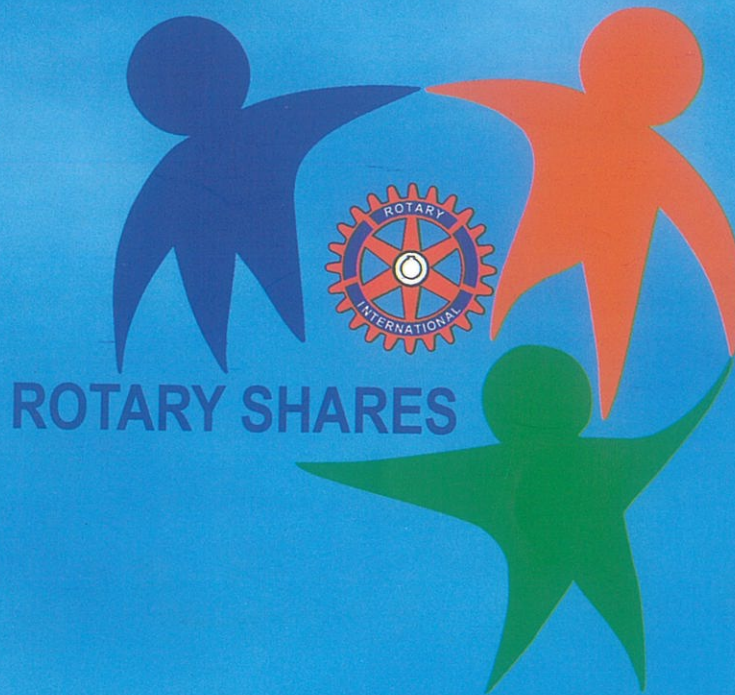


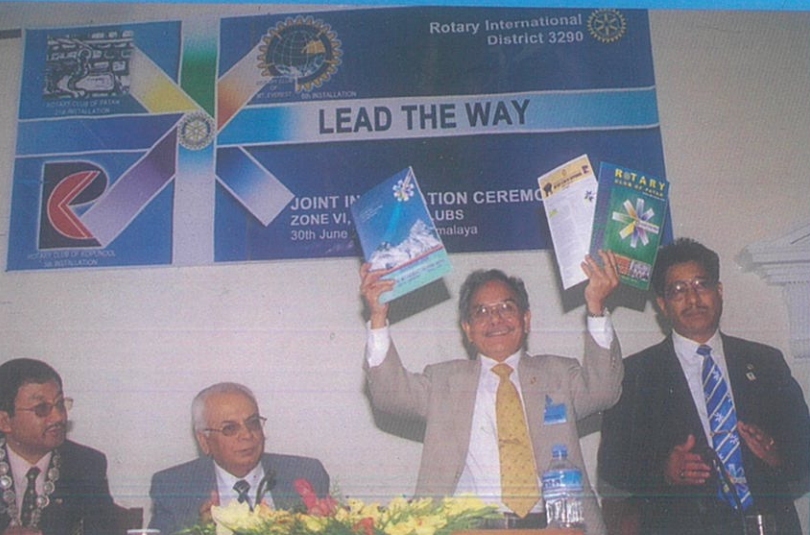
ROTARY CLUB OF PATAN



District 3290, Club No. 23126



२२ औं पदस्थापन विशेषाङ्क
22nd INSTALLATION CEREMONY 2007-2008



ललितधारा पूर्णाङ्क ७१३
LALITDHARA SOUVENIR ISSUE



नेपाल-भारत सहयोग

नेपाल सरकार-भारत सरकारको आयोडिनको
कमीबाट हुने विकृति निवारण योजना



आयो नुन औषधिको गुन

दुई बालबालिका चिन्ह अंकित
आयोडिनयुक्त पाकेटका नुन खानाले :

- बालबालिकाको शारीरिक तथा मानसिक विकासको साथै
पढाई लेखाई तथा खेलकूदमा समेत तेज हुन्छन् ।
- I.Q.Level मा वृद्धि हुन्छ ।
- बच्चाहरु बहिरा, लाटा-लठेउरा, बामपुङ्के, डेढो, आदि हुदैनन् ।

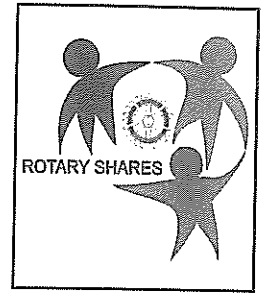
आयोडिनयुक्त नुन घाम र पानीले असर नपार्ने सुखा ठाउँमा, बिक्रो बन्द भएको बटुामा राख्नु पर्दछ ।
आयोडिनको कमीबाट हुने विकृति हटाउन दुई बालबालिका चिन्ह अंकित प्याकेटको आयो, शक्ति, तेज
र भानु झण्डका नुन मात्र प्रयोग गर्नु ।

आयोडिन जीवनमर एक चम्चा भए पुग्छ तर
एकै पटक नभै प्रत्येक दिन थोरै थोरै खानु पर्छ ।



माल्ट ट्रेडिङ कर्पोरेशन लिमिटेड

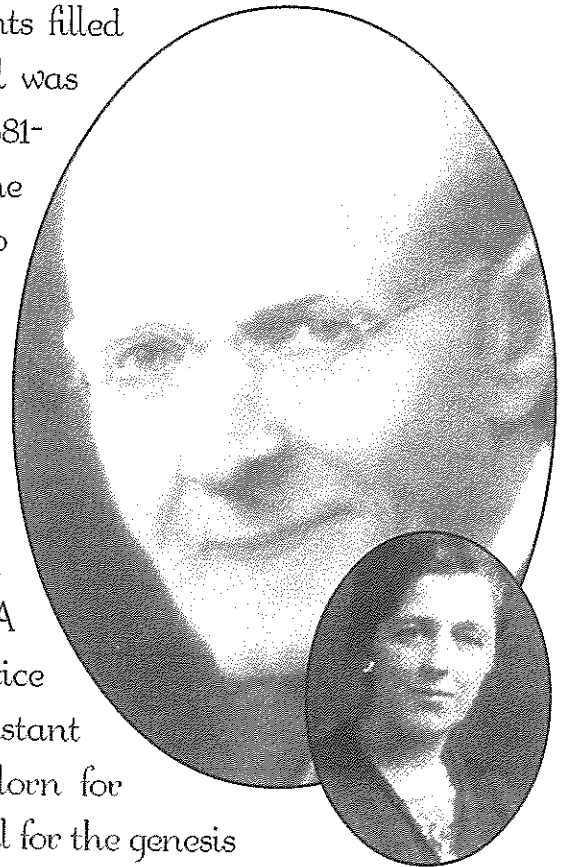
FOUNDER OF ROTARY



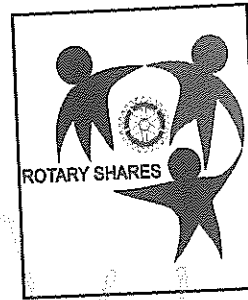
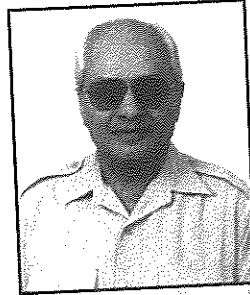
Paul P. Harris the founder of rotary was born on April 19, 1868 at Racine, Wisconsin, USA, He was the second of six children and spent his childhood with his grand parents in New England, who embedded in him upright values and Scottish prudence while being kind and warm. Paul's grand parents filled him with the zest to live a purposeful life. Paul was married to a Scottish bride, Jean Thomson (1881-1963). They had no children. As a young man he was adventurous and inquisitive with passion to explore life, places and people. He was the leader of youth group called 'Conspirators'.

Paul worked as a newspaper reporter, a business college teacher, stock company actor and as a cowboy. He travelled extensively as a salesman for a marble and granite concern in the USA and Europe. In 1896, he went to Chicago to practice law. As a practitioner of law, Paul did not find instant success. He said that he went hungry and forlorn for many days. Those days were mainly instrumental for the genesis of 'Rotary', lonely days of Chicago prompted him to find friends for fellowship and to share mutual concerns. With Gustavus Loehr, Hiram Shorey and Silvester Schiele the movement began and became history.

Paul and Jean helped Rotary grow. He confessed, "Having no children of our own, Jean and I adopted Rotary". Paul was never assertive in spite of being the founder of the rotary movement. He never sought prominence and would always take a back corner seat at the weekly meetings. Nevertheless he was a great human being. He was a great friend also. When he died on 27 January, 1947 he had desired in his will that he should be buried beside his great friend Silvester Schiele who was the first president of the Rotary Club of Chicago. Such was the intensity of his friendship. He left behind him for mankind a rich legacy of fellowship and brotherhood for international understanding and service to humanity.



EDITORIAL



As the month of June arrives, Rotarians all over tend to get busier. It is the time when the outgoing team prepares to hand over the leadership to the incoming team. The former would be taking stock of its work during the past twelve months. In most cases, it would look back with pride and satisfaction over the many activities, new as well as ongoing, undertaken by the clubs.

The new President and his team would get ready to take over on 1st July as the Rotary new year began. The PET, SET and COT programs would have ended. Preparations for the Installation Ceremony around 1st July would be under way. Excitement would be all over.

It is no different a story in the case of our club. President Ganesh can look back with justifiable pride in the remarkable manner in which he conducted himself during his term. The selfless service and dedicated work put together by his team deserves to be sincerely appreciated. We can now look forward with confidence at the work of the new team under President Keshab. Knowing his nature, I have no doubt in my mind that he will galvanize his team and the club as a whole to actions in keeping with Rotary ideals.

Here is this Souvenir Issue of our Club's bulletin – LALITDHARA – on the occasion of its 22nd Installation

Ceremony. It tries to provide information on the Club's activities during the year 2006-2007, as also about the Inner Wheel and the Rotaract Club. While we can look back with satisfaction about our activities, we should carry ahead the torch of Rotary with greater vigour and enthusiasm.

We will miss the kind and gentle company of late Rtn. Ram Singh Thapa who suddenly passed away on 31st May, only days after attending several Rotary activities. We all pray for his soul to rest in peace.

Had it not been for the prodding and prompting of Presidents Ganesh and Keshab, I would not have been able to do justice to this Souvenir Issue. Needless to say, the invaluable assistance and sagacious advice from our senior colleague Rtn. Kamalmani came in so handy. My sincere thanks to all of them as well as to all other members who contributed articles or helped in other manners in bringing out this issue. Many thanks to our advertisers as well.

Rtn. Kedar Bhakta Shrestha

Coordinator,
Editorial Board of Lalitdhara Souvenir Bulletin

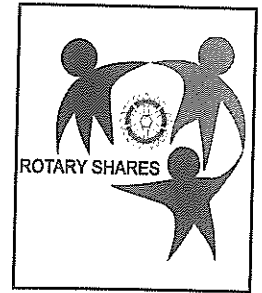
DEFINITION OF ROTARY

“Rotary is an organization of business and professional persons united world-wide who provide humanitarian service, encourage their ethical standards in all vocations and help build goodwill and peace in the world.”
These 31 words are worth remembering when someone asks,
“What is a Rotary Club?”



OUR LEADER

WILFRID J. WILKINSON
President
ROTARY INTERNATIONAL



Dear fellow Rotarians,

Rotarians are a varied lot. We come from dozens of countries, speak hundred of languages, and adhere to a wide spectrum of religious, political and philosophical beliefs. If one strong common thread exists among our 1.2 million members, it is our willingness to *share*. Rotarians share their time, their talents, their expertise, and their money to successfully carry out projects that tackle a vast range of humanitarian and social issues. They share their compassion, their enthusiasm, and their commitment to help those in need and make the world better. And they share an unparalleled passion for service that has made Rotary the world's premiere service organization.

It is this fundamental spirit of generosity that I have tried to capture in our theme for 2007-08: *Rotary Shares*. I hope that it serves as both a point of pride for all Rotarians and a motivating force for our activities in the coming year.

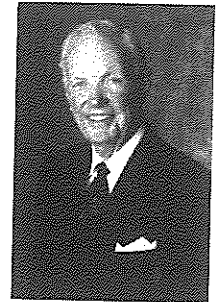
Sharing is a concept generally associated with promoting the greater good, but it is also an individual action, a personal choice. Each one of us decides how much of our time and energy we want to share with Rotary, which ultimately determines how much each club can share with its local community and communities abroad. For that reason, I urge you to become more personally involved in Rotary and to actively participate in both service projects and membership development.

My call for individual involvement includes everyone in the family of Rotary, another emphasis that I want to continue. Our far-reaching family encompasses Rotarians and their families, Rotaractors, Interactors, Youth Exchange students, the widows and widowers of former Rotarians, and others who collectively work to promote Rotary's goals and ideals. Together, we can promote Rotary's programs throughout the world, handing down the ideals of service and fellowship from one generation to the next.

Continuity is essential to Rotary's success, and so health, literacy, and water will remain our service emphases for the year. For many clubs, that will mean continuing ongoing, successful projects in their communities and internationally. For those who want to start new projects, I urge you to think creatively and consider some new approaches. For example, let's look at how we can use new technologies to purify water, teach people to read, or provide safe sources of energy for homes. Then let's share those innovative solutions with other Rotary clubs that are looking for successful project ideas.

As they make plans for 2007-08, I also encourage clubs to consider the United Nations Millennium Development Goals, especially the Millennium Villages project in sub-

Saharan Africa. Like our Rotary Community Corps (RCC), these villages employ a bottom-up approach to helping communities pull themselves out of extreme poverty. Let us share the knowledge we have gained in promoting self-sufficiency through RCCs to support this important goal.



Our theme for 2007-08 is reversible: *Rotary Shares* and so we must all share Rotary. During the first three decades of my life as a Rotarian, Rotary was growing steadily.

No thanks to me, however, as I never brought in any new members. When Rotary's numbers began to drop in existing clubs, however, I suddenly realized that the organization I had come to care about so deeply would not simply continue to grow on its own. I understood then that I -and every other Rotarian -share the responsibility of bringing new members into our ranks, and it was time that I did my part.

In the coming year, I will be encouraging each one of you to do your part and share Rotary with other business and professional leaders in your community. I have set a goal for every Rotarian on my leadership team of directors, training leaders, membership coordinators, district governors, and club presidents to bring in at least one new member in 2007-08. I'm even asking all the past RI presidents to join us in this effort. Moving on from there, I have established a plan for recognizing all Rotarians who bring in new members. Working together, let us share the responsibility for Rotary's growth and make all our clubs stronger and more viable.

The dedicated Rotarians who develop dynamic project ideas and galvanize other members to action form the backbone of every club, but there are too few of them. I believe that every one of us could be that kind of Rotarian if we just take that important first step toward personal involvement .

— if we just say yes.

Yes, I will lead that project.

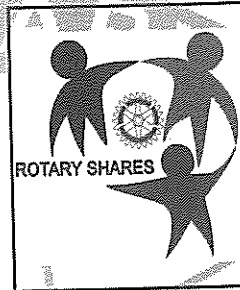
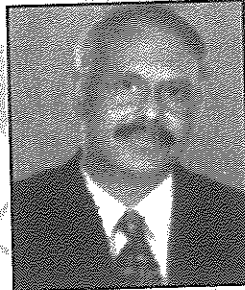
Yes, I will bring in a new member.

Yes, I will share my ideas and my resources to make my club stronger.

I'm convinced that 1.2 million involved and active Rotarians can finish the job on polio eradication;

carry out projects involving health, water, and literacy; promote the cause of peace to every part of the globe; and clearly and powerfully demonstrate to the world that *Rotary Shares*.

MESSAGE



Dear President,

You are one of those group of Rotarians who always say "Yes" that signifies positive frame of mind. The magic of Rotary is that Rotary allows ordinary people to do extraordinary things. Our World Leader Wilfred Wilkinson has presented a simple yet sensitive theme "Rotary Shares". The concept of sharing is generally associated with promoting the greater good but it is also an individual action, a personal choice. Our theme for 2007-08 is reversible - Rotary shares and so we must share Rotary. Rotarians share their time, their talent, their expertise, their resources, to carry projects that tackle vast range of humanitarian and social issues. They share through compassion, through enthusiasm and through commitment to help those in need to make this world a better place to live.

Dear President, community depends on you and your Club. I am sure you will not disappoint them because Rotary Shares. While cruising through your journey

to Service, you will always find me at your side as we all are committed to serve with right spirit. While unveiling the theme 2007-08, our President Wilfred Wilkinson has said " if one strong common thread exists among our 1.2 million members, it is our willingness to share."

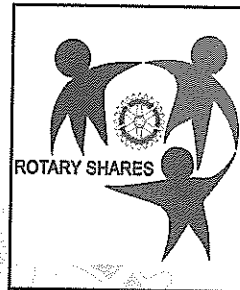
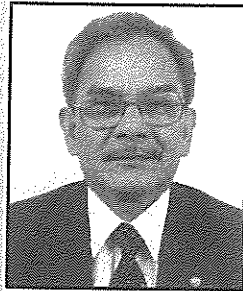
2007-08 has a historic value for our District as code 3290 would be lost in the realm of history on the fall of 30th June 2008. This event has given us enough reason to make a meaningful year. My appeal to all Rotarians of our District to share your time and talent to execute one project to your choice addressing the need of the community and demonstrate Rotary Shares.

Yours in Rotary

Anirudha Roy Chowdhury
District Governor 2007-08



DGE MESSAGE



Rtn. Keshab Bhakta Mathema
President (2007-2008)
RC of Patan

Dear Rtn. Keshabji,

I feel privileged to send a congratulatory message to you and also to the members of your Club on the special occasion of Installation Ceremony of your Club. R.C. of Patan is not only one of the oldest Clubs in Nepal but is also playing a leading role in promoting Rotary movement in Nepal. Rotarians of your Club are actively participating at the District Level and substantially contributing for the success of various projects.

I would like to see the members of your Club assisting

the newly formed RI District 3292 to give it a strong foundation during its early phase. Your Club's achievements in different avenues of services were duly appreciated and awarded by the Past District Governors on various occasions.

I am fully confident that under your dynamic leadership your Club will serve the needy citizens through various community friendly projects.

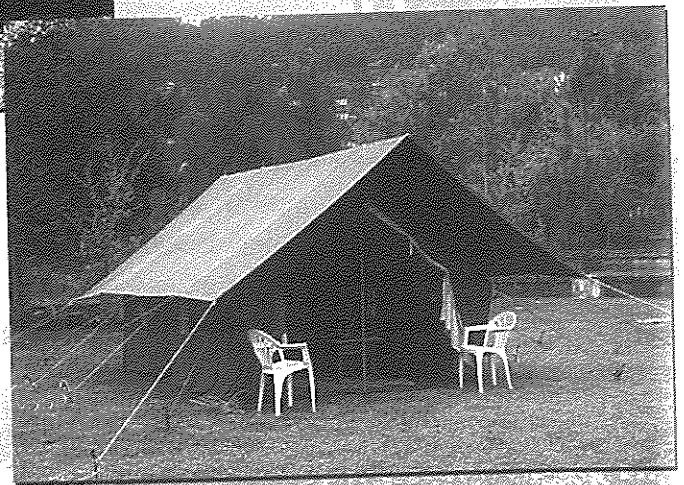
"If you are willing great things are possible"

Your-in-Rotary.

Rtn. Dr. Tika Man Vaidya
District Governor Elect (2008-2009)



With best compliments

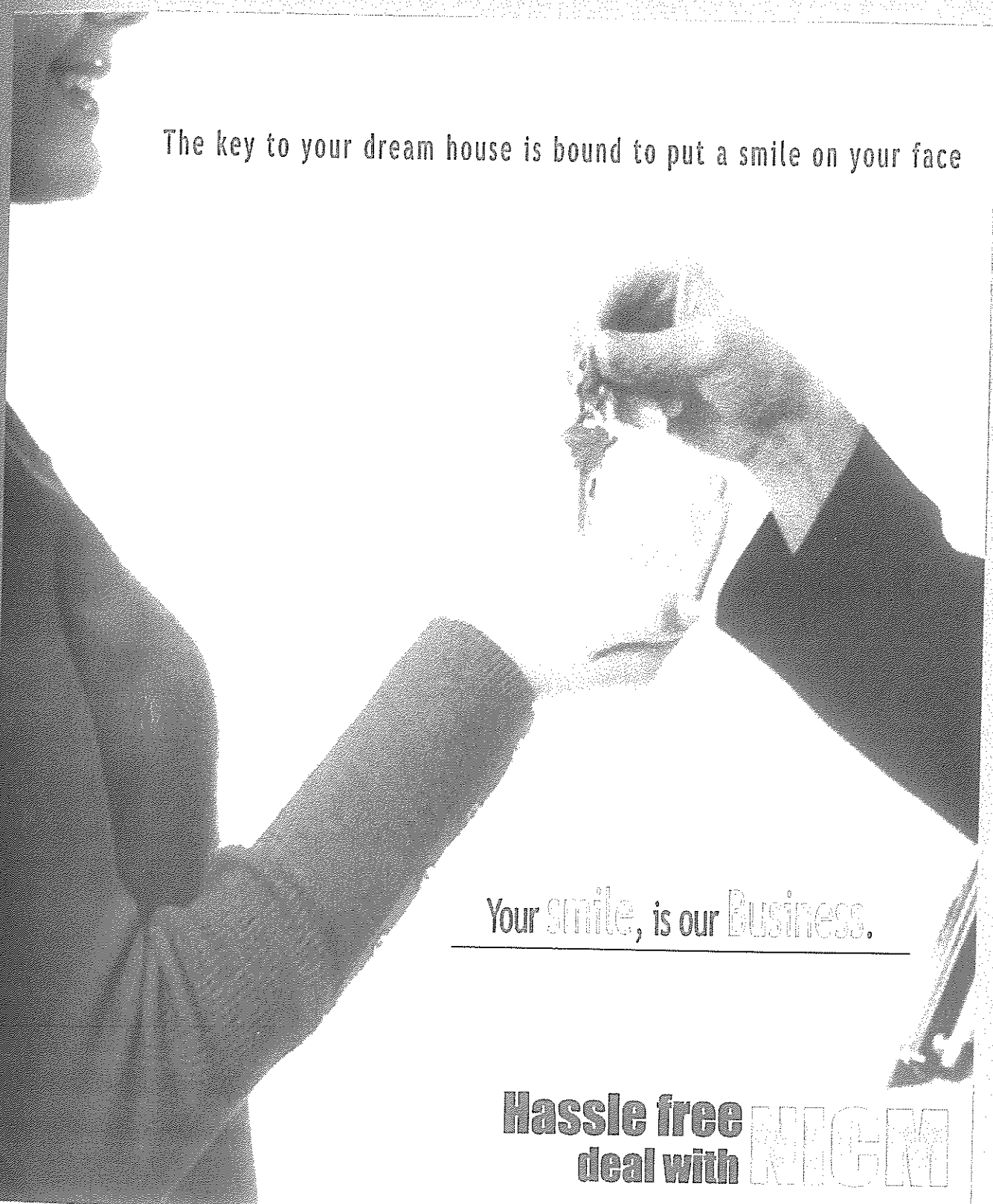


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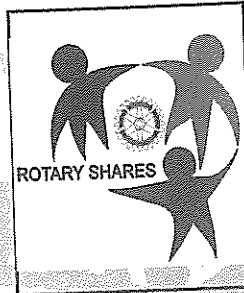
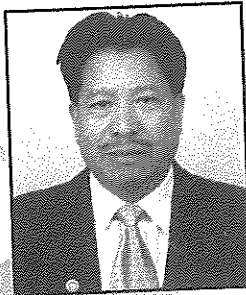
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PRESIDENT MESSAGE



Dear Fellow Rotarians,

One of the lessons of Rotary is that one person can make a difference. I see this in my club and our district. When I speak to my fellow Rotarians, I often find myself quoting the words of others. And although the questions I use rarely come from Rotary sources, they speak to the universal lessons of Rotary and to our tasks as Rotarians, "You give but little when you give of your possessions. It is when you give of yourself that you truly give."

Over and over throughout this year Bijaya and I have seen Rotarians who have done all this. They have had the vision to see- to look at their community and to look even more broadly at the global village. But that vision alone is not enough. It is essential that we as Rotarians have the faith to believe we can make a difference. We see so many statistics that horrify us: how many are hungry, how many are illiterate, how many are denied access to clean water and sanitation. It would be so easy to say these problems are too great for us to attempt to solve.

Every good thing must come to an end. As the President of the club for the Rotary Year 2006-07, I wish to express my sincere gratitude and thanks to the members of my executive board for their

wholehearted support to me and for their tireless efforts to build a firm foundation of our club. I would also like to thank all the members of RCP, Inner wheel members and the Rotaracts for their full cooperation which has made my task so much easier.

Some of the outstanding activities of our club- women empowerment and literacy program, repairing of hearing aid, screening for the rheumatic eyesight, heart diseases among school children, tube wells in villages, scholarship programs reaching to over 1,000 students, toilets, libraries, computer facilities in schools need to be continued and extended in coming years.

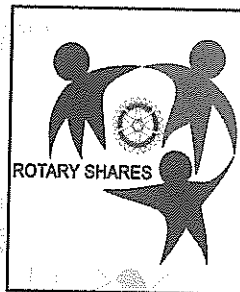
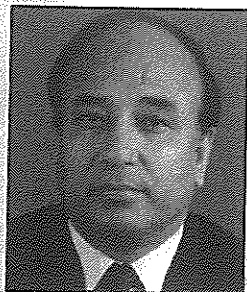
I am confident that the incoming president Rtn. Keshab Dai and his team will extend the ongoing club activities for the betterment of the communities.

At the end, my whole hearted support goes to the new Executive Board under the able leadership of the new president Rtn. Keshab Dai.

Yours in Rotary Services,

Rtn. Ganesh Raj Shrestha
President 2006-2007

MESSAGE



Dear Fellow Rotarians,
As world stands today at the threshold of a new era of opportunities and potentials, we at Patan Rotary continues to look forward to sharing our best with those who need our service the most. More than fifty years ago, the historian Arnold Toynbee had noted that, "...for the first time since the dawn of history, it had become practical to dare to believe that the benefits of civilization could be extended to the whole human race". This prediction is even truer today. We shall build on the momentum achieved over the past several years by Rotary around the world. Rotary has consistently moved from the convictions that we can change the world to be a better place for everyone to the realization that we must change the world.

I am truly privileged to have a team of extraordinary Rotarians with uncommon spirit and commitment to take the challenges and opportunities of 2007/2008. But, I hasten to add that this conviction can only build

upon the work of my predecessors at Patan Rotary, which had been trail-blazing in many respects, recently of Rotarian Ganesh Raj Shrestha. They all have laid solid foundations for our future work, despite the difficult political environment of our country at that time. With democracy now deepening following the arrival of peace, our team will pledge to work with imagination to uphold the legacy of our forbearers in Rotary and the promise of future generations. I am joined by my wife Shanti to wish you all the best for a fulfilling year 2007/2008 and thereafter, hoping at the same time for your continued support and guidance .

Yours most sincerely,

Keshab B. Mathema
President 2007/2008
Rotary Club of Patan





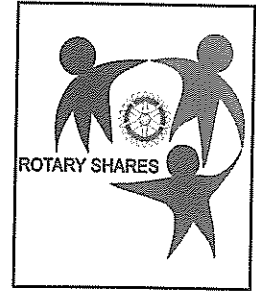
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ROTARY CLUB OF PATAN

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Club No. 32126
Chartered on 19th April 1985



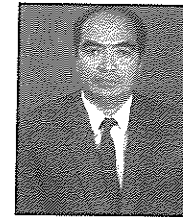
EXECUTIVE BOARD 2007 - 2008



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President



Rtn. Ganesh R. Shrestha
IP President



Rtn. Santa K. Shrestha
President-elect



Rtn. Kedar B. Shrestha
President -nominee



Rtn. Jamuna K. Tamrakar
Secretary



Rtn. Dr. Prakash R. Regmi
Vice President



Rtn. Krishna B. Basnyat
International Service Director



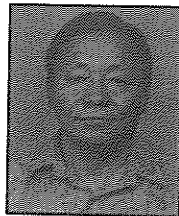
Rtn. Bharat N. Joshi
Treasurer



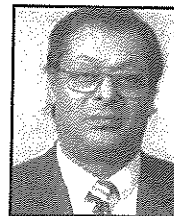
Rtn. Piyush B. Bajracharya
Community Service Director



Rtn. Jeevan K. Shrestha
Vocational Service Director



Rtn. Bishwa N. Rai
Club Service Director



Rtn. Shreedhar Acharya
Joint Secretary



Rtn. Satya Pradhan
Sergeant-at-arms

ROTARY SHARES



LALITDHARA SOUVENIR ISSUE 1



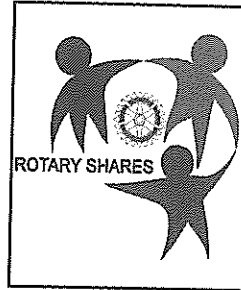
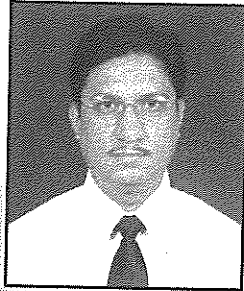
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Ceremony
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Rotary Club of Patan

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CLUB ACTIVITIES FOR THE ROTARY YEAR 2006-2007

Compiled by: Rtn. Dr. Prakash Raj Regmi



1ST AVENUE OF SERVICE

CLUB SERVICE

Director: Rtn Piyush B. Bajracharya

1. A New Concept of Joint Installation Ceremony of the 3 clubs of Zone VI -RC Patan's 21st Installation, RC Mt. Everest's 6th and RC Kopundole's 5th. The Chief Guest was Mr. Bijaya Nath Bhattarai, Governor of Nepal Rastra Bank /Guest of Honor, DGN Dr. Tika Man Vaidya. Other invitees included all the District officials and Presidents of all the Rotary clubs of Nepal. A special Souvenir issue of "Lalitdhara", our regular club bulletin was released by the Chief Guest and Guest of Honor.



3. The web site www.rcpatan.com of Rotary Club of Patan and Rotaract Club of Patan have been updated with the initiation of Rotaract Club of Patan. RCP has been contributing Rs. 6000/ each year to Rotaract Club for designing and maintaining the website
4. The club acquired a new banner for displaying 100% PHF Club and Rotary International Theme for the year 2006-2007 during special occasions.



PRIP Rtn. Raja Sabu handing over the 100% PHF Club Certificate to President Rtn. Ganesh R. Shrestha. Also seen are DG Debasish Mitra (2nd from left), IPP Gyanu R. Shakya (centre) and PP Siba B. Rajbhandari (right)

2. The weekly club bulletin "Lalitdhara" acquires a new look and published every week, regularly without any interruption. Thanks to the editor Senior Rtn. Kamalmani Dixit for his continuous effort. During this period 48 issues of Lalitdhara were published.

5. COTS program was conducted by AG Dr Chandra Lekha Tuladhar two weeks prior to the beginning of the new Rotary Year 2006-2007 and Club participation was satisfactory .

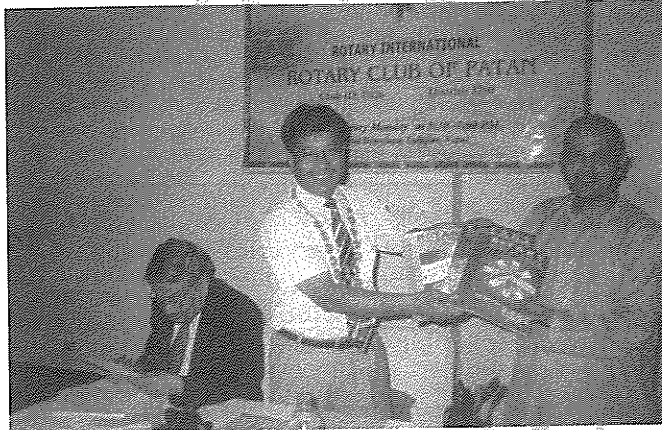


6. **Participation in PETS & SETS and District Assembly :** The President and the Secretary attended the PETS and SETS. Altogether 16 Club members attended the District Assembly.
7. **Recognition of well wishers and donors: "Token of Appreciation"** were handed over to the following well wishers and donors:
 - ☞ Mr. Bijaya Nath Bhattarai, Governor of Nepal Rastra Bank for gracing the installation ceremony
 - ☞ Rtn. Dr. Tulsi R. Maharjan of RC Branchburg, New Jersey, USA, for his generous support and mobilizing resources for our Prajapati Education Fund and other projects and promoting Rotary Club of Patan in USA.

tenure, he had played a significant role in lobbying for the Nepal District by meeting the then RI President Glenn E. Estess Sr. in Chicago, USA.



9. **Keeping the members well informed by sharing the Club calendar** which highlights plans and programs. Presently, the committee plan is being implemented effectively. Accordingly we have successfully conducted/completed:



President Ganesh exchanges Souvenir with ADG Dr. Tulsi R. Maharjan from RC Branchburg, New Jersey, USA

- ☞ "On Top of the World", United Kingdom for generous support to our Prajapati Education Fund.



Rtn. Robert Rose from RC Bellevue, USA briefing about Physically Challenged People as well as The Deaf School.



President Ganesh hands over Souvenir to DG Devasish

- ☞ DG Debasish Mitra, District 3290 Kolkata during his official Club visit.
- ☞ DGN 2008-2009 Jesse T. Tam, District 5030 USA during his Club visit and his effort to launch joint 3H Project.

- a. 48 Weekly Regular Club Meetings
- b. 12 Board Meetings
- c. 12 Club Business Meetings including 6 Club Assemblies
- d. 8 Classification talks
- e. Presentation by 20 guest speakers

10. The average Club Attendance is being maintained at 66% and efforts are being made to reach a still higher target.

8. We reinstated our Rotarian Stalwart Rtn. Kedar Bhakta Shrestha, former Ambassador to USA and Honorary member of the Club during the year 2005-2006. During his ambassadorial

11. **Hosting of district event:** RCP is one of the main host clubs of RYLA 2007 with largest contingent numbering ten members, including Annes 2 who attended the inaugural function at "the Small Heaven School", Kalyanpur, Chitwan District. RYLA Chairperson Rtn. Gyanu Raj Shakya and President Rtn. Ganesh Raj Shrestha attended the program from beginning to the end.



12. Members acquire posts at District level for 2007-2008: RCP is proud to have members "Lead the Way" beyond club level.

- PP Tirtha Man Shakya – Counsellor
- PP Siba B Rajbhandari – AG Zone I
- PP Puskar Man Shakya – TRF Grant Coordinator
- IPP Gyanu R. Shakya – AG Zone VIII
- PP RR Pandey – Dist. Special Project Coordinator
- P. Ganesh R Shrestha – Chairperson-Exchange Program (GSE, Youth, Friendship and Family Exchange)



Rtn Kedar Bhakta Shrestha, who spoke on his efforts for formation of Nepal District as Ambassador of Nepal to USA. Family fellowship picnic was held on Dec 2006 at Bandipur, Tanau District. 45 Rotary family members including 12 members of Doctor's families of Nepal Heart Foundation attended it.

There was significant representation of our Club members at the District Level in 2006-2007 as follows:

- PP Tirtha Man Shakya – Counsellor
- PP Siba B. Rajbhandari – Dist. Treasurer
- PP Narayan Govind Halwai – Asst. Dist. Trainer
- PP Matsyendra Lal Kayastha – AG for Zone VII
- PP Puskar M Shakya – Reg. Coordinator
- PP Gyanu R. Shakya – Chairperson RYLA 2007

13. Rotary Family Fellowship:

- ☞ A Rotary Fellowship was organized on the occasion of ADG RI District 7510 Rtn. Dr. Tulsi R. Maharjan's visit to the club. Rotarians and Annes participated in the dinner hosted in honour of Dr. Tulsi Maharjan.
- ☞ Lalitpur Joint Family Fellowship of 12 clubs of Lalitpur was organized for the first time in the history of Nepal Rotary- the chief speaker of the program was our member



Many other fellowship programs and events involving all Rotarians /Annes and Rotary family programs have been organized on the occasion of family month of December 2006

14. To encourage Partners in Service

- ☞ Sponsored the travel expenses of 2 Rotractors of Rotaract Club of Patan to participate in RYLA at Kolkata during the New Generation month of September.
- ☞ Sponsored Rotaract Club of Patan's T-shirt launching program in November / December 2006.
- ☞ Supported 150 caps for RYLA 2007 participants at Chitwan.

15. Enhancing Inter club relation by interacting with other Rotarians at functions:

- ☞ President attended the Installation ceremonies of all the Rotary clubs of Kathmandu Valley and 3 out of valley clubs - RC Chitwan, RC Bharatpur and RC Narayani Midtown.
- ☞ The President also attended the President's meet of Zone X organized by AG Rtn. Madan Lal Joshi at Narayanghat, Chitwan last July.
- ☞ The Rotarians/Annes attended the lunch meeting hosted by AG Rtn. Chandra Lekha Tuladhar at her residence. Rotarians/Annes and Inner Wheel Club members of Zone VI were invited.

16. Rotary Promotion: Media coverage of special events were given due consideration specially during implementation of service projects.

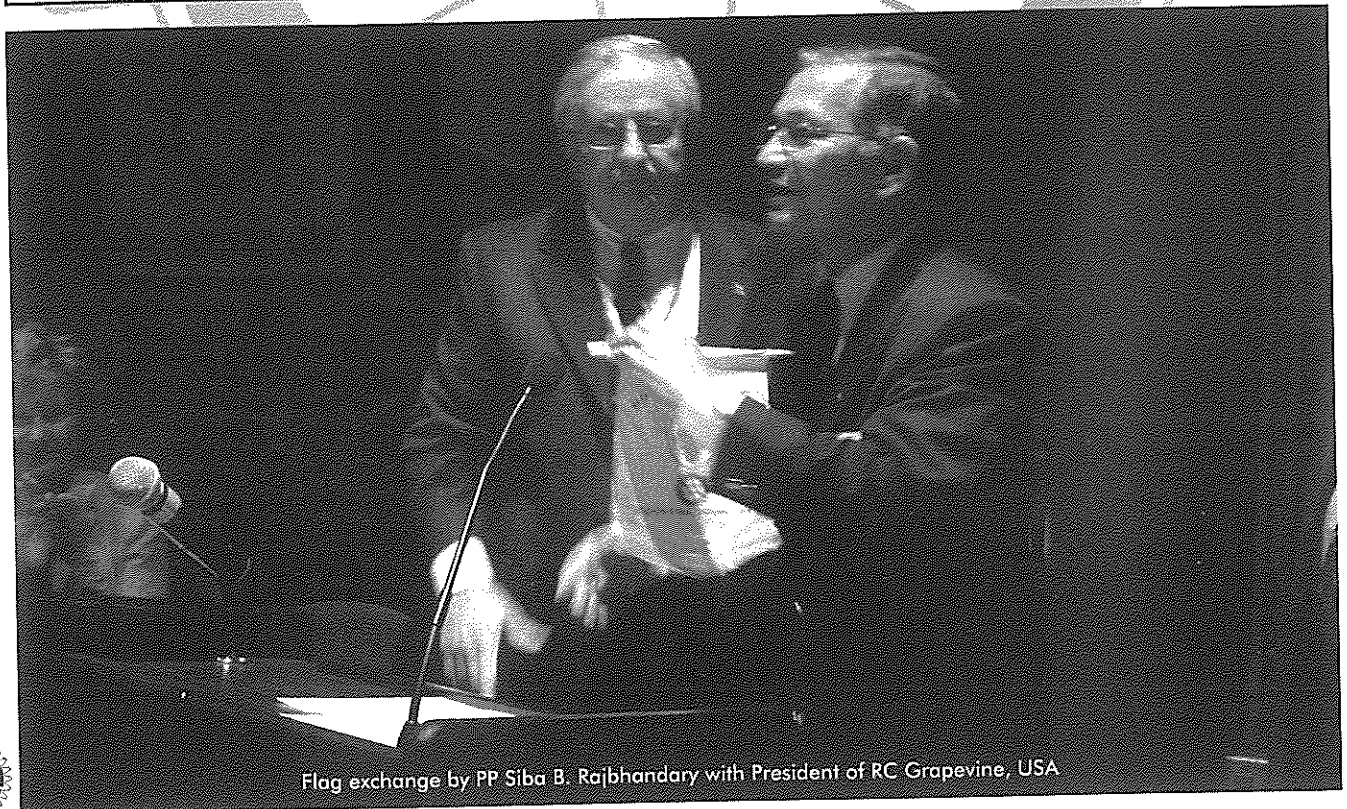


- 17 A Patan Cultural Heritage Tour was organized on the occasion of World Understanding and Peace Day. A large number of Ambassadors, Diplomatic heads, expatriate community in the country, different international heads, well wishers and friends participated in the four hour walk across the old traditional Patan City. After completion of the tour, all participants attended the cultural program arranged to celebrate the 50th Wedding Anniversary of our PP Rtn Tirtha Man Shakya. The program was followed by a typical newari dinner.



ROSTER OF BOARD MEETINGS OF RC PATAN (YEAR 2006-2007)

MONTH	DATE	HOST/VENUE
1. JULY	Friday 04 th August 2006	Krishna B. Basnyat at his residence
2. AUGUST	Friday 01 st September 2006	Biswa N. Rai at Hotel Clarion
3. SEPTEMBER	Friday 29 th September 2006	Dr. Prakash R. Regmi at Hotel Greenwich
4. OCTOBER	Friday 03 rd November 2006	Bharat N. Joshi at his residence
5. NOVEMBER	Friday 01 st December 2006	Santa K. Shrestha at Kwalakhu Cafe
6. DECEMBER	Friday 29 th December 2006	Shreedhar Acharya at Hotel Greenwich
7. JANUARY	Friday 02 nd February 2007	Bhim B. Chhetry at Hotel Greenwich
8. FEBRUARY	Friday 02 nd March 2007	Piyush Bajracharya at Hotel Greenwich
9. MARCH	Saturday 31 st March 2007	Jamuna Krishna Tamrakar at Hotel Greenwich
10. APRIL	Saturday 28 th April 2007	Keshab Mathema (J/meeting) at Hotel Greenwich
11. MAY	Saturday 02 nd June 2007	Gyanu R. Shakya (J/meeting) at Kwalakhu Cafe
12. JUNE	Saturday 23 rd June 2007	Ganesh R, Shrestha(J/meeting) Hotel Greenwich



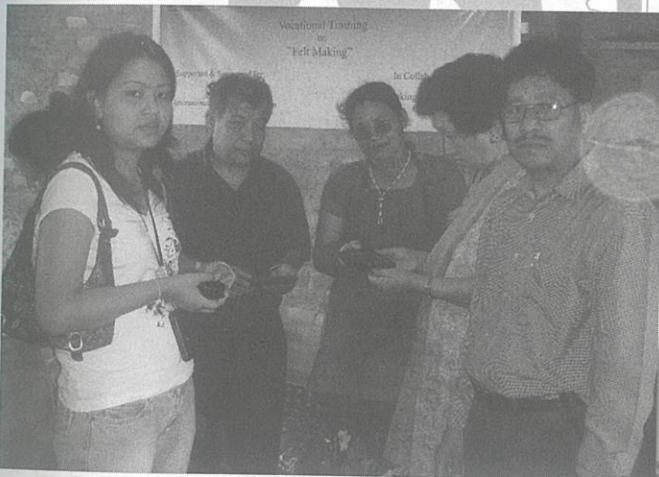
Flag exchange by PP Siba B. Rajbhandary with President of RC Grapevine, USA

2ND AVENUE OF SERVICE

VOCATIONAL SERVICE 2006-2007

Director: Rtn Shreedhar Acharya

1. DG Debasish Mitra paid an official visit on October 30, 2006. The Club awarded Vocational Award to Mr. Madan Raj Shrestha, resident of Patan and a veteran tourist guide for the last 30 years during Rotary Vocational Month in October. The award included a plaque recognizing his services and a cash of Rs 5,000.
2. Vocational training:
 - ☛ An income generating program was conducted by S3 International, belonging to our PP Puskar Man Shakya to train for the first phase 100 women of Chapagaun VDC (in first phase under the coordination of PP Pushkar M. Shakya). This training will provide all technological know-how with a guarantee by the trainer to buy back the products produced under his guidance.



- ☛ a felt making training for 25 women for 2 weeks at Chapagaun village was inaugurated by DGN Dr. Tika Man Vaidya on 20th April 2007 along with Coordinator PP Rtn Puskar Shakya.

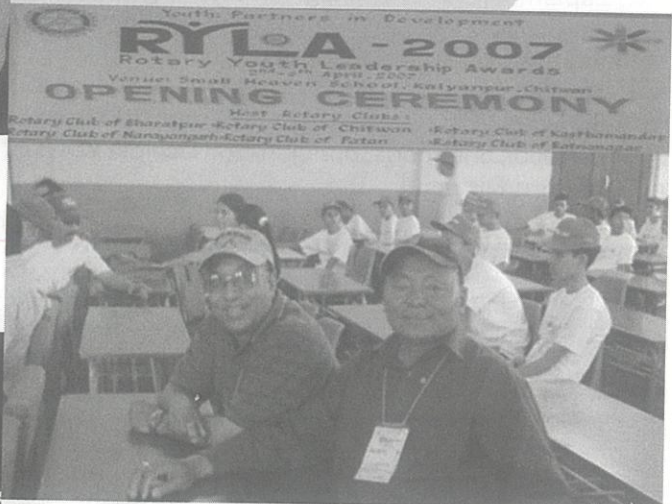


- ☛ Energy saver tube making, wood and stone carving-training to 6 members of each group (total 18 members) were conducted at Patan Industrial District simultaneously.

3. Computer training to teachers of Durbar High School, one of the oldest schools in Kathmandu, is going on with two years agreement with M/S. G. Computer System. Training remuneration amounting to Rs. 13,000/ per month. This will benefit students of class six to ten.
4. Distribution of 4 Way Test signage for display at the headmaster's office in schools where RCP have it's scholarship programs.



5. RYLA 2007 recently completed at Small Heaven School, Chitwan where RCP was one of the host clubs.



6. Career counseling jointly organized with 19 Rotaracts of Patan and 7 Inner Wheel members in March 2007.



COMMUNITY SERVICE AVENUE: 2006-2007

Director: Rtn Padam Lal Maharjan (Rtn. Jamuna K. Tamrakar undertook the responsibility in the absence of Rtn. Padma L Maharjan)

1. Literacy Program Education

- a) **Sponsoring Education of Children:**
Scholarships were provided through Prajapati Education Endowment Fund (PEEF) since 1990-1991. The ultimate aim is to sponsor 1000 children of economically deprived families. Details on this major program are discussed separately.

Surpassing the original target, 1004 children, (57% being girl child) of 47 schools are already benefiting from this program. 1st Installment of Rs 250,000 distributed for 509 students (58% girl child) of 30 schools -

- ☞ 2nd Installment was distributed in December-January
- ☞ RCP has mobilized Rs 3.3 million- about half locally and over Rs 2.5 million as annual contribution
- ☞ Donors from district: 3 PDGs: PDG Themes Manekshaw /PDG Amitabah Mukharjee / PDG Shekhar Mehta

- b) **Adult Literacy for Women:**
implemented in Lalitpur and Bara Districts since September 2005. Highlight of the program is to literate 800 illiterate women from economically deprived and indigenous community consisting of 600 from Chapagaun, Jharuwarasi, and Badikhel VDCs of Lalitpur District and 200 from Devapur, Srinagar, Gopalgunj and Uchidih VDCs of Bara District.



The closing ceremony was held on 30th October, 2006 during DG's Club visit.

- c) Education of orphan children working with the Rotaract Club of Patan and RC Branchburg, New Jersey, USA is in the pipeline with support of RC Branchburg, New Jersey, USA. The project cost would be about US\$ 15,000/-.

2. School Infra-structure:

- ☞ Improving Library facilities, MG 56312 was implemented in 22 public schools with supply of library furniture, books and wooden kits in association with "Room To Read". The Matching Grant of US \$5450 included RCP Contribution of US \$ 1300, RC Bellevue, USA - \$1000, RID 5030, USA - \$1000 and TRF - \$2150. Room to Read provided training on library management to two teachers from each school. The program benefits about 7,700 school children and 440 teachers. There was substantial contribution amounting to Rs 1,807,000 from Room to Read which also included establishment of a full fledged computer laboratory in Udaya Kharka Secondary School at Chapagaon.



Felicitation Program for Club leaders at Bajrabarahi Mandir Chapagaun



- ☞ Improving classroom facilities through supply of much needed furniture, the Club had provided furniture to Saraswati Secondary School, Lele; Udaya Kharka Secondary School, Chapagaon; Ganesh Lower Secondary School, Dukuchhap; Kali Primary School, Dukuchhap; Chandi Primary School, Dukuchhap and Chitra Kumari Primary School, Dukuchhap. Supplying to more schools is in the pipe line.
- ☞ Providing Computers to schools – as in the past this year we are initiating work on providing 100 computers to various schools through Matching Grant in association with Rotary Club of Grapevine, District: 5780, USA. Based on our previous experience of distributing 4-5 computers to 14 schools, we believe that providing 20 computers each to 2 schools will be much better. PP Rtn. Siba Bhakta Rajbhandary is working on this project while he is in the USA. He is exploring DDF contribution as well. Our Club has committed to contribute \$1100 for matching fund to this project. We are discussing with schools who can provide class rooms, furniture and teachers.

☞ School Toilet Project MG 60521 is constructing 26 units of 10-15 users toilets in 18 schools, 2 units each in 8 schools and 1 unit each in 10 schools. The Matching Grant of \$24,000 includes our Club contribution of \$3000 sent to District Fund, DDF of District - \$8,000 which includes our \$3000 contribution to district, RC University Club, USA - \$1130, DDF District 5030 USA - \$3152, TRF - \$11,717.50. President Rtn. Ganesh Raj Shrestha inaugurated a toilet constructed at Adarsha Kanya Niketan, Mangal Bazar on 07 June 2005. Currently toilets are being constructed at 4 schools and proposals are being sought from other schools.

- ☞ Besides the Matching Grant, RCP has initiated construction of 6 more toilet units in 4 schools – 4 units of 10-15 users each in 4 schools supported by United Nations Women Guild, 1 unit of 15-20 users in 1 school supported by Inner Wheel Club (IWC) of Patan Rotary and 1 unit supported by RCP fund.

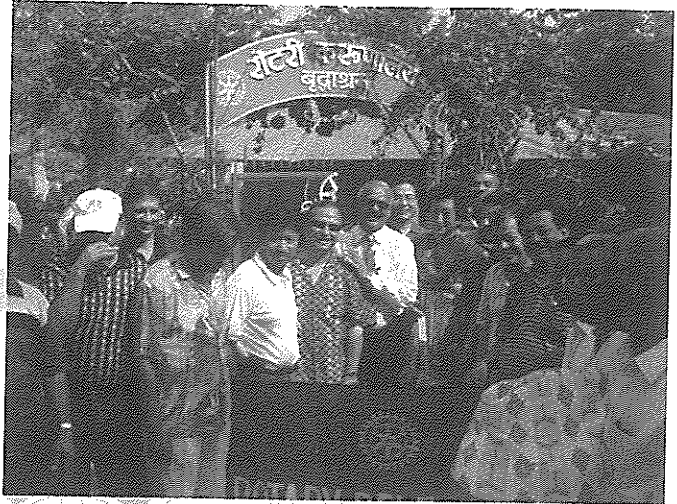
☞ Construction at Adarsha Kanya Niketan included one unit of 15-20 users supported by Inner Wheel of Patan Rotary and 3 units of single user toilet and renovation of 4 units of single user toilets under Matching Grant Fund. Contribution of RCP under MG and IWC is Rs 70,000 each and the school contributed about Rs 90,000.

☞ Inauguration of Toilet at Adarsha Kanya Niketan, Mangal Bazar on 07 June 2007

☞ Sanitation Project: to construct 20 users' toilets in 8 schools and ten users in ten

schools through MG 60521 US\$ 24,000 including Club contribution from PEEF (US\$ 3,000) is going on .

3. **Showing Concern for Senior Citizen:**
Rs 12,000 was handed over for maintaining one destitute elderly for one year at Karunalaya, Devghat, Chitwan by President Ganesh.



4. **Water Project, Matching Grant 60893:**

Construction of 20 tube wells in Padampur village /Chitwan (Project No 60893) is going on. This project is being implemented with RC Chitwan and Hope (Nepal) and international partners - RC Cedar City, RC St. George, and RC Layton, and Hope International, USA. Out of 20 tube wells, 19 were completed and remaining one will be completed next month.

5. **To Address Hunger Program:**

RCP participated in a Joint Rotary Family Program with other clubs of Zone VI, Annes and Rotaracts of Kathmandu Mid-town. The President donated 90 kilos of rice grains for a day's ration. But together with others, contributed 1400 kilos of rice for the leprosy affected individuals at Shanti Sewa Griha/Gaushala, at a special function where DG Debasish Mitra was the Chief Guest.

6. **Donation of food and shawls:**

On the occasion of "Pancha Daan", a special day for giving and sharing in Buddhist religion, the Rotary family along with members of Rotaract Club of Patan South distributed basic necessities such as food and shawls to all the patients of Nepal Leprosy Hospital at Shanti Ban, Lele.

7. **Health:**

To detect "Avoidable Blindness" among school children : working with Rotaractors of Kathmandu Mid Town under the supervision of AG Dr Chandra Lekha Tuladhar the vision of 232 school children of Yashodhara Madyamic Vidyalaya was tested. Members of Inner Wheel Club of Patan were also present:



- ☞ 14 children requiring further assessment were tested by Dr. Chandra Lekha at her clinic. Of these :
 - ☞ 3 children had normal vision
 - ☞ 4 children – vision improved with spectacle correction which was sponsored by the club.
 - ☞ 6 children had Lazy Eye. Of these 50% improvement could be achieved in the vision of 3 children with spectacles again sponsored by the club but in the remaining 3 children nothing could be done to improve the vision.
 - ☞ 1 child is in the category of a "Blind Child" and requires a lot of help

d) Polio drops given to children below 5 years on Polio plus day.



This program will also be conducted in more schools in the near future--

- b) **Concern for Cancer Patients:**
Funds have been generated to support the treatment of cancer patients who are poor and destitute.
- c) **One ECG machine handed over to Bandipur Hospital on 26th December 2006.**

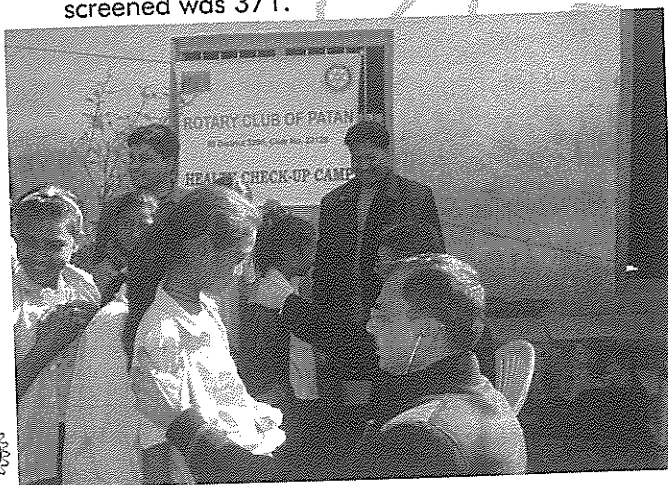
e) **MG 60453: Supply of hearing Aids in Concern for those with Hearing Disability.**
It is being implemented through The School for Deaf at Balmandir, Naxal, Kathmandu. RC Bellevue of Seattle USA and The Starkey Foundation have supported with (US \$43,200) and our club's contribution is US\$ 1000. Ear examination and audio-logical evaluation were already completed for 293 and 280 students respectively.



A health checkup program for 79 persons was conducted at the Bandipur Hospital. Four medical doctors checked child heart at four different schools at Bandipur and distributed deworming tablets to each of the students of the schools. The total number of the students screened was 371.

8. **Programs related to Partners in Service**

- ☞ Worked with Rotaract Club of Kathmandu Mid Town and Volunteers of Nepal College of Management in their effort to address hunger – this has already been highlighted; and in their efforts to detect "Avoidable Blindness" among school children. We would like to thank the youth for their active involvement in these programs.
- ☞ Our own Rotaract Club of Patan in programs related to water management, scholarship distribution, computer training, and other community related services.
- ☞ Inner Wheel Club of Patan Rotary:
 - i) who have already supported our PEEF Scholarship program by sponsoring scholarship for 16 students and construction of one unit of 15-20 user toilet at Adarsha Kanya Niketan Higher Secondary School, Mangal Bazar, Lalitpur where RCP sponsored the construction of 7 units of single user toilets – 3 units new construction and 4 units renovation.
 - ii) construction of three toilets had already been funded.



9. Program of clean water to schools, vision testing and sponsoring of spectacles, scholarship, supporting Rotaract activities are going on.



4TH AVENUE OF SERVICE:

INTERNATIONAL SERVICE 2006-2007

Director: Rtn Krishna B. Basnyat:

1. **Salutation:**

RC Patan salutes one club in the Rotary World during each regular weekly meeting.

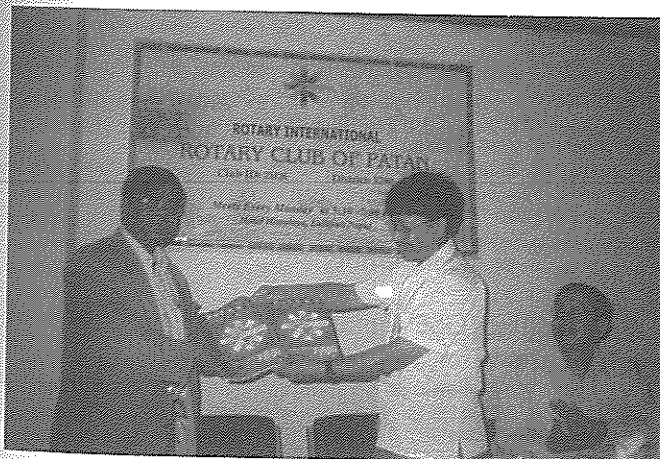
2. **Contribution to TRF:**

RCP has been recognized as a 100% Paul Harris Fellow Club in Nepal and has received 100% PHF Club Banner recently. It is the third 100% PHF club with two major donors in the country. A new member has contributed funds to TRF to be recognized as PHF.



3. **Friendship Exchange Program:**

Members of RC Patan and RC Dhaka Central, Bangladesh have plans to undertake exchange programs between the two clubs in the near future .



4. **Twining with International club / Sister City Club project:**

☛ Twin club relationship with RC Bellevue of Seattle, USA.

☛ New Twin relationship will be established with RC Dhaka Central, Bangladesh. This proposal has been made by Mr. Showket Hussain, Past President of RC Dhaka Central, Bangladesh during his visit to our club in August.

5. **German donor**

Hel'f Nepal Aachen Fund has granted a fund of US\$18, 000 which has been provided to a newly formed RC Lamjung to instill Rotary Activities to new Rotarians. The project is to help public schools in developing library facilities, ensure proper sanitation facilities with toilet construction, providing laboratory equipments, computers, and class room extension and renovation.



4 Senior Rotarians from RCP visited the Lamjung Club and walked with the President and Vice President of RC Lamjung for two whole days to visit 3 project sites. The aim was to guide the newly formed club in managing the funds effectively, to involve community participation and in project preparation and reporting.



7. MG Project working

	MG No.	Amount	Project	Status
a) RC Bellevue, Seattle USA & The Starkey Foundation	60453	US\$ 43,000	Supply of Hearing Aid	Ongoing
b) Clubs in RI Dist. 1810's 8 Clubs & Local Implementing Agency Samjhauta Nepal	54475	US\$ 32,000	Adult women literacy (Women Empowerment)	Completed on Oct 06. Final report is approved by RI
c) RC Bellevue, Seattle, USA & Room to Read for additional support	56312	US\$ 5450	Library up grading	Completed in February 2007. Final report submitted to RI
d) RC University Club, Seattle; District 5030, USA, and District 3290	60521	US\$ 24,000	Sanitation	Ongoing
e) RC Cedar City, RC St. George & RC Layton	60893	US\$ 13419	Water Management	Completed in June, 07

8. Rotary Image:

- Our senior Rotarians talked on various aspects of Rotary and its contributions in Nepal through FM radio stations.
- DGN 2008-2009 Of District 5030 Rtn. Jesse T. Tam, DGN (2008-2009), District 5030, USA and Madame Lily, Rtn. Robert Rose with Jeena Rose were invited to our club for the preparation of 3H Grant project for Physically Challenged People which is planned to be implemented from July 01, 2008, when Nepal will enjoy a separate District.

our Past President Rtn. Tirha Man Shakya, with a traditional dance programme followed by a newari sitting dinner hosted by Past President Rtn. Tirha Man Shakya.



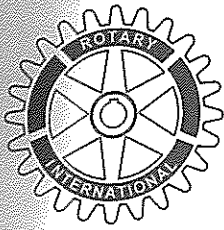
President Ganesh hands over souvenir to DGN Jesse Tam

- Nepal Orthopedic Hospital which was sponsored by RC Patan has finally succeeded to build the Bust of our member Late Rtn. N.R.B. Mathema. The inauguration program of the Bust is going to be held on August 14th 2007 during the 8th Anniversary of Nepal Orthopedic Hospital

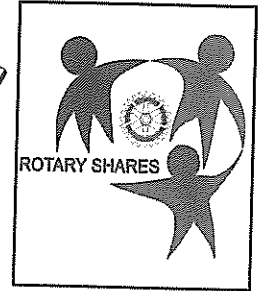
9. Hosting GSE teams from RI District 1040 of England for 3 weeks and RI District 7040 of USA for one week is on process.

- A Cultural Heritage Tour of Old Patan City was organized to commemorate World Understanding & Peace Day where Ambassadors, Diplomatic Heads from Foreign Missions and Heads of International Organizations participated in 4 hours walking tour. After the tour, the participants celebrated the 50th Wedding Ceremony of

10. 3 new projects of water management for public school, computer distribution and orphanage at St. Xavier School are in the pipeline. Rotaract Club of Patan will be coordinating orphanage project. PP Siba Bhakta Rajbhandary is coordinating these projects during his stay in USA.



COMMITTEE PLAN FOR ROTARY CLUB OF PATAN 2007-2008



CLUB SERVICE AVENUE
Maj. Bishwonath Rai
Director

Classification

Coordinator : M L Kayastha
Members : Krishna B Basnyat
NG Halwai

Club Magazine / Bulletin

Coordinator : Kedar B. Shrestha
Members : Jeevan K. Shrestha
: Piyush B. Bajracharya
Editor : Kamalmani Dixit (Bulletin)

Career Development

Coordinator : Dr Bhisma R Prasai
Members : Krishna B Pradhan
Bharat N Joshi

Membership Development

Coordinator : Siba B Rajbhandary
Members : Rabendra R Pandey
Tirthaman Shakya

Program / Public Relations

Coordinator : Siba B Rajbhandari
Members : Lochan Gyawali
Jamuna K. Tamrakar

Attendance / Rotary Information

Coordinator : Kamalmani Dixit
Member : Krishna B. Basnyat

Fellowship Activities

Coordinator : Kamal B. Nyachhyon
Members : Jeevan K Shrestha
Shredhar Acharya

VOCATIONAL SERVICE AVENUE

Jeevan Kumar Shrestha
Director

Vocational Awareness / Awards

Coordinator : Chandra S. Gyawali
Members : Shreedhar S Rana
Satya Pradhan

Digital Divide

Chairman : Rabendra R Pandey
Members : Narayan G Halwai
Lochan Gyawali

Vocation at work / Training

Coordinator : Puskar Man Shakya
Members : Santa K Shrestha
Bijay B Bajracharya

COMMUNITY SERVICE AVENUE

Piyush B. Bajracharya
Director

Human / Community Development

Coordinator : Bijaya B Bajracharya
Members : NG Halwai
M L Kayastha

Health Camp

Coordinator : Dr Prakash Regmi
Member : M L Kayastha
Yagya B Shrestha

Environment Protection/Sanitation

Coordinator : Gyanu R. Shakya
Members : Satya Pradhan
Suresh C Lakhe

Nepal Orthopedic Hospital

Ganesh R Shrestha
Piyush B Bajracharya

Partner in Service

Rotaract : Jamuna K Tamrakar
Interact : Jeevan K Shrestha
RCC : Santa K Shrestha

PP Education Endowment Fund

Coordinator: Narayan G Halwai
Members: Bhim B Chhetry
Sharada Prasai
Chandra S Gyawali

Library

Coordinator: Siba B Rajbhandary
Members: Sharada Prasai
Yagya B Shrestha

Senior Citizen Home

ML Kayastha
Kedar B Shrestha

Hearing Aid

Coordinator : R. R. Pandey
Members : Maj. Biswonath Rai
Bhim B Kshetry

INTERNATIONAL SERVICE AVENUE

Krishna B Basnyat
Director

Rotary Foundation / WCS

Coordinator : Bijaya B Bajracharya
Members : Tirtha Man Shakya
ML Kayastha

International Youth Exchange

Coordinator : Ganesh R. Shrestha
Members : Lochan Gyawali
Padam Lal Maharjan

Polio Plus

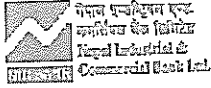
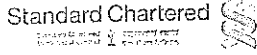
Coordinator : Tulsi Neupane
Members : Santa K. Shrestha
Jeevan K. Shrestha





राष्ट्रिय वाणिज्य बैंक

कृषि विकास बैंक



बैंक तपाईंको सच्चा साथी

बैंक तपाईंको सच्चा साथी, सहयोगी र शुभेच्छुक पनि हो । उद्योग, व्यापार व्यवसाय, खेतीपाती गर्न पैसाको अभाव हुँदा बैंकले तपाईंलाई ऋण दिएर मद्दत गर्दछ । आफ्नो सीप, जाँगर र बैंकको ऋणको सदुपयोग गरेर तपाईं आफ्नो जिवीका चलाउन, आर्थिक उन्नति हासिल गर्न र सामाजिक प्रतिष्ठा कमाउन सक्नु हुन्छ । त्यसैले आफूले लिएको ऋण जुन कामको लागि लिएको हो, त्यही काममा उपयोग गरी तोकिएको समयसम्म ऋणको साँवा र व्याज बुझाउनुहोस् । अरुलाई पनि यही सल्लाह दिनुहोस् ।

सुरक्षित भविष्यका लागि बचत, बचतका लागि बैंक

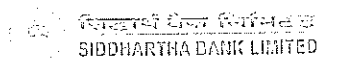
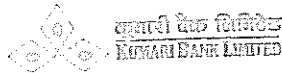
भविष्यका के हुन्छ कसैलाई पनि थाहा छैन । तर आजको बचतले भोलिको गर्जो भने अवश्य टर्छ । त्यसैले आफ्नो आम्दानीको केही भाग बचत गर्नुहोस् । यस्तो बचत बैंकहरूमा राख्नुहोस् । बैंकमा तपाईंको साँवा सुरक्षित रहन्छ, व्याज थप पाईन्छ ।

वित्तीय सहयोगका लागि बैंक

उद्योग व्यवसाय नै तपाईंको उन्नतिको मूल कारण हो । सीप र जाँगर भएर पनि पैसाको कारण उद्योग व्यवसाय गर्न पाउनु भएको छैन भने आजै नजिकको बैंकमा सम्पर्क राख्नुहोस् । बैंकले उद्योग खोल्न कृपि र सेवा व्यवसाय गर्न, भएका उद्योग व्यवसायलाई आधुनिकीकरण वा विस्तार गर्न तथा बन्द-ध्यापार गर्न समेत सरल व्याजमा ऋण सहयोग उपलब्ध गराउँछ । यस्तो सुविधाका लागि कुनै पनि बैंकमा सम्पर्क राख्नुहोस् ।



वैकिङ्ग प्रवर्द्धन समिति
नेपाल राष्ट्र बैंक





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ROTARY CLUB OF PATAN

CONGRATULATIONS & FELICITATIONS!

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ALSO WISH SUCCESSFUL & HISTORICAL TENURE



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January
Garnet



February
Amethyst



March
Aquamarine



April
Crystal



May
Emerald



June
Alexandrite



July
Ruby



August
Peridot



September
Sapphire



October
Rose Zircon



November
Topaz



December
Blue Zircon



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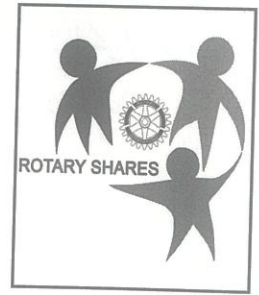
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Past president of Rotary Club of Patan



Rtn. S.R. Sharma
1985-87



M.L. Kayastha
1987-89



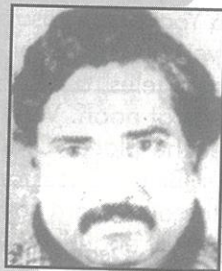
Rtn. B. R. Prasai
1989-90



Rtn. P. P. Prasai
1990-91



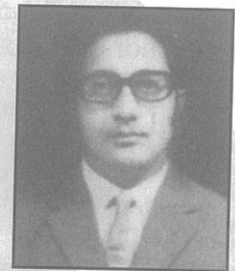
Rtn. H. R. Bajracharya
1991-92



Rtn. B.K. Mainali
1992-93



Rtn. B.B. Bajracharya
1993-94



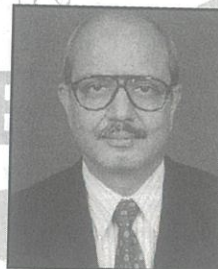
Rtn. S. SJB. Rana
1994-95



Rtn. T.M. Shakya
1995-96



Rtn. B.P. Dhital
1996-97



Rtn. R.R. Pandey
1997-98



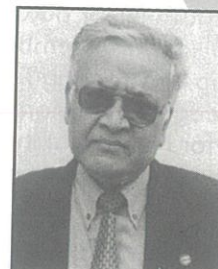
Rtn. T. Neupane
1998-99



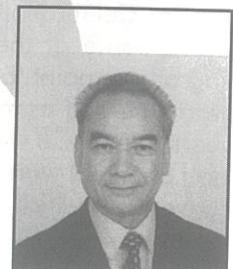
Rtn. Kamal Nyachhon
1999-2000



Rtn. Pushkar M Shakya
2000-2001



Rtn. Narayan G Halwai
2001-2002



Rtn. Yagya B Shrestha
2002-2003



Rtn. Shiva B. Rajbhandhary
2003-2004



Rtn. Dr. CP Maskey
2004-2005



Rtn. Gyanu R Shakya
2005-2006



Rtn. Ganesh R Shrestha
2006-2007



LALITDHARA SOUVENIR ISSUE

ROTARY...AWAY FROM HOME ... TRULY AN INTERNATIONAL FELLOWSHIP

Rotary ..A name familiar to millions of people who have benefited either through polio Program or Scholarship or Drinking water... Just name it and Rotary is there for the benefit of mankind wherever we go. Rotary - a service above self- is in the hearts and minds of millions of its members throughout the world.

Myself and my wife Anne Kamala Maharjan are thankful to Mr and Mrs Siba Bhakta Rajbhandari who had kindly introduced us to Rotary and to all the distinguished members of RC Patan who have kindly accepted us in the Rotary Community. We are grateful and we are honored as well as proud to be member of this truly International Community.

Since our association with RC Patan, we have been involved in various community projects and social gatherings which have really changed our life style and received self satisfaction in lending hands for a little bit better world with what little we could do.

Some of the experiences we have gain would not have been possible without Rotary such as: visiting various schools for distribution of scholarship programs; volunteer work for the Deaf and Dumb school; health camps in Godavari, Bandipur and Lukla. One of the most exciting and challenging events was the seven days trekking up to Thyangbonche where a joint club meeting was held to celebrate the Centennial Year at the highest hotel in the world looking over magnificent view of Mt Everest and Ama Dablam.

It was an amazing experience to learn that Rotary is doing so much in this world since last 100 years at the Rotary International Convention 2005 as Centennial Celebration in Chicago. Nearly 60,000 Rotarians some of them with all family members coming at one point for fellowship and sharing their programs as well as taking a pledge to do more in the years to come. It was a pride for Nepal that three projects of Nepal were presented to the delegates at the conventions which has really introduced Nepal to the world.

It is not only in home country but lot more could be internationally as Rotary is everywhere wherever we are visiting - a truly international fellowship for the cause of betterment of mankind and truly for the benefit of needy ones.

In 2000, we came in touch with one Rotarian at the EXPO 2000 Hannover. He invited us to his place and showed us the pictures of his numerous guests from his album.

During the past twelve months, we were away in the United States but we did not miss a single opportunity to attend Rotary meetings. At RC New York, Rtn. Harold Delong, who is one of the longest serving Rotarians and also one of the oldest serving persons in the hotel industry. His card shows "Mankind is Our Business". Very much interested to serve short term in Nepal. Some of the members of RC New York are already providing full scholarships to about 12 girl students. Rtn. Mat's card says "Rotary Global History Fellowship" authorized by Rotary International.

At RC Middlebury, Vermont, it was amazing to see the first picture of his presentation which was a picture of a Yogi at the Pasupatinath Temple. Dr Micheal had served in Nepal for sometime. About 25 km from Los Angeles, a Rotary Club with lots of Rotary Flags meets at noon. Very nice collection of flags from all over the place. One of the Rotarians of Texas card says "Be my Guest for Breakfast" every Thursday. One of the other card says "One World One Family". We feel truly engulfed by Rotary motto.

Our thirty year old dream to visit Bermuda since reading the book Bermuda Triangle, came true in 2006. During the visit we got the opportunity to visit R C of Pembroke, Bermuda which hold's Breakfast meeting at the Yacht Club of Bermuda - a fascinating place with sun rising through the numerous yacht poles from the blue sea. It became more memorable as one Rotarian who had been to Nepal talked about Rtn Ambika Shrestha. It made me feel homely.

The New York Rotary Club of U N meets ones every third week of the month on Wednesday at the German Consulate in front of the United Nations. It was nice to learn that some of the Rotarians of this club are those veteran members who were involved in the drafting of the Charter of the United Nations. It was an unforgettable fellowship.

As we see Rotary is truly world wide and every one is trying to promote Rotary with different slogans but for one cause - A better world to live in for today and days to come.

What we do today will have a great impact for our generation. Let us do at least one thing which will benefit the world and will be remembered.

Giving is a pleasure and receiving is the blessing. The little things we do makes a big difference. Lend a hand and save the world. Join Rotary.

Anne Kamala & Rtn Padam Lal Maharjan
2006/07 Director Community, RC Patan



We extend our
Best Wishes
for the
grand success
of
Rotary Club of Patan
on the 22nd
Installation Ceremony

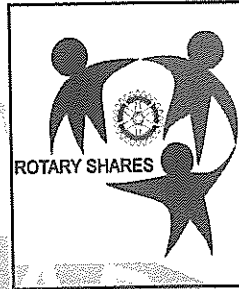
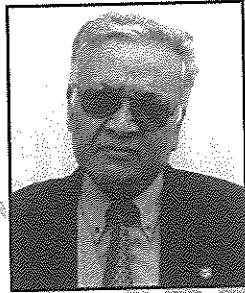


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PRAJAPATI EDUCATION ENDOWMENT FUND SCHOLARSHIP PROGRAM ANNUAL REPORT 2006-2007

By: Rtn. Narayan Govind Halwai, Assistant District Trainer
Coordinator, PEEF Committee



ACHIEVEMENT IN SCHOOL YEAR 2006-2007

In spite of nationwide strikes/bund, school closures/lockouts and fuel shortages, we have been able to distribute scholarships for both 1st and 2nd installments for School year 2006-07, school year starts in mid-April, and 1st installment for school year 2007-08 in this Rotary year. Table 2 shows the schools and number of recipients in each school in both school years and also total recipients in that particular school till date. Among the students receiving, about 58% are girls. A sum of Rs 800,000 have been distributed for scholarship in this year of which Rs 510,000 was for school Year 2006-07 and Rs 290,000 for 1st installment of school Year 2007-08.

Besides, scholarship program, PEEF have contributed Rs 216,000 (\$3,000) towards Matching Grant for construction of 26 units (each unit for 10-15 users) toilets in 18 schools, Rs 4500 to RYLA program and Rs 7000 for Vocational Award in this year.

PEEF's sources of income are from interest on fixed deposit accounts (trust funds deposited as fixed accounts) in financial institutions, annual contribution to PEEF and RCP contributions. A sum of Rs 712,967 was collected as trust fund in this year. The contributors in this reporting period are shown on Table -1.

Till date, a sum of Rs 3,751,379 has been collected towards trust fund, of which Rs 3,458,754 has been deposited as fixed deposit in Banks. Committed annual contribution amounted to Rs 291,890. The income/expenditure for School Year 2006-07 and 2007-08 is given in Table 3.

A meeting was held on 05 November 2006 among PEEF Committee members, Coordinators of Scholarship distribution Sub-Committees, President and invitees to interact on feed back during distribution of 1st installment of scholarship for year 2006-2007 and remedial measures on financial constraint due to contribution of Rs 210,000 to toilet. The meeting agreed to (a) discontinue scholarship to primary level students



Table 1

• Samijaouta Nepal	Rs 340,000	
• Late Kul Narayan Maharjan (Rtn Dr. Tulsi Maharjan' father)	Rs 103,200	(US\$ 1500)
• Madam Teresa Cruz	Rs 91,767	
• Dr. Sanjeeb Shrestha, USA (Anne Shanta Shrestha, IW Club)	Rs 60,000	
• Mr. Bijay Nath Bhattarai	Rs 15,000	
• Rtn. Ganesh Raj Shrestha	Rs 15,000	
• Rtn. Shreedhar SJB Rana	Rs 15,000	
• Rtn. Matsyendra Lal Kayastha	Rs 15,000	
• Rtn. Siba Bhakta Rajbhandary & Family	Rs 14,000	(\$200)
• Ms. Mary Pradhan, USA	Rs 14,000	(\$200)
Total	Rs 712,967	



Table 2 No of Schools and Scholarship Recipients

School and Address	No of Recipients		
	06 - 07	07 - 08	Till date
A1 Adarsha Kanya Niketan High Sec Sch, Mangal	17	17	36
A2 Adarsha Saral Secondary School, Nagbahal	16	16	29
A3 Bal Binod Secondary School, Na Tole	15	17	32
A4 Shree Chandi Secondary School, Nakbahil	15	16	32
A5 Mahendra Brikuti Sec Sch, Ekanta Kuna	13	15	33
A6 Pragati Siksha Sadan, Kopundole	15	18	33
A7 Tri Padma Vidyashram Sec Sch, Pulchowk	14	16	21
A8 Patan High School, Patan Dhoka	12	16	17
A9 Madan Smarak Secondary Sch, Pulchowk	12	17	19
B1 Adarsh Saula Higher Sec School, Bungmati	20	19	36
B2 Shree Rudrayani Secondary Sch, Khokana	20	20	29
B3 Shree Ganesh Lower Sec Sch, Dukuchhap	25	23	46
B4 Shree Chandi Primary Sch, Dukuchhap	15	-	-
B5 Shree Kali Devi Primary Sch, Dukuchhap	14	-	-
B6 Shree Chitra Kumari Prim. Sch, Dukuchhap	21	-	-
B7 Chhampi Devi Secondary School, Chhampi	12	16	134
C1 Shree Bal Kumari Sec School, Sunakothi	51	51	64
C2 Shree Saraswati Secondary School, Lele	17	17	29
C3 Shree Saraswati Secondary School, Thecho	16	18	38
C4 Shree Krishna Secondary School, Thapakhel	14	16	30
C5 Shree Udaya Kharka Sec Sch, Chapagaon	16	17	31
D1 Shree Bisankhu Sec School, GodamChour	18	20	31
D2 Path Pradrasak Low Sec Sch, Badikhel	11	12	25
D3 Kitini Higher Secondary School, Kitini	19	25	38
D4 Harishiddhi Secondary School, Harisiddhi	12	16	18
D6 Phulchowki Secondary School, Thaiba	11	15	16
E1 Shree Mahendra Adarsh Sec School, Imadol	19	19	34
E2 Shree Mahendragram Sec School, Tikathali	20	21	27
E3 Shree Siddhimangal Sec School, Sano Gaon	18	18	33
E4 Lubhu Secondary School, Lubhu	12	16	16
Discontinued in other 21 schools till date	-	-	205
Grand Total	510	506	1133

effective from 2nd installment, (b) increase minimum amount of scholarship to Rs 1000 a year from existing Rs 800 a year effective from school year 2007-08, (c) provide replacement of students who failed or left the school, but the replacement should be from Class 6 only, so that number of students receiving scholarship in a school is not reduced.

HUMBLE START & ENCOURAGING GROWTH

Dr. Tulsi Maharjan, RC Branchburg, USA initiated the endowment fund with a contribution of Rs 10,000 during his visit to club on 20 July 1990 whereas other club members and visitors contributed Rs 13,000. The fund grew remarkably with the effort of Late Prajapati Prasai and the fund was named after him on 06 September 1999. Growth of Trust fund and annual contribution are shown in Figures 1 and 2. The list of sponsors and number of students sponsored are presented in Table 3. The growth of students receiving scholarship is shown in Figure 3.

We humbly request all the Rotarians to support our education program. One time contribution of Rs

15,000 (US\$ 225) and annual contribution of Rs 1200 (US\$ 20) supports a student to be educated. The scholarship does not bear full cost of schooling but supplements their parent's educational expenses.

Fund Management and Selection Procedure PEEF is managed by a committee constituted by the President. All the funds collected are deposited in financial institutions approved by the Board of Director, trust funds in fixed deposit and annual contribution and interest from fixed deposits in saving account. All accounts are operated by any two of the President, Secretary and Treasurer. The Committee and the Treasurer together produce the financial status regularly. Annual budget is produced and duly approved by the Board. 4 students are selected for scholarship in Class 6 every year and they will continue to receive it till they complete the school (Class 10) unless they fail or left school. Additional students are selected in class 6 to replace those who failed or left the school. Modest sum is provided as scholarship to supplement the parents to meet the educational expenses. Three categories of scholarships are provided based on their performance



Table 3 Income/Expenditure for School Year 2006-07 and 2007-08

Income			Expenditure		
As of 20 May 07	Description	Budget 2007-08	On 20 May 07	Description	Budget 2007-08
195,055	Interest	380,000	510,000	Scholarship	578,500
121,854	Saving Acc	330,000	216,000	Toilet proj	
128,806	Receivables	10,000	4,500	RYLA	
	New Fund	65,000	7,000	Voc Award	7,000
292,625	Loan		840	Admin	
		785,000	738,340	To Loan	199,500
738,340	Total			Total	785,000

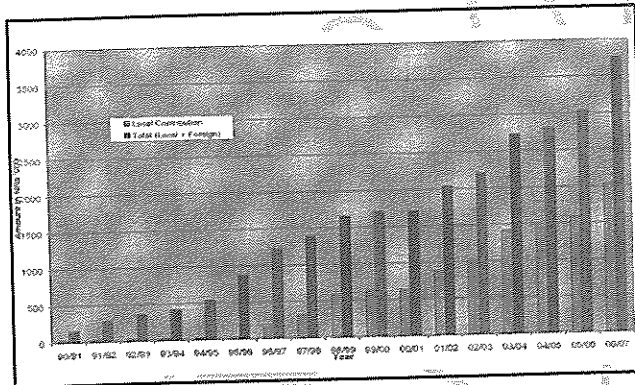


Figure 1 Trust Fund

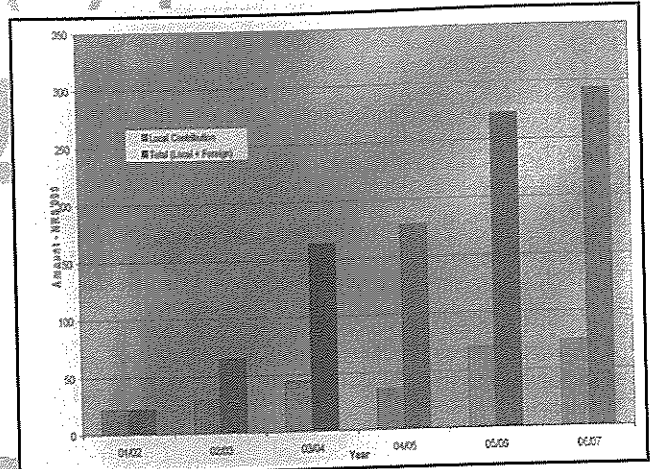


Figure 2 Annual contribution

in the annual examination of previous year – Rs 1500 a year for scoring 70% and above, Rs 1200 for 50% and above but less than 70% and Rs 1000 for less than 50%. Scholarships are provided in 2 installments.

The headmaster is requested to submit names of 8 students in Class 6, from economically deprived families by filling up form seeking information on family size, earning members and their job, facilities at home etc. for each student. The Club members visit the school and interview all 8 students and selects 4 for scholarship based on :

- father or mother left the home or dead
- earning members engaged in low paid jobs and large family to support
- less facilities as TV, radio, telephone, bicycle, etc. at home
- unable to pay tuition fees, buy books, copy, stationeries, tiffin and school dress.

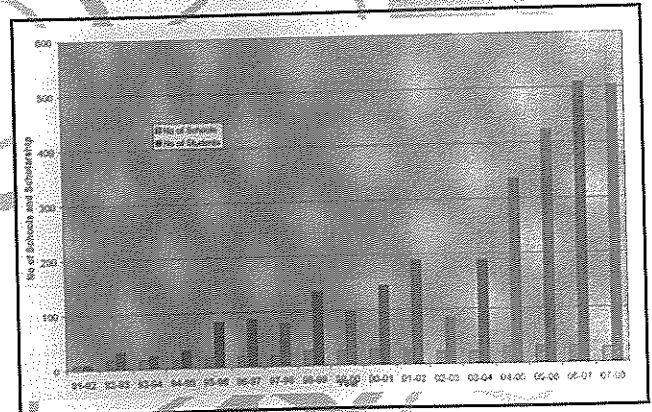


Figure 3 School and student

Each student has been provided code number and his/her sponsor is provided the receipt of the student receiving scholarship which also includes marks scored in the previous examination. PEEF is involving the Rotaract Club members for scholarship distribution and plan to handover the PEEF activities to them in future.

Future Goal

PEEF dream is to provide scholarship to 1000 students annually. A school will normally have 20 students receiving scholarship, 4 each in class 6 to 10. The goal is to provide scholarship in 50 schools. As it is currently being provided to 27 schools only, it needs to be expanded to new schools, preferably outside

the valley if Rotarians take the responsibility of managing it.

There is demand for increase in scholarship amount which is possible only with substantial increase in resource mobilization. Beside, PEEF plans to improve physical facilities in schools by providing library, toilet, furniture, and computer facilities and class room extension in schools with ongoing scholarship program.

Support The RCP Education Program. One time contribution of Rs 15,000 (\$215) or an annual contribution of Rs1200 (\$18) enables to provide education to a children from an economically deprived families, otherwise he/she would have dropped out of school.



Future Program

RCP have set a target of distributing scholarship to 1000 students who are economically deprived. It is planned to add 4 new students in Class 6 in each school and to introduce the program in new schools. PEEF has been mobilizing resources to improve the computer, library, toilet, furniture and physical facilities in schools by preparing proposals, exploring international partners and applying for Matching Grants.

Selection of Students for Scholarship

Since primary education is free and the dropout rate after completing primary school level is high, scholarships are provided to lower secondary and secondary school student. They are selected in Class 6 and continue to receive scholarship till Class 10 when they take SLC examination; they must not fail

in any class. Selection is made by a team of Rotarians from among the students recommended by the school authorities, after a thorough interview process. Eligibility criteria includes –

- students with large size family with more children
- orphans or loss of one of the parents
- low income parents-working as laborers, tradesmen and other paid job and
- students unable to pay school fees, buy books, stationary and school uniform.

Issues Identified

There is concern on the scholarship sum being too small, a mere Rs 100/month. It is argued that the scholarship is just a supplementary and need not be adequate to cover all the expenses required for education of a child.

Table 3. Prajapati Education Endowment Fund - Sponsors and Number of Students Sponsored

SN	Sponsor	Amount	Stud No
A. Members of Rotary Club of Patan			
1	RCP PEEF and Vocational Fund	459,074	108
2	Rtn Siba B Rajbhandary and Family	120,375	9
3	Rtn. Sharda Prasai	100,000	7
4	Rtn. Matsyendra Lal Kayastha	92,500	6
	Rtn. Matsyendra Lal Kayastha - Annual	6,000	5
5	Rtn. Shreedhar Acharya	71,000	5
6	Rtn. Narayan Govind Halwai	68,750	5
7	Rtn. Kamal Mani Dixit	32,500	2
8	Rtn. Ganesh Raj Shrestha	45,000	2
9	Rtn Santa Kumar Shrestha	25,111	2
10	Rtn KB Basnet for Late Yasodhara	15,000	1
11	Rtn Chandra P Maskey, Dr	15,000	1
12	Rtn Chirinjibi Acharya	15,000	1
13	Rtn. Bhism R Prasai	15,000	1
14	Rtn. Kamal B Nyachhyon	15,000	1
15	Rtn. Kedar Bhakta Shrestha	15,000	1
16	Rtn. Madan Rai	15,000	1
17	Rtn. Prakash R Regmi	15,000	1
18	Rtn. Rabendra R Pandey	15,000	1
19	Rtn. Suresh Lakhe	75,000	5
20	Rtn. Tirtha M Shakya	15,000	1
21	Rtn. Tulsi Neupane	15,000	1
22	Rtn Gyanu R Shakya	15,000	1
	Rtn Gyanu R Shakya - Annual	1,200	1
24	Rtn Padma Maharjan (Late Lanthakuvn)	15000	1
	Rtn. Shreedhar Shumsher JBR	15000	1
25	Rtn. Bharat N Joshi - Annual	1,200	1
28	Rtn. Chandra S Gyawali - Annual	6,000	5
	Rtn Bhim B Kshetry - Annual	2,400	2
29			2
30	Rtn. Jamuna K Tamrakar - Annual	2,400	2
31	Rtn Puskar Shakya - Annual	2,400	2
32	Rtn. Krishna Bahadur Pradhan - Annual	1,200	1
33	Rtn Yagya B Shrestha - Annual	2,400	2
34	Rtn. Piyush Bajra Bajracharya	2,400	2
	Rtn. Keshab Bhakta Mathema	6,000	1
35			1
36	Sub-total A. (RCP Members)		188
B. Foreigner			
1	Mr. Andre Gilloz, Switzerland	453,290	30
2	Mr Georges A Cucndet, Switzerland	381,227	25
3	Ms Veera & Mr C Trachaz, Switzerland	149,980	10
4	DG Amitav Mukerjee, India	39,500	3
5	Rtn. Tulsi L Maharjan, USA	35,585	2
6	Mrs. Ines Ramaut, Belgium	28,488	2
7	Mrs. Mary Pradhan, USA	25,670	3
8	PDG Rtn. Shekhar Mehta, India	25,000	2
9	Madam Teresa Cruz, Portugese Consular	112,767	7
10	Mr Patric & Mrs Martine, Belgium	13,972	1
11	Mrs Deepa Hada Rustum, USA	47,320	3
12	Rtn. Robert Rose & Anne Gina, USA	15,000	1
13	Susan Sola, USA	28,848	2
14	Mr. Yakshya B. Matla, USA	15,094	1
15	Mr. Keits Smith, Australia	15,000	1
16	Ms Rita Jefer Weber, Switzerland	11,000	1
17	Mr. S. Muramoto, Japan	10,000	1
18	Mr. Andre De Jonckheere, Belgium Consular	10,000	1
19	Ms. Linda Starodub, USA	9,433	1
20	Mrs. Richard C. Goldman, USA	7,547	1
21	Rtn. Jim Sinclair, USA	6,997	1
22	Rtn. Shiyo Kaju Netsu, Japan	5,000	1
23	Mr. Shreedhar Shrestha, USA	3,773	1
24	Season Shrestha, USA	10,388	1
25	Prem Raja Mahat, USA	10,388	1
26	Rajendra Shrestha, USA	10,388	1
27	Sanjeeb & Soni Shrestha, USA	10,388	1
28	Dr. Sanjeeb Shrestha, USA (IW Club)	60,000	4
29	Late Kul Narayan Maharjan (Rtn. Tulsi's Father)	148,000	10
30	Obi & Vibha Joshi, USA	4,400	1
31	Bikram B Kshetry (Rtn Bhim) - Annual	9,600	8
32	RC BranchBurg, USA - Annual	36,000	30
33	Late MR Manandhar (Rtn Tulsi) - Annu	36,275	31
34	On Top of the World, UK - Annual	79,115	61
35	Newa Pasha Pucha, USA - Annual	11,250	7
36	Late Hari B Dongol (Rtn Tulsi) - Ann	11,250	7
	Sub-total B. (Foreigners)		262
C. Nepalese Non-RCP member			
SN	Sponsor	Amount	Stud No
1	Rtn. Dr. Anil Shrestha	2,400	2
2	Khagendra Piyush Edu Guthi (Rtn. RR Pande) - Annual	6,000	5
3	Khagendra Piyush Education Guthi (Rtn. RR Pande)	15000+	1
4	Late Bhumati Devi Dongol (Anne CL Kayastha) - Annual	1,200	1
5	Hari Bhakta Joshi	Discontinued	
6	Summit Hotel	Discontinued	
7	Bihari K Shrestha	Discontinued	
8	Samjhouta Nepal	340,000	22
9	Inner Wheel Club of RCP	140,000	10
10	PDG Rtn. T Manekshaw	25,001	2
11	Rtn. Dr. Prachanda Pradhan	30,000	2
	Late Rtn. Ram Singh Thapa	15,000	1
12	Saheed Dharma Bhakta Mathema (Rtn Renu)	15,000	1
13			
SN	Sponsor	Amount	Stud No
14	Bijay N Bhattarai	15,000	1
15	Late Krishna B Dongol (Rtn. ML Kayastha) - Annual	1,200	1
16	Late Krishna Lal Kayastha (ML Kayastha' Father)	15,000	1
17	Late Amrit Kumari Kayastha (ML Kayastha' Mother)	15,000	1
18	Anne Chandra Lekha Kayastha	15,000	1
19	Anne Munu Rajkarnikar	15,000	1
20	Late Rtn PP Prasai	14,000	1
21	Rtn. Moti L Shilpakar	10,000	1
22	Om Rajbhandary	6,000	
23	Vishnu P Dhital	6,000	
24	Rtn. Karna B Shakya	15,000	1
	Sub-total C. (Nepalese Non-RCP member)		56
	Total A + B + C		506





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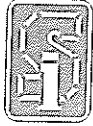
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SWIFT: NSIBNP33

Durbar Marg, New Branch (Tel No. 453387), New Road Branch (Tel No. 441419), P.O. Extension Counter, KTM (Tel No. 443549), Bhanu Branch (Tel No. 651-51542), Business Branch (Tel No. 211-51526), Business Branch (Tel No. 211-590481), Pashan Branch (Tel No. 61-535389), Bhairahawa Branch (Tel No. 071-521471), Dharan Branch (Tel No. 015-836370), Subansiri Branch (Tel No. 61-550003), Jhapa Branch (Tel No. 031-535861), P.O. Extension Counter, Pokhara (Tel No. 61-512826), Rampur Branch (Tel No. 051-533343), P.O. Extension Counter, Dharan (Tel No. 025-524835), Bawal Branch (Tel No. 011-546788), Itan Branch (Tel No. 4302516), Cgd Bagan (Tel No. 61-534535)



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Fax: 071-55941

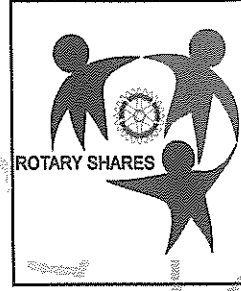
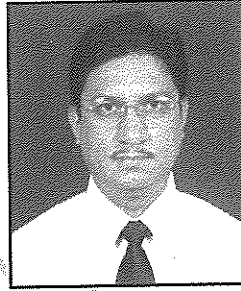
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के रक्सीले मुटुलाई फाइदा गर्छ ?

- डा. प्रकाश राज रेग्मी



रक्सीले मुटुलाई बलियो बनाउँछ, यस कारण मुटुका रोगीहरूले रक्सी पिउनु पर्छ भने धारणा सर्वसाधारणमा परेको देखिन्छ। हार्ट अट्याकबाट बच्न दैनिक रक्सी पिउनु पर्छ भन्ने खालका सन्देशहरू विभिन्न लेख रचनाहरूमा बेलाबखत प्रकाशित हुने गरेको पनि भेटिन्छ। रक्सी पिउनु हुन्छ वा हुँदैन, यसबाट फाइदा बेफाइदा के हुन्छ, यदि पिउनु हुन्छ भने कति मात्रामा पिउनु सुरक्षित हुन्छ भन्ने जिज्ञासाहरू धेरै नै व्यक्तिहरूमा रहेको पाईन्छ।

रक्सी नशालु पदार्थ हो। विश्वको चारै कुनामा यसको अत्यधिक सेवन भैरहेको छ। रक्सी पिउने चलन परापूर्व काल देखिको हो। रक्सी नपिउने मानिस एकलो जस्तो हुन्छ। अनी रक्सी नराखिएको भोज खल्लो जस्तो हुन्छ। रक्सीमा ठूलो शक्ति छ। यसले मान्छेलाई पशु बनाउन सक्छ, पारिवारिक सम्बन्धलाई तोड्न सक्छ, समाजलाई नष्ट पार्न सक्छ साथै मान्छेको शरिरको अंगप्रत्यङ्गलाई क्षतविक्षत पार्न सक्छ। रक्सी थोरै खाए औषधी हुन्छ, धेरै खाए विष हुन्छ। भिटामिन लगायत कतिपय औषधीहरूमा थोरै मात्रामा रक्सी मिसाईएको पनि हुन्छ। रक्सी पिउने जति सबैले अनुभव गरेके हुनुपर्छ कि थोरै पिउदा सम्म मन खुशी र आनन्दको अनुभूति हुन्छ, भने धेरै भएपछि चक्कर लाग्ने, टाउको दुख्ने, वान्ता हुने र बेहोस हुने हुन्छ। रक्सीले शरिरलाई प्रत्यक्ष रूपमा असर पाछे।

रक्सी (अल्कोहल) वियर, वाइन, रम, जिन, भोड्का, ब्राण्डी, ट्विस्की जस्ता पेय पदार्थहरूमा पाइन्छ। यी पेय पदार्थहरू मध्ये वियर, वाइन खादीमा अल्कोहलको मात्रा कम रहेको हुन्छ भने रम, जिन, भोड्का, ब्राण्डी र ट्विस्की आदीमा अल्कोहलको मात्रा बढी हुन्छ।

पेय पदार्थ	रक्सीको मात्रा
वियर	३-८%
वाइन	८-१२%
रम	४०-४५%
जिन	४०-४५%
ब्राण्डी	४०-४५%
भोड्का	४०-४५%
ट्विस्की	४०-४५%

गिलासमा राखि हातले समाई मुखबाट पिए पछि रक्सी सोभै पेटमा पुग्छ। पेटबाट सासिए पछि यो रगतमा मिसिन्छ र बग्दै शरिरको सबै भागमा पुग्दछ। रगतमा रहेको अल्कोहलको मात्रा जति जति बढ्दै जान्छ यसले दिमाग र स्नायू प्रणालीलाई त्यति नै नकारात्मक प्रभाव पार्दै जान्छ। रक्सीले सबैभन्दा पहिलो असर पार्ने अङ्ग दिमाग हो र त्यसपछि मुटु र कलेजो हुन्।

रगतमा अल्कोहलको मात्रा

<50mg/dL

50-100 mg/dL

100-150mg/dL

350 mg/dL

500 mg/dL

mg = मिलिग्राम / dl = डेसिलिटर

दिमाग र स्नायू प्रणालीमा पर्ने असर

दिमाग उत्तेजित हुने, मन र माउन्

टाउको दुख्ने (न्यून विषाक्त असर)

बोली लटपटिने, शारिरीक सन्तुलन गुमाउने, उल्टी हुने,

दृष्टी बिग्रने

बेहोस हुने

मृत्यु हुन सक्ने

रक्सीलाई पचाउने कार्य कलेजोले गर्छ। कलेजोमा रक्सी जम्मा हुँदै टुक्रिदै जल्दै जान्छ। यस क्रममा प्रशस्त उर्जा उत्पन्न हुन्छ जुन खर्च नभएको खण्डमा बोसोमा परिवर्तन भई कलेजो, रक्तनलिरु र मुटुमा जम्मा हुन पुग्छ। रक्सीलाई पचाउन कलेजाले धेरै जोडतोडका साथ काम गर्नुपर्ने हुन्छ। लगातार काम गरिरहनु पर्दा कलेजो थाक्छ, त्यहाँ बोसो जम्मा हुँदै जान्छ, कलेजो नष्ट हुँदै जान्छ, अनि लिभर सिरोसिस र लिभर फेलिएर हुन पुग्छ। रक्सी मुख्यतया कार्बोहाइड्रेट हो यस कारण यसबाट शरिरलाई प्रशस्त क्यालोरी प्राप्त हुन्छ। यो शरिरका लागि शक्तिको सजिलो श्रोत हो जसले शरिरको तौल बढाउछ।

कुन रक्सीले कति क्यालोरी (शक्ति) दिन्छ ?

रक्सीको किसिम	मात्रा	क्यालोरी
वियर	२५० मि.ली. (१ गिलास)	१२२



ब्रान्डी	३० मि.लि. (१ पेग)	९८
जिन	३० मि.लि. (१ पेग)	८४
रम	३० मि.लि. (१ पेग)	९८
ह्वीस्की	३० मि.लि. (१ पेग)	९१
रेड वाइन	१०० मि.लि. (१.५ गिलास)	८२
सेतो वाइन	१०० मि.लि. (१.५ गिलास)	७५

रक्सीको अत्यधिक सेवनले स्वास्थ्यलाई हानी पुऱ्याउँछ। यसको अत्यधिक सेवनबाट कलेजोको रोग (Liver Cirrhosis), दिमागको रोग (Stroke), मुटुको रोग (Hypertension, Cardiomyopathy), क्यान्सर, Pancreas ग्रन्थीको रोग, दुर्घटनाहरु, आत्महत्याहरु, पागलपन आदी हुन सक्छ।

हामीले रक्सीले मुटुमा पर्ने असरका बारेमा कुरा गर्दा रक्सीको मात्राको कुरा गर्छौं। थोरै देखि ठिक मात्रामा पिउँदा फाइदा हुन्छ। धेरै मात्रा पिएमा बेफाइदा हुन्छ भन्ने गर्छौं। कति मात्रालाई थोरै र कतिलाई धेरै भन्ने ?

दैनिक १ बोतल वियर अथवा १ गिलास (२५० मि.ली.) वाइन अथवा ६० मि.लि. हार्ड ड्रिन्स (भोडका, ट्विस्की) पिउनुलाई ठिक मात्रा भन्ने गरिन्छ। दैनिक यो भन्दा कम लिनेलाई थोरै र धेरै लिनेलाई बढी मात्रा भनिन्छ। यो मापदण्ड ४० वर्ष काटेका पुरुषहरुका लागि हो। महिलाहरुका हकमा कुरा गर्दा यसको ठिक आधा मात्रा हिसाव गर्नुपर्छ। पुरुषको तुलनामा महिला शरिर सानो र कमजोर हुने हुनाले रक्सीको असर महिलाहरुमा पुरुषमा भन्दा बढी हुन्छ।

यो मापदण्ड अमेरिकन र युरोपियनहरुले बनाएका हुन् जुन हामी नेपालीहरुलाई लागु नहुन पनि सक्छ। तर, वैज्ञानिकहरुले रिसर्च गरेर पत्ता लगाएको तथ्य यो हो कि थोरै देखि ठिक मात्रामा पिएको खण्डमा रक्सीले मुटुलाई फाइदा पुऱ्याउँछ। तर धेरै भएको खण्डमा यसले मुटुलाई निकै नै क्षति पुऱ्याउँछ।

रक्सीबाट मुटुलाई पुग्ने फाइदाहरु

ठिक मात्रामा पिएको खण्डमा रक्सीबाट मुटुमा सकारात्मक असरहरु पुग्न सक्छ। यसको सेवनले बढेको रक्तचापलाई घटाउँछ। रगतमा राम्रो कोलेस्ट्रॉल (HDL Cholesterol) लाई बढाउँछ, जसबाट हृदयघात हुने संभावना कम हुन्छ। यसैगरी Antioxidant को काम गर्छ, जसका कारण रक्तनलीहरु साँगुरिने क्रम घट्न गई हृदयघातको संभावना कम हुन्छ। रगतको जम्ने प्रवृत्तिलाई कम गर्छ। जसका कारण हृदयघात, एण्जाइना आदीलाई घटाउँछ। साथै मुटुबाट हुन सक्ने आकस्मिक मृत्युलाई कम गर्छ।

रक्सीबाट मुटुलाई पुग्ने बेफाइदाहरु

धेरै मात्रामा पिएको खण्डमा अथवा पिउन नहुनेहरुले थोरै मात्रामा मात्र पनि पिएको खण्डमा रक्सीबाट मुटुलाई

बेफाइदा पुग्न सक्छ। यसको रक्तचापलाई बढाउँछ, मस्तिष्कघात (स्ट्रोक, प्यारालाइसिस) गराउँछ, मुटु सुन्निने र राम्रोसँग पम्प गर्न नसक्ने अवस्था (Alcoholic Cardiomyopathy) हुन्छ।

यसैगरी मुटुको धड्कनमा गडबडी उत्पन्न भई हार्टफेल (Holiday heart Syndrome) हुन सक्छ। गर्भवती महिलाले रक्सी पिएको खण्डमा विकृत मुटु भएको बच्चा जन्मन सक्छ। साथै रगतमा यूरिक एसिड र ट्राईग्लाइसेराइड बढाउँछ।

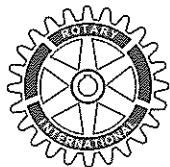
यसको अलावा रक्सीले आन्द्राको क्यान्सर र महिलाहरुमा स्तनको क्यान्सर हुने संभावना बढाउँछ। रक्सीको सेवनबाट मुटुलाई केही फाइदा हुने कुरा वैज्ञानिकहरुले प्रमाणित गरिदिएको हुनाले के मुटु रोगबाट बच्न सबैलाई रक्सी सेवन गर्ने सल्लाह दिनु उचित होला त ? अवश्य पनि उचित होइन। रक्सीको सेवन सम्बन्धमा म यस प्रकारको सल्लाह दिन चाहन्छु :

१. रक्सी नपिउने गरेकाहरुले रक्सी पिउन शुरु नगरेको वेश हुन्छ।
२. २० वर्ष उमेर नपुगेका पुरुष महिला कसैले पनि रक्सीको सेवन नगर्नु उचित हुन्छ।
३. गर्भवती महिलाले रक्सी सेवन गर्नु हानीकारण हुन्छ।
४. कलेजो, Pancreas ग्रन्थी, मधुमेह, उच्च रक्त ट्राईग्लाइसेराइड, यूरिक एसिड, मिर्गौलाको रोग, क्यान्सर, अल्सर आदी भएकाहरुले रक्सी पिउनु अत्यन्त हानिकारक हुन्छ।
५. मुटुका रोगीहरुको सम्बन्धमा बाथ मुटुको रोग, मुटु सुन्निने रोग (Cardiomyopathy), जन्मजात मुटुको रोग, मुटुको धड्कनको गडबडी भएकाहरु, रगत पातलो पार्ने औषधीहरु (warfarin, Acitrom) खाई र खेकाहरुले रक्सीको सेवन गर्नु हुँदैन।
६. उच्च रक्तचाप, कोरोनरी मुटुको रोग, हृदयघात, उच्च रक्त कोलेस्टेरोल आदी भएकाहरुले थोरै देखि ठिक मात्रा सम्म रक्सी पिउँदा फाइदा हुन्छ।
७. शरीरको तौल घटाउन चाहनेले रक्सी पिउनुहुँदैन।

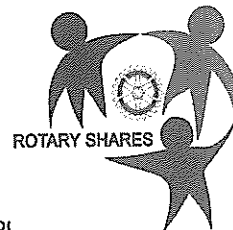
हुन त रक्सीहरु मध्ये रेड वाइनको मुटुलाई सबैभन्दा बढी फाइदा गर्छ भनिन्छ तर रिसर्चबाट यो पत्ता लागेको छ कि मुटुमा पर्ने असर सबै प्रकारका रक्सीबाट एकै हो। रेड वाइनमा अरु रक्सीहरुमा भन्दा एण्टी अक्सीडेण्ट प्रवृत्ति बढी हुन्छ, जसका कारण मुटुका रक्तनलीहरुमा कोलेस्टेरोल जम्मा भई साँगुरिने गतिमा कमी आउन सक्छ।

रक्सीबाट मुटुलाई केही फाइदा छ भन्ने निहँमा रक्सी पिउने वानीको विकास नगरी रक्सी पिउन कसैलाई पनि प्रोत्साहित नगरी यहि नै मेरो सबैका लागि अनुरोध छ।





MEMBERS OF ROTARY CLUB OF PATAN



Joint Secretary

Acharya Shreedhar (PHF)
Classification: Hotelier
Add: Godavari Village Resort
Res: Kopundole, Lalitpur-10.
Ph: (O) 5560675, 5521780, (R) 5531015
Born: 14 Jun; Wed: 11 Falgun
Anne: BHAWANI,
Jain: 1998, Serv: Sgt. JS, D
E-mail: godavari@godavari.wlink.com.np



Member

Gyawali Lor
Classification: Trekking Agent
Add: Nepal Trek House
Ph: (O) 5522871
(R) 5521311; Fax: 5524139
Born: 12 Nov; Wed: 30 Jan
Anne: SANGITA, Serv: Sgt, Join: 1986
E-mail: info@nbe.com.np
www.nbe.com.np



Past President

Bajracharya Bijay (MPHF)
Classification: Gemologist
Add: Gems Jewellery Industries (P) Ltd.
Ph: (R) 5521525, 5524586 (O) 5529452
Fax: 5526738
Born: 23 Aug Wed: 2 Mar
Anne: RAJANI; Serv: P. VP. D.
Join: 1986
E-mail: bj@csl.com.np



Past President

Halwai Narayan Govind (PHF)
Classification: Civil Engineer
MEH Consultants (P) Ltd.
Add: 290, NK Singh Marg,
Baneshwar, Kathmandu
Ph: (O) 4477634, 4491415
(R) 5521364 Fax: 4491387
Mobile: 9851024556
Born: 4 Oct; Wed: 6 June
Anne: MUNU; Serv: S, D, P, AG
Join: 1987
E-mail: narayan.halwai@gmail.com



Com. Service Director

Bajracharya Piyush Bajra (PHF)
Classification: Ayurvedic Medical Practitioner
Add: Pyushbarshi Aushadhajaya,
Res: Jwagal, Kopundol-10, Lalitpur
Ph: (O) 4223960 (R) 5529640
(M): 9851013388
Born: 12th December, Wed:
Anne: RAMITA,
Join: 2005
Email: piyush@ntc.net.np



Treasurer

Joshi Bharat Narsing (PHF)
Classification: Financial Analyst
Premier Finance Co. Ltd.
Manbhawan, Lalitpur
Ph: (R) 5521126, 5 521223 (O),
Mob. 9851023195
Born: 16 June; Wed: 25 Feb.
Anne: MEERA; Join: 2003
Email: Premierfinance@info.com.np



Int.Serv. Director

Basnyat Krishna Bahadur (PHF)
Classification: Insurance
Add: Sagarmatha Insurance Co.
Res: Manbhawan, Jawalakhel.
Ph: (O) 4240896, 4247941
Ph: (R) 5534341, Fax: 4247947 Mob. 9851024313
Born: 8 July; Join: 2000, Serv D
Email: sagarmatha@insurance.wlink.com.np



Member

Kshetry Bhim Bahadur (PHF)
Classification: Food Distribution
Res: Kopundole, Lalitpur-10.
Ph: 5521661
Born: 4 Feb; Wed: 5 Mar
Anne: VIJAYA, Serv: T, JS, D
Join: 1999



Editor

Dixit Kamal Mani (MPHF)
Classification: Sen Active
(Belles Lettres)
Add: Madan Puruskar Pustakalaya
Shree Durbar Tale, Lalitpur, Nepal
Ph: (O) 5521014, (R) 5536338,
Mob. 9851022942
Born: 2 Sep; Wed: 11 June
Anne: ANJU; Serv: D; Sgt,
Join: 1986
Email: kamal@mpp.org.np



Past President

Kayastha Matsyendra Lal (MPHF)
Classification: Architect
Add: Mr. & Mrs. ML Kayastha & Associates
Ph: (O) 5523758
Ph: (R) 5524626 Fax: 5524758
Born: 25 May; Wed: 7 July
Anne: CHANDRA LEKHA
Join: 1984, Serv: P. S. AG
E-mail: mlkayastha@wlink.com.np



Member

Gyawali Chandra Sekhar (MPHF)
Classification: Hotelier
Add: Narayani Hotel
Ph: (O) 5522871
Ph: (R) 5521311; Fax: 5524139
Born: 14 Nov; Wed: 20 Jan
Anne: BULU Serv: VP,
Join: 1986
E-mail: info@nbe.com.np
www.nbe.com.np



Member

Lakhey Suresh Chandra (PHF)
Classification: Economist
Res: Sanepa, Lalitpur-1, Nepal.
Ph: (R) 5529878
Born: 15 Aug; Wed: 11 May
Anne: JANAKI Serv: D.
Join: 1986

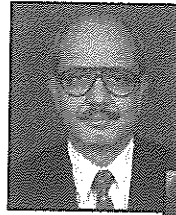




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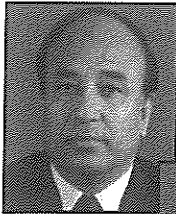
Maharjan Padam Lal (PHF)
Classification: Electronic Engineer
Add: Ichakhel Panga Ward # 12
PO Box: 6562, Kathmandu Nepal
Ph: 4331236 Mob: 9841348337
Born: 13th Feb, Wed: 29th April
Anne: KAMALA, Serv: D,
E-mail: padam132@yahoo.com



Past President



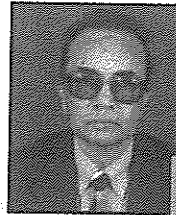
Pandey Rabendra Raj (MPHF)
Classification: Airline GSA
Add: Everest Express Tours & Travel (P) Ltd
Ph (O): 4220759, Mob: 9851020174
Fax: 4226795 (O) 5521652 (R)
Born: 14 Dec; Wed: 19 Feb
Anne: CHANDRA LEKHA
Serv: D, VP, P, AG
Join: 1990
Email: rrpandey@everest-express.com.np



President



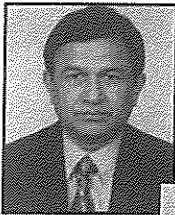
Mathema Keshab B. (PHF)
Classification: Social Development
2/128 Dhokadol, Sanepa, Lalitpur
Ph: 5529385; Mob: 9841282851
Born: 2 Jul; Wed: 30 Nov
Anne: SHANTI; Serv: D, VP, PE
Join: 1998
E-mail: kmathema@wlink.com.np



Past President



Dr. Prasai Bhisma Raj (PHF)
Classification: Pathologist
Kopundole, Lalitpur.
Ph: 5521910
Born: 6 July; Wed: 16 Jan
Anne: Subhadra
Join: 1986 Serv: P
Email: brprasai@hotmail.com



Past President



Neupane P. Tulasi (PHF)
Classification: Economist
Res: Jhamsikhel, Lalitpur-3, Nepal.
Ph: (O) 5520597; Mob: 9851025865
(R) 5522320
Born: 20 Mar, Wed: 16 Jan
Anne: KAMALA; Serv: S. D. P
Join: 1986
E-mail: iptm@mail.com.np



Member

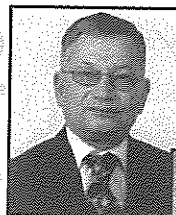
Prasai Sharda (PHF)
Classification: Travel Agent
Add: Natraj Tours & Travels (P) Ltd.
Ghanaghar, Kamladi
Ph (O): 4222014, (R) 4229277
Fax: 4227372
Born: 14 June; Wed: 1 Feb
Join: 1999, Serv: D, SG
Email: natraj@vishnu.ccsf.com.np



Past President



Nyachhyon Kamal Bahadur (PHF)
Classification: Heavy Textile Manufacturer
Add: Himat Tents (P) Ltd. (PIE)
Ph (O): 5522202, 5527202
Ph (R) 5526070, 5528836; Fax: 5527167
Mobile: 9851023354
Born: 15 Jan; Wed: 15 Feb
Anne: SULOCHANA; Serv: D, T, P
Join: 1986
Email: kamal@himaltents.com



Past President



Rajbhandary Siba Bhakta (MPHF)
Classification: Development Management
Add: Pulchowk, Lalitpur, Nepal.
Ph: 5526856 Fax: 5526856
Born: 11 June Wed: 8 Mar
Anne: MITHILA; Serv: D, S, VP, P DS, DT
Join: 1999
E-mail: siba@mos.com.np



Member



Pradhan Krishna Bahadur (PHF)
Classification: Educationist
Add: Tahachal, Kathmandu
Ph (O): 4270260
Ph (R): 4283939; Fax: 4284028
Born: 22 Aug; Wed: 7 May
Anne: SULOCHANA; Serv: D, SG
Join: 2000,
Email: pradhankris2005@gmail.com



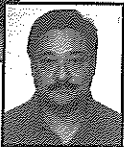
Club Service Director



Maj. Rai Biswa Nath (PHF)
Classification: Retired British Gurkha
Add: Ekantakuna Jawalakhel-13
PO Box No. 9545
Ph (R): 5530553, Mob: 9851057367
Born: 21 Aug; Wed: 26 Feb
Anne: SABITRI, Join: 2005,
email: biswanathrai@hotmail.com



Sergeant-at-Arms



Pradhan Satya (PHF)
Classification: Polysack
Add: Jagwal, Kupondole, Lalitpur-10
Ph (R): 5524478,
Mob: 9841222128
Born: 26 Falgun; Wed: 12 Mangsir
Spouse: DR. YASHO VARDHAN
Join: 2006
email: satyapradhan@hotmail.com



Member



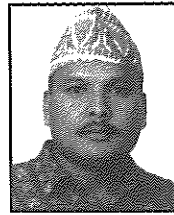
Rai Madan (PHF)
Classification: Seed Technology
Add: PO Box 334, Lalitpur, Nepal
Ph (R): 5570187, 5571143
Born: 18 July; Wed: 15 May
Anne: SUBHADRA,
Join: 1995, Serv: Sec
Email: manjil@manjil.wlink.com.np





Member

Rana Shree Dhar Shumsher (PHF)
 Classification: Ex - Serviceman
 Add: Sri Sadan, 3/386 Pulchowk,
 Lalitpur, Nepal
 Ph (O): 523915
 Ph (R): 541856; Fax: 521122
 Born: 16 Aug; Wed: 7 Falgun
 Anne: PADAM DEVI, Join: 1995



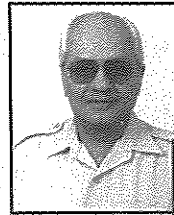
Vocational
Director

Shrestha Jeevan Kumar (PHF)
 Classification: Civil Engineer
 Add: Chakupat, Lalitpur
 Ph: (R) 5549059 Mob: 9851045085
 Born: 6 May; Wed: 23 Jun
 Anne: Gunu Join: 2006
 Email: shrestha.jeevank@gmail.com



Vice President

Dr. Regmi Prakash Raj (PHF)
 Classification: Cardiologist
 Lalitpur Heart Clinic
 Res: Dhobighat, Lalitpur
 Ph (O): 5536474 (R) 5525536
 Mob: 9851051170
 Born: 21 Ashad, Wed: 2 Baisakh
 Anne: UPASANA, Serv: D, S
 Join: 1990
 Email: prregmi@wlink.com.np



President-
nominee

Shrestha Kedar Bhakta (PHF)
 Classification: Past Service
 Res: Kopundole Heights, Lalitpur
 Phone: 5522207, Mob: 9851003833
 Born: 18 Jan; Wed: 15 Feb
 Anne: Shanta, Serv: D
 Join: 2006
 Email: kaybeeshan@hotmail.com



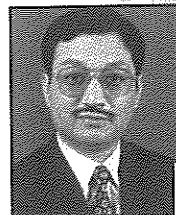
Past President

Sakya Tirtha Man (PHF)
 Classification: Legislative Drafting
 Chairman, Public Service Commission,
 Former Chief Secretary, HMG/Nepal
 Res: 17 Hakha Tale, Lalitpur-12, Nepal
 Ph (R): 5522467; (O) 4410910
 Mobile: 9851026534
 Born: 21 July; Wed: 14 Feb
 Anne: NANI SHOVA
 Serv: AG, P, VP, D Join: 1987
 Email: chairman@psc.gov.np



Member

Shrestha Khruschev (PHF)
 Classification: Soil conservation
 Add: Kopundole, Lalitpur
 Ph: © 5525886 Mo: 9851049924
 Born: 27th Fagun Wed: 14th Falgun
 Anne: KALPANA,
 Join: 2004 Serv: D, S
 Email: khruschevshrestha@yahoo.com



Past President

Shakya Gyanu Raj (PHF)
 Classification: Business Management
 Address: Vision Tours & Travels, Bakhundole,
 Pulchok
 Res: Hakha Tale, Lalitpur
 Ph(O): 5536421, 5010536 (R) 5524588,
 (M) 9851038196
 Born: 20th May, Wed: 18th March
 Anne: SUNITA Serv: Sgt, D, VP, P, CC
 Join: 1995, Email: vision@wlink.com.np



President-elect

Shrestha Santa Kumar (MPHF)
 Classification: Liquor Manufacturer
 Add: Island Jungle Resort, Durbar Marg
 GPO Box 2154, Kathmandu, Nepal
 Ph (O): 4229116, 4225615, 4220162
 Ph (R): 5521745; 5522757;
 Fax: 4225615
 Mob: 9851020640
 Born: 5 Nov; Wed: 3 May
 Anne: NIRMALA;
 Join: 1992 Serv: JS, D, VP
 Email: island@mos.com.np



Past President

Shakya Pushkar Man (PHF)
 Classification: Carpet Export
 Add: S3 International
 Res: Man Bhawan, Lalitpur-5 Nepal
 Ph (R): 5523492; Fax: 5545682
 Born: 14 Jan; Wed: 27 Feb
 Anne: RITA; Serv: AG, P, D, T, Sec;
 Join: 1993
 Email: s3int@mos.com.np



Past President

Shrestha Yagya Bahadur (PHF)
 Classification: Revenue Consultant
 Add: Chakupat, Lalitpur-10, Nepal.
 Ph: (R) 5523753, 5535826
 Mob: 9841350194
 Born: 8 Apr; Wed: 19 Feb
 Anne: MARY; Serv: P, D, Sgt; Join: 1993
 Email: yagyamary@htp.com.np



IP President

Shrestha Ganesh Raj (PHF)
 Classification: Rubber Recycling
 Add: Pashupati Ruber Industries
 Res: Sinchahity, Lalitpur.
 Ph: (O) 5522157 Mo: 9851021440
 (R) 5524780, 5530540
 Born: 22 Oct; Wed: 7 Jan
 Anne: BIJAYA LAXMI,
 Join: 1993 Serv: Sgt; T, D, Sec., VP, PE, P
 Email: ganeshshrestha@hotmail.com



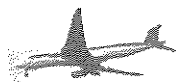
Secretary

Tamrakar Jamuna Krishna (PHF)
 Classification: Forestry
 Add: Man Bhawan Lalitpur
 Ph: (R) 5526944, Mob: 9851001408
 Born: 17 Feb; Wed: 21 Apr
 Anne: Meera Join: 2000 Serv: D
 Email: jktamrakar@info.com.np,
 jktamrakar@hotmail.com



Adhikari Banik
 Office Secretary, RC Patan
 Address: Puchowk, Lalitpur, Ph: 5547233, 5551397 Mob: 9851013120





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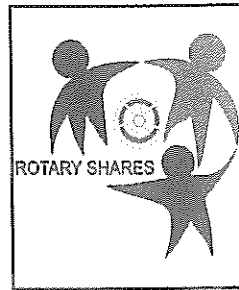
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One Stop Shop



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for the year 2004/05, pp. 375-381
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INNER WHEEL OF ROTARY CLUB OF PATAN



Chartered on 4th June 1994, Club No 4363,
Annual Report for Year 2006-2007

Reported by Anne Munu Rajkarnikar,
President 2006-2007

CLUB ACTIVITIES:

Inaugural meeting of the Club was held on October 14, 1993 with 12 members. Since then the club is undertaking various activities following Rotary ideals. Currently we are 20 members, out of 33 Annes in the Rotary Club of Patan, and 7 elected Executive members. We meet once in a month on last Monday of Nepali Calendar at Hotel Himalaya. We had 12 regular meetings and 5 Board meetings in year 2006-07. We have elected new Executive members for year 2007-2008 as follows:

President	Anne Chandra Lekha Kayastha
Vice President	Anne Shanti Mathema
Joint Secretary	Anne Mira Tamrakar
Club Service	Anne Nani Shova Shakya
Imm. Past Pres	Anne Munu Rajkarnikar
Secretary	Anne Bijaya Laxmi Shrestha
Treasurer	Anne Nirmala Shrestha

We have invited Dr. Yasodhara Pradhan on August 08, 2006 to speak on Bipasyana meditation, meant to purify mind. Dr. Pradhan highlighted on how

Bipasyana could bring mental peace and happiness and helps to get rid of *rish* (anger), *rag* (desire) and *dwesh* (hatred) in the mind. Rotary Club members also participated in the program.

The club is happy to welcome President Anne Daniel Magoni and Secretary Anne Marie-Madeleine Linck, Inner Wheel Club of Strasbourg Tivoli, France on 30 April 2007. We discussed on mutual cooperation between the clubs. They have contributed Euro - 300 (equivalent to Rs 26,000) to be used for social work.

SCHOOL PROGRAMS:

The Club is providing scholarship to 17 students in Lalitpur, out of which 10 are supported with Club fund and rest through Club members and their initiation. This is to support the Rotary Prajapati Education Endowment Fund to provide scholarship to children from economically deprived families.

With initiation of AG Rtn. Chandralekha Tuadhar, we made a visit to Moti Binayak Primary School, Dholahity, Lalitpur. Parent of the students are mostly working as labour. We bathed the school children, cut their nails and hair, and distributed soaps, brush and toothpaste, towels and biscuits.

The Club distributed 10 blankets to mentally handicapped children at CBR Jwagal, Lalitpur, through Mentally Handicapped Mother's Society.



Daniel and Marie from Tivoli France exchanging Flags



Bazar Blanket distribution to mentally handicapped



The Club contributed Rs 70,000 for the construction of a 15 users toilet block at Adarsha Kanya Niketan, Mangal Bazar, near Patan Durbar Square. This is to supplement Rotary Club of Patan's school toilet program which plans to construct 32 units of toilets in schools.



Daniel and Marie from Tivoli France exchanging Flags

HEALTH PROGRAM:

With initiation of AG Rtn. Dr. Chandralekha Tuladhar and coordination with Rotary Club of Patan, the Club initiated Eye Camps at Yasodhara Boudha Secondary School, Thaina and Mahendra Brikuti Secondary School, Ekanta Kuna. The eye screening test on 200 students at Yasodhara identified defective eye in 9 students, they have been tested further in Dr. Tuladhar's Clinic. Similarly eye screening test on



Patan City Cultural Heritage Tour

300 students in Mahendra Brikuti identified defective eye in 8 students, which need further testing. Deworming tablets were also distributed to the students.

COMMUNITY PROGRAM:

We participated in Patan City Cultural Heritage Tour for the Diplomats and Expatriate residents in the country on 24 February 2007. The program was arranged by Rotary Club of Patan with cooperation of District Councillor Rtn. Dilendra Shrestha.

We contributed food to the children at Shanti Sewa Griha, Gaushala, centre for caring the street children through AG Chandra Lekha Tuladhar during meeting of 3 Inner Wheel Clubs in Lalitpur organized at her residence.



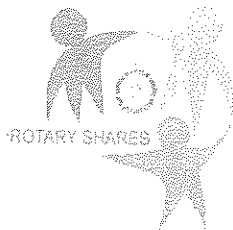
Concluding Program of Basic Tailoring Program at Hakha Mahila Samiti, Hakha

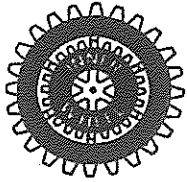
VOCATIONAL PROGRAM:

The Club supported Hakha Mahila Samiti to conduct 1-month basic tailoring training to 12 girl students of Class 7 and 8, Mahendra Brikuti Secondary School, Ekanta Kuna, Lalitpur during winter vacation.

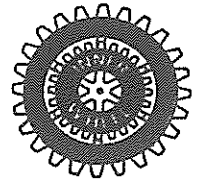
INTER-CLUB ACTIVITY:

Rotarians and Annes of Rotary Club of Mount Everest visited our club to interact on forming an Inner Wheel of Rotary Club of Mount Everest on 08b August 2006. Similarly we participated in meeting of 3 Inner Wheel Clubs of Patan organized by AG Chandra Lekha Tuladhar at her residence.





Inner Wheel Club of Patan 2007 - 2008



EXECUTIVE MEMBERS



Munu Rajkarnikar
Res: Thasikhel, Lalitpur.
Ph: 5521364
Born: 5 Aug Wed: 10 June
Rtn: NARAYAN

IP President



Past President
Chandralekha Kayastha
Res: Kopundole, Lalitpur.
Ph: 5524626
Born: 4 May Wed: 7 July
Rtn: MATSENDRA

President



Past President
Shanti Mathema
Res: 2/128 Dhokadol,
Sanepa, Lalitpur.
Ph: 5529385
Rtn: KESHAV

Vice President



Nani Shova Shakya
Res: 17-Hakha Tole,
Lalitpur-12.
Ph: 5522467
Born: 21 Oct Wed: 14 Feb
Rtn: TIRTHA

Club Serv. Director



Past President
Bijaya Laxmi Shrestha
Res: Sinchahity, Lagankhel,
Lalitpur. G.P.O.Box: 1970
Ph: 5524780
Born: 12 Apr Wed: 7 Jan
Rtn: GANESH

Secretary



Meera Tamrakar
Res: Mani Bhawan,
Lalitpur.
Ph: 5526944
Born: 15 Dec
Wed: 21 April
Spouse: JAMUNA

Joint Secretary



Past President
Nirmala Shrestha
Res: Dhobighat, Jawalakhel,
Lalitpur.
Ph: 5521745, 5522757
Born: 25 Apr Wed: 3 May
Rtn: SANTA

Treasurer

Members



Past President
Brinda Rana
Res: Kopundole,
Lalitpur-3.
Ph: 5521667
Born: 4 Oct
Wed: 18 June
Spouse: SAGAR



Kamala Maharjan
Res: Thapathali, Kathmandu
Ph: 4331236
Born: Wed:
Rtn. PADAM



Shanta Shrestha
Res: Kupundole Hights, Lalitpur
Ph: 5522207
Born: Wed: 15 Feb.
Rtn: KEDAR



Past President
Chandralekha Pandey
Res: Sanepa, Lalitpur.
Ph: 5521652
Born: 17 Sep Wed: 18 Feb
Rtn: RABENDRA



Past President
Mithila Rajbhandari
Res: Pulchowk, Lalitpur.
Ph: 5526856
Fax: 5526856
Rtn: SIBA



Sabitri Rai
Res: Ekanta Kuna,
Lalitpur-13
Ph: 5530559
Born: 21 Aug Wed: 26 Feb
Rtn: BISWO NATH



Gunu Shrestha
Res: Chakapat, Lalitpur
Ph: 5549059,
Mob 9841401076
Born: Bhadra 4 Wed: Asad 9
Rtn. JEEVAN



Past President
Mary Shrestha
Res: Chakapat, Lalitpur.
Ph: 5523753 Fax: 5535826
Born: 22 Chaitra
Wed: 19 Feb
Rtn: YAGYA



Sulochana Nyachhyon
Res: 5/48, Lagankhel,
Lalitpur.
Ph: 5521167, 5526070
Born: 18 Aug Wed: 15 Feb
Rtn: KAMAL



**Kalpana Pradhan
(Shrestha)**
Res: Kupondal, Lalitpur
Ph: 5525886
Born: Bhadra 11
Wed: Falgun 14
Rtn. KHRUSCHEV



Rajani Bajracharya
Res: Pulchowk, Lalitpur.
Ph: 5524586
Born: 20 Feb Wed: 2 Mar
Rtn: BIJAYA



Past President
Sulochana Pradhan
Ph: 4270260
Born: 7 July
Wed: 7 May
Rtn: KRISHNA



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on the Occassion
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Installation Ceremony
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रो. रामसिंह थापा

- रो. कमलमणि दीक्षित

मेरा मित्र रामसिंह थापाको नामका अगाडि 'स्व.' लेखुपर्दा मलाई अत्यन्त ग्लानि हुन्छ, र नै मैले लेखको शीर्षकमा त्यो राखिनं। रामसिंहजी मेरा मित्र हुन् तर पुराना मित्र होइनन्। उनको र मेरो भेटघाट भएको नै उनले रोटरी प्रवेश गरेपछि मात्र हो। उनको र मेरो 'व्याकग्राउण्ड' पनि मिल्दैनथ्यो। उनी थिए लेखाका विज्ञ, म परें कितापको कीरो। रोटरीमा भेट भएपछि भने हामी सारै मिल्थौं, अत्यन्त नजिक भयौं। तर त्यो मैले गरेर भएको होइन। हामी दुईबीचको निकटताको सूत्रधार रामसिंहजीनै हुन्। उनी अत्यन्त सहृदयी व्यक्ति थिए, सबैलाई मित्र बनाउन सक्ने, सरल। नेपालीको उखान छ, नि, 'आँखामा हाले पनि नविभउने मान्छे' त्यस्तै मान्छे थिए उनी। उनलाई रिस उठ्दैनथ्यो भनेको होइन, उनी रिसाउँथे पनि कैले काहीं केही अन्याय परेको देखे भने। लेखा अर्थात् हिसाब-किताबका मान्छे भएकाले कुनै पनि हिसाब नमिलेको उनलाई सट्ट्य हुँदैनथ्यो। गणितमा जस्तो, यसो भएपछि यसो हुनैपर्छ भन्थे उनी, तर जिन्दगी सधैं गणितभै तर्कयुक्त हुँदैन। कतै केही गडबड भैहाल्छ, जीवनमा, व्यवहारमा र बोलचालमा पनि। त्यस्तो गडबड, गोलमाल उनलाई मन पर्दैनथ्यो र उनी प्रतिवाद गरिहाल्थे। तर उनको प्रतिवाद एउटा 'असल' मान्छेले गर्ने प्रतिवाद हुन्थ्यो। प्रतिशोधको भावना त्यसमा हुँदैनथ्यो भन्ने मेरो धारणा छ।

रामसिंह थापा र मेरो उमेर मिल्थ्यो। उनी र मेरो बीचमा एकवर्ष जतिको मात्र अन्तर थियो भन्ने हामीले हिसाब गरेको थियो एकदिन। हिसाब गर्थौं- म उनीभन्दा कान्छो रहेछु। तर रमाइलो हुन्थ्यो, हाम्रो क्लबमा 'शुभकामना र हर्कबढाइ' गर्ने बेलामा। हामी दुइको पालो एकैदिन पर्थ्यो। उनको र मेरो अंग्रेजी पात्रोअनुसारको 'वर्थडे' उही थियो, सेप्टेम्बरको दुई तारिख।

रोटेरियन रामसिंह थापा खाँटी नेपाली भएपनि उनको जन्म भारत, यूपीको कानपुरमा भएको र उतै बसेर पढाइ लेखाई गर्नुपरेकाले उनको नेपाली बोलाई अलि अनौठो खालको हुन्थ्यो। नेपाली शब्दहरू उनी हिन्दी पाराले उच्चारण गर्थे। त्यो नै उनको र मेरो बीचको कुराकानीमा छेडपेचको रसिलो मसला भैदिन्थ्यो। म उनलाई कैले जिस्काउँथे, कैले गिज्याउँथे। तर मैले त्यति गर्दा पनि उनी रिसाउँदैनथे। अनि, हामी हिन्दीमा कुरा गर्न



थाल्थौं। रामसिंहजी उर्दू सायरीका प्रेमी थिए। मैले पनि आफ्नो अध्ययनकालमा बनारसको केही गजलहरू सिकेको थिए, कण्ठ गरेको थिएँ भन्नु र बेला मौकामा म त्यस्ता गजलको शेरहरू एकदोटा उनका अगाडि भट्टयाइदिन्थेँ। उनी त्यो सुनेर मख्ख पर्थे, अनि आफ्नो स्कूल बेलाका कथाहरू, बताउन थाल्थे।

रामसिंहजीलाई क्लबमा केही महत्वपूर्ण पदमा बस्ने इच्छा थियो। तर उनले कोषाध्यक्ष (टेजरर)को आफ्नो कार्यकाल सम्पन्न गरेपछि हामीले उनलाई कुनै पद दिएनौं। यसको उनलाई गुनासो थियो। मसँग कुरा गर्थे। तर म उनलाई पद दिलाउन सक्ने हैसियत राख्दैनथेँ। त्यसैले त्यो कुरा फासफुसमै उड्यो। तर उनलाई क्लबमा सेवा गर्ने इच्छा तीव्र हुनाले केही नभए सार्जण्ट-याट-आर्म्सनै भए पनि लिइदिन्थे उनी।

यस्तै हुन् मेरा सम्भन्ना रामसिंह थापाबारे। अब उनी छैनन्, क्लबमा उनको अभाव निकै खट्केको छ मलाई। र मैले बुभेसम्म अरु साथीहरू पनि रामसिंहजीलाई निकै 'मिस' गर्दछु। □



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290, NK Singh Marg, New Baneswar
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 - Nepal Orthopedic Hospital Extension at Jorpati, Kathmandu
 - Karmachari Sanchaya Kosh Building Complex at Sundhara, Kathmandu
 - Impact Evaluation Survey of JICA Projects in Kaski and Parbat districts/ JICA
 - Himalaya Cooperative Society Office Building Project, Old Baneswor, Kathmandu
 - Amarawati Housing Project, Matatirtha, Kathmandu
- ❖ **Water Resources**
 - Project Management of Melamchi Water Supply Project, ADB funded
 - Detailed Design of Bulk Distribution Component of Melamchi Water Supply Project, ADB funded
 - Project Management of Small Towns Water Supply and Sanitation Sector Project, ADB funded
 - Preparation of Management Contract for Private Sector Participation in Urban Water Supply and Sanitation in Kathmandu Valley, The World Bank funded
- ❖ **Health and Community Development**
 - Community-Based Drug Management Programme/ GTZ
 - Basic Health Services Programme/ KfW
 - Family Health Programme/ KfW
- ❖ **Energy and Power**
 - Rural Electrification in 13 districts of Nepal for Nepal Electricity Authority, ADB funded
 - Rural Electrification and Distribution System Reinforcement in 2 districts for Nepal Electricity Authority
 - Consumer Data Management in 3 towns for Nepal Electricity Authority

Contacts:

Narayan G Halwai
Managing Director

Shyam S Sharma
Director

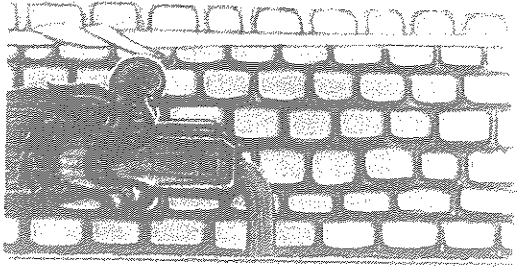
अमेरीकी रोटरी गर्भनर टाम नेपालमा

ललितपुर, रोटरी इन्टरनेशनल डिष्ट्रिक्ट, ५०३० का लागि सन् २००८-००९ का लागि डिष्ट्रिक्ट गर्भनर (मनोनित) जेसी टाम नेपालको सप्ताहव्यापी भ्रमण सकी मंगलवार अमेरिका फर्किनुभएको छ । उहाँ आवद्ध रहनुभएको रोटरी क्लब संयुक्त राज्य अमेरिकाको वासिङटन राज्यस्थित सियाटल शहरमा रहेको छ । नेपाल भ्रमणका क्रममा गर्भनर टामको सम्मानमा रोटरी क्लब अफ पाटनले सोमवार ललितपुरमा एक स्वागत समारोह कार्यक्रमको आयोजना गर्‍यो । कार्यक्रममा सो क्लबका अध्यक्ष गणेश राज श्रेष्ठले क्लबको तर्फबाट गर्भनर टामलाई उपहार तथा रोटरीको झण्डा प्रदान गर्नुभएको थियो । कार्यक्रममा गर्भनर टामले नेपालमा शारीरिक रूपमा अशक्त र अपाङ्गहरुका लागि आफू आवद्ध रहेको रोटरी इन्टरनेशनल डिष्ट्रिक्ट ५०३० ले कार्यक्रम सुरु गरिसकेको र यसका लागि नेपालका ७० वटै क्लबहरुले सहयोग गर्ने बताउनुभयो ।



बलराम प्यासी/तसवीर प्रकाश सिजापति

उहाँका अनुसार यो योजना सुरु गर्न रोटेरियन राबर्ट रोजलाई अमेरिकाका लागि र रविन्द्र (आरआर) पाण्डेलाई नेपालका लागि आयोजना प्रमुखको रूपमा चयन गरिएको बताउनुभयो । भन्दा पाँच वर्षे सो आयोजनामा अमेरिकाको सो रोटरी डिष्ट्रिक्टले ३ एच सहयोग (हंगर, ह्युमानिटी, हेल्थ) अन्तर्गत करिब पाँचलाख अमेरिकी डलर खर्च गर्ने रोटरी इन्टरनेशनल डिष्ट्रिक्ट ३२९२ का प्रथम गर्भनर डा. टिकामन वैद्यले बताउनुभयो । उहाँका अनुसार नेपालको रोटरी इन्टरनेशनल डिष्ट्रिक्ट ३२९२ सँग मिले अपाङ्गसम्बन्धी जनचेतना फैलाउन तथा यसवारेका भ्रम फैलाउनुका साथै अपाङ्गहरुको स्वास्थ्य, शिक्षा र आत्मनिर्भरताका लागि सीपमूलक कार्यक्रममा खर्च गरिने छ । रोटरी क्लब अफ पाटनको सो स्वागत कार्यक्रममा अध्यक्ष गणेशराज श्रेष्ठ, पूर्व अध्यक्ष आरआर पाण्डे भावी अध्यक्ष केशवभक्त माथेमा र रोबर्ट रोजले पनि बोल्नुभएको थियो । त्यस अवसरमा सो क्लबका पदाधिकारीहरुका साथै रोटरी क्लब अफ पाटन वेष्टका अध्यक्ष सिद्धिबहादुर शाक्य, ओमकाजी शाक्य, असिस्टेन्ट गर्भनर डा. चन्द्रलेखा तुलाधरलगायतका रोटेरियनहरुको पनि सहभागिता थियो ।



The 4-Way Test

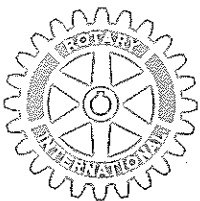
*To achieve success, Let us practice the
Four-Way Test of the things we think, say or do as follows:*

- ◆ Is it the Truth ?
- ◆ Is it Fair to all concerned ?
- ◆ Will it build Goodwill and Better Friendship ?
- ◆ Will it be Beneficial to all concerned ?

चार - सुत्रीय कसि

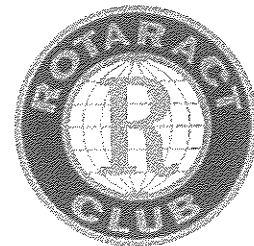
सफलता प्राप्तिका लागि कुनै कुरा सोच्दा, भन्दा वा गर्दा
निम्न चार - सुत्रीय कसिमा जाँचेर मात्र गर्नुोस् :

- ◆ के सत्य कुरा यही हो त ?
- ◆ के यसबाट कसैलाई अन्याय पर्ने त ?
- ◆ के यसले मैत्री र सद्भाव बढाउला त ?
- ◆ के यसले सबैको हित गर्ला त ?



Rotary Club of Patan
Hotel Himalaya, Lalitpur

ANNUAL REPORT OF ROTARACT CLUB OF PATAN 2006-2007



1. Avenue: Professional Development

- On 29th July 2006, Rotaract Club of Patan organized a training program on "Accounting Procedure for Rotaract Clubs.
- On 16th Sep 2006 A workshop on Project Planning was successfully organized at Shree Shanti Vidyashram, Saugal. The workshop was jointly organized with RC Patan Durbar Square.
- On 23rd September 2006, A talk program of Rtn. Kedar Bhakta Shrestha, a former Ambassador to USA and Rotarian of Rotary Club of Patan, was held with an main objective to share the professional experience of Rtn. Kedar Bhakta Shrestha and to motivate the Rotaractors to develop professional skills so that they could contribute to their own life as well as the society.
- On 28th October 2006, a classification talk program of Rtr. Rukamaneer Maharjan was organized on Radio Drama & Radio Program.
- On 14th October 2006, a talk program "Conflict Management & Peace Building" was organized. The resource person was Mrs. Yasoda Nakarmi Shrestha, Advisor of CARE Nepal.
- On 25th November 2006, a talk program on "Entrepreneurship Opportunities for Youths in New Nepal" was organized and the resource person was Mr. Anil Chitrakar.
- On 27th & 28th November 2006, RC Patan and Mothers society Intellectual disabilities (MSiD) jointly organized 2 days vocational training for the mothers of disable children at National Ananta Shalon church, Sinchahiti, Lalitpur.
- On 25th November 2006, RC Patan participated in Inter Rotaract Dance Club Competition.
- On 25th November 2006, members of RC Patan participated in Effective Learning Technique workshop organized by Rotaract Club of Patan Durbar Square.
- From 30th December 2006, A computer committee of RC Patan organized a computer training program on Graphic & Web Design .
- On 2nd December 2006, Rotaract Club of Patan organized a one day training program on "Appreciative Inquiry for Leadership Development".
- On 3rd, 10th & 17th February 2007, Rotaract Club of Patan organized 3rd Rotaract Civic Leadership Development Training in association with Rotary Club of Patan and in support of FONNJ, USA.
- On 10th February 2007, two hour Photography training was organized for the club members

and trainer was Mr. Om Prakash Yadav, a free lancer photographer and designer.

- On 26th May 2007 Rotaract Club of Patan organized Rotaract Career Workshop 2007 at Staff College.

2. Avenue: International Service

- Participated in Children Story Writing project organized by Rotaract Club of Kualalampur, Malaysia and Rtr. Rukmanee's story "Snow White" sent for participation.
- Celebrated International Friendship Day with a fellowship tea party on 6th August 2006 jointly with RC Jawalakhel.
- Participated in photo exhibition organized on occasion of World Peace Day by Rotary & Rotaract Club of Kathmandu Mid town on 21st September 2007.
- Participated in joint bulletin "Relationship" organized by Rotaract Club of Pimpi, RID 3130, India.
- Participated in International Photo Album organized by Rotaract Club of Puebla Industrial, RID 4180, Mexico.
- Participated in slogan competition on "Eye Donation Awareness" organized by Rotaract Club of Chinchward and Rotaract Club of Delhi Akash, India.
- RC Patan organized a International Letter Head Collection project for promotion of clubs .
- RC Patan celebrated World Peace Day on 21st September 2006 at Ashoka Stupa, Lagankhel with a white pigeon release and prayer for world peace.
- On 21st September 2006 participated in international peace day celebration program organized by Shanti Sangh at St. Xavier's School.
- Participated in World Water Monitoring Day celebration program organized by ECCA at Chovar, Ganesh Mandir on 18th October 2006.
- On 10th October 2006, RC Patan members visited the polio camp at Nagbahal, Patan and made supervision and obtained informations.
- Participated in Digital Photography Contest organized by Rotaract Club of Panama, North America.
- On 17th November 2006, E bulletin exchange was done with Rotaract Club of South Brisbane, Australia





Rotaract Club of Patan signing Twin Clubs with Bellevue Community Collage Rotaract, RID 5030

- RC Patan formed international twin clubs with Bellevue Community College Rotaract, RID 5030, Washington, USA and Rotaract Club of Bombay Hills South, RID 3140, Mumbai, India on 10th February 2007.
 - On 1st December 2006, a multi continental joint bulletin with title "Pay Attention to HIV/AIDS" was released with participation from one international club from each continent of the world.
 - A club visit by Rtr. Renee French, Club Service Director of Rotaract Club of South Brisbane, Australia was made and guest was presented a Club T shirt, club bulletins & club flag.
 - Exchanged club flag & bulletins with visiting GSE Team from RI District 1870, Germany on 15th January 2007.
 - Participated in World Dream Project organized by Rotaract Club of Moscow International, Russia by sending dreams collected from students of School for the Deaf, Naxal, Kathmandu.
 - Participated in Unique Letter Head and Bulletin collection project organized by Rotaract Club of RJ college, Mumbai, India.
 - A special meeting with Rtn. Robert Rose from Rotary Club of Bellevue, USA was organized regarding scholarship administration project at School for the Deaf, Naxal, Kathmandu on 13th February 2007.
 - Website for School for the deaf, www.hearnepal.org, designed by Computer committee of RC Patan was launched by Rtn. Jese T Tam, DG (E) of RI District 5030, USA on 18th February 2007.
 - Celebrated 39th World Rotaract Week with various programs from 13th – 19th March 2007.
 - Organized a joint blood donation program with Rotary club of Patan, Rotary & Rotaract Club of Jawalakhel on 18th March 2007 in support of International Blood Donation project "Magna Es Vis Humanitatis" initiated by Nina Kolenc, RCO of Rotaract Slovenia.
 - Published a joint bulletin with twin club Bellevue Community College Rotaract, Washington, USA.
 - Bulletin & Souvenir exchange with Rotaract Clubs of Mumbai, India by president, Rtr. Yugal Bajracharya during his visit to Mumbai, India on 20th April 2007.
 - Celebrated World Earth Day on 22nd April 2007 with a documentary show "An Inconvenience Truth- Al Gore" jointly with RC Jawalakhel, RC Kathmandu Metro and ECCA.
 - Global Warming brochure distribution jointly with RC Jawalakhel and RC Bodrum, Turkey.
 - On 19th May 2007, RC Patan & RC Kathmandu Metro jointly launched a tree plantation campaign to plant 5000 trees across country in support of United Nation Environment Program (UNEP)'s Plant for the Planet: Billion Tree Campaign and first phase of campaign was organized at Kafle Community Forest, Lamatar with a plantation of 500 trees to celebrate International Day for Biological Diversity.
 - Rotaract Club of Patan presented salutation to 23 International Clubs in 23 general meetings of club throughout the year 2006/07.
 - RC Patan formed international twin clubs with Bellevue Community College Rotaract, RID 5030, Washington, USA and Rotaract Club of Bombay Hills South, RID 3140, Mumbai, India on 10th February 2007.
- ### 3. Avenue: Community Service
- On 9th August 2006, members of RC Patan & RC Dillibazar visited Nandu Maya Self Sustainable Orphan Home at Futung VDC and distributed educational materials to the children.
 - On 11th August 2006, RC Patan organized a Matya Health Camp jointly with RC Himalaya Patan for devotees of Matya festival.
 - On 30th August 2006, Rotary club of Patan distributed first phase of scholarships distribution to government school students under Prajapati Education Endowment Fund for 2063/64 and Rotaract Club of Patan has been administering the scholarship project jointly with Rotary Club of Patan.



- On 31st August 2006, RC Patan organized a book donation program for library set up at Jyotidaya School, Chapagaun, Lalitpur and books worth Rs. 7355/- distributed for the school.
- On 12th September 2006, RC Patan, RC Lalitpur & RC Yala jointly distributed School bags, stationeries and water bottles to 33 disabled students and distributed water filter & school sign board to Susthamanasthiti Kalyan Vidhyalaya, Chakrabhil, Lalitpur.
- Organized a wall painting program at Chunidevi School at Chunikhel, Lalitpur on 4th November 2006 and painted wall and classrooms of the school.
- Members of RC Patan visited School for the Deaf, Naxal, Kathmandu on 27th December 2006 and distributed games materials to the students.
- On 15th April 2007, Rotaract Club of Patan and School for the Deaf jointly organized a Ear Impression Modelling Trainin

4. Avenue: Club Service

- An orientation class on Rotaract information & activities for proposed RC Jawalakhel members organized on 10th June 2006.
- 9th Installation Ceremony of Club on 24th June 2006.
- RCC Rtn. Piyush Bajracharya was felicitated in club meeting on 8th July 2006.
- Orientation class for proposed RC Kopundole members on 12th August 2006.
- Orientation classes for proposed members regarding Rotaract movement and its activities.
- Talk program on Roles & Responsibilities of Club Directors on 26th August 2006 by Rtr. Anil Shrestha, DRR 07/08.
- Assistant District Governor of RI district 7510, New Jersey, USA, Rtn. Tuli Maharjan visited club meeting on 9th September 2006.
- Club visit by PDRR of RI District 3210, India, Mr. Devananda Mahadeva on 9th September 2006.
- Hosted a visit of Rtr. Raju, PDRR of 3190, India and Vice Chairman of South East Asia Rotaract Information Centre (SEARIC).
- Annual Club Calendar for 2006/07 was released on 2nd September
- An Annual Fellowship Dashain Tea Party was held on 29th September 2006.
- Rtn. Ganesh Raj Shrestha, President of Rotary Club of Patan was felicitated on 28th October 2006 in club meeting.
- Talk program on Zero Waste by Rtn. Badan Lal

Nyanchhyon was organized on 11th November 2006.

- Intra District Twin club was formed with Rotaract Club of Butwal on 11th November 2006.
- A classification talk program on "Environment Conservation" by Rtr. Sheren Shrestha was organized on 28th December 2006.
- Talk program on "History of RC Patan" was organized on 23th December 2006.
- Organized a joint fellowship dinner for visiting Rtr. Renee French, Club Service Director of RC South Brisbane, Australia on 6th January 2007.
- Participated in Inter City Meeting on "Partners in Service" hosted by RC New Road City on 9th March 2007.
- A club visit by Mr. Frederick Rondeau, International Director of Starkey Hearing Foundation, USA on 14th April 2007.
- Participated in District Sports program hosted by RC Patan Durbar Square.
- 12 Monthly club bulletin "Lalit Patan" and two special bulletins and Multi Continental Joint Bulletin was released throughout the year.
- Total 8 new members were inducted in the club throughout the year.

5. Avenue: Public Relation

- Annual Club calendar for 2006/07 was released and distributed to various clubs.
- News coverage of club programs by National dailies.
- News Coverage of club programs by bi monthly Nepal Rotary Bulletin.

6. Avenue: District Events

- Volunteering at RYLA 2006 from 17th-21st June 2006.
- Hosted jointly District Awards 2006 on 15th July 2006.
- Participation in 1st PS meet on 9th September 2006.
- Participation in District Picnir organized on 6th January 2006.
- Participation in 2nd PS meet on 30th December 2006 at Pokhara
- Participation in Rotaract Mini Conference 2007 on 27th January held at Chitwan.
- Participation in District Sports hosted by RC Patan Durbar Square.
- Participation in District Professional Development Workshop on 11th November 2006.
- Participation in Inter City Meeting on "Partners in Service" on 9th March 2007.



ROTARACT CLUB OF PATAN

Board of Directors 2007/08

President	: Rtr. Mahesh Bajracharya
Immediate Past President	: Rtr. Yugal Bajracharya
Vice-President	: Rtr. Bikesh Bajracharya
Secretary	: Rtr. Angel Chitrakar
Joint Secretary	: Rtr. Shradha Tamrakar
Treasurer	: Rtr. Prashna Tamrakar
Joint Treasurer	: Rtr. Rajib Bajracharya
Sergeant at Arms	: Rtr. Binay Bajracharya
Club Service Director	: Rtr. Prama Shrestha
Professional Development Director	: Rtr. Sujan Ratna Shakya
Community Service Director	: Rtr. Sajeeb Shakya
International Service Director	: Rtr. Sudhir Shakya
Finance Director	: Rtr. Sabin Raj Shrestha
Public Relation Director	: Rtr. Bikram Shakya
Editor	: Rtr. Rukmanee Maharjan
Co-Editor	: Rtr. Kabindra Shrestha
SAP Co-ordinator	: Rtr. Suresh Thapa
Co-SAP Co-ordinator	: Rtr. Sagar Shrestha
Interact Co-ordinator	: Rtr. Niraj Bajracharya
Webmaster	: Rtr. Kishor Shrestha



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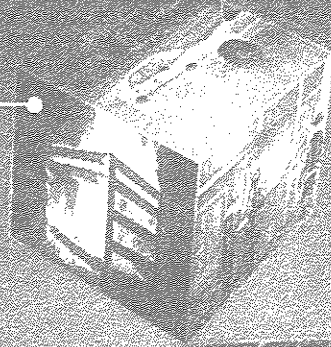
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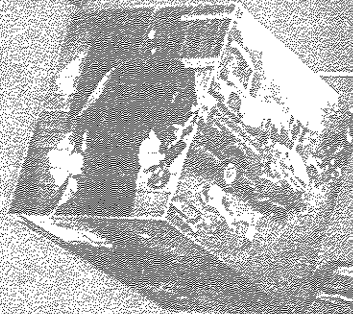
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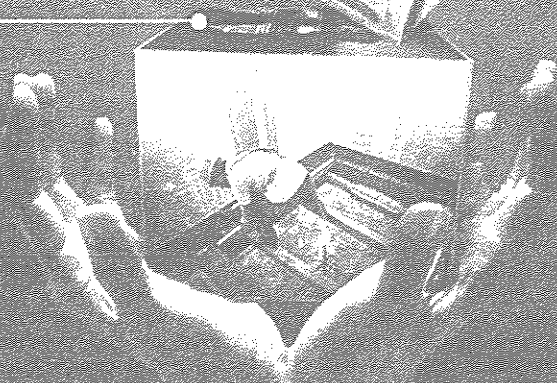


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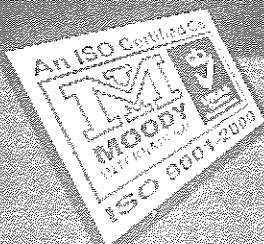
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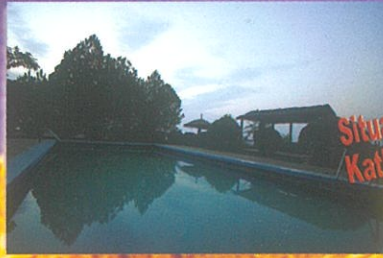
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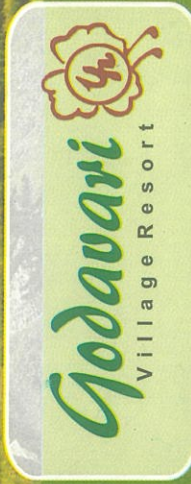
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