



Rotary



ललितधारा पूर्णाङ्क १३२३

ROTARY CLUB OF PATAN

100% PHF Club

CLUB NO. 23126

34th
Souvenir

Rotary Year 2019-20

३४ औं स्थापना विशेषाङ्क



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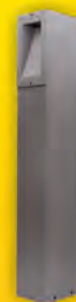
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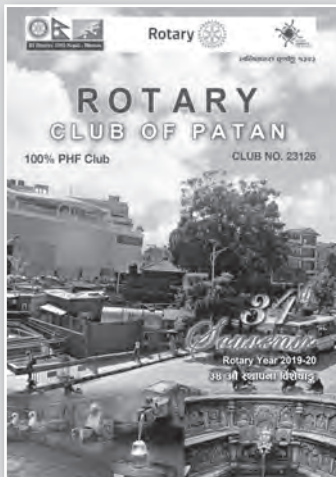
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ROTARY CLUB OF PATAN

RI District 3292 Club No. : 23126



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७:०० - ९:३० बिहान

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Jeevan K. Shrestha



Bharat N. Joshi



Kiran Thapa



Preeti Khemka

Editorial

Dear Fellow Rotarians

On behalf of the Lalitdhara Souvenir Publication Team, I have the pleasure to present this message on the occasion of the 34th Charter Day of the Rotary Club of Patan. The Rotary Club of Patan has been actively giving selfless service in various fields since its establishment in 1985.

Most commendable achievements of Rotary Club of Patan for this year are PEEF scholarship distribution including Kamalmani Educational Excellence Awards supporting over 400 students of 27 public schools of Lalitpur District; establishment of a 2nd flagship programme to support people with disabilities, successful implementation of Global Grant projects, the establishment of a 'Animal welfare for Public Health programme' and the continuation of our excellent fellowship activities.

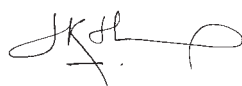
In accordance with the Rotary Motto of "Service above Self", Rotary club of Patan has been very much committed to serve the rural communities in the fields of health; water, sanitation and hygiene; education; and sustainable socio-economic development.

I have been a member of the Rotary Club of Patan since Rotary Year 2006-2007 and am proud to join hands with Rotary, which provides a unique platform of support. The Rotary platform gives its members self-confidence and deep satisfaction in their lives through their participation in support of the communities in need.

The articles in this Souvenir reflect some of the major projects implemented during the Rotary Year 2018/19. I take this opportunity to congratulate our dynamic outgoing President Rotarian Gabriele Mallapaty for her commendable work and welcome our incoming team of 2019-2020 under the leadership of Rotarian Lalita Thapa to build on and initiate additional programmes for the benefit of our communities.

The Rotary Club of Patan sincerely acknowledges the institutions, organizations and the Rotary Club of Patan family who have generously contributed by providing advertisements, photographs and valuable articles for this Souvenir. This publication would not have been possible without the hard work and dedication of the entire editorial team - each of them deserves special thanks.

Yours, in Rotary Service,



Rtn. Jeevan K. Shrestha
Coordinator

Souvenir Publication Committee (2019-2020)

*We Extend
Our Best Wishes
for the Grand Success
of*

R  **TARY**
CLUB OF PATAN

on its 34th

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Rtn. Shrestha Mukti N.

Rtn. Shrestha Santa K.

Rtn. Shrestha Yagya B.

Rtn. Tamrakar Jamuna K.

Rtn. Tamrakar Madan R.

Rtn. Thapa Kiran

Rtn. Thapa Lalita C.

Rtn. Thapa Mahendra B.



Message From RI President

Mark Daniel Maloney
President, 2019-20
Rotary International

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mark.maloney@rotary.org

Rotary



Lalita Thapa

Civil Homes H. No.: 11
Sainbu, Ward 4
Lalitpur
Bagmati
NEPAL



Dear fellow Rotarian,

I want to congratulate you on your installation to the office of 2019-20 as club President of Rotary Club of Patan.

Club officers all have their own roles to play in ensuring their club's success, both this year and in the years to come. You have the opportunity to grow Rotary — to grow our service, to grow the impact of our projects, and, most importantly, to grow our membership so that we can achieve more. The example you set is essential in motivating your fellow Rotarians. Rotarians like you are the foundation of everything that Rotary seeks to achieve.

Congratulations again on your appointment as 2019-2020 as club President. I look forward to a year of great accomplishments with your help, as *Rotary Connects the World*.

Kindest regards,

Mark Daniel Maloney

Rotary International President, 2019-20

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District Governor's MESSAGE



ROTARY INTERNATIONAL District 3292



Rtn. Lalita Thapa
President
Rotary Club of Patan

My Dear President and Team 2019-20

Greetings from RI District 3292

My Spouse Gita and I congratulate you and your dream team 2019-20 of your club.

Our best wishes to you and your dream team as well as your club members for the new Rotary Year 2019-20.

Each year Rotary International requests us to pay special attention through the President theme and citation besides our six areas of focus. As we all know, our theme for 2019-20 is "**Rotary Connects the World**" which is self-explanatory, as through connection only, can we grow Rotary.

To connect the world, we must engage our members in service projects for the needy communities and fellowship among the members and with our families. Bringing our family and children into Rotary will definitely add to Rotary's values within our family.

In Rotary, leadership is only for one year, so within these 366 days, you have to plan everything from club activities to membership activities and serving a needy community to fellowship among Rotarians and family, so please plan properly and make it like fun and dance, then only can you enjoy Rotary and you will be able to connect yourself with your family, club members and community.

This year RI President Mark Maloney is encouraging us to build more community based Rotaract Clubs, Interact Clubs and RCC entities. They are our youth and are potentially future Rotarians, will be a key factor in the future growth of the Rotary movement.

Please be guided by Rotary's new vision statement, which says" Together, We see a world where people unite and take action to create lasting change - across the globe, in our communities, and in ourselves.

Let us unite among ourselves and unite with others to bring about meaningful change to the world and ourselves - changes that are sustainable.

We know many things but we hardly apply those things, so knowing is not enough, please apply what you know and be connected with all because then only will Rotary grow. I know you are all dedicated Rotarians and your club is one of the best in our District 3292, but there is always room for doing much more and better than before, I know you will do better than before in 2019-20 with your dedicated team.

Our best wishes are always with you and your team.

Regards with Jay Rotary to you all.



Rtn. Kiran Lal Shrestha
District Governor 2019-20



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Rtn. Lalita Thapa
President

President's Message

Dear Fellow Rotarians,

On the occasion of 34th Charter Day of RC Patan, I extend my hearty congratulations to all the members of the Rotary family. We are delighted to be celebrating our dedication and achievements of the last 33 years in many avenues of services. We take special pride and joy in bringing smiles to the faces of school children and communities we are serving through scholarships, drinking water and sanitation programs. The Rotary Club of Patan is also keen in inspiring people with vocational awards for those who have been contributing to bring positive changes in Nepali society through their vocations.

Partnering with organizations and individuals beyond the Rotary family has been our strength as we believe that bigger and more significant changes are only possible through a collaborative effort. We extend our appreciation to all our well-wishers and contributors to our community services

The theme for 2019-20, Rotary Connects the World, inspires us to strengthen the ways we connect with the communities we are working with and the partners who are supporting our efforts through community services. We aspire to build our relationship with people of talent, thoughtfulness, and generosity and unite to take meaningful action through Rotary service.

Best Wishes



Lalita C. Thapa
President (2019-2020)

Past Presidents of Rotary Club of Patan



Late Rtn. S.R. Sharma
1985-87



Rtn. M.L. Kayastha
1987-89



Rtn. B. R. Prasai
1989-90



Late Rtn. P. P. Prasai
1990-91



Late Rtn. H.R. Bajracharya
1991-92



Rtn. B.K. Mainali
1992-93



Rtn. B. B. Bajracharya
1993-94



Rtn. S. SJB Rana
1994-95



Rtn. T. M. Sakya
1995-96



Late Rtn. B.P. Dhital
1996-97



Rtn. R.R. Pandey
1997-98



Rtn. T. Neupane
1998-99



Rtn. Kamal Nyachhon
1999-2000



Rtn. Pushkar M. Shakya
2000-2001



Late Rtn. Narayan G. Halwai
2001-2002



Rtn. Yagya B. Shrestha
2002-2003



Rtn. Siba B. Rajbhandary
2003-2004



Rtn. C.P. Maskey
2004-2005



Rtn. Gyanu R. Shakya
2005-2006



Rtn. Ganesh R. Shrestha
2006-2007



Rtn. Keshab B. Mathema
2007-2008



Rtn. Santa K. Shrestha
2008-2009



Rtn. Kedar B. Shrestha
2009-2010



Rtn. Prakash R. Regmi
2010-2011



Rtn. J. K. Tamrakar
2011-2012



Rtn. Krishna B. Basnyat
2012-2013



Rtn. Jeevan K. Shrestha
2013-14



Rtn. Khruschev Shrestha
2014-15



Rtn. Matsyendra L. Kayastha*
2014-15



Rtn. Piyush B. Bajracharya
2015-16



Rtn. Bijaya Mallapaty
2016-17



Rtn. Chandralekha Kayastha
2017-18



Rtn. Gabriele Mallapaty
2018-19

* President a.i.

Rotary Club of Patan

RI District 3292

Club No. 23126

Chartered on 29th August 1985

Executive Board 2019-20



Rtn. Lalita Thapa
President



Rtn. Gabriele Mallapaty
IP President



Rtn. Nirmal K. Pradhanang
President Elect



Rtn. Mahendra B. Thapa
President Nominee



Rtn. Shiva K. Pradhan
Vice President



Rtn. Mahendra Rawal
Secretary



Rtn. Bishwa B. Sharma
Joint-Secretary



Rtn. Kiran Thapa
Director/Chair-Club Adm.



Rtn. Jeevan K. Shrestha
Director/Chair-Membership



Rtn. Ganesh R. Shrestha
Director/Chair-Public Image



Rtn. Bijaya Mallapaty
Director/Chair- Service Projects



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Director-Youth Services



Rtn. Prakash R. Regmi
Director- The Rotary Foundation



Rtn. Bharat N. Joshi
Treasurer



Rtn. Preeti Khemka
Joint Treasurer



Rtn. Kedar B. Shrestha
Sergeant-at-arms



Rtn. Gabriele Mallapaty
President
Rotary Year 2018-19

CLUB ACTIVITIES OF THE ROTARY YEAR 2018-19



Rtn. Shiva K. Pradhan
Secretary
Rotary Year 2018-19

We would like to thank the entire Rotary Club of Patan (RCP) family for their unwavering support, friendship and commitment to the ideals of Rotary ‘Service’ and ‘Fellowship’. The strength of the Rotary Club of Patan is its members, who once again have shown that together we can achieve the unthinkable and bring our club from strength to strength. Achieving the ‘Best President of Region III’ Award and the Presidential Citation by Rotary International President Barry Rasin was made possible through a concerted effort of all club members and striving for excellence throughout the Rotary Year. Below we summarize some of RCP’s core achievements

1. CLUB SERVICE

Club Service focuses on making clubs strong and vibrant. Vibrant clubs engage their members, conduct meaningful projects, and strive for continuous improvement.

Club Service Fund

The RCP’s **Club Service Fund** was established in the Rotary Year 2010/11 under Past President, Rtn. Prakash R. Regmi to better serve the community and secure the long-term operation of the club. The Fund has reached **NRs. 3,784,787** of which **NRs. 3,375,417** are funds in Trust and NRs. 409,370 are programmable funds that are primarily used to support service activities including the KEEA Scholarship Programme, Animal Welfare for Public Health activities and starting in 2020 graduate students’ education scholarships.

Fellowship

The RCP’s **Fellowship** activities have been wide-ranging and innovative led by our Fellowship and Events

Coordinator, Rtn. Kedar Bhakta Shrestha. The RCP prides itself of being family embracing and caring in all its club activities. The annual Joint Board meeting, the Charter Day celebration, three Birthday Fellowships and the quarterly Past Presidents’ Fellowship are some of the key events where spouses joined. The **‘5th Monday of the Month’** entertainment programmes saw Yoga demonstrations, cooking skills and the usual songs, jokes and interesting personal anecdotes. The **Annual Family Outing** at Heaven Hill Resort in Lapsiphedhi attended by 29 brought many members and families closer through fellowship, games and short trekking tours.



Game time during Annual Family Outing.



Hike during Annual Family outing.



Second Group Birthday Fellowship.



Induction of Rtns. Lila B. Baniya and Madan L. Tamrakar



5th Monday Yoga Entertainment.



Induction of Rtns. Maheswari Bisht Rawal.



2nd Board meeting of the RCP.



Induction of Honorary member Rtn. Anuradha Shrestha.

Membership

The club **Membership** has been retained and three new members were added, two male and one female. Bringing the total number of **active members to 41**. This year we also added two **honorary members**. Hon. Rtn. Late Govinda Das Shrestha and Hon. Rtn. Anuradha Shrestha in recognition of the exemplary annual contributions by the Sarswoti Govinda Foundation to the RCP's PEEF scholarship programme.

Club Meetings

This year we adapted a **new club meeting format**; combining club meeting with our birthday fellowships, conducting a joint club meeting with the Rotaract Club of Patan at the St. Xavier School and the first club meeting of the year held at the Aviation Museum. We had a diverse set of speakers and classification talks ranging from Vastu expert, educational talks about Down syndrome, Newari baby massage, diabetes and heart disease prevention,

mental health issues in Nepal, banking and investment environment, and rural development issues.



Joint meeting with Rotaract Club of Patan.



Miss Shilpa Thapa talking about Down Syndrome.



PDG Ratna M. Shakya talking about Polio Eradication.



Mr. Madhav Mangal Joshi talking about the science of Vastu.

Public Image

Much progress was made in building the **Public Image** of the RCP. The RCP has a very active **Facebook page** <https://www.facebook.com/RotaryClubPatan> with close to 4000 followers. It provides information on our service and club activities more than 12 times in a month. Thanks to the efforts of Rtn. Shiv Prakash Khemka the **RCP's Website** <http://rotaryclubpatan.org.np> was launched during the Charter Day celebration on 29 August 2019.

The weekly **Lalitdhara Bulletin** provides an invaluable record of the RCP's service and club activities, prepared with great attention to details by the RCP Editor, Rtn. Bijaya Mallapaty.

The **33rd Annual Lalitdhara Souvenir** committee under the coordination of Rtn. Jeevan Shrestha with membership of Rtns. Bharat N. Joshi, Kiran Shrestha, Preeti Khemka and Shiva K. Pradhan issued a quality publication that provides an excellent overview of the RCP's annual service and club activities. For the first time, it included historic overviews of the Vocational Service Awards and the Kamalmani Educational Excellence Awards.



Lalitdhara Souvenir unveiled by District Governor.

Media coverage of the RCP's service and club activities started with the first club meeting at the Aviation Museum, followed by issuance of several press releases and coverage in TV channels. The World Heart Day celebration during 'Rotary Connect Week'; the Vocational awards ceremony; and the KEEA awards ceremony provided opportunities to introduce Rotary to large numbers of Non-Rotarians.



First Club meeting at Aviation Museum.



KEEA Awards to 10 students.



World Heart Day Celebration during Rotary Connect Week.

For the second consecutive year, the RCP team won **1st Prize of the District 3292 Rotaquiz**. Lead by Rtn. Chandralekha Kayastha with membership of Rtns. Preeti Khemka, Lalita Thapa and Gabriele Mallapaty.



All women winning team of Rotaquiz.

2. VOCATIONAL SERVICE

Vocational Service calls on every Rotarian to work with integrity and contribute their expertise to the problems and needs of the society.

Vocational Service Award

Since 2010/11 the RCP has conferred **Vocational Service Awards** to up to three outstanding professionals every year. This year the vocational awards, which carry a cash award of NRs 11,000 and a certificate, were given in the **field of journalism to Dr. Mahendra Bista** and in the **field of health to Mr. Bashudev Adhikari**. The awardees selection was managed by the RCP's Vocational Awards Committee Coordinator Rtn. Prakash R. Regmi with membership of Rtns. Nirmal K. Pradhanang and Mahendra Thapa.



Recipients of the Annual Vocational Awards.



Vocational Awards Ceremony.

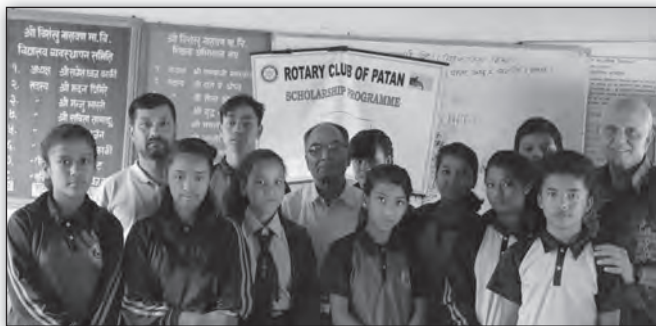
This year again, members of the RCP have **volunteered their professional skills** in the implementation of our club-owned and Rotary global grant projects, health camps and numerous other club activities.

3. COMMUNITY SERVICE

Community Service encourages every Rotarian to participate in club projects and activities to improve the life of people in their local communities and to serve larger public interest.

Prajapati Education Endowment Fund (PEEF)

The Rotary Club of Patan has a long history of service through this outstanding project. For the past 28 years, the **RCPs flagship Prajapati Education Endowment Fund (PEEF) scholarship project** has been demonstrating the commitment of all members to service. During the Rotary Year 2018-19 most of our members and their families spared no effort to visit 27 Public Schools in the Lalitpur District and personally distributed scholarships to **395 students in grades 7 to 11**. In grades 7 to 10, 282 students received NRs. 3,000 each with 83 students who had achieved grades above 70% receiving NRs. 4,000 each. In addition, this year for the first time **30 students in grade 11** received scholarships of NRs. 5,000 each. From next year, the programme has been expanded to cover grade 12 as well. Total amount of scholarship distributed was **NRs. 1,328,000**.



PEEF scholarship distribution.

This year's key large contributions to the PEEF scholarship programme included the annual contribution of **NRs. 10,000,000** from the Sarswoti Govinda Foundation, **NRs. 500,000** from Dr. Sanjeev Shrestha and **NRs. 300,000** from Mr. Arun Chaudhary.



Handover of NRs. 10 Lakh cheque by late Honorary Rtn. Govinda Das Shrestha.

The RCP will also start sponsoring **2 students for Graduate Studies**, from 2020. With the additional contributions to the RCP's club service fund by Rtns. Matsyendra L. Kayastha and Prakash R. Regmi, two best performing grade 12 students will receive scholarships to study up to master's level.

WASH in Schools

The PEEF scholarship programme is taken as a springboard to bring other improvements to the supported public schools, making them 'Centres of Excellence'. In 2018, the RCP started to **comprehensively improve Water, Sanitation and Hygiene facilities in 12** of the PEEF supported schools through a Rotary Global Grant project. In collaboration with the **Inner Wheel Club of Patan** a Sanitary Pad stitching training was done for 150 students at the Kitini school.



Sustainable WASH in schools grant project.



Sanitary pad stitching training with Inner Wheel club.

Kamalmani Educational Excellence Award

The Kamalmani Educational Excellence Award (KEEA) started in 2012 with a donation by late Rtn. Kamalmani Dixit to establish a "Fund" to honour the **best-performing student** among those receiving scholarships from the RCP's Prajapati Education Endowment Fund. The KEEA funding has expanded with additional contributions from the Dixit family and the RCP members. In September, the Rotary designated month of Basic Education and Literacy, **ten outstanding students received merit awards ranging from 25,000 to 5000 Rupees totalling NRs. 100,000.**



KEEA 1st prize winner Mr. Bir Dhoj Tamang.

Ability Development Endowment Fund (KPAD)

The Rotary Club of Patan has a long history of supporting people with disabilities. It is with great pride that we were able to add a second flagship project this year. Encouraged by Rtn. Nirmal Kumar Pradhanang and initiated with a contribution of NRs. 10 Lakhs by Rtn. Rabendra Raj Pandey in the name of his parents Khagendra Raj and Piyush

Priya, the RCP established the **Khagendra Raj and Piyush Priya Ability Development Endowment Fund (KPAD)** in September 2018.



Handing over of NRs. 10 lakh cheque for KPAD Fund.

Through the generosity of our members we have already been able to raise **26,63 lakhs into a Trust Fund** and set an aim to raise 1 crore rupees within the next 3 years. The RCP will use interests earned from the Trust account to support programmes that enable people with disabilities to lead better lives.

One Health Project – Animal Welfare

This year, through the efforts of Rtn. Mukti Narayan Shrestha, the RCP has initiated the **Animal Welfare for Public Health Project**. The RCP will be working on projects worth **NRs. 200,000** contributed annually by 'Dr. Mukti Narayan and Praveena Foundation to the RCP.



Handing over NRs 200,000 for Animal Welfare for Public Health Project.

Health Related Activities

The **Annual Blood Donation camp with the Rotaract Club of Patan** was held in March at Lalitpur, Mangal Bazar

supported through the annual contribution of NRs. 10,000 by Rtn. Lalita Thapa.

Under the leadership of Rtn. Prakash Raj Regmi, coordinator of the RCP Health Committee, **health camps** have been organised in Bhattedanda and Taudaha serving over **500 members of these communities** with free health checks.



Health Camp at Bhattedanda, Lalitpur.



Health check-up of patients in Bhattedanda.



Health Camp at Taudaha, Lalitpur.

Network of Rotary Clubs in Lalitpur (NRCL)

The RCP actively participated in the Waste Free Lalitpur Campaign coordinated by NRCL and the Lalitpur Metropolitan City.



NRCL's campaign of Waste Free Lalitpur during Matya Festival .

Earthquake Relief and Rehabilitation Funds

The RCP successfully closed its Earthquake project account - Over US\$56,000 have been spent in various projects of immediate relief and long-term rehabilitation since 2015.

Nepal Orthopaedic Hospital (NOH) Representatives

The RCP is one of the founding clubs to establish the NOH back in 1998. The RCP assigns two of its Past Presidents to the Board of the NOH. This year Rtms. Bijaya Mallapaty and Chandralekha Kayastha represented the RCP. In addition, Rtn. Bijaya Mallapaty provided additional professional advice serving on several sub-committees of the NOH Board.

4. INTERNATIONAL SERVICE

International Service exemplifies the RCP's global reach in promoting sustainable development through partnering with international Rotary Clubs in Global Grant projects that benefit communities in Nepal and through contributions to The Rotary Foundation.

Rotary Global Grant Projects

Since the Rotary Year 2014/15, the Rotary Club of Patan has managed **9 Rotary Global Grant projects**, The RCP successfully completed 5 of the grant projects, including one this Rotary Year. These grants worth close to **US\$ 500,000 benefited over 2000 families, numerous burn patients and school children** - some in remote places such as Chepel, Solokhumbu; Western Nepal and Chandibhanjyang, Chitwan.

The 4 on-going grant projects are worth close to **US\$ 220,000 benefiting school children, women and earthquake-affected communities.** The four ongoing projects and the one closed this year are described below:

GG1640569 Providing drinking water to earthquake affected communities in two villages of Lalitpur district and in Chandibhanjyang, Chitwan (\$36,669) - Primary Contact Rtn. Lochan Gyawali. The implementation of this project is ongoing. Water supply to 31 households in Chandibhanjyang has been provided.

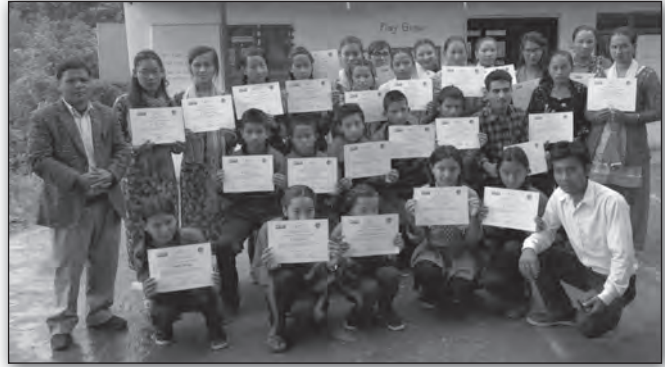


New Tap Stand at Chandibhanjyang, Chitwan.



Water supply pipes for Bhattedanda.

GG1641893 School refurbishing and providing drinking water to earthquake affected community in Mirge Village Dolakha (\$58,500):- Primary Contact Rtn. Nirmal K. Pradhanang. This grant project is almost completed with major improvements in the facilities at the Laligurash Bright Future English school in Mirge, Dolakha and improved water supplies to the local community.



Computer training at Mirge, Dolakha.



New School facilities in Mirge, Dolakha.

GG1637020 Micro-Hydro Power Project for Community Development, Chepel, Solukhumbu (\$102,952)- Primary Contact Rtn. Bijaya Mallapaty. This global grant project was successfully completed in January 2019 providing electricity to 114 households in the remote villages of Chepel. A video film highlighting the project's success was shown at the District Conference in Butwal thanks to the efforts of Rtn. Nirmal Pradhanang and Image Channel. In the presence of the international partner, Rtn. Isabelle Buschulte, the RCP honoured the project manager of the global grant project, Mr. Karma Sherpa with a Paul Harris Fellowship for his outstanding efforts.



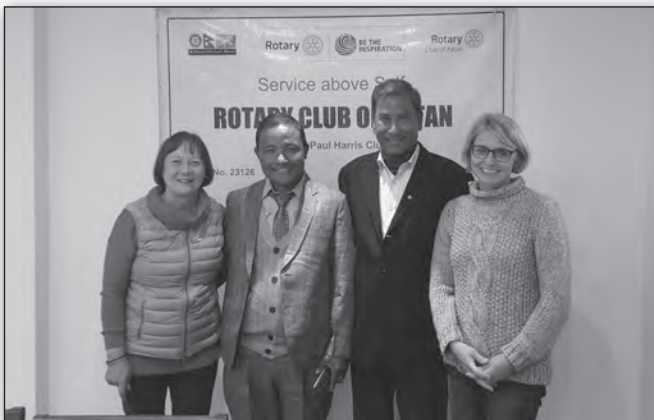
RCP members during inspection visit to Chepel.



Light in front of a house in Chepel.



Solar dryer for Masaura making.



Paul Harris Fellow to Mr. Karma Sherpa.



Woman receiving training in cloth weaving.

GG1746726 Creating Income opportunities for women from earthquake-affected communities in Khokana village and surrounding areas (\$58,000)- Primary contact Rtn. Lochan Gyawali. The training for close to 150 women in sewing, weaving, masaura making and cooking skills has been completed. Work is ongoing to improve the managerial and operational skills of the collaborating partner, Khokana Women Awareness Society (KWAS).

GG1860104 Sustainable WASH improvement in Public Schools of Lalitpur District (\$80,938)- Primary contact Rtn. Mahendra S. Rawal. The water sanitation and hygiene facilities in 9 school have been completed. Students in 12 schools have access to WASH facilities now. In March 2019, the international partner from the RC Vignola Castelfranco E. Bazzano, **Rtn. Corrado Barani visited Nepal** to observe the progress of the project.



Sewing training for rural women in Khokana.



WASH conference at Champi public school.



Rtn. Corrado Barani felicitating the winning team.



WASH training for students at Kitini public school.

It is through the generous contributions of our international partners, the World Fund Match from the Rotary Foundation, the dedicated and professional efforts of our club members who act as primary contacts supported by several secondary contacts, that we are able to achieve successful completion of the grants. We would like to give special mention to Rtn. Lochan Gyawali, Rtn. Nirmal K. Pradhanang, Rtn. Mahendra Rawal and Rtn. Bijaya Mallapaty for their tireless efforts in this regard.

At the end of June 2019, the RCP submitted its **10th Global Grant project – for a scholarship grant** to sponsor the master's level studies of Ms. Monika Niroula at the University of East Anglia in Norwich, England in partnership with the Rotary Club of Norwich.

Contribution to The Rotary Foundation (TRF)

The Rotary Club of Patan has reached ***an all-time giving to TRF of US\$ 147,655.*** In the ***Rotary Year 2018-19,*** under the leadership of the Club's TRF chair, Rtn. Nirmal

K. Pradhanang, the members of the RCP contributed a total of ***US\$ 5,098 to TRF*** of which US\$ 2,750 went to the Annual Fund and US\$ 2,348 to PolioPlus. This is an Annual Fund per capita contribution of US\$72, higher than the District per capita contribution of US\$ 60. Of the club's current members, ***7 are Major Donors*** having contributed US\$10,000 or more to TRF and ***2 are Paul Harris Society Members,*** having contributed US\$ 1,000 annually to TRFs Annual Fund, PolioPlus or approved Global Grant. The Rotary Club of Patan is recognised as a ***100% Paul Harris Fellow Club.*** Among the current membership, 35 have attained Paul Harris Fellow single or multiple recognitions.

5. YOUTH SERVICE

Youth Service recognizes the importance of empowering youth and young professionals through leadership development programmes and engagement in service activities.

The Rotary Club of Patan (RCP) is sponsoring the ***Rotaract Club of Patan*** and two ***Interact Clubs*** at the PEEF supported schools - ***Pragati School in Kopundole and Shree Balkumari School in Sunakothi.*** The collaboration with our young leaders was simply outstanding this year.



22nd Charter Day of the Rotaract Club of Patan.



Joint Club meeting with the Rotaract Club of Patan.



Interact Club of Pragati school 2019/20 team.



Dashain Tea party of Rotaract Club of Patan.



Interact Club of Sunakothi school 2019/20 team.

The Rotaract Club of Patan team under the leadership of the President, Rtr. Peshal Bhattarai, has worked very hard and achieved so much. This is reflected in so many outstanding achievement awards that the club received from the Rotaract District 3292 and the Presidential Citation with Platinum Distiction from Rotary International President Barry Rassin.

The Rotaract Club of Patan accelerated in serving the community through numerous service projects; contributed in training future leaders; established new contacts with Rotaractors around the globe; raised the public image of Rotary in the District and the Nation with efforts such as organizing Mr. and Ms. Rotaract Season 2.

6. CONCLUDING REMARKS

The members of the Rotary Club of Patan have been our 'Inspiration' to serve as your President and Secretary during the Rotary Year 2018-19. We are humbled and grateful for the support of all club members.



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we are all able

Rotary Club of Patan 2019-20

Grouping of Rotarians for Birthday Fellowship Dinner

Group 1 (1st July to 14th December)

1.	Mukti N. Shrestha	July 1
2.	Keshab B. Mathema	July 2
3.	Tirtha M. Sakya	July 21
4.	Sita Gurung	Aug 25
5.	Mahendra S. Rawal	Oct 5
6.	Madan R. Tamrakar	Oct 12
7.	Preeti Khemka (GC)	Nov 3
8.	Santa K. Shrestha	Nov 5
9.	Ganesh R. Shrestha	Nov 22
10.	Piyush B. Bajracharya	Dec 12
11.	Rabendra R. Pandey	Dec 14

Group 2 (17th December to 19th March)

1.	Gabriele Mallapaty	Dec 17
2.	Pushkar M. Shakya	Jan 14
3.	Kamal B. Nyachhyon	Jan 15
4.	Mahendra B. Thapa	Jan 15
5.	Kedar B. Shrestha	Jan 18
6.	Shiv Prakash Khemka	Feb 12
7.	Jamuna K. Tamrakar	Feb 17
8.	Nirmal K. Pradhanang	Feb 18
9.	Suraj Pradhan	Feb 18
10.	Lila B. Baniya	Feb 22
11.	Kiran Thapa (GC)	Mar 2
12.	Lalita Thapa	Mar 19

Group 3 (29th April to 30th June)

1.	Bijaya L. Shrestha	Apr 4
2.	Maheswari Bisht Rawal	Apr 13
3.	Yagya B. Shrestha	Apr 29
4.	Shiva Pradhan (GC)	May 2
5.	Chandralekha Kayastha	May 4
6.	Jeevan K. Shrestha	May 6
7.	Bijaya Mallapaty	May 9
8.	Matsyendra L. Kayastha	May 25
9.	Bishwa B. Sharma	June 2
10.	Siba B. Rajbhandary	June 11
11.	Ramesh L. Maskay	June 12
12.	Bharat N. Joshi	June 16
13.	Prakash R. Regmi	June 30

The groups will have fellowships as follows:

Group 1	-	Mid-October
Group 2	-	Mid-January
Group 3	-	Mid-April

Other Fellowship/events involving all club members with spouses:

Joint Board Meeting	-	Last Week of June
Charter Night	-	29 August
Annual Picnic	-	Month of March/April
Annual Outing	-	Month of Dec/Jan

विवाह मनले टिकाउं छ कि उमेरले ?



डा. विश्ववन्धु शर्मा

विवाहित जीवन सुखी हुन उमेर अन्तर कति हुनुपर्छ ? प्रसंग मिल्दा यो प्रश्न धेरैलाई सोधेको छु । साथीहरू, आफन्त, बिरामी र बिरामीका आफन्तहरू, प्रायः सबै जसोले उस्तै-उस्तै उत्तर दिन्छन्।

‘समान उमेर या एक-दुई वर्षको अन्तर, त्यसमा पनि पुरुषको उमेर नै बढी भएको बेसा’ मलाई पनि त्यस्तै लाग्थ्यो । सकेसम्म समान उमेर भएमा एक-अर्कालाई बुझ्न सजिलो हुन्छ र दुवैका प्राथमिकताहरू पनि मिल्ने हुन्छन् । पुरुषको उमेर केही वर्ष बढी भएमा त्यसले जोडीको सम्बन्ध स्थायी हुन सहयोग गर्छ भन्ने धेरैको विचार हुन्छ ।

तर, आज म यस लेखमा केही यस्ता उदाहरण प्रस्तुत गर्दछु, जसले यी धारणा माथि प्रश्न चिन्ह खडा गरिदिएको छ । भारतीय कलाकार प्रियंका चोपडा एक सुन्दर, चर्चित र सफल कलाकार मात्र होइनन्, उनी भारतीय सिनेमाका सीमित बौद्धिक व्यक्तित्वमध्ये पनि पर्छिन् । उनी बालबालिकाको अधिकारको लागि काम गर्ने समाजसेवी पनि हुन् । उनी केही समय युनिसेफको सद्भावना दूत पनि भइन् ।

प्रियंका चोपडाले ३६ वर्षको उमेरमा सन् २०१८ मा आफूभन्दा ११ वर्ष कान्छो २५ वर्षीय निक जोनससँग बिहे गरिन् । दुवै जना एक-अर्कालाई सार्वजनिक अभिव्यक्तिहरूमा बडो प्रेम र आदरसाथ सम्बोधन गर्दै आफू भाग्यमानी भएको विचार व्यक्त गर्छन् । आजका दिनसम्म उनीहरू बीचको सम्बन्ध सुमधुर नै भएको देखिन्छ ।

विश्व सुन्दरीको ताज प्राप्त प्रियंका भारत सरकारबाट पद्मश्री पाउने कलाकार मध्ये पर्छिन् । प्रियंका चोपडाले ३६ वर्षको उमेरमा सन् २०१८ मा आफूभन्दा ११ वर्ष कान्छो २५ वर्षीय निक जोनससँग बिहे गरिन् । दुवै जना एक-अर्कालाई सार्वजनिक अभिव्यक्तिहरूमा बडो प्रेम र आदरसाथ सम्बोधन गर्दै आफू भाग्यमानी भएको विचार व्यक्त गर्छन् । आजका दिनसम्म उनीहरू बीचको सम्बन्ध सुमधुर नै भएको देखिन्छ । सिनेमा जस्तो रंगीन दुनियाँका कलाकारहरूमा आज बिहे गरेर भोलि सम्बन्ध विच्छेद गर्दा पनि नौलो मानिदैन । उनीहरूको बिहे केही वर्ष टिक्यो भने पनि ठूलै उपलब्धि मान्नुपर्दछ । उनीहरू बीचको विवाह र हालसम्मको वैवाहिक जीवनमा उमेर अन्तरले कुनै नकारात्मक प्रभाव पारेको देखिएको छैन ।

मेरो दुई जना पुराना जर्मन मित्रहरू छन्, पिटर र तान्या । हाम्रो चिनजान सन् १९७० को दशकमा म युक्रेनमा पढ्दा देखि भएको हो । म मेडिसिन पढ्थे, उनीहरू दुवैजना एउटै ब्याचमा फिजीको म्याथमेटिक्स विभागमा पढ्थे । म उनीहरूसँग धेरै नजिक थिएँ । उनीहरूको बीचमा दोस्ती थियो । उमेर पनि मिल्ने, तान्या भन्दा पिटर १ वर्षले जेठो थिए । पढाइ सकेपछि जर्मनी गएर मात्रै बिहे गर्ने योजना थियो । लामो समयसँगै रहेकाले उनीहरूले एक-अर्कालाई

राम्ररी बुझेका थिए । तान्या साधारण किसानकी छोरी प्रस्ट बोल्ने र पूरा विश्वास गर्ने । पिटर शिक्षित परिवारको धेरै कुराको ज्ञान राख्ने व्यावहारिक र दार्शनिक जस्तो भलाद्मी युवक थिए । दुवैजनाको जोडी खूब मिले जस्तो मलाई लाग्थ्यो । उनीहरूले बिहे गरे । त्यसको १ वर्षमै एक छोरी पनि भइन् । एउटै उमेर, एउटै पेसा, धेरै लामो चिनजान, एक-अर्कालाई राम्रोसँग बुझ्ने भएर पनि उनीहरूको विवाह लामो समय टिकेन । सन्तानले पनि उनीहरूको सम्बन्ध दिगो राख्न सकेन । दुई वर्षमै सम्बन्ध विच्छेद भयो । दुवैजना मिलेर छोरी हुर्काउने सहमति गर्दै भगडा नगरी पछिसम्म साथी जस्तै रहने गरी अलग भए । म नेपाल आइसकेको थिएँ । उनीहरूसँग नियमित सम्पर्क थिएन । यदाकदा चिठी आदान-प्रदान हुन्थ्यो । अलि पछि दुवैजनाले बिहे गरेको सुने । तर तिनीहरूको नयाँ पारिवारिक जीवन बारे खासै जानकारी थिएन । पछि फेसबुक मार्फत तान्यासँग सम्पर्क भयो । पिटरको बारेमा पनि थाहा भयो । जर्मनीको एकीकरण भए पनि उनीहरू बर्लिनमै पुरानै ठाउँमा बसेका रहेछन् ।

सन् २०१७ मा एउटा सम्मेलनमा भाग लिन बर्लिन जाँदा दुवैजनासँग भेट भयो । मैले फन्डै २ हप्ता तान्याको परिवारसँग समय बिताए । पिटरसँग छुट्टिएको केही वर्षपछि आफूभन्दा १० वर्ष कान्छो एक कलाकार कुमार केटासँग बिहे गरेकी रहिछन् । छोरा पनि २५ वर्षको भइसकेको रहेछ । यो वैवाहिक सम्बन्धमा उनी निकै खुशी र सन्तुष्ट भएको पाएँ । पिटरकी छोरीसँग पनि सम्पर्क कार्य भैरहेछ । तान्याले भनिन् । ‘आज पनि मलाई पिटर ज्ञानी र भलाद्मी मानिस लाग्छ तर म उनीसँग सुखी हुन सकिन । के पुगेन या के बढी भयो म भन्नै सकिदैन । अहिले पनि ऊ पारिवारिक साथी हो । छोरी त हाम्री साभ्ना सन्तान नै भइन् । मेरो छोरोलाई पनि पिटरले खूब माया गर्छन् । छोरोले पनि मन पराउँछ । मेरो लोग्ने र पिटर नजिकको साथी भएका छन् । खाने पिउने मात्र होइन, लेखपढ गर्ने रचनात्मक काममा पनि दुवैबीचको दोस्ती खूब जम्छ ।’

पिटरले पनि बिहे गरेछन् । दोस्रो मात्र होइन, तेस्रो बिहेमा पनि उनलाई भाग्यले साथ दिएनछ । दुवै बिहे एक-दुईवर्षमै टुक्रिएछ । त्यसपछि पिटरले फन्डै एक दशकसम्म एक्लो जिन्दगी बिताएछन् । चौथो पटक आफूभन्दा २५ वर्ष कान्छी उमेरले २० वर्षकी केटीसँग बिहे गरेका रहेछन् । उनले १८ वर्षको उमेरमा अविवाहित छँदै एउटा छोरा पाएकी रहिछन् । अहिले पिटर तिनै महिला र उनको छोरासँगै दुईदशक देखि सन्तुष्ट भए र बसेका रहेछन् । पिटरबाट सन्तान छैनन् । अघिल्ला दुई बिहेबाट पनि भएनन् ।

मेरा यी दुई जर्मन साथीहरूको वैवाहिक जीवन र उनीहरूको सुख-दुःखको कहानी सुनेपछि मेरो मनमा यो प्रश्न फेरि उब्जियो, ‘आखिर विवाह पछि सुखी हुन र त्यो विवाह टिकाइराख्न उमेरको के भूमिका हुन्छ त ?’

मैले केही चिन्तन गर्ने, केही अध्ययन गर्ने । विगतमा कति यस्ता चर्चित जोडी रहेछन् । कति अहिले पनि छन्, जसमा उमेरको ठूलो अन्तर छ । कतै पुरुषको उमेर थोरै बढी त कतै महिलाको उमेर धेरै बढी । तर ती जोडीहरू अत्यन्तै सुखी थिए र छन् अनि विवाह पनि स्थायी । सुखी हुनको लागि उमेर अन्तर धेरै हुनुपर्छ भन्ने भनाइ कदापि होइन । खाली मैले भन्न खोजेको के हो भने, त्यस्तो उमेरको अन्तर हुँदा पनि वैवाहिक जीवन स्थिर छ र दुवैजना खुशी-सुखी नै छन् ।

जब यो मनले आफ्नो व्यक्तिबाट धेरै चाहना राख्छ, अफ भनौ ऊ सँग नभएको कुराको चाहना राख्छ तर ऊ सँग भएको अफ खुशीसाथ उसले दिन खोजेको कुरा ग्रहण गर्न चाहँदैनौं, तब दुःखी भइने रहेछ । आखिर मन नै त रहेछ हामीलाई खुशी या दुःखी बनाउने ।

कला, साहित्य, संगीत क्षेत्रका चर्चित कार्यक्रमहरूमा त यस्तो उमेर अन्तर अफ बढी देखिँदो रहेछ । प्रियंका चोपडाको उदाहरण मैले त्यसै जोडेको होइन । प्रसिद्ध हास्य कलाकार चार्ली च्याप्लिनका शुरुका लगातार तीन विवाह असफल रहे, लामो समय टिकेन । तीनवटै विवाहमा धेरै अप्रिय घटना घटे । कतिले च्याप्लिनलाई खराब, दुष्ट, महिला माथि दुर्व्यवहार गर्ने मानिस भनेर चर्चा गरे । अन्त्यमा आफू ५४ वर्षको भएपछि १८ वर्षकी ओअना ओन्गेलसँग चौथो बिहे गरे, जुन विवाह मृत्यु पर्यन्त टिकेको मात्र होइन कि च्याप्लिनको जीवनलाई समेत सुखी बनायो ।

धन, मन, नामले सम्पन्न चार्ली च्याप्लिनलाई ३६ वर्षको उमेर अन्तरको बिहे नै फाप्यो । ओन्गेलबाट च्याप्लिनका आठवटा सन्तान भए । अन्तिम सन्तान उनले ७३ वर्षमा पाएछन् । ८८ वर्षको उमेरमा उनै ओन्गेलको रेखदेखमा मरे ।

दक्षिण अफ्रिकाका प्रसिद्ध राजनेता नेल्सन मण्डेलाको पहिलो बिहे जवानीमा आफ्नै समुदायकी युवतीसँग भयो, तर टिकेन । त्यसपछि उनले बिन्नीसँग सन १९५८ मा बिहे गरेर २ सन्तान भए । उनीहरू ५ वर्ष मात्र सँगै बस्न पाए । त्यसपछि जेल परे, २७ वर्षसम्म । उनी कारावासमा हुँदा बिन्नीले सम्बन्ध बनाइ राख्ने मात्रै गरिनन्, मण्डेलाको संघर्ष र स्वतन्त्रताको लागि गरेको त्यागको रक्षा गरिन् । उनी आफू पनि रंगभेद विरुद्ध सक्रिय भएर लागिन् । कतिपय अवस्थामा नेतृत्वदायी भूमिका निर्वाह गरिन् । मण्डेलाको दल राष्ट्रिय कांग्रेस भित्र महत्वपूर्ण जिम्मेवारी पूरा गरिन् र सधैं मण्डेलाकी पत्नी भनेर चिनिइन् ।

तर २७ वर्षको कठोर कारावासबाट मुक्त भएर रंगभेद विहीन समाजमा बस्न थालेपछि उनीहरूको विवाह लामो समय टिकेन । कारण जेसुकै भएपनि केही वर्ष सँगै नबस्दै उनीहरूको सम्बन्ध विच्छेद भयो । आखिर ८० वर्षको उमेरमा मण्डेलाको ५० वर्ष मात्र काटेकी ३० वर्ष कान्छी महिलासँग गहिरो प्रेम बस्यो । यो प्रेम विवाहमा परिणत भयो । उनी मोजाम्बिकका राष्ट्रपतिकी विधवा पत्नी ग्रासा माचेल थिइन् । ग्रासासँगको प्रेम र सुखी वैवाहिक जीवनको मण्डेलाले खुलेरै प्रशंसा गरेका छन् । धेरैपटक आफ्ना भावनाहरू सार्वजनिक रूपमै व्यक्त गरेका थिए । वर्तमान अमेरिकी राष्ट्रपति डोनाल्ड ट्रम्प महिलाहरूसँगका सम्बन्धलाई लिएर चर्चामा आइरहन्छन् । बिहे र दाम्पत्य जीवनको कुरा गर्दा दुईवटा विवाह

असफल भए पछि सन् २००५ मा ६० वर्षका ट्रम्पले ३५ वर्षीया मेलानियासँग तेस्रो विवाह गरे, जुन अहिलेसम्म कायम छ । सुखी परिवारको चर्चा गर्दा ट्रम्पको जोडीलाई यहाँ उल्लेख गर्नु उपयुक्त उदाहरण त हुँदैन होला तर उनको जस्तो स्वभाव र महिला प्रति उनले जस्तो व्यवहार गर्ने पुरुषको विवाह लामो टिक्दैन । तर दुईवटा विवाह टुटेपछि २४ वर्ष कान्छी महिलासँग गरेको विवाह २००५ देखि आजसम्म टिक्नु ठूलै सफलता हो । यसमा पनि कतै उमेर अन्तरले असर गरेको त होइन ?

पति-पत्नीको उमेरको कुरा गर्दा प्रायः चर्चामा आउने अर्का व्यक्तित्व हुन् फ्रान्सका वर्तमान राष्ट्रपति एमानुयल माक्रोन । उनको वैवाहिक जीवनको पृष्ठभूमि कम रोचक छैन । १५ वर्षको उमेरमा आफूभन्दा २४ वर्ष जेठी आफ्नै स्कूलकी ३९ वर्षीया शिक्षिकासँग उनी प्रेममा परे । नाबालक ठहरिने हुँदा उनीहरूको औपचारिक सम्बन्ध तीन वर्षपछि मात्र शुरु भयो । १२ वर्षसम्म प्रेम सम्बन्ध कायम राखेर सन् २००७ मा उनले ३० वर्षको उमेरमा ५४ वर्षीया महिलासँग विवाह गरे । माक्रोन पियानो बताउँछन् । फुटबल खेलका फ्यान हुन् । उनी लखेक पनि हुन् । निर्वाचन भन्दा एकवर्ष अगाडि नयाँ पार्टी खोलेर उनी आम मतदानबाट राष्ट्रपति चुनिए । उनको यो असाधारण राजनीतिक सफलताको पछि उनकी श्रीमतीको भूमिका छ भनिन्छ । आफ्नै वैवाहिक सम्बन्धको बारेमा उनी भन्छन्, 'हाम्रो सम्बन्धलाई समाजमा धेरै लेसेक्सिजमको आँखाले नकारात्मक रूपमा हेर्ने गर्छन्, यो उचित होइन ।' जे होस्, सन् २००७ मा २४ वर्ष जेठी महिलासँग बिहे गरेर सुखी जीवन बिताइरहेका र सफलताको शिखरमा पुगेका व्यक्ति हुन् एमानुयल माक्रोन ।

सन् २०१९को जुन महिना मारोटेरी सम्मेलनमा फेरि जर्मनी जाने अवसर मिल्यो । बर्लिनमा तान्या, उनका श्रीमान, दुवै सन्तान र पिटरसँग समेत रमाइलो गरी समय बिताउने मौका पनि जुन्यो । त्यसबेला उनीहरूको व्यक्तिगत जीवनको उतारचढावलाई सहज रूपमा लिएको थिएँ ।

तान्याले बडो गम्भीर भएर भनिन्, 'सुखी र दुखी हुने हाम्रो मन नै रहेछ । जब यो मन अतृप्त हुन्छ, हामी दुखी हुँदा रहेछौं । जब यो मनले आफ्नो व्यक्तिबाट धेरै चाहना राख्छ, अफ भनौ ऊ सँग नभएको कुराको चाहना राख्छ तर ऊ सँग भएको अफ खुसी साथ उसले दिन खोजेको कुरा ग्रहण गर्न चाहँदैनौं, तब दुखी भइने रहेछ । आखिर मन नै त रहेछ हामीलाई खुशी या दुखी बनाउने । मैले बुझें कि जबसम्म म कसैबाट केही अपेक्षा राखिदैन, त्यसबेलासम्म सबै मानिस मेरा लागि असल, म पनि उनीहरूका लागि असल । यही कुरा म बेला-बेलामा पिटरलाई भन्छु । उनी मुस्कुराउँदै मलाई भन्छन् मैले तिमीसँग अहिले पो बिहे गर्नुपर्ने, हतार भएछ है । अनि हामी दुवै जना जोडले हास्छौं । मेरा श्रीमानले हाम्रो कुरामा थप्दै भन्छन्, त्यही भएर बिहे नगरी बसेको, मैले पो ठीक गरेछु है ।'

म तान्याका अन्तिम वाक्यहरू सम्झिरहन्छु, 'आखिर मन नै त रहेछ ।' त्यही मनले तान्याका जोडीको विछोड गरायो । विछोड भए पछि पनि यत्रो वर्षपछि फेरि दोस्ती गरायो । ढिलै भए पनि मनले उनीहरूको टुटेको आपसी मायामा अलि कति खुशी थपि दियो ।

साभारः साधना मासिक



Committees for 2019-2020

Club Administration - Rtn. Kiran Thapa, Director/Chairperson

Rotary Info/Bulletin

Co-ordinator - Rtn. Bijaya Mallapaty
Members - Rtn. Chandralekha Kayastha

Information

Technology/Social Media
Co-ordinator - Rtn. Shiv P. Khemka

Sergeant-at-Arms & Fellowship & Event Co-ordinator- Rtn. Kedar B. Shrestha

Members- Rtn. Ganesh R. Shrestha, Rtn. Jamuna K. Tamrakar & Rtn. Preeti Khemka

Membership - Rtn. Jeevan K. Shrestha, Director/Chairperson

Club Mentor:

PDG. Rtn. Tirtha Man Sakya
Rtn. Matshendra Kayastha

Growth & Development

Rtn. Madan R. Tamrakar
Rtn. Maheswari Bisht Rawal

Orientation (Incl 4 way test):

Rtn. Mahendra B. Thapa, Rtn. Yagya B. Shrestha, Rtn. Piyush B. Bajracharya, Rtn. Shiva K. Pradhan

Image/Public Relations - Rtn. Ganesh R. Shrestha, Director/Chairperson

Media/Rotary Image:

Rtn. Nirmal K. Pradhanang
Rtn. Prakash R. Regmi

Lalitdhara Souvenir:

Co-ordinator - Rtn. Jeevan K. Shrestha
Members - Rtn. Bharat N. Joshi
- Rtn. Kiran Thapa
- Rtn. Preeti Khemka

RI/District Awards:

Rtn. Mahendra B. Thapa
Rtn. Gabriele Mallapaty
Rtn. Shiva P. Khemka

The Rotary Foundation - Rtn. Prakash R. Regmi, Director/Chairperson

Members: Rtn. M.L. Kayastha, Rtn. R.R. Pandey, Rtn. N.K. Pradhanang & Rtn. K.B. Nyachhyon

Service Projects - Rtn. Bijaya Mallapaty, Director/Chairperson

PEEF:

Coordinator - Rtn. Nirmal K. Pradhanang
Program Manager - Rtn. Padam L. Maharjan
Finance Manager - Rtn. Bijaya Mallapaty
Distribution Manager - Rtn. Ganesh R. Shrestha
Members - Rtn. Siba B. Rajbhandary (Fund-Raising),
Rtn. Matsyendra L. Kayastha & Rtn. Mahendra B. Thapa & Rtn. Mahendra S. Rawal

Nepal Orthopedic Hospital Representatives

Rtn. Bijaya Mallapaty
Rtn. Chandralekha Kayastha

Community Development

RCC, Chandibhanjyang
Coordinator- Rtn. Prakash R. Regmi
Member- Rtn. Mahendra S. Rawal

TEACH Committee

Chair - Rtn Padam L. Maharjan
Secretary - Rtn Mahendra B. Thapa
T-Teacher Support - Rtn Nirmal K. Pradhanang
E- Learning - Rtn Rabendra R. Pandey
A- Adult Literacy - Rtn Ganesh R. Shrestha
C-Child Dev. - Rtn Kamala Maharjan
H-Happy School - Rtn Pushkar M. Shakya

Animal Welfare for Public Health

Rtn. Mukti N. Shrestha, Rtn. Gabriele Mallapaty, Rtn. Maheswari Bisht Rawal

KPAD Fund

Coordinator - Nirmal K. Pradhanang
Members: Rtn. Rabendra R. Pandey, Rtn. Bishwa B. Sharma, Rtn. Kamal B. Nyachhyon, Rtn. Kedar B. Shrestha, Rtn. Bijaya Mallapaty, Rtn. Kiran Thapa & Rtn. Bharat N. Joshi

Vocational Award:

Coordinator - Rtn. Nirmal K. Pradhanang
Members - Rtn. Prakash R. Regmi
- Rtn. Mahendra B. Thapa
- Rtn. Bijaya Bajracharya

Health Projects & Polio Plus:

Coordinator - Rtn. Prakash R. Regmi
Members - Rtn. Gabriele Mallapaty
- Rtn. Kamala Maharjan

Youth Service - Rtn. Siba B. Rajbhandary, Director

Interact: Rtn. Preeti Khemka & Rtn. Kamala Maharjan

Rotaract: Rtn. Shiv P. Khemka & Rtn. Madan R. Tamrakar

Rota Quiz Committee - Rtn. Gabriele Mallapaty, Team Leader

Members: Rtn. Preeti Khemka, Rtn. Chandralekha Kayastha & Rtn. Lalita C. Thapa

"The Club President Serves as Ex-officio Member of all Committees"

***The Rotary Club of Patan was sponsored by
The Rotary Club of Kathmandu in 1985***

***The Rotary Club of Patan sponsored
the following Clubs:***

Rotary Club of Chitwan on 22 April 1991

Rotary Club of Patan West on 11 December 1995

Rotary Club of Yala on 28 June 1996

Rotary Club of Patan South on 3 September 1997

Rotary Club of Kopundol on 27 June 2001

Rotary Club of Mahabouddha on 25 June 2003

Rotary Club of Bhaktapur on 25 June 2003

Rotary Club of Jawalakhel on 25 June 2003

Rotary Club of Chandragiri on 25 November 2008

Rotary Club of E-club on 31 May 2013

Special Rotary Month Observances 2019-2020

July: Non Specific

August: Membership and New Club Development

September: Basic Education and Literacy Month

October: Economic & Community Development
Month

November: Rotary Foundation Month

December: Disease Prevention & Treatment Month

January: Vocational Service Month

February: Peace & Conflict Prevention/Resolution
Month

March: Water & Sanitation Month

April: Maternal Health & Child Health Month

May: Youth Service Month

June: Rotary Fellowships Month

Members of Rotary Club of Patan



Past President



Bajracharya Bijay
 Classification: Gemologist
 Gems Jewellery Industries (P) Ltd.
 Ph: (R) 9851021106, 5524586, (O) 5529452
 Born: 23 Aug Wed: 2 Mar
 Join: 1985
 Spouse: RAJANI
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Member

Gurung Sita (Piya)
 Classification: Financial Expert
 Jwagal, Lalitpur-10
 Ph: (R) 5260563
 Cell: 9851040427
 Born: 25 Aug Wed: 8 July
 Join: 2019
 E-mail: lochan@nbe.com.np



Past President



Bajracharya Piyush B.
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 Piyushbarshi Aushadhalaya
 Res: Jwagal, Kopundol-10, Lalitpur
 Ph: (R) 5529640, (O) 4223960
 (M): 9851013388
 Born: 12 Dec Wed: 27 Feb
 Join: 2005
 Spouse: RAMITA
 E-mail: piyush.bajra@gmail.com



Treasurer



Joshi Bharat N.
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 Manbhawan, Lalitpur
 Ph: (R) 5521126
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 Join: 2003
 Spouse: MEERA
 E-mail: bharatnjoshi95@gmail.com



Member



Baniya Lila B.
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 Ph: (R) 4782563, (O) 4256909
 (M): 9851084296
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 Join: 2018
 Spouse: SUDHA
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Past President



Kayastha Chandralekha
 Classification: Architect
 Mr. & Mrs. ML Kayastha & Associates Pvt. Ltd.
 Ph: (R) 5520624, (O) 5521279
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 Born: 4 May Wed: 7 July
 Join: 2008
 Spouse: MATSYENDRA
 E-mail: kayasthacl@gmail.com



Past President

Basnyat Krishna B.
 Classification: Insurance
 Res: Manbhawan, Jawalakhel
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 (M): 9851024313
 Born: 8 July
 Join: 2000
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Past President



Kayastha Matsyendra L.
 Classification: Architect
 Mr. & Mrs. ML Kayastha & Associates Pvt. Ltd.
 Ph: (R) 5520624, (O) 5521279
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 Born: 25 May Wed: 7 July
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 E-mail: mlkayastha@gmail.com



Member



Gyawali Lochan
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 Jun Chiyabari Tea Garden
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Member



Khemka Shiv P.
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 Join: 2016
 Spouse: PREETI
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Members of Rotary Club of Patan



Joint Treasurer

Khemka Preeti
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Anand Bhairab Marg, Gyaneshwor
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Born: 3 Nov; Wed: 11 Dec
Join: 2016
Spouse: SHIV PRAKASH
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Past President

Mathema Keshab B.
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2/128 Dhokadol, Sanepa, Lalitpur
Ph: (R) 5529385
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Born: 2 July; Wed: 30 Nov
Join: 1998
Spouse: SHANTI
E-mail: keshab.mathema@gmail.com



Member

Maharjan Kamala
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Ichakhel, Panga, Kirtipur-12, KTM
Ph: (R) 4331236, 4227863
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Join: 2014
Spouse: PADAM LALL
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Past President

Nyachhyon Kamal B.
Classification: Heavy Textile Manufacturer
Himal Tents (P.) Ltd.
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Born: 15 Jan; Wed: 15 Feb
Join: 1986
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Member

Maharjan Padam L.
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Expert, Electronic Engineer
Ichakhel, Panga, Kirtipur-12, KTM
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Born: 13 Feb; Wed: 29 April
Join: 2003
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Past President

Pandey Rabendra R.
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Central Park, Orchid Tower, No. 701, Bishal Nagar
Ph: (O) 4220759, 4009087
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Born: 14 Dec; Wed: 18 Feb
Join: 1990
Spouse: CHANDRA LEKHA
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Past President
Chair-Service
Projects

Mallapaty Bijaya
Classification: Development Management
Bhainsepati, Lalitpur
Ph: (R) 5592541
Cell: 9803683969
Born: 9 May; Wed: 14 May
Join: 2008
Spouse: GABRIELE
E-mail: bijaya.mallapaty@gmail.com



Vice-President

Pradhan Shiva K.
Classification: Photo Lab
Tulsi Home, Samakhushi, Kathmandu
Ph: (R) 4357784
Cell: 9851046308
Born: 2 May; Wed: 19 Fagun
Join: 2009
Spouse: TIKA
E-mail: shiva_pra@hotmail.com



Past President

Mallapaty Gabriele
Classification: Health Services Management
Bhainsepati, Lalitpur
Ph: (R) 5592541
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Member

Pradhan Suraj
Classification:
Hattiban, Lalitpur
Ph: (R) 4038010
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Born: 18 Feb; Wed: 2036 Fagun
Join: 2019
Spouse: MEERA
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Member

Maskay Ramesh L.
Classification: Aeronautical Engineer
Vinayak Colony, Bhainsepati, Lalitpur
Ph: (R) 5114120
Cell: 9851030200
Born: 12 June; Wed: 6 March
Join: 2015
Spouse: SHOBHA
E-mail: ramesh.maskay@gmail.com



President Elect

Pradhanang Nirmal K.
Classification: Communication/Navaid/s
Surveillance Engineer
KA-4/158 Dhobighat, Lalitpur
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Born: 18 Feb; Wed: 5 March
Join: 2014
Spouse: BIJAYA
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Members of Rotary Club of Patan



Member

Prasai Sharada
 Classification: Travel Agent
 Natraj Tours & Travel (P) Ltd.
 Ph: (R) 4229277, (O) 5261111
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 Join: 1999
 E-mail: info@natrajtours.com.np



Past President

Shakya Pushkar M.
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 Man Bhawan, Lalitpur
 Ph: (R) 5523492
 Cell: 9851074020
 Born: 14 Jan; Wed: 27 Feb
 Join: 1993
 Spouse: RITA
 E-mail: pushkarsakya@gmail.com



Past President
 Director-Youth
 Services

Rajbhandary Siba B.
 Classification: Social Development
 Imperial Court, Sanepa, Lalitpur
 Ph: 5526856
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 Born: 11 June; Wed: 8 Mar
 Join: 1998
 Spouse: MITHILA;
 E-mail: sibabr@gmail.com



Joint-Secretary

Sharma Bishwa B.
 Classification: Psychiatrist
 43/5 Kitab Galli, Dilli Bazar, Ktm-33
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 Cell: 9851025579, 9803295575
 Born: 2 June; Wed: 26 Jan
 Join: 2010
 Spouse: ARUNA
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Secretary

Rawal Mahendra S.
 Classification: Civil Aviation Expert
 Imadole, Lalitpur
 Ph: (R) 5202755
 Cell: 9841250339
 Born: 5 Oct; Wed: 26 Nov
 Join: 2016
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Member

Shrestha Bijaya L.
 Classification: Administrator
 Sinchahity, Lalitpur
 Ph: (R) 5003780
 Cell: 9851050963
 Born: 4 April; Wed: 7 Jan
 Join: 2019
 Spouse: GANESH
 E-mail: bbs1234@gmail.com



Member

Rawal Maheswari Bisht
 Classification: Gender Expert
 Nakkhu, Lalitpur
 Ph: (R) 6225225
 Cell: 9841410725
 Born: 13 April; Wed: Dec 06
 Join: 2019
 Spouse: Dr. KHADAK
 E-mail: maheswaribishtrawal@gmail.com



Past President
 Public Relation

Shrestha Ganesh R.
 Classification: Rubber Recycling
 Pashupati Rubber Industries
 Res: Sinchahity, Lalitpur
 Ph: (R) 5003780, Cell: 9851021440
 Born: 22 Nov; Wed: 7 Jan
 Join: 1993M (CLC), CT
 Spouse: BIJAYA LAXMI
 E-mail: ganeshrshrestha@hotmail.com



Past President
 Chair-The Rotary
 Foundation

Regmi Prakash R.
 Classification: Cardiologist
 Lalitpur Heart Clinic
 Res: Dhobighat, Lalitpur
 Ph: (R) 5525536, (O) 5530126
 Cell: 9851051170
 Born: 21 Ashad; Wed: 2 Baisakh
 Join: 1990
 Spouse: UPASANA
 E-mail: pregmi68@yahoo.com



Past President
 Chair- Membership

Shrestha Jeevan K.
 Classification: Civil Engineer
 Chakupat, Lalitpur
 Ph: (R) 5260059
 Cell: 9851045085
 Born: 6 May; Wed: 23 June
 Joint: 2006/07
 Spouse: GUNU
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PDG
 Past President

Sakya Tirtha M.
 Classification: Legislative Drafting
 Former Chairman, Public Service Commission,
 Chief Secretary, Govt. of Nepal
 Hakha Tole, Lalitpur
 Ph: (R) 5522467, Cell: 9851026534
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 Join: 1988
 Spouse: NANI SHOVA
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Past President
 Sergeant-at-Arms

Shrestha Kedar B.
 Classification: Past Service
 Kopundole Height, Lalitpur
 Ph: (R) 5522207, 5524605
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 Born: 18 Jan; Wed: 15 Feb
 Join: 2006
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Members of Rotary Club of Patan



Member

Shrestha Kiran
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Join: 2007
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Member

Tamrakar Madan R.
Classification: Banker
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Join: 2017
Spouse: KRISHNA
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Member

Shrestha Mukti N.
Classification: Vet. Doctor
Vet. Clinic, Pulchowk, Krishna Galli
Ph: (R) 5260846, (O) 5524236
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Join: 2008
Spouse: PRAVEENA
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Chair: Club Administration

Thapa Kiran
Classification: IT System & Software Engineer
Civil Home, Phase I, Bhainsepati, Sainbu, Lalitpur
Ph: (R) 5592257
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Born: 2 Mar; Wed: 29 April
Join: 2016
Spouse: LALITA
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Past President

Shrestha Santa K.
Classification: Liquor Manufacturer
Island Jungle Resort
Ph: (R) 5521745 (O) 4229116, 4225615
Born: 5 Nov; Wed: 3 May
Join: 1992
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President

Thapa Lalita
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Civil Home-I, Bhainsepati, Sainbu-4
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Join: 2012
Spouse: KIRAN
E-mail: lalitathapa1949@gmail.com



Past President

Shrestha Yagya B.
Classification: Revenue Consultant
Chakupat, Lalitpur
Ph: (R) 5260853
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Born: 29 April; Wed: 19 Feb
Join: 1993
Spouse: MARY
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President Nominee

Thapa Mahendra B.
Classification: Agriculture Economist
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Ph: (R) 5190109
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Born: 15 Jan; Wed: 14 April
Join: 2008
Spouse: LALITA
E-mail: mahendra.thapa2@gmail.com



Past President

Tamrakar Jamuna K.
Classification: Forestry
15D Binayak Colony, Bhainsepati
Ph: (R) 5114099
Cell: 9851001408
Born: 17 Feb; Wed: 21 April
Join: 2000
Spouse: MEERA
E-mail: jktamrakar@hotmail.com



Basant Ale Magar
Office Assistant, RC Patan
Cell: 9813268214
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Rotary Club of Patan

Membership Development 1985/86-2019/20

SN	Rotarian	85/86	86/87	87/88	88/89	89/90	90/91	91/92	92/93	93/94	94/95	95/96	96/97	97/98	98/99	99/00	00/01	01/02	02/03	03/04	04/05	05/06	06/07	07/08	08/09	09/10	10/11	11/12	12/13	13/14	14/15	15/16	16/17	17/18	18/19	19/20	Yrs. In Club		
1	Acharya Chirinjibi						1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1																16	
2	Acharya Krishna			1	1																																	2	
3	Acharya Shreedhar													1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	14		
4	Amatya Ram Chhaya M.			1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	9		
5	Baidya Subash Gopal				1	1	1	1																													4		
6	Bajracharya Bijay *	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	35		
7	Bajracharya Hom Raj	1	1	1	1	1	1	1	1	1	1	1																									11		
8	Bajracharya Piyush B. *																				1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	16		
9	Baniya Lila B.*																																			1	1	2	
10	Basnet Krishna Bahadur*																1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	20		
11	Basnet Punch Bahadur				1	1	1	1	1																												5		
12	Basnet Siddhi Man													1	1	1																					3		
13	Deep Dhruba K.	1																																			1		
14	Dhakal Yogendra Purush	1																																			1		
15	Dhittal Vishnu						1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	13		
16	Dixit Kamal Mani	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	32		
17	Giri Ashish	1																																				1	
18	Giri Kanti									1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	10		
19	Gyawali Bachan						1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	13		
20	Gyawali Chandra S.	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	30		
21	Gyawali Lochan *	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	35		
22	Halwai Narayan G.	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	30		
23	Joshi Bharat Narsingh *																			1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	18		
24	Joshi Hari Bhakta															1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	6		
25	Junejo Anwar Ahmed														1																						1		
26	Kayastha Chandrekha *																									1	1	1	1	1	1	1	1	1	1	1	1	12	
27	Kayastha Matsyendra Lal*	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	35		
28	Khemka Preeti *																																			1	1	1	3
29	Khemka Shiv Prakash *																																		1	1	1	4	
30	Kohli Rabindra Kumar									1																											1		
31	Kohli Reema									1	1																										2		
32	Kshetry Bhim Bahadur														1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	15		
33	Kunwar Yadav																										1										1		
34	Lakhe Suresh Chandra	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	29			
35	Lamichhane Keshab			1																																	1		
36	Leuntel Basudev	1	1	1																																	3		
37	Maharjan Kamala *																																				6		
38	Maharjan Padam Lall *																				1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	16		
39	Mainali Biswa K.	1	1	1	1	1	1	1	1	1	1	1																1	1	1	1	1	1	1	1	1	11		
40	Mallapaty Bijaya *																									1	1	1	1	1	1	1	1	1	1	1	1	12	
41	Mallapaty Gabriele *																									1	1	1	1	1	1	1	1	1	1	1	1	12	
42	Maskey Chandra P.				1	1	1	1	1	1										1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	12		
43	Maskey Ramesh Lal *																																				5		
44	Mathema Keshav Bhakta*													1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	23		
45	Mathema Nandaram B.		1	1	1	1	1	1	1																												7		
46	Neupane Tulsi	1	1	1	1	1	1	1		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	28			
47	Nyachhyon K. Bahadur *	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	35		
48	Pajiyar Nabal																																				5		
49	Pandey Rabendra Raj *					1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	31		
50	Paneru Som																										1	1	1	1	1	1	1	1	1	1	1	7	
51	Poudyal Hari Prasad	1	1																																		2		
52	Pradhan Prachanda																					1	1	1	1											4			
53	Pradhan Kalpana																																				2		
54	Pradhan Krishna B.																					1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	10		
55	Pradhan Madhav Lal	1	1	1	1	1	1	1	1	1	1																										10		
56	Pradhan Mahesh Lal	1																				1	1														3		
57	Pradhan Prafulla Man									1	1	1																									3		
58	Pradhan Satya																																				6		
59	Pradhan Shiva Kumar*																																					10	



Rotary Club of Patan Current Members: 2019-20

SN	Rotarian	85/86	86/87	87/88	88/89	89/90	90/91	91/92	92/93	93/94	94/95	95/96	96/97	97/98	98/99	99/00	00/01	01/02	02/03	03/04	04/05	05/06	06/07	07/08	08/09	09/10	10/11	11/12	12/13	13/14	14/15	15/16	16/17	17/18	18/19	19/20	Yrs. in RCP	Date of Birth			
1	Bajracharya Bijay	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	35	23 Aug			
2	Bajracharya Piyush Bajra																				1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	16	12 Dec		
3	Basnyat Krishna Bahadur																1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	20	8 July		
4	Baniya Lila Bahadur																																			1	1	2	2 Feb		
5	Gyawali Lochan	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	35	12 Nov		
6	Joshi Bharat Narsing																		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	18	16 June	
7	Kayastha Chandralekha																								1	1	1	1	1	1	1	1	1	1	1	1	1	1	12	4 May	
8	Kayastha Matsyendra Lal	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	35	25 May		
9	Khemka Preeti																																			1	1	3	3 Nov		
10	Khemka Shiv Prakash																																		1	1	4	12 Feb			
11	Maharjan Kamala																																			1	1	6	29 May		
12	Maharjan Padam Lall																			1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	16	13 Feb		
13	Mallapaty Bijaya																								1	1	1	1	1	1	1	1	1	1	1	1	1	1	12	9 May	
14	Mallapaty Gabriele																								1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	12	17 Dec
15	Maskey Ramesh Lal																																				1	1	5	12 June	
16	Mathema Keshab Bhakta														1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	23	2 July		
17	Nyachhyon Kamal Bahadur	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	35	15 Jan		
18	Pandey Rabendra Raj					1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	31	14 Dec	
19	Pradhan Shiva Kumar																									1	1	1	1	1	1	1	1	1	1	1	1	1	1	11	2 May
20	Pradhanang Nirmal																																				1	1	6	18 Feb	
21	Prasai Sharda															1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	21	14 June		
22	Rajbhandary Siba Bhakta														1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	22	11 June		
23	Rawal Mahendra Singh																																				1	1	4	5 Oct.	
24	Regmi Prakash Raj					1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	27	30 June		
25	Shakya Pushkar Man							1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	28	14 Jan	
26	Shakya Tritha Man	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	34	21 July	
27	Sharma Bishwo Bandhu																											1	1	1	1	1	1	1	1	1	1	1	1	10	2 June
28	Shrestha Ganesh Raj							1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	28	22 Oct	
29	Shrestha Jeevan Kumar																							1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	14	6 May	
30	Shrestha Kedar Bhakta																			1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	17	18 Jan	
31	Shrestha Kiran																								1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	12	10 July
32	Shrestha Mukti Narayan																								1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	12	1 July
33	Shrestha Santa Kumar							1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	29	5 Nov	
34	Shrestha Yagya Bahadur								1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	25	29 April	
35	Tamrakar Jamuna Krishna															1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	21	17 Feb		
36	Tamrakar Madan Raj																																				1	1	2	12 Oct	
37	Thapa Kiran																																				1	1	4	2 March	
38	Thapa Lalita																												1	1	1	1	1	1	1	1	1	1	9	19 March	
39	Thapa Mahendra																								1	1	1	1	1	1	1	1	1	1	1	1	1	1	9	14 April	
40.	Rawal Maheswari Bisht																																				1	1	13	April	
41.	Shrestha Bijaya L.																																				1	1	04	April	
42.	Gurung Sita																																				1	1	25	Aug	
43.	Pradhan Suraj																																					1	1	18	Feb.

उचित आहार, विहार र विचार सधै युवा रहने उपाय



आ.डा. उमेश श्रेष्ठ

अक्सर सबै मानिसहरू दीर्घ यौवन र जीवन चाहन्छन् । तर चाहना राख्दा सबैले न दीर्घ यौवन पाएका छन् न दीर्घ जीवन नै । एकदमै थोरै मानिसहरूले मात्र दीर्घ यौवन र जीवन पाएको देखिन्छ । आखिर किन ? सय वर्ष मज्जाले बाँच्नु पर्ने मानिसहरू तीस-चालिस नपुग्दै किन बूढा हुन्छन् ? किन आयु नपुग्दै बीचैमा मर्छन् ? किन ?

जबसम्म कुनै व्यक्तिको स्वास्थ्यस्थिति सामान्य हुँदैन तबसम्म उसले दीर्घ यौवन र जीवनको कल्पना गर्नु बेकार हुन्छ । राम्रो स्वास्थ्य नभएका व्यक्तिले जीवनमा कुनै पनि कुराको रस राम्रोसँग लिन सक्दैन । कुनै पनि कुराको उपयोग राम्रोसँग गर्न सक्दैन । स्वास्थ्य राम्रो नहुँदा संसारै फुंग रंग उडेजस्तो लाग्छ र आफ्नै घर आँगन परदेश जस्तो हुन जान्छ । त्यसैले राम्रो स्वास्थ्य दीर्घ यौवन र जीवनको प्रमुख आधार हो भन्ने कुरा बुझ्नु जरूरी छ । अनि राम्रो स्वास्थ्यको आधार के होला त ? यो भन्ने बुझ्नु जरूरी छ ।

निर्वाध श्वास-प्रश्वास र रक्त संचालन क्रिया नै जीवन-शक्तिको उच्चतम स्तर हो र यो राम्रो स्वास्थ्यको आधार हो । जसले जति सजिलोसँग सास लिने र फाल्ने काम गर्न सक्छ उसको शरीरभरी रक्त संचालन क्रिया पनि राम्रो हुन्छ । जीवन-शक्तिको आधार निर्वाध श्वास-प्रश्वास र रक्त संचालन भएको हुँदा निर्वाध श्वास-प्रश्वास र रक्त संचालनको आधार के होला भन्ने कुरा बुझ्नु अति आवश्यक देखिन्छ । एकै वाक्यमा भन्ने हो भने यसको आधार मानिसको भौतिक शरीर र मन हो । तर कसरी ? 'मन' लाई एक छिन थाति राखेर भौतिक शरीरबारे विचार गरौं ।

श्वास नलीबाट हामी श्वास तान्छौं र फाल्छौं । नाकदेखि फोक्सोसम्म र फोक्सोमा अनगिन्ति श्वास नली छन् । हाम्रो शरीरको बाहिरी पत्र छालामा पनि अनगिन्ति श्वास छिद्रहरू छन् । श्वास नलीहरू र श्वास छिद्रहरू जति लचिला हुन्छन् तिनीहरूमा त्यति नै अवरोध कम हुन्छ । श्वास नलीहरूको अवरोध जति कम हुन्छ त्यति नै सजिलोसँग श्वास लिने र फाल्ने काम हुन सक्छ । त्यस्तै फोक्सोदेखि मुटुसम्म र मुटुदेखि फोक्सोसम्म र सम्पूर्ण शरीरभरी धमनी, शिरा लगायत अनगिन्ति ससाना रक्त नलीका माध्यमबाट रक्त संचालन भई शरीरले आवश्यक पोषण प्राप्त गर्छ । रक्त नलीहरू जति लचिला हुन्छन् त्यति नै तिनीहरूमा अवरोध कम हुन्छ । रक्त नलीहरूमा अवरोध जति कम हुन्छ त्यति नै सजिलो र राम्रोसँग रगत संचालन हुन्छ । यसर्थ, निर्वाध श्वास-प्रश्वास र

रक्त संचालनको लागि श्वास र रक्त नलीहरू लचिलो हुनुपर्छ र यसको लागि सम्पूर्ण शरीर नै लचिलो हुनुपर्छ ।

कस्तो शरीर लचिलो हुन्छ त ? शीरदेखि पाउसम्म समानुपातिक गोलाई भएको, बोसोले नलादिएको निधार, ओभेलमा नपरेको स्पष्ट आँखा, पुक्क निस्केर आँखालाई नछेक्ने गाला, सुगठीत खुल्ला नाक, सामान्यतः बन्द रहने मुख, गर्दन र घाँटीको सीमा रेखा स्पष्ट भएको अनुहार, ठीक्क गोलाईको गर्धन, कम्मर र पेटको गोलाई भन्दा ठूलो छाती र नितम्ब, पेट र तिघ्राको सिमा रेखा छुट्टिएको, नबाँगिएको गटिलो खुट्टा भएमा शरीर सामान्य लचिलो हुन्छ । यसको उल्टो भएमा शरीर लचिलो हुँदैन ।

शरीर लचिलो नभए नलीहरू लचिला हुँदैनन् र त्यसो भएपछि श्वास र रक्त संचालनमा बाधा उत्पन्न हुन्छ र बुढ्यौलीले आक्रमण गर्छ र तीस-चालिस वर्षको उमेरमा नै उच्च रक्तचाप, यूरिक एसिड, मधुमेह, दम, मुटुरोग आदि रोगहरूले बास गर्न थाल्छ । यौवनको उमंग र जोश हराउन थाल्छ । दीर्घ जीवनको आशा धमिलिन थाल्छ ।

अब लचिलो शरीरको आधारबारे एक छिन विचार गरौं । जस्तो आहार खान्छौं हाम्रो शरीर त्यस्तै बन्छ । शरीर लचिलो बनाउन तदनु रूप नै खानुपर्छ । प्रोटीन, कार्बोहाइड्रेट बहुल र क्यालोरीको हिसाबमा आधारित आहार ढाँचाले लचिलो शरीर बनाउने आधारको काम गर्न सक्दैन ।

हाम्रो आहारमा प्रोटीन र कार्बोहाइड्रेट (माछा, मासु, अण्डा, दाल, गेडागुडी, अन्न) र चिल्लोलाई प्रमुख स्थान दियो भने क्यालोरी त हामी प्रशस्त पाउँछौं, तर त्यसले शरीरमा विकार पनि प्रशस्तै छोड्छ । यही विकार हो जसले आन्द्राको गतिलाई अवरुद्ध गरी कब्जीयत गराउँछ । यही विकार हो जसले श्वास र रक्त नलीहरूलाई लचिलो हुन दिँदैन । यही विकार हो जसले शरीरका विभिन्न अंगहरूका कामहरूमा बाधा पुऱ्याएर रोग उत्पन्न गराउँछ । त्यसैले कुन खानाले बढी क्यालोरी दिन्छ भन्ने आधारमा खानाको छनौट गर्नु हुँदैन । बढी क्यालोरी दिने खानेकुराको पछि लाग्दा भयंकर कब्जीयत हुन्छ र श्वास तथा रक्त नलीहरूलाई श्लेष्मा (विविधरूपी कफ, बोसो आदि वाधक विकारहरू) ले अवरोध खडा गरी विभिन्न रोग प्रकट हुन्छ ।

तर, हाम्रो समाजमा प्रचलित आहार ढाँचा प्रोटीन र कार्बोहाइड्रेट प्रधान रहेको छ । यति मात्र होइन, राज्यले पनि यही अम्लकारक, श्लेष्माकारक, अवरोधक आहार ढाँचालाई जोड

दिएर नै प्रचार-प्रसार गरिरहेको देखिन्छ । यसको फलस्वरूप समाजका अधिकांश मानिसहरू कुनै न कुनै रोगद्वारा ग्रस्त छन् । यसको फलस्वरूप मानिसहरू बाँचुन्जेल पनि सजिलोसँग बाँच्न सकिरहेका छैनन् भने अल्पायुमै परमधाम प्राप्त भइरहेको छ ।

तसर्थ, शरीरलाई लचिलो बनाउन अम्लकारक, श्लेष्माकारक अवरोधक खानालाई आहारको मुख्य अंश नबनाई सानो अंश मात्र बनाउनु पर्छ । त्यसैले माछा, मासु, अण्डा, दुग्ध पदार्थ, दाल, गेडागुडी, अन्न, चिल्लो सबै गरी हाम्रो कूल आहारको एक तिहाईभन्दा बढाउनु उपयुक्त हुँदैन । अझ जन्तुस्रोतबाट केही पनि नलिनु राम्रो हुन्छ । क्षारधर्मी श्लेष्माहीन, निष्काशक खाद्य-सागसब्जी, सलाद, अंकुरित अनाज, फलफूल गरी कूल आहारको दुईतिहाईसम्म कायम राख्नुपर्छ । क्षारधर्मी र अम्लधर्मी खानाको ६७/३३ को अनुपातलाई संतुलित रूपले कायम राख्ने व्यक्तिलाई कहिल्यै कब्जीयतको सिकायत हुँदैन र श्लेष्मा विकारले श्वास नली र रक्त नलीलाई पनि छेक्दैन जसले गर्दा निर्वाध श्वास-प्रश्वास र रक्त संचालन भई जिउ चङ्गाजस्तै हलुका भइरहन्छ र टाउकोसम्म पनि कहिल्यै दुख्दैन । यस्तो अवस्थामा पूर्ण आयु, पूर्ण युवा जोशका साथ सक्रियता पूर्वक आनन्दसँग जिउन सक्छ ।

शरीरलाई लचिलो राख्न उचित विहार पनि आवश्यक छ । बेलामा सुत्ने, बेलामा उठ्ने, बिहान ब्रम्हमुहुर्तको स्वच्छ वायु पान गर्दै व्यायाम गर्ने, शरीर सफा राख्ने गर्नाले आहारको आधारमा लचिलो भएको शरीर अभै लचिलो हुन्छ । बिहान सूर्योदय अगाडिको एक-डेढ घण्टा नियमित व्यायामको लागि छुट्याउने कसैलाई पनि कहिल्यै टाउकोसम्म पनि दुख्दैन ।

लचिलो शरीरको आधार-उपयुक्त आहार र विहार हो । तर, उपयुक्त आहार र विहारको साथमा जबसम्म मनमा उपयुक्त विचार हुँदैन तबसम्म उपयुक्त आहार र विहारको लाभ पूर्णरूपले प्राप्त हुन सक्दैन । त्यसैले उपयुक्त उचित विचारद्वारा मनको पोषण सबै भन्दा महत्त्वपूर्ण हुन आउँछ । लचिलो विचारद्वारा मनलाई लचिलो बनाउनुपर्छ ।

मनमा अम्लिय, श्लेष्माकारक, कब्जकारक विचार रह्यो भने शतप्रतिशत क्षारधर्मी विरेचक उचित आहार खाए पनि, व्यायाम गरे पनि, आन्द्राको गति अवरुद्ध भई कब्जीयतको समस्या प्रकट हुन्छ, श्वास र रक्त संचालनमा वाधा उत्पन्न हुन्छ र विभिन्न शारीरिक समस्या प्रकट हुन्छ । रिस, भय, दाह, इर्ष्या, लोभ, मोह, प्रतिशोधका विचार शारीरिक गतिमा अवरोध उत्पन्न गर्ने कब्जकारक, श्लेष्माकारक विचार हुन् । विचारको श्लेष्माले आहारको श्लेष्माले भन्दा कयौं गुणा छिटो र नराम्रोसँग शरीरको लचिलोपनालाई नाश गर्छ, शरीरका विभिन्न अंगका गतिलाई अवरुद्ध गर्छ र श्वास-प्रश्वास र रक्त संचालनमा वाधा उत्पन्न गर्छ । मनमा, कुनै अनिष्ट होला कि भनी भय जाग्दा, आफ्नो हक नभएकोमा लोभ गर्दा, अर्काको उन्नतिमा डाहा र इर्ष्या जाग्दा, अरुप्रति प्रतिशोध र क्रोधको भाव जाग्दा श्वास फुलेको अनुभव त सबैले गरेकै हुनुपर्छ । श्वास फुल्नुको अर्थ श्वास-क्रियामा वाधा उत्पन्न हुनु हो । श्वास-क्रियामा वाधा उत्पन्न हुनुको अर्थ रक्त

संचालनमा पनि वाधा हुनु हो किनभने रक्त संचालन गर्ने, मुटुको गतिलाई नियन्त्रण गर्ने शक्ति श्वास-क्रिया नै हो । त्यसैले जब कसैको श्वास फुल्छ मुटु पनि बढी ढुकढुक गर्न थाल्छ । मात्र मनमा जागेका विचारले यी सबै काम गर्छ । श्वास फुलाउन र मुटु ढुकढुक बढाउन म्याराथुन दौडमा भाग लिनु अनिवार्य छैन । मनमा जागेको विचारको शक्ति म्याराथुन दौडबाट उत्पन्न शक्तिभन्दा कयौं गुणा प्रचण्ड हुन्छ । एक छिनअधिसम्म सामान्य देखिने मानिसको एक छिनपछि मृत्यु हुनुको कारण कब्जकारक विचार नै हो । त्यसैले शरीरलाई लचिलो बनाई राख्न कब्जकारक विचारको सट्टा लचिला उचित विचार मनमा राख्नु अति नै आवश्यक छ ।

कुनै पनि अनिष्टको सम्भावनाबाट पनि निर्भय रहनु, अरुको उन्नतिमा रिस, डाहा र इर्ष्या नगर्नु, उन्नतिको चाहलाई असन्तुष्टिमा नबदल्नु, अरुले केही गन्यो वा भन्यो भनेर बदलाको भाव नराख्नु, सकारात्मक लचिला विचार हुन् । यी विचार उपदेशका लागि मात्र आदर्श कुरा होइनन्, हरेक व्यक्तिको राम्रो स्वास्थ्यका प्रमुख आधार हुन् । जसमा भय, रिस, इर्ष्या, लोभ, प्रतिशोध, असन्तुष्टिको विचार रहन्छ उ राती राम्रोसँग सुत्न पनि सक्दैन र बिहान उठेर खलास हुने गरी दिसा गर्नसम्म पनि सक्दैन जसले गर्दा उसका सम्पूर्ण दिन शारीरिक र मानसिक गडबडीमा बिच्छ । राम्रो स्वास्थ्य यस्ता ब्यक्तिबाट कोसौं टाढा रहन्छ । तसर्थ, राम्रो स्वास्थ्य र दीर्घ यौवन तथा जीवनका लागि भय, इर्ष्या, लोभ, क्रोध, प्रतिशोध, असन्तुष्टि, छलछाम, ठगी, धुर्त्याई आदि कुविचार, कुलत त्यागी सद्विचार र सदाचरण अंगाल्नु अत्यन्त आवश्यक छ ।

अन्तमा, प्रसिद्ध ग्रन्थ 'चरक संहिता' को छोटो भनाइ राख्दै यो लेख टुंग्याउन चाहन्छु- "सज्जनहरूले गर्ने आचरण गर्ने, आफ्ना इन्द्रियहरूलाई जितेको, शरीरलाई हित गर्ने कुरा मात्र खाने ब्यक्ति ३६,००० रात, अर्थात् ९८ वर्ष ७ महिना २० दिन रोग नलागिकन बाँच्छ ।" (श्लोक ३४३, ३४४ र ३४५)

(लेखक प्रकृति प्रेमी समूहका संस्थापक तथा आस्वा आहा (आफ्नो स्वास्थ्य आफ्नो हातमा) र उआविवि (उचित आहार विहार विचार) का प्रवर्तक हुनु हुन्छ ।



The foundation upon which Rotary is built is friendship; on no less firm foundation could it have stood.

--- Paul P. Harris ---

Rotary Club of Patan (RCP)

PRAJAPATI EDUCATION ENDOWMENT FUND (PEEF)

ANNUAL REPORT AS OF 30 JUNE 2019



- Rtn. Bijaya Mallapaty
PP & PEEF Finance Manager

Introduction:

Established in 1991, the Rotary Club of Patan (RCP) has been implementing the Prajapati Education Endowment Fund (PEEF) programme providing educational scholarship to needy children in public schools, which has demonstrated that the value of a small monetary contribution is exponentially larger in terms of improvements of a child's overall well-being and potential to develop communities through continued education.

As of 30 June 2019, its Trust Fund has reached Nepalese Rupees (NRs.) 12.47 million with a Programme Fund balance of NRs. 2.42 million.

The PEEF 'Management and Operational Policies' (PEEF MOPs) govern the PEEF. The PEEF MOPs separate the Trust Fund from the Programme Fund and outline the policies and procedures of the funds' management, criteria for support, investments and financial management mechanisms, and administrative responsibilities.

A key to the continued success of this flagship programme of the RCP is that the entire RCP family takes ownership of it. In addition to a dedicated committee managing this programme, the RCP family volunteers its valuable time and resources during the annual student selection and funds distribution in the assisted public schools throughout the Lalitpur District.

This annual report captures key actions taken during the reporting period 1 July 2018 to 30 June 2019, and provides a summary, together with an attachment, showing all PEEF contributors and contributions.

Recent Developments:

In August 2017, the President of Saraswoti Govinda Foundation, late Honorary Rotarian Govinda Das Shrestha contributed one million Nepalese Rupees to the PEEF, and subsequently signed a MOU with the Rotary Club of Patan with contribution of this amount on an annual basis. In the history of Rotary in Nepal, this is the largest long-term commitment of an annual contribution made by a Nepali through a Rotary Club in Nepal, and the RCP is proud of this trust bestowed upon it.

On 9 January 2019, the Rotary Club of Patan family was deeply saddened by the untimely passing of our dear Govinda Das ji at the age of 87. Honorary member of our club and Paul Harris Fellow, Rotarian Govinda Das Shrestha was a passionate social worker and kind-hearted man who very quickly noticed the good work that the Rotary Club of

Patan is engaged in. He trusted the Rotary Club of Patan to further expand our 'PEEF' scholarship programme. Because of the support of the Saraswoti Govinda Foundation, the Rotary Club of Patan has been able to increase the scholarship amounts to student in grades 7 to 10, expand the programme to include grades 11 and 12, covering the full period of senior secondary education.

Late Honorary Rtn. Govinda Das Shrestha's legacy continues with our collaboration with Saraswoti Govinda Foundation. On behalf of his spouse Mrs. Sarswati Shrestha, their daughter Honorary Rotarian Anuradha Shrestha is leading the collaboration between Sarswati Govinda Foundation and the Rotary Club of Patan.

Two key new additions to our growing list of contributors and well-wishers are: (i) Mr. Arun Chaudhary who has contributed NRs. 300,000 in the name of his parents late Mr. Lunkaran Das Chaudhary and Mrs. Ganga Devi Chaudhary. Mr. Chaudhary has pledged to contribute this amount annually to the PEEF Programme Fund; and (ii) Dr. Sanjib Shrestha who made anew lump-sum contribution of NRs. 500,000 to the PEEF Programme Funds.

The Rotary Club of Patan is thankful to Rtn. Kedar B. Shrestha to have introduced Sarswati Govinda Foundation, Mr. Arun Chaudhary and Dr. Sanjib Shrestha, the three key new contributors to the RCP and its PEEF programme.

The Rotary Club of Patan appreciates the contributions and continued support from all its donors -RCP Members, their families, relatives, friends and other well-wishers.

Key Actions:

(i) The RCP manages this programme entirely voluntarily with zero administrative cost. In addition to specific contributions, RCP family members contribute their time and resources for the annual selection and distribution of scholarships to 27 schools in various locations of Lalitpur District. To reflect this better, the name of the PEEF 'Operational Fund' has been changed to PEEF 'Programme Fund'.

(ii) **Status of implementation of PEEF Management Review done in March 2016:**

In March 2016, the year of PEEF's 25th anniversary, the RCP had conducted a situation analysis of this programme. The analysis investigated the programme's successes and strengths, as well as challenges. It pointed out that a long-term mechanism was needed to deal with the PEEF's dependence on fluctuating

interest rates and that reporting to its expanding donor base needed to be simplified. The Programme Fund had been decreasing due to reduced interest rates while the scholarship amounts needed to be increased to counter the continuing inflation.

Over the last three years, the RCP is pleased to report that all the recommended key changes have been implemented with PEEF finances reaching a sustainable level. The reduction of number of schools from 27 to 24 is taking a couple of years longer in view of the addition of scholarship to grades 11 and 12. This will be attained by 2021.

- (iii) With the inclusion of grades 11 and 12 into the secondary education system in Nepal, and the expansion of the RCP's donor base, the RCP has been able to provide scholarships to continuing students in grade 11 and to grade 12 students from 2019.
- (iv) **Kamalmani Educational Excellence Award (KEEA) to meritorious students receiving PEEF scholarships:** The RCP established the 'KEEA' in 2013 with the initial sponsorship of late Rtn. Kamalmani Dixit. The award fund has since been expanded with annual support from several other members of the RCP and additional substantial contribution from the Dixit family in the name of their late father. The KEEA currently recognizes meritorious students in grade 9 from among the PEEF scholarship recipients with certificates and cash awards to 10 students totalling NRs. 100,000.
- (v) **Graduate Studies Scholarship Award:** The RCP established this award initiated by Rtn. Matsyendra L. Kayastha and supported by Rtn. Prakash R. Regmi to award two scholarships for up to 6 years, beyond secondary level, for a master's level education. This award will start from 2020 and best performing students from among the PEEF scholarship recipients would be chosen.
- (vi) **Rotary Year 2018-2019 student selection and distribution:** In the Rotary Year 2018-2019, 395 public school students from lower-income families in 27 schools of Lalitpur District received scholarships totalling NRs. 1,328,000 to support their education from grade 7 to 11.

Income and Expenditures:

- (i) During this Rotary Year, total contributions of NRs. 400,000 was received in the Trust Fund.
- (ii) In the Programme Fund, contributions of NRs. 1,745,010 were received together with a net income (interest income/returns less funds for distribution) of NRs. 112,715.
- (iii) **Balances as of 30 June 2019 (Statement in annex):**

Trust Fund	NRs. 12,467,358
Programme Fund	NRs. 2,421,790
Total PEEF	<u>NRs. 14,889,148</u>

The PEEF Committee Members for 2019-2020:

Rtn. Nirmal K. Pradhanang, President Elect: Coordinator, Rtn. Padam L. Maharjan: Programme Manager, Rtn. Bijaya Mallapaty: Finance Manager, Rtn. Ganesh R. Shrestha: Distribution Manager, Rtn. Siba B. Rajbhandary: Member - Resource Mobilization, Rtn. Matsyendra L. Kayastha: Member, Rtn. Mahendra Thapa: Member, Rtn. Mahendra S. Rawal: Member, **Ex-Officio Members:** President Rtn. Lalita Thapa.

Conclusion: The RCP is committed to continue the PEEF programme to suit the evolving context of the public education system in Nepal with its principal mandate to support public school students from lower-income families to improve their education.



Mr. Bir Dhorj Tamang, KEEA First Prize Winner with his mother and teacher.

At the KEEA awards ceremony, the first prize winner, Mr. Bir Dhorj Tamang spoke on behalf of all awardees from the PEEF-supported schools and thanked the special guests from the Dixit Family and members of the Rotary Club of Patan for the recognition and cash awards.

He recalled that it had been about eight years ago when his family moved to Kathmandu. He credited his teachers and mentors of the Shree Mahendra Adharsha Higher Secondary in Imadole, his eldest brother and his mother for the success in his life. He mentioned that he always tries his best despite some failures along the way. In the future, he aspires to study engineering and wants to give back to the society to the best of his ability. His mother did not have the opportunity to study herself but always encouraged her children to study and do their best.



Sustainable WASH in PEEF Schools managed by students.



Handover of NRs. 10 Lakh cheque by late Honorary Rtn. Govinda Das Shrestha during Charter Day in the presence of District Governor, his family and RCP officials.



PEEF Scholarship Distribution at Shree Bisankhu Narayan School.



PEEF Distribution at Bal Binod School, Natole



Morning Assembly during PEEF distribution at Badikhel School.

ROTARIAN CODE OF CONDUCT

As a Rotarian, I will:

- 1. Act with integrity and high ethical standards in my personal and professional life**
- 2. Deal fairly with others and treat them and their occupations with respect**
- 3. Use my professional skills through Rotary to mentor young people, help those with special needs, and improve people's quality of life in my community and in the world**
- 4. Avoid behavior that reflects adversely on Rotary or other Rotarians**

Prajapati Education Endowment Fund Contribution as of June 30, 2019

in NRs.

S.No.	Contributors	2018-2019 Receipts		Totals as of 30 June 2019			Original Students#
		Trust Fund	Programme Fund	Trust Fund	Programme Fund	Total	
	A. Contributors with Sub-Totals under the RCP Initiators						
1.	Rtn. Piyush B. Bajracharya			75,000	51,700	126,700	4
2.	Mr. Mandar Bajracharya, USA			24,860	-	24,860	2
3.	Ms. Sabita R. Bajracharya, USA			15,000	-	15,000	1
	Sub-Total Rtn. Piyush Bajracharya			114,860	51,700	166,560	
4.	Rtn. Krishna B Basnyat			15,000	5,000	20,000	1
5.	Late Yasodhara Basnet			15,000	-	15,000	1
	Sub-Total Rtn. Krishna B. Basnyat			30,000	5,000	35,000	
6.	Former Rtn. Chandra S. Gyawali ***		100,000	5,000	247,080	252,080	
7.	Mrs. On Oswin. Bachan & David's friends			75,000	-	75,000	5
8.	Mr. Takashi Kawasaki, Japan			60,000	-	60,000	4
9.	Dr. iur.Karl-Heinz Loderle, Austria			82,386	-	82,386	5
	Sub-Total former Rtn. Chandra S. Gyawali		100,000	222,386	247,080	469,466	
10.	Late Rtn. Kamalmani Dixit			108,500	-	108,500	7
11.	Late Spouse Anju Dixit			-	20,000	20,000	
	Sub-Total Late Rtn. Kamal M. Dixit			108,500	20,000	128,500	
12.	Late Rtn. Narayan G. Halwai			70,250	22,700	92,950	5
13.	IW Munu Rajkarnikar			15,000	-	15,000	1
14.	Mrs. Neeru Shakya			15,000	-	15,000	1
15.	Rtn. Prahlad Manandhar			15,000	-	15,000	1
16.	Rtn. Suresh + Dr. Indira Satyal			30,000	-	30,000	2
17.	Late Harkha M. Rajkarnikar			100,000	-	100,000	5
18.	Mr. Manish Rajkarnikar, USA			57,500	-	57,500	4
19.	Mrs. Heema Rajkarnikar Joshi, USA			15,000	-	15,000	1
20.	Mr. & Mrs. Manish & Smrity Rajkarnikar, USA			30,000	-	30,000	2
21.	Mrs. Shubha R. Shrestha, Australia			15,000	-	15,000	1
22.	Saurav, Anju & Melbourne friends			30,000	-	30,000	2
23.	Mr. Darshan Shrestha, Australia			15,000	-	15,000	1
24.	Mrs. Smrity Tuladhar and friends, USA			15,000	-	15,000	1
25.	Mr. S. Muramoto, Japan			10,000	-	10,000	1
26.	Rtn. Jim Sinclair, USA			14,497	-	14,497	1
	Sub-Total Late Rtn. Narayan G. Halwai			447,247	22,700	469,947	
27.	Rtn. Matsyendra L. Kayastha			205,000	45,000	250,000	12
28.	Rtn. Chandralekha Kayastha		5,550	15,000	20,550	35,550	1
29.	Late Krishna L. Kayastha			15,000	15,000	30,000	1
30.	Late Krishna L. Kayastha			15,000	15,000	30,000	1
31.	Late Amrit K. Kayastha			15,000	15,000	30,000	1
32.	Mr. Manish Kayastha			60,000	15,000	75,000	4
33.	Late Nanda L. & Chiniya D. Kayastha			15,000	15,000	30,000	1
34.	Late Mr. & Mrs. Singha B. Kayastha			15,000	15,000	30,000	1
35.	Mrs. Prathana S. Kayastha			15,000	10,000	25,000	1
36.	Mr. & Mrs. Kanhaiya & Rohini Kayastha, USA			15,000	15,000	30,000	1
37.	Mrs. Mousam K. Adcock, USA			32,725	27,275	60,000	2
38.	Dr. Bruce Adcock, USA			17,700	12,300	30,000	1
39.	Mr. Rayhan K. Adcock, USA			15,000	15,000	30,000	1
40.	Late Krishna B Gongol			20,000	10,000	30,000	1
41.	Late Bhumati D. Gongol			20,000	10,000	30,000	1
42.	Mrs. Megha K. Joshi			20,000	-	20,000	1
43.	Rtns. Matsyendra & Chandralekha Kayastha			50,000	10,000	60,000	2
44.	Ms. Diya K. Adcock			20,000	10,000	30,000	1
45.	Mr. Pranish L. Kayastha			30,000	20,000	50,000	1
46.	Mr. Jitendra & Deepa Amatya			30,000	-	30,000	1
47.	Late Mr. Ananda L. Kayastha family			50,000	-	50,000	1
48.	Dr. Jabina Ramde family	100,000		100,000	-	100,000	2
	Sub-Total Rtns. Matsyendra & Chandralekha Kayastha	100,000	5,550	775,425	280,125	1,055,550	
49.	Rtn. Padam L. Maharjan			20,000	-	20,000	1
50.	Late Sanu Maharjan			15,000	-	15,000	1
51.	Late Mrs. Lanthakuwn Maharjan			15,000	-	15,000	1

Prajapati Education Endowment Fund Contribution as of June 30, 2019

in NRs.

S.No.	Contributors	2018-2019 Receipts		Totals as of 30 June 2019			Original Students#
		Trust Fund	Programme Fund	Trust Fund	Programme Fund	Total	
52.	Mr. Pascal Maharjan, USA			15,000	-	15,000	1
53.	Mr. Pankaj Maharjan, USA			15,000	-	15,000	1
54.	Mrs. Poonam Maharjan, USA			15,000	-	15,000	1
55.	Ms. Ayumi I. Maharjan			20,000	-	20,000	1
56.	Mrs. Emi I. Maharjan, USA			15,000	-	15,000	1
57.	Ms. Mijuki I. Maharjan			20,000	-	20,000	1
58.	Mr. & Mrs. Michael & Kristine			52,880	-	52,880	2
59.	Ms Anye Mae Maharjan			30,000	-	30,000	1
	Sub-Total Rtn. Padma L. Maharjan			232,880	-	232,880	
60.	Rtns. Bijaya and Gabriele Mallapaty			-	100,000	100,000	
61.	Rtn. Gabriele Mallapaty			30,000	-	30,000	2
62.	Rtn. Bijaya Mallapaty		11,100	55,000	69,500	124,500	3
63.	Ms. Smriti Mallapaty, USA			15,000	15,000	30,000	1
64.	Mr. Ajaya Mallapaty, USA			30,000	30,000	60,000	2
65.	Mrs Ilse Hahn, Germany			15,000	15,000	30,000	1
66.	Mrs. Manuela Mucke, Germany			15,000	-	15,000	1
67.	Late Dilli R. Uprety			15,000	-	15,000	1
68.	Mr. Roraj Pradhananga, USA			62,750	-	62,750	4
69.	Mr. Bhawani Sapkota, USA			30,000	-	30,000	2
70.	Mrs. Sujala Pant, USA			15,000	-	15,000	1
71.	Mangala and (Late Shive) Pradhananga, USA			105,000	57,876	162,876	6
72.	Mrs. Surabi Bhattarai, USA			15,000	-	15,000	1
73.	Ms. Katherine Piedra, USA			15,000	-	15,000	1
74.	Mr. Jorgen Andersen, Denmark				3,370	3,370	
	Sub-Total Rtns. Bijaya & Gabriele Mallapaty		11,100	417,750	290,746	708,496	
75.	Rtn. Keshab B. Mathema			66,000	-	66,000	4
76.	Mr. and Mrs. Chris & Kathleen Davis, USA			126,902	-	126,902	8
77.	Nick Simons Foundation			366,000	-	366,000	20
78.	Mr. Barun Mathema			30,000	-	30,000	2
79.	Mrs. Gail Bates		110,000		110,000	110,000	
	Sub-Total Rtn. Keshab B. Mathema		110,000	588,902	110,000	698,902	
80.	Rtn. Rabendra R. Pandey			15,000	-	15,000	1
81.	Khagendra Piyush Education Guthi***		18,360	15,000	102,240	117,240	1
82.	Rtn. Robert Rose & Anne Gina, USA			15,000	-	15,000	1
	Sub-Total Rtn. Rabendra R. Pandey		18,360	45,000	102,240	147,240	
83.	Rtn. Krishna (Late) & IW Sulochana Pradhan			15,000	-	15,000	1
84.	Mr. & Mrs. Mahesh & Sandhya Pradhan			15,000	-	15,000	1
85.	Mr. Mrs. Sarosh & Rajshree Pradhan			15,000	-	15,000	1
86.	IW Sulochana Pradhan			20,000	-	20,000	1
	Sub-Total Rtn. Krishna (Late) & IW Sulochana Pradhan			65,000	-	65,000	
87.	Prajapati Foundation			-	100,000	100,000	
88.	Rtn. Sharda Prasai			150,000	-	150,000	10
89.	Late Rtn. Prajapati Prasai			14,000	-	14,000	1
90.	Mr. Andre Gilloz, Switzerland			453,290	-	453,290	30
91.	Mr Georges A. Cuendet, Switzerland			381,227	-	381,227	25
92.	Ms Veera & Mr C. Trachaz, Switzerland			573,473	-	573,473	38
93.	Mrs. Ines Ramaut, Belgium			28,488	-	28,488	2
94.	Mr Patric & Mrs Martine, Belgium			13,972	-	13,972	1
	Sub-Total Rtns. Prajapati (Late) & Sharda Prasai			1,614,450	100,000	1,714,450	
95.	Rtn. Siba B. Rajbhandary and family			163,795	10,000	173,795	11
96.	International Ladies Bridge Club			30,000	-	30,000	2
97.	Dr. Sushila Pradhan			30,000	-	30,000	2
98.	Mrs. Mary Pradhan, USA			38,290	-	38,290	3
99.	Mrs Deepa H. Rustum, USA			46,920	-	46,920	3
100.	Mr. Yakshya B. Malla, USA			15,094	-	15,094	1
101.	Mr. & Mrs. Obi & Vibha Joshi, USA			14,400	-	14,400	1
102.	Mr. Dillon Lal, USA			12,010	-	12,010	1
103.	Mr. Prayog M. Pradhan, Australia			15,000	-	15,000	1

Prajapati Education Endowment Fund Contribution as of June 30, 2019

in NRs.

S.No.	Contributors	2018-2019 Receipts		Totals as of 30 June 2019			Original Students#
		Trust Fund	Programme Fund	Trust Fund	Programme Fund	Total	
104.	Mr. Grijesh M. Shrestha			15,000	-	15,000	1
105.	Mr. Jarod Lal, USA			15,000	-	15,000	1
106.	Mr. Jarod Lal, USA			15,000	-	15,000	1
107.	Mr. Everest B. Rajbhandary, USA			34,501	-	34,501	2
108.	Dr. Roji Rajbhandary, USA			15,000	-	15,000	1
109.	PDG Rtn. Amitav Mukerjee, India			39,500	-	39,500	3
110.	PDG Rtn. Shekhar Mehta, India			25,000	-	25,000	2
111.	Rtn. Susan Sola, USA			35,248	-	35,248	2
112.	Mr. Keith Smith, Australia			95,525	-	95,525	6
113.	Ms. Linda Starodub, USA			17,033	-	17,033	1
114.	Mr. Richard C. Goldman, USA			7,547	-	7,547	1
115.	Dr. Prabhu Prabhakar, USA			2,364,202	421,970	2,786,172	98
116.	Ms. Maiti Mithila Rajbhandary			30,000	-	30,000	1
	Through Rtn. Dr. Tulsi L Maharjan, USA:						
117.	Rtn. Dr. Tulsi L Maharjan			40,709	-	40,709	2
118.	Late Shailendra K. Upadhyay			15,000	-	15,000	1
119.	Late Mohan N. Shrestha			15,000	-	15,000	1
120.	Late Kul Narayan Maharjan			139,625	-	139,625	10
121.	Late Krishna Manandhar			455,950	-	455,950	30
122.	Late Hari B. Dongol			148,000	-	148,000	10
123.	Friends of Nepal, New Jersey, USA			232,550	-	232,550	9
124.	Late Laxmi M. Maharjan			37,550	-	37,550	2
125.	Wen Chinan Yang Mem. Scholarship			148,000	-	148,000	10
126.	Mr. John Person			30,000		30,000	1
127.	Ms. Sulochana			110,924		110,924	3
	Sub-Total Rtn. Siba B. Rajbhandary			4,432,373	431,970	4,864,343	
128.	Rtn. Prakash R. Regmi			45,000	-	45,000	3
129.	IW Upasana Regmi			15,000	-	15,000	1
130.	Ms. Jigyasa Regmi			30,000	-	30,000	1
	Sub-Total Rtn. Prakash R. Regmi			90,000	-	90,000	
131.	Rtn. Pushkar M. Shakya			-	20,000	20,000	
132.	Mrs. Teresa Cruz, Portugese Consular			112,767	-	112,767	7
133.	Ms. Rita J. Weber, Switzerland			11,000	-	11,000	1
134.	Mr. Andre De Jonckheere, Belgium Consular			10,000	-	10,000	1
	Sub-Total Rtn. Pushkar M. Shakya			133,767	20,000	153,767	
135.	Rtn. Ganesh R. Shrestha			78,000	15,000	93,000	5
136.	Mr. Yadav Kunwar			75,000	-	75,000	5
137.	Mr. Bijaya N. Bhattarai			15,000	-	15,000	1
138.	IW Bijaya Shrestha			15,000	-	15,000	1
139.	Ms. Ujala Shrestha			15,000	-	15,000	1
	Sub-Total Rtn. Ganesh R. Shrestha			198,000	15,000	213,000	
140.	Rtn. Kedar B. Shrestha			15,000	20,000	35,000	1
141.	Indra-Jawahar Sahyog Guthi			15,000	-	15,000	1
142.	Mrs. Jawahar D. Shrestha			15,000	-	15,000	1
143.	Mr. Season Shrestha, USA			10,388	-	10,388	1
144.	Mr. Prem R. Mahat, USA			10,388	-	10,388	1
145.	Mr. Rajendra Shrestha, USA			10,388	-	10,388	1
146.	Dr. & Mrs. Sanjib & Soni Shrestha, USA		500,000	85,158	500,000	585,158	6
147.	Mr. & Mrs. Keshav & Ram S.Shrestha, USA			15,000	-	15,000	1
148.	Mr.& Mrs. Shreedhar & Sudeshna Shrestha, USA			18,773	-	18,773	1
149.	Mr. & Mrs. Bharat & Baijanti, USA			14,770	-	14,770	1
150.	Mr. & Mrs. Anuva & Kraig Bonzek, USA			14,770	-	14,770	1
151.	Mr. Raj Shrestha			14,770	-	14,770	1
152.	Mr. & Mrs. Nabin & Agnes Shrestha, USA			14,770	-	14,770	1
153.	Mr. & Mrs. Bikash & Bijaya Shrestha, USA			7,161	-	7,161	
154.	Mr. & Mrs. Pankaz & Monika Shrestha, USA			14,770	-	14,770	1
155.	Dr. Sabin Shrestha, USA			14,770	-	14,770	1
156.	Sarwati Govinda Foundation	300,000	700,000	700,000	1,300,000	2,000,000	

Prajapati Education Endowment Fund Contribution as of June 30, 2019

in NRs.

S.No.	Contributors	2018-2019 Receipts		Totals as of 30 June 2019			Original Students#
		Trust Fund	Programme Fund	Trust Fund	Programme Fund	Total	
157.	Late Mr. Lunkaran Das. Chaudhary & Mrs. Ganga Devi Chaudhary c/o Mr. Arun Chaudhary		300,000		300,000	300,000	
	Sub-Total Rtn. Kedar B. Shrestha	300,000	1,500,000	990,876	2,120,000	3,110,876	
158.	Rtn. Mukti N. Shrestha			20,000	-	20,000	1
159.	IW Prabina Shrestha			45,000	-	45,000	3
	Sub-Total Rtn. Mukti N. Shrestha			65,000	-	65,000	
160.	Rtn. Lalita Thapa			30,000	1,000	31,000	1
161.	Ms. Rupa Chitrakar			90,000	10,000	100,000	3
	Sub-Total Rtn. Lalita Thapa			120,000	11,000	131,000	
	Total of A	400,000	1,745,010	10,692,416	3,827,561	14,519,977	
	B. Individual RCP Contributors						
1.	Rtn. Bijaya Bajracharya			1,000	-	1,000	
2.	Rtn. Kamal B. Nyachhyon			15,000	-	15,000	1
3.	PDG Rtn. Tirtha M. Sakya			15,000	-	15,000	1
4.	Rtn. Biswa B. Sharma			15,000	10,000	25,000	1
5.	Rtn. Jeevan & IW Gunu Shrestha			20,000	4,000	24,000	1
6.	Rtn. Kiran Shrestha with Arti, Usha, Abha			15,000	-	15,000	1
7.	Rtn. Santa K. Shrestha			25,111	-	25,111	2
8.	Rtn. Jamuna K. Tamrakar			79,500	6,000	85,500	5
9.	Rtn. Nirmal Pradhanang (Memory:Kieth Smith)			-	5,000	5,000	
10.	Rtn. Shiv P. Khemka			50,000	-	50,000	1
11.	Rtn. Tulsi Neupane (Former RCP)			15,000	-	15,000	1
12.	Mr. Suresh C. Lakhey (Former RCP)			77,000	-	77,000	5
13.	Mr. Shreedhar Shumsher JBR (Former RCP)			15,000	-	15,000	1
14.	Mr. Khruschev & IW Kalpana Shrestha (Former RCP)			20,000	10,000	30,000	1
15.	Mr. Som Paneru (Former RCP)			20,000	-	20,000	1
16.	Late Mr. Shreedhar Acharya (Former RCP)			71,000	-	71,000	5
17.	Mr. Chirinjibi Acharya (Former RCP)			15,000	-	15,000	1
18.	Dr. Chandra P. Maskey (Former RCP)			15,000	-	15,000	1
19.	Dr. Prachanda Pradhan (Former RCP)			30,000	-	30,000	2
20.	Mr. Bhisma R. Prasai (Former RCP)			15,000	-	15,000	1
21.	Mr. Madan Rai (Former RCP)			15,000	-	15,000	1
22.	Mr. Gyanu R. Shakya (Former RCP)			15,000	-	15,000	1
23.	Mr. Karna B. Shakya (Former RCP)			15,000	-	15,000	1
24.	Mr. Moti L. Shilpakar (Former RCP)			13,000	-	13,000	1
25.	Late Mr. Ram S. Thapa (Former RCP)			15,000	-	15,000	1
26.	Former RCP Members: Late Rtn. Vishnu P. Dhital-6000, Mr. Om Rajbhandary-6000, Rtn. Siddhi B. Shakya-3000, Mr Sagar Shumshere JBR-5000, & Mr. Dhruva Thapa-1000			21,000	-	21,000	
	Total of B			622,611	35,000	657,611	
	C. Other Contributors						
1.	Alan Cope, Isle of Man, UK - 1000; Rtn. Denik Jrak, Belgium - 1000; Rtn. Shiyo Kaju Netsu, Japan - 5000; & Mr. Dhruva B. Raut - 1000			8,000	-	8,000	
2.	Govinda Pratistham			15,000	-	15,000	1
3.	Inner Wheel Club of RCP			240,000	-	240,000	16
4.	Rtn. Gale Jones, USA			14,807	-	14,807	1
5.	Late PDG Rtn. T. Manekshaw			25,001	-	25,001	2
6.	Saheed Dharma B. Mathema			15,000	-	15,000	1
7.	IW Brinda Rana			20,000	-	20,000	1
8.	Rotary Club Fukui, Japan			35,449	-	35,449	2
9.	RCP including Vocational Fund			439,074	-	439,074	29
10.	Samjhouta Nepal			340,000	-	340,000	22
	Total of C			1,152,331	-	1,152,331	
	Grand Total A+B+C (All Contributions to TF and PF)	400,000	1,745,010	12,467,358	3,862,561	16,329,919	

*** Cumulative annual contributions of former RCP Rtn. Chandra S. Gyawali and Khagendra Piyush Edu. Guthi, c/o Rtn. Rabendra R. Pandey, was included in the Programme Fund since its reporting in this format from 2014.

Balance as of	30 June 2018	30 June 2019
Trust Fund	12,067,358	12,467,358
Programme Fund	564,064	2,421,790
Total	12,631,422	14,889,148



- PP Rtn. Prakash Raj Regmi

Rotary Club of Patan (RCP) VOCATIONAL SERVICE AWARDS



- PP Rtn. Nirmal K. Pradhanang

Background:

One of the five Avenues of Service, 'Vocational Service' is rooted in the second object of Rotary, which calls on Rotarians to encourage and foster high ethical standards in business and professions and recognize the worthiness of all useful occupations.

Since many years, the Rotary Club of Patan has recognized individuals who have demonstrated high ethical professional standards, and through their vocations, made outstanding contributions to society.

Since the Rotary Year 2010/11 the Rotary Club of Patan started to confer Vocational Service Awards on up to three outstanding professionals every year. The Awards are given

at a ceremony organized by the Rotary Club of Patan during Rotary's Vocational Service Month, which is observed during the month of January. The vocational awards carry a cash award and a certificate.

The cash awards are covered by funds from the Rotary Club of Patan and members of the club. Rtn. Prakash Raj Regmi has been contributing since 2010-2011 and Rtn. Nirmal Pradhanang joined since 2014/15. Following the latest Rotary Club of Patan Board decision of 6 Oct. 2017, the award amount has been raised to NRs. 11,000 each to two awardees with Rotary Club of Patan providing NRs. 8,000 and Rtns. Prakash Raj Regmi and Nirmal K. Pradhanang providing NRs. 7,000 each.

Historical Record Since 2010-2011

Rotary Year	Date	Recipients of Award	Service Area	Work Place	Award Amount NRs.
2010/11	1 Nov. 2010	Ms. Srijana Rajopadhyaya	Health	Bir Hospital	5000
		Ms. Aarati Chataut	Media	Nepal Television	5000
		Mr. Narayan Shrestha	Media	Nepal Television	5000
2011/12	24 Oct. 2011	Ms. Samjhana Maharjan	Media	Sagarmatha FM	5000
		Ms. Bina Tamang	Health	Medicare Hospital	5000
2012/13	29 Oct. 2012	Ms. Nanda K. Maharjan	Education	Janasewa HSS, Kirtipur	5000
2013/14	02 Dec. 2013	Mr. Dharma G. Maharjan	Education	Harisiddhi HSS, Lalitpur	5000
2014/15	27 Oct. 2014	Ms. Rita Thapa	Social Service	Founder of TEWA	5000
		Ms. Dil K. Chaudhary	Social Service	Activist, Free Kamlari	5000
		Ms. Gita Banjara	Health	Health Worker Mental Hospital	5000
2015/16	22 Feb. 2016	Mr. Babu Kaji Khatri	Education	Adarsha HSS, Lalitpur	5000
		Ms. Sudha Vaidya	Health	Kath Medical College	5000
		Ms. Srijana Duwal Shrestha	Media	Sub-editor NARI	5000
2016/17	23 Jan. 2017	Ms. Grishma Rajbhandary	Media	Image Channel TV	5000
		Mr. Keshav P. Dhakal	RHD Educator	Health Educator	5000
		Mr. Uddhav B. Khatri	Education	Udaya Kharka HSS	5000
2017/18	15 Jan. 2018	Ms. Babita Basnet	Media	Chief Ed. Ghatna-Ra-Bichar	11000
		Mr. Anmol Maharjan	Health	Male Nurse, PC RHD Project	11000
2018/19	14 Jan. 2018	Dr. Mahendra Bista	Journalism	Executive Chair, NTV	11000
		Mr. Bashudev Adhikari	Health	President, Bright Stat Society	11000

KAMALMANI EDUCATIONAL EXCELLENCE AWARD (KEEA) HISTORY



- PP Rtn. Bijaya Mallapaty

Background:

The Kamalmani Educational Excellence Award (KEEA) started in 2012 with a donation of NRs. 100,000 by late Rtn. Kamalmani Dixit to establish a "Fund" to honour the best-performing student among those receiving scholarships from the RCP's Prajapati Education Endowment Fund (PEEF). In December 2013, the best all-round student among three students received its first award.

In February 2014, the RCP increased the award amount from NRs. 5,000 to NRs. 10,000 after late Rtn. Kamalmani Dixit contributed an additional NRs. 25,000 to RCP's Club Service Fund. To expand this award, Rtn. Ganesh R. Shrestha and PDG Rtn. Tirtha M. Sakya provided additional annual contributions of NRs. 5,000 and NRs. 3,000 respectively for the 2nd and 3rd best students. The second award ceremony took place in December 2014, which awarded three students.

In October 2015, the RCP further expanded the awards to reward 10 students based on merit among the students sponsored by the PEEF. The additional 9 prizes would be given through annual contributions from RCP members - three second prizes of NRs. 5,000 each were contributed by Rtns. Ganesh R. Shrestha, Bijaya Mallapaty, and Matsyendra L. and Chandralekha Kayastha; and six third prizes of NRs. 3,000 each were contributed by Rtns. PDG Tirtha M. Sakya, Lalita Thapa, Sharada Prasai, Gautam Shakya (replaced by Jamuna K. Tamrakar from 2017), Siba B. Rajbhandary and Nirmal K. Pradhanang. The third award ceremony in April 2016 awarded 10 students for the first time.

In June 2016, late Rtn. Kamalmani Dixit contributed additional NRs. 30,000 making a total contribution of NRs. 155,000 to the RCP's Club Service Fund, which covered the first prize of NRs. 12,000 annually.

In March 2017, Ms. Munu Rajkarnikar, spouse of late Rtn. Narayan G. Halwai, contributed NRs. 100,000 in the name of her husband for the KEEA to the RCP's Club Service Fund, and the RCP allocated NRs. 8,000 every year for the KEEA in the name of late Rtn. Narayan G. Halwai.

In November 2017, Messrs. Kunda Dixit and Kanak Dixit contributed NRs. 10,71,117.12 in the name of late Rtn. Kamalmani Dixit to the RCP's Club Service Fund for the KEEA, which allowed the club to increase the awards to students to its current level.

Award Modalities:

Annually, ten top-scoring students in the final examination of grade IX from 10 different schools supported by the PEEF are pre-selected. The RCP calls all 10 students for interview and categorise - one best all-round student, three second-best students and six third-best students for cash awards and certificates.

The RCP Interview and Selection Committee comprises of the Coordinator of the PEEF (RCP President Elect), the RCP Secretary and the RCP Chairperson of the Service Projects.

The award ceremony, which is also an advocacy event to enhance the public image of Rotary/Rotary Club of Patan, is held every year. The RCP also invites all the Headmasters from the PEEF supported schools to the ceremony.

Taking into account the last two contributions received in 2017 to the RCP Club Service Fund and the annual contributions pledged by members, from the sixth award ceremony in 2018, the revised awards/sponsors are as follows:

Category	Sponsor	Amount (NRs.)	T. Prize Amount (NRs.)
1st Prize	Late Rtn. Kamalmani Dixit	25,000	25,000
2nd Prize(1)	Late Rtn. Kamalmani Dixit	6,000	15,000
	Rtn. Ganesh R. Shrestha	5,000	
2nd Prize (2)	Late Rtn. Narayan G. Halwai	4,000	15,000
	Late Rtn. Kamalmani Dixit	6,000	
	Rtns. Matsyendra L. and Chandralekha Kayastha	5,000	
2nd Prize (3)	Late Rtn. Narayan G. Halwai	4,000	15,000
	Late Rtn. Kamalmani Dixit	10,000	
3rd Prize (1)	Rtn. Bijaya Mallapaty	5,000	5,000
	Late Rtn. Kamalmani Dixit	2,000	
3rd Prize (2)	PDG Rtn. Tirtha M. Sakya	3,000	5,000
	Late Rtn. Kamalmani Dixit	2,000	
3rd Prize (3)	Rtn. Lalita Thapa	3,000	5,000
	Late Rtn. Kamalmani Dixit	2,000	
3rd Prize (4)	Late Rtn. Kamalmani Dixit	2,000	5,000
	Rtn. Sharada Prasai	3,000	
3rd Prize (5)	Late Rtn. Kamalmani Dixit	2,000	5,000
	Rtn. Nirmal K. Pradhanang	3,000	
3rd Prize (6)	Late Rtn. Kamalmani Dixit	2,000	5,000
	Rtn. Siba B. Rajbhandary	3,000	
3rd Prize (6)	Late Rtn. Kamalmani Dixit	2,000	5,000
	Rtn. Jamuna K. Tamrakar	3,000	
Grand Totals:			100,000*

*Summary of distribution of NRs. 100,000: NRs. 59,000 in the name of late Rtn. Kamalmani Dixit, & NRs. 8,000 in the name of late Rtn. Narayan G. Halwai, and NRs. 33,000 annual contributions from current members.

Award History:

1st Award Ceremony – 16 December 2013

Award Recipient:

- Ms. Pratima Khadka – Shree Mahendragram Secondary School, Tikathali, NRs. 5,000

2nd Award Ceremony – 8 December 2014

Award Recipients:

- 1st Ms. Sony Maharjan – Shree Balkumari Secondary School, Sunakothi, NRs. 10,000
- 2nd Ms. Kajal Shrestha – Adharsha Kanya Higher Secondary School, Mangal Bazar, NRs. 5,000
- 3rd Mr. Pujan Bhandari – Tri Padma Vidyashram Higher Secondary School, Pulchowk NRs. 3,000

3rd Award Ceremony – 10 April 2016

Award Recipients:

- 1st Ms. Prayatna Shrestha – Adarsha Kanya Higher Sec. School, Mangal Bazar, NRs. 12,000
- 2nd Mr. Ukesh Thapa – Shree Mahendragram Secondary School, Tikathali, NRs. 5,000
- 2nd Ms. Rasmi Tamang – Tri Padma Vidyashram Higher Secondary School, Pulchowk, NRs. 5,000
- 2nd Mr. Prabina KC – Shree Ganesh Secondary School, Dukuchhap, NRs. 5,000
- 3rd Ms. Anjali Maharjan – Shree Balkumari Secondary School, Sunakothi, NRs. 3,000
- 3rd Ms. Puja Shrestha – Shree Krishna Higher Secondary School, Dhapakhel, NRs. 3,000
- 3rd Ms. Saraswati Ghale – Patan Higher Secondary School, Patan Dhoka, NRs. 3,000
- 3rd Ms. Ruth Rai – Adarsha Saul Higher Secondary School, Bungamati, NRs. 3,000
- 3rd Ms. Muna Rasaili – Shree Mahendra Bhrikuti Secondary School, Ekantakuna, NRs. 3,000
- 3rd Mr. Dinesh KC – Lubhu Secondary School, Lubhu, NRs. 3,000

4th Award Ceremony – 20 February 2017

Award Recipients:

- 1st Ms. Mandira Shrestha – Tri Padma Vidyashram Higher Sec. School, Pulchowk, NRs. 12,000
- 2nd Ms. Renuka Shrestha Mahanta – Shree Mahendragram Sec. School, Tikathali, NRs. 5,000
- 2nd Mr. Krishna Bahadur Pahadi – Shree Path Pradarsak Secondary School, Badikhel, NRs. 5,000
- 2nd Mr. Subarna Maharjan – Shree Rudrayani Secondary School, Khokana, NRs. 5,000
- 3rd Mr. Sushan Dulal – Shree Udaya Kharka Secondary School, Chapagaon, NRs. 3,000
- 3rd Mr. Suwash Guragain – Madan Smarak Higher Secondary School, Pulchowk, NRs. 3,000
- 3rd Ms. Sindhu Jayaswal – Pragati Sichhya Higher Secondary School, Kopundole, NRs. 3,000
- 3rd Ms. Purnima Maharjan – Shree Saraswati Higher Secondary School, Thecho, NRs. 3,000
- 3rd Ms. Gyanu Kala Rai – Shree Balkumari Secondary School, Sunakothi, NRs. 3,000

- 3rd Ms. Ambika Sunwar – Adarsha Kanya Higher Secondary School, Mangal Bazar, NRs. 3,000

5th Award Ceremony – 18 Sept 2017

- 1st Ms. Samdoma Sherpa – Tri Padma Vidyashram Higher Sec. School, Pulchowk, NRs. 12,000
- 2nd Mr. Sujib Pahari – Shree Path Pradarsak Secondary School, Badikhel, NRs. 5,000
- 2nd Mr. Krishna Khatri – Lubhu Secondary School, Lubhu, NRs. 5,000
- 2nd Ms. Suravi Karki – Pragati Sichhya Higher Secondary School, Kopundole, NRs. 5,000
- 3rd Mr. Bimal Dangol – Shree Rudrayani Secondary School, Khokana, NRs. 3,000
- 3rd Mr. Bishal Lama Thing - Shree Mahendra Adarsha Higher Sec. School, Imadole, NRs. 3,000
- 3rd Mr. Sagar Sunwar – Patan Higher Secondary School, Patan Dhoka, NRs. 3,000
- 3rd Mr. Saroj Ghale – Shree Saraswati Higher Secondary School, Lele, NRs. 3,000
- 3rd Ms. Soni Rai – Bal Binod Secondary School, Na Tole, NRs. 3,000
- 3rd Ms. Tara Khadka – Shree Krishna Higher Secondary School, Dhapakhel, NRs. 3,000

6th Award Ceremony – 10 Sept 2018

Award Recipients:

- 1st Mr. Bir Doj Tamang – Shree Mahendra Adarsha Hss, Imadole, NRs. 25,000
- 2nd Ms. Kriti Pahari – Shree Path Pradarsak SS, Badikhel, NRs. 15,000
- 2nd Mr. Mahesh Shah – Pragati Shikchhya HSS, Kopundole, NRs. 15,000
- 2nd Ms. Sangita Tamang Lama– Bal Binod SS, Na Tole, NRs. 15,000
- 3rd Ms. Niruta Gairapiple – Shree Chandi Adarsha Saral SS, Chakupat, NRs. 5,000
- 3rd Ms. Dilu Kumari Kunwar - Shree Mahendragram SS, Tikathali, NRs. 5,000
- 3rd Ms. Preeti Pandey – Shree Balkumari SS, Sunakothi, NRs. 5,000
- 3rd Ms. Ritika Rai – Shree Mahendra Bhrikuti SS, Ekantakuna, NRs. 5,000
- 3rd Ms. Sapana Sapkota – Kitini Higher SS, Godavari, NRs. 5,000
- 3rd Ms. Alisha Timilsina – Tri Padma Vidyashram HSS, Pulchowk, NRs. 5,000



KEEA Award Ceremony

ROTARY CLUB OF PATAN (RCP)

Khagendra Raj and Piyush Priya Ability Development Endowment Fund (KPAD Fund)

Annual Report as of 30 June 2019



- Rtn. Bijaya Mallapaty
PP & KPAD Finance Manager

The Rotary Club of Patan (RCP) has a long history of support to people with disability, including the successful completion of the 3H grant project (2008-2012) to raise awareness in this regard. In September 2018, with an initial pledge of NRs. 10 Lakhs by Rtn. Rabendra Raj Pandey, the RCP established, in his parents' name, 'Khagendra Raj and Piyush Priya Ability Development Endowment Fund' (KPAD).

Highlights of the KPAD Programme:

- RCP KPAD Fund was established with a long-term vision to enable people with disabilities.
- The RCP family committed to take ownership of this flagship programme through advocacy for fund-raising and voluntary contributions by a maximum number of the RCP family.
- Within three months of its establishment, the RCP raised over NRs. 25 Lakh (2.5 million) and set its aim to raise NRs. 1 crore (10 million) within 3 years.
- All interest from the KPAD Trust Fund will be deposited into a Programme Fund, 100% of which will be used to support programmes for people with disabilities. All the professional time and resources provided by the RCP family to manage this programme will be voluntary.
- A specific committee was established to manage this programme, following the RCP's constitution and by-laws. The KPAD Committee currently has the following members:

Coordinator/Programme Manager: President Elect, Rtn. Nirmal K. Pradhanang

Programme Group Members: Rtn. Rabendra R. Pandey, Rtn. Kamal Nyachhyon, Rtn. Bishwa B. Sharma & Rtn. Kiran Thapa

Fund-raising Manager: Rtn. Kedar B. Shrestha

Finance Manager: Rtn. Bijaya Mallapaty

Ex-Officio Members: President Rtn. Lalita Thapa and Treasurer Rtn. Bharat N. Joshi

List of Contributors to the KPAD Fund:

Rtns. Gabriele & Bijaya Mallapaty	200,000
Rtn. Lalita Thapa	100,000
Rtn. Kiran Thapa	100,000
Rtn Shiv P. & Preeti Khemka	110,000
Rtn. Nirmal K. Pradhanang	100,000
Rtn. Prakash R. Regmi	100,000
Rtn. Rabendra R. Pandey	1,000,000
Rtn. Kamal B. Nyachhyon	100,000
Rtn. Siba B. Rajbhandary	100,000
Ms. Anusha Pradhanang, c/o	
Rtn. Nirmal K. Pradhanang	50,000
Rtns. Matsyendra & Chandralekha Kayastha	115,000
Rtn. Santa K. Shrestha	200,000
Rtn. PDG Tirtha M. Sakya	50,000
Rtn. Piyush B. Bajracharya	10,000
Rotaract Club of Patan	10,000
Rtn. Keshab B. Mathema	5,000
Ms. Sarita Kedia, c/o Rtn. Preeti Khemka	10,000
Rtns. Padam L. & Kamala Maharjan	10,000
Herman & Manju Van Duyse family and friends through ADSON c/o	
Rtn. Rabendra R. Pandey	250,000
Rtn. Yagya B. Shrestha	10,000
Ms. Anu Rao, c/o Rtn. Lalita Thapa	13,000
Rtn. Bishwa B. Sharma	10,000
Rtn. Jeevan K. Shrestha	10,000
Total as of 30 June 2019 in NRs.:	2,663,000

KPAD Financial Status as at 30 June 2019:

Trust Fund Balance:	NRs. 2,663,000	◆◆◆
Programme Fund Balance:	NRs. 29,830	
Total:	NRs. 2,692,830	

ROTARY NEPAL LITERACY MISSION TEACH PROGRAMME



- PDG Rtn. Tirtha Man Sakya
Chair- RNLM

Literacy means far more than learning how to read and write. The aim should be education. Illiteracy probably happens to be one of the root causes of poverty, unemployment and lack of hygiene and through this conference it should be our aim to find practical and simple ways to address the issue.

Countries in South Asia are faced with increasing population, particularly amongst the lower economic sections and seriously require a social commitment by NGO participation for creating a new world for future generations to live.

1. Background

Between the 1st- 3rd March 2012, a Rotary South Asia Conference on Literacy was organized by the Rotary International and hosted by RI District 3292, Nepal; with the co-operation of the Ministry of Education, Govt. of Nepal; and the active roles of UNICEF and UNESCO; besides other Corporate institutions.

Presentations were made on various scenarios including that of the introduction E-slate. The

Conference also discussed on the 3 major areas in attaining the Total Literacy by 2017:

1. Child Development
2. School Development, and
3. Total Literacy Mission

The Conference also witnessed the signatures made to Agreements between:

- Water Aid & Rotary: Where a Rotary National Fund for Sanitation will be established, with special emphasis for making toilets.
- HISSAN/PABSON & Rotary – for scholarships and school development.

2. Action Plan

The Conference also adopted and pledged to initiate the Total Literacy Mission to ensure the attainment of Total Literacy in South Asia by 2017.

3. The Strategy

In order to fulfill this Commitment of Total Literacy, in Nepal by 2017; the Governor’s Council

Meeting held on 14th April 2012 (2nd Baisakh) realized the necessity towards the formation of management and work groups; and has therefore decided to form the National Co-ordination Committee, and propose a Steering Committee and Sub Committees.

A Memorandum of Understanding (MOU) was signed between RI District 3292 and Ministry of Education (MoE) of Government of Nepal on 25th September 2013, to compliment and assist in the government’s task., and also since has moved from Total Literacy, to **Total Literacy & Quality Education**, in it’s goals thereafter.

4. THET-E-A-C-H PROGRAM

However, because of slow development in achieving targets the whole of Rotary in South Asia agreed to accelerate and discipline the modality with a new and attractive program. Thereafter, since 2014 Nepal adopted the **T-E-A-C-H Program**, as pursued in other South Asian Rotary Districts. Presidential Summits and Regional Conferences, National Conferences, District and Regional Trainings have been organized to train the leaders on the new model; to be implemented by a new strategy with the **Rotary Nepal Literacy Mission (RNLM)** where the strategic goal towards Total Literacy through Quality Education and WASH in Schools in RID 3292 will be aggressively pursued to compliment the Government’s, and efforts of the Partners, in the same. Whilst the T-E-A-C-H program will cover all the avenues in making a literate Nepal, the

WASH in school programs will focus on providing adequate water supply, proper toilets in schools and awareness in hygiene and cleanliness amongst the school children, the future citizens of our country.

The Total Literacy Mission Plan thereby has been aggressively initiated with the adoption of the following **FIVE** Projects of the T-E-A-C-H; viz.:

- **T (Teacher Support)**- the aim is to assist the Government's on-going efforts, to improve the professional abilities and performance of teachers in selected primary schools through better training and use of modern teaching aids so as to enhance the learning outcomes of students.
- **E (E-Learning)**- the objective is to improve the quality of elementary education through expanded availability and extensive use of high quality local language and curriculum-based e-learning modules and thus enhance knowledge absorption - retention and critical thinking abilities of children in the selected schools.
- **A (Adult Literacy)**- seeking to educate adult non-literates in urban and rural areas, provide opportunities for continuing education to such neo-literates and impart skill development training to adult neo-literates leveraging available government assistance.
- **C (Child Development)**- it is to promote all-round development of differently-abled or otherwise disadvantaged children through equitable access to quality education appropriate to their ability levels and special needs.
- **H (Happy Schools)**- to select elementary schools and provide/upgrade infrastructural and/or co-scholastic facilities there to make them secure, attractive and happy learning-teaching places for students and teachers.

5. RNLM STRATEGY

To plan and implement the Program, an elaborate structure from experienced and dedicated Rotarians was created at the (Rotary) National and (Rotary) Club levels. Each such Committee has been assigned specific responsibilities in various aspects of the Program.

In order to further make the mission more effective; thus

after a further review recently, and with the consensus of DGE, DGN and DGND; the RNLM has decided to adopt a new strategy by creating a revised working structure (from RYs 2019/20, 2020/21 and 2021/22), as hereunder:

- **Steering Committee**
Led by ONE (1) PDG as the Chair along with TWO (2) PDG's as Co-Chairs: one for CSR and the other for WINS. To assist in the implementation and administration of the Program a Member Secretary, Treasurer, Additional Secretary are appointed. The District Governor, District Governor Elect, District Governor Nominee and District Governor Nominee Designate, representative from MoE, will be the Ex-Officio members. The Basic Education & Literacy Chair of the RID 3292 who also presently acts as the Government Liaison; and a Training Advisor for supporting the programs are included. The Program components will be facilitated by National Coordinator for each of the five T-E-A-C-H Program Components; who will in turn have Regional Coordinators, one each in the 7 Regions RID 3292 Regions. It is expected that all the Coordinators are nominated for a period of 3 years until RY 2021-22.
- **Working Committee**
 - o Chair
 - o Co-Chairs (whenever available)
 - o Member Secretary, Treasurer, Additional Secretary, Training Advisor
 - o Chair Basic Education & Literacy RID 3292 and Government Liaison
 - o 5 National Coordinators of the T-E-A-C-H Program

Each Rotary Club in the District will also be established their Literacy Committees to undertake projects on each component.

6. Future Events

In order to train the Regional Coordinators a Workshop was held on 17th August in Kathmandu. The National Coordinators of the T-E-A-C-H Program, outlined of each of their program components, explaining the objectives and the minimum obligations in making a HAPPY SCHOOL, as per the GoN requirement.

September is a Literacy month, with 8th being the International Literacy Day. Clubs are advised to take up projects along the T-E-A-C-H Program to celebrate the

Literacy Day. RNLM will publicise the events reported.

Similarly Regional Seminars/Workshops are proposed in September:

- On Saturday 7th Sept. For Regions, 1, 2, 3 & 7
(21st Bhadra) in Kathmandu
- On Saturday 28th Sept. For Regions 4, 5 & 6 in
(11th Asoj) Chitwan

7. Recognition and Support:

At every meeting of the Government through the Department of Education with its strategic partners, reporting of Rotary's activities has been very limited, although a number of projects have been generally taken up by Rotary Clubs. To again encourage Rotary Clubs to update reporting of projects under the T-E-A-C-H Program, RNLM has initiated recognition of Clubs (from RY 2017/18 onwards) with awards to Clubs (from their presentation records), for

- o Each of the T-E-A-C-H Program component activity
- o Overall performance in all T-E-A-C-H Program components

For projects under the T-E-A-C-H Program undertaken by Clubs, RNLM has been funding upto 20% of all expenses made by Rotary Clubs of RID 3292. The ERRRP of RID 3292 is also a very good partner in re-construction of earthquake affected schools and making it a Happy School, too. Upto Rs. 3.0 million are provided as a matching fund, ERRRP.

In conclusion the Rotary Nepal Literacy Mission, is striving towards fulfilling the commitment and will encourage the Working Committees and Rotary Clubs, Rotarians and friends of Rotary to help meet the goals targeted.

Clubs are encouraged to adopt school(s) for projects that would be under each or all components of the T-E-A-C-H Program.



OBJECT OF ROTARY

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

First

The development of acquaintance as an opportunity for service;

Second

High ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society;

Third

The application of the ideal of service in each Rotarian's personal, business and community life;

Fourth

The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

AMAZING WORLD OF SOCIAL MEDIA



- Rtn. Mahendra S. Rawal

In the 21st century, social media has become a vital part of every one’s life, which includes online shopping, e-mails, education sites etc. People now a days stay connected with each other using social networking websites like Facebook, Twitter, and LinkedIn etc.

What is Social Media?

Social media is computer mediated technologies that facilitates the creation and sharing of information, ideas, opinion, issues, career interests and other forms of expression via virtual communities and network. Social media services are web-based services, which can



be used via desktop computers, laptops, smart-phones and tablet computers. Using these services people can have highly interactive platform where they can also share images, videos, many types of information through a particular network.

Different Types of Social Media Platforms:

- a. Social networking : Facebook, LinkedIn, Google+
- b. Microblogging : Twitter, Tumblr
- c. Photo sharing : Instagram, Snapchat, Pinterest
- d. Video sharing : Facebook, YouTube, Live, Periscope, Vimeo

Most Popular Social Media Platforms:

Social Media Platforms	Active User (Approximately)
1. Facebook	2.47 billion
2. YouTube	1.9 billion
3. Messenger	1.2 billion
4. WhatsApp	1.5 billion
5. WeChat	1.04 billion
6. Instagram	1.0 billion
7. QQ	806 million
8. WZone	563 million
9. TikTok	500 million
10. SinaWeibo	411 million
11. Tumblr	357 million
12. Twitter	330 million
13. Reddit	330 million
14. Skype	300 million
15. BaiduTieba	300 million
16. LinkedIn	303 million
17. Viber	260 million
18. Snapchat	255 million
19. Line	203 million
20. Telegram	200 million

Some Common Features of Social Media:

Social media are interactive web 2.0 internet-based applications.



- User-generated content (UGC) is the life blood of the social media organism.
- Social media facilitate the development of online social networks by connecting a user's profile with those of other individuals or group.
- User generated content such as text posts or comments, digital photo or videos, and data generated through all online interactions is the life blood of social media.
- User creates service – specific profiles for the website or app that are designed and maintained by the social media organization.
- Observers have noted a range of positive and negative impacts of social media use. Social media can help to improve individuals' sense of connectedness with the real and online communities, and it can be an effective communication in groups.

Some Interesting Facts About Social Media:

- There are now 7.2 billion people on the planet earth and there are just over 3 billion active internet users.
- 91 percent of mobile Internet access is for social networking.
- More than 4.2 billion people use their mobile phones to access social networking site.
- 22 percent online time is accounted by social networking.

- 40 percent of people socialize through networking sites over face to face communication.
- According to a survey in 2018, Facebook and YouTube dominate the social media landscape.
- There are 6,84, 478 pieces of content shared on Facebook every minute of every day.
- If social media companies were countries, Facebook would be the world's most populous country. Then China would be in second place.
- 23 percent of Facebook users check on their account at least five times a day.
- Facebook is now one of the leading causes of divorce in USA.
- LinkedIn dominates the professional social network segment. It is one of the oldest having started in 2002 -almost the grandfather of social network.
- LinkedIn has over 3 million company pages with 1 billion endorsements.
- Interesting Statistics:
 - 2 people join LinkedIn every second.
 - Users send out more than 500 million tweets per day.
 - 500 million tweets are the average number of tweets being sent every day.
 - Top 5 countries viewing You Tube are USA, India, Japan, Russia and Brazil.
 - You Tube reaches more U.S. adults aged 18 – 34 than any cable network.
 - More than 16 billion photos already exist on the Instagram
 - Over 40 million photos are posted per day on Instagram.

The Positive and Negative Effects of Social Media:

When it comes to social media, there is always the good side and the bad side of it. It totally depends how you use it.

Positive Effects of Social Media:

- Enhances communication and connectivity.
- Helps connect with extended family and friends.
- Helps to develop better perspective on various issues.
- Learn new things, exchange ideas, and help hone networking skills.

- Helps provide an effective platform for enhancing our knowledge.
- Helps motivate people to get better at communication and encourages freedom of self-expression.
- Social media facilitates the development of technical expertise and practical understanding of technology.

Negative Effects of Social Media:

- Social ties like family ones weaken as people spend more time connecting to new people.
- Cyber bullying is a growing trend among social media websites. Cyber bullying can have dangerous and potentially fatal effects.
- Waste of time. Spending too much time in social media can affect us negatively and often lead to social media addiction.
- Abuses society by invading on people's privacy.
- Mental health effects.
- Encourage poor grammar usage and spelling.
- Broken relationships, infidelity and torn families.

Minimizing the Negative Impacts:

One thing we can do to reduce these harmful effects is to decrease the amount of time we spend on social

media. Here are some of the ideas to reduce the negative impacts:

1. Limit when and where to use social media.
2. Stop social media from replacing real life.
3. Supervise children online and set limits to usage of online devices and social media.
4. Incorporate protective apps when possible.

Conclusion:

The world is getting closer every day, and everyone wants to be connected. As the technology is growing the social media has become the routine for each person, people are seen addicted with these technologies every day. The information comes to users rather than users having to make efforts to get the information. The long-term effects of the social media revolution are not known yet on the society as a whole nor on the individuals. Social media has affected various fields in both positive as well as negative aspects. So, be prudent and make most of the social media benefits in the constructive and productive manner without getting addicted.

Source: Online resources



ROTARY'S '4 WAY TEST'

Of the things we think, say or do:

1. Is it the TRUTH ?
2. Is it FAIR to all concerned ?
3. Will it build GOODWILL and BETTER FRIENDSHIPS ?
4. Will it be BENEFICIAL to all concerned ?

रोटरीका चार सूत्रे कसी

हामीले गर्ने र भन्ने हरेक कुरामा हामीद्वारा जाँचेर मात्र भन्ने अथवा गर्ने गरौं ।

१. के सत्य कुरा यही नै हो त ?
२. के यो सबैका लागि राम्रै हुन्छ त ?
३. के यसले सद्भावना र मैत्रीको वृद्धि गर्ला त ?
४. के यसले सबैलाई भलो गर्ला त ?

Inner Wheel Club of Patan

Report for the year 2018-2019

Chartered on 6th June 1994
Club No. 4363



IW Gunu Devi Shrestha
President, Inner Wheel Club
2018-2019

यस क्लबमा ५ जना नयाँ सदस्यहरू कल्पना प्रधान, विजय लक्ष्मी शाक्य, सलुजा कुँवर आचार्य, माया नगरकोटी र टिका प्रधानलाई सदस्यता दिएर हाल जम्मा २५ जना सदस्यहरू भएका छन् ।

यस क्लबको मिटिङ्ग हरेक महिनाको अंग्रेजी क्यालेण्डर अनुसार पहिलो हप्ताको सोमबार "समिट होटल" कुपण्डोलमा साँझको ६ बजे नियमित रूपमा भैरहेको छ । हालसम्म ३०८ वटा नियमित बैठक सम्पन्न भैसकेको छ । हरेक महिनाको बोर्ड बैठक पालैपालो गरेर केन्द्रीय सदस्यहरूले गर्ने गर्छौं । बोर्ड बैठकमा आवश्यकता परेको खण्डमा र रमाईलो भेटघाटको लागि बोर्ड सदस्यहरू बाहेक अरु सदस्यहरूलाई पनि आमन्त्रण गर्ने गरेका छौं ।

क्लबका गतिविधिहरू:

क्लबको नियमित बैठक तथा बोर्ड बैठक रमाइलो वातावरणमा आपसी छलफल गरी एक अर्कोमा सहयोग हुने गरी समभदारीताका साथ सौहार्द्रतापूर्वक प्रत्येक कार्यको निर्णय अनुशासित रूपमा सम्पन्न गरिन्छ ।

जेष्ठ नागरिक, अनाथ, असहाय बालबालिका तथा एकल महिलाको सेवाको लागि खोलिएको मुदिता सेवा गृहसँग मिलेर २०१८ को तिजको कार्यक्रम रमाईलोसँग मनायौं । सो कार्यक्रममा त्यस संस्थाका आमाहरू, बच्चाहरू र एकल महिलाहरू धेरै खुशी भएको हामीले पायौं । उक्त कार्यक्रममा सबै महिलाहरूलाई गुलाफको फूलको क्लिप लगाई दिई रमाइलो गरियो । त्यस कार्यक्रमको लागि क्लबको तर्फबाट आर्इसक्रिम र चिसो पेय पदार्थको लागि रु. ३५००/- को सहयोग गरिएको थियो ।

२३ नोभेम्बर २०१८ मा किटनी उच्च माध्यामिक विद्यालय छात्राहरूलाई महिनाबारी हुँदा लगाउने प्याड बनाउने तालिम दिई १२५ वटै प्याड वितरण कार्यक्रम सम्पन्न गर्‍यो । हाम्रो यस कार्यक्रममा रोटरी क्लब अफ पाटन, इनर व्हील क्लब अफ मध्यपुर र स्लायस (Splash) नेपाल संस्थाले सहयोग गर्नुभएको थियो । महिनाबारी हुँदा लगाउने प्याडको तालिमको लागि बाहिरी र भित्री कपडा हाम्रो क्लबले सहयोग गरेको थियो । सिलाईका अरु सामानहरू इनर व्हील क्लब अफ मध्यपुरले सहयोग गरेको थियो । सो कार्यक्रममा विद्यार्थीहरूलाई दुई समूह गरेर प्याड बनाउने तालिम र प्याड वितरण गरिएको थियो । १० डिसेम्बर २०१८ मा पाटन सि.वि. आर संस्थामा बहू अपाङ्गता भएका बच्चाहरूलाई निलो रंगको स्वीटर क्लबको तर्फबाट ४ साइजको गरी ३३



वटा वितरण गरिएको थियो । यस कार्यक्रममा क्लबले नगद रु. २००० सि.वि. आर संस्थाको लागि सहयोग गरेको थियो । त्यसै अवसरमा अन्तर्राष्ट्रिय अपाङ्गता दिवस २०१८ मनाउनको लागि नगद रु. ३०००- पनि उपलब्ध गराइएको थियो ।

मुदिता सेवा गृह संस्थाको विजया दशमी २०१८ को शुभकामना आदान प्रदान कार्यक्रमको लागि क्लबको तर्फबाट रु. ५०००- सहयोग गरिएको थियो ।

मुदिता सेवा गृह संस्थामा आश्रित बालबालिकाहरूलाई पनि स्वीटर र Sanitary Pad दिएर सहयोग गरिएको थियो ।

मिति २०१९ मार्च १६ शनिबारका दिन Rotaract Club of Patan ले ललितपुर दरबार स्क्वायर प्राङ्गण, मंगलबजारमा आयोजना गरेको रक्तदान कार्यक्रममा IWC of Patan का अध्यक्ष सहितको टीमले भाग लिई रक्तदान कार्यक्रममा नगद रु. १०,०००- (रु. दस हजार) सहयोग प्रदान गर्नुभएको थियो । उक्त कार्यक्रम विहान ९ बजे शररु भई दिउँसो ३ बजेसम्म ५३ जनाले रक्तदान गर्नुभएको थियो ।

सोही दिन यस वर्षको पाँचौं District Conference काठमाडौं बत्तीसपुतलीको अनुपम फुड ल्याण्ड एण्ड बैक्वेटमा भव्यताका साथ सम्पन्न भएको थियो । उक्त District Conference मा IW Club of Patan बाट अध्यक्ष सहित ३ जनाले भाग लिनुभएको थियो । साथै हाम्रो क्लबका चार्टर्ड मेम्बरहरू IW Mary Shrestha र IW बिजया लक्ष्मी श्रेष्ठलाई National Representative IW कमल प्रभा तुलाधर खरेलज्यूले Photo Frame उपहार स्वरूप दिएर सम्मान गर्नुभएको थियो । बाँकी दुई जना चार्टर्ड मेम्बरहरू IW Brinda Rana र IW Nirmala Shrestha लाई निकट भविष्यमा अर्को कार्यक्रममा सम्मान गर्ने जानकारी दिनुभएको थियो ।

District Chairman Visit

Feb 4, 2019 (२०७५/१०/२०) गते IW District Chairman IW सुनी जोशी र District Secretary IW सर्सीज पालीखेले यस क्लबको Visit गर्नु भयो । सो अवसरमा क्लबको प्रगति एवं District का नीति-निर्देशन सम्बन्धी कार्यहरू अनुशरण भए नभएको बारे जानकारी हासिल गर्नुभयो ।

MoU Signing Ceremony

IW Clup of Patan / Dr. Mukti Narayan Praveena Foundation (DMNPF), Krishna Galli patan बीच महिलाहरूका लागि आर्थिक र सामाजिक रूपमा सक्षम बनाइ दिगो विकासका लागि Income Generation कार्यक्रमहरू सञ्चालन गर्न, Skill development र Vocational Training जस्ता कार्यक्रम सञ्चालन गर्नुका साथै Hygienically Safe र आर्थिक रूपमा Empower हुने गरी Low Cost Sanitary Pad हरू वितरण एवं बनाउने तरिका सिकाउने कार्यक्रम सञ्चालन गर्न मिति 22 Feb 2019 (फागुन १०, २०७५) मा हरेक वर्ष रु. १,००,००० (रु एक लाख) सहयोग स्वरूप उपलब्ध गराउने सम्झौता पत्रमा हस्ताक्षर भएको छ ।

क्लबको तर्फबाट सहभागिताहरू

२०१८/२०१९ को ईनर व्हील डिस्ट्रिक्ट नेपाल ३५० को चाथौं डिस्ट्रिक्ट चेररम्यान पदस्थापन समारोह कार्यक्रममा सहभागी भयौं ।

ईनर व्हील डिस्ट्रिक्ट नेपाल ३५० ले आयोजना गरेको २०१८ सेप्टेम्बर २१ का दिन अन्तर्राष्ट्रिय शान्ती दिवस कार्यक्रममा सहभागी भयौं । ईनर व्हील क्लब अफ कान्तिपुरको अध्यक्ष पदस्थापना समारोहमा सहभागी भयौं । ईनर व्हील क्लब अफ किर्तिपुरको चार्टर सेरोमनी डेमा सहभागी भयौं । ईनर व्हील क्लब अफ बालाजुको महिला सशक्तिहरण तथा आत्मा सुरक्षाको प्रवचन कार्यक्रममा सहभागी भएको थियो ।

रोटरी क्लब अफ पाटनको मुटु सम्बन्धी प्रवचन कार्यक्रममा सहभागी भएका थियौं । सिन्वाहिटी टोलको सिन्वाहिटी बचत तथा ऋण सहकारी संस्थाको १३ औं वार्षिक साधारण सभामा उपस्थित भयौं । मुदिता सेवा गृहको २०७५ सालको दशैं तिहारको शुभकामना आदान-प्रदान कार्यक्रममा सहभागी भयौं ।

मिति २०७५/१२/१९ गते कान्तिभैरव गुरुकुल विद्यालय आश्रम गोकर्णेश्वर ७ उत्तर वाहिनी काठमाडौंका विद्यार्थीहरूलाई Inner Wheel Club of Patan का अध्यक्ष सहितका टोलिले धोति कपडा वितरण गर्ने कार्य सम्पन्न गरियो । सोही दिन बुढानिलकण्ठ वेद विद्याश्रममा पनि धोति कपडा वितरण गरियो ।

अप्रिल ६, २०१९ मा यस क्लबको २५ औं जन्मदिवस Silver Jubilee भव्यताका साथ मनाइयो ।

२८ मे, २०१९ मा महेन्द्र भृकुटी माध्यमिक विद्यालय, एकान्तकुनामा १५० जना विद्यार्थीलाई स्यानेटरी प्याड बनाउने तालिम दिई १५० जना विद्यार्थीलाई नै उक्त प्याड वितरण गरियो ।

२०७६ असार १४ गते वडा नं. ८ बालकुमारी, ललितपुर महिला समूहको आयोजनामा गरिएको आंखा शिविर कार्यक्रममा क्लबको तर्फबाट रु. ५,०००- सहयोग गरियो । उक्त कार्यक्रममा आंखा परीक्षण २५२ जना, मोतियाविन्दू शल्यक्रिया २१ जना, विशेष परीक्षण ३५ जनालाई गरियो ।

२२ जुन २०१९ मा बुटवलमा आयोजित Inner Wheel District 350 को 5th Instalation र 6th District Assembly मा सहभागिता जनाइएका थियौं ।



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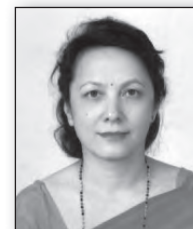
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Rotaract Club of Patan Year Review RY 2018-19



*Rtr. Peshal Bhattarai
President*

Rotaract being a project of Rotary is far more than just a project or social service. Rotaract has been serving as a platform for young minds to explore, to develop and to add up skills and leadership to their skillset. Rotaract since its establishment has served to all round development of its members and it will not be disagreed if Rotaract is referred to as the second school for rotaractors. And when we talk about Rotaract Club of Patan, it has been a leading club with outstanding development of its members for the glorious 22 years of its establishment. Since the beginning, Rotaract Club of Patan has worked on leadership development, personal development, skill development of its members along with effective service in the community. I being a rotaractor for the past 4 years has made a very significant difference in my personal and professional life. I have expanded networks, met new people, grown personally and professionally as an individual and most important of all, found a community of like-minded youth where exploring and learning comes with fellowship and service.

In Rota Year 2018-19, Rotaract Club of Patan carried the theme 'Reach Out'. Not only to reach out in the community but to reach outside the club, outside the rotaract community and to the young community beyond rotary fraternity. The year focused on certain things that were seen as weakness or threats in the previous years.

Club Assembly:

Our mission is to provide an opportunity for the members to enhance the knowledge and skills that will assist them in personal development, to address the physical and social needs of our communities, and to promote better relations between all people, worldwide through a framework of friendship.

Club Vision :

To increase membership for strong and professional administrative practice in the club through projects that

help enhance Rotary public image.

Club Goals :

1. Work on digital and social publicity to increase club recognition.
2. Increase club membership by 40%.
3. Prioritize professional development of club members.

The main theme of the club being 'Reach Out', the main focus this year was collaboration and partnership beyond the club and Rotaract community. Following this, the year expanded its network and partnership with an official agreement of support with Glocalkhabar.com (an online news portal) through which all the news regarding activities were published in media, Nidan Hospital Ltd. (Medical Partner) who have been the partnering organization of the club for the past 2 years and supported in 2 community service projects this year, Star Hospital Pvt. Ltd. (Medical Partner) who helped in arrangement and facilitation of many projects in this Rota Year. Along with them, Mhasika Entertainment and Education collaborated with us in conducting the 1 month long Photography Workshop and finally hosting of 2 IDYEP teams to Nepal and an international rotaractor which helped the club to expand its network and relationship beyond the club and country.

This year with the support of a wonderful team, the club established proper records of its activities, maintained punctuality during club events and meetings, increased club membership by 75% and worked on establishing Public Image of Rotary in the community through efforts of spreading the message of humanitarian works done by Rotary community to create sustainable impacts.

Some major activities conducted in each avenue are listed in the following pages. These are the activities and efforts that have made us stand out in the whole Rotaract District 3292 making Rotaract Club of Patan the Outstanding Club with significant efforts in all the avenues of service and

visibility in the community.

Club Service:

This year, Club Service avenue focused on membership growth and retention. Following it, we made our social media accounts active which helped grow 16 new members in the club. The events done in this avenue are as follows:

- 1. District Leadership Training Seminar (07-07-2018):** Rotaract Club of Patan hosted this event jointly with Rotaract Club of Mount Everest Lalitpur at DAV College Jawalakhel. There were more than 600 participants in the event.
- 2. Friendship Day celebration (03-08-2018):** Friendship Day has been a joint initiative of Rotaract Club of Himalaya Patan, Jawalakhel Manjushree, Patan and Patan South since the past 5 years. This year it was celebrated at Bagaicha Restaurant and Bar with more than 100 guests.
- 3. 22nd installation Ceremony (18-08-2018):** Rotaract Club of Patan handed over the Charter Certificate, Gavel and Gong and Presidential Collar to the 22nd President Rtr. PeshalBhattarai. The event was conducted at The Buffet Restaurant and Bar.
- 4. Presidents' Meet (08-09-2018):** Following the initiative of RI President Barry Rassin to invite past leaders of the club, we organized Presidents' meet where 8 of our past presidents were present.
- 5. Good Morning Tea Party (16-10-2018):** To exchange Dashain greetings and to extend good wishes to the fellow rotaractors and friends, Rotaract Club organizes Good Morning Tea Party annually bringing together rotaractors, Rotarians and friends to extend fellowship and to enjoy music marking the start of Dashain.
- 6. Coffee Gig (03-11-2018):** Rotaract Club of Patan joined the signature musical event of Rotaract Club of Mahabouddha along with Rotaract Club of Kasthamandap to mark upcoming Tihar and to extend festive greetings to the guests.
- 7. Mo:Mo Fellowship (07-11-2018):** Rotaract Club of Patan organized Mo:Mo fellowship bringing together the new and existing members along with some past members. All of them worked together and made delicious momos at Rtr. Panika Shakya's residence.

8. New members' orientation (05-01-2019): The club organized an orientation program for the new club members to teach them about basic terminologies in Rotaract and Rotary and what rotaract holds for the ones seeking platform for their self development.

9. 22nd Charter Day Celebration (30-06-2019): Rotaract Club of Patan celebrated its 22nd charter day with all the past and present members of the club. It was a fun event where we brought together our past leaders and some invited guests and acknowledged their support and guidance to the club.

Community Service:

This year, Community Service Avenue of the club was mainly focused on health. We organized different programs supporting this theme and concentrating our service project onto 2 focus areas of rotary. One was Child and Maternal health and the other was Disease prevention and treatment. The events organized under this avenue were:

- 1. Teej Health Camp (12-09-2018):** This camp has been an annual event for the past 3 years where we setup a health camp at Bagalamukhi Temple on the day of Teej to provide medical support to the devotees fasting on the day of Teej. The event is done jointly with Nidan Hospital every year.
- 2. Heritage Cleaning (02-03-2019):** The cleaning campaign was conducted by Rotaract Club of Patan jointly with Rotaract Club of Kopundol and Mahabouddha at Bagalamukhi Temple.
- 3. Annual Blood Donation Camp (16-03-2019):** The annual blood donation camp is conducted every year jointly by Rotaract Club of Patan and Rotary Club of Patan. This year we conducted it at Rani Pokhari, Mangalbazar and were able to collect 53 pints of blood. The program was supported by Nepal Red Cross Society.
- 4. Mega Health Camp (20-04-2019):** Mega Health Camp was an initiative for celebration of 25 years of establishment of RUNVAN where Rotaract club of Patan, Rotary Club of Patan, Star Hospital and Ward No. 6 of Kirtipur Municipality came together to make it a successful one. More than 300 people benefitted from the Health Camp.
- 5. Dental Camp Series:** At the beginning of the year, Rotaract Club of Patan came up with a plan to conduct

Dental Camps in all the schools where Rotary Club of Patan is conducting the WASH project. So, with this initiative we conducted a total of 11 dental camps in various public and private schools. The date and venue of dental camps are as follows:

- Dental Camp I (07-09-2018): Adarsha Kanya Niketan, Mangalbazar
- Dental Camp II (05-12-2018): Shree Bisankhu Narayan Secondary School, Godamchaur
- Dental Camp III (03-02-2019): Vinayak Shiksha Niketan, Thimi
- Dental Camp IV (04-02-2019): Boudhik Apangatatatha Punarsthapana Kendra, Imadol
- Dental Camp V (19-05-2019): Mahendra Gram Secondary School, Tikathali
- Dental Camp VI (20-05-2019): Shree Rudrayani Secondary School, Khokana
- Dental Camp VII (22-05-2019): Shree Saraswati Secondary School, Lele
- Dental Camp VIII (24-05-2019): Shree Harisiddhi Secondary School, Harisiddhi
- Dental Camp IX (31-05-2019): Shree Chhampi Devi Secondary School, Chhampi
- Dental Camp X (02-06-2019): Shree Phulchowki Secondary School, Thaiba
- Dental Camp XI (19-06-2019): Shemrock Montessori, Pulchowk

International Service: International Service Avenue this year was focused on extending international relationships and more international collaborations. The activities conducted under this avenue are:

1. **100th Mandela Day (18-07-2018):** This event was conducted with initiation from Rotaract Club of Dombivli Midtown Youth, RID 3142. We spent 2 hours with children at a center in Imadol where autistic and children with down syndrome are taken care of.
2. **World Peace Day (21-09-2018):** World Peace Day is celebrated annually by Rotaract Club of Patan with collaboration with many international and national clubs. This year we collaborated with 33 national clubs, 11 international clubs and 2 club beyond Rotaract.
3. **Global Handwashing Day (07-10-2018):** With

initiation of Rotaract Club of Patan Durbar Square, all the club of Zone 7 celebrated hand washing day at Shree Balodaya School, Dhapakhel where we taught the students about the steps of hand washing.

4. **Polio Day rally (24-10-2018):** Rotaract Club of Patan participated in the Polio rally organized by Nepal National Polio Plus Committee where rotaractors and rotarians from different clubs participated.
5. **International Children's Day (20-11-2018):** We celebrated the international children's day at Pragati Shiksha Sadan, Kupondol by conducting a spelling contest among the interactors from the two interact clubs sponsored by Rotary Club of Patan. The students from Pragati School won the contest.
6. **AIDS Day (1 to 10-12-2018):** Rotaract Club of Patan joined the AIDS awareness initiative of RID 2420, Turkey by posting fact and figures of AIDS in all the social media accounts of the club to spread awareness and educate people about how widespread AIDS is.
7. **IDYEP hosting (29-12-2018 and 13-03-2019):** Rotaract Club of Patan hosted two IDYEP participants from RID 3190 and RID 2060. We took them to different tourist spots and took them shopping around Kathmandu and also informed them about the historical importance of our heritage sites.
8. **International Rotaractor Hosting (28-01-2019 to 05-02-2019):** Rotaract Club of Patan hosted an international Rotaractor from RID 1920, Portugal. He was in Nepal for his personal project fighting for Asia's Dental and Oral hygiene (FADO). He left for Malaysia on 5th February.
9. **World Cancer Day (04-02-2019):** Rotaract Club of Patan posted a video on the social media accounts to aware our audience about the cancer causing agents and how South Asia is more prone to Oral Cancer because of Tobacco chewing.

Professional Development: This year Professional Development Avenue focused more on skill enhancement of the club members along with personal and emotional growth. The programs conducted under this avenue were:

1. The NLP and Storytelling Workshop (29-09-2018): The program was facilitated by Ms. Ayushree Thapa where

the participants learned about expressing themselves through the use of objects and NLP techniques.

2. Career Planning Workshop (27-10-2018): The program was facilitated by Rtn. Prafulla Man Pradhan and was conducted jointly with Rotaract Club of Patan West and Yala. The participants learned about effective guides to good career planning and how it is not just about us but our family and friends too.
3. Mr. and Ms. Rotaract Season 2 (09-03-2019): The program was a huge scale event done jointly with Rotaract Club of Himalaya Patan, Jawalakhel Manjushree, Newroad City, Patan South, Sainbu Bhainsepati and Thames Int'l College. The program finale was conducted at Nepal Academy Hall, Kamaladi



in presence of then District Governor Rtn. Chintamani

4. Heart Disease Awareness Workshop (25-05-2019): The program was done jointly with Nepal Heart Foundation at their Lalitpur regional office. A total of 23 participants attended the workshop where they learned about symptoms, causes and prevention of Heart Diseases.



Board Members of Rotaract Club of Patan for the Rota Year 2019-20

S.N.	Name	Designation	E-mail	Tel (Mob)
1	Rtr. Sajal Khadka	President	sajalkhadka@gmail.com	9849134951
2	Rtr. Kritika Sharma	Secretary	creet.ka@gmail.com	9840012457
3	Rtr. Peshal Bhattarai	IP President	rtrbpeshal@gmail.com	9801084772
4	Rtr. Rujen Shakya	Vice President	shakyarujen1@gmail.com	9849702525
5	Rtr. Raprasta Shrestha	Club Service Director	raprasthashrestha@gmail.com	9869074077
6	Rtr. Nikita Gurung	Comm. Service Director		9823611732
7	Rtr. Pritika Bhatta	Int. Service Director		9860479599
8	Rtr. Dipendra S. Thakuri	Prof. Dev. Director		9868470925
9	Rtr. Purushottam Poudel	Joint Secretary		9849051008
10	Rtr. Anuj Pokharel	Social Media Officer		9863993909
11	Rtr. Ankit Basnet	Sergeant At Arms		9841801698

**Interact Club of Patan
Pragati School
Kopundole-10, Lalitpur**

*Club ID 86246, Chartered Date: 11 Nov. 2014
Sponsored by: RC Patan Club No. 23126
RID 3292, Nepal - Bhutan.*

Current Members 2019-2020



President
Itr: Janak Giri
Grade: 9
Mobile: 9843455585/9818050425



Secretary
Itr: Jyoti Bayalkoti
Grade: 8
Mobile: 9841347481

- IPP: Itr. Dikshya Chaudhary
- Vice President: Itr. Amanatullah Ansari
- Treasurer: Itr. Sweta Bhattarai
- Director, Finance Committee: Itr. Puja Shahi
- Director, Service Committee: Itr. Rajbir Shah
- Director, Int. understanding: Itr. Anisha jaiswal
- Director, Club Service: Itr. Subasna Tamang
- Members:
Itr. Preeti Yadav, Itr. Buddha Tamang, Itr. Aava Shrestha, Itr. Nisha Shah, Itr. Pramish Gurung, Itr. Bibek Karki, Itr. Swornima Yadav, Itr. Seeta Thapaliya, Itr. Kritika Khadka, Itr. Mamta Kumari, Itr. Sanjana Agrahari, Itr. Rahul Sonar, Itr. Sunil Bhatta, Itr. Nandani Chaudhary

Interact School Coordinator:

Mr. Bishwa Raj Sharma - Cell 9857032111

Head Master:

Mr. Surya Prasad Ghimire - Cell 9851135244

**Interact Club of
Shree Balkumari School
Sunakothi, Lalitpur**

*Club ID 208051, Chartered Date: 29 Nov. 2011
Sponsored by: RC Patan Club No. 23126
RID 3292, Nepal - Bhutan.*

Current Members 2019-2020



President
Itr: Menuka Chand
Grade: 9
Mobile: 9810207449



Secretary
Itr: Ronish Bhujel
Grade: 9
Mobile: 9810081457

- IP President: Itr. Rahul Tamang
- Vice President: Itr. Barsha Raskoti Magar
- Treasurer: Itr. Nunam Limbu
- Director, Finance Committee: Itr. Priti Tamang
- Director, Serv. Committee: Itr. Usha Singtan
- Director, Int. Understanding: Itr. Soham Bhujel
- Director, Club Committee: Itr. Anjana Thapa
- Members:
Itr. Nabin Raskoti Magar, Itr. Gange Gharti Magar, Itr. Sachin Rai, Suman Magar, Itr. Ishor Tamang, Itr. Dikshya Aaryal, Itr. Bipana Giri, Itr. Sanjay Gurung, Itr. Sujan, Itr. Amrit Tamang, Itr. Manish Khadgi, Itr. Arpan Mote, Itr. Manisha Tamang, Itr. Purnima Dhungana, Itr. Lesha Rai, Itr. Prasansa Khadka, Itr. Monika Tamang, Itr. Pratikshya Rai, Itr. Sabina Sunuwar, Itr. Rabina Gole

Interact School Coordinator:

Mr. Ratna Bahadur Maharjan - Cell: 9841988761

School Head Master:

Mr. Surya Kumar Rai - Cell: 9849188362

Rotary Club of Patan

Strategic Plan 2019 - 2020 to 2023 - 2024

Purpose:

Strategic planning is a tool to help us provide long-term direction for our club and create a framework to establish a vision, mission, strategic goals, and priorities. The annual goals of the RCP strategic plan are established and revised in the RI website 'Rotary Club Central'.

Vision:

Together we see a world where people unite and take action to create lasting change across the globe, in our communities and in ourselves.

Mission:

With its motto 'service above self', the mission of Rotary is to provide service to others, to promote integrity, and to advance world understanding, goodwill and peace through fellowship of business, professional and community leaders.

Areas of Focus:

To enhance our local and global impact, efforts will be focused within the following six areas:

- Promoting peace
- Fighting disease
- Providing clean water
- Saving mothers and children
- Supporting education
- Growing local economies

Priority Areas:

The strategic plan of the Rotary Club of Patan is prepared in line with the following four priority areas:

Strategic Priority 1: Increase our impact:

- Undertake humanitarian projects and activities to improve the lives in our community, considering all 'Areas of Focus' of Rotary;

- Improve educational standards of the community through RCP's flagship Prajapati Education Endowment Fund (PEEF) scholarship programme
- Expand community service projects in the areas of Education, Health, and Drinking Water and Sanitation
- Conduct activities in all five Avenues of Service (Community Service; Vocational Service; International Service, Club Service and Youth Service);
- Encourage all members to contribute to the Rotary Foundation
- Set Annual target for the RCP's Endowment Funds:

Strategic Priority II: Expand our reach:

- Increase the membership by attracting quality members
- Place a high priority in having females; young professionals and spouses of members
- Invite engaging 'Speakers' to weekly club meetings;
- Recognize outstanding students receiving 'PEEF' scholarship through the Kamalmani Educational Excellence Award 'KEEA' programme;
- Increase collaboration with all partners to maximize Rotary's Global Grant projects and its outreach to communities
- Maintain regular and effective communication through weekly newsletter (Lalithdara bulletin); Facebook page updates, RCP website and occasional press releases
- Publish 'Lalithdara Souvenir' annually for public image and fundraising;
- Establish good contacts with local media and ensure their participation in major club events;
- Contribute stories/articles to District and Rotary International publications and websites (GML, Rotary Showcase, and Rotary News).

Strategic Priority III: Enhance participant engagement

- Encourage all members to participate in humanitarian service projects and programmes;
- Use the 'mentor' mechanism for motivation, development and retention of members;
- Maintain a vibrant club through engaging fellowship programmes;
- Encourage members to participate in district and international activities and events.
- Motivate and collaborate with Partners-in-Service, including Rotaract, Interact and RCC to maximize quality in delivery of service projects.

Strategic Priority IV: Increase our ability to adapt:

- Sound financial management and oversight mechanism for good financial health of the Club;
- Maintain good historical records of the club including timely renewal of Club Registration, and ensure smooth handover mechanism;
- Conduct regular weekly meetings; Board meetings and Club Assemblies;
- Establish systematic monitoring of projects in place
- Encourage all members to register online in 'My Rotary' and go paperless.



Rotary Foundation Areas of Focus

Rotary is dedicated to six areas of focus to build international relationships, improve lives, and create a better a world to support our peace efforts and end polio forever.



PEACE BUILDING AND CONFLICT PREVENTION



DISEASE PREVENTION AND TREATMENT



WATER, SANITATION AND HYGINE



MATERNAL AND CHILD HEALTH



BASIC EDUCATION AND LITERACY



COMMUNITY ECONOMIC DEVELOPMENT

Global Grants History & Earthquake Funds of the Rotary Club of Patan

Global Grants Ongoing							
Global Grant Title	GG #	International Partner	Funding Partner	Collaborating Agency	Beneficiaries	Primary & Secondary Contacts	Grant Amount in US\$
Providing drinking water to earthquake affected communities	GG1640569	RC Mississauga-Meadowvale, Canada	RC Mississauga Meadowvale US\$4,761.90; RC Burlington Lakeshore US\$3,571.43; District 7080 US\$ 8,333; RC Patan US\$5002; World Fund Match US\$15,000.67	Bhattedhanda; Dhukuchap, Chandibhaniyang - Community	Bhattedanda 62 households, 280 people; Dukuchhap 70 households 300 person; Chandibhaniyang 31 households 200 people	Rtn. Lochan Gyawali (Primary) & Rtns. Nirmal Pradhanang, Lalita Thapa, Gabriele Mallapaty, Jeevan Shrestha, Mahendra Rawal	36,669
Quality Education and improved Water Supply, Mirge Village, Dolakha	GG1641893	RC Wollaton Park, UK	RC Wollaton Park US\$17,400; District 1220 (DDF) US\$ 8,700; RC Patan US\$10,000 World Fund Match US\$17,900	Mirge Village	Water Supply, 120 families; 250 school children and 40-50 additional each year	Rtn. Nirmal Pradhanang (Primary) & Rtns. Shiva Pradhan, Gabriele Mallapaty, Ramesh Maskay	58,500
Creating income opportunities for women from earthquake-affected communities.	GG1746726	RC Mississauga-Meadowvale, Canada	RC Mississauga Meadowvale \$1905; RC Patan \$5820; RC Burlington Lakeshore \$2,100; D-7080 \$4005; RC Montreal \$750; RC Branchburg Township \$1,500; D-7510 \$1,500; Gov of Canada \$8,760 World Fund Match \$15,923.	Khokana - Women Awareness Society (KWAS)	150 women in Khokana and surrounding areas	Rtn. Lochan Gyawali (Primary) & Rtns. Shiv Prakash Khemka, Kiran Thapa, Gabriele Mallapaty	42,263
Water and Sanitation in Public Schools of Lalitpur District	GG1860104	RC Vignola-Castelfranco, Italy	RC Vignola-Castelfranco \$8,584; RC Priato-Filippo Lippi \$5,850; RC Priato \$5,850; RC Modena \$1,755; RC Sassuolo \$1,170; RC Bologna Valle del Samoggia \$1,170; RC Bologna Valle del Savena \$1,170; RC Bologna \$1,170; RC Cervia-Cesenatico \$1,170; RC Forlì \$1,170; District 2072 \$8,775; District 2071 \$8,775 in Italy; RC Patan \$1,500; World Fund Match \$32,829	Prabhab Nepal (SPALSH)	13 Public schools in the Lalitpur District	Rtn. Mahendra Rawal (Primary) & Rtns. Jamuna Tamrakar, Lalita Thapa Rtn. Ramesh Maskay, Gabriele Mallapaty	80,938
Hilary King Scholarship	GG1991247	RC Norwich, England	District 1080, UK US\$ 22,469 and World Fund Match US\$ 22,468	University of East Anglia	Ms. Monika Niroula, Masters level studies at University of East Anglia, Norwich, England	Rtn. Gabriele Mallapaty (Primary) & Rtns. Maheswari Bisht Rawal, Lila B. Baniya	44,937
Total							\$ 263,307

Global Grants History & Earthquake Funds of the Rotary Club of Patan

Global Grants Closed							
Global Grant Title	GG #	International Partner	Funding Partner	Collaborating Agency	Beneficiaries	Primary & Secondary Contacts	Grant Amount in US\$
Primary Prevention of Acute Rheumatic Fever and Rheumatic Heart Disease	GG 1418219	RC Delhi Chanakyapuri, India	D-3292 \$4000; D-3690 \$ 10000; Patan \$1900; Delhi Chanakyapuri \$ 100; WF Match \$15000	Nepal Heart Foundation & Lalitpur District Public Health Office	150000 children in the Lalitpur District	Rtn. Gabriele Mallapaty (Primary) & Rtms. Lalita Thapa, Ganesh Shrestha	31,000 Closed Feb 2018
Vocational Education to 110 'Kamlari' girls in Western Nepal	GG1527136	RC Mississauga-Dixie, Canada	D-7080 \$ 7080; Mississauga Clubs \$ 14374; RCP \$100; WF Match \$23171	Nepal Youth Foundation	130 Former Kamlari girls and about 550 family members	Rtn. Mahendra Thapa (Primary) & Rtms. Aruna Upreti, Kamala Maharjan	54,099 5,850 Closed June 2017 NYF
Improved Intensive Care Facilities for Burn Victims from Deprived Communities.	GG1529621	RC Bologna, Italy	D-2072 \$10000; Interplast \$11,000; Famiglia Seafredo \$16500; RC Bologna Valle dell Idice \$1100; RC Bologna Valle del Savena \$2500; Bologna Valle del Samoggia \$1100; Bologna-Sud \$3300; Bologna-Nord \$2750; Bologna \$10522; Vignola-Castelfranco E.-Bazzano \$5500; RC Patan\$100;WF Match \$36951	Phect Nepal, Cleft and Burnt Centre, Kirtipur	4000 patients annually at Kirtipur hospital	Rtn. Kedar Bhakta Shrestha (Primary) & Rtms. Padam Lal Maharjan, Lalita Thapa	Closed May 2017
Holistic Community Development Project - Uplifting a Deprived Community	GG1635438	RC Singapore	Singapore \$21,600; Bury St Edmunds UK \$3,443; Pambula Australia \$970; Bruxelles-Forêt de Soignes Belgium \$1,683; RC Patan Nepal \$5,000; District 3292 \$5,000; District 1080 \$3,443; RC E-Club of Sogamoso Global Colombia \$1,000; RC Vaison-la-Romaine, France \$560; and the Rotary Foundation \$25,571;	Heifer International, Nepal	830 Families of Chepang and Gurung Community	Rtn. Mukti Narayan Shrestha (Primary) & Rtms. Prakash Raj Regmi, Gabriele Mallapaty, Kiran Shrestha	69,270 Closed Jan 2018 Heifer Nepal Community
Micro-Hydro Power for Community Development, Chepel, Solokhumbu	GG1637020	RC Rüsselshheim-Mainspitze, Germany	RC Rüsselshheim-Mainspitze, Germany US\$12763; RC Rugby US\$ 4354; District 1820 - US\$ 11971;RC Patan US\$ 1001, World Fund Match US\$21030.	Chepel Community Development Committee	Community of Chepel about 114 households	Rtn. Bijaya Mallapaty (Primary) & Rtms. Jamuna Tamrakar, Jeevan Shrestha, Rtn. Gabriele Mallapaty	51,119 37,500 14,333 Closed Jan 2019 Gov. of Nepal Community
Total							
\$486,734							
Earthquake Funds Closed							
Earthquake Relief and Rehabilitation		Various Donors through friends and family of the RC Patan	Contribution towards 4 Global Grants \$28,500; Immediate relief supplies \$6,350; Sweaters to children in Dolakha \$4,000; Drinking water supply rehabilitation in Khokana; \$3,100;; Chepang Community in Chandibhanjyang in the area of WASH in school and community development \$14,050	Earthquake Committee, Rtn. Matsyendra Kayastha (Chair) & Rtms. Lochan Gyawali, Gabriele Mallapaty, Ganesh R. Shrestha, Siba B. Rajbhandary, Piyush Bajracharya, Bijaya Mallapaty, Lalita Thapa			closed July 2018
Total							\$56,000

Contributions to the Club Service Fund as of 30 June 2019

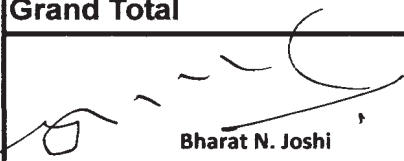
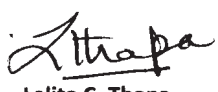
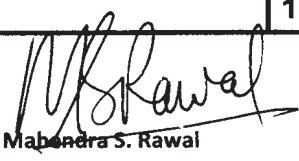


*Rtn. Bharat N. Joshi
Treasurer*

Name	Amount NRs.
Late Rtn. Kamalmani Dixit (including from 'Rotary Ka Kura')	1,433,217
Rtns. Matsyendra L. & Chandralekha Kayastha	308,300
Late Rtn. Narayan G. Halwai	110,000
Rtn. Santa K. Shrestha	110,000
Rtns. Bijaya and Gabriele Mallapaty	97,000
Rtn. Dr. Prakash R. Regmi	90,000
Rtn. Lalita & Kiran Thapa	53,000
Rtns. Bishwa B. Sharma & Aruna Uprety	40,000
Rtn. Piyush B. Bajracharya	35,000
Rtn. Kiran Shrestha	30,000
Mr. Som Paneru	27,500
Mr. Chandra S. Gyawali	25,000
Rtn. Rabindra R. Pandey	25,000
Rtn. Siba B. Rajbhandary	23,000
Rtn. Sharada Prasai	20,000
Rtn. Ganesh R. Shrestha	20,000
Rtn. Jamuna K. Tamrakar	20,000
Rtn. Jeevan K. Shrestha	17,000
Dr. Amina Shrestha	16,000
Rtn. Kedar B. Shrestha	15,000
Rtn. Krishna B. Basnyat	15,000
For RCP's Graduate Studies Prog.	
Rtns. M.L. and C. Kayastha (For Graduate Studies Prog)	277,778
Rtn. Prakash R. Regmi	272,222

Name	Amount NRs.
Rtn. Bijaya Bajracharya	15,000
Rtn. Tirtha M. Sakya	15,000
Rtn. Padam L. & Kamala Maharjan	15,000
Rtn. Ramesh Lal Maskey	15,000
Rtn. Nirmal Pradhanang	15,000
Late Maj. Bishwa N. Rai	10,000
Mr. Khruschev Shrestha	10,000
Rtn. Bharat N. Joshi	10,000
Rtn. Tulasi Neupane	10,000
Mr. Gautam Shakya	10,000
Rtn. Yagya B. Shrestha	10,000
Rtn. Pushkar Shakya	10,000
Rtns. Shiv P. and Preeti Khemka	10,000
Rtn. Keshab B. Mathema	8,000
Leni & Marie c/o Mallapaty	6,400
Rtn. Mahendra Thapa	5,000
Mr. Bhim B. Kshetry	5,000
Rtn. Shiva K. Pradhan	5,000
Rtn. Kamal Nyachhyon	5,000
From RCP - PHF Fund	106,000
Sub Total - Contributions to Club Service Fund (Last year balance 2,805,417+570,000 from this year)	3,375,417
Sub Total - Interest/Other income (Last year balance 233,143+ 232,734 - 74,193= 158,541)	391,684
Grand Total in Club Service Fund	3,767,101

Rotary Club of Patan Annual Budget For Year 2019-2020

Rotary Club of Patan Annual Budget for Rotary Year 2019-2020			
Income		Expenditure	
Description	(in NRs)	Description	(in NRs)
Membership		R.I and District Dues	
Membership Fee 41*25000		R.I Dues	320,000
Sub-Total Membership Fees	1,025,000	District dues & Rotary News	119,000
		Sub-Total R.I & District Dues	439,000
Club Operation		Club Operational Expenses	
Sunshine Attendance	135,000	Tea/Snacks	500,000
Advertisement Souvenir	200,000	Charter Night	150,000
Interest Income	180,000	Printing Lalitdhara Souvenir	110,000
Sub Total:Club Operation	515,000	Club Renewal	10,000
		Fees Office Assistant	221,000
		Fuel	30,000
		Auditor Fees	28,000
		District Contributions	20,000
		Unallocated	32,000
		Sub-Total Club Operational	1,101,000
Total: Club Operational	1,540,000	Total: Club Operational	1,540,000
Contributions		Social Activities/Projects	
Sunshine Fund	350,000	Health Camps	30,000
Blood Dention	10,000	Support To Rotaract	30,000
Vocational Awards	15,000	Support to Interact	15,000
KEEA share from members	33,000	Vocational Awards	22,000
		Contingencies	40,000
		Network of RCs in Lalitpur	10,000
		Blood Donation	10,000
		KEEA Award	100,000
		Monitoring of Projects	25,000
		Others Social Projects	126,000
Total: Social Activities/Projects	408,000	Total: Social Activities/Projects	408,000
Grand Total	1,948,000	Grand Total	1,948,000
 Bharat N. Joshi Treasurer 2019-2020	 Lalita C. Thapa President 2019-2020	 Mahendra S. Rawal Secretary 2019-2020	

Leaders Beyond Club Level 2019/2020

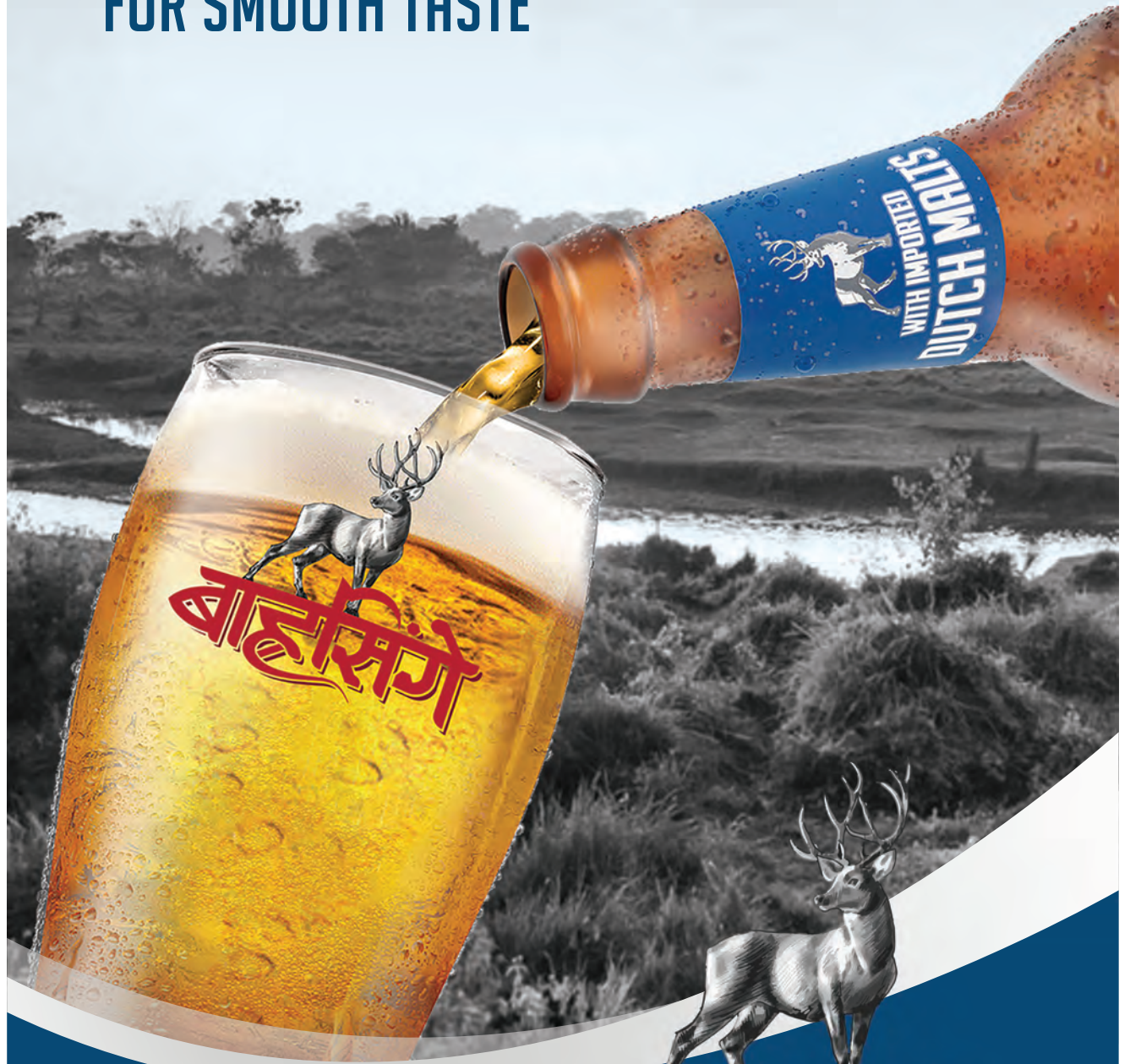
Members of Rotary Club of Patan in Leadership Positions

S.No	Name of the RCP Rotarians	Position	Description
1.	PDG Rtn. Tirtha M. Sakya	Fiscal Agent	RI Fiscal Agent for Nepal
		Member	Council of Governors
		Member	District Administrative Council
		Chair	Rotary Nepal Literacy Mission (RNLM)
		Chair	Earthquake Relief Reconstruction and Rehabilitation Programme (ERRRP)
		Co-ordinator	Regional Coordination Committee, Region 4
2.	Rtn. Kedar B. Shrestha	Member	District Advisory Council
		Chair	Rotarian Non-Rotarian Relation Sub Committee
3.	Rtn. Bijaya Mallapaty	Asst. Governor	Region 1, Zone 3
		Member	District Administrative Council
4.	Rtn. Ganesh R. Shrestha	Member	District Administrative Council
		Chair	Fund Raising Sub-Committee
		Co-Chair	RI Programme Committee
5.	Rtn. Pushkar M. Shakya	Member	District Administrative Council
		Chair	Vocational Service Committee
6.	Rtn. Prakash R. Regmi	Co-Chair	District Conference Committee
7.	Rtn. Siba B. Rajbhandary	Chair	District Grant Sub-Committee
8.	Rtn. Kiran Thapa	Co-Chair	GML Sub-Committee
9.	Rtn. Jeevan K. Shrestha	Member	New Club Development Committee
		Member	Rotary Journo Award Sub-Committee
		Reg. Co-ordinator	TEACH- Happy School, Region -3
10.	Rtn. Gabriele Mallapaty	Technical Cadre	RI Cadre - Disease Prevention and Treatment

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in the service to others'***

- Mahatma Gandhi

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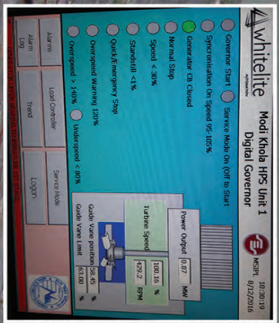




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