRA GOPAL SHRESTHA
YEAR: 2018-2019

THEME



RTN. SARITA SHRESTHA
YEAR: 2019-2020

THEME



RTN. SUBHAKAR BAIDYA
YEAR: 2020-2021

THEME





ROTARY CLUB OF YALA

Rotary Year 2019-20 Activities

External Guest Speaker (National / International)

- 2019.07.19 ENT Surgeon Dr Milan Maharjan: "Hearing Loss in Children of Nepal"
2019.08.02 M/s Kalpana Maharjan, Experience sharing on mountaineering
2019.08.16 Mr Binod Krishna Shrestha: A Story of Gautama Buddha – As Told Through Postage Stamps
2019.09.06 Mr Pujan Joshi, Branch Manager of Sunrise Bank Ltd., Interaction Program on Banking
2019.09.20 Dr Anup Bastola, Chief Consultant Dermatologist on Tropical Medicine: Current Status - Dengue Disease (Dengue Virus DEVN)
2019.12.06 Mr Sanu Raja Maharjan: Flora and Fauna of Nepal
2019.12.13 Dr Smrity Maskey Pradhan: Menopause and its Effect
2019.12.20 Dr Jitendra Pariyar: Issues on Gynecological Cancer
2020.12.27 Dr. Sushil Koirala: Healing Chronic Wounds with Natural Approach
2020.01.17 Mr Thomas Bell, Urban Development of Patan from Early Times to the Current Day
2020.01.24 Mr. Ajit Man Tamang, Presence of Newar Jati and Tamang Jati in Kathmandu Valley
2020.02.14 Rtn Tulsi Maharjan, PDG District 7475, New Jersey - Humanitarian Projects in Nepal
2020.04.17 Rtr Pratik Man Singh Pradhan: "Getting practical help to solve simple computer problems in Windows and mac OS, through access to each other's computers with Anydesk app"
2020.05.22 Dr Sudarshan Narshing Pradhan, "Stress Management" in the current time of Lockdown

Classification Talks

- 2019.07.12 Rtn Mohan Byanjankar, Classical Dance & Traditional Musical Instrument
2019.11.01 Rtn Narahari Dass Joshi, Solar Power - An Alternative Energy
2020.01.31 Rtn Pramod Sagar Pradhan, Computer programming & Devices at early stage
2020.03.06 Rtn Basanta Shrestha, Climate Change in the Himalayas: Call to Action
2020.03.13 Rtn Dr Anju Shrestha, Discussion on "Cervical Cancer"
2020.04.10 Rtn Manjaree Tamrakar (2019-20), Business experience
2020.04.24 Rtn Sworupa Shrestha (2016-17), Professional and Social work
2020.01.03 Rtn Surendra Govinda Joshi, One Way

- Traffic Management at Core area of Lalitpur City
2020.02.07 Rtn Prafulla MS Pradhan, Orientation on RI On-line Training Courses
2020.05.29 Rtn Rajana Joshi, Academic and Professional Experience
2020.06.26 Rtn Sangeeta Amatya Shrestha – Business Experience

Rotary Talks by District Leaders

- 2019.08.30 Rtn Ranjeev Shrestha., RI Web Tour - uploading goal and achievement in My Rotary
2019.11.20 PDG Tirtha Man Sakya on RNLM (during interaction with teachers of schools supported by RC Yala)
2020.02.28 Rtn Rajendra Shakya, Orientation on Membership & Retention
2020.05.15 Panel Discussion on Women in Rotary, PDG Jaya RL Shah, WIR Chair 19-20 Rtn Manju Karki, WIR Chair 20-21 Rtn Sharada Acharya
2020.06.05 PDG Rtn Tirtha Man Sakya, New Strategy of Teaching and Learning

Celebrations/ Fellowship

- 2019.07.05 Installation of President Sarita Shrestha and Board 2019-20 by District Governor Rtn Kiran Lal Shrestha and oath by PDG Rtn Tirtha Man Sakya
2019.08.23 District Governor's Official Visit to the Club
2019.10.04 First Joint Birthday Celebration, Fancy Dress Competition, Dashain Tihar Greetings
2020.02.28 Second Joint Birthday Celebration, Felicitations to Graduated Children of Rotarians, Felicitations to Rtn Jitendra Rajbhandary for being appointed DGND, Felicitations to PP Prafulla M Pradhan for 25 years in Rotary Service, Induction of seven new members
2019.11.8 and 29 In-house Rota Quiz Contest participated by Rotarians, Anns and Rotaracts
2019.11.22 Picnic / Hiking to Shivapuri participated by Rotarians, Anns and Rotaracts
2020.02.22 Heritage Tour to Gorkha Durbar participated by Rotarians, Anns and Rotaracts

Meeting with other Rotary Clubs

- 2019.08.16: Held Joint Meeting with Rotary Club of Balaju and Rotary Club of Baneshwor
2020.02.21: Held Joint Meeting with Rotary Club of Gorkha Manaslu and attended Regular Weekly Meeting of Rotary Club of Gorkha Manaslu on 22nd Feb
2019.10.18: Hosted NRCL Meeting no. 17



Number of Meetings:

Regular Weekly Meetings: 52
Board Meetings: 13 including 1 joint board meeting of 2019-20 and 2020-21
Club Administration Committee: 3
Membership Committee: 4
Service Projects Committee: 8
TRF Committee: 3
Public Relations Committee: 3
GG Core Group Committee: 3

Rotarians Involvement in Rotaract Activities

2019.07.27 - 22nd Installation of Rotaract Club of Yala

Attended 22nd Installation Program of Rotaract Club of Yala, in the presence of Chief Guest PDG Rtn Ratna Man Shakya and other RI District 3292 dignitaries.

2019.08.09 Joint Meeting between Rotary Club of Yala and Rotaract Club of Yala

Joint meeting was held to discuss on past and upcoming joint and also inform about out past and upcoming projects.

2019.08.17 Support for Mattaya Health Camp

Financial support and participation in Rotaracts project to provide free health services along with the foot massage, basic first aid, medicines and drinking water to the devotees.

2019.12.07 Workshop on “Enhancing Presentation and Facilitation Skills”

Attended the workshop and had a good learning experience about tips and techniques of Presentation and Facilitation skills, and build up confidence.

2020.03.07 23rd Chartered Day Celebration and Award Distribution of Print Ad Competition

Attended 23rd chartered day of Rotaract Club of Yala with formal meeting, dance performances and singing. President Rtn Sarita Shrestha presented awards to the winner and runner ups of “Print Ad Competition”.

2020.04.27 “Ration for The Orphans Home during lockdown”

Rotarians provided support for Rotaract Project to provide “Ration for The Orphans Home during lockdown”

2020.05.02 Attended District Rotaract Representative (DRR) Visit

PUBLICATION:

Annual Souvenir: Published Souvenir on the occasion of 23rd Anniversary and unveiled on 5 July 2019 by District Governor Rtn Kiran Lal Shrestha, on the day of 23rd Installation.

Weekly Bulletin “GAAN”: Published 40 Weekly Bulletins

MEMBERSHIP

2019.12.20 – Pre induction of prospective members by Rtn Prafulla Man S Pradhan

2020.02.05 – Interaction with prospective members

2020.02.18 - Interaction with prospective members

2020.02.28 Inducted Seven new members - Dr Anju Shrestha, Lucky Nyachhyon Pradhan, Manjaree Tamrakar, Rajana Joshi, Sangita Amatya Shrestha, Twinkle Nyachhyon Rajbhandary, Urdeep Joshi. Achieved net growth of 11 percent.

Assigned mentors to new members - Rtn Sworupa Shrestha, Rtn Gautam Shrestha, Rtn Shobha Shrestha, Rtn Dr Sumitra Manandhar Gurung.

COMMUNITY PROJECTS / ACTIVITIES

6-10 July 2019 - Survival Skill Swim Program conducted from 6-10 July 2019 for 20 students of Grade 6 of Bhanodaya Basic School, sponsored and trained by Ms Paiva Pradhan along with two Swim Heros from Singapore.

20 July 2019 - Rotarians together with Rotaractors and Anns planted 60 saplings at Children Park, Jwagal, Lalitpur, in coordination of Lalitpur Khelkud Prashikshan Kendra.

9 Aug 2019 - Contribution of Rs 30,000.00 to Mr Binay Jung Basnet, President of Action for Social Change who is involved in the social works like cremation of unclaimed dead body at Pashupati and is running old age home.

7 Aug 2019 –Supported and participated in the health camp organized by Rotaract Club of Yala to help participants of Mattaya Festival.

9 Sept 2019 -Blood Donation and Check-up of diabetes & blood pressure held at Bagaicha Restaurant, Jawalakhel jointly organised with Rotaract.

9 Sep 2019- Exhibition cum sales Fund raising program for Girls Child Education at Bagaicha Restaurant jointly organized with Anns Group Yala. Amount of Rs 50,000 raised from the exhibition handed over to Anns Group.

10 Sept 2019 - Provided scholarship to 12 Students of Shree Shanti Vidyashram, Lalitpur who have taken optional subject of Nepal Bhasa.

20 Sept 2019 -An interaction program with teachers and school management committee of schools on improving quality of teaching and learning was organised where 26 teachers and SMC representatives and 18 from District and the club participated. The participating schools were Shree Bhanodaya Basic School, Thasi, Shree Chandi Adarsha Madhyamik Vidyalaya, Chakupat, Shree Narayan Basic School, Tikathali, Shree Shanti Vidyashram Secondary School, Lonhla, Tika Vidyashram Madhyamik Vidyalaya, Sanepa and Shree Yuba Pratibha Vidya Mandir Secondary School, Khokana.



19 Oct 2019 - Health camp at Ikhalkhu was jointly organized with Nepal Diabetic Society, Anns Group, Rotaractors and Ikhalkhu Tole Sudhar Samiti and support of Nidan Hospital. 150 people were benefited. Services provided is a) Fasting/PP/Random Blood Sugar Test b) Blood Pressure Check-up c) Breast USG / Video X-Ray, d) ECG, e) Orthopedic Consultation, f) Diabetic Retinopathy Screening, g) Diabetic Neuropathy and h) General Check-up.

10 Nov 2019 - Annual Vocational Award Ceremony was held at Patan Durbar Square, Mangal Bazar. Mr Lok Chitrakar was recognized for his contribution in Paubha painting and Mr Narayan Das Shrestha for long term service in education field while Pushpa Sirpa was presented to Tirtha Shilpakar for contribution in renovation of temples in Patan area. Dance from Raksha Nepal and classical dance of Ganesh and Bhairab from Dapcha was presented.

30 Nov 2019 – Felicitation ceremony of senior citizens, residing within Lalitpur Metropolitan City, who have completed their third Jya Janku or Deva Ratharohan (Completed 88 Years 8 Month 8 days) with support of RC Yala Anns Group and Rotaractors organised by Senior Citizen Society of Lalitpur. A total 151 senior citizens (58 men and 93 women were felicitated). RC Yala presented Betali for men and Dosalla for women felicitated on the occasion.

25 Jan 2020 - MOU between RC Yala, Tika Vidhyashram and OLE for e-learning program was signed. Under this program, 24 teachers of Tika Vidhyashram received first phase training on Math, Nepali, English and Science.

March 2020 – MOU signed with Srijanalaya and teaching manual prepared for implementation of Art in School.

Cancer Related Projects including District Grant Project

2019,10,19 Ikhalkhu, Lalitpur, Fasting/PP/Random Blood Sugar Test, BP, Breast USG/Video X-Ray, ECG, Diabetic Retinopathy Screening, Diabetic Neuropathy, General Check-up, Nepal Diabetics society, Ikhalkhu Tole Sudhar Samiti. Nidan Hospital, Rotaractors, Ann Group, 150.

2019.10.19 Mangal Bazar, Lalitpur, Walkathon for cancer awareness from Pulchowk to Mangal Bazar, National Hospital & Cancer Research Center

2019.11.23 NHCRC, Jawalakhel, Pap Smear Test & Mammogram Test, National Hospital & Cancer Research Center

2019.12.21 Sanepa, Ward No. 2, Pap Smear Test, Diabetes, ECG, Star Hospital, NHCRC, Lalitpur Public Health Branch, 93, 6

2020.12.28 Rajapur HS School, Sainamaina, Butwal, Breast Cancer and Cervical Cancer Screening, Nepal Cancer Hospital & RC, Nepal Cancer Support

Group, 500, 28

2019.11.23 Surunga, Saptari, Pap Smear Test & Breast Examination, Nepal Cancer Hospital & RC, Nepal Cancer Support Group, 323, 20

2020.01.11 Dhapagal, Lalitpur, VIA Test & Breast Examination, Diabetes, Patko Tole Sudhar Samiti, Bhulkhu Tole Sudhar Samiti, 49

2020.01.25 Okubahal, W.No.6, Pap Smear Test & Breast Examination, Okubahal Tole Sudhar Samiti, 67, 8

2020.02.08 Satdobato, W.No.15, Pap Smear Test & Breast Examination, Satdobato Samudayik Bhawan Ward Office, NHCRC, 41, 10

2020.03.14 Bagdol, W.No. 4, Pap Smear Test & Breast Exa. Mammogram Test, Bagdole Tole Sudhar Samiti, NHCRC, 104

2020.05.04 Transportation facility for Cancer Patient to updown to Hospital for treatment during lockdown, Nepal Cancer Support Group

2020.05.21 online, Cancer Survivor's Tik Tok Competition 2020, Nepal Cancer Hospital, Interact Club Yala

2019.07.28 Sanepa, Ramp Show of Cancer Survivor kids, Nepal Cancer Support Group

2020.06.14 NH&CRC's Premises, Jawalakhel, Cash amount provided for treatment of 3 cancer patients through NHCRC, RC Yala Anns Group

2020.06.14 Harisiddhi, NCH & RC, Financial support for Treatment of Sandesh Tamang (9), Sindhuli (case of Rhabdimysorcoma) hospitalised at NCHRC

2020.06.20 Support to Halim Kawadi of Mahotari for follow-up treatment after operation of tumor (5.2 kg) of left cheek held on 2076.11.27 at NCHR (Osteoyosarkoma)

2020.06.21 Support to Ms Kanchi Sherpa, 55yrs/F, Thaiba, diagnosed case of Ca. Rt. Breast, Invasive Carcinoma with lobular pattern, Grade II NCHRC under 'Stand Up for Breast Cancer Patients

Total Beneficiaries: 1,404

Total positive cases: 83

For Children

2019.12.30 Provided School uniform, stationary, school bags, sports materials, tiffin to students of Shree Kalidevi Primary School

2019.08.04 Foodstuff distributed to students of Brahmayani School, Thecho

2019.08.25 Stationery, towel, cleaning materials etc distributed to students of Clark Memorial Himalya School, Bungamati

2019.12.30 Stationery items, uniform, sports materials and tiffin were distributed to students of Kalidevi School, Bethanchowk, Kavre

2020.02.09 Contributed to fitting windows and doors at Bal Binod School, Purnachandi, Lalitpur

2020.02.22 Handed over reconstructed classrooms



of Shree Ratna Laxmi School, Gorkha
2020.02.23 Bio-Sand Filtration System under Water and Sanitation program was installed at Siraha Primary School and Jamia Mussainia Mifthul Madrasa of Siraha District
2020.04.30 Contributed to classroom construction of Bhanodaya Basic School
2020.06.18 Designed and provided Recreational Equipment to Children Park, Jwagal with support of Karmachari Sanchaya Kosh.
Other support: Food stuffs, multi vitamin capsul, other material etc. were distributed to Dibya Sewa Niketan - Golfutar, Swasthya Sewa Shanti Aashram-Shakhamul, Bouddhik Apangata Punarsthapana Samaj-Imadol, Manav Sewa Aashram-Hattiban, Disabled Service Association-Bungamati, Naya Nagar Bikas Samaj-Kusunti, Baudha Jan Bihar-Sunakothi, Nepal Snehi Kakh-Thasikhel by Anns Group Yala.

COVID19 Relief Project

2020.06.05 (Jestha 23, 2077) Signed Memorandum of Agreement between RC Yala and Lalitpur Municipal City for project to combat COVID19. PCR Test _ PCR Kit (400K), Monitoring (50K)
2020 March-June
Cash Contribution of Rs 182,000 to National Innovation Center, Interact District, Interact Yala, RI District 3292 and Nepal Diabetic Society Hospital Materials (PPE, Gloves, KN95 Mask, Surgical Mask, Hemp Mask, Hand Sanitizer, etc) equivalent to Rs 438,250 to Upacharka Lagi Sahayogi Hatharu, Bajrabarahi Health Post Quarantine Center, Mandandepur Municipality Kavrepalanchok, Jyapu Samaj Yala, Jajarkot Hospital, Ambulance Drivers in Lalitpur, Bajrabarahi Blood Collection Group, Rotaract Club, Patan Academy of Health Sciences (Patan Hospital), Mangalbajar Division Police Food Package Distribution equivalent to Rs 180,101.00 by Rotaract and Anns to The Orphan's Home Nakkhu, Annas Home, Needy 18 Families around Lagankhel & Satdobato, Annas Home, and 50 poor families at W.No. 28 & 29 Harisiddhi Feeding stray dogs equivalent to Rs 32,500.00 under "paws to feed, the paws in need" campaign by Rotaract.

The Rotary Foundation
EREY achieved (USD 25.00 from all members and a per capita contribution of USD 100.00)
1 PHS member added PP Surendra G Joshi
1 PHS member continued PP Prafulla M Pradhan
9 added to PHF contribution
Rtn Bekha Krishna Shrestha PHF+1
Rtn Deepak Das Tamrakar PHF
PP Rtn Deepak Kumar Shrestha PHF+2

Rtn Dharmendra Shakya PHF
Rtn Jeetendra Nakarmi PHF
Rtn Om Krishna Shrestha PHF
Rtn Om Shanker Shrestha PHF
PP Rtn Pramod Sagar Singh Pradhan PHF+3
Rtn Shobha Devi Shrestha PHF

Public Relations

July 2019 Participated in the program organized on the occasion of Lalitpur being declared as Craft City by International Handicraft Federation

20 July 2019 - Plantation of 60 saplings at Children Park, Jwagal, Lalitpur, in coordination of Lalitpur Sports Center

17 Aug 2019 – A health camp (including foot massage) was organized to help participants of Mattaya Festival jointly with Rotaract Club of Yala

9 Sept 2019 – Media Coverage by The Himalayan Times and Annapurna Post of Blood Donation and Check-up of diabetes & blood pressure Camp, and Fund Raise Exhibition held at Bagaicha Restaurant, Jawalakhel jointly organised with Rotaract, 35 benefitted.

10 Nov 2019 -Annual Vocational Award Ceremony was held at Patan Dubar Square, Kartik Dabali, Mangal Bazar to recognize Mr Lok Chitrakar for his contribution in Paubha making and Mr Narayan Das Shrestha for long term service in education while Pushpa Sirpa was presented to Tirtha Shilpakar for contribution in renovation of temples in Patan area. Dance from Raksha Nepal and classical dance of Ganesh and Bhairab from Dapcha was presented.

27 June 2020 -Location Map installed at four places of Lalitpur City – Patan Dhoka, Patan Durbar Square, Pulchowk and Okubahal.

2019.07.28 Hosted "Cancer Survivor Kids Ramp Walk" organized by Nepal Cancer Hospital and Research Center and Nepal Cancer Support Group, at Heritage Garden Sanepa

2019.09.27 Co-hosted World Tourism Day Program organized by Patan Tourism Development Organization and Dance and Music Academy, Nepal at Patan Durbar Square.

2019.12.25 Blanket distribution under "Gift of Warmth" program to persons sleeping in the road considering the winter, by Rotaract

2020.01.03 Distributed blankets at Surunga, Saptari with support of Upachar Ka Lagi Sahayogi Hataharu

Participation in District Events

Stewardship Seminar: Dharmendra Shakya Deepak K Shrestha, Sarita Shrestha, Sworupa Shrestha, Prem K Shrestha

President Elect Training Seminar: Sarita Shrestha
District Training Assembly: Dharmendra Shakya, Om S Shrestha, Urmila Shrestha, Sworupa Shrestha, Sarita Shrestha



GMS: Dharmendra Shakya, Om S Shrestha, Urmila Shrestha, Sarita Shrestha
 DG Installation – Co-hosted and participated Sarita Shrestha, Om S Shrestha, Deepak K Shrestha, Kiran Nath Shrestha
 District Vocational Training Seminar Jan 25. Hosted and participated Deepak K Shrestha, Sarita Shrestha, Subhakar Baidya, Kiran Nath Shrestha, Dharmendra Shakya
 Rota Quiz: Hosted and participated 2019.11.10
 New Member Orientation Seminar: Sarita Shrestha, Deepak K Shrestha, Jeetendra Nakarmi, Rajana Joshi, Urdeep Joshi
 Membership Seminar: Om Krishna Shrestha, Sworupa Shrestha
 District Conference: Sarita Shrestha, Urmila Shrestha, Kiran Shrestha, Deepak K Shrestha, Bekha K Shrestha, Dharma Ratna Shilpakar, Dilendra Raj Shrestha

Attendance in RWM 2019-20

Month	Attendance	Sunshine
2019 July	209	12,520
2019 August	242	21,280
2019 September	125	6,450
2019 October	173	11,425
2019 November	158	7,660
2019 December	128	5,250
2020 January	143	4,900
2020 February	147	17,730
2020 March	104	15,950
2020 April	131	4,400
2020 May	206	3,000
2020 June	163	6,100
Total	1929	116,665

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रोटरी वर्ष २०१९/२० मा रोटरी क्लब यल आय्न समूहबाट भएका गतिविधिहरू

१) २०७६ श्रावण १ (२०१९ जुलाई १७) : दिव्य सेवा निकेतन बृद्धाश्रम, गोल्फुटार बुढानिलकण्ठमा रहेका १३ जना आमाहरूको लागि रु. ५,७००/ बरोबर चामल, दाल, नून, खानेतेल, चिनी, चियापत्ती, चाउचाउ, विस्कूट आदि खाद्यान्नहरू वितरण गरियो । उक्त कार्यको लागि आय्न सुशिला जोशीबाट रु.५०००/ र आय्न रमुना श्रेष्ठबाट रु.७००/ प्राप्त भएको थियो । सहभागीहरू : रो. र अजेन्द्र श्रेष्ठ, रो. प्रेम सिंह, आय्न सुशिला जोशी, आयन राधा श्रेष्ठ, आयन रमुना श्रेष्ठ । (जम्मा ५ जना)

२) २०७६ श्रावण ४ (२०१९ जुलाई २०) : रोटरी क्लब यलको आयोजना र आय्न समूह, रोटाक्ट क्लब यल, ललितपुर खेलकूद प्रशिक्षण केन्द्रको सहकार्यमा युएन चिल्ड्रेन पार्क, ज्वागल, ललितपुर मा भएको बृक्षारोपण कार्यक्रम सम्पन्न भयो । उक्त कार्यक्रममा सहभागीहरूलाई खाजाको प्रायोजन रो. किरणनाथ श्रेष्ठले गर्नु भएको थियो । सहभागी संख्या २७ जना ।

३) २०७६ श्रावण १७ (२०१९ अगष्ट २) : रोटरी क्लब यलको नियमित साप्ताहिक बैठकमा अतिथि वक्ताको रूपमा आफ्नो पर्वतारोहण सम्बन्धी अनुभव सुनाउन निम्त्याईएका नेपाल (दक्षिण) तथा तिब्बत (उत्तर) दूबै मोहडाबाट विश्वको सर्वोच्च शिखर सगरमाथाको सफल आरोहण गर्नु हुने विश्वको प्रथम महिला पत्रकार कल्पना महर्जनज्यूलाई कार्यक्रम पश्चात टिका, सगुन, खादासहित आय्न समूहबाट सम्मान गरियो । ललितपुरको थसी निवासी महर्जनले पर्वतारोहण सम्बन्धी आफ्नो अनुभव तथा ज्ञान सुनाउन पाउंदा र आय्न समूहबाट सम्मानित भएकोमा खुशी व्यक्त गर्नुभयो ।

४) २०७६ श्रावण १९ (२०१९ अगष्ट ४) : रो. शुभाकर बैद्यका बुवा र आय्न रेणु बैद्यका ससुराको पूण्य तिथिको अवसरमा ब्रम्हायणी स्कूल, ठेचोका ४० जना बिद्यार्थीहरूलाई खाजा तथा खाद्यान्न वितरण गरियो । कूल खर्च रु.८,०००/ आय्न रेणु बैद्यबाट प्राप्त भएको थियो । सहभागीहरू : रो. शुभाकर बैद्य, आय्न सुशिला जोशी, आय्न राधा श्रेष्ठ, आयन रमुना श्रेष्ठ आय्न रेणु बैद्य, आय्न कुमुद प्रधान, आय्न उषा प्रधान (जम्मा ७ जना) ।

५) २०७६ श्रावण २२ (२०१९ अगष्ट ७) : स्वास्थ्य सेवा शान्ति आश्रम, शंखमूलमा आय्न समूहबाट कृष्ण भुला कार्यक्रम आयोजना गरियो । कार्यक्रममा सहभागीहरूलाई खीर, पुरी, चना, अचार सहित खाजाको व्यवस्था समेत गरिएको थियो । कूल खर्च रु.८,६७०/ भएकोमा रु.१,०५०/ आय्नहरूबाट सहयोग प्राप्त भएको थियो । सहभागी संख्या १५ जना ।

६) २०७६ श्रावण ३२ (२०१९ अगष्ट १७) : मतःया पर्व (ललितपुरका सम्पूर्ण बौद्ध स्तूप तथा चिब्राःहरूको परिक्रमा गर्ने) मा सहभागी भक्तजनहरूलाई प्राथमिक उपचार, औषधी वितरण तथा खुट्टा मसाजको सेवा प्रदान गर्न रोट्राक्ट क्लब यलको आयोजनामा र आय्न समूहको सक्रियतामा मंगलबजार, दरबार परिसरमा स्वास्थ्य शिविर सम्पन्न भयो । उक्त कार्यक्रममा ५७ जना भक्तजनहरूले खुट्टा मसाजको सेवा प्राप्त गर्नु भएको थियो । सहभागी संख्या २७ जना ।

७) २०७६ भाद्र २१ (२०१९ सेप्टेम्बर ७) : छात्रा शिक्षा छात्रवृत्तिको लागि कोष जुराउने उद्देश्यले बगैँचा रेष्टुरेण्ट, जावलाखेलमा घरेलु सामानहरूको प्रदर्शनी तथा बिक्री कार्यक्रमको आयोजना गरियो ।

कार्यक्रमको उद्घाटन प्रथम आयन् प्रेसिडेन्ट रो.उर्मिला श्रेष्ठबाट भएको थियो । २१ स्टल रहेको उक्त प्रदर्शनीबाट रु.५०,०००/ संकलन भएको थियो । यस प्रदर्शनीमा रोटरी क्लब यल र रोट्राक्ट क्लबको पनि सहभागिता रहेको थियो । साथै, रोटरी क्लब यल, रोट्राक्ट क्लब, र नेपाल मधुमेह समाजको सहकार्यमा उक्त दिन रक्तदान र मधुमेह तथा रक्तचापको परीक्षणको कार्यक्रमको आयोजना गरिएको थियो । जम्मा ३५ जनाले रक्तदान गर्नु भएको थियो । सहभागी संख्या ४० जना ।

८) २०७६ आश्विन ४ (२०७६ सेप्टेम्बर २१) : बौद्ध जन बिहार, सुनाकोठी अन्तर्गत रहेको जेष्ठ नागरिक दिवा सेवा केन्द्रको १० औं वार्षिकोत्सवको अवसरमा आयोजित समारोहमा आयन् समूह सहभागी भयो । आयन् समूहले यस बिहारको बिकासमा गर्दै आएको योगदान र बिहारको विभिन्न गतिविधिहरूमा पुऱ्याएको सहयोगको कदर गर्दै विशेष सम्मान पत्र समेत प्रदान गरिएको थियो । सहभागी संख्या ५ जना ।

९) २०७६ आश्विन ५ (२०१९ सेप्टेम्बर २२) : स्वास्थ्य सेवा दिवा सेवा केन्द्र, शंखमुलमा रहेका ३० जना जेष्ठ नागरिकहरूलाई मल्टी भिटामिन क्याप्सुल वितरण गरियो । कूल खर्च रु.५७००/ सहभागी संख्या ५ जना ।

१०) २०७६ आश्विन ८ (२०१९ सेप्टेम्बर २५) : क्लार्क मेमोरियल हिमालय प्राइमरी स्कूल, बंगमतिमा ४२ जना विद्यार्थीहरूको लागि स्टेशनरी सामाग्री, रुमाल, मोजा, टूथपेस्ट, साबुन, बिस्कूट आदि सामानहरू वितरण गरियो । कूल खर्च रु. १३,८२०/ सहभागी संख्या ९ जना ।

११) २०७६ आश्विन १० (२०१९ सेप्टेम्बर २७) : रोटरी क्लब यलको साप्ताहिक बैठकमा क्लब र आयन् समूहको संयुक्त मिटिङको आयोजना भयो । क्लबबाट संचालन हुने विभिन्न क्रियाकलापहरूमा आयन् समूहको सक्रिय सहभागिता हुने साथै क्यान्सर सचेतना तथा स्वास्थ्य शिविरको लागि डिप्टिकटबाट

अनुदान (Grant) स्वीकृत भएको सन्दर्भमा आयन् समूहले भविष्यमा गर्ने स्वास्थ्य शिविरहरूको योजना बनाई क्लबलाई जानकारी गराउने निर्णय भयो । क्लबबाट आयन् समूहलाई विभिन्न गतिविधिहरू संचालनार्थ रु. ५०,०००/ नगद प्रदान गरियो ।

१२) २०७६ आश्विन १७ (२०१९ अक्टोबर ४) : क्लबले आयोजना गरेको पूर्व प्रेसिडेन्टहरूको सम्मान तथा दशैं तिहार शुभकामना आदान प्रदान कार्यक्रममा आयन् समूहबाट उपस्थित सबैलाई टिका, सगुन दिई सबैको दीर्घायु तथा सुखी जीवनको कामना गरियो । सहभागी संख्या पूर्व प्रेसिडेन्टहरू १२ जना सहित ४५ जना ।

१३) २०७६ कार्तिक २ (२०१९ अक्टोबर १९) : जनमानसमा क्यान्सर सम्बन्धी सचेतना फैलाउने उद्देश्यले नेशनल हस्पिटल एण्ड क्यान्सर रिसर्च सेन्टरले आयोजना गरेको वाकाथन (पुल्चोकदेखि मंगलबजार सम्म) कार्यक्रममा बिहान ७ बजेदेखि १० बजेसम्म आयन् समूह सहभागी भएको थियो । सहभागी संख्या १० जना ।

१४) २०७६ कार्तिक २ (२०१९ अक्टोबर १९) : नेपाल मधुमेही समाजको आयोजनामा रोटरी क्लब यल, आयन् समूह र रोट्राक्ट क्लब, इखालखु टोल सुधार तथा निदान अस्पतालको संयुक्त सहभागितामा इखालखुमा वृहत् निःशुल्क स्वास्थ्य शिविर सम्पन्न भयो । उक्त स्वास्थ्य शिविरमा चिनीरोग, रक्तचाप, मुटु, स्तन, खुट्टाको स्नायु, आँखाको शुष्म परीक्षण, तथा अन्य स्वास्थ्य जाँच तथा हाडजोर्नी रोगसम्बन्धी परामर्श सेवा प्रदान गरिएको थियो । निःशुल्क स्वास्थ्य सेवाबाट १५० जना लाभान्वित भएका थिए । स्वास्थ्य शिविर संचालनार्थ आयन् समूहबाट रु.१०,०००/ नगद प्रदान गरिएको थियो । सहभागी संख्या २४ जना ।

१५) २०७६ कार्तिक ७ (२०१९ अक्टोबर २४) : मुदिता सेवा गृह, इमाडोलमा आश्रय लिएर बसेका ५ जना आमाहरू र ५ जना अनाथ केटाकेटीहरूलाई चिनी, मैदा, पिठो, क्वाटी, चना, कर्नफ्लेक्स आदि



वितरण गरियो । कूल खर्च रु.५,४८०/ भएकोमा रु.१,०७०/ आयन् बिनु जोशीबाट प्राप्त भएको थियो । सहभागी संख्या ६ जना ।

१६) २०७६ मंसीर ५ (२०१९ नोभेम्बर २१) :
नेशनल हस्पिटल एण्ड क्यान्सर रिसर्च सेन्टरको आयोजना र आयन् समूहको सहकार्यमा जावलाखे लमा भएको Papsmear Test, Mammogram Test, क्यान्सर स्क्रिनिङ, रक्तदान तथा बृहत् स्वास्थ्य परीक्षणको कार्यक्रममा सम्पन्न भयो । जम्मा ७७ जनाको निशुल्क स्वास्थ्य परीक्षण भएको थियो । Papsmear Test बापत प्रति व्यक्ती रु.१५० का दरले ३७ जनाको रु ५,५५०/ र Mammogram Test बापत रु.३५० का दरले ११ जनाको रु.३,८५०/ गरी रु.९,४००/ क्लबले व्यहोरेको थियो । सहभागी संख्या १० जना ।

१७) २०७६ मंसीर १४ (२०१९ नोभेम्बर ३०):
जेष्ठ नागरिक समाज, ललितपुरले अन्तर्राष्ट्रिय जेष्ठ नागरिक दिवस (अक्टोबर १) को उपलक्ष्यमा प्रत्येक चारवर्षमा आयोजना गर्ने ललितपुर महानगर पालिका क्षेत्रभित्र बसोबास गरिरहेका ३ पटक बढ्दो जंकु वा ८९ वर्ष पूरा भएका वरिष्ठ जेष्ठ नागरिकहरूलाई अभिनन्दन गर्ने समारोह २०७६।०८।१४ का दिन मंगलबजार, कार्तिक डबलीमा आयोजना गर्यो । उक्त समारोह चौथौ अभिनन्दन कार्यक्रममा थियो । रोटरी क्लब यल र आयन् समूहको तर्फबाट त्यस समारोहमा अभिनन्दित हुनु भएका ५८ पुरुष जेष्ठ नागरिकलाई बेताली र ९३ महिलालाई पस्मिना खास्टो ओढाई सम्मान गरिएको थियो । कूल खर्च रु.६१,५८५/ भएकोमा आयन् समूहबाट रु.२६,०००/ व्यहोरेको थियो । सहभागी जम्मा ५० जना ।

१८) २०७६ मंसीर २२ (२०१९ डिसेम्बर ८) :
शान्ति आश्रम, दिवा सेवा केन्द्र शंखमुलमा रहेका मध्ये दुईजना जेष्ठ आमाहरूलाई दोसल्ला ओढाई सम्मान गरियो । साथै उक्त कार्यक्रममा उपस्थित भक्तजनहरूलाई खाजा उपलब्ध गराईएको थियो ।

कूल खर्च रु.५,०३५/ भएकोमा दोसल्लाको लागि रु.१,०३५/ आयन् बिजया श्रेष्ठ र रमुना श्रेष्ठबाट र खाजाको लागि रेप्लीका अमान्यबाट सहयोग प्राप्त भएको थियो । सहभागी संख्या ८ जना ।

१९) २०७६ मंसीर २५ (२०१९ डिसेम्बर ११) :
बौद्धिक अपांगता पूनर्स्थापना समाज, इमाडोललाई नगद रु. १७,०००/ तथा रु.९००/ बरोबर पिठो, चिनी, चियापत्ती, आदि खाद्यान्नहरू वितरण गरियो । उक्त कार्यको लागि भएको कूल खर्चमध्ये आयन् मिनु प्रधानकी भतिजी प्रीति जोशीबाट रु.१५,०००/ र आयन् निर्मला श्रेष्ठबाट रु.२०००/ नगद प्राप्त भएको थियो भने खाद्यान्नको लागि आयन् मिनु प्रधानबाट सहयोग गर्नु भएको थियो । सहभागी संख्या ५ जना ।

२०) २०७६ पुष ५ (२०१९ डिसेम्बर २१) :
वडा नं. २ स्वास्थ्य कार्यान्वयन समितिको आयो जनामा नेशनल हस्पिटल एण्ड क्यान्सर रिसर्च सेन्टर प्रा. लि., लपुमनपा जनस्वास्थ्य शाखा र रोटरी क्लब यल र आयन् समूहको सहकार्यमा सानेपामा स्वास्थ्य शिविर सम्पन्न भयो । उक्त शिविरमा आयन् समूहको तर्फबाट Papsmear Test को सेवा उपलब्ध गराईएको थियो । त्यस शिविरमा ९३ जनाको स्वास्थ्य परीक्षण र ४९ जनाको Papsmear Test भएको थियो । कूल खर्च: ६,१२५/ Papsmear Test बापत प्रति व्यक्ति रु.१२५) । सहभागी संख्या १२ जना ।

२१) २०७६ पुष १४ (२०१९ डिसेम्बर ३०) :
श्री कालीदेवी प्राथमिक विद्यालय, बेथानचोक भज्याङखर्क, काभ्रेका विद्यार्थीहरूको लागि मसलन्द सामान, खेलकुद सामग्री, पोशाक तथा खाजा वितरण गरियो । यसमा कूल खर्च रु.८८,४००/ भएकोमा आयन् समूहबाट रु.१०,०००/ व्यहोरेको थियो भने अन्य सहयोग गर्नेहरूमा प्रीति जोशी (३५,०००), रो.सुरेन्द्रगोपाल श्रेष्ठ (२०,०००), निर्मला श्रेष्ठ (१५,०००), रो.लक्ष्मण जोशी (६०००), रो. शोभा श्रेष्ठ (१२००) र रो.मंजरी ताम्राकार (१२००)

हुनु हुन्छ । सहभागी संख्या ७ जना ।

२२) २०७६ पुष १९ (२०२० जनवरी ४) :

मानवसेवा आश्रम, हात्तीबनमा रहेका ६२ जना जेष्ठ नागरिक र ३ जना बालबालिकाको लागि आयन् बद्रिलक्ष्मी जोशीकी छोरी स्मीता जोशीद्वारा नन्द स्व.जेसिका सिंको पूण्य तिथिको उपलक्ष्यमा विहानको खानाको व्यवस्था गरियो । कूल खर्च रु.११,०००/ सहभागी संख्या १० जना ।

२३) २०७६ पुष २६ (२०२० जनवरी ११) : रोटरी क्लब यल र आयन् समूह, पट्को टोल सुधार समिति, भुल्लु टोल सुधार समितिको संयुक्त आयो जनामा पाठेघर जांच (VIA) र स्तन परीक्षण (Breast Exam) धपगाल, ललितपुरमा सम्पन्न भयो । यस कार्यमा नेपाल मधुमेह समाज र नेपाल क्यान्सर केयर फाउण्डेसनको सहयोग रहेको थियो । सहभागी संख्या ८ जना ।

२४) २०७६ माघ ११ (२०२० जनवरी २५) :

नेशनल हस्पिटल एण्ड क्यान्सर रिसर्च सेन्टर प्रा.लि.को संयुक्त आयोजनामा Papsmear Test र स्तन परीक्षण (Breast Exam) ओकुबहाल, वडा नं. ६ मा सम्पन्न भयो । उक्त शिविरमा ६७ जनाको स्वास्थ्य परीक्षण भएको थियो भने सोमध्ये ८ जनाको नतिजा पोजिटिभ पाईएको थियो । सहभागी संख्या स्वास्थ्यकर्मी ७ जना समेत १७ जना ।

२५) २०७६ माघ १८ (२०२० फेब्रुवरी १) :

मानवसेवा आश्रम, हात्तीबनमा विभिन्न कार्यक्रमहरू गर्न तथा आगन्तुकहरूको लागि बस्न रु.६,९००/ बराबरको १२ वटा मेचहरू प्रदान गरियो । साथै, आयन् उषा प्रधानको माइजू अहल्या श्रेष्ठले निजको श्रीमान् स्व. लक्ष्मीलाल श्रेष्ठको सम्भनामा आश्रममा रहेका ६१ जनालाई खाना उपलब्ध गराउनु भयो र यसमा कूल खर्च रु.१०,०००/ लागेको थियो । आश्रमको स्वास्थ्य कोष (Health Fund) मा आ. उषा प्रधान तथा परिवारबाट नगद रु.२७,०००/ यो गदान गर्नु भयो भने आ. मिनु प्रधानले रु.८०००/

बराबरको स्वास्थ्य सम्बन्धी सामानहरू र ट्वाईलेट चेयर प्रदान गर्नुभयो । सहभागी संख्या ७ जना ।

२६) २०७६ माघ २२ (२०२० फेब्रुवरी ५) :

अपांग सेवा सघ, बृंगमतिका अध्यक्ष श्री दयाराम महर्जनलाई नगद रु. १२,५००/ हस्तान्तरण गरियो । उक्त रकम जर्मनी नागरिक उत्सुलाबाट सहयोग स्वरूप प्राप्त भएको थियो । सहभागी संख्या ५ जना ।

२७) २०७६ माघ २५ (२०२० फेब्रुवरी ८) :

सातदोबाटो वडा नं.१५ सामुदायिक भवनमा आयो जित स्वास्थ्य शिविरमा नेशनल हस्पिटल एण्ड क्यान्सर रिसर्च सेन्टर प्रा. लि.को संयुक्त आयो जनामा ४१ जनाको Papsmear Test भयो । ६ जनामा भयकयल र १० जनामा इन्फेक्सन देखिएको छ । सहभागी संख्या १४ जना ।

२८) २०७६ माघ २५ (२०२० फेब्रुवरी ८) रोटरी

क्लब यल र आयन् समूहले कुसुन्ती नयां नगर बिकास समाजलाई रु.५५,०००/ बरोबरको संगीत सम्बन्धी सामानहरू (तबला, मादल, हार्मोनियम, गितार, छ्याल्वा, बासुरी, दफली, क्यासेट प्लेयर र माइक) प्रदान गर्यो । । उक्त कार्यको लागि बसु ट्रष्टबाट सहयोग प्राप्त भएको थियो । सहभागी संख्या ८ जना ।

२९) २०७६ फाल्गुण १६ (२०२० फेब्रुवरी २८) :

रोटरी क्लब यलका नयां सदस्य हुनुहुने ७ जना महानुभावहरूलाई सदस्यता वितरण तथा क्लब प्रवेश (Induction), नोभेम्बर २०१९ देखि २०२० फेब्रुवरी सम्म जन्म दिन परेका ४८ जना रोटरियन तथा आयन्हरूको दोश्रो संयुक्त जन्मोत्सव र २०१८/१९ मा विभिन्न शैक्षिक तहहरूमा दीक्षित भएका रोटरियन सदस्यका ग्राजुयट १० जना छोरा छोरीहरूको सम्मान कार्यक्रम निकै हर्षोल्लास सहित रमाइलो बातावरणमा सम्पन्न भयो । नयां सदस्यहरूलाई २०२२/२३ का गभर्नर इलेक्ट रो. जितेन्द्र राजभण्डारीले रोटरी पिन लगाई दिनुभयो भने डिष्ट्रिक्ट मेम्बरशिप कमितिका चेयर रो. राजेन्द्र

शाक्यले शपथ ग्रहण गराउनु भयो । आयुन समूहको तर्फबाट सबै सहभागीहरूलाई टिका, फूलगुच्छा, सगुन प्रदान गरियो भने दीक्षित छोराछोरीहरूलाई सल आढोई सम्मान गरियो । कुल खर्च रु. ५,०००/ ३०) २०७६ फाल्गुण २३ (२०२० मार्च ६) :

बौद्ध जन बिहार, सुनाकोठीमा रहेका ३० जना जेष्ठ नागरिकहरूलाई आयुन दिना सिंहकी आमा स्व. हेराज्यान अवालेको सम्भन्तामा खाजाको व्यवस्था गरियो । यस कार्यमा भएको कूल खर्च रु.१०,१५०/आयुन दिना सिंहले व्यहोनु भएको थियो । सहभागी संख्या ६ जना ।

३१) २०७६ चैत्र १ (२०२० मार्च १४) :

बागडोल वडा नं. ४ सामुदायिक भवनमा बागडोल टोल सुधार समिति, आयुन समुह र नेशनल हस्पिटल एण्ड क्यान्सर रिसर्च सेन्टर प्रा. लि.को संयुक्त आयोजनामा Papsmear Test र स्तन परीक्षण (Breast Exam) को स्वास्थ्य शिविर सम्पन्न भयो । त्यस शिविरमा जम्मा ९८ जनाको स्वास्थ्य परीक्षण भएको थियो । सहभागी संख्या ७ जना ।

३२) २०७६ चैत्र ५ (२०२० मार्च १८) : ५० जना सुस्त मनस्थिति तथा एकल महिला तथा तिनीहरूबाट जन्मेका १० जना बच्चाहरू आश्रित नेपाल स्नेही काख, थसिखेलमा रु.८,५००/ बरोबर जस्तापाता एक वण्डल हस्तान्तरण गरियो । सहभागी संख्या ५ जना ।

३३) २०७७ बैशाख २९ (२०२० अप्रिल १३) : विश्व व्यापीरूपमा फैलिएको कोरोना भाइरस (COVID-19) को नियन्त्रणको लागि देशभर लागू भएको लकडाउन (Lockdown) कारणले गर्दा दैनिक ज्यालादारीमा काम गर्ने तर हाल कामविहित भएका हरिसिद्धी वडा नं.२८ र २९ बस्ने विपन्न वर्गका ५० घर परिवारका अपांग, गर्भवति तथा सुत्केरी महिलाहरूलाई करीब एक महिनालाई पुनो खाद्यान्न पाकेट (६७ वटा) वितरण गरियो । यसमा कूल खर्च रु.१०१,०००/ भएको थियो भने उक्त

खर्चको लागि रो. लक्ष्मण जोशी, आ. उमा जोशी, रो. दिपकदास ताम्राकार, रो. मंजरी ताम्राकार तथा माउण्ट भ्यू रेजिडेन्सीका निवासीहरूबाट सहयोग प्राप्त भएको थियो । सहभागी संख्या १० जना ।

३४) २०७७ जेष्ठ ३२ (२०२० जून १४) :

नेशनल हस्पिटल एण्ड क्यान्सर रिसर्च सेन्टरमा उपचाररत ३ जना क्यान्सर पीडितहरू (दीक्षिता रानामगर वर्ष १३, मिडमा लामा वर्ष २३ र नानु तामाड वर्ष ३०) को उपचारार्थ आयुन समूहको तर्फबाट उनीहरूलाई हस्पिटल मार्फत रु.४८,५००/नगद हस्तान्तरण गरियो । उक्त सहयोगको लागि आयुनस कोषबाट रु.१७,५००/, कियान श्रेष्ठ (रो. भवानी श्रेष्ठकी नाती) बाट रु.१०,०००, ल्यूक (दिवा श्रेष्ठको भाँज्जा) बाट रु.१५,०००/ मितु प्रधान, अन्जु श्रेष्ठ, सूशिला जोशी, मीना श्रेष्ठ, रत्नदेवी शाक्य र ज्ञानु नकमी प्रत्येकबाट रु.१००० का दरले रु.६००० प्राप्त भएको थियो ।

आयुन समुह २०१९/२०

रोटरी क्लब यल

२०७७ आषाढ ६ गते (२०२०/०६/२०)





नेवा भाय् व

रोटरी क्लव यलया भाय्



- रो. ध्रुव मान प्रधान

नेवाभाय् यातः नेपाल भाषा धका धाय्माः धका सरकार पाखेंहे विज्ञप्ती वःगु खः, अप्पोसिन स्यू तर अथे खयानं यक्कुसिनं नेपाल भाषा धका मधाःसे ने वारी भाषाहे धकाः धयाःचवनेगु याइगु । नेपाल भाषा अर्थात नेवाःभाय् थव नेपाला मल्लकाल तकया इलय् ला राष्ट्रभाय् जुयाः चवंगु खः धैगु खँ भीसँ न्हापायागु सरकारी भों व सिजःपौ ल्वहँ पौ कथं धाय्फु । लुमंके माःगु छुगु छु दु धाःसा स्वनिगः त्याके धुंकां शाहबंशयागु पाले तकनं तिब्बत नाप जूगु छुगु सरकारी कोछिना खँ नेवाभाषा नापं नेपाल संबत तया चवयातःगु खँ लुमंकेमाः (धाःगु कथं उबले तिब्बत सर कारं नेवा भाय् लिसे देवानागरि आखःयात माने मयागु खः) । नेपालय् राणा सरकारं दे न्ह्याकाचवंगु इलय् तकहे यक्कु हे धेबा कालविलया तम्सुकत ने वाभाषा लिसे नेपाल सम्बतहे छेलातःगु भीसँ यक्कु यक्कु हे खंकेफु । लिपा प्रधान मन्त्रि चन्द्र शम्शेरं, नेवा भाषं छुहे सफू चव्य् दैमखु, चवःम्हसितः भू याल्खानाय् हे तयगु धैगु उजं विउगु खँ न्यना तैगु खः। लिपा खाली पुलांगु नेवाभाषं चवयातःगु थ्यासफुती चवयातःगु बाखँ, तुतः, स्वस्थानीया बाखँ जकहे छँ छँ लिक्नुनाचवन । उगु बखते नेवा भाषा सफू पिथनेतः कुतःयाःपिं यक्कुहे चवमि पिन्त भूयाल्खानाय्हे तःगु नं यक्कु हे दु धाइगु न्येनातैगु दु ।नेपालय् छापेयाय्गु प्रेस दयानं, सफू पिथनेत भारतया कलकत्ता थयंक वनानं सफू छापेयाना हःगु धैगु यक्कु यक्कु हे न्येनातैगु दु । ने वा भाषं चवयातःगु यक्कुहे धर्मग्रन्थतनं सरकारं छवे काछोल धैगुनं न्येनागु दु । थज्यागु बखतय् सफूला पिथने मफैगु इलय् नेवा भाषंजक खँल्लहाय्गु संघ संस्थाला भन्हे दैहेमखुगु जुल । राणाया साशनकाल लिपा, प्रजातन्त्र वय्धुंका बल्ल सफूत पिथने जिल । थनलि न्हिपौ, वाःपौ, बाःछिपौ देशय् पिहाँ वल सा थी थी नेवाभाय्या संस्था मंका खलःथिजाःगु संस्थानं नीस्वनीगु ज्यानं जूगु खः । नापनापं रेडियो नेपालं न्हीछकः बुखँ लिसें वाःलय् छकः भिन्त्यागु मिनेटया जीवन दबू धका सरकार पाखें हे नेवाभाषं ज्याभूवः न्ह्याके ज्या नं जुल । जीवन दबू रेडियो या ज्याभू वः नेवातय् दुने तसकहे बय्बय् जूगु खः । थुकिं यक्कु यक्कुहे नेवा म्ये नापं म्ये हालिमि पिनिगु थपू जूगु खः । अले नेवा मनुत नं बुधवाःया जीवन दबू ज्याभू

वः न्येनेत हथाय् चाइगुनं खः । लिपा पंचायत शासन वय्धुंका २०२२ सालय् नेवाभाषं वैगु जीवन दबू नेवा भाय्या ज्याभूवः लिसें बुखँ नं रेडियो पाखें थवेकीगु लिंकाना बिल । लिसें नेवाभाषं छुं पिने ज्याभूवः याय्माःसा सि डि ओ कार्यालय् न्हापाहे ज्याभूवःया जानकारी बीमागु जुल सा २०२८ साल तकया दुने ला नेपालभाषा धका बवनीगु विषयहे नं मदय्का बिल । ने वातय्गु नितिंला प्रजातन्त्रहे हनन् जूगु जुल, न्हापाया र ाणा साशन थैहे जुल ।थज्यागु हे इलय् लुमंके बहःजु रेडियो सिलोन पाखेंनं वाःया छकः भिन्त्यागु मिनेट न्हिनसिया १२ता इलय् नेवाभाय्या रेडियो ज्याभूवः वै गु जुया चवंगु खः थव यक्कु सिनं लुमंगु न दै । जितः लुमंनि २०३६, २०३७ सालयापाखेया खँ खः, जि छगू सरकारी ज्याकुथी ज्या याना चवनागु इलय् जितः छेनं फोन वःगुलिं छे च्वपिं नाप नेवा भाषं खाल्हानागु इलय्, खय् हाकिमं सरकारी अफिसय् जिमिसं मथूगु अज्यागु भाय् ल्हाय् दैमखु धका धागु नं लुमंनि । जी र ाष्ट्रिय आलु बाली बिकास कार्यक्रमे ज्यायाना चवनागु इलय्, अनं आलु पुसा यक्कु दयाःचवंगु हुनिं स्वीस हाकिमं थनया बुं ज्याकमि ज्यापु (किसान) पिन्त आलु पुसा दुगु खँ सीके बीमाल धका रेडियो नेपालय् वना ज्यापु किसान तयसं थुइगु भाषं बिज्ञापन याय्माल धका वनागु इलय् नेवाभाषं बिज्ञापन रेडियो नेपालं याय् मजिउगु धका लिसः ब्यूगु बाँलाकहे लुमंनि, अले व स्वीस हाकिम तसकं अज्जुचाया - गज्यागु थव सर कार धका धाःगु नं लुमंनि । अथेहे थयंमथयं नीन्यादँ न्ह्यो यल पाटन क्याम्पसया नेपाल भाषाया एम ए ठवकीगु थासे छम्ह चय्दँति दयधुंकुम्ह ज्याथःम्ह न्हापा नेपासरकार पाखें ल्हासाय् भाय् हिलामि जुया ज्यायाना चवनागु अनुभवया न्वःचु बीगु भूवल्य् (वय्कःया नां धाःसा ल्वमन) वय्कलं धाः कथं तिब्बत दे चिनीया तयसं काय् न्ह्यो तक नेवातय् जक हे नेपाली धैगु मे गु बाकि फुक्कजातियातः गोरखाली धाइगु खँ कना दीगु खः । लिपा चिनीयातयसं काय् धुंका जकहे अनया सरकारं नेपालं वःपिं फुक्कसित नेपालीहे धाय्माः धका प्रचार याःगु धका धैदीगु खः ।

नेपालय् गुबलय् पंचायत सरकार यात जनतां हाकुतिना छवत अनलि नेवाभाय्या निति खनेदय्क एफ

एम (फ्रिक्वेन्सी मोड्युलेसन) पाखें नेवा भाषा ज्याभ्वः न्ह्याके दत । रेडियो नेपालं नं जीवन दबू नापं नेवाः भाषं बुखें कनेगु नं याना हल । लिसें नेवाभाषं ब्वंके गु ब्वनाकुथि त नं चाय्काहल, ब्वनाकुथिया ब्वमि पिनिगु निति नेवा भाय्या थीथी विषयया सफुतनं पिथनेगु जुल । नेवा भाषं न्ह्याकीगु टि.भि नं पिहाँ वल । भाय् थपुया निति आकेडेमि नीस्वनेगु ज्या नं जुल । नेपाया नांदेंगु आशा सफू कुथि (लाइब्रेरी) नं दत । श्वहे भ्वलवल् यें महानगरपालिकाय् नेवाभाषं निवेदन काय् फौगु धका अनया मेयरं निर्णय याःगु बखतय् निम्ह बर्मु नं अदालतय् मुद्दा तया, नेवाभाय् छे ले मदैगु याना बुका बिल । थुकिंयाना छकः नेवा तय् या जक आसा हाकनं क्वाहाँ वन । लिपा हाकनं लो कतन्त्रया क्रान्ती वल अनलिं देन्ह्याकेगु खँय् देयात संघिय कथं न्ह्याकेगु खँ जुया च्वंगु इलय्हे, नेवाःतय्सं नेवातय् अधिकार अथवा नेवातयगुनं छगु संघ, गुकिं ने वातय्संहे थःगु भाय् व लिपि तया न्ह्याके फौ धका ने वा दे दबू नां तया पलिस्था याना सरकार पाखें हे दर्ता हे जूगु खः । अले श्वहे संस्था पाखें नेवातयगु थीथी मेगु खलः तय्त जःया रुपय् दुकया, फुक्कसित दशरथ रङ्गशालाय् सःताः छगु तःजिक ज्याभ्वः याःगु खः । श्व ज्याभ्वः थुलि तःजिक जुलकि रङ्गशाला पुवंकहे जाः, अन नेवा संघया थःगु धर्वाय् व संघया दे म्ये (न्यास्तल आन्डेम) ब्वयाः फुक्कसित न्ह्यब्वये गु ज्याजूगु खः । थूगु ज्यां दे न्ह्याकाच्वं पिं मू जातिया मनूतय् नुगःहे मूगु खःसा मेगु जनजातित धाःसा उत्साहित जूगु खः । थथे जुयानं लिपा लोकतन्त्रया क्रान्ती वय्धुंका नं नेवा तय्सं व जनजाती तय्सं गुगु संघिय राज्यया कल्पनायाःगु खः, व ज्वी मफुत । भतिचा जक फरक वल तर थःथःगु भाय् छेलेगु थाय् थःपिनिगु हे पुचलय् व संस्थाय् जक लिक्नु, सरकारी ज्याखँय् धाःसा छेलेगु याय् मफुत ।

नेवाःभाषं संस्था चाय्केगु भ्वलवल् रोटरी क्लब यलनं सन् १९९६य् नीस्वनेगु ज्या जुल । श्व संस्था चाय्केगु भ्वलवल् यक्को नेवा रोटेरियन पिन्सं ग्वाहाली याःगु दुसा कुं ख्युपिं खय्त नं दु । श्वहे रोटरी या नां तय्गु भ्वलवल्, -रोटरी क्लब यल- धका नां तयकेतः तसकं थाःकुगु नं लुमंकेमा । रोटरी क्लब यलं थःगु समाज प्रतिया सेवाया हुनी याना, ने पा दुने जक मखुसे हलिं थ्येंक नां तय्गु ज्यानं जुल । रोटरी क्लबय् भाय् नापनापं थनया ज्वीगु मुँज्याया कोछिना खँ नं नेवाभाषं हे च्वय्गु लिसें दिं नं (मिति) नेपाल सम्बत यातनं छेलेगु व अफिसियल रबर स्ट् याम्पनं रञ्जना लिपि लिसे नेपाल संबत तय्गु ज्या नं जुल । वाःपौनं नेवाभाषं नापं मेमेगु भाषंनं छापे याय्गु ज्यानं यानाच्वंगु दु । यक्कुहे नेवाः रोटेरियन

जःपिं मेगु क्लबया मनुतनं रोटरी क्लब यलया नेवा भाषं मुँज्या न्ह्याकीगु ज्याच्वंगु खँय् लय्ताःगु खँ पंकादीगु याः । गुम्हं गुम्हं मेगु रोटरी क्लबया जःपिं रोटरी क्लब यलय् नेवाःभाषं ज्याभ्वः न्ह्याकीगु स्वयत् जकनं वःपिं दु । छन्हु मेःगु छगु रोटरी क्लबय् ब्वःति काःवनागु इलय् अन छम्ह मनुनं रोटरी क्लब यलयात नेवा भाषं मुँज्या न्ह्याकीगु क्लब धकाः कुंखिना च्वंगु नं खनागु दु । रोटरी क्लब यलय् नेवा भाय् सःपिं निम्ह पिने देया मनुतय्सं नेवाभाषंहे न्वचु बीगु निति ब्वःनागु खः । वय्कःपिं खः - अमेरिकाया डा. मयजु जे शिका भेलिन्टीना व बेलायतया डा. डेभिड ग्याल्नर । डा. ड्याभिड ग्याल्नरजु यात लिपाःवया हनाजःयाय्गु ज्याजूगु नं खः । नेवा भाय् नेवा तय्सं तोताः वैच्वंगु खनाः डा. डाबिड ग्याल्नरजुं छगु नेवा एफ एमय् हे धै दीकथं नीदें लिपा नेवा भाय् ल्हाइपिं दैमखु । लिपा वय् कलं रोटरी क्लब यलय् नेवाःभाषं ज्याभ्वः न्ह्याकीगु खँ सिसैलि धैदिल - थुगुहे कथं खःसा ला नेवाःभाय् म्वाना च्वनी ।

रोटरी क्लब यलया कचा क्लब रोट्राक्ट क्लब यल व इन्ट्रयाक्ट क्लब यल नापं थसि भिलेज कोरय नीस्वनेगु भ्वलवल् न्हापांला नेवा भाषं हे ज्याभ्वः न्ह्याकेगु कुतः जूगु खः । थुपिं कचा क्लबयात ने वा भाय् खँ ल्हाका यंकेगु निति छकः थुपिं स्वंगुलिं कचा क्लबया जःपिं जाना थसि देया तथ्यांक काय्गु ज्याय् नेवाः भाषंहे तथ्यांकया न्यनेकने याय्गु ज्या जूगु खःसा, वहे ज्याभ्वःया लिच्वःकथं फुक्क जःपाखें ने वा भाषं हे न्ह्यब्वय्गु ज्या नं न्ह्याइपुक जूगु खः । श्व धैगु छगूला रोट्राक्ट, इन्ट्राक्टया ज्यापौ न्ह्येब्वय् सय्केगु व नेवा भाय् सय्केगु खः, तर लिपा थुपिं कचा क्लबयात नेवा भाय् ल्हाकेगु निति तिबः मदया, बुलूं बुलूं नेवा भाय् ल्वःमंका खय्भाय् व अंग्रेजि भाषं ल्हाय्गु याना यंकल । अथेहे रोटरी क्लब यलनं ने वाभाषं मुँज्या न्ह्याकेगु मयाःसा क्लबय् जःपिं अप्पो दै ला धका धाइपिं नं दु । लुमनि, छक जापान देया रोटे रियन जः छश्वः रोटरी क्लब यलय् ब्वति काःगु भ् वलवल्, अंग्रेजी भाषं ज्याभ्वः न्ह्याकूगु खः, लिपा जापानी तय्संहे धाल जिपिला अंग्रेजि भाये मसः, छिकपिन्सं थगुहे भाषं ज्याभ्वः मन्ह्याकूगु खय् जिपिं अजु चाल । थथे यक्कोसिन्हं धाःसा, भाय्यातः क्वत्ये ला तःगु जुया नेवाभाय् ल्हायतः क्वेय् खनीपिं नं मदुगु मखु, श्व भ्नीगु नेवातय् निति तसकं बांमलाःगु पह खः । थुगु कथंहे जुयावनं धाःसा कचा क्लब कथंहे बुलुहुं बुलुहुं नेवाः भाय् ल्वःमंका, मेमेगु भाषं रोटरी क्लबयन्ं ज्याभ्वः न्ह्याका वने फुगु खँ लुमन कि जितः ग्यासे वः । शुभाय् ।

छँ व यलया छँ



चवमि : भुवनेश्वर जोशी

लः, फय् व निभाः श्व जीवनया आधार खः। जीवन सुथालाक न्ह्याकेत लः, फय् व निभाः मदयकं मगाः । अथेसां अधिक लः। अधिक फय् व अधिक निभालय् जगत व जीवन न्ह्याकेत तसकं थाकु । तसकं वा वइबले लखं, तसकं फय् वइबले फसं व तसकं निभाः त्वइबले निभालं सुरक्षित जुइत मनु जक मखु वन्यजन्तु, चराचर व किट पतंग फुक्क फुक्कहे सिमाया किचलय्, पहाडया किचलय् वा गुफाया दुने चवनेगु याइ । श्व जुल आदिम युगया खँ, आदिम युगया छँ । उकिं धाय्गु चलन दु – गन नुगः दै अन छँ दै । मनु श्रृजनशील प्राणी खः । अधिक लः, फय् व निभाःया नापनापं ग्यानापुपिं जीवजन्तु पाखें सुरक्षित जुइत ल्वहँ, चा यात छेला, सिमाया दं, सिमाया कच्चा, सिमाया हः छेला बल्चा दय्के सय्कल, छँ दय्के सय् कल । छँ चवने सय्कल । थःपिनिगु सम्पती दय्के सय् कल । थुगुकथं मनुनं सम्पतीया प्रार्दुर्भाव यात । मनुनं सम्पतीया प्रार्दुर्भाव याय् धुँसेलि उगु सम्पती यात पुँजी



नं याय् सल । अतिरिक्त मुल्य, नाफाया ब्यबस्था दय्के सय्कल । छँ दसेलि मनुतय्सं ला नयत, दूर त्वनेत व अनेतने ज्या याकेत जनावर, चराचर लहीगु नं सय्कल । इमिगु निति नं चवनेगु थाय् अथवा छँ दय्के सल । सा, मे या छँ यात गोठ धाय्गु यातसा कोः, चखुं , बखुं या छँ यात स्वँ धाल । अथेहे फा चवनीगु छँ यात फागः, खा चवनीगु छँ यात खागः धाल । थुगुकथं स्वय् बले छँ यात गोठ, स्वँ व गः नं धाइ । नेवा भाषं चवने गु, नय्गु, देनेगर थाय् यात छँ धाइसा तिब्बती भाषं पाल धाइ । अथेहे संस्कृत भाषं आलय् धाइ । अक्सर छखा छँ छगु जक परिवार चवनेत प्रयोग याइ । बुँइ बुँइ च्वंगु बल्चा नं छँ खः । लँजुवा तय्त चवनेत दय् कातःगु फल्चा नं छँ हे खः । भिन्स्वर्तँ जाःगु नं छँ खः । ब्वया वनीथें च्वमंगु नं छँ दु । सुलुलु न्ह्याथें च्वंगु पांग्रा छँ नं दु । समुद्र स्वाःगु देशय्, गथेकि कम्बोडियाय् डुंगा न्ह्याइथें न्ह्यानाच्वंगु फ्लोटिङ्ग छँ दु । मोटरयात छँ भाःपिया मोटरय् चवनेगु, नय्गु, दे नेगु याना वयाच्वंगु नं दु । बैज्ञानिक तय्सं अन्तरिक्षय् चन्द्रमा व मेमेगु ग्रहलय् नं छँ दनेगु कुतः यानाच्वंगु दु । बाकस थें जक च्वंगु नं छँ दुसा, कलात्मकं भय् भय् ब्यगु यइपुसे च्वंगु छँ नं दु । छँ दय्केगु धैगु नं छगु कला खः । न्हापान्हापा लः, फय् व निभाः पाखें सुरक्षित जुइक छँ दय्कीगु थौकन्हय् भ्वखाचं सुर क्षित तकनं याय् माल । थौकन्हय् छँ दय्केत सिभिल इन्जनीयर, आर्किटेक्ट पाखें नक्सा डिजाइन दय्काः सम्बन्धित सरकारी निकाय् पाखें स्वीकृती कया जक छँ दनेमाः ।

बनेदु । मल्ल कालया यल, यँ, ख्वपया लायकू छँ
अतिकं कलात्मक व धिसिधायक नेवा: पहलं भय्
भय् बिइक दय्कात:ग भ्नीगु न्ह्यने नमुनाया रुपय् दहे
दनि । उगु इलय् छँ, देग: आदी दय्केत नाप नक्सा
निर्माण सामाग्रीया ब्यबस्थापन फुक्कहे दक:मि
नायो नं याइगु । राणा कालया बेलायती शैलीया छँ
(सिंहदरबार) व मेमेगु दरवार सरकारी ज्या याय्त
ल्व:गु कथंया छँ नं भ्नीगु न्ह्योने दु । अथेसां नेवा छँ
प्यतँ जा: जक जुइ । जमिन तल्ला यात छ्यलि धाइसा
न्हापांगु तल्ला यात माँतँ धाइ ।

निगूगु तल्ला यात चवत धाइसा स्वंगूगु तल्ला यात
बुइग: धाइ । समाज बिकासया नापनापं धर्मया नं
बिकास जुल । धर्मया आधारय् थीथी छोया कल्पना
यात । छो: तय्गु छँ दय्केगु यात । छो: तइगु छो यात
देग: धाइ । यल दे, देग:या देगलं जा:गु दे ख: । मल्ल
कालया यलया भिन्निगु ध्वाखाया दुनेयात जक यल दे
धाइगु ख: । यलय् देग: दय्केगु शैली निगू दु । पागोडा
शैली व शिखर शैली । मल्ल कालया देग: मध्ये
यलया मंग: त्वाल्य् च्वंगु कृष्ण देग: शिखर शैलीया
अतिकं कलापूर्ण देग: ख: । थुगु देगलय् अतिकं भिंगु
प्वालाप्वाला थीगु हाकुगु ल्वहँया कलापूर्या कृष्ण या
मुर्ति दु । उगु मुर्ति दय्के ब्यूम्ह यल देया जुजु सिद्धि
नरसिंह मल्ल ख: ।

धातँ उगु मुर्ति क्यूम्ह मुर्तिकार सु जुइ ? उगु दे
गलय् दश अवतारया भिम्ह छो:या मुर्ति क्यूपिं, र
स्मायण व महाभारतया बाखँया मुर्ति किपा: क्यूपिं
मुर्तिकारत सु सु जुइ ? सुनानं गनं लुइके मफुनि ।
छग: देगलय् लुं सियात:गु २१ ग: गजू दुगु शिखर शै
लीया देग: थ्वहे छग: जक दु । नापं थ्व देगलय्
छानात:गु गजूया बुट्टा ज्व:मला: । जन बिश्वास दु,
उगु लुं सियात:गु २१ ग: गजू दय्केत जुजुयात थाकुया
यलया २१ गु त्वा: अथवा उगु इलय्या २१ गु वडा
यात थ:थ:गु कथंया शिप, थ:थ:गु कथंया बुट्टा क्रिया:
थ:थ:पिन्सहे लगानी याना दय्केत उजं ब्यूगु कथं २१गु
त्वालं लुं यागु २१ग: गजू देगलय् छायाब्यूगु जुल ।
थीथी त्वालं थीथी कथंया छग: छग: बिस्कं बिस्कं दय्
कूगु जुया छग:हे देगलय् जूसां गजूया कला ज्व:मला: ।

जि मचाबलय् जिमि बाज्या ज्योतिषी भक्त प्रसाद जो
शीजुं कनांथ:कूगु बाखँ कथं यलया मंग:, गन लायकू
दु, गन मणीया मणी दु, उकिं थ्व थाय् यात मणि ग:
(मणिगल) नं धाइ । मणिगलया अपभ्रंस जुया मंग: जू
वंगु ख: । मंगलय् ल्वहँयागु निरन्तर ल: हायाचवनीगु
मंग: हिति दु । उगु मंग: हितिया निखे त्वाथ: दु । उगु
त्वाथ:नं नीछत्वाथ: दु । अथेहे मंगलय् च्वंगु कृष्ण दे
गलय् नं गजू २१ ग: हे दु । जुजुया उजकथं उगु २१ग:
गजू यलया २१गु त्वालं छायाप्यूगु खँ च्वय् न्ह्यथने
धुन । उगु २१गु त्वा:या नां थथे ख: ।

ल्या:	ना	बिबरण
१	ईखाछ	आलको हिति नापं
२	बैलाछँ	पंल ध्वाकासी नापं
३	त:लाछँ	ललितापुर नापं
४	ग:छँ	ओमबहा:, उमामहेश्वर छो नापं
५	ग:फाछँ	कवबहा: कृष्ण देग: नापं
६	ग्वाछँ	स्वथ, नारायण छो नापं
७	भेलाछँ	भैल:छोया देग: नापं
८	खाछँ	नागबहा नापं
९	सलिछँ	न्हूबहा नापं
१०	च्वछँ	यलया घोडाजात्रा न्ह्याइगु त्वा:
११	खपिछ	च्यास: नापं
१२	एकाछँ	वल्खु गणेशया न्ह्यने
१३	पूवाछँ	मंग:या प्यूम्ह नारायण छोया लिउने
१४	क्वाछँ	बालकुमारी देग: नाप
१५	चालाछँ	गुजिबहाया न्ह्यने
१६	धालाछँ	त्याग:त्वा: नापं
१७	इलाछँ	नुग: हितिया ल्यूने
१८	पिंछँ	भिन्छेबहा नापं
१९	पिलाछँ	गुइत: या नापं
२०	कुछँ	पुर्णचण्डी नापं
२१	च्वबुत:लाछँ	अग्नीमथ नापं

प्रस्तुत छँ खँव: स्वा:गु २१गु त्वा:या इतिहा लुइकेगु,
छेलेगु व छँ खँव: स्वा:गु त्वा:या नां बारे अनुशन्धान
याय्गु ज्या न्ह्याकेत मन दुपिं फुक्कसित इनाप याना
चवना ।



Partnership in ROTARY



- Rtn Subhakar Baidya

Rotary believes in active participation of Rotarians in club service activities. Rotarians come together in a Club to connect with people from different professions and enjoy fellowship. Rotarians share thoughts in club meetings and celebrate moments of happiness in social events. However, it is only through services to communities that the Rotarians feel a fulfilling experience of becoming members of Rotary Clubs. Fellowship among Rotarians is a means to create solidarity for collective actions to serve communities, whereas the service above the self is the fundamental value and identity of Rotarians.

Rather than working in silo, Rotary encourages clubs to partner with government entities, community organizations, and NGOs in delivering community services. Collaborating with partners, Rotary Clubs can extend their outreach to communities in larger areas, which would not be possible for a club working in isolation. A Rotary club might not possess all technical knowhow required for implementing a project. Partnership with an organization having the required technical expertise helps in enhancing the quality and effectiveness of the project.

Partnership is embedded in Rotary movement. Rotaract Clubs, Interact Clubs and Rotary Community Corps (RCC) are Rotary Clubs' partners in service. By sponsoring Rotaract Clubs and Interact Clubs, Rotary Clubs foster their connections with young professionals of different age groups and create space to work with them as partners in community services. The RCC contributes local knowledge, assets and ownership that are critical for long lasting solutions to the problems in communities that Rotary helps in solving. The Rotaract club of Yala has been one of the vibrant clubs

in District 3292. The Interact Club of Yala was revived just last year after a few years of dormancy, but it was a big come back, marked by the accolade of Rotary Citation with Platinum Distinction received from Rotary International for the year 2019-2020.

In Rotary Club of Yala, the partnership between the club and its Anns Group is unique in the sense that the Anns Group works hand in hand with the Rotarians. Anns Group have their own structure, executive board and funds, but their activities contribute to the annual goals of RC Yala, which are set jointly by Rotarians and Anns during annual planning exercises. They participate in the Rotary Club's weekly meetings and social events, where they often play an instrumental role in making the events vibrant and culturally significant.

Partnership: Definition and Pre-requisites

Partnership is defined as an agreement between two or more organizations to work together to achieve a set of shared objectives. The partners for a project commit to share their resources in order to work towards achieving the shared goals of the Project. Partners share the risks and shortfalls, just as they share the credit of success.





In partnership, the partners are equals, regardless of the varying amounts of resources they contribute to a joint action. True partnership does not have space for the donor – recipient perception.

Partners in service maintain mutual respect and recognition. Clear and open communication is very important for keeping partnership strong. All partners should have opportunities to share their opinions, which are heard and carefully considered. When things do not seem to move on track, partners are engaged in honest assessment and mutual feedback, which, they know, are taken positively.

Effective partnership relies on a detailed action plan, which clearly defines roles and responsibilities of partners. There should not be any ambiguity with regard to who is responsible for what.

Transparency is the foundation, on which the partners develop mutual trust and accountability. Partners should develop and practice clearly defined standards of financial management. Failure to meet the compliances of the stewardship requirements, (such as those in case of Global Grant projects), can potentially lead to disqualification for the future funding.

Partners in Global Grant Projects

Rotary has envisioned partnership for the projects it does in its areas of focus. Partnership is an indispensable part of club qualification to be eligible for receiving Global Grant. The types of partners in a Global Grant funded project are defined as follows.

A. Host Sponsor: It is the host Rotary Club, which is in or nearer the community that implements the project. The host club initiates the project. It conducts the community assessment and conceives the project that caters to the identified needs of the community. The host club manages the project implementation and budget. The club however has to be cognizant of the fact that the communities (or RCC if it exists) are the key partners or stakeholders of the project. The clubs have to uphold their opinions in finding

locally compatible solutions to the problems, rather than imposing one on them. The Rotaract Club can help as partner in project implementation, although it cannot sponsor a Global Grant.

B. International Sponsor: It is the Rotary Club, located outside of the host sponsor's country, which provides financial support, which is mandatory for receiving funds from Global Grant. Besides the financial resources, the international club can also provide technical expertise and management experience to the host club. Most often, the international club provides technical support remotely, but they can visit project sites to monitor the project status and give feedback. It is important that the international club does not exert pressure on the host club to initiate a project. The host clubs should accept a project proposed by an international partner only if it conforms to the local community needs.

C. Cooperating Organization: A local organization, such as a non-government organization, community group, or government entity, can be involved as partner of the Project, if needed. The cooperating organization provides technical expertise, advocacy, training, or other support. Working with a local cooperating organization enhances the effectiveness of the project and ensures its sustainability by mobilizing local funding and community participation beyond the project period. The host club and the local organization must complete a memorandum of understanding, outlining roles and responsibilities of both partners. It should be understood that the host club can share implementation roles with cooperating organization, but the responsibility of financial management stays with the sponsoring clubs.

Effective collaboration among the partners is key to the success of Global Grant project or any other community service project of Rotary Clubs. Partnership creates synergy leading to enhanced quality, outreach and sustainability of Rotary projects. It should however be noted that Rotarians should participate actively as teams in service projects. Working as a team among Rotarians and with partners is compliant with the Rotary value of fellowship.

My Journey to Nepal

Survival Skill - Swim Program

Paiva Pradhan, Singapore



February this year, when I visited Kathmandu, my grandma told me how Aaron, my cousin who lives in the USA, helped the school clean up their playground and gave them football gear, she then took me to the Shree Bhanodaya Basic School supported by the Rotary Club of Yala. Interacting with the students there, I realised they had limited exposure to extracurricular activities. So I decided to do a swim program over my summer vacation in July.

When I went back to Singapore I did some research to help me get started. I found out that from ages 0-16 drowning is 1 of the biggest causes of accidental death in South East Asia - that lead me to think that water survival skills were important and that is how this project came to life.

For this project I needed money so I started collecting funds, so I collected money for my birthday instead of presents and set up a swear jar in the house. My parents also helped me organise a BBQ and invited our friends who helped with donations for this project. With the fund collected,

I bought swimsuits, goggles and swim boards. The fund also covered for the pool fees, transportation and meals after swimming, for 20 kids.

My coaches from Swim Hero, Kate and Joycelyn, volunteered to help teach the kids for the first three days, they flew all the way from Singapore and also donated swim caps. Special thanks to them. We conducted survival swim program on July 6th to 10th 2019.

The children from school come from deprived families. It was their first time ever seeing and being in a swimming pool. A few of the children had been exposed to bodies of water like rivers or lakes and were comfortable in the water, but the rest of them who had never tried swimming before were scared to get in the pool. There was one girl who was terrified to let go of us at the beginning of the program but by the last day, she was comfortable playing in the water with her friends.

The first couple of days we gave the kids a basic introduction. We taught them how to hold their breath and blow bubbles, how to float, enter the



pool safely and the compact jump. Once they were able to do those four exercises well, we moved on to teaching them the basics of freestyle, backstroke and breaststroke, breaking the process down by teaching them the kicks first and then adding in the arms. The last skill we taught them was water-treading, we spent more time on this skill because it is more helpful for these children when they play in the rivers. We ended the classes with rescuing skills, both board and rope rescues. The students were very enthusiastic and learned quickly. They put a lot of effort into their strokes



and water-treading making the process of teaching them much easier than I originally thought it would be. I enjoyed teaching them and learned a lot more Nepalese by talking to them. This project was overall a success. Everyone who was a part of it enjoyed themselves, especially the kids, who now have the ability to play in the water safely. You all played a significant role in making this such a huge success, I cannot thank you enough. Below are pictures (taken by Bijabar Pradhan) and a video I assembled from the program.



After the event, I had a little money left and bought juice and biscuits for children at an orphanage at Lubhu which also houses children from broken homes.

It was a very satisfying feeling giving back to people who need it the most. I would like to thank a few people for their help and support.

First of all my grandma Urmila Shrestha, for inspiring me to initiate this project. I would also like to thank The Rotary Club of Yala for this opportunity and for coordinating this project.

Special thanks to Sangedra Shrestha who communicated and helped coordinate the whole project; my swim coaches Kate and Joycelene, for volunteering to help me with this program. Thanks to the Interact volunteers Shreya and Sambhavi who helped to translate and monitor the kids at the pool, and Bijabar Pradhan for taking pictures at the pool.

And lastly, thanks to my mum who helped me through this journey by coordinating, communicating with people in Kathmandu and with the logistics for this project to be successful. I am very pleased to make contribution of Rs 63,730 for the project.

Paiva
7ADV7A
Canadian International School



Tips to address Challenge Questions of Rotarians and Rotary Clubs

Rotary International is dedicated in enhancing our experience by providing us, and our clubs with wide range of resources we need to make a difference in the world and to connect with others. Here's how to make the most of what RI offers. The presentation is focused on 15 challenge questions we normally come across and the tips to face those challenges by facing recommended tools. The tips to face challenges by clubs and club members are drawn from RI Web Site are presented.

- 1: Challenge: Our club needs to grow: Making best use of the available tools related to following actions can help facing the challenges. There are many tools for each action however one tool for each action has been suggested as an entry point. The tools will lead us to many other relevant resources.
 - Assess your club: The assessment tools will help to see if your club is meeting members' needs and reflecting the community: Rotary Club Health Check
 - Engage current members: Use the resources to learn strategies that will keep members excited about Rotary. Best Practices for Engaging Members and Improving Your Member Retention
 - Connect with prospective members: Use the strategies and ideas in these resources to connect with potential members. Strategies for Attracting New Members
 - Make new members feel welcome: Use these resources to celebrate new members, develop an orientation program, and get them involved early and often. Introducing New Members to Rotary: An Orientation Guide
 - Develop your club: Find ideas for planning and strengthening your club in these resources: Club Membership Committee Basics
- 2: The challenge: I want people in my community to know more about our club and what we do
 - Rotary's People of Action campaign offers resources to tell stories about the impact your club is making in your community. You'll find easy-to-use messaging, ideas for local events, social media ads, and print and video advertising materials, as well as how-to guides. Learn more at rotary.org/brand-center.
- 3: The challenge: I'm moving and want to find a new club to join
 - Find the club that best suits you through Club Finder on rotary.org or download the Club Locator app for Apple or Android. The form to change clubs is at my.rotary.org/member-center/member-relocation.
- 4: The challenge: I know someone who would make a great Rotarian
 - Consider inviting them to join your club or refer them to another club by submitting their information at my.rotary.org/member-center/member-referral.
- 5: The challenge: I want to spread the word about a successful club project
 - Describe your project and share photos and impact via Rotary Showcase: rotary.org/showcase.
- 6: The challenge: I want to apply for a grant or check the status of an application
 - Get started at Rotary's Grant Center at rotary.org/our-programs/grants. Regional grant officers are also available to provide one-on-one support in all official languages.
- 7: The challenge: My club has an idea for a project, but we need to find a club to partner with on a global grant
 - Visit ideas.rotary.org to view other clubs' project pages. Club and district leaders can create a page to solicit partners.
- 8: The challenge: We are planning to host a fundraiser for polio and would like to engage potential donors in an innovative way
 - Rotary's virtual reality films allow viewers to experience the lengths we go to in the fight to end polio. Learn more at rotary.org/VR.



9: The challenge: I'm looking for materials about Rotary to take to a local event.

- Visit shop.rotary.org to find ready-to-use resources that can build awareness of Rotary and your club.

10: The challenge: I want to know whether it's safe to give Rotary my personal information

- Rotary complies with applicable laws to ensure that our members' personal information is safe and secure. Learn about RI's privacy policy at my.rotary.org/privacy-policy.

11: The challenge: I would like to offer discounts on my company's products and services to other Rotarians

- Through Rotary Global Rewards, Rotarians, Rotaractors, and alumni can post offers and take advantage of savings on vehicle rentals, hotels, shopping, and more. Many offers also give a portion of your purchase back to Rotary. Find out more at rotary.org/global-rewards.

12: The challenge: I am taking on a leadership role in my club and would like to learn how I can make the most of it

- Rotary's online learning center is open to all members. Club leaders can dive into information about their roles, and new members can learn more about Rotary. Get started at rotary.org/learn.

13: The challenge: We need to update our club's bylaws

- Reach out to your local club and district support team. These representatives are regional experts who provide advice, training, and support on Rotary's online tools, governing documents, and club and district operations. Find your contact at my.rotary.org/contact/representatives.

14: The challenge: I need to track my club's goals for the year

- Sign in to Rotary Club Central through My Rotary to set goals and plan for the future.

15: The challenge: I still have a question

- Call Rotary's multilingual regional support staff at +1-866-976-8279, toll free.

Compiled by: Prafulla Man Singh Pradhan
District Trainer 2013/14, District Training Advisor
2014/15 and 2015/16, District Chief Adviser



2016/17, District Secretary 2017/18, Chair District Strengthening Committee 2018/19, New Member Orientation Committee Chair 2020/21, Paul Harish Society Member and Major Donor Level I

Home Club: Rotary Club of Yala
District: RID 3292



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ROTARY CLUB OF YALA

RIDistrict 3292 Nepal Bhutan

Strategic Plan for 2020/21 - 2022/23

The strategic plan of RC Yala for 2020/21 – 2022/23 was formulated through the discussions in virtual Club Assembly held in two stages. The first stage was the virtual group works held two hours a day from 31 May – 3 Jun 2020. The groups, divided by the scopes of the Club's standing committees, reviewed the strategic plan and proposed annual plan activities for 2020-21. The second stage was the virtual plenary held on 18 Jun 2020. The plenary session of the Club Assembly endorsed the three years' Strategic Plan and the corresponding Annual Plan 2020-21. The Rotarians, Anns, Rotaractors and Interactors participated in the club assembly. DGE Rtn Rajib Pokhrel graced the plenary with his presence and gave valuable inputs. The next exercise (by end of July 2020) will develop detailed action plan specifying activities with timelines, budget and responsible team members for the Rotary Year 2020-21.

Strengths, Weaknesses, Opportunities and Challenges (SWOC) analysis:

1. Where are we now?

Today's date: 18 Jun 2020

Club Strengths (internal)

- Active participation of Anns, Rotaractors and Interactors in club activities,
- Excellent family values and relationship
- Many new and enthusiastic members are engaged in club activities making
- Diverse fellowship events
- Diverse skills and experiences of members
- Extensive Rotary knowledge among some members in the club
- Better Size of Members in the club
- 28 % of Women members (good proportion compared to District average)
- District Media Award to Journalists (for Good Governance) sponsored by Yala Rotary Member PP Surendra Govinda Joshi
- Annual recognition program and specific awards established by RC Yala
- Quality Weekly Club Bulletin
- Club members are interviewed by media
- Good image within the district
- Club with Major Donor, PHS, PHF and MPHF etc.
- 100% Contribution Club
- Projects and activities related to community needs
- Flagship projects (cancer diagnosis and awareness, water and sanitation, support for elderly, special needs children and students, school support, girl child scholarship)
- Capable in responding to emergencies
- Inadequate attendance in RWM and district events
- Only few members visit other clubs
- Inadequate knowledge about rules and procedures

Club Weaknesses (internal)

- Sub-optimal use of expertise available in the club
- Club calendar not followed strictly.
- Defunct RCCs
- Inadequate number of international speakers in RWM
- Convincing all members to accept change for better future
- Club committees not sufficiently active and effective
- Inadequate mentoring of new members
- Average age group of members is comparatively high
- Humanitarian service of the club not promoted or reflected in media
- No members from print and electronic media houses
- Weak in Public Relation and creating Public Image
- Not much of the publicity on the media about awards
- Underutilization of social media
- Contribution and participation in TRF not as desired (Members can afford but not motivated to contribute)
- Limited involvement of members in service projects
- Inadequacy in proper documentation
- No Global Grants project with RC Yala.
- Limited link with potential international partners
- Not being able to translate relation with international partners into service projects



Club Opportunities (external)

- Strengthening working relationship with Anns Group and Rotaract Club and Interact Club
- Support from District Committees and officials
- Participation in District and RI events and host district event
- Possibility to make best use PP Council
- Creating RC Yala Endowment Fund
- Possibility to make best use of new members
- Possibility to enhance Rotary knowledge (putting Rotary in members)
- Opportunity to introduce various types of membership
- Partnership with print and electronic media (local and National)
- Introduce media and other awards for culture and heritage exemplary humanitarian service works
- Interact with media houses
- Participation in municipal events
- Participation in social and cultural events
- Partnership with institutions RC Yala has already worked with
- Recognition of Club and Members for contributing to RF
- Partnership with local authorities (central and ward level)
- Partnership with other Rotary Clubs for joint projects
- Access to Global and District grants
- To become a model club in the District (strong and united team, improved image, projects with high impact, effective partnerships, new leaders

Club Challenges (forthcoming)

- Coping with present and post COVID19 situation
- Retaining club prestige and credibility
- Finding inspiring and exciting external speakers (international)
- Making optimum use of knowledge and skills of all members including Past Presidents
- Attracting potential members to join RC Yala
- Attracting members from media
- Mobilizing resources for public relation
- Fully utilizing skills and capacity of club members, Anns and partners in service in club programs
- Raising funds for club projects
- Finding International Partners for Global Grant Projects

8. Membership growth of 20 (at least 50% women, 25% younger generation below 40)
9. 100% members registration at My Rotary every year and at least 50% using it and 25% sharing in RWMs
10. Improved quality of membership (participation & contribution) in the club (indicators of quality members will be in place)
11. Improved skill amongst members and Anns to use digital systems (online meetings, apps, software, web)
12. At least 20 % members will take online courses in Learning Center
13. All new members to take online courses on Rotary Basics in the Learning Center
14. RC Yala recognized as a credible and notable service organization.
15. Continuation of effective projects including their proper documentations
16. Enhanced image of Club and Rotary in the community
17. Wider Distribution of Club Bulletin and Annual Souvenir
18. Continuation of the RC Yala recognition and awards and establish at least one new award
19. Contribution of US \$20,000 to TRF in Annual Fund
20. 30% members are Paul Harris Fellow (PHF) and 30 % Multiple Paul Harris Fellow
21. At least 3 Paul Harris Society (PHS) members
22. At least 2 club members are major donors
23. Documentation of past projects
24. Two villages adopted and supported through new RCCs and/or revival of existing RCCs
25. Continued relation with past sponsored schools and communities.
26. At least 3 Global Grant projects implemented or under-implementation
27. Three schools adopted and supported to become child friendly (aligned with TEACH)
28. Projects implemented to support communities related to "Living with COVID"
29. Continue projects on
 - a. support for senior citizens,
 - b. cancer prevention
 - c. water and sanitation at households and schools
 - d. Educational support to girl students and children with special needs
 - e. extra-curricular activities (in schools)
 - f. Disease Prevention and Treatment

2. Where do we want to be (anticipated scenario if the strengths are utilized, weaknesses minimized, opportunities chased and challenges overcome) Target date: 30 June 2023

1. Good partnership and working relationship with international clubs; at least two sister clubs with effective joint program
2. Effective Regular Weekly meetings with attractive programs
3. At least 60% members actively participate in RWMs and club events regularly
4. Hosting three district events and co-hosting at least 9 district events
5. At least 15% members active in various important District roles
6. RC Yala Endowment Fund of at least Rs. 5 million established and operationalized
7. Initiation of the process to have its own club building

Vision statement:

RC Yala is recognized locally and in District 3292 as a strong and vibrant club with its members actively participating in high-impact service projects and club development with the support of Anns, Rotaract Club, Interact Club, partner Rotary Clubs and local authorities.

3. How do we get there?

To reach our vision, the following goals and actions are proposed for the year 2020/21. The proposed goals and actions fall within three 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

Goals: (a) Make club meetings interesting and effective; (b) establish good external relationship beyond club; (c) Maintain good governance in the Club



Membership Committee

Goals: (a) Increase members to 66 from current 60 (net 10% growth) from unfilled classifications; women and youth (b) Retain minimum 95% of members, (c) (d) enhance capacity, knowledge and skills of members

Actions

- Organize minimum 48 Regular Weekly Meetings
- Explore ways to digitally connect members who cannot physically attend meetings for health reason and/or for being out of station
- Organize Know-your-member (KYM) and Rotaract members events at RWMs with fellowship program
- Develop a club calendar for Rota Year 2020/21
- Produce weekly quality Club Bulletins (news worthy for Rotarians and other clubs)
- 12 Board Meetings, 6 Club Assemblies, 4 Admin Committee meetings, One Annual Meet
- 12 guest speakers including 3 international speakers at RWM
- 12 classification talks with priority to new members
- Provide greetings and congratulatory cards to members and Anns
- Achieve 70% attendance; recognize make-ups
- Sister relationship with 2 International Rotary Clubs
- 1 joint meeting with other clubs, 1 joint meeting with Anns, 1 joint meeting with Rotaract Club of Yala
- Felicitation program for family members of Rotarians (SEE, +2, Bachelors, Masters) in collaboration with Anns Group
- Celebrate 25th anniversary of RC Yala
- 3 joint birthday celebrations
- 1 heritage tour
- One Futsal and one Table Tennis match between Rotary and Rotaract members
- At least one events tour/picnic/hiking outside Kathmandu valley
- Publish Club Souvenir that captures club activities and Rotary Information
- Review and revise club bylaws if required
- Ensure timely payment of club dues •

Actions

- Conduct classification survey and update classification roster
- Induct at least 8 new members (4 male and 4 female focusing on unfilled classifications) including at least 2 from younger generation below 40)
- Organize one Rotarian non-Rotarian interaction
- Achieve over 95% membership retention
- Assign mentors for new members with mentor and mentees orientation
- Engage new members in club committees
- Hold at least 4 Membership Committee meetings
- One pre-induction orientation program for potential new members
- 3 training/orientation events to Rotarians/Anns/ Rotaractors on leadership and skill development such as IT, communication skills, Master of Ceremony. etc. (based on need assessment)
- Organize continued education to update Rotary knowledge (4 panel discussions)
- Conduct a membership feedback session using membership satisfaction survey and club health check forms
- Minimum 15% members participate in various district events including district membership seminar
- At least 20 % members take on line courses in the Learning Center of Rotary
- At least 3 members participate in RI Membership

- Webinar (online participation)
- Encourage members to make best use of RI website
- Introduce wide range of membership such as corporate members, family members, and associate members etc.
- Explore to sponsor a new Rotary club

Service Projects Committee

Goals: (a) Apply for at least 3 Global Grant projects; (b) implement wide range of humanitarian service projects in collaboration with Anns, Rotaractors and Interactors (c) engage in Environment protection (d) COVID 19 response project.

Actions

Global Grant Projects

- Submit applications for 3 Global Grants projects (Blood collection Van plus 2 others)

Disease prevention and treatment

- Support "Stand Up for Breast Cancer Patients" (12 patients) with Nepal Cancer Hospital and NCRS, Lalitpur.
- Support 12 cancer patients especially children.
- One event of blood donation, vision test, diabetes, oral health, heart diseases, hearing impairment test and physiotherapy

TEACH in adopted schools (3 schools)

- Five events of school support – healthy Lifestyle, environment/mindful learning etc.(with Anns)
- Scholarship for at least 30 children of deprived families (with Anns)
- Computers and training for E-learning
- School Meal Project with Anns: 50 students at one primary school for one academic year [Rs 25/meal; 180 days + operational expenses]

New Learning Methods For Primary Students :

Anns, family and friends involvement in introducing new learning methods (e.g. Karkhana, Srijanalaya) for school children in 2 schools

Senior Citizens and Children with special needs

- At least 4 events to support senior citizens (day care and Old Age homes with Anns and Rotaracts)
- At least four events to support to special needs children (with Anns and Rotaracts)

Economic promotion

- Vocational training (for income generation) for 200 potential women entrepreneurs (Try GG)

Environment Protection

- Two water and sanitation (WASH) projects
- One event on traffic awareness with Rotaract
- Tree plantation
- Adopt 2 wards for zero waste promotion
- Engage international volunteers (VTT) for capacity building of local hospitals

Response to COVID19 and Living with COVID19

- Skill development of Covid-19 impacted women - vocational training – 30 women (with Anns)
- Fun games for young students to encourage children returning to schools post-COVID19 (2 schools with Anns)



- Support in the protection of children in schools (when schools re-open) – about 2 schools

The Rotary Foundation Committee

Goals: (a) Contribution US\$ 7000 in cash to TRF; (b) Enhance knowledge on Rotary Foundation and Grants Management.

Actions

- Contribute US\$ 7000 to TRF
- Become 100% contribution club - \$25 each
- Contribute through PHF (4 members), MPH (3 members)
- Maintain EREY
- Target for 100 % contribution club banner
- Target for other presidential citations
- 2 PHS contributions
- 1 additional major donor
- In collaboration with Club Service Project Committee, implement at least 1 Global Grant project
- Motivational event for club members to contribute to TRF
- Host 1 TRF event of District 3292 (preferred in November)
- Organize 4 Committee meetings
- All TRF Committee Members takes on line courses in the Learning Center
- Target for 100 % contribution club banner
- Target for other presidential citations
- Participate in district Grants Management Seminar (at least 2 members)

Public Relation Committee:

Goals: (a) Contribute to build public relations; (b) Widely

distribute Rotary publicity materials; and (d) celebrate important and dedicated days to enhance public image and visibility and (e) organize fund raising program.

Actions

- One event to felicitate and award (vocational) non-Rotarians in the community
- Explore to add one award; sign MoU with sponsor
- Regular website maintenance and updates
- Regular social media updates
- One family based product exhibition
- Sale of T-shirt and caps with Rotary logo during rally etc
- Visible participation in two events of culture program/ tour wearing t-shirt and caps with Rotary logo
- Post Rotary logo and information in the project area and communities
- Club participation in polio rally, World Cancer Day and other relevant events
- Distribute club's annual souvenir magazine to school/ college library
- Provide Rotary magazine to clubs, clinics, libraries and schools
- Send activity reports for GML regularly
- Invite leaders from different walks of life at club programs

To monitor our progress, following steps will be taken.

Detailed Annual plan and budget for 2020/21 will be prepared based on the tentative Actions indicated above.

With Best Compliments From



Yetichem Group

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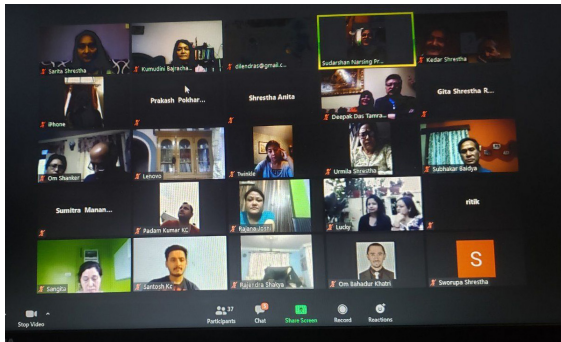
ROTARY CLUB OF YALA

ROTARY YEAR 2019-20

AT A GLANCE















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What is cancer?

Cancer is group of diseases involving abnormal cell growth with the potential to invade or spread to other parts of the body. "The cancer burden can be reduced through early detection of cancer and management of patients who develop cancer. Many cancers have a high chance of cure if diagnosed early and treated adequately." World Health Organization (WHO)

Why Cancer Screening is important?

"Cancer can be cured if it can be detected early. Early diagnosis is particularly relevant for cancer of the breast, cervix, larynx, colon, rectum and skin."

Why Nepal Cancer Hospital and Research Center (NCHRC) ?

Nepal cancer Hospital and Reserch Center is the only **CANCER** center currently providing

- 1) Surface Brachytherapy
- 2) Sreerotactic Radio therapy

Surface Brachytherapy is a form of radiotherapy that is an option for treating non-melanoma skin cancer. Electronic surface brachytherapy uses a portable machine that physicians apply through an applicator placed directly on the skin.

Stereotactic Radiotherapy: A specialized type of external beam radiation uses focused radiation beams targeting a well-defined tumor. It ia a next generation of Radiotherapy after 3DCRT, IMRT and Rapid arc. It relies on detailed imaging computerized three-dimensional treatment planning and precise treatment set-up to deliver the radiation does with extreme accuracy. Stereotactic Radiotherapy needs very careful planning and real time monitoring of radiation dosage give to the patient. The next step will be conducting Stereotactic Radiosurgery wher we will be able to target tumors more specifically.



CANCER CAN BE CURED IF IT CAN BE DETECTED EARLY.



WORLD- CLASS,
COMPREHENSIVE
CANCER CARE, RIGHT
HERE IN NEPAL



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