

100% PHF Club



ROTARY

CLUB OF PATAN

RI Dist. 3292 Club No. 23126



२५ औं स्थापना विशेषाङ्क

LALITDHARA SOUVENIR ISSUE

ललितधारा पूर्णाङ्क ८६६

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"ABENTEJER LAND" SENIOR CITIZEN HOME
 Location: Taulkhal, Godavari, Lalitpur
 Completed: July 2000



K.R.M.A.CHARI SANCHAYA KOSH
COMMERCIAL COMPLEX (KATHMANDU MALL)
 Location: Sundhara, Kathmandu
 Completed: June 2005



PAROPAKAR MATERNITY & WOMEN'S HOSPITAL
(PRASUTI GRHA)
EMERGENCY BLOCK
 Location :Thapathali, Kathmandu
 Completed :October 2004



B & B HOSPITAL
Main Block & Extension Block
 Location: Gwarku, Lalitpur
 Completed: Dec. 1997 (Main Block)
 Sept. 2003 (Extension Block)



NEPAL BAYERN ELECTRIC BUILDING
 Location: Patan Dhoka, Lalitpur
 Completed: Sept. 1998



KATHMANDU TOURISM BOARD BUILDING
 Location: Bhikuli Mandap, Kathmandu
 Completed: Feb. 1997



RESIDENTIAL BUILDING OF
Rtn. B.L. Mallapaty
 Location: Bhainsepati, Lalitpur
 (ongoing project)



KATHMANDU BUSINESS PARK
 Location: Boudhabari, Teku, Kathmandu
 Completed: November 2007



Perspective View of Block A & B



AGRICULTURAL DEVELOPMENT BANK LTD.
CENTRAL TRAINING CENTRE
 Location: Machhapur, Thimi, Bhaktapur
 Completed: April 2003



KATHMANDU PLAZA: Commercial Complex
 Location: Kamaladi, Kathmandu
 Completed: Sept. 1998



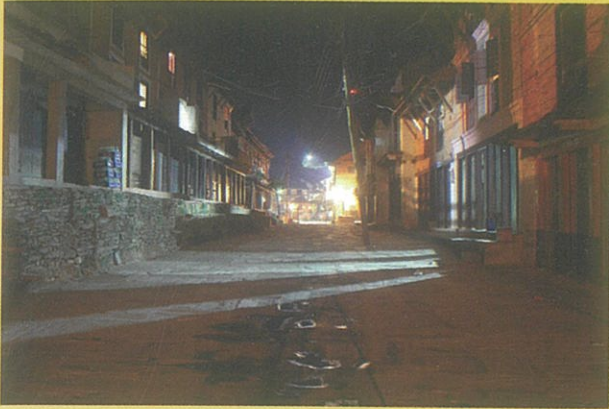
NABIL HOUSE:
Cooperate Office Building of NABIL Bank Ltd.
 Location: Kamaladi, Kathmandu
 Completed: July 1996



Perspective Sketch

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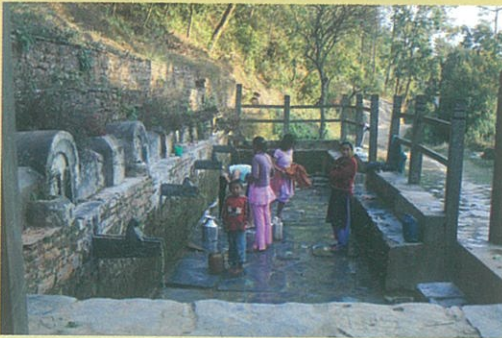
Bandipur Mountain Resort



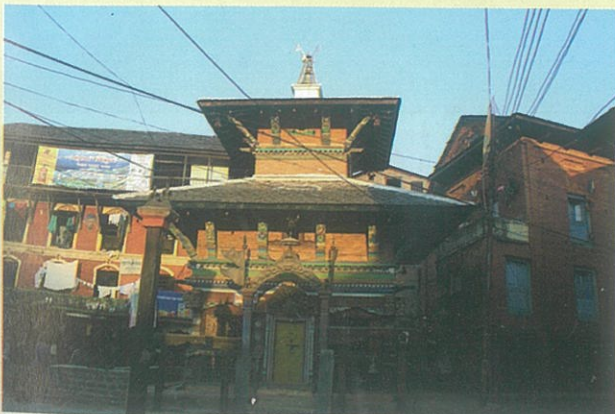
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Editorial

Lest we forget

The concept of quarter of a century becomes miniscule, if it is measured against millennium. But when we consider it against the span of our own life time, the Silver Jubilee of an institution, having spent a good twenty five years in service, is indeed worth celebrating. This special Issue of Lalitdhara on the Charter Day of the Club is coming into publication against this backdrop. At a time, when great changes are taking place, potentials for larger human progress have become possible. The science and technology have made people live longer, some with greater ease. The scourge of poverty has lessened considerably, and progress in communication has narrowed the vast physical distance between countries. Despite these possibilities, presently, we have more than a billion people going hungry every day. In case of Nepal, the bright statistics often hide some of the worst forms of exclusion of vast number of citizens, either due to abysmal poverty, physical and mental disabilities, gender, ethnicity or lack of political affiliation. Most of them do not have access to affordable medical service nor have the opportunity to send the children to schools, which should prepare them for a better life. Political process has continued to fail in its commitment to make the governance inclusive and just. More than a decade of brutal conflict has raised doubts about the legacy of our great civilization and inherent pride as a nation of peace. We have seen how the state has continuously failed to galvanize the existing human potentials and make the society free from obscene inequalities in life. The fundamental questions about freedom and equity, however, continue to remain buried in the minds of the people although their hope now seems to be fading away. Even after the comprehensive political agreement, the real peace has remained elusive. Rotary, as an institution of faith, acts as world's conscience regarding social justice and equal opportunities. This Club now stands today at the threshold of new opportunities. The collected wisdom of a quarter of a century in service must be harnessed so that it can stand as a beacon of hope and opportunity.

As we celebrate the Silver Jubilee, we should not forget to recall the unfaltering commitments of our forerunners, which have become the bedrock of our success. While some of them have left us for good, others continue the work outside the formal fold of Rotary in different capacity. But they continue to carry the spirit of Rotary in their work. We should take a moment of silence to pay humble tribute to our fellow Rotarians, who are no longer with us. They were the torch-bearers; a legacy that we are now proud to uphold. Their contributions have lifted our spirit and have enabled us to come this far. Let us not forget them as we get on with our shared responsibility. This should be central to how this Club might envision its future course of action.

We are fortunate to have the leadership of our Rotarian Tirtha Man Shakya as the third District Governor. Having come from the same Club, our DG, we hope, will continue to give us advice and even admonition if necessary to guide us in our work ahead. Before closing, we must recognize some of the bold visions of President Dr. Prakash Regmi, who wants to bring our Club closer to the mission of Rotary by addressing some of the missed opportunities. Such vision requires an enlightened and concerted action, for which Rotarian Dr. Regmi is eminently qualified. The solid foundation laid by the previous team under IPP Rotarian Kedar Bhakta Shrestha should provide the logical basis for such action. In a profound sense, the work of 25 years, which we celebrate, should give the needed inspiration and guidance in our work ahead. All of us in the Editorial Team would like to extend our fullest cooperation and support to President Rotarian Dr. Regmi and his Team. We wish them all the best in their efforts.



Keshab B. Mathema
Coordinator, Editorial Team

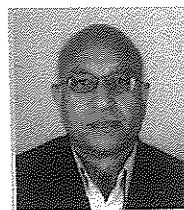
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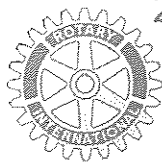
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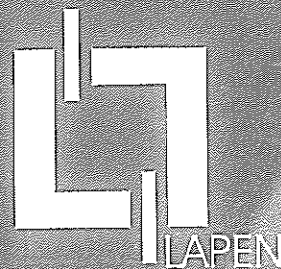
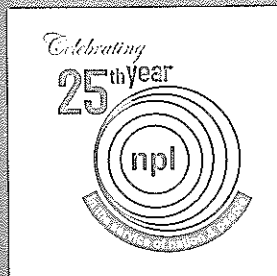
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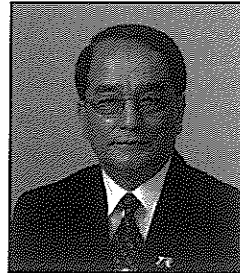
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Dist. Governor's Message

ROTARY INTERNATIONAL
District 3292

Tirtha Man Sakya
 District Governor 2010/11
 RI District 3292



Rtn. Dr. Prakash Raj Regmi,
 President Rotary Club of Patan ,
 Lalitpur, Nepal.

5 August, 2010

Dear Rtn.Prakash,

I am delighted to greet and congratulate you on your assumption of Club Leadership for Rotary Year 2010-11, when we will work together to achieve the theme "***Building Communities — Bridging Continents***" given by Rotary International President Ray Klinginsmith. The theme fulfils the twin objectives: to explain Rotary to non-Rotarians, and to validate our work for Rotarians.

As Rotary Leaders, the challenge before us is to nurture very carefully our new District with goodwill, understanding and trust between Rotarians; and to consolidate our efforts to serve the communities that we have built over the years. An enlarged family of Rotary will restrengthen Rotary to withstand the problems of infancy, and also helps make our presence felt in the communities we serve. I therefore urge all Rotary Clubs to expand their family by recruiting new qualified members, setting up healthy Rotaract and Interact Clubs and build new Rotary Community Corps. This way Rotary will involve many generations to serve the communities we build. Most appropriately, Youth Service has now been added as the Fifth Avenue of Rotary service.

Another aspect of the current focus is to forge international cooperation to support the service projects we develop. If you identify a genuine need, there is a sure way to support it with local or foreign resources through Rotary brings together. So, do come forward.

I wish you and each and every one of your club members and their family a very prosperous, healthy and productive new Rotary Year 2010-2011, when we all together will strive to create a new identity and image of Rotary in Nepal.

I appreciate your enthusiasm and leadership; and ensure my support in all your endeavors.

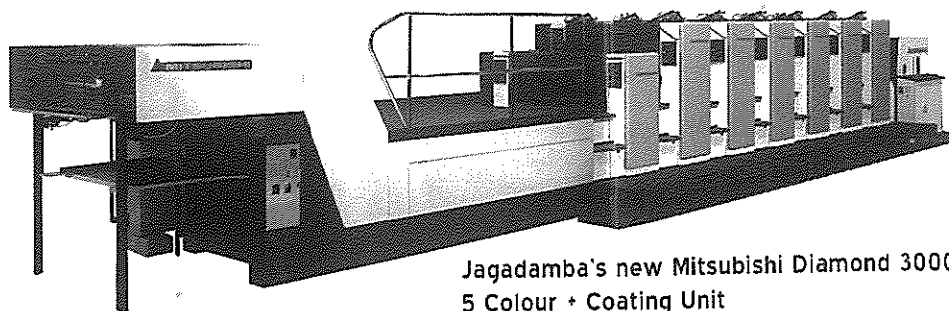
Yours in Rotary

Tirtha Man Sakya
 District Governor 2010-11
 Rotary International District 3292



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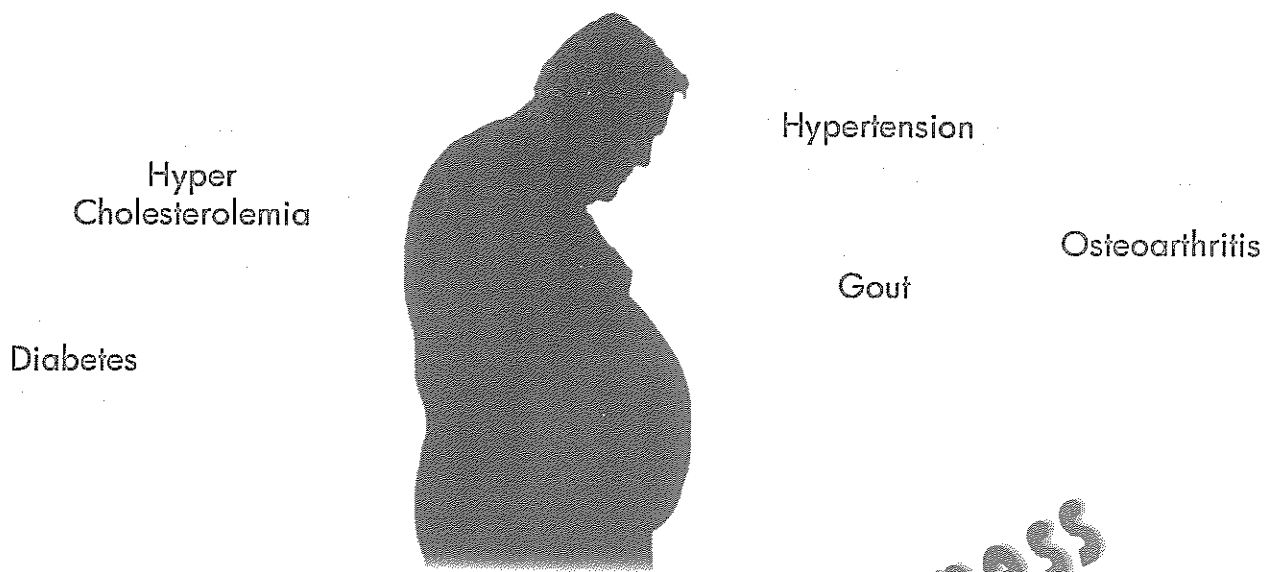
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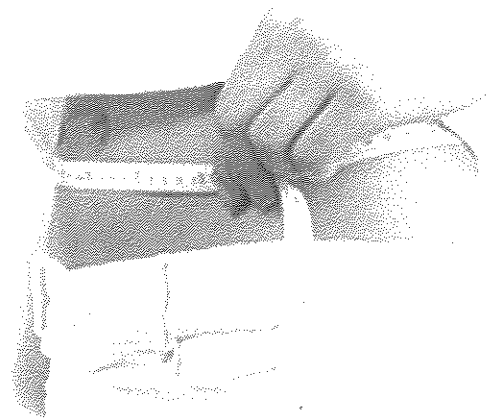


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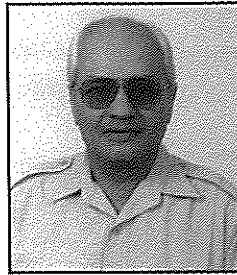
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Immediate Past President's Message



Rotary is the totality of what all the clubs worldwide are able to do and deliver in furtherance of Rotary's stated goals and objectives. There may be outstanding clubs, average clubs and below average clubs. However, unlike sports tournaments and music competitions, we in Rotary do not have the practice of selecting a winner club. Rotary clubs spread over the far-flung areas of the world, committed and motivated with the purpose of serving their communities undertake their own projects in the service of humanity. There may be occasional prize or recognition for outstanding performance but that is not the main objective of establishing and functioning of Rotary clubs. The prime motive is to serve the community and serve in a selfless manner.

This brings to mind the pivotal role of each and every Rotary club in the Rotary set-up. It is the combined efforts, services and commitments of nearly thirty-three thousand Rotary clubs the world over that help promote the ideal of *Service Above Self* and maintain and promote the image of Rotary as the largest of service clubs in the world. The individual clubs are where Rotarians can play their part in doing what they can in the field of community service.

On the day I assumed office last year, I had written to all the members of our club pledging my best in the execution and expansion of our club activities. I had also requested our members to try to attend, if possible, at least three meetings in a month and in any case not less than two. Looking back, I have a mixed feeling of

satisfaction in the sense that we were able to continue to do what we have been doing and in many cases, enhance the scope and reach of our programs. At the same time I felt we could have done better in the area of club attendance which is again, better than average in most cases but still leaves room for improvement.

The point I am trying to drive home is that Rotary is what the clubs are and the clubs are what the individual members make them out to be. It is not healthy for the Rotary to be left in the hands of a few office bearers or individuals only. The larger the involvement and ownership among the members, the better the club will be.

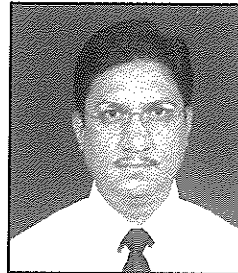
In our new leader for this year, Dr. Prakash Raj Regmi, we have a dynamic President for the year 2010-11 which also happens to be the Silver Jubilee year of our club. I hope and wish that under his active leadership, our club will forge ahead with greater accomplishments in our programs and projects.

I would like to put on record my sincere appreciation for the support, advice and assistance that I received from various members of our clubs including, needless to say, the Board members.

A handwritten signature in black ink, appearing to read 'Kedar Bhakta Shrestha'. The signature is written in a cursive style with a horizontal line underneath.

Kedar Bhakta Shrestha
President (2009-10)

President's Message



Allow me to extend my warm congratulations to everyone at Rotary Club of Patan on the occasion of its Silver Jubilee in service on its Charter Day. I am fortunate to have the opportunity to lead your Club for 2010-1011, for which I am grateful as we celebrate its 25 years in service. I am aware of the enormous tasks that lie ahead but with your usual support and guidance, I remain confident that we can carry out the shared responsibility with a sense of dedication and fulfillment. This way, I hope, we will be able to make substantial contributions to Rotary through our District 3292 in 'building communities and bridging continents'.

At this time, I would like to share with you some of my thoughts that need our attention, for which, I hope, your indulgence and commitment would be forthcoming.

- We are truly privileged to have Rtn. Tirtha Man Sakya, one of the most respected members of our Club, to lead the District 3292 as its third Governor. It is incumbent upon us to support his profound mission and aspirations with total dedication and engagement.
- We should continue the legacy of the Club of working together as a team; always with a sense of belonging. Our respective business practice should

lend itself to support our commitment to Rotary. The Four Way Test is our guiding principles. It is important to promote fellowship in order to build the team spirit and understanding.

- Promotion of Rotary's mission and goals beyond Rotary is important in 'building communities' and for raising awareness.
- We are now a 100% PHF Club. Can we try to become a Crown Club by generously contributing to TRF in not too distant future?
- In order to carry out all these responsibilities, it is important that our Club attendance should be well above average. We should make the meetings interesting, fun and business like. After all we have all joined Rotary with a spirit of volunteerism.
- Finally, if we want to secure the future, let us give it all to the present.

Let us enjoy Rotary.
Yours in Rotary,

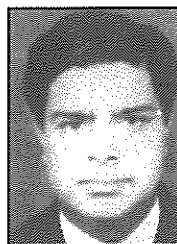
Dr. Prakash Raj Regmi
President (2010 -2011)



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Past Presidents of Rotary Club of Patan



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1985-87



Rtn. M.L. Kayastha
1987-89



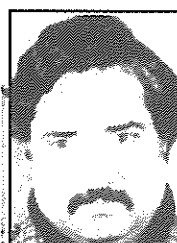
Rtn. B. R. Prasai
1989-90



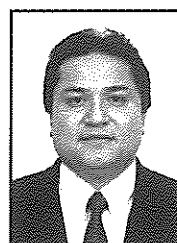
Late Rtn. P. P. Prasai
1990-91



Late Rtn. H. R. Bajracharya
1991-92



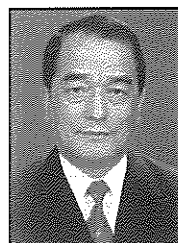
Rtn. B.K. Mainali
1992-93



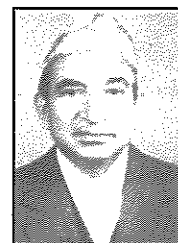
Rtn. B.B. Bajracharya
1993-94



Rtn. Rtn. S. SJB. Rana
1994-95



Rtn. T.M. Sakya
1995 -96



Late Rtn. B.P. Dhital
1996-97



Rtn. R.R. Pandey
1997-98



Rtn. T. Neupane
1998-99



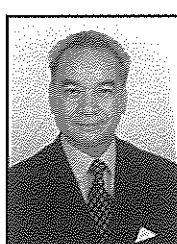
Rtn. Kamal Nyachhon
1999-2000



Rtn. Pushkar M Shakya
2000-2001



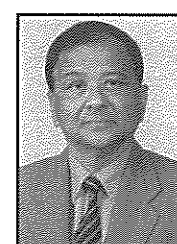
Rtn. Narayan G Halwai
2001-2002



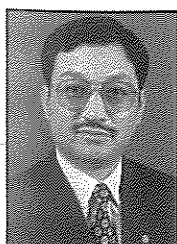
Rtn. Yagya B Shrestha
2002-2003



Rtn. Siba B. Rajbhandhary
2003-2004



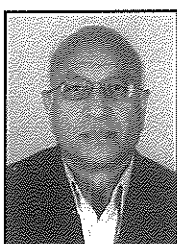
Rtn. Dr. CP Maskey
2004-2005



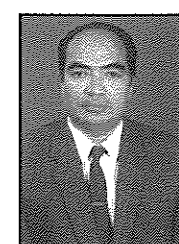
Rtn. Gyanu R Shakya
2005-2006



Rtn. Ganesh R Shrestha
2006-2007



Rtn. Keshab B. Mathema
2007-2008



Rtn. Santa K. Shrestha
2008-2009



Rtn. Kedar B. Shrestha
2009-2010

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बचतमा ब्याज ५%

आवधिक बचतको ब्याज

	त्रैमासिक ब्याज भुक्तानी	वार्षिक ब्याज	एक मुष्ट ब्याज
१ वर्ष	११.०%	११.५%	
२ वर्ष	११.५%	१२.०%	१२.५%
३ वर्ष	१२.०%	१२.५%	१३.०%
४ वर्ष	१२.५%	१३.०%	१३.५%
५ वर्ष	१३.०%	१३.५%	१४.५%

कर्जामा ब्याज १७ देखि १८ % सम्म

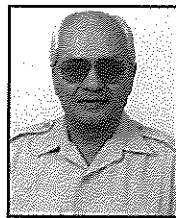
Rotary Club of Patan

RI District 3292
Club No. 32126
Chartered on 29th August 1985

EXECUTIVE BOARD 2010 - 2011



Rtn. Dr. Prakash R. Regmi
President



Rtn. Kedar B. Shrestha
IP President



Rtn. Jamuna K. Tamrakar
President Elect



Rtn. Krishna B. Basnyat
President Nominee



Rtn. Khruschev Shrestha
Secretary



Rtn. Jeevan K. Shrestha
Vice President



Rtn. Dr. Mukti N Shrestha
Membership



Rtn. Tulasi Neupane
Public Relations



Rtn. Bhim B. Kshetry
Club Administration



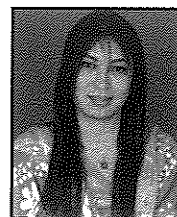
Rtn. Gabriele Mallapaty
Service Projects



Rtn. Satya Pradhan
The Rotary Foundation



Rtn. Bharat N. Joshi
Treasurer



Rtn. Arati Thapa Shrestha
Joint Secretary



Rtn. Sharda Prasai
Sergeant-at-arms



Rtn. Bijaya Mallapaty
New Generations

Another Milestone in the Management of Diabetes Mellitus



TRIAL BY DR. ANUP MISHRA
ALL INDIA INSTITUTE OF MEDICAL SCIENCE
DEPARTMENT OF MEDICINE
ANSARI NAGAR, NEW DELHI, 110029, INDIA
PHONE: 6593676 (0) / 6198654 (R)
FAX: 91-11-6862663 / 6521041
E-MAIL: randeep@ccotmail.com

AMREE PLUS

Granules.

Maintain Glucose level with system toning effects

A phytotherapy for diabetes duly acknowledged by
ALPICON DAINON 2005
for its comprehensive effects & safety profile

Club Activities of RC Patan 2009-2010

Reported by: President Rtn. Kedar B. Shrestha

1. Club Administration

RC has been able to consistently maintain 76% attendance on average. It has also paid high attention to increase its membership with a wider classification.

RCP has followed with great regularity the practice of saluting one club from around the world at its weekly meeting.

RCP has followed the practice of sharing Rotary information among its members every week.

A weekly publication - LALITDHARA which has come out without interruption since its inception in 1995. Besides recording the minutes of weekly meetings, it carries the gist of talks by guest speakers, Rotary information and a humour column. We are proud to receive the First Prize of Club Bulletin for LALITDHARA at the Rotary District Award Ceremony 2010.

The website of RCP has been maintained and updated regularly.

Regular fellowships are held prior to the weekly meetings.

Twelve Board meetings were held during the Rotary year 2009-10.



Board Meeting at residence of VP Rtn Krishna B. Basnyat

Four Club Assemblies were held.

Four Birthday Groups fellowships and two additional fellowships hosted by PP Rtn. Ganesh Shrestha and Rtn. Kiran Shrestha were organized.

RCP invited RI President-elect Rtn. Kalyan Banerji and Mrs. Banerji to its regular meeting in August 2009 - a few weeks before his formal announcement as RI President-nominee, when he visited Kathmandu on a non-Rotary health-related program.

President Rtn. Kedar B. Shrestha presented Token of Appreciation on June 28, 2010- last meeting of the Rotary Year 2009-2010 to the following Rotarians of RC Patan.

1. Rtn. Kamal Mani Dixit
2. Rtn. R. R. Pandey
3. Rtn. N. G. Halwai
4. Rtn. Siba B. Rajbhandari
5. Rtn. Ganesh R. Shrestha
6. Rtn. Keshab B. Mathema
7. Rtn. Santa K. Shrestha
8. Rtn. Gabriele Mallapaty



President Kedar hands over Token of Appreciation to PP Ganesh

2. Membership

RCP has maintained an excellent record of 100% retention of membership.

RCP was able to add three new members to the club.



Induction of new member Rtn. Shiva K. Pradhan

Although it had observed its Charter Day on couple of previous occasions, starting from the year 2009-10, it has adopted the practice of celebrating its Charter Day in place of the Installation Day which would henceforth be observed in a simple business-like manner. At its 24th Charter Day Ceremony held on 29th August 2009, the Chief Guest was District Governor Rtn. Ratna Man Sakya. RI Director K.R. Ravindran and PDG Rajesh Batra were also present on that occasion.



President Kedar hands over Token of Appreciation to Chief Guest DG Rtn. Ratna Man Sakya

Eleven club members participated in the District Assembly held in Pokhara



District Assembly 2010 Registration at Pokhara



District Assembly 2010 group photo at Pokhara

President Kedar Bhakta Shrestha participated in the PETS program organized in Chitwan.

4. The Rotary Foundation

RCP is a 100% PHF club. It has 41 PHF members of which 2 are Major Donors, 8 MPH+2 and 6 MPH Fellows. RCP has also been contributing to the Rotary Foundation Fund. It has also participated in the Polio-Plus Program of the District as well as in the 3-H Grant's Disability Awareness Program. RCP received the First Prize for Disability Awareness Program at the District Award Ceremony held in 2009.

5. Public Relations

RCP is conscious of the need to create greater awareness among the community and the general public about Rotary projects and activities. To that end, RCP has tried to publicize its programs and projects by every possible means.

President Kedar Bhakta Shrestha participated in almost all the club Installation functions to which he was invited.

RCP maintained fruitful relations with all the Rotary clubs of Nepal regarding ICMs, Joint Meetings and District Conference.



District Conference 2010 group photo.



District Conference 2010 group photo.

Service Projects 2009 - 2010

Reported by: Rtn. Gabriele Mallapaty

Prajapati Education Endowment Fund (PEEF)

The RCP established the Prajapati Education Endowment Fund (PEEF) in 1991 to support children from economically deprived families. Over the past 19 years, 1454 students (57% girls) from 27 schools have received support. This year RCP provided funds to 606 students, (59% girls) by the end of the Rotary Year 2009-2010 (different from the school year). The major source of funds is the interest from a RCP-managed trust fund (currently Rs 5.7 million) and annual contribution from sponsors. This year alone over NRs. 1.5 million have been raised towards the fund.

Differently Able

The RI District 3292 and 5030 Project – Nepal Disability Awareness Campaign, which is jointly led by the RC Patan (RCP) and RC Bellevue, USA in their respective districts, was officially launched in April 2009. The project is a Rotary 3H Grant # 62861 with a funding of US \$330,000. It endeavors to bring about positive changes in the lives of the people with disabilities (PWDs) in Nepal.

An integrated, multimedia awareness campaign to overcome disability prejudices in Nepal has been launched with the slogan: "We are all able". Already 25 related projects, exceeding US\$100,000 have followed. Mr. Rajesh Hamal, a prominent actor is the Goodwill Ambassador for the campaign and has appeared in several of the awareness TV spots that are widely publicized. The campaign has received wide newspaper and TV coverage.

Digital Divide

Since 2003, the RCP, has provide a total of 326 computers to 27 schools providing an opportunity to several thousand students in public schools to make them computer literate and use these in their future academic and professional careers. This Rotary year, 80 computers and 8 printers to 9 public schools were provided in

partnership with the RC Branchburg Township, USA under MG 71580. The beneficiaries are approximately 3,500 students, 50 teachers and some residents in the area of the 9 schools.

Health Check-up and Mid-day meals

The RCP organised a health check-up camp at Devi Bhanjhang Primary School, Chandi Bhanjyang VDC, near Mugling. The check-up revealed that malnutrition was a key underlying reason for poor health and frequent absence of children in the school. The RCP thus decided to provide mid-day meal to the children of this Chepang village. The program was launched in 2009. The program is solely funded with contribution from RCP members.

Hearing Aid

In close collaboration with the Rotaract Club of Patan and the RC Bellevue, Washington, USA, the RCP completed its hearing aid MG project that was started in 2008. The project concluded with handing over replacement batteries for the over 750 hearing aids provided under the project.

Water Purification

This Rotary year RCP has successfully completed a MG that provided water purification plants to five urban schools in Kathmandu, Nepal, benefiting 5000 students. Amount US\$ 19475. It has also just started MG 70616 Water and Sanitation to help bring clean and reliable water to 3775 students and staff in seven public schools in Lalitpur. Amount US\$ 14804.

Community Health Project

The RCP in collaboration with the Nepal Relief Association in Aachen, Germany provided NRs 367,000 worth of medical equipment and cash contribution to improve the services of the community health clinic in Nagbahal, Lalitpur. It is estimated that about 1500 local residents will benefit from these services.

Senior Citizens' Home

The home for senior citizens constructed at Godavari with the help of a German foundation Ferderkreis Hilfe Fur Nepal at the cost of Rs 15 million, a few years ago, has now become operational with ten senior citizens (above the age of 65) already staying in the house. They pay a monthly sum of rupees five thousand for their lodging and food. A weekly clinic with a doctor is available for free check up of the residents.

There are also six girl students residing freely in the home. This arrangement is as per the wishes of the HELP Nepal group. In return for free lodging and boarding, these girl students are expected also to look after the elderly residents. They also get a monthly allowance to meet their school fees and some minor expenses.

Nepal Orthopaedic Hospital

The Nepal Orthopaedic Hospital (NOH) established with the support of the RCP and some Rotary Clubs in

the USA continues to be supported by the RCP and also receive generous support from other international Rotary Clubs, the German-Nepal Help Association, and the Foundation Help for Nepal Holland Association - Fennes D'Europe. (See more detailed article in this issue).

Partner in Service

Rotaract Club: The Rotaract Club of Patan, under our patronage, is active in conducting various club activities concerning environment, HIV/AIDS awareness, Blood donation, drug abuse, program for physically and mentally challenged people and so on.

Interact Club: The RCP and Rotaract Club of Patan have jointly sponsored a new Interact club – Gems School Interact Club. The Certification of Organization was presented to President, Ashok Pathak during Charter Night on 29 August 2009 in the presence RI Director KR Rabindran, DG Ratna Man Shakya and PDG Rajesh Batra, followed by a cultural programme.

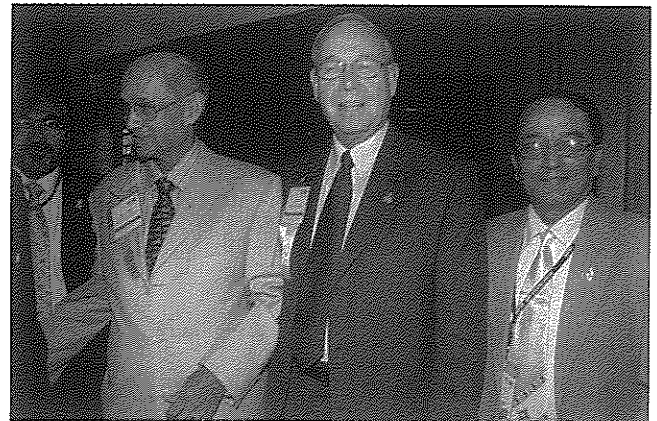
The following club members hold various positions in the District for the year 2010-11:

1. Tirtha Man Sakya	District Governor
2. Kamal Mani Dixit	Member – District Advisory Council Chair– Publication Sub-Committee “SANKALPA”
3. M. L. Kayastha	Member – District Advisory Council
4. Bijaya B. Bajracharya	Member – District Advisory Council
5. Narayan G. Halwai	Member – District Advisory Council and Chair- DSG
6. Kedar B. Shrestha	Chair –District Conference Committee & Member- Peace Conference
7. R. R. Pandey	Chair- Special Project Committee – Disability Awareness
8. Tulasi P. Neupane	Chair – Club Extension Sub Committee
9. Ganesh R. Shrestha	Chair – District Friendship Exchange and Fellowship
10. Puskar Man Shakya	Chair - Alumni Sub- Committee, District Rotary Foundation Committee
11. Siba B. Rajbhandary	Chair- District Grants Sub- Committee & Member- Disability Awareness
12. Keshab B. Mathema	Chair – Literacy Sub-Committee
13. Dr. Prakash R. Regmi	Member- Disability Awareness

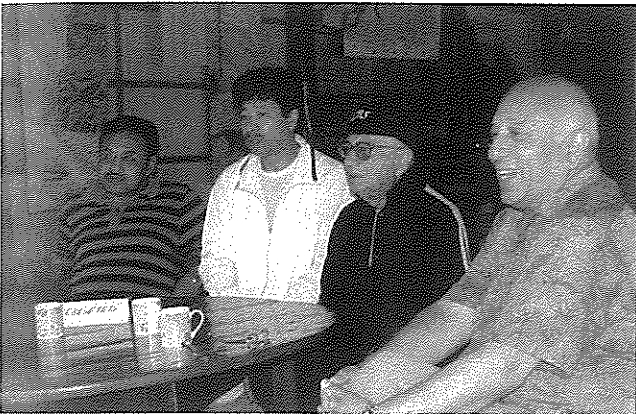
Photo Gallery



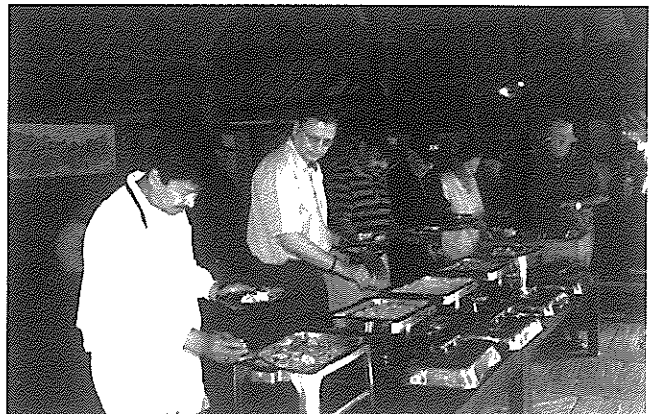
RI President & First Lady with DG and First Lady at San Diego, USA



RI President Ray Klinginsmith with RIPE Kalyan Banerjee & DG Tirtha Man Sakya at San Diego, USA



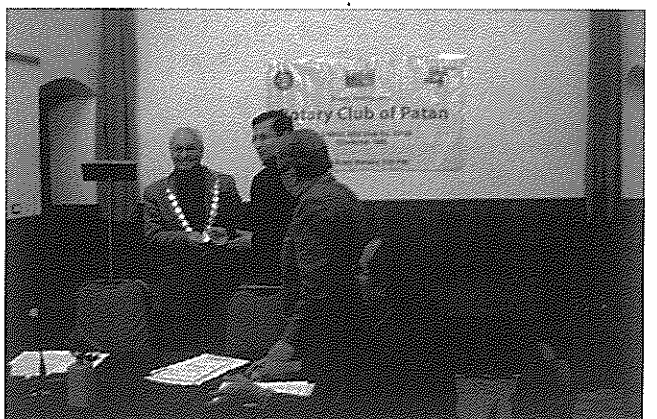
Goodmorning Tea Meeting during family outing



Break-fast at Borderland Resort at Tatopani



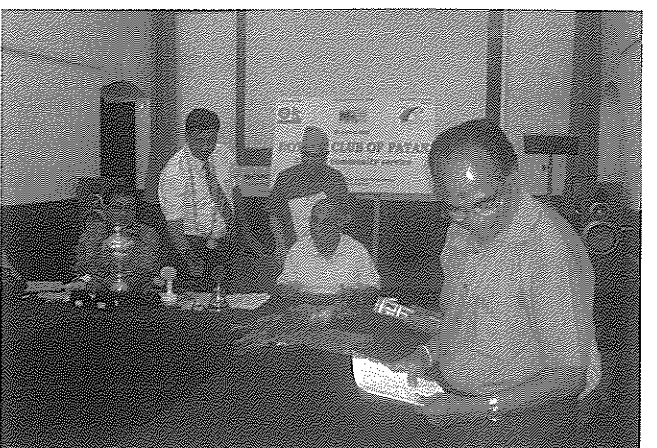
Rotary family outing at Borderland Resort at Tatopani



President of Friends of Nepal in New Jersey, USA hands over cheque



Chepang Students eating apples



AG Rm. Dr. Dev B. Shakya attending club assembly meeting

Rtn. Tirtha Man Sakya Formally Installed

RC Patan is proud to have its Past President Rtn. Tirtha Man Sakya as District Governor of RI Dist. 3292 Nepal for 2010-2011

In a special Joint Installation Ceremony of Rotary on July 1, 2010, the Right Honorable President of Nepal Dr. Ram Baran Yadav pinned Rotarian Tirtha Man Sakya as District Governor of Rotary International District 3292 Nepal and wished him and other newly installed Rotary Club Presidents a great success in their endeavor for national social services by using the talent and competence, for which Rtn. Tirtha Man is acclaimed.

Rotarian Tirtha Man Sakya was formally installed as District Governor of RID 3292 Nepal after the District Governor's Collar was handed over to him and Oath of Office administered by Immediate Past District Governor Rotarian Ratna Man Sakya in the gracious presence of Rt. Honorable President of Nepal Dr Ram Baran Yadav, heads of diplomatic missions and INGOs resident in Nepal, high level Government officials and leaders of industry and commerce invited in the ceremony on July 1, 2010.

In his acceptance speech, newly installed District Governor Rtn. Tirtha Man highlighted his ambitious annual District Goals in the 5 avenues of Rotary services

and urged the government/ non-government agencies, diplomatic corps and the business communities to join hands with Rotary in its efforts of "Building Communities and Bridging Continents" as given by Rotary International President Ray Klinginsmith as his annual theme. Rotary is not only the oldest social organization, but it also has the most cost-effective service delivery system where there is no office overheads, because Rotarians work as community volunteers, and the service project fund goes directly to the beneficiaries in the community.

Sixty seven of the 76 Rotary Club Presidents of Nepal present there were also installed and the Oath administered jointly in the gala ceremony for the first time in Nepal, a novel ceremonial and cost effective idea promoted by the DG Tirtha Man. He has called all Rotarians of Nepal to work for making Nepal a Model Rotary District in South Asia.

On this occasion, Rt. Hon'ble President Dr. Ram Baran Yadav was conferred Honorary Membership of Rotary by the District Governor Tirtha Man. ■



President of Nepal, Dr. Ram Baran Yadav places District Governor Pin on DG Tirtha Man Sakya



DG Tirtha Man Sakya offers President of Nepal, Dr. Ram Baran Yadav a Rotary Pin as Honorary Member of eight Rotary Clubs of Nepal

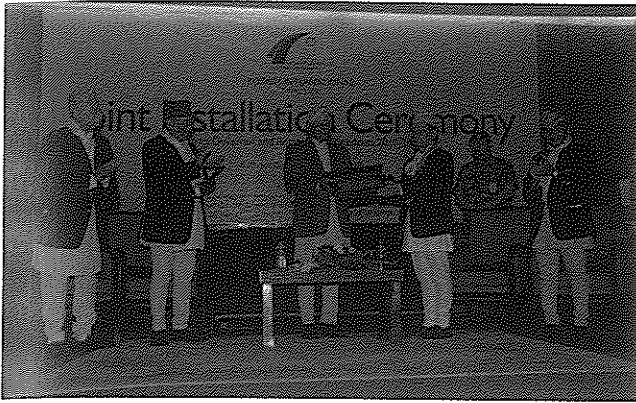


Rotarian Tirtha Man Sakya of Hakha Tole Lalitpur is the Chairman of Nepal Bangladesh Bank Ltd. He served as Chairman of Public Service Commission (2005 - 2009), Chief Secretary, Government of Nepal (1999 to 2002), Chairman of Nepal Indo-Suez Bank, (later Nepal Investment Bank) during 1998-2002, Chairman of

Nepal Forensic Science Laboratory Board (1997-99), Law Books Management Board and Nepal Judicial Service Training Center Board (1997-99), IDLO Alumni Association (1995 to date), Center for Legal Research and Service (1997) and Hakka Tole Reform Committee (1986-2007).

Rtn. Tirtha Man specializes in Legislative Drafting. He is Advisor to Nepal Gold and Silver Association, Lalitpur, Nepal Japan Friendship Council and Young Man Buddhist Association Nepal. DG Tirtha Man and Ann Nani Shobha are blessed with 2 sons and 2 daughters. ■

Photo Corner of July–August 2010



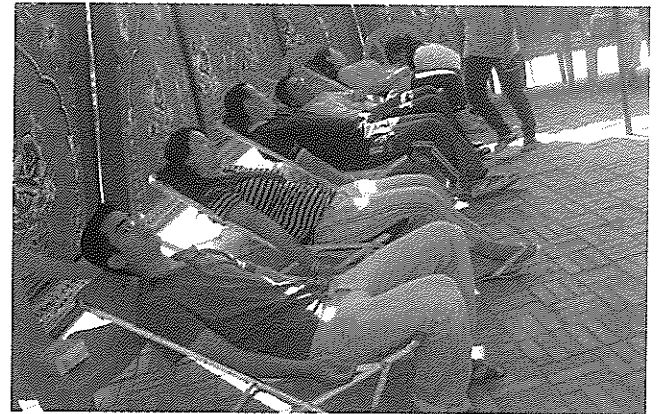
DG Tirtha Man Sakya offers President of Nepal, Dr. Ram Baran Yadav a Rotary Plaque of Honorary Membership of eight Rotary Clubs of Nepal



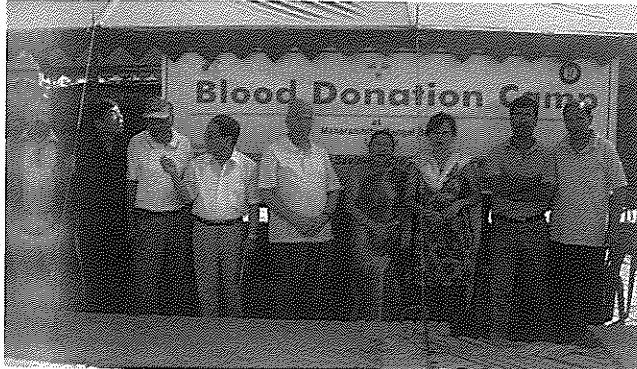
DG with Innerwheel club of RC Patan family



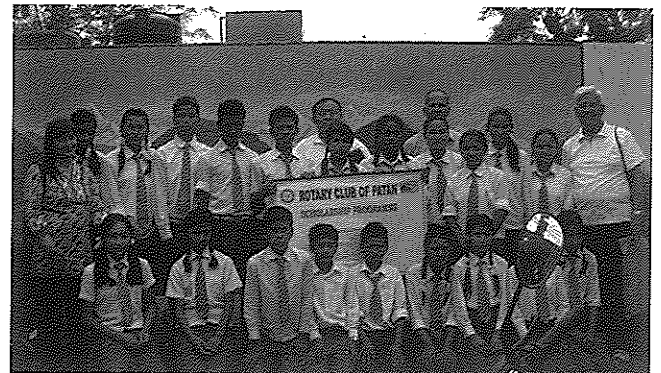
Sagun to President Dr. Prakash R. Regmi during joint installation



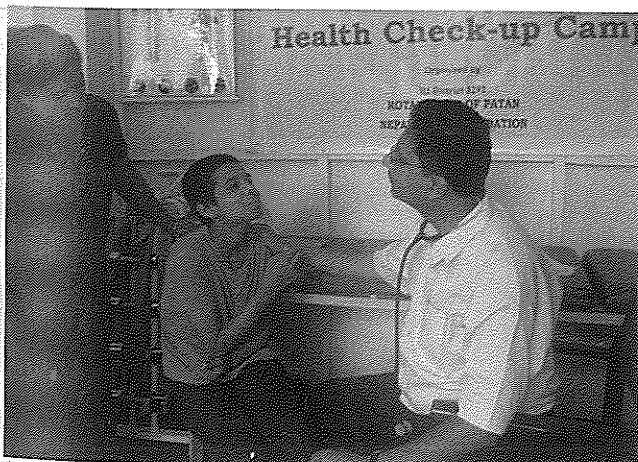
Blood donors of Patan Rotaractors and Cooperative members



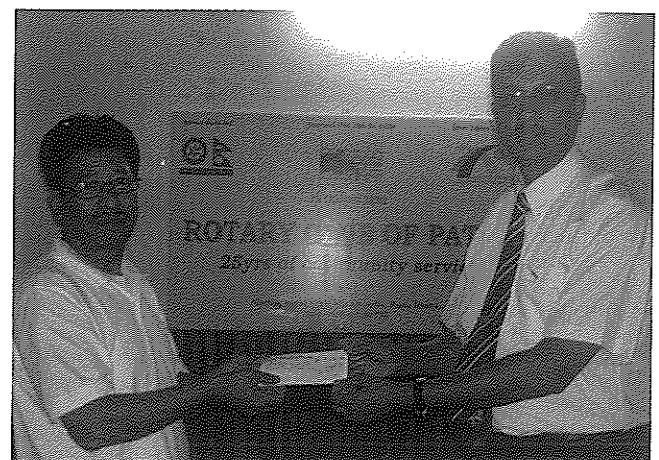
Blood donation camp at Mangal Bazaar jointly organised by RC Patan, Rotaract Patan and Sinchahity Saving and Credit Cooperative Ltd.



Scholarship distribution during Literacy Day

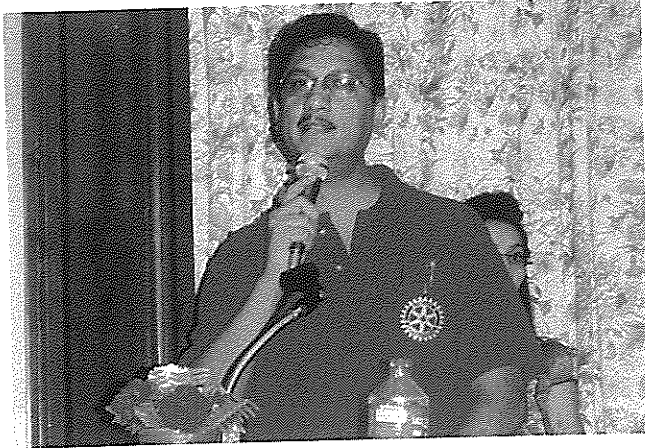


President Dr. Prakash during health check up at Patan CBR on Health Day



PP Rtn. Ganesh hands over cheque to President Dr. Prakash for Scholarship seed money during Literacy day

Photo Corner of July-August 2010



President Dr. Prakash delivering speech during ICM on Non Communicable Disease prevention and control



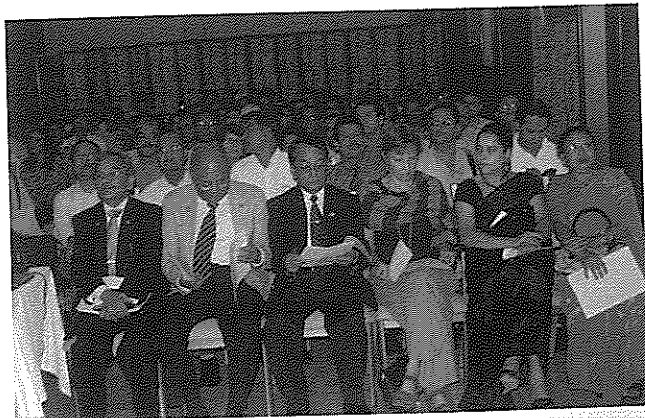
President Dr. Prakash hands over Token of Appreciation to Guest speaker at weekly regular meeting



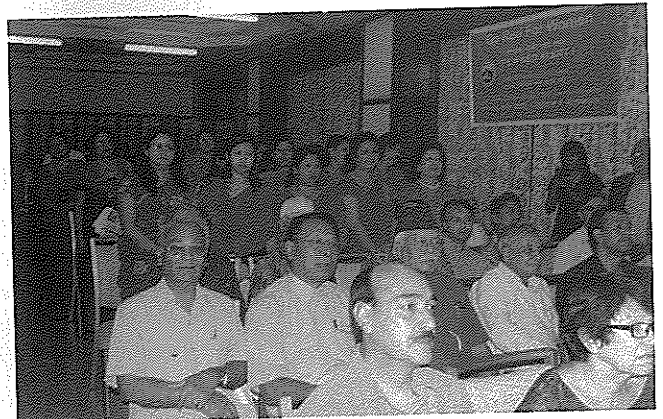
DG Tirtha Man Sakya with Sessation Chair Dr. Abani Bhushan Upadhyaya



Press Conference on Non Communicable Diseases Seminar/ICM



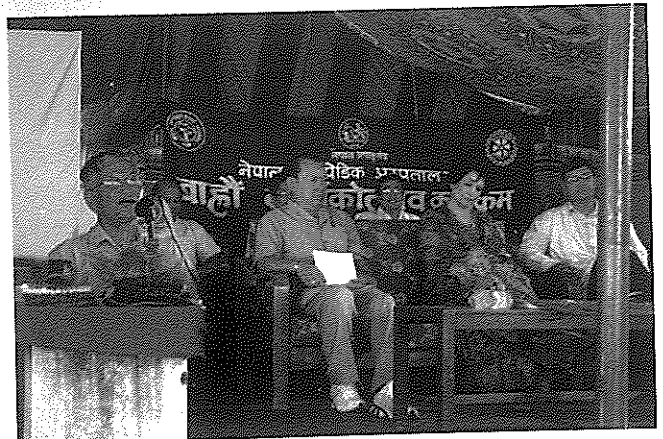
Participants of ICM on Non Communicable Disease prevention and control



Participants of ICM on Non Communicable Disease prevention and control

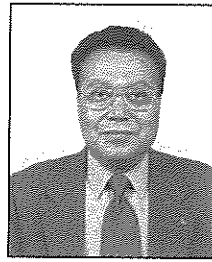


DG Tirtha Man with First lady at CBR during health check up

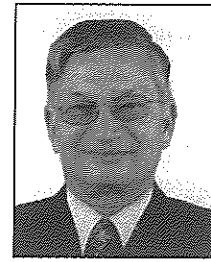


PP Rtn. Siba delivering speech during 12th Anniversary at NOH

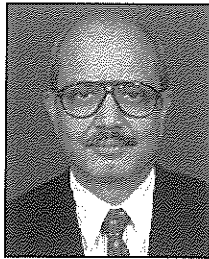
List of Major Donors and MPHFs



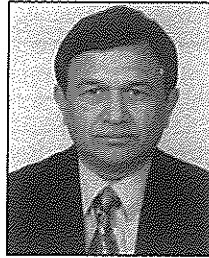
PP Rtn. Matsyendra L. Kayastha
Major Donor



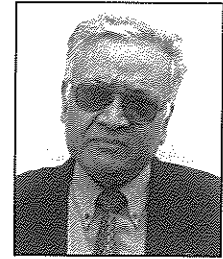
PP Rtn. Siba B. Rajbhandary
Major Donor



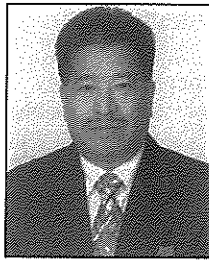
PP Rtn. R.R. Pandey
MPHF+2



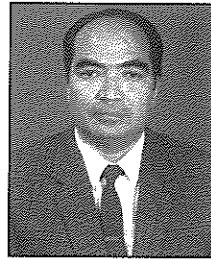
PP Rtn. Tulsi P. Neupane
MPHF+2



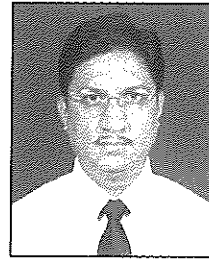
PP Rtn. Narayan G. Halwai
MPHF+2



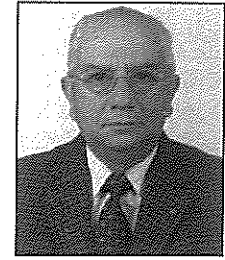
PP Rtn. Ganesh R. Shrestha
MPHF+2



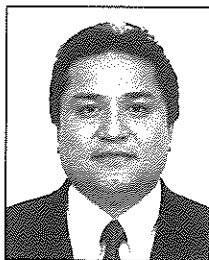
PP Rtn. Santa K. Shrestha
MPHF+2



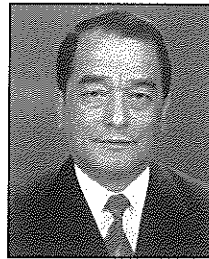
P Rtn. Dr. Prakash R. Regmi
MPHF+2



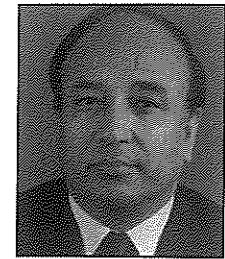
Rtn. Kamal M Dixit
MPHF+2



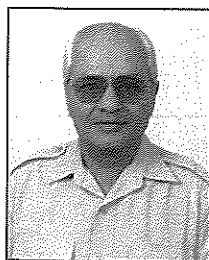
PP Rtn. Bijaya B. Bajracharya
MPHF



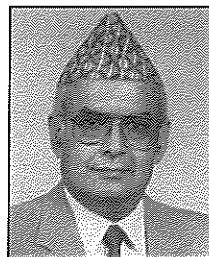
PP Rtn. Tirtha Man Sakya
MPHF



PP Rtn. Keshab B. Mathema
MPHF+2



IPP Rtn. Kedar B. Shrestha
MPHF



Rtn. Chandra S. Gyawali
MPHF



Rtn. Chandralekha Kayastha
MPHF

Committee Plan for 2010-11

Club Administration - Bhim B. Kshetry-Director/Chairperson

Administration/Attendance

Coordinator- Krishna B. Basnyat
Members: Narayan G. Halwai
 Mahendra B Thapa
 Kedar B. Shrestha

Rotary Info/Bulletin/Website

Coordinator- Kamal Mani Dixit
Members: Ganesh R. Shrestha
 Keshab B. Mathema
 Bharat N. Joshi

Fellowship/Programs/ Club Assemblies

Coordinator: Jamuna K. Tamrakar
Members: Jeevan K. Shrestha
 Santa Kumar Shrestha
 Shiva K Pradhan

Club Mentor

Siba Rajbhandary
 N.G. Halwai
 Kedar B. Shrestha
 M.L. Kayastha

Silver Jubilee Celebration

Siba B. Rajbhandary
 Ganesh R. Shrestha
 Dr. Prakash R. Regmi
 Kedar B. Shrestha
 Jamuna K. Tamrakar

Club Trainer

Ganesh R. Shrestha

Membership - Dr. Mukti N. Shrestha-Director/Chairperson

Goal & Action Plan:

Coordinator: R.R. Pandey
Members: Chandra S. Gyawali
 Som Paneru
 Dr. Chandra B. Shrestha

Prospective Members/Retention

Coordinator: Puskar Man Shakya
Members: Santa K. Shrestha
 Kiran Shrestha
 Piyush Bajracharya

Training/Classification

Coordinator: N.G. Halwai
Members: Siba B. Rajbhandary
 Puskar Man Shakya
 Yaga B. Shrestha

Service Projects- Gabriele Mallapaty -Director/Chairperson

Digital Divide/ Water/Sanitation

Coordinator: Siba B. Rajbhandary
Members: Jamuna K. Tamrakar
 Jeevan K. Shrestha
 Lochan Gyawali

PP Endowment Fund

Coordinator: N.G. Halwai
Members: Sharada Prasai
 Siba B. Rajbhandari
 Jamuna K. Tamrakar
 Bijaya Mallapaty

Physically Challenged

Coordinator: R.R. Pandey
Members: Siba B. Rajbhandari
 Jamuna K. Tamrakar
 Kamal B. Nyachhyon
 Piyush B. Bajracharya

Nepal Orthopaedic Hospital

Siba B. Rajbhandary
 Ganesh R. Shrestha

Health Camps

Piyush Bajracharya
 Kiran Shrestha

Senior Citizen's Home

M.L. Kayastha
 Kedar B. Shrestha

The Rotary Foundation- Satya Pradhan - Director/Chairperson

Foundation/Fund Raising

Coordinator: Bijaya Bajracharya
Members: Arati Thapa Shrestha
 Shreedhar Acharya
 Suresh C. Lakhey

GSE/Member Exchange

Ganesh R. Shrestha
 Puskar M. Shakya

PolioPlus

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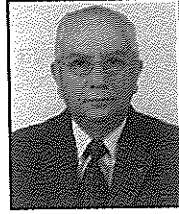


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ललितधारा



रो. कमलमणि दीक्षित

नेपालका रोटरी क्लबहरूले स्मारिका ('सुभेनिर') निकाल्ने भएपछि मलाई सम्झन्थे । पैलेपैले निकै सम्झन्थे, ऐले पनि कैलेकैले हुन्छ त्यस्तो । त्यसमा अचम्म मान्नुपर्ने केही छैन । नेपालको पहिलो क्लब रोटरी क्लब अफ काठमाण्डू (थापाथली)को संस्थापक-सदस्य नभएपनि निकै पुरानो सदस्य हुँ म । चलिस वर्षअघि मलाई इण्डक्ट गर्नुभएको थियो रो. पूअ जनरल अर्जुन शमशेर राणाले । अब त म सबको 'गुरु' भएको छु । धेरै जना रोटेरियनले नेपालमा मलाई त्यस्तो सम्बोधन गर्छन् । कोही कोही त 'हजरबुवा' पनि भनिदिन्छन् । मलाई त्यो गिज्याए जस्तो लाग्दैन ।

म विषयबाट बहकिएँ । मैले कुरा सुरु गरेको रोटरी क्लबहरूले सुभेनिर निकाल्ने बेलामा मसंग एउटा लेख माग्छन् भनेर हो । त्यसरी मैले थुप्रै लेखेको छु रोटरी विषयमा । आफ्नो क्लब (रोटरी क्लब अफ पाटन)को त झण्डै सबै जसो इन्स्टलेसन (पदस्थापन) विशेषाङ्कमा मैले लेखेको छु । अनुरोध आउँछ अनि लेख्छु । विषय भने आफूखुसी छान्छु म तर यसपटक मलाई विषय तोकेरै अनुरोध गर्नुभयो अध्यक्ष रो.डा. प्रकाशले । मलाई विषय दिइएको छ "ललितधारा" भन्ने । भन्नाले हाम्रो क्लबको मुखपत्र बुलेटिन, 'ललितधारा'को इतिहास पनि लेख्नुपर्छ । मैले अनि त्यो कसरी चलिरहेछ एकटझारले, त्यो पनि बताउनुपर्छ । तर त्यो काम सजिलो छैन 'खतरायुक्त' छ । खतरा किन छ भने त्यसमा मैले धेरै आफ्नै डम्फू बजाउनुपर्छ मलाई 'मपाई' भएको आरोप आउन सक्छ । अब मेरो अनुरोध के भने पढ्नेहरूले यो लेख कमलमणिले निरपेक्ष भावले लेखेको हो अध्यक्षको आग्रह मानेर, भन्ने बुझिदिनु पर्छ । इति भूमिका !

काठमाण्डू रोटरी क्लबले, पाटनमा एउटा रोटरी क्लब खोल्नको लागि मलाई 'जि एस आर' तोक्यो । अनि क्लबको स्थापना हुने बेलामा यो राम्रोसंग चलोस् भन्नालाई मलाई

उताबाट यतै क्लबमा सदस्यता लिन खटायो । रो. मछिन्द्रलाल कायस्थ र म त्यसबेला पाटन क्लबका संस्थापक सदस्य भएर यता सयौं । संस्थापक प्रेसिडेन्ट (स्व) सुरेन्द्रराज शर्मा हुनुभयो । संयोगकै कुरा थियो सुरेन्द्रराजजी पनि धेरै वर्ष पहिले केही समयसम्म काठमाण्डू रोटरी क्लबको सदस्य हुनुहुन्थ्यो अरे । सुरेन्द्रराजजी पहिलो प्रेसिडेन्ट मात्र होइन हाम्रो मुखपत्र, बुलेटिन 'ललितधारा' को पहिलो संपादक पनि हुनुभयो, दुई वर्ष पछि उहाँ 'पूअ' भैसकेपछि २०४४ सालमा । तर त्यो काम स्थायी भएन । दुई-चार अंक कति हो निस्क्येपछि त्यो सेलायो । त्यतिबेला 'ललितधारा' साप्ताहिक थिएन मासिक थियो । तर दुर्भाग्यको कुरा, मासिक 'ललितधारा' को कुनै अंक कतै फेला परेन । त्यसैहुँदा त्यो ललितधारा के कस्तो थियो भन्न सक्ने ऐले कोही छैन । तर पक्कै छ, त्यो नियमित थिएन, किनभने ६ वर्षपछि यो साप्ताहिक भएर निस्कँदा यसलाई 'पूर्णाङ्क' ११ भनेको देखिन्छ । 'ललितधारा' यो पूर्णाङ्क लेख्ने चलन ऐले पनि कायम छ । जस्तो यो अंक 'ललितधारा'को पूर्णाङ्क- ६६६ हो । यसो हेर्दा 'ललितधारा'ले नियमित भएर चलन थालेको १६ वर्ष नाघेछ भन्नुपर्ने हुन्छ । तर त्यो सत्य होइन । धेरै पटक चल्दै बन्द हुँदै गरेपछि मलाई त्यसबेलाका अध्यक्ष रो. विश्वकान्त मैनालीले 'ललितधारा' चलाउने जिम्मा दिँदा मैले आफ्नो सजिलाका लागि पूर्णाङ्क १११ गरी नंबर दिन प्रारम्भ गरेँ त्यसै हुँदा नियमित रूपले ललितधाराको जिम्मा ७६१ जति अंक मात्र मैले संपादन गरेको हुं । १६ वर्ष होइन करिब १४ वर्ष जति मात्र । त्यति सम्म 'भङ्गल्याय' गरेको छु मैले 'ललितधारा'मा ।

तर 'ललितधारा'को न्वारन गर्ने काम चाहिँ मैले नै गरेको हुँ । नेपाल अधिराज्यमा रोटरीको दोस्रो बुलेटिन प्रकाशित गर्ने श्रेय पाटन रोटरी क्लबले पाएको छ । क्लबलाई त्यो गर्ने हुटहुटी लगाउने पनि म नै हुनपुगेँ । किनभने पाटन

क्लबमा 'ट्रान्सफर' हुनुभन्दा पहिले काठमाण्डू रोटररी क्लबको बुलेटिन 'याक बेल'को संपादन २२३ वर्ष जति मैले गरि सकेको थिएँ । डा. रबर्ट फ्लेमिङ पछि नै मलाई त्यस कामको अभिभारा बोकाउनुभएको थियो त्यहाँका मेरा अग्रजहरूले । मैले आफैँ एडिटर भएपछि याकबेललाई एउटा थप नेपाली नाम पनि हालेको थिएँ त्यहा, गोपाल दाईहरू संग स्वीकृति लिएर । 'याक बेल' संगै नेपालीमा 'चौरीको घण्टी' भन्ने शीर्षक माथि 'माष्टहेड'मै छापिन्थ्यो। ऐले त्यो नाम कायम छैन । त्यो 'याक बेल' मात्र छ ।

पाटन रोटररी क्लबले बुलेटिन निकाल्ने निधो गरेपछि नाम के राख्ने भन्ने छलफल भयो । साथीहरू अंग्रेजीको कुनै नाम खोज्दै हुनुहुन्थ्यो । मैले 'ललितधारा' भन्ने सुझाव राखें, त्यो सबैले मन पराउनुभयो र त्यही नाम राखियो । त्यसमा सजिलो के भैदियो भने त्यस अधिनै क्लबको लोगो भनेर पाटनको कुनै ढुङ्गेधाराको चित्र हामीले अपनाइसकेका थियौं । त्यसै ढुङ्गेधारालाई 'ललितधारा' मान्दा मिलेको देखियो अनि स्वीकृत भयो ! 'ललितधारा'लाई अंग्रेजीमा निकाल्ने कुरा थियो । मैले र रो. वासुदेव लुइटेले नेपालीमै निकाल्ने जोड गर्यौं । किनभने वासुदेवजी जस्तै अंग्रेजी फुट्टी नजान्ने हाम्रा केही अरू सदस्य पनि थिए त्यसबेला क्लबमा ।

मुलतअ 'ललितधारा' लाई नेपालीमै निकाल्ने भन्ने तय भएपछि र मैले त्यसको संपादनको र छपाई (प्रकाशन)को जिम्मा लिनुपर्ने भएपछि म अल्मलिए । क्लबको बुलेटिलाई कसरी स्थायित्व प्रदान गर्ने भनेर म चिन्तित भएँ । काठमाण्डू रोटररी क्लबको बुलेटिन संपादन गरी प्रकाशन गर्ने जिम्मा डा. रबर्ट फ्लेमिङको थियो । त्यो उनी शान्तभवनमै साइक्लोस्टाइल गराएर ल्याउंथे। संपादनको काम मैले गर्न थालेपछि टाइप गर्ने समस्या परेको थियो त्यो मणिहर्ष ज्योतिले समाधान गरिदिनुभएको थियो । टाइप गर्ने, साइक्लोस्टाइल गर्ने ज्योतिभवनमा हुन थालेको थियो । तर पाटन रोटररी क्लबमा त त्यस्ता सुविधासम्पन्न रोटेरियन कोही थिएनन् । अतः मैले यसलाई प्रेसमा छापेर निकाल्ने जुक्ति निकालें, किनभने मेरो हातमा जगदम्बा प्रेस थियो । 'ललितधारा' सम्पादन गरेर प्रेसबाट निकाल्न थालें मैले । तर त्यो स्थायी हुन सक्तैनथ्यो । किनभने प्रेसलाई सधैं सितैमा क्लबको बुलेटिन हप्तैहप्ता छाप भन्न म पनि सक्तैनथें । अब के गर्ने ? धेरै ओटा रोटररी क्लबका बुलेटिनको प्रकाशन स्थायी हुन नसक्नुमा आर्थिक समस्या रहने गर्थ्यो भन्ने मैले बुझेको

थिएँ । हप्तैहप्ता बुलेटिन छापने रकम दिन क्लबमा 'ट्रेजर' तयार हुदैनथें । त्यसै हुंदा मैले एउटा जुक्ति गरें । प्रत्येक हप्ताको छपाई खर्च एकजना रोटेरियनले 'स्पान्सर' गर्ने त्यो रोटेरियनको एउटा 'म्यासेज' बुलेटिनको पुछारमा जडिदिने रोटेरियन पनि आफ्नो नाम छपाएकोमा प्रसन्न, क्लबको कोषबाट पैसा पनि भिक्न नपर्ने । फेरी एकजनालाई वर्षमा एक र आधा बुलेटिनको मात्र भार पर्ने । यो व्यवस्था सबैतिरबाट 'स्वागतयोग्य' ठहरियो र 'ललितधारा'ले स्थायित्व पायो । ऐलेसम्म ललितधारा त्यहीअनुसार निक्लिदैछ । मेम्बर हरूले अब त अर्धवार्षिक 'क्लब तिरो' बुझाउने क्रममै बुलेटिनको पनि विज्ञापन शुल्क तिर्छन् ।

'ललितधारा'को निरन्तरताले क्लबको इतिहास लेख्ने काममा पनि निकै सहयोग पुगेको छ । प्रत्येक साप्ताहिक मीटिङका निर्णयहरू नियमित छापिन्छन् यसमा । त्यो मात्र संकलन गर्दा पनि क्लबको इतिहास बन्न सक्छ । कुनै पनि अध्यक्षलाई आफ्नो इतिहास नमेटियोस् भन्ने चाहाना हुन्छ नै । त्यसै हुंदा ललितधारा नियमित चलोस् भन्ने प्रत्येक नयाँ अध्यक्षलाई हुन्छ नै । बुलेटिनले निरन्तरता पाउनुमा त्यस कुराको पनि केही योगदान छ भन्ने मलाई लाग्छ ।

'ललितधारा'को एउटा लोकप्रिय स्तम्भ चाहिँ 'एउटा ठट्टा' पनि हो । धेरै जना साथीहरूले भन्ने गरेको मैले सुनेको छु । "म त ललितधारामा सबभन्दा पैले ठट्टा नै पढ्छु" । त्यो सुन्दा मलाई पनि खुशी लाग्छ । किनभने ती ठट्टाहरू मेरा मौलिक रचना होइनन् तापनि तिनको प्रस्तुतिमा मेरो आफ्नै छाप रहेको हुन्छ । म ठट्टाहरूलाई नेपाली परिवेशमा पस्कने गर्छु । ललितधारामा ऐलेसम्म छापिएका मध्ये ६११ ओटा ठट्टालाई तीनओटा कितापका रूपमा छुट्टै प्रकाशित गरेको छ क्लबले भन्ने विर्सनु हुदैन ।

अब त ललितधाराले 'साईबर' कलेबर पनि पाएको छ । सोमवार प्रकाशित हुने (हार्ड प्रिन्ट) मुद्रित ललितधारा शुक्रबार या शनिवार सम्म डिजिटाइज्ड प्रणालीबाट ई-मेलद्वारा क्लबका साथीहरूका कोठा-कोठामा कम्प्युटरको स्क्रीनमा दर्शन दिन पुगिसकेको हुन्छ । यो पनि ललितधाराको एउटा उपलब्धी नै हो भन्छन् जान्नेहरू । क्लबका 'निर्णय सारांश' (मिनिट्स)मा केही गलत भए सोमवार त्यसको छापिएको प्रति आउँदा त्यो सच्चिपर आउन सक्छ । यहि हो मैले जानेबुझेको 'ललितधारा' !

Linea telefonica



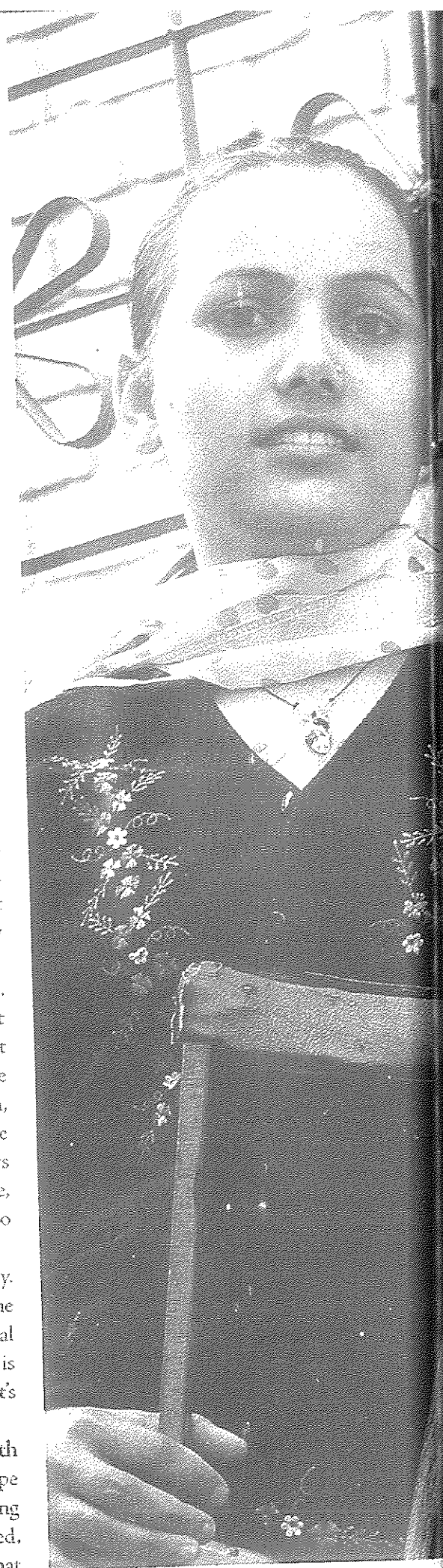
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hen she was seven years old, Jamuna Subedi lost her legs, the right one below the knee and the left one above it. She was the victim of a truck accident, though people in her village in Nepal didn't view her injuries as a chance misfortune. They saw them as a punishment. "My neighbor used to tease my father, saying he must have committed lots of sins in his previous life and so he got me as a curse," she says. Family and friends told him that sending her to school was a waste of money, that nobody would marry her, that she'd be a burden for life.

But here's where Subedi's fortunes turn: Her father didn't listen. He fought for her education, and a decade later, she scored the highest marks of any female student on her high school's exit exam. She went on to earn a bachelor's degree and complete an internship with the National Human Rights Commission of Nepal, then moved to Japan, where she attends a prestigious leadership training program. "I gave them a lesson," she says. "According to one of my aunts, nowadays whenever a villager wants to see their children have a bright future, they tell my story of struggle. I think my achievement led them to change their attitude toward disability."

Subedi grew up about 140 miles west of Kathmandu Valley. While Nepal may be synonymous with the precipitous peaks of the Himalayas, her village of 15,000 people lies in the swampy tropical lowlands – called the Terai – on the border with India. The region is prone to flooding, as rivers plunge down from the mountaintops. It's also in the part of the country where Buddha was born.

Today, Buddhist and Hindu beliefs intermingle in Nepal. Both religions hold that the deeds of past lifetimes – good and bad – shape future lives. But in rural areas, where shamans perform rituals dating back to the Stone Age and access to modern health care is limited, villagers believe that disabilities are a fixed destiny. Because of that



Left: Jamuna Subedi's achievements changed villagers' attitudes toward disabilities. **Below:** Rob Rose sponsored the college education of this woman, who is blind. Today she is a teacher. **Previous pages:** Rabendra Raj "R.R." Pandey with a child at the Kathmandu School for the Deaf.

"You can imagine how society treats you when your very existence is tied to a curse or past-life sin. It's the lowest of the low, below the lowest caste. You don't deserve an opportunity; you don't deserve an education." **Rob Rose**

fatalistic view, parents hide disabled children at home or force them to beg on the streets.

Changing that perception is the goal of an initiative funded by Rotary districts 3292 (Nepal) and 5030 (Washington, USA), and a US\$300,000 Health, Hunger and Humanity (3-H) Grant from The Rotary Foundation. The Rotarians launched an ambitious marketing campaign to spread the message that no one should condemn people with disabilities to a subhuman existence. "So many things have changed. In today's world, there is help available, there are opportunities available," says Rabendra Raj "R.R." Pandey, past president of the Rotary Club of Patan, Nepal. "We are giving the opportunity to turn bad karma into good karma."

Ads feature the phone number of a help line that Rotarians started as part of the 3-H project; it's staffed by people with disabilities such as Subedi, who worked there before heading to Japan. Thirteen club projects worth \$120,000 are also addressing the needs of the disabled, with plans for more.

"You can imagine how society treats you when your very existence is tied to a curse or past-life sin," says Rob Rose, a member of the Rotary Club of Bellevue, Wash., who came up with the idea for the initiative. "It's the lowest of the low, below the lowest caste. You don't deserve an opportunity; you don't deserve an education."

For many, the biggest coup of the advertising effort was landing superstar Rajesh Hamal as spokesman. Hamal – the equivalent of Brad Pitt for Kathmandu's "Kollywood" – appears in television and radio ads that have been broadcast across the country since June. (Watch one of the ads, featuring Hamal and Subedi, at www.rotary.org/rotarian.) He has a close friend who is a paraplegic and a brother who started a center that provides free computer training for people with disabilities. When Rotarians pitched the



“My mother
had a tough time
raising us, but
she never lost hope.
Now we have proved
that we are not
damaged goods.”

Nirmala Gyawali

idea, Hamal was sold on donating his time. “He was such a great find,” Rose says.

JWT, an international ad agency powerhouse, is orchestrating the campaign and has donated \$50,000 in services. As part of the effort, Rotaractors will perform street theater, and a comic strip – starring disabled characters who defy stereotypes – will appear in notebooks distributed to all public schoolchildren in Nepal. Four print ads, which highlight a doctor, a grandfather, a student, and a professional woman with disabilities, are running in newspapers and are planned for billboards.

Nirmala Gyawali, a cultural orientation trainer, radio journalist, and disability advocate, is the career woman featured in the campaign. She and two of her siblings were born blind; her sister was the first blind woman in Nepal to earn a master’s degree. “My mother had a tough time raising us, but she never lost hope,” Gyawali says. The Nepalese Youth Opportunity Foundation, a nonprofit based in Sausalito, Calif., paid her public school fees, and she earned bachelor’s degrees in sociology at Campion College in Nepal and at Colorado State University, on a Fulbright scholarship.

In 2004, she was the first athlete from Nepal in the Paralympic Games, held in Athens, competing in the shot put and the 100- and 200-meter races. Like Subedi, she says her achievements have changed perceptions in her village toward people with disabilities. “Now we have proved that we are not damaged goods,” Gyawali explains.

Rose, a second-generation owner of a family photography business, met Gyawali in 1997, when he volunteered as a photographer for the Nepalese youth foundation. As a Rotary Youth Exchange student in the 1970s, he’d lived in Kolkata, India, and had returned with a fascination for the region. He’d

lived with a middle-class family in a three-bedroom flat and taken the bus to school every day, hanging onto the outside instead of crowding inside. “The desperately poor were all everywhere you looked,” he says. “I think that experience made me realize that I had an obligation as a human being to go back to those less fortunate.”

Later, on one of his trips back to Nepal to work on Rotary club-sponsored projects, Rose met R.R. Pandey. The founder of one of the country’s largest travel agencies, Pandey quickly became a key partner and now serves on the board of the International Fund for Children, established in 2006 to help young people with disabilities in Nepal.

Years of hearing stories from Gyawali persuaded Pandey, a Rotarian since 1986, to launch the grassroots awareness campaign. Pandey had his own reasons for signing on: His mother had a bone disease in one of her legs and had to walk several miles each day on crutches, and his mother was hard of hearing. “I still recall the smile on her face when she got her first hearing aid – ‘I can hear!’” Pandey says.

The marketing effort now reaches 15 percent of the country. James Hebert, a Bellevue club member and president of a market research company, trained Rotaractors in Nepal to conduct surveys in the target area, measuring changes in attitudes toward people with disabilities. When they are armed with enough credible research, the Rotarians plan to extend the project across the country. To Pandey, this initiative is different from many other 3-H projects because it isn’t about buying equipment or materials. “We are trying to change the culture of a society,” he says. ■

Diana Schoberg is an associate editor of The Rotarian.



Clockwise from top left: Rotary clubs in Germany and Nepal partnered to support a physiotherapy clinic at this child's school with help from a Foundation Matching Grant. A girl from Nepal teaches sign language to Rotarians from Seattle. Superstar Rajesh Hamal launches the marketing campaign in April 2009, at Nepal's first district conference. Rotarian Suzy Kellett and a budding artist with disabilities, who shows off his work.



HOW TO HELP: Rotarians in Nepal assess and identify needs, and Rose and his team seek out Rotary clubs to become international partners. As of October, the Rotarians had launched 13 club projects worth \$120,000, and several more were in the works. They provide hearing aids, eye clinic equipment, spinal braces, cleft palate surgeries, and other types of aid. Write to Rose at rob@trifc.org for information.

Courtesy:- The Rotarian (August 2010)

Congratulations

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Best Wishes

On the Occasion of the

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of

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बरिष्ठ नागरिक गृह-गोदावरी

- तुलसी न्यौपाने

गोदावरी स्थित “बरिष्ठ नागरिक गृह” मा हाल १० जना वृद्धवृद्धाहरू बसोवास गर्छन् । उनीहरूका लागि खाने, बस्ने, प्राथमिक उपचार र सेवाको कामहरू भैरहेका छन् । डबल बेड रुम भएको कोठासंगै बाथरुम भएको १६ कोठाको भवन आधा भन्दा कमै भरिएको छ । द्वन्दका कारण बसोवास ढिलो सुरु भएपनि प्रगति भने सन्तोष जनक भएको छ ।

रोटरी क्लव अफ पाटनको “चाट्टर मेम्बर” का नाताले अध्यक्षको पद प्रस्ताव भए पनि धेरै वर्ष सम्म पनि स्वीकार गरिन । एक दिन क्लवको मिटिंग पछि रोटरियन पि.पि प्रसाईले नारायणी होटलको बार तिर समातेर लानु भयो । हामी दुवैजना एउटा कुनामा बस्यौ । त्यसै समयमा एउटा वृद्धाश्रम बनाउने कुरा भयो । उहाँको चिनजानका एकजना व्यक्ति डा.वि.एन. राणा, जो लामो समय सम्म जर्मनीमा बस्नु भएको र ससुराली पनि जर्मनीमै भएको व्यक्तिसंग कुरा भएको रहेछ । उहाँले त्यस्तो कामका लागि चाहना राख्नु भएको कुरा जानकारी गराउनु भयो, प्रसाईजीले म आगामी वर्षको क्लवको अध्यक्ष नबन्ने हो भने सजिलो संग काम नहुने कुरा बताउनु भयो । मैले अन्त्यमा कुरा स्वीकारे, म अध्यक्ष बने त्यस वर्षको ।

वृद्धाश्रम बनाउने ठाउँको चर्चा भयो, शंखमुल पनि एउटा प्रतावित ठाउँ थियो, तर घाटको किनारामा वृद्धाहरू राख्दा मृत्यु पर्खेर बस्ने जस्तो मनोवैज्ञानिक असर हुन्छ, भनेर विकल्प खोजियो । अर्को सदस्य चिरंजीवी आचार्य हुनुहुन्थ्यो र उहाँको घर गोदावरी किटनीमा, किटनी स्कुलको संचालक समीतिको अध्यक्ष पनि भएकाले स्कुलको जग्गा दिन सकिने कुरा राख्नु भयो ।

स्कुललाई प्लस २ गर्ने सन्दर्भमा रोटरीले १० लाख दिने र ९९ वर्षको लीजमा २९ रोपनी जग्गा क्लवलाई दिने कुरा आयो । सम्झौताको समय आयो, तर कठिन नै रहयो, तर पनि गोदावरी गा.वि.स. का अध्यक्ष र सामाजिक क्षेत्रका विशिष्ठ व्यक्तिहरूले जग्गा लीजमा दिने प्रस्तावमा हस्ताक्षर गरे पछि विधिवतरूपमा सम्झौताको मस्यौदा भयो । लक्वका पूर्व अध्यक्ष मत्तसेन्द्रलाल कायस्थको घरमा पि. पि तीर्थमान शाक्यले सम्झौताको मस्यौदा देखाउनु भयो र त्यसै दिन हस्ताक्षर भयो ।

कस्तो भवन बनाउने भन्ने विषयमा मत्तसेन्द्रजी र चन्द्रलेखाजिले माष्टर प्लान सहितको नक्सा बनाउनु भयो । दुई

चरणमा बन्ने भवनहरूमा वृद्धाहरू बस्ने ३ वटा ब्लक, डाइनिङ्ग, किचेन, पाले घर, स्वास्थ्य सेवाघरहरूको नक्सा बनाउने तय भयो । ५० जना गरीव महिला छात्रालाई छात्रावास बनाएर पढाउने, किटनी कलेजमा र वृद्धाश्रममा सेवा गर्ने कार्यक्रम बन्थो । तर थप काम दास्रो चरणको लागि राखियो । पहिलो चरणको नक्सा बन्थो, डा. राणाको संस्था “हेल्प नेपाल” ले रकम उपलब्ध गराई दियो र नेशनल कन्स्ट्रक्शन कम्पनीलाई ठेक्का दिइयो, काम कायस्थजीको कम्पनीले सुपरभीजन गर्ने गरी ।

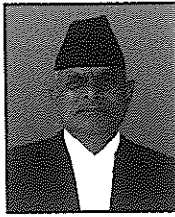
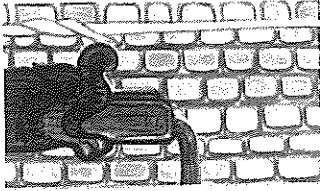
घर तयार भएपछि २०५७ सालमा तत्कालिन प्रधानमन्त्री गिरिजाप्रसाद कोईरालाज्युवाट भवनको उद्घाटन भयो । उहाँले भाषणको क्रममा भन्नु भयो “वृद्ध अवस्थामा कसरी बस्नेहोला भन्ने मेरो मनको चिन्तालाई तपाईंहरूले यो भवन बनाएर शान्त पारिदिनु भयो” अशक्त भएपछि आउने ठाउँ भयो । तर उहाँ अशक्त नभैकन नै सधैका लागि विदा हुनुभयो ।

भवन पुरा भएपछि संचालनका लागि रोटरीले ट्रष्ट स्थापना गरेर ट्रष्ट मार्फत संचालन गर्ने व्यवस्था गर्‍यो । रोटरीका प्रतिनिधि, डोनरका प्रतिनिधि, स्कुलका र स्थानीय स्तरका प्रतिनिधि ट्रष्टमा रहने व्यवस्था भयो । डा. राणा अध्यक्ष भएपनि उहाँ जर्मनीमै बस्ने भएकाले संचालनका निमित्त रो. तुलसी न्यौपानेलाई उपाध्यक्ष बनाएर संचालन गर्ने व्यवस्था भयो । त्यसै समयमा मुलुक द्वन्द तिर धकेलियो, संचालनमा कठिनाई भयो । भवन माथिनै बल प्रयोग हुन थाल्यो, तर थाभियो । अन्त्यमा २९ रोपनी जग्गामा काम हुन नसक्ने भएपछि १२ रोपनी मात्र राखेर स्कुललाई नै कार्यक्रम थप गर्न फिर्ता गरियो । तैपनि बलजफति वृद्धाश्रमको जग्गामा अतिक्रमण गरियो, धम्की र त्रासको वातावरण सिर्जना गरेर धेरै कठिन परिस्थितिपछि मुलुकमा शान्ति प्रकृयाको थालनी भएपछि वृद्धाश्रम संचालन सुरु भयो ।

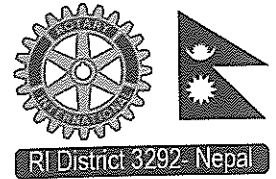
बाँकी दोश्रो चरणको काम हुन भने सकेको छैन । डोनरको आम्दानीको श्रोतहरू बन्द भएका कारण उनीहरूले असमर्थता जाहेर गरे । आगामी दिनमा बाँकी कामहरू थपिँदै जाने आसा छ । हाल एउटा सामुदायिक हल बनाउने र मनोरंजनको थप कार्यक्रम राख्ने प्रयास भैरहेको छ । अरू थप कामको लागि अतिरिक्त स्रोत र साधनको खोजी जारी छ ।

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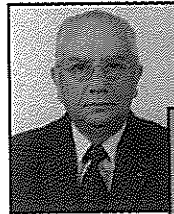
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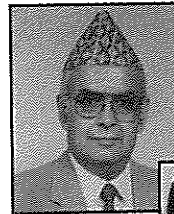
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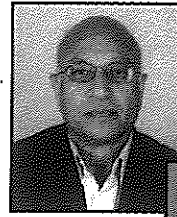
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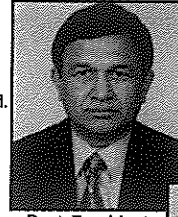
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Past President

Neupane Tulasi P. (MPHF+2)
Classification: Economist
Res: Jhamsikhel, Lalitpur-3, Nepal.
Ph: (R) 5522320 Mob: 9851025865
Born: 20 Mar, Wed: 16 Jan
Anne: KAMALA; Serv: S. D. P
Join: 1985
E-mail: tpfm@mail.com.np



Club Adm.
Chairperson

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



Past President

Nyachhyon Kamal Bahadur (PHF)
Classification: Heavy Textile Manufacturer
Add: Himal 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



Senior 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



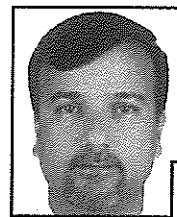
Past President

Pandey Rabendra Raj (MPHF+2)
Classification: Airline GSA
Add: Everest Express Tours & Travel (P) Ltd
Ph (O): 4220759, Mob: 9851020174
Fax: 4226795 (O) 5521652 (R)
Born: 14 Dec; Wed: 18 Feb
Anne: CHANDRA LEKHA
Serv: D, VP, P, AG, DPC
Join: 1990
Email: rpandey@everest-express.com.np



New Generation
Chairperson

Mallapaty Bijaya (PHF)
Classification: Development Management
Sanepa#2, Lalitpur (GPO Box 26028)
Ph: 5592541; Mob: 9803683969
Born: 09 May; Wed: 14 May
Spouse : GABRIELE
Join: 2008
E-mail: bijaya.mallapaty@gmail.com



Member

Paneru Som
Classification: Social Work executive
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Ph (R): 5542624 ; Mob. 9851054541
Born: 1 Sep; Wed:
Anne: SAJANI;
Join: 2009,
Email: som@nyof.org.np



Members of Rotary Club of Patan



Senior Member

Pradhan Krishna Bahadur (PHF)

Classification: Educationist
 Add: Chhauni, 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



Pradhan Satya (PHF)

Classification: Polysack
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 Ph (R): 5524478,
 Mob: 9841222128
 Born: 26 Falgun; Wed: 12 Mangsir
 Spouse: DR. YASHO VARDHAN
 Join: 2006, Serv: Sgt, D
 email: satyapradhan@hotmail.com



TRF
Chairperson



Pradhan Shiva K.

Classification: Photo Lab
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 Ph (O): 4417945
 Mob: 9851046308
 Born: 2 May; Wed:
 Anne: TTKA
 Join: 2009
 email: shiva_pra@hotmail.com



Member

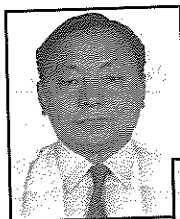


Prasad Sharda (PHF)

Classification: Travel Agent
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 Ph (O): 4222014, (R) 4229277
 Fax: 4227372
 Born: 14 June; Wed: 1 Feb
 Join: 1999, Serv: D, SG
 Email: info@netrajtours.com.np



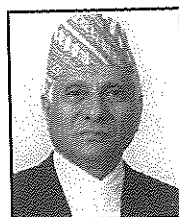
Serg-at-Arms



Member

Maj. Rai Biswa Nath (PHF)

Classification: Retired British Gurkha
 Add: Ekantakuna Jawalakhel-13
 POBox No. 9545
 Ph (R): 5530553, Mob: 9851057367
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 Anne: SABITRI, Join: 2005,
 Serv: Sgt, D
 email: biswanathrai@hotmail.com



Senior Member

Rana Shreedhar Shumsher (PHF)

Classification: Ex - Serviceman
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 Lalitpur, Nepal
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 Born: 16 Aug; Wed: 7 Falgun
 Join: 1995



President

Dr. Regmi Prakash Raj (MPHF+2)

Classification: Cardiologist
 Lalitpur Heart Clinic
 Res: Dhobighat, Lalitpur
 Ph (O): 5536474 (R) 5525536
 Mob: 9851051170
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 Anne: UPASANA, Serv: D, S, VP
 Join: 1990
 Email: prregmi@wlink.com.np



Past President

Sakya Tirtha Man (MPHF)

Classification: Legislative Drafting
 Former Chairman, Public Service Commission,
 Chief Secretary, Govt. of Nepal
 Res: 17 Hakha Tole, Lalitpur-12, Nepal
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 Mobile: 9851026534
 Born: 21 July; Wed: 14 Feb
 Anne: NANI SHOVA
 Serv: D, VP, P, AG, DC, DGN, DGE
 Join: 1987
 Email: tirtha.sakya@yahoo.com



Past President

Shakya Gyanu Raj (PHF)

Classification: Business Management
 Address: Vision Tours & Travels, Bakhundole,
 Pulchowk
 Res: Hakha Tole, Lalitpur
 Ph(O): 5536421, 5010535 (R) 5524588,
 (M) 9851038196
 Born: 20th May, Wed: 18th March
 Anne: SUNITA Serv: Sgt, D, VP, P, CC, AG
 Join: 1995, Email: vision@wlink.com.np



Past President

Shakya Pushkar Man (PHF)

Classification: Carpet Export
 Add: S 3 International
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 Anne: RITA; Serv: T, S, D, P, AG, DPC;
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Past President

Rajbhandary Siba Bhakta (Major Donor)

Classification: Social Development
 Add: Pulchowk, Lalitpur, Nepal.
 Ph: 5526856 Fax: 5526856
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 Anne: MITHILA;
 Serv: D, S, VP, P DS, DT, AG, DPC
 Join: 1998
 E-mail: sibabr@gmail.com



Joint Secretary

Shrestha Arati Thapa

Classification: Interior Designer
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Members of Rotary Club of Patan



Member

Shrestha Dr. Chandra B.
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 Ph: (R) 5525275 Mo: 9841298970
 Born: 4 Sep; Wed: 29 April
 Anne: PADMINI
 Join: 2009
 Email: cbshrestha@wiink.com.np

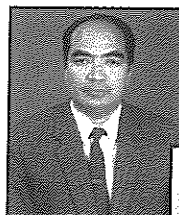
Membership
Chairman

Shrestha Ganesh Raj (MPHF+2)
 Classification: Rubber Recycling
 Add: Pashupati Rubber Industries
 Res: Sinchahity, Lalitpur.
 Ph: (O) 5522157 Mo: 9851021440
 (R) 5003780
 Born: 22 Oct; Wed: 7 Jan
 Anne: BIJAYA LAXMI,
 Join: 1993
 Serv: Sgt; T, D, S, VP, PE, P, CC, DEC
 Email: ganeshrshrestha@hotmail.com



Past President

Shrestha Dr. Mukti Narayan (PHF)
 Former Secretary, Nepal Govt.
 Classification: Vet. Doctor
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 Mob. 9851000104
 Born: 1 July; Wed: 19 Sept.
 Anne: PRAVEENA
 Join: 2008
 Email: dr.mnshrestha@gmail.com



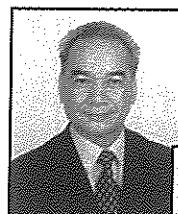
Past President

Shrestha Jeevan Kumar (PHF)
 Classification: Civil Engineer
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 Ph: (R) 5260059 Mob: 9851045085
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 Anne: Gunu Join: 2006 Serv: D, S, NP
 Email: shrestha.jeevank@gmail.com



Vice President

Shrestha Santa Kumar (MPHF+2)
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 Ph (R): 5521745; 5522757;
 Fax: 4225615
 Mob. 9851020640
 Born: 5 Nov; Wed: 3 May
 Anne: NIRMALA;
 Join: 1992 Serv. JS, D, VP, PE, P
 Email: island@mos.com.np



Past President

Shrestha Yagya Bahadur (PHF)
 Classification: Revenue Consultant
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 Mob. 9849674267
 Born: 8 April; Wed: 19 Feb.
 Anne: MERRY;
 Join: 1993 Serv. P.D.SVT
 Email: yagyamary@htp.com.np



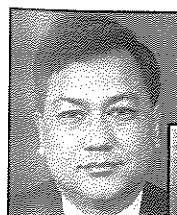
IP President

Shrestha Kedar Bhakta (MPHF)
 Classification: Past Service
 Res: Kopundole Heights, Lalitpur
 Phone: 5522207, 5524605
 Mob: 9851003833
 Born: 18 Jan; Wed: 15 Feb
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 Serv: D, VP, PN, PE
 Join: 2006
 Email: kaybeeshan@hotmail.com



President -elect

Tamrakar Jamuna Krishna (PHF)
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 Ph:(R) 5526944, Mob: 9851001408
 Born: 17 Feb; Wed: 21 Apr
 Anne: Meera Join: 2000 Serv. D, S, VP, PN
 Email: jktamrakar@hotmail.com



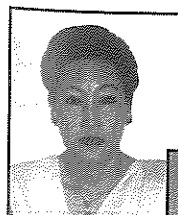
Secretary

Shrestha Khruschev (PHF)
 Classification: Soil conservation
 Add: Kopundole, Lalitpur
 Ph: 5525886 Mo: 9841779026
 Born: 27th Fagan Wed: 14th Falgun
 Anne: KALPANA,
 Join: 2004 Serv:D, S
 Email: khruschevshrestha@yahoo.com



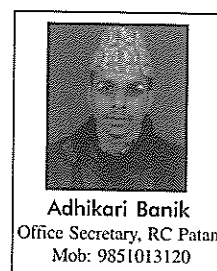
Member

Thapa Mahendra Bahadur (PHF)
 Classification: Agricultural Economist
 Add: Shrutinagar Bagdol-4, Lalitpur
 Ph (R): 5541399
 Mob. 9841580576
 Born: 15 Jan. ; Wed: 14 Apr.
 Anne: LALITA
 Join: 2008
 Email: manendra_thapa2@hotmail.com



Member

Shrestha Kiran
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 Mob. 9851043924
 Born: 10 July ; Wed: 13 Feb.
 Spouse: DHRUBA
 Join: 2007
 Email: shrestha_dkuj@hotmail.com



Adhikari Banik
 Office Secretary, RC Patan
 Mob: 9851013120

Rotary Club of Patan 2010-11
**Grouping of Rotarians for quarterly
FELLOWSHIP Dinner**

Group 1

July/Aug/Sept

1. Rtn. Bijaya Bajracharya
2. Rtn. Krishna B. Basnyat(GC)
3. Rtn. Kamal Mani Dixit
4. Rtn. Suresh Lakhey
5. Rtn. Keshab Mathema
6. Rtn. Krishna B. Pradhan
7. Rtn. Bishwanath Rai
8. Rtn. Shridhar Rana
9. Rtn. Dr. Prakash Raj Regmi
10. Rtn. Tirtha Man Sakya
11. Rtn. Dr. Mukti N. Shrestha

Group 3

Jan/Feb/Mar

1. Rtn. Bhim B. Kshetry
2. Rtn. Chandra B. Shrestha
3. Rtn. Tulsi Neupane
4. Rtn. Kamal Nyachhyon
5. Rtn. Satya Pradhan(GC)
6. Rtn. Pushker Shakya
7. Rtn. Arati Shrestha
8. Rtn. Kedar B. Shrestha
9. Rtn. Khruschev Shrestha
10. Rtn. Jamuna Tamrakar

Group 2

Oct/Nov/Dec

1. Rtn. Kiran Shrestha(GC)
2. Rtn. Chandralekha Kayastha
3. Rtn. R. R. Pandey
4. Rtn. Piyush Bajracharya
5. Rtn. Lochan Gyawali
6. Rtn. Narayan G. Halwai
7. Rtn. Ganesh Shrestha
8. Rtn. Santa Kumar Shrestha
9. Rtn. Gabriele Mallapaty
10. Rtn. Som Paneru
11. Rtn. Chandra Shekhar Gyawali

Group 4

Apr/May/June

1. Rtn. Mahendra Thapa
2. Rtn. Shreedhar Acharya
3. Rtn. Bharat N. Joshi
4. Rtn. Matsyendra Kayastha
5. Rtn. Bijaya Mallapaty
6. Rtn. Sharada Prasai
7. Rtn. Siba Rajbhandary
8. Rtn. Gyanu R. Shakya
9. Rtn. Jeevan K. Shrestha(GC)
10. Rtn. Shiva Pradhan
11. Rtn. Yagya B. Shrestha

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‘एउटा ठट्टा’का पाँच प्रकरण

-रो. कमलमणि

एक

वैद्यराजहरूको उति सम्मान हुँदै नथ्यो उस जमानामा । हुन त अचेल पनि डाक्टरसाहेबहरूको बारेमा जति ‘जोक्स’ बन्छन् त्यसभन्दा अलिकति मात्र बढी बन्छन् वकिलसाहेबहरूको बारेमा । हाम्रा पुर्खा के भन्थे, कसरी गिज्याउंथे उनीहरूलाई ? एउटा नमूना हेरौं । जंगबहादुरका बेलाको कथा हो । भनिन्छ पाटन शहरको एकजना वैद्यराज थिए । उनी वैद्य खलकको, परम्परागत घरमा शिक्षा प्राप्त वैद्यराज रहेछन्, उनका दाइ जस्तै । पाटनका कुनै परिवार थिएन उनीहरू नपुगेका । कैले दाइ पुग्थे विरामी हेर्न कैले उनी । जे भएपनि उनीहरूको हात कानबाट नगुञ्जीकन सहरको कुनै व्यक्ति यमलोकको बाटो लाग्न पाउदैनथ्यो । एकदिन भाइ वैद्यराज भक्तपुर तिर ससुरालीमा बिहेको निस्तो मानेर आउदै थिए, शङ्खमूलमा लहरै दुईटा चिता जलिरहेको देखे । जिल्ल परे उनी । को मर्या ल ? त्यो पनि दुईदुई जना । हिजोसम्म कसैले मलाई बोलाएकै थिएन, दाइ पनि यता कति दिनदेखि त्यसै बसिराखेका थिए, कतै गएजस्तो लाग्थेन । को मर्या ल यस्तो अकस्मात ? भनी उनलाई राम्रै विस्मात पर्यो ! अनि उनको मुखबाट संस्कृतको अर्धश्लोक निस्क्यो -

ना हम् गातो न मे भ्राता कस्यासौ हस्तकौसलम् !
(अर्थात् म पनि गएको छैन, दा पनि गएका छैनन्, तै पनि यो करामत कसले गर्यो ल ?)

दुई

नेपालमा भरखर खुलेको थियो ज्योतिष विज्ञानशाला, रोनाष्टको भवनमा । त्यहाँ ज्योतिषविद् (रोटेरियन) ऋषि शाह पनि ‘याष्ट्रोमोमर’ का रूपमा छिरेका थिए । एकदिन उनलाई काठमाण्डूको कुनै रोटरी क्लबको मीटिङमा प्रवचन दिन बोलाइएछ । शाहजीले बोल्नलाई विषय छानेछन् ‘सूर्यमण्डल’ । कम्प्युटरमा पावर प्वाइन्ट पनि लगाएर आएका रहेछन् उनी प्रवचन गर्न । उनको प्रवचन सुन्न रोटेरियनहरू धेरै संख्यामा उपस्थित रहेछन्, त्यसभन्दा बढी यानहरू आएका रहेछन् । ‘ह्यान्सम’ युवक प्राज्ञको प्रवचन सुन्न । कम्प्युटरले स्क्रीनमा सूर्यको ग्रहहरूको चित्र देखाउदै लगेर

सूर्यमा पुर्‍याएछ । सूर्यको पनि भित्रि भागमा बलिरहेको आगो जस्तो रातो, पहेलो देख्दै तातो होला जस्तो चित्र देखेर महिलाहरू ‘ओहो’ र ‘वाफरे’ गर्न थालेछन् । शाहजी भन्दै थिए हाम्रो यो पृथ्वी मात्र होइन पूरा सौर्यमण्डलका ग्रहहरूको जीवननै सूर्यको तेज र उर्जामा अडेको छ । त्यो सूर्य एउटा भएन भने यी सबै ग्रहहरू नीर्जीव चीसो हुंगा भएर मर्छन् । यो पृथ्वी उत्तरी ध्रुव जस्तै बरफको ढिक्का हुन्छ । सूर्यले आफ्नो भित्रको इन्धन प्रति सेकेन्ड लाखौं टन जलाएर यो तातो निकालेको छ । त्यो उसभित्रको इन्धन सकिदै जान्छ र अन्त्यमा त्यो सबै जलिसकेपछि सूर्य आफै ठण्डा हुन्छ अनि हामी सबै ग्रहहरू पनि खत्तम हुन्छौं । यसरी जल्दै जाँदा एक अरब वर्षमा त्यो सूर्यभित्रको इन्धन सकिन्छ । त्यसैले साथि हो हामी पृथ्वीवासीहरूको जीवन अब एक अरब वर्ष मात्र बाँकी छ ।”

रो. ऋषि शाहको यो प्रवचन ध्यानले सुनीरहेका महिला यानहरूले आत्तिएर एकै स्वरमा ‘ओहो’ गरेर कराए । एकजना निकै उमेर पुगेकी यानले त मुखै खोलिन्- “कतिवर्ष भन्नुभयो” भनेर शाहजीलाई सोधिन् । शाहजीले दोहोर्‍याएर ‘एक अरब वर्ष’ भनेपछि ‘खुड्यु’ गरेर लामो सास फेरिन् र भनिन्- “धन्न म त एक करोड वर्ष मात्रै छ भन्नुभा” भनेर कस्तो डराएकी !”

तीज

नेपालको एउटा नामूद पाँचतारे होटलको कथा हो यो । उनीहरूको एउटा भव्य स्वीमिङ पूल, पौडी खेल्ने पोखरी पनि थियो । त्यहाँ जैले पनि पौडी खेल्नेहरूको भीड लागि रहेको हुन्थ्यो । तर राती ११ बजेपछि ‘स्विमिङ पूल’ बन्द हुन्थ्यो कसैलाई पनि त्यसपछि ‘स्वीमिङ’ गर्न नदिने नियम थियो । त्यसका लागि २ र ३ तिर नोटिसबोर्ड नै टासिएका थिए । त्यसका गार्डहरूलाई पनि कडा अर्डर थियो पौडी खेल्न कसैलाई भित्र नपठाउनु भन्ने । एक दिन राति एकजना विदेशी रातको ११ बजेपछि स्वीमिङ पूलमा पस्न लागेको देखेर उसले उनलाई रोकेछ र त्यो नोटिसबोर्ड देखाउदै भनेछ- “नो स्वीमिङ ! नट अलाउड” । विदेशीले यो सुनेर भनेछ- “आम नट स्वीमिङ, आम कमिटीड स्विसाइड” । यी

गार्ड महोदयको अंग्रेजी ज्ञान “नो स्विमिड र नट अलाउड”मै सीमित रहेछ। विदेशीले “नट स्विमिड” भनेको बुझेछ बाकी क्यै बुझेन। भए पनि पौडी खेलन हैन भनेपछि उसलाई पुगीहाल्यो। उसले सलाम ठोकेर ‘ओके सर’ भनेछ र स्विमिड पूलको गेट खोलिदिएछ।

भोलीपल्ट होटेलमा के भयो नसोधनुस् मलाई !

चार

एक जना मान्छेका गुण बखान गर्न लागेको कहाँबाट सुरु गरेर कहा अन्त्य गरूँ जस्तो भयो। तेसैले नंबर दिएरै लेख्नुपर्यो।

उहाँ महापुरुष हुनुहुन्थ्यो। उहाँका बारेमा भनिन्छ—

१. उहाँ भन्थानुहुन्छ- यो संसारनै उहाँको विरुद्धमा छ ! हुन पनि हो, त्यस्तै छ कुरो !
२. उहाँ केटाकेटी बेलादेखि नै त्यस्तै हुनुहुन्थ्यो- प्रत्येकका आमाले ‘त्यस्ता केटासंग नखेलू’ भनिने खालका !
३. उहाँ कुनै पनि ठूलो डाक्टर भन्दा अगाडि हुनुहुन्छ- उहाँको हातको छुराले जति जनाको पेट र छाती चिरेको छ त्यतिको कुनै एउटा सर्जनको छुरीले छुन पाएको छैन होला !

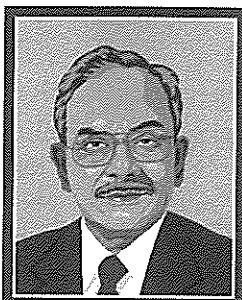
४. उहाँको नाक भाँच्चिएको छ, कुनै महिलाको इज्जत बचाउंदा मुक्का खाएर। भएछ के भने ती महिला आफ्नो इज्जत बचाउन चाहंदी रहिनछन् उहाँबाट !
५. उहाँ यस्तो लुच्चा हुनुहुन्छ- पाएको भए उहाँ महात्मा गान्धीलाई पनि ठगनुहुन्थ्यो !!!

पाँच

भरत भट्ट भरखरै लखपति बनेका साना कन्ट्राक्टर हुन्। उनी एक दिन आफ्नो स्कूलका साथीसंग भेट हुंदा आफ्नो सफलताको फुई लगाउँदै थिए। भनेछन्— “हेर, यार कस्तो अचम्म ! यो मैले लगाएको सूट देख्दैछस् ? हेर, यो सूटको कपडा जापानमा बन्यो, यो सिउने धागो इण्डियामा। यसको सिलाई फिलिपिन्समा भयो। मैले यो ब्याङ्कमा किनें। म डडेलधुराको मान्छे यो लगाएर ऐले काठमाण्डूको किड्सवेमा हिंड्दैछु”। भट्टको साथीले सोध्यो— “त्यसमा अचम्मको कुरा के भयो र ? भरत भट्टले अर्थ्याउँदै भने— “किनभएन अचम्म ? हेर, यतिका देशको यति धेरै मान्छेले यो एउटा सुट बनाएर पैसा कमाए, हो कि होइन ? हो, तर यही सूटमा मैले केही खर्च गरेको छैन। एक पैसा हालेको छैन !” कुरा बुभियो ?

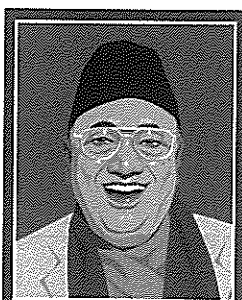
RI District Governors 3292

2008-09



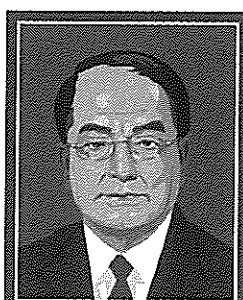
Tika MAN

2009-10



Ratna MAN

2010-11



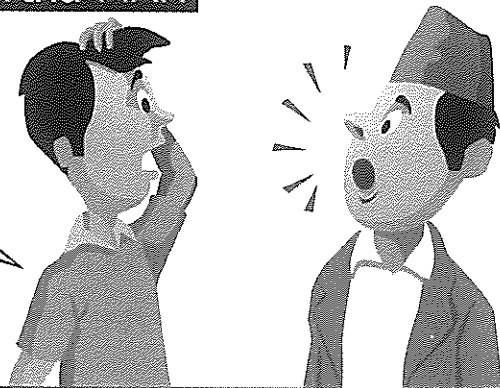
Tirtha MAN

Next DG
for
2011-12
Basu DEV

District Governor
without 'MAN' !!
How can it happen ?!

SARAB

Ganesh?



**We extend
our Best Wishes
for the grand success
of Rotary Club of Patan
on its 25th SILVER JUBILEE CEREMONY
Our service !
Your Trust !**

KRT BUILDERS
Dhobi Ghat, Lalitpur

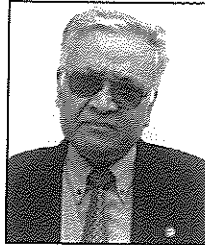
**Best Wishes
for the grand success
of Rotary Club of Patan
on its 25th SILVER JUBILEE CEREMONY
Our service !
Your Trust !**

From

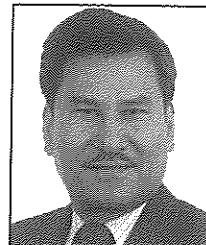
Om Sai BG Construction
Thapathali, Kathmandu

Rotary Club of Patan Nepal (RCP)

Prajapati Education Endowment Fund (PEEF)



PP Rtn. N.G. Halwai



Rtn. Bijaya Mallapaty

Education for Nepali School Children

Rotary Club of Patan (RCP), Nepal has been spearheading initiatives in the field of education for years out of a commitment towards the intellectual development of the youth in the country. In a country like Nepal, one of the Least Developed Countries in the world with a Gross National Income per capita equivalent to US Dollars 440 in 2009 (World Development Indicator Database, World Bank) many children do not profit from the fundamental human right to empower themselves through learning.

The Nepalese government has declared its commitment to free primary education for all and also plans to provide free universal secondary education. However, the government's coverage does not include all school expenses, therefore in order to encourage lower-income families to continue sending their children to school, RCP initiated the education fund.

RCP's Scholarship Programme

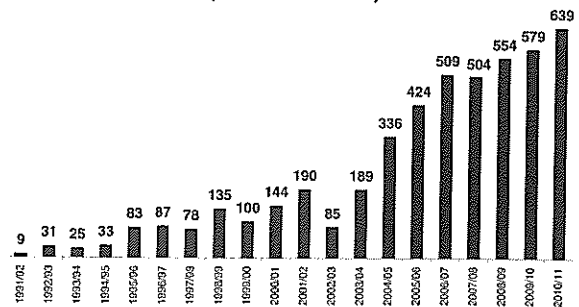
To support children's education in Nepal, the Rotary Club of Patan (RCP) established the "Prajapati Education Endowment Fund" (PEEF) in 1991 and simultaneously launched a Scholarship Programme to bridge the education gap for children from economically underprivileged families. RCP implemented the scholarship program in government schools, each year selecting four students enrolled in Class 6 to receive financial assistance until the completion of Class 10 as a supplement to family expenses on education. The assistance package is offered on a staggering scale based on student's educational performance.

Through generous donations from fellow Rotarians, other charitable institutions and individuals, RCP has mobilized funds to support a total of 1624 students over a span of more than a decade. The girls represented 58% of these students. The RCP's supplement to their

educational costs has allowed these students to continue attending school while reducing the burden to their economically poor families. In the year 2010/2011, the number of students receiving scholarships reaches 639 from 27 participating schools. The programme aims to reach the target of supporting 1000 students annually.

Although ambitious, RCP has full faith in the realization of this target and the benefit that the economically deprived children of Nepal stand to gain from its initiative.

Growth in number of students supported (1991/92 - 2010/11)

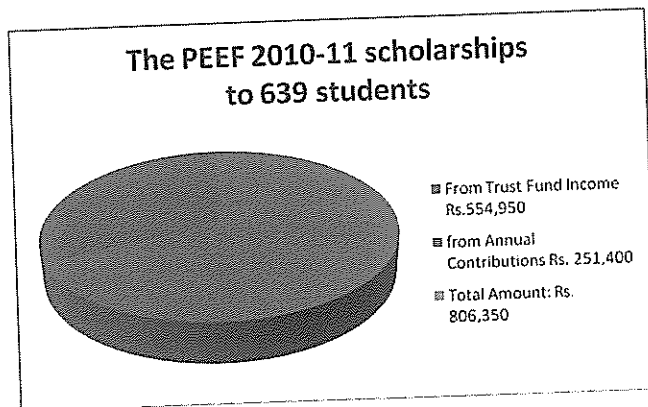


Management of the Scholarship Programme

The Fund is managed by a RCP Committee which meets regularly to discuss policy and practice. Every 3-4 months a progress report, including detailed account summaries, is submitted to the RCP General Meeting. All activities, from record-keeping, liaising with donors, communicating with schools, selecting suitable candidates, and checking-up on student performance are conducted by the RCP team in a transparent manner and on a voluntary basis. This effort has been the prime driver in the success of this programme. In addition to the resources, the donation of valuable time and expertise by the highly motivated Rotarians, ensure that

there are no overhead costs to manage this model scholarship programme.

The Trust Fund has reached an amount of Nepalese Rupees 6,176,485. and there are additional annual contributions of Rs. 251,400 as detailed in the annex 1. The anticipated income being generated by the Trust Fund together with the additional annual contributions have brought about a budget of Rs. 806,350 for the planned total number of scholarships to 639 for the school year 2010-2011. This would again be the highest number since the establishment of the Trust Fund.



Criteria for Student Selection

Students are selected not on a merit basis but rather on the basis of their economic need. In order for students to qualify for assistance, the RCP Selection Committees take into account the following RCP criteria :

- low income household/inability to pay for school fees, books, stationary and other education-related costs
- part of a large family with many children/school-going siblings
- no father or mother or both
- not working as domestic helpers whose education would be the responsibility of the house owner.

How Funds are Raised

A one time contribution of NPR 15,000 (approximately USD 250) supports one student's scholarship for perpetuity through interest earned from investing these funds in secured, maximum interest-bearing accounts by Rotary. Alternatively, contributions of NPR 1500 (approximately USD 25) per year, with a firm commitment to sponsor for a minimum of 5 years to allow for the completion of one student's secondary education (Class 6 to Class 10) are requested. However, RCP prefers and has been advocating for one time contributions to the Trust Fund as this ensures continuity of the scholarship programme.

Feedback Provided to Donors

Each donor is assigned a student for a period of five years, from Class 6 to Class 10, after which the scholarship is transferred to a new student beginning again from Class 6. Donors receive the selected student's photograph, a statement of annual examination scores, together with the student's receipt of scholarship money (See Annex. 1 with a list of sponsors and the latest funding details)

Examples of Scholarship Distribution at Schools in the presence of the Rotarians of RCP.



Phulchowki Higher Secondary School



Shree Bal Kumari Higher Secondary School, Sunakothi.

A Little Goes a Long Way

The regular feedback from students, school management, and first-hand observation by RCP Rotarians demonstrate that the value of a small monetary donation is exponentially larger when calculated in non-monetary terms. To name a few: improvement in the child's well-being, expanded outlook and increased potential to develop communities. The RCP is also using this flagship programme for a multiplier effect by directing other support programmes such as computer labs, library materials, provision of potable drinking water, toilet facilities health check-ups etc. to these schools.

In continuing the splendid swing of sharing, we encourage donors, Rotarians and non-Rotarians alike, to contribute to the noble goal of educating 1000 disadvantaged students in Nepal every year.

Annex 1 (ref. Form 2): RCP Prajapati Education Endowment Fund: Form 2: List of Sponsors - Amount- Student Nos. Year 2010-2011 - As of July 01, 2010

SN	Sponsor	Trust Fund	Ann Contri	Stud No	SN	Sponsor	Trust Fund	Ann Contri	Stud No
1	Rtn Bhim B Kshetry		4,800	4	12	Rtn. Narayan Govind Haiwai	68,750		5
	1.1 Bikram B Kshetry (Rtn Bhim B Kshetry's son)		12,000	10		12.1 Mr. S. Muramoto, Japan	18,000		1
	1.2 On Top of the World, UK		121,200	101		12.2 Anne Muni Rajkarnikar	15,000		1
	<i>On Bhim Bahadur Kshetry's initiation</i>		138,000	115		12.3 Manish Rajkarnikar, Minnesota, USA	15,000		1
2	Rtn Siba B Rajbhandary and Family	158,295		11		12.4 Smriti Tuladhar, Minnesota, USA		1,200	1
	2.1 Mrs. Mary Pradhan, USA	38,290		3		12.5 Heema Rajkarnikar		1,200	1
	2.2 Mrs Deepa Hada Rustum, USA	46,920		3		<i>On Narayan Haiwai's initiation</i>	108,750	2,400	10
	2.3 Mr. Yakshya B. Malfa, USA	15,094		1	13	Rtn Puskar Shakya		2,400	2
	2.4 Mr. Keits Smith, Australia	46,000		3		13.1 Madam Teresa Cruz, Portugese Consular	112,767		7
	2.5 Ms. Linda Starodub, USA	17,033		1		13.2 Mr. Andre De Jonckheere, Belgium	10,000		1
	2.6 Mrs. Richard C. Goldman, USA	7,547		1		<i>On Puskar Shakya's initiation</i>	122,767	2,400	10
	2.7 Late Kul Narayan Maharjan (Rtn. Tulsis's Father)	139,625		10	14	Rtn. Sharda Prasai	100,000		7
	2.8 Obi & Vibha Joshi, USA	14,400		1	15	Rtn. Shreedhar Acharya	71,000		5
	2.9 RC BranchBurg, USA		39,000	30	16	Rtn. Kamal Mani Dixi	108,500		7
	Late Krishna Manandhar (Father of Madhu R Manandhar), USA	455,950		30	17	Rtn. Suresh Lakhe	77,000		5
	2.13 Dillon Lal, USA	12,010		1	18	Rtn. Jamuna K Tamrakar		6,000	5
	2.14 Susan Sola, USA	35,248		2	19	Rtn. Padma Lal Maharjan			
	2.15 PDG Amitav Mukerjee, India	39,500		3		19.1 Mrs Lanthakuwn - Grandmother)	15,000		1
	2.16 Mr. Shreedhar (Nirmal) Shrestha, USA	3,773		1		19.2 Mr Sanu Maharjan - Padma's Father)	15,000		1
	2.17 New Jersey Scholarship	148,000		10		19.3 Pankaj Maharjan, (Padma's son), USA	15,000		1
	2.18 Wen-Chinan Yang Memorial Scholarship	148,000		10		19.4 Pascal Maharjan (Padma's son), USA	15,000		1
	2.19 Sponsors for orphan students	45,000		3		19.5 Poonam Maharjan (daughter), USA	15,000		1
	<i>On Siba Bhakta Rajbhandary's initiation</i>	1,370,685	39,000	123		19.6 Emi Ashikawa Maharjan	15,000		1
3	Rotary Club of Patan includes Rs 100,000 Voc. Fund	439,074		23		<i>On Padma Lal's initiation</i>	90,000		6
4	Late Rtn PP Prasai	14,000		1	20	Rtn. Ganesh Raj Shrestha	48,000		3
	4.1 Mr. Andre Gilloz, Switzerland	453,290		30		20.1 Bijaya N Bhattarai	15,000		1
	4.2 Mr Georges A Cuendet, Switzerland	381,227		25		<i>Total Ganesh Raj Shrestha's initiation</i>	63,000		4
	4.3 Ms Veera & Mr C Trachaz, Switzerland	149,980		10	21	Rtn. Piyush Bajra Bajracharya	15,000	1,200	2
	4.4 Mrs. Ines Ramaut, Belgium	28,488		2		21.1 Mandar Bajracharya (Rtn Piyush's son), U	24,860		1
	4.5 Mr Patric & Mrs Martine, Belgium	13,972		1		<i>On Piyush Bajracharya's initiation</i>	39,860	1,200	4
	4.6 Ms Rita Jefer Weber, Switzerland	11,000		1	22	Rtn. Bijaya Mallapaty			
	<i>On Late Prajapati Prasai's initiation</i>	1,051,957		70		22.1 Ms. Smriti Mallapaty	15,000		1
5	Rtn. Matsyendra Lal Kayastha	127,500	6,000	13		22.2 Roraj Pradhananga, USA	45,000		3
	5.1 Late Krishna B Gongol (Rtn. ML Kayastha)		1,200	1		22.3 Bhawani Sapkota, USA	30,000		2
	5.2 Late Bhumati Devi Gongol (Anne CL Kayastha)		1,200	1		22.4 Ajaya Mallapaty	15,000		1
	5.3 Anne Chandra Lekha Kayastha	15,000		1		22.5 Gabriele Mallapaty	30,000		2
	5.4 Late Krishna Lal Kayastha(ML Kayastha's Father)	15,000		1		<i>On Bijaya Mallapaty's initiation</i>	135,000		9
	5.5 Late Amrit Kumari Kayastha(ML Kayastha's Mother)	15,000		1	23	Rtn Santa Kumar Shrestha	25,111		2
	5.6 Kanhaiya Lal and Rohini Kayastha, USA	15,000		1	24	Rtn. Prakash R Regmi	30,000		2
	5.7 Manish Kayastha, Singapore	60,000		4	25	Rtn Gyanu R Shakya	15,000		1
	5.8 Mausam Kayastha, USA	15,000		1	26	Rtn. Dr. Prachanda Pradhan	30,000		2
	5.9 Megha Kayastha Joshi		1,200	1	27	Rtn Yagya B Shrestha		2,400	2
	5.10 Matsyendra-Chandra Lekha Kayastha		6,000	5	28	Rtn. Dr. Anil Shrestha		2,400	2
	5.11 Rayhan Kayastha Adcock	15,000		1	29	PDG Rtn. T Manekshaw	25,001		2
	5.12 Nand Lal & Chiniya Devi Kayastha	15,000		1	30	Rtn. Tulsil L Maharjan, USA	35,585		2
	5.13 Mr & Mrs Singh Bir Kayastha	15,000		1	31	PDG Rtn. Shekhar Mehta, India	25,000		2
	<i>Total ML Kayastha's initiation</i>	307,500	15,600	33	32	Late Yasodhara Basnet (KB Basnet's wife)	15,000		1
6	Samjhouta Nepal	340,000		22	33	Rtn Chandra P Maskey, Dr	15,000		1
7	Rtn. Rabendra R Pandey	15,000		1	34	Rtn Chirinjibi Acharya	15,000		1
	7.1 Klagendra Piyush Education Guthi	15,000	10,800	10	35	Rtn. Bhism R Prasai	15,000		1
	7.2 Rtn. Robert Rose & Anne Gina, USA	15,000		1	36	Rtn. Kamal B Nyachhyon	15,000		1
	7.3 Rtn. Gale Jones, New Mexico, USA	14,807		1	37	Rtn. Karnu B Shakya	15,000		1
	<i>On Rabendra R Pandey's initiation</i>	59,807	10,800	13	38	Rtn. Madan Rai	15,000		1
8	Rtn. Kedar Bhakta Shrestha	15,000		3	39	Rtn. Ram Singh Thapa	15,000		1
	8.1 Season Shrestha, USA	10,388		1	40	Rtn. Tirtha M Shakya	15,000		1
	8.2 Prem Raja Mahat, USA	10,388		1	41	Rtn. Tulsil Neupane	15,000		1
	8.3 Rajendra Shrestha, USA	10,388		1	42	Rtn. Shreedhar Shumsher JBR	15,000		1
	8.4 Sanjeeb & Soni Shrestha, USA	25,158		2	43	Rtn. Bharat N Joshi		1,200	1
	8.5 Dr. Sanjeeb Shrestha, USA (Inner Wheel Club)	60,000		4	44	Rtn. Krishna Bahadur Pradhan		1,200	1
	8.6 Indra -Jawahar Sahyog Samiti	15,000		1		44.1 Krishna Bahadur & Sulochana Pradhan	15,000		1
	8.7 Keshab Lal & Ram Sundari Shrestha	15,000		1		44.2 Mahesh & Sandhya Pradhan	15,000		1
	8.8 Shreedhar Lal & Sudhesna Shrestha, USA	15,000		1		44.3 Sarosh & Rajshree Pradhan	15,000		1
	8.9 Bharat & Baijayanti, USA	14,770		1		Sub-total	45,000	1,200	4
	8.10 Anuva & Kraig Bonzek, USA	14,770		1	45	Rtn. Moti L Shilpakar	13,000		1
	8.11 Raj Shrestha, USA	14,770		1	46	Saheed Dharma Bhakta Mathema (Rtn Renu)	15,000		1
	8.12 Nabin & Agnes Shrestha, USA	14,770		1	47	Om Rajbhandary	6,000		1
	8.13 Bikas & Bijaya Shrestha, USA	7,161		1	48	Vishnu P Dhital	6,000		1
	8.14 Pankaz & Monika Shrestha	14,770		1	49	Rtn. Jim Sinclair, USA	14,497		1
	8.15 Sabin Shrestha	14,770		1	50	Rtn. Shiyu Kaji Netsu, Japan	5,000		1
	<i>Total Kedar Bhakta Shrestha's initiation</i>	272,103	2,400	21	51	Rtn. Bijaya Bajracharya	1,000		1
9	Rtn. Keshav Bhakta Mathema	66,000		4	52	Rtn. Biswa Nath Rai		2,400	2
	9.1 Chris & Kathleen Davis, USA	126,902		8	53	Rtn. Siddhi B Shakya	3,000		1
	9.2 Nick Symonds Foundation	366,000		20	54	Dhruva Thapa	1,000		1
	<i>On Keshab Bhakta Mathema's initiation</i>	558,902		32	55	Dhruva Bahadur Raut	1,000		1
10	Chandra Shekhar Gyawali	5,000	21,000	16	56	Sagar Shumsher JBR	5,000		1
	10.1 Dr. iur. Karl-Heinz Lederle, Austria	82,386		5	57	Rtn. Denik Jrak, Belgium	1,000		1
	10.2 Takashi Kawasaki, Japan	30,000		2	58	Anne Prabina Shrestha	30,000		2
11	Inner Wheel Club of RCP	170,000		12	59	Yadav Kunwar	75,000		5
	Sub-total	4,687,414	226,800	487	60	Rtn. Aarati Shrestha		3,000	2
					61	Mr. Alan Cope, Isle of Man, UK	1,000		1
						Sub-total	1,489,071	24,600	119
						Grand Total	6,176,485	251,400	606
						Additional scholarships using Trust Fund			33
						Total Fund and scholarships for 2010/11	806,350		639

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our Best Wishes
for the grand success
of Rotary Club of Patan
on its 25th SILVER JUBILEE**

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BOSSINI

Learning from our own experiences: Leaping across the Digital Divide



By Siba Bhakta Rajbhandary
Past President

I. Background

We all are aware that computer skills and use of computer is a critical part of our present and future. With access to the internet, one can learn how to do almost anything from you tube, and have the world's largest encyclopedia at one's fingertips. In Nepal also, computers are now used in most of Kathmandu's shopping centers, supermarkets and hospitals, for billing purposes. In the field of education, most of the urban private schools have included computer studies in the curriculum even as early as Grade 3, and in colleges, students can get degrees in computer science. However, there are still Nepali children, who have never seen a computer. More than 80 percent of the computers and internet connections are located inside Kathmandu's Ring Road. Computer education is now part of the secondary education curriculum (although outdated) and computer science has been introduced at the upper secondary education level, as an elective, but only a few public schools have newly introduced Information Technology (IT) centres with limited computers and in most cases these schools do not have experienced and qualified IT teachers and internet connection. The digital divide doesn't just exist between rich and poor countries, but also within countries like Nepal.

II. Pilots

In the past 10 years, there have been several scattered attempts to address this growing digital divide in public schools. While the pilots exist in a few districts, through many supports and support many objectives, a commonality that each one addresses is how do we revolutionize, how we do education. Some examples of these pilots are given below.

One laptop per child (OLPC). OLPC pilot phase I was launched in April 2008 in two schools in rural Lalitpur, as part of non-governmental organization Open Learning Exchange (OLE) Nepal's collaborative initiative with the Ministry of Education (MOE) to transform education

through technology. Now, in its second pilot phase, nearly 2,000 children in 26 schools across six districts are currently using computers **with internet access**. The schools are presently using laptops for Mathematics, English and Nepali classes equipped with ICT exercises developed by OLE Nepal. A total of 130 teachers have received training on use of laptops for class instruction.

School Wireless computer labs- **Room to read** and Qualcomm in October 2009, launched a 3 year package computer lab programme in a secondary School in Pokhara. which has now been expanded to 52 labs in different parts of the country. Each lab has a computer-student ratio of 2 to 1 (one computer per two students). These labs are creating a way for students to instantly reach the world via internet through Skype and Google. In addition to providing training for students to learn basic computer skills, each lab uses technology to teach other subjects such as English, math and science. Outside of school sessions, the lab is opened for the community, at a small fee; this has made the lab a major source of school income in Makwanpur. Room to Read is addressing the challenge of internet connectivity and technology access by using Qualcomm (QCOM)'s 3G wireless technology – the same technology that enables mobile phone users to access the Internet.

Working with World Computer Exchange (WCE), Committee for the Promotion of Public Awareness and Development Studies (COPPADES), an NGO in Nepal, in their effort to implement Basic Computer and Information Technology Education (BCICT) project, has imported 1,600 pre-used computers to help connect to the Internet in 300 rural schools with 109,000 students, since 2002. The 5th container of 400 computers is now being imported to place a few of them in each of hundreds of rural schools and then working with them to connect to the Internet. Computers are available to schools at cost price.

With several organizations working on ICT for rural

development, a single individual Mahabir Pun has established wireless computer technology networks in his village supported with applications like telemedicine and education. Pun is now working on connecting more rural areas with WiFi. His efforts are said to have influenced the government to de-license the WiFi band, which led to the legalization of IP telephony. Private schools such as Ullens allow children to look up their homework assignments on computers.

III. Rotary Club of Patan Role

The Rotary Club of Patan project called Bridging Digital Divide aims at narrowing the gap between governmental schools and private schools in terms of computer education, by helping public schools (where the club has scholarship programme) establish computer labs. The project, conceived in the year 2000-2001, was implemented in 2003-2004. In 2003, the club received 27 pre-used computers from a Rotary club in UK and also locally procured 43 computers, under a Matching Grant, with Rotary Club of Branchburg, USA. Subsequently, the club received 103 pre-used computers from Rotary clubs in Seattle, USA. These 173 computers would have been best used, if they were supplied in a sizable number to a few schools. However, most of the scholarship programme schools pleaded that they be provided with computers, even if they are just one or two; they pleaded that the schools children have never seen/touched a computer and possession of even one or two computers would help in widening the knowledge of students. Hence RCP handed over these 173 computers to 22 schools in Patan; four schools were provided with 16 computers each and other 18 schools received between 2 to 8 computers. A two week training on computers basics was also arranged for recipient schools teachers, through Rotaract of Club of Patan. Two pre-used computers were also donated by Rtn Chandra Sekhar Gyawali, thus making a total of 175 computers.



An evaluation of the programme showed proper utilization of computers in schools which had received 16 computers each. It was therefore decided that in the future, labs should have between 15 to 20 computers each, to have an effective programme. Agreement of the schools also has to be there to meet the following conditions:

- a) Adequate or satisfactory space (carpeted or linoleum)
- b) computer furniture
- c) Security arrangements
- d) Proper wiring
- e) One teacher with diploma in computer science
- f) Charging a small fee from students to cover salary of the computer teacher and for computer maintenance
- g) Allowing community use after school hours, charging a small contribution for computer use.

In 2008, through a Matching Grant with RC Grapevine in USA, the club provided 68 computers to 4 schools, which met the above conditionality. This was quickly followed in 2009 by another Matching Grant project with the same club, which helped provide 80 computers to 9 schools. The above stated conditionality needed some flexibility, as some schools did not have capacity to absorb 15 or more computers and the student population also did not justify as many computers. Hence, schools were supplied with fewer computers, as per their absorptive capacity and actual requirement. An additional 47 computers have been supplied to 5 schools in August 2010, under a Matching Grant project, with Rotary Club of Branchburg, New Jersey, USA. To sum up the achievements:



Activity	Number of computers
computers handed over to schools	370 (includes 131 pre used)
Number of schools benefited	27
Number of student beneficiaries	10,800
MG fund	US\$ 105,000 (Approximately Rs 77.70 lakh)

The programme has received wide publicity globally and locally. It was presented as a successful project at the Centennial Celebration in Chicago in 2005 and also at the District conference in Texas, USA. Thus, besides helping the students, the programme has enhanced Rotary image and image of RC Patan as one of the key contributors to bridging the digital divide in Nepal.

IV. All of these attempts to bridge the digital divide face challenges

The challenges are :

- How many computers/laptops are required? Is it a one per child, such as in the OLPC or one computer per two students, as in Room To Read. It is estimated that it would cost over \$1 billion- Nepal's entire educational budget for the next four to five years-to give a laptop to each of Nepal's 6 million school-going children. Apparently, OLPC objective is not this, but to "to reach out to all 75 districts by 2015 and to assist the government realize the goal of Universal Basic Education 2015. Room to Read also is not expanding its programme beyond this last year.
- How is internet facility to be made available, especially where there is no electricity? Can Mahabir Pun model be replicated?
- How is sustainability and maintenance supported? Room to Read model to have community commit funds for establishment of labs and to charge fee from all (students and community) for computer use seems ideal. But not all schools students can pay fee.
- Do we have teachers, in adequate quantity, who have capacity to teach computer use and use it creatively.
- How do we maximize use by students
- How do we maximize use in education (linked to school curriculum)
- How do we avoid inappropriate use such as playing of video games
- Costs of electricity and internet are maintained
- How do we support the school curriculum and not distract students from school education
- How can we minimize cost of computer purchasing
- Should RC Patan continue supplying computers without any provision for training computer teachers to be more effective and without internet connection

V. Conclusion

Computer is not an end in itself but a tool to learning and developing even further. Computer labs, in Rotary

Club of Patan supported schools, do not have effective training programmes, except in one or two cases, and are not connected to internet and students are deprived of benefiting from global access to knowledge. Hence, Rotary Club of Patan should also ensure training of trainers in computer and internet accessibility in labs as it expands its projects to counter the digital divide. Besides the school management, Rotary Club of Patan should also be coordinating with community leaders and local development authorities to ensure availability of adequate funds and sustainability of the labs. Rotary Club of Patan is aware that a few other Rotary Clubs also are supplying computers to schools. Experience tells us that schools need a certain minimum number of computers to run a lab effectively. The clubs should, therefore consider supplying computers in an adequate number to one school instead of distributing the few available to many schools.

While challenges still remain for many children in rural Nepal to access computers and the internet, the efforts in the last 10 years have proven how a range of efforts can provide these opportunities to many who did not have the option earlier. The key factors restricting the spread of computers in Nepal remain cost, language, qualified trainers, effective curriculum and access to electricity and internet. This is an area where individual initiative and partnership have proven to be helpful. An open session where all the partners pursuing computers in school could provide a unique opportunity to learn from each other. Let us join hands to support Nepali children to leap frog their learning across the digital divide.



Rotary Club of Patan- Annual Budget for the Year 2010-11

Receipt				Expenditures					
SN	Actual 2009-10	Budget 2009-10	Description	Budget 2010-11	SN	Actual 2009-10	Budget 2009-10	Description	Budget 2010-11
A. Club Dues and Refreshment									
				RI and District Dues					
1			Membership fee	409,500	1				158,388
1.1	389,500	380,000	Members 43 persons * 9500	409,500	1.1	152,562	145,000	RI dues (43*550*48*1.6015)	38,700
1.2	123,000	120,000	Club support 43 persons*4500	183,500	1.2	38,000	38,000	District Dues (43*900)	33,055
1.3	41,000	40,000	Additional for exchange rate fluctuation		1.3	30,720	25,000	Rotary News (43*480*1.6015)	230,143
						219,282	286,000	Sub-total RI and District Dues	
1.4	3,000	2,000	Admission fee 2*1000	2,000	1.4	247,116	270,000	Dinner, Tea and Snacks	250,000
			Membership fee is reduced to Rs 14,000 from Rs 14,500 in 2009-2010 due to low cost of snacks.		1.5	70,145	56,000	Tea snacks (200*25*50)	100,000
						317,261	326,000	Dinner at 25th Charter night	350,000
					1.6	19,957	10,000	Sub-total (dinner, tea and snacks)	23,867
1.5	556,500	542,000	Total Income	604,000		556,500	542,000	Suplus transferred to Club Program/Implementation	604,000
				B. Club Operation					
				Club Operation - Income					
1			Sunshine	80,000	1			Office Operation	5,000
1.1	80,000	52,000	Rotary ko kura/Thatta sales	15,000	1.1	6,500	4,000	Printing and Stationary	4,000
1.2	40,000	50,000	Advertisement Souvenir	150,000	1.2	4,000	4,000	Telephone & Communication	500
1.3		70,000	- Institutions of Club Members		1.3	4,000	1,500	Bank charges	7,000
		202,000	- From other institutions		1.4	460	7,000	Auditor's Fee	52,000
1.4	41,000	40,000	Members Greeting in Souvenir		1.5	7,000	47,200	Salary 13 months @ Rs. 4,000/month	2,500
1.5	19,957	10,000	Savings from Club membership dues and refreshment(A.1.6)	23,857	1.1	47,450	6,500	Appreciation to speakers, wedding etc	2,500
					1.2	2,000	2,500	Retract Club	6,000
					1.3	2,500	6,000	Web site	27,000
					1.4	6,000	10,000	Health Camps	75,000
					1.5		27,000	Lalitdhara publication	3,000
1.6			Savings transferred from 2009-2010 (B.1.13)	26,675	1.6	27,000	3,000	Souvenir Printing	24,300
					1.7	93,225	3,000	Installation brochure/ Invitation/ Expenses	86,132
1.7	6,251		Savings from 5th Computer Project		1.8		3,000	Matching Grant Contribution for 3 projects at \$100 each	8,000
1.8	13,998		Savings from Hearing Aid Project	12,000	1.9	24,300	15,000	Programs and projects	15,000
1.9			Interest from Club Emergency Fund		1.11	12,030	15,000	Contingencies	
					1.12	110,726		Payment of deficit in previous years	
					1.13	100,000		Trust Fund for Emergency Club Expenditure	
					1.14	25,075		Savings transferred to 2010-2011 income	
1.10	473,204	237,000	Sub-total	306,932		473,204	237,000	Sub-total	306,932
C. Club Projects Implementation									
1 Prajapati Education Endowment Fund (PEEF) - Trust Fund				5,717,485	2 Trust Fund for Emergency Club Expenditure				100,000
1.1	4,580,648	4,580,648	Trust Fund as of 15 May 2010	(216,200)	1.1	5,045,000	4,071,754	Fixed deposits as of 15 May 2009	5,585,000
1.2	(216,200)	(216,200)	Contribution to toilet Project	(72,334)	1.2	216,200	216,200	Contribution to toilet Project	216,200
1.3	(72,334)	(72,334)	Contribution to Library Project	424,583	1.3	72,334	72,334	Contribution to Library Project	72,334
1.4	1,136,837	200,000	Anticipated trust fund this year	5,853,534	1.4	95,417	131,628	Loan to Scholarship fund	5,853,534
1.5	5,428,951	4,492,114	Total Net Trust Fund		1.5	5,428,951	4,492,114	Total Net Trust fund	
2 Trust Fund for Emergency Club Expenditure				100,000	3 Prajapati Education Endowment Fund (PEEF) - Operational Fund				747,500
			Income transferred from 2009-010	12,000	3.1	692,775	671,600	Scholarship distribution - 650 students @ 1150	7,500
			Interest on trust fund		3.2	6,928	6,716	Logistic support to Retract Club 1% of above	8,000
					3.3	8,000	5,000	Printing and reproduction and data management	763,000
					3.4	707,703	683,316	Total Operational cost	
4 6th Computer Program - MG 71680					5 Water to 3776 students - MG 70716				503,000
4.1	1,856,101		Received from TRF	503,000	5.1	1,856,101		Received from TRF	503,000
4.2					5.2			Carried to 2010-2011	503,000
4.3	1,856,101		Sub-total		5.3	1,856,101		Sub-total	
5 Water to 3776 students - MG 70716				503,000	6 Water purification equipment to schools				
5.1	1,103,000		Received from TRF		6.1	1,458,677		Received from TRF	
5.2					7.1	94,615		Hearing kits, check up, training etc.	
5.3	1,103,000		Sub-total		7.2	13,998		Logistics and other expenses	
6 Water purification equipment to schools					7 Hearing kits, check up, training etc.				
6.1	1,458,677		Received from TRF		7.3	108,613		Savings transferred to Club operation	
7.1	108,613		Received from TRF		8 Mid-day meal to School Children at Chepang community				85,000
7.2					8.1	71,328		Commitment to Mid day meal	5,000
7.3	108,613		Sub-total		8.2	4,672		Payment received with last yr surplus	90,000
8 Mid-day meal to School Children at Chepang community				70,000	9 Intensive Multi-media campaign for disability Awareness - TH 0862861 (3H Grant) Total budget \$330,000				
8.1	85,000		Commitment to Mid day meal		9.1	13,525,272		Payment received (\$187,851)	13,120,992
8.2	76,000		Payment received with last yr surplus		9.2			Payment to be received (\$182,236)	
8.3	76,000		Total		10 School Health Education Program				75,000
					11 6th Computer Program				1,136,000
					12 Rabies Control Pilot Program				75,000
					13 Water and Sanitation program in schools				2,000,000
					14 Support to physically differently abled person				24,000
					15 Non-communicable Disease Prevention and Control Program				75,000
					16 Matching Grant and WCS Projects				2,000,000
					Sub-total (Club Projects)				19,861,992
					Grand Total				20,772,924
					Actual				6,446,094
					Budget				683,316
					Sub-total				7,476,800
					Actual				6,446,094
					Budget				683,316
					Sub-total				7,476,800

Note: Available club budget for programs/projects in Year 2010-2011 is Rs 86,132 only which should be used to match funds from other sources.

Signed by

Rtn. Dr. Prakash Regmi
President 2010-2011

Rtn. Khurshid Shrestha
Secretary 2010-2011

Rtn. Bharat Narsingh Joshi
Treasurer 2010-2011

Best Wishes
for the grand success
of Rotary Club of Patan
on its 25th SILVER JUBILEE CEREMONY
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From
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Maharajung, Kathmandu
Phone: 4372022, 4374837

स्वास्थ्य, भोक र मानवीयता श्री एच ग्राण्ट

रोटरी फाउन्डेसनले सन् १९७८, मा आफ्नो सबभन्दा महत्वपूर्ण सहयोग प्रक्रिया, हेल्थ, हङ्गर, ह्युमानिटी (श्री-एच) अनुदान कार्यक्रमको रूपमा थालनी गर्‍यो । यो श्री एच अनुदान कार्यक्रम यस्तो प्रकारले परिकल्पना गराइएको थियो कि यसले ठूलो तहको सेवा परियोजना पूरा गर्न मद्दत गर्छ । कुनै पनि क्लब या क्लबहरूको समूहले गर्न सक्नेभन्दा धेरै ठूलो क्षमताको काममा यसले सहयोग गर्छ ।

सन् १९७८ मा लगभग २९० ओटा श्री एच परियोजनाहरू ७५ देशहरूमा ल्याइए जसमा ७४ मिलियन डलरभन्दा रकम खर्च गरिएको थियो । यी परियोजनाहरूको उद्देश्य के भने मानिसहरूको स्वास्थ्य अवस्था सुधार्ने, भोकमरी कम गर्ने र मानवीय, सांस्कृतिक र सामाजिक विकास बढाउने भन्ने हो । अन्तिम लक्ष्य भनेको अन्तर्राष्ट्रिय समभदारी, सद्भावना र शान्तिलाई अरू बृहत् पार्ने नै हो ।

पहिलो श्री एच कार्यक्रम फिलिपिन्समा गरियो, त्यहाँ पोलियोको विरुद्ध साठी लाख बच्चाहरूलाई 'इभ्युनाइज' गरियो । त्यसलाई अचेल हामी पोलियो प्लस कार्यक्रमको रूपमा चिन्दछौं । जसरी श्री एच, अगाडि बढ्दै गयो, त्यसले नयाँ परियोजनाहरू, पोषण कार्यक्रमहरू, व्यावसायिक शिक्षाको पहल, खाद्य उत्पादनमा वृद्धि र पोलियो पीडितहरूलाई पुनर्बासको कार्यक्रम जस्ता कार्यक्रमहरू पनि विकासोन्मुख राष्ट्रका मानिसहरूलाई सयोग गर्नका लागि थपियो । यी सबै श्री एच परियोजनाहरूलाई रोटरी फाउन्डेसनमा स्वेच्छिक रूपमा गरेर दिएको सहयोगबाट नै प्राप्त भयो ।

Nepal Orthopaedic Hospital

(General Ward Extension Plan)



Compiled by PP Rtn. Ganesh R. Shrestha

Objectives:

The Nepal Orthopaedic Hospital has been in operation for 13 years now. The hospital has evolved from a small time service provider to a major service provider in the care of Nepal's trauma and orthopaedic needs. Thus more and more patients are coming out of their own free will because of the good reputation the hospital has garnered in these past years of operation. The peripheral health outlets and the central hospitals are also referring cases to our hospital because of its high standards in giving care to the patients. Thus the hospital bed occupancy is always on the higher side. Sometimes all the beds are occupied and it has been very difficult to admit new patient or discharge old patients because we have no more beds or the patients are not yet ready for discharge. Nowadays, surgery is being done 6 days a week and on average more than 135 OPD patients visit the hospital for OPD check-up. Most of the operated patients are poor and they prefer to stay in the General Ward because it is cheaper. Most of the times the General Ward is full and poor patients have to stay in the more expensive private ward or they have to opt for another hospital where they have a cheaper general ward. Thus we see this need to add one more General Ward with 25 beds. The best place for that would be above the administration building.

The preliminary design for the addition of 26 more beds segregated as the male and female Paying General Ward has already been made. The addition of these extra beds would enable us to become a 100 bed category hospital and this would open up more opportunities for the hospital.

The following data provides the patients flow at NOH in the year 2009 and 2010:

S.No.	Particular	2009 (per month)	2010 (per month)
1	OPD Patients	1953	2506
2	Surgery done	170	222
3	Bed Occupancy	83	85
4	In-patients	1657	1797

* All figures have been taken in the same month for both years.

Project Description and Costing

The Addition of a general ward needs to be supported by other logistical demands such as the addition of more public toilets because there will be more inflow of people to the hospital, there needs to be hiring of more personnel in the house-keeping department, nursing department, waste disposal department, laundry. Additional laundry machines need to be thought of to handle more hospital linen. Also we need more water and we need to increase our water supply. Given below is a cost break down of the needed changes:

S.No.	Description	Amount (Rs.)
1	Cost for Construction 1.1 New Ward Extension (Feasibility study and costing done by Meh Consultants) 1.2 Toilet and Bathroom (6 x 2,50,000) (2 for Infection ward and 4 for OPD, IPD visitors) 1.3 Laboratory Department Extension Total	93,00,000 15,00,000 3,00,000 1,11,00,000
2	2.1 Cost for Bed and Furniture (Paying General Ward)	35,00,000
3	Cost for managing laundry 3.1 Addition of Washing Machine (At least 12 hours laundry) 3.2 Linen Drying Place and Lift for taking washed linen to the top 3.2.1 Shade: Truss + Sheet 3.1.2 Lift Total	17,00,000 3,00,000 3,00,000 23,00,000
4	Water Treatment Plant 4.1 Nilah treatment Plant (New) 4.2 Water Boring Total	3,50,000 3,00,000 6,50,000
5.	Patient Waiting Lounge (Outside garden)	7,50,000
	Grand Total	1,83,00,000

Expected Funding

1. National Donor	:	Rs. 25,00,000
2. International Donor		
a. Rtn. Luc Salens and his friends	:	Rs. 30,00,000 (US\$ 40,000)
b. Stichtung Help Voor Nepal	:	Rs. 22,50,000 (US \$ 30,000)
c. Rotary MG for bed and furniture (RC Patan & RC Maldegum, Belgium)	:	Rs. 37,50,000 (US \$ 50,000)
d. Rotay MG for laundry and Washing Machine (RC Thionville, France)	:	Rs. 18,75,000 (US \$ 25,000)
3. Hospital Internal Resources	:	<u>Rs. 20,00,000</u>
TOTAL	:	Rs. 15,375,000
DEFICIT	:	<u>Rs. 29,25,000</u>

How can you start a project with a deficit? The major hurdle is to get the appropriate budget to start the building process of the new ward. Then on priority basis the other logistical support will be added on to support the smooth operation of the hospital. The lift for the laundry transfer, the addition of the new water treatment plant etc are relative needs and probably can be deferred till we have enough budgets either from internal sources or other international sources.

How to Sustain ?

Expected Income and Expenses analysis of New Ward

S.No.	Description	Amount	Remarks
1	Income Bed Income (Rs. 350 x 26 x 30 x 80%) * 80 % bed occupancy rate Surgical Income (Rs. 15000 x 30)	218400 450000	
	Total	668400	monthly
2	Expenses 2.1 Salary 2.1.1 Staff Nurse (Rs. 15000 x 8) 2.1.2 Helper (Rs. 9000 x 4) 2.1.3 Incinerator Operator (Rs. 9000 x 1) 2.1.4 Laundry Helper (Rs. 9000 x 2) 2.2 Sanitary, Electricity, Water and other	 120000 36000 9000 18000 50000	
	Total	233000	monthly

Thus we can expect to make more income from the addition of the new ward in comparison to expenses given that the bed occupancy and number of surgeries remain high.

* Time for management for fund and others: appx. 6 months

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Rotary Club of Patan

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on its 25th SILVER JUBILEE CEREMONY
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NANDA LAL GIRI
Pepsicola, Kathmandu

रोटरीमा महिला समावेशीकरण

सन् १८८९ सम्म रोटरी इन्टरनेसनलको विधान तथा उपनियमले पुरुषहरूलाई मात्र सदस्यता दिने व्यवस्था गरेको थियो । सन् १९७७ मा द्वार्ते रोटरी क्लब क्यालिफोर्निया, अमेरिकाले तीन महिलालाई सदस्यता लिन बोलायो । रोटरी इन्टरनेसनल बोर्डले रोटरी विधानको उल्लङ्घन गरेको भन्दै सो क्लबको सदस्यता चार्टर खारेज गर्‍यो ।

अफिस, अदालत तथा क्यालिफोर्नियास्थित सर्वोच्च अदालतले द्वार्ते क्लबको पक्ष लिए । महिलालाई क्लबको सदस्यता दिएको कुराले मात्रै रोटरी इन्टरनेसनलले क्लबको चार्टर खारेज गर्न नसक्ने फैसला सुनाए । अमेरिकी अदालतले पनि क्यालिफोर्नियाको सर्वोच्च अदालतकै समर्थन गर्‍यो । किनकि रोटरी क्लबको व्यावसायिक उद्देश्य भए तापनि केही हदसम्म यो सार्वजनिक प्रकारको सङ्गठन हो । यस कारवाहीले सन् १९८७ मा कुनै पनि क्षेत्रका महिलालाई यदि उस्तै प्रकारको 'सार्वजनिक सम्भौता' पालना गरेपछि रोटेरियन बन्ने अनुमति दिइयो ।

विधान परिषद्ले सन् १९८९ ले 'पुरुषमात्र' को नियमलाई रोटरी इन्टरनेसनलको विधानमा पारित गरे । त्यसपछि मात्र विश्वभरका महिलाहरूले क्लब तथा डिस्ट्रिक्टका सदस्य तथा नेता बन्ने मौका पाए ।

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अनुपस्थितिको नियम

मानक रोटरी क्लबको विधानमा तीन सर्तको स्पष्ट उल्लेख गरिएको छ । त्यसअन्तर्गत रोटेरियनको सदस्यता अनुपस्थित हुनाले स्वतः समाप्त भएर जान्छ । लगातार चार पटकसम्म क्लबको बैठकमा अनुपस्थित वा पूरा गर्न नसकेमा, प्रत्येक छ महिनामा क्लबको ६० प्रतिशत बैठकमा उपस्थित जनाउन वा पूरा गर्न नसकेमा तथा आफ्नै क्लबको प्रत्येक छ महिनामा कम्तीमा ३० प्रतिशत बैठकमा पनि उपस्थिति जनाउन नसकेको खण्डमा । यीमध्ये कुनै पनि अवस्थामा सदस्यले आफ्नो सदस्यता गुमाउनेछ यदि क्लबको निर्देशक समितिले अनुपस्थितिको राम्रो र पर्याप्त कारण पाएर उसलाई माफी नदिएको खण्डमा ।

जब एउटा सदस्य लगातार चारपटक बैठकमा उपस्थित हुँदैन त्यसबेला बोर्डले सो सदस्यलाई सूचना दिन्छ कि— उनको अनुपस्थितिले उनी क्लबको सदस्यता छाड्न चाहन्छन् भन्ने बुझिन्छ । त्यसपछि बोर्डले बहुमतबाट उसको सदस्यता खारेज गर्दछ । केही व्यक्तिहरूलाई यो नियम कठोर लाग्न सक्छ । तैपनि क्लबको बैठकमा उपस्थित त एक आधारभूत वाध्यता जुन कुनै पनि सदस्यले रोटरी क्लबमा प्रवेश गर्दा नै स्विकारिसकेको हुन्छ । संवैधानिक नियम केवल त्यो कुरामा जोड दिन्छ कि रोटरी एक सहभागितामूलक सङ्गठन हो जहाँ नियमित उपस्थितिलाई उच्च मूल्याङ्कन गरिन्छ । कुनै सदस्य उपस्थित हुँदैन भने पूरै क्लबले त्यो सदस्यसँग व्यक्तिगत सम्बन्ध हराउँछ । क्लबको बैठकमा उपस्थितिले प्रत्येक रोटरी क्लबको प्रभावमूलक सञ्चालन तथा सफलतामा महत्वपूर्ण योगदान पुऱ्याउँदछ ।

Rotary Club of Patan

Strategic Plan 2010-2011 to 2012-2013

Purpose: Strategic planning is a tool to help us provide long-term direction for our club and create a framework to establish goals and objectives. RCP strategic plan will be a rolling plan and will be reviewed annually and revised as necessary..

Vision: To be a thriving community service organization with continued community support, and a growing membership.

Mission: To foster service above self, to encourage fellowship among members, and to support the development of programs that lead to improved quality of life in our community and throughout the world.

Objectives:

- To maintain a motivated club membership, with leadership potential
- To ensure effective functioning of the Club.
- To enhance visibility of Rotary Club of Patan.
- To maintain good financial health of the Club.
- To balance activities in all five Avenues of Service
- To increase the Club's international outreach.
- To educate members about the Club, Rotary International and The Rotary Foundation

3. Goals : Goals/Strategies

Goal I: a) Maintain a motivated Club membership (55 with 33% female of new membership), with district leadership potential.

Action Steps

1. Increase the Club's membership numbers to 55, with 33% female of new membership, through both retaining existing members and attracting new members;
2. Develop a membership recruitment plan. Place a high priority in having females and young professionals.
3. Retention of membership through "mentor mechanism and monitoring/reporting at club assembly meetings.
4. Develop members into "true" Rotarians by ensuring they understand, support and promote the

- Object of Rotary and support both club, District and International activities and events.
5. Develop Rotary leaders by encouraging members to attend Rotary Leadership Institute (RLI) and other District training programmes to have a full understanding of the District level activities and responsibilities.
 6. Encourage members to visit other clubs and have full comprehension of their activities.
 7. As founder of NRCL, play leadership role in joint projects and programs.
 8. Continue quarterly fellowship programme, bi-monthly PP meetings and other fellowships

Goal II Effective club functioning:

1. Make timely payment of RI and district dues
2. Train and encourage Sergeant-at-Arms for effectiveness and visibility;
3. Communicate 'Salutations' with brief on projects to the clubs saluted;
4. Renew/update Club Registration with CDO Office;
5. Initiate reporting of projects status to all members
6. Improve Club Secretariat functioning by having proper record-keeping, checklist and hand-over mechanism from one year to the other; and provide quarterly financial status updates to all members;
7. Explore possibility of a central point/office for several clubs in a common venue to reduce costs;
8. Provide a variety of programs representing all five avenues of service,.
9. Strengthen information-sharing and improve RCP website through the establishment of a focussed group/committee.
- 10 Further strengthen activities with Rotaract, Interact, Inner Wheel and public service organizations.
11. Form one Rotary Community Corps (RCC)
12. Explore possibilities of further improving Club weekly news bulletin Lalidhara digitally

GOAL III: Enhance visibility of the Club

Action Steps:

Develop a media/PR plan. Such a plan can include the following elements:

1. Invite representatives of the media from time to time, in order to build relationships.

- 2. Press releases/media advisories when speaker/project is particularly prominent
- 3 Organise scholarship handover functions, with VIP as chief guests and invite media .
- 5. Inform the media of grants distributed after each granting cycle (office).
- 6. Submit at least one story a year to Rotary News and GML for possible publication
- 7 Participate actively in NRCL for our visibility.
- 8 Make vigorous efforts to have media persons join club

- 4. Provide the remaining scholarship programme schools with IT support under the 'Digital Divide' project
- 5. Provide water and sanitation facility in the remaining scholarship programme schools
- 6. Raise Fund and explore new avenues for service projects e.g. orphan students in scholarship schools, or continuation of existing pilot support to school feeding of Chepang students
- 7. Explore new avenues for other service projects
- 8. Have pipeline projects, ready for submission to prospective donors

GOAL IV—Maintain good financial health of the club

Action Steps:

- 1. Make necessary financial adjustments regularly.
- 2. Explore alternative sources of income.
- 3. Identify and focus on fund raising activities which are relevant to the Club's community of interest.
- 4. Provide sufficient funds, in a timely manner, to meet the needs of the ongoing Club, District and International projects, agreed by the Board.

Goal V. Balance activities in all 5 Avenues of Service

- a) **Vocational Service:** Encourage club members to serve others through their vocations and to practice high ethical standards.

Action steps:

- 1. Sponsor Vocation month by recognizing, with an award, one person/institution that has worked hard to enhance image of the vocation;
- 2. Establish a committee for vocational activities including preparation of criteria for the vocational award grant.
- 3. Contribute to district level vocational fund,
- 4. Organize one programme each year to help students understand various vocations- career counselling.

- b) **COMMUNITY SERVICE** - Undertake projects and activities to improve life in our community.

Action steps::

- 1. Make the Disability Awareness 3H Grant Project a flagship project and ensure national level continuity
- 2- Raise additional funds and provide administrative support towards reaching scholarship support to 1000 students from the Prajapati Education Endowment Fund (PEEF)
- 3. Initiate health education programme in all scholarship programme schools

c) New Generation: Enhance youth activities

- 1) Host Rotary Youth Leadership Awards (RYLA)
- 2) Nominate candidates for RYLA
- 3) Actively support Rotaract and Interact programmes.

GOAL VI: Increase the Club's international outreach

Action Steps:

- 1. Encourage members to attend club meetings whenever they are abroad and search additional ways the Club can generate funds for service projects.

GOAL VII: Promote The Rotary Foundation(TRF)

Action steps:

- 1. Increase the level of understanding of Club members about TRF
- 2. Support the Rotary Foundation through Club and individual contribution (7 Major Donors and 50% members as MPHF), participation in Group Study Exchange (GSE) programmes and education programmes.*

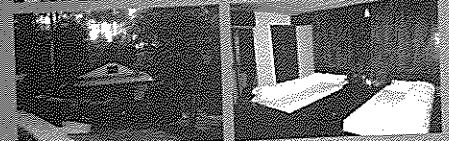


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Report for the year 2009-10



Brinda Rana

I am happy to present the Report of our Club for the year 2009-10.

A. Projects and financial assistance to local social service groups.

Our principal focus this year was on completion of two projects, each targeted to facilitate portable water in two villages on the outskirts of the valley in Lalitpur District. Villagers at each of the project sites, Dol Bhanjyang in ward # 8, Bishankhu Narayan VDC (Project A) and Bistgaon Ward #8 Chapagaon VDC (Project B) was experiencing acute shortage of drinking water which was causing immense hardships especially on the women folk.



We received financial assistance of Euro 8000- (eight thousand) for project A and B from the Inner Wheel Club of Strasbourg Tivoli, France. I want to express our sincere gratitude to the Club and the kind and active ladies, members of the club, who took especial interest in our projects. The sum received was disbursed equally, Euro 4000- each for the two projects.

The total estimated costs of project A was NRs 1,500,000/- . The village group raised the balance sum required from other agencies/donors and contributed intensive

labour, freely. The main work and costs involved construction of the reservoir/tank of 100,000 ltrs capacity at a mountain top and laying of pipes from the source of

water to the reservoir and then down hill to reach and meet the needs of the households. Most of the construction material had to be manually carried uphill from the motorable road point which is near one hour of steep climb for us, without carrying any load. Most of the work of carrying the material was done by the village help group in their free time.

Former Presidents of the I W club of Strasbourg Tivoli Danielle Magoni and Marie M. Link have taken keen interest in our projects and they came to Nepal in November 2009. They visited the site and some of us, members of our club accompanied them in the field visit, an hours trek uphill. The village people involved in the project explained and reported the details of the project to them/us and I believe our guests were impressed by the contribution made by and enthusiasm of the villagers, and progress of the project. The project benefits near 100 households and the joy and happiness of the families was clear to see in their faces. We were treated with tea, biscuits and the locally prepared Sel Roti. Geeta Silwal President of the local help formally thanked the visitors and us for our support.

We then proceeded to Godavari Village Resort and we hosted a luncheon for the guests. There after we proceeded to the second project site (B) in Chapagaon VDC. We were welcomed with Tika and garlands and the visitors were pleased to see their name prominently displayed in the donation slate. This project benefits some 75 households and the women folk were particularly joyous, sharing with us their difficulties before the project and how they could now get potable water at their door steps and their plans to utilise the waste the joy was evident in their body language gave us much satisfaction.

I am happy to bring to the notice of the readers that based on the good impressions carried by the visitors, project..

Besides the two major water projects, we contributed funds/assistance to the following institutions/groups/programmes:



- 1 Shree Buddha Bhagawan Secondary School in Manikhel for buying class room furniture: Rs 37,500.
2. The Rotary Prajapati Education Fund of Patan Rotary Club Rs 30,000/=. This additional sum will help provide two more girl students; thus there will now be seven girl students supported through this Inner Wheel Club.
3. Patan Community based Rehabilitation Club, to support their training program of disabled children and youth; this fund is used for training to make candles : Rs10,000/=
4. Bajra Barahi Intellectually Disabled Day Care Centre, to buy six specially made chairs: Rs:7800. members and their Mahila Samuha jointly conducted cleaning and sanitation drive in that area. Our contribution for medicine: Rs3255/=.

B. Talk Programmes.

1. Speaker: Swami Awddhutanand; Joint programme with R.C.Patan and attended by Rotarians of other Clubs as well. Subject: Mind Management. 20 July 2009.
2. Speaker: Mrs Bhuwan Rana former Governor of Rotary Inner Wheel District 308. Subject: History, aims, of making I W Distt of Nepal .
3. Speaker: Mr. Narayan Prasad Bhattarai: Subject: Accu-pressure. Venue: Residence of Rtn. Shanti Mathema..

C. Local Fund raising event.

This year we raised Rs 50,000/ from proceeds of Raffle Sales. Several Hotels/Restaurants and service/entertainment agencies of Nepal contributed towards the prizes. A list of contributors is attached and we express our thanks to each for their kind support.

- 1 Fishtail Lodge Pokhara.
- 3 Club Himalaya.

- 4 Soaltee Crown Plaza.
- 5 Summit Hotel.
- 6 Spa Prana. Durbar marg.
- 7 Bawarchi (City Centre or Naxal).
- 8 Jewellery by Rtn Bijay Bajracharya .
- 9 Party Make Up at Sneh's Studio.
- 10 "Punkie Universe" for children.

The Raffle Draw was made on 26 April 2010 by Mr. Kedar Bhakta Shreshta at Rotary Club of Patan during regular weekly meeting:



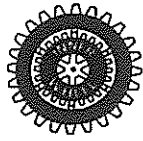
I would like to extend my sincere thanks to all the office bearers and members of our Inner Wheel Club for success to our new President Mrs Santi Mathema for 2010—2011 and the new board . Lastly on behalf of The Inner Wheel Club members we would like to thank RC Patan for inviting us to join them in their programmes and providing us the space in their souvenir issue.

Executive Board 2010— 2011.

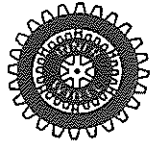
President	Shanti Mathema
Immediate Past President:	Brinda Rana
Vice President	Shanta Shrestha
Secretary:	Munu Rajkarnikar
Treasurer	Nirmala Shrestha
International correspondent	Sulochana Pradhan
Joint Secretary	Bijaya Laxmi Shrestha
Joint Treasurer:	Parveena Shrestha
Executive Members:	Nani Shobha Sakya, Mithila Rajbhandary.

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Inner Wheel Club of Patan



EXECUTIVE BOARD MEMBERS 2010-2011



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

President



Brinda Rana
Res: Kopundole,
Lalitpur-3.
Ph: 5521667, 5526460
Born: 4 Oct
Wed: 18 June
Spouse: SAGAR
email: nepaltdl@mos.com.np

IP President



Shanta Shrestha
Res: Kopundole Heights, Lalitpur
Ph: 5522207
Born: 12 July Wed: 15 Feb.
Rtn: KEDAR

Vice President



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

Secretary



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

Treasurer



Past President
Sulochana Pradhan
Res: Chhauni
Ph: 4270260
Born: 7 July
Wed: 7 May
Rtn: KRISHNA
email: sulopradhan@yahoo.com

*Intl. Club Serv.
Director*



Past President
Bijaya Laxmi Shrestha
Res: Sinchahity,
Lalitpur.
Ph: 5003780
Born: 12 Apr
Wed: 7 Jan
Rtn: GANESH

Joint Secretary



Praveena Shrestha
Res: Chakupat, Lalitpur.
Ph: 5521146
Rtn: MUKTI

Joint Treasurer



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

Member



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

Member

Members



Past President
Chandralekha Pandey
Res: Sanepa, Lalitpur.
Ph: 5524652
Born: 17 Sep Wed: 18 Feb
Rtn: RABENDRA



Kalpana Pradhan
Res: Kopundole, Lalitpur.
Ph: 5525886
Rtn: KHRUSCHEV



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



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



Sabitri Rai
Res: Ekanta Kuna,
Lalitpur-13
Ph: 5530553
Born: 21 Aug Wed: 26 Feb
Rtn: BISWO NATH



Sajani Paneru
Add: Bhanimandal,
Lalitpur
Ph: 5542624
Wed: 21 April
Rtn: SOM



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

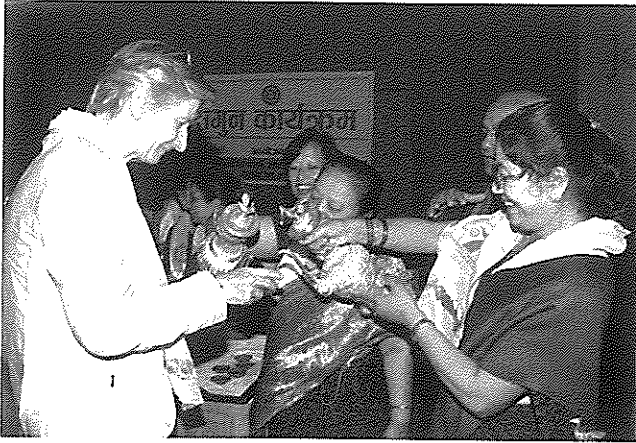


Tika Pradhan
Res: Dhobidhara,
Lalitpur.
Ph: 5540510
Rtn: SHIVA



Upasana Regmi
Res: Dhobighat, Lalitpur
Ph: 5525536
Wed: 2 Baisakh
Rtn: PRAKASH

Photo Corner of District Event



Sagun Program during Joint Installation Ceremony of District Governor and Presidents of Rotary Clubs of Nepal.

रोटरीको आदर्श वाक्य

रोटरी इन्टरनेसनलको आदर्श वाक्य हो 'जसले सबैभन्दा ठूलो सेवा प्रदान गर्दछ उसैले धेरै नाफा कमाउँछ।' यो वाक्य सन् १९११ मा ओरेग राज्यको पोर्टल्यान्डमा भएको द्वितीय रोटरी सभामा प्राप्त भएको हो। यो वाक्य सिकागोको रोटेरियन आर्ट सेल्डन सन् १९१० मा गरेको एउटा व्याख्यानमा परेको थियो। त्यहाँ उनले भनेका थिए 'सबैभन्दा धेरै नाफा त्यसैले गर्दछ जसले आफ्ना मित्रहरूको सर्वोत्कृष्ट सेवा गर्छ।' लगभग त्यसै समयमा मिनेसोटा राज्य मिनियोपोलिसको रोटरी क्लबका अध्यक्ष वेन कोलिनसले पनि यस्तै किसिमका कुरा भनेका थिए। उनको वक्तव्य थियो रोटरी क्लब स्थापना गर्न उनको क्लबले अपनाएको सिद्धान्तको अनुसरण गर्नु उत्तम उपाय हो। त्यो सिद्धान्त थियो 'स्वार्थभन्दा माथि सेवा'। यी दुई नारालाई नै जोडेर अलिकति संशोधन गरी सन् १९५० मा डेट्रोइट कन्भेन्सनमा रोटरीको आदर्श वाक्यका रूपमा स्वीकार गरिएको थियो।

'सर्वश्रेष्ठ सेवा दिने र स्वयंभन्दा माथि सेवा लिनेले नै सबभन्दा बढी लाभ पाउँछ।' सन् १९८९ को काउन्सिल अन लेजिस्लेसन (विधान परिषद्) ले सर्भिस एन्ड अनसेल्फिस 'स्वार्थभन्दा माथि सेवा' भन्ने वाक्यांशलाई रोटरी मुख्य मोटो (आदर्श वाक्य) भनेर स्थापित गरिएको हो, किनभने यस वाक्यांशले निस्वार्थ सेवाको रोटरी आदर्शलाई प्रतिपादित गर्छ। सन् २००४ मा रोटरी आदर्श वाक्यको पूरक खण्डलाई केही फेरर 'दे प्रफिट मोस्ट हु सर्व वेस्ट, अर्थात् सर्वश्रेष्ठ सेवा गर्ने नै सबभन्दा बढी लाभान्वित हुन्छ' पारिएको हो।

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for the grand success
of the Rotary Club of Patan
on its 25th SILVER JUBILEE CEREMONY
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Your Trust !

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Koteswor, Kathmandu

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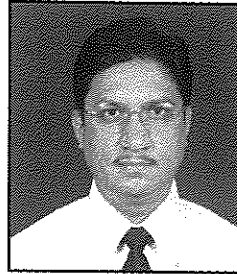
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Mid day Meal Programme - One year audit

(A project to feed the undernourished Chepang children)



Rtn. Dr. Prakash Raj Regmi

Background

Chepangs are one of the economically underprivileged and deprived community people in the country with literacy among them far below national average. They are normally settled in hill slopes along river banks and cultivate the marginal land on hill slopes. The agriculture produce that they have is adequate for just about 6 months and they have to earn for living either cutting down trees and selling as fodder or working as laborers. They have no way to find something to eat and feed their children as well for several months in a year. They are forced to remain hungry and the children develop high degree of malnutrition and vitamin deficiency.

The Chepang Village in Chitwan

Members of Rotary Club of Patan have visited a Chepang Community at about 3 km from Mugling, about 110 km from Kathmandu in Kathmandu-Pokhara - Narayanghat Highway, along the bank of Kali Khola (river), a tributary of Trisuli river. The settlement is approached by 20 minutes walking along steep uphill. There is a primary school in their village which enrolls about 160 students; however, less than 50% attend the



school regularly as their parents keep them at home to look after smaller children while parents are away either in agriculture field or in forest cutting down trees. The children are highly undernourished and unclean, they are infested with diseases related to undernourishment.

During the visit members of our club concluded that food is main need of these children. If they could get a staple mid-day meal, they will be nourished and remain healthy. They will be attending schools just to get the mid-day meal and thus will substantially improve the school attendance and educational status as well.

During the visit, we offered one egg, one banana and few biscuits to each student. They ate the food in a single breath. It was not difficult for us to learn how hungry they were. We discussed with school management on a non-committal basis whether they could manage to feed the students by arranging to prepare mid-day meal themselves, which they readily agreed.

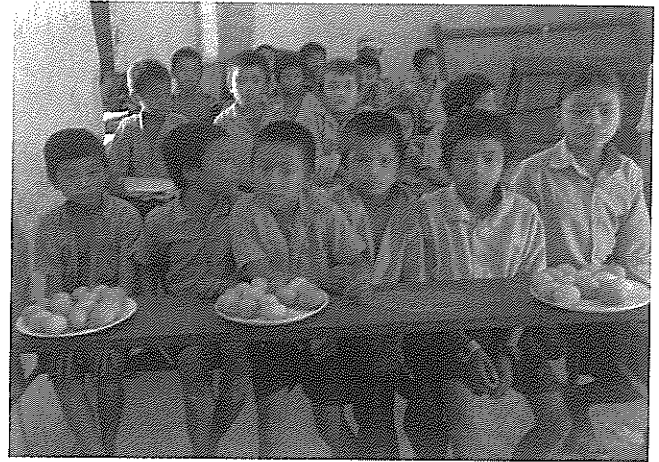
Committee for meal management

Five member committee has been formed for the mid-day meal scheme. Chairman of the school management committee Mr. Bhim Bahadur Chepang is the chairman of the mid-day meal management committee as well. The headmaster Gopi Silwal is the member secretary and Members are Bhupendra Chepang, Jag Maya Chepang and Sumitra Ghimire. It has been made clear that there will be no misuse of the resources provided by the club to the school for this purpose.

Sample Menu , cost and frequency of feeding

Mid day meal cost NRs 10 per person and the menu has been decided to be as follows

1. Chiura (bitten rice) with vegetable (potato, beans, grams, peas etc) cooked in oil.



2. Bhuja with boiled or fried egg and banana or “ Haluwa”

3. Extra funds and efficient monitoring system is needed .

School children are given mid day meal twice a week on Mondays and Thursdays with effect from 3rd June 2009.

Project cost

The project cost estimated at Rs 10 per meal / student * 120 students * 100 days is NRs120000 (US \$ 1500) a year. The fund is needed each year.

Request to club members

Most of the members from Rotary club of Patan have contributed one time to this project of hunger, humanity and health. We are still lack of necessary funds. All of you are most welcome and requested to make more contributions to feed the undernourished children. Your small contribution can make a large difference. You can save many lives by participating in this project.

One year audit (June 2009 to May 2010)

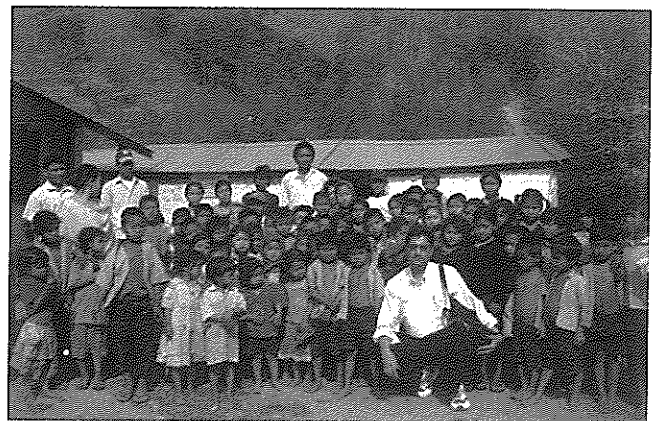
This project started on 3rd June 2009 has completed one year. The club members visited the village twice during the audit period. Achievements are as follows:

1. Attendance of the students improved by 10% . Attendance on mid day meal days was 90%
2. Droupout rate from school decreased by 9%
3. Students from long distance also started attending the school
4. Overall nutritional status improved. Anemia in children decreased.

One day meal will cost NRs 1200 (USD 15)

You can share your happiness by sponsoring the cost of one day or more meals

There were several difficulties as well. It was difficult to visit the village regularly so monitoring process is difficult. We do not have regular fund to support this project. The total expense for the audit period was NRs 71000.



The following conclusions have been made:

1. The project has been effective in increasing the nutritional status as well as the educational performance
2. Rotary club of Patan will continue to support this project.

Club Project Contact:

Dr. Prakash Raj Regmi

Email Address: pregmi@wlink.com.np

Home/Office/Mobile Numbers: 977-1-552 5536 / 977-1-55 36 474 / 977-985 105 1170

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Annual Report of Rotaract Club of Patan



Rota Year 2009-2010

Club Service

- On 27th June 2009, Rotaract Club of Patan celebrated its 12 Installation Ceremony at Patan High School. Rtn. Tirtha Man Shakya was chaired as the Chief Guest followed by Rtn. William Ma as a Guest of Honor.
- 12 years of completion of RC Patan was celebrated on 30th June by RC Patan members along with Rotaractors from other clubs and DRR Rtr. Girish Bilas Joshi.
- On 31st general meeting, IPP Rtr. Bikesh presented his views of Rota Year 2008-09. Various issues like reporting, member participation, strength & weakness of the club were discussed and ended with the Achievements of Rotaract Club of Patan during his tenure.
- On 25th July 4 Avenue Directors and other Officer have presented their Vision, Strategy and Planning for whole Rota Year 2009-10 and report was submitted to President.
- On 22nd August RC Patan Organized 1st Club Assembly for Rota year 2009-10. 4 Avenue Directors along with other officer present their vision for the Rota year 2009-10 and the Assembly was chaired by Past President Mahesh Bajracharya.
- Rotaract Club of Patan celebrated Good Morning Tea Party on the Auspicious Occasion of Dashain. This year RC Patan along with Nepal National Federation of the Deaf and hard of Hearing organized a fellowship tea-party on 25th September 2009 at Patan High School Premises.
- On 28th Sept 2009 RC Patan Organized Fellowship Momo party among the internal Members of the Club on the occasion of Dashain.
- The Annual Special Bulletin of RC Patan "Dashain Aayo Tihar Aayo" was released on the Auspicious Occasion of Dashain during Good Morning Tea by the Chief Guest Mr. Raghavbir Joshi.
- Rotaract Club of Patan and Rotaract Club of Dhulikhel signed the Memorandum of Understanding on the Presence of District Club Service Dir. Rtr. Nirajan Maharjan and DLT Rtr. Vishwa Thapa.
- For Marking the Vocational month Rotaract Club of Patan organized the Talked Program on Youth Entrepreneurship by Young Entrepreneur Mr. Regan Budhathoki Executive President of IDOREGAN.
- RC Patan hosted the talked Program on Differently Able People on 14th Nov 2009 at Patan High School. The Resource Person were Rajesh Bajracharya and President of Patan CBR.
- On 19th September 2009 RC Patan played a fellowship Basketball match with RC Mahabouddha at Shikhar Academy, Jawalakhel. Rotaractors and Interactors from both clubs played the match with the

full of enthusiasm and fun.

- Rotaract Club of Patan Inducted 5 New Members on 9th Jan 2010 in the Presence of DRR Rtr. Girish Bilash Joshi and ZR Rtr Aruna KC. New members were taken an OATH and ZR Rtr Aruna KC Pin up and welcome them similarly DRR Rtr Girish Bilash Joshi handed over the Identity Card of Rotaract Club of Patan to the new members.
- Rotaract Club of Patan conducted 2nd Club Assembly on 23rd Jan 2010. The Assembly was chaired
- by Past President of Rotaract Club of Patan Mr. Mahesh Bajracharya. Respective Avenue Directors presented their report for last 6 months and also presented their Future Plans for coming 6 months and reports were submitted to Assembly Chair Person.
- Monthly Bulletin "Lalit Patan" was released by DRR Rtr. Girish Bilash Joshi for the month of December.
- Monthly Bulletin "Lalit Patan" was released by Rtr. Anij Shrestha Deaf School Co-ordinator for the month of January.
- Rotaract club of Patan celebrated Holi festival of on 28th Feb 2010 at IPP Rtr. Bikesh Raj Bajracharya's Resident Chakupat among the Fellow Rotaractors with different colors.
- For marking the International Human Right Day, Rotaract Club of Patan organized an Interaction Program on International Humanitarian Law on 27th March 2010 at Patan High School, Patan Dhoka by Camilla Ringdal Dukefos, Youth Delegate in Nepal.
- Participated in Interaction Program on "Blood and Blood Donation" at Scout House Lagankhel on 26th Feb 2010
- Participated in Computer Donation at Dhokaima Café, Patan Dhoka on 8th Feb 2010
- Participated in Inauguration Ceremony of Physiotherapy Clinic and Counseling Center on 5th April 2010 at Patan CBR, Patan Dhoka

Community Service

- With Support Fund from Gas Dealer, Kumaripati RC Patan Distributed foods to the old age women at Aama Ghar at Rabi Bhawan. The old age home is a non-governmental organization established on 2053 BS by Mrs. Dil Shova Shrestha.
- Rotaractors from RC Patan volunteered in Candle walk Rally organized by Leo Club of Manigal on the occasion of Nepal Sambat 1130. The rally was started from Patan Durbar Square and walked around the Patan City and ended up at Patan Durbar Square.
- Members from Rotaract Club of Patan conducted a follow up survey on Hearing Aid Project at The School

of Deaf Naxal in three Phases.

- During the third phase of the survey, the statistics were taken regarding clarity of the device among students of deaf school,
- Prajapati Scholarship is the annual program of Rotary Club of Patan. This scholarship Program was initiated by Rotary Club of Patan and Coordinated by Rotaract Club of Patan. Students from 27 government schools from the Lalitpur district are provided scholarship.
- On the presence of Rtn Robert Rose, Rotary Club of Patan distributed 64 packets of Hearing Aid battery to the Students of Kavre Deaf School especially for the Regular user of that machine and these batteries are worked for at least for 1 year of Validity.
- 7 Rotaractors from RC Patan along with 4 from RAC Dillibazar participated in picnic program organized for School of Deaf students. Rotaractors volunteered in taking the children around the zoo complex. The whole day was spent in the zoo playing games and others. The Program was organized by Rtn. Robert Rose.
- Rtr. Sudeep and Rtr. Amir went on a three day trip to Chitwan with differently abled children from DNC, Baneswore which was organized by TRIFC.org. There were 30 children aged between 8 to 17. Rotaractors from RAC Patan, RAC Kupondole, RAC Chitwan and RAC Bharatpur volunteered in helping the children.
- Rotaract Club of Patan and Yasodhar Mahila Samuha, in association with Dr Smile Dental Care Center jointly organized Dental Camp on 29th May 2010 at Yasodhar Mahabihar, Bubahal, Patan. More than 80 people took the benefit of from the camp.
- Rtr. Sudhir Shakya visited Chaukot, Dhulikhel for the Tree Plantation program on 5th June 2010. Two areas were selected for the plantation

Int'l Service

- On the occasion of International Tourist Guide Day on Feb 16 Rotaract Club of Cairo organized an event in which photos of the famous places from the participating countries were displayed. RC Patan participated in the project along with 11 Rotaract Clubs from 8 different countries. Photos of 5 famous places of Nepal were displayed along with National Flag, information about Nepal and bulletins of Rotaract Club of Patan were published by Rotaract Club of Cairo.
- As an effort on raising awareness on Global warming and its impact on environment, RC Patan along with 10 international Rotaract Clubs is conducting a global warming campaign titled "Global Warming Global Warning".
- "Global Warming Global Warning" is an international Global Warming Campaign launched by 11 Rotaract Clubs in 11 different countries; the campaign aims at Raising Awareness about Global Warming and includes many activities that seek to help Stop Global Warming.
- On the occasion of International Friendship day, a celebration program was organized by RC Patan and Patan Junior Lady JCI jointly on 2nd August at

Patan High School.

- RC Patan and Different 20 Rotaract Clubs around the Globe participated on AIDS BROCHURE which was initiated by Rotaract Club of Karsiyaka RI Dist. 2440 Izmir, Turkey.
- On the auspicious occasion of Wedding Ceremony of Vice President Rtr. Sajeeb Shakya Fellowship Dinner with Rotaract Club of Patan and Rotaract Club of South Brisbane Australia was organized on 23rd of Jan 2010.
- On 25th Jan 2010 Rotaract Club of Patan exchanged Club Flag and Souvenir Exchange with Rotaract Club of Toowoomba and Rotaract Club of Redlands RI District. 9630.

Professional Development

- IPP Rtr. Bikesh conducted training on webpage designing & editorial publications. The training was about using softwares like Dreamweaver, EasyPHP, CuteFTP for web designing & In design for editorial publications. 6 Rotaractors from Web committee & Editorial committee were present.
- On 29th of July, 6 Rotaractors from RC Patan participated on Session of Toast Mater at Toast Master Kathmandu, Teku. The Programs Strengths was very Punctuality on Time and Interactive Session with the Speaker.
- Marking the Vocational month RC Patan organized three days banking Training in association with IBCN Banking Institute at Kumaripati. All together 27 participants participated in the program which included Rotaractors and Non Rotaractors from the various Rotaract Clubs and Organizations.
- Rotaract Club of Bhaktapur, Rotaract Club of Charumati, Rotaract Club of Dillibazar, Rotaract Club of Jawalakhel Manjushree and Rotaract Club of Patan jointly organized one day workshop on "Spiritual Understanding and Holistic Development for Youth" on 16th of Jan 2010 at NIC College-Hostel, Dillibazar.
- RC Patan organized a report writing training on 5th August 2009, Wednesday at Padmavati Tuition Center. Rtr. Rukmanee Maharjan and Mr. Mahesh Bajracharya were the resource persons. Altogether 15 members participated on the program.
- 8th August 2009, RC Patan organized a communication build up program which was in the toastmasters' format. Resource Person Manoj Nepal gave the Brief description about the format of Toaster. Feature Speakers were Rtr. Sudhir Shakya and Past President Mr. Majesh Bajracharya.
- On 12th September 2009 RC Patan organized 1 Day Proposal and Report writing training at Patan High School, Patan Dhoka. The main objective of the training was to give guidelines on writing a proposal and reporting skills. The Resource Person was Mr. Santosh Maharjan, Life Skill Development Coordinator from Global Action Nepal.
- A public Speaking Forum was organized by RC Patan in Toastmasters Club Format on 10th October 2009.

The forum was started with the Table Topic and speakers were Rtr. Nigma Bajracharya, Rtr. Shailendra Shakya, Rtr. Salim Shakya and Miss Sharmila Shrestha. IPP Rtr. Bikesh Raj Bajracharya was the Feature Speaker and he spoke on Importance of Technology in Today's Worlds.

- A public Speaking Forum was organized by RC Patan in Toastmasters Club Format on 14th November 2009. The forum was started with the Table Topic and speakers were Speak on their respective Topics and Features Speakers of the Forum was Past Rotaractor Mr. Pawan Krishna Shrestha.
- 6th Rotaract Leadership Development was organized by RC Patan on 15th and 22nd May 2010 at Patan High School. The program mainly focused on women empowerment.

District Events

- Members from RC Patan participated in fellowship Tea Party organized by Rotaract District Committee 3292

Nepal which was hosted by Rotaract Club of Jawalakhel Manjushree and Rotaract Club of Jawalakhel.

- RC Patan participated in 1st President and Secretary Meet of RI Dist 3292 for Rota Year 2009-10 took place on September 12th 2009.

Zonal Events

- On 21st Nov 2009 RC Patan Hosted the Zone IV meeting for the month for November. During that meeting various agendas were discussed.
- On 26th Dec 2009 Zone IV organized Documentary Show on related to HIV/AIDS at Dukuchap, Thankot. The main purpose of this program was to create Awareness on Community.
- For marking the World Understanding and Peace Day Zone IV organized Drawing program at Spark Children House Pulchowk. The main purpose of this program was to gain knowledge among the children how they consider and retort on Peace

Rotaract Club of Patan/Club Information

Name of Club	Rotaract Club of Patan
Charter Date (dd/mm/yyyy)	31/06/1997
Charter President	Rajendra Shakya "OM"
Sponsoring Rotary	Rotary Club of Patan
Meeting Periodicity	2nd and 4th Saturday of English Month
Meeting Venue	Patan High School
Club Bulletin name	Lalit Patan
Club Website address	www.rcpatan.com.np
Club Theme	Grab the Oppurtunity

Board of 2010-11

President	Rtr. Prama Shrestha	shr_prama@hotmail.com	9841420952
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Vice President	Rtr. Suresh Thapa	suresh_thapa00@gmail.com	9841381147
Secretary	Rtr. Situ Shrestha	situ_shrestha@hotmail.com	9849087084
Treasurer	Rtr. Prajwal Shakya	bs_2044@hotmail.com	9803141880
Joint Secretary	Rtr. Shailendra Shakya		9841858711
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This is an article that everyone should read

Cancer- things to know

(Cancer Update from Johns Hopkins)

Summarized by Dr.P.R.Regmi

1. **Every person has cancer cells in the body.** These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.
2. Cancer cells occur between 6 to more than 10 times in a person's lifetime.
3. **When the person's immune system** is strong the cancer cells will be destroyed and prevented from multiplying and forming tumors.
4. When a person has cancer it indicates the person has **nutritional deficiencies**. These could be due to genetic, to **environmental, food and lifestyle factors**.
5. To overcome the multiple nutritional deficiencies, **changing diet** and including supplements will strengthen the immune system.
6. Chemotherapy **involves poisoning** the rapidly-growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastrointestinal tract etc, and can cause organ damage, like liver, kidneys, heart, lungs etc.
7. Radiation while destroying cancer cells **also** burns, scars and damages healthy cells, tissues and organs.
8. Initial treatment with chemotherapy and radiation will often reduce tumor size. However prolonged use of chemotherapy and radiation do not result in more tumor destruction.
9. When the body has too much toxic burden from chemotherapy and radiation the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.
10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.
11. An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply.

CANCER CELLS FEED ON:

- a. **Sugar** is a cancer-feeder. By cutting off sugar it cuts off one important food supply to the cancer cells. Sugar substitutes like **NutraSweet, Equal, Spoonful, etc are made with Aspartame and it is harmful**. A better natural substitute would be pure honey but only in very small amounts. **Table salt** has a chemical added to make it white in color Better alternative is Bragg's aminos or **sea salt**.
 - b. **Milk** causes the body to produce mucus, especially in the gastro-intestinal tract. **Cancer feeds on mucus**. By cutting off milk and substituting with unsweetened soy milk cancer cells are being starved.
 - c. Cancer cells thrive in an acid environment. **A meat-based diet** is acidic and it is best to eat fish, and a little chicken rather than beef or pork. Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer..
 - d. A diet made of **80%** fresh vegetables and juice, whole grains, seeds, nuts and a little fruits help put the body into an **alkaline environment**. About 20% can be from cooked food including beans. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells.. To obtain live enzymes for building healthy cells try and drink fresh vegetable juice (most vegetables including bean sprouts) and eat some raw vegetables 2 or 3 times a day. **Enzymes are destroyed** at temperatures of 104 degrees F (40 degrees C).
 - e. Avoid **coffee, tea, and chocolate**, which have high caffeine **Green tea** is a better alternative and has cancer fighting properties. Water-best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it.
12. **Meat protein** is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining

in the intestines becomes putrefied and leads to more toxic buildup.

13. Cancer cell walls have a tough protein covering. By refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.
14. **Some supplements** build up the immune system (*IP6, Flor-sence, Essiac, anti-oxidants, vitamins, minerals, EFAs etc.*) to enable the bodies own killer cells to destroy cancer cells. **Other supplements** like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted, or unneeded cells.
15. Cancer is a disease of the **mind, body, and spirit**. A proactive and positive spirit will help the cancer warrior be a survivor. **Anger, un-forgiveness and bitterness** put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life.
16. Cancer cells cannot thrive in an oxygenated environment. **Exercising daily**, and **deep breathing** help to get more oxygen down to the cellular level. Oxygen therapy is another means

employed to destroy cancer cells.

- ♦ No plastic containers **in microwave**.
- ♦ No water bottles **in freezer**.
- ♦ No plastic wrap **in microwave**.

Dioxin chemicals cause cancer, especially breast cancer. **Dioxins are highly poisonous** to the cells of our bodies. Don't freeze your plastic bottles with water in them as this releases dioxins from the plastic. We should not be heating our food in the microwave using plastic containers. This especially applies to foods that contain fat. The combination of fat, high heat, and plastics releases dioxin into the food and ultimately into the cells of the body. Instead, he recommends using glass, such as Corning Ware, Pyrex or ceramic containers for heating food. You get the same results, only without the dioxin. So such things as TV dinners, instant ramen and soups, etc., should be removed from the container and heated in something else. Paper isn't bad but you don't know what is in the paper. It's just safer to use tempered glass, Corning Ware, etc.

Plastic wrap, such as Saran, is just as dangerous when placed over foods to be cooked in the microwave. As the food is nuked, the high heat causes poisonous toxins to actually melt out of the plastic wrap and drip into the food. Cover food with a paper towel instead. ✦

HAVE YOU EVER DONATED MONEY TO NEPAL ORTHOPAEDIC HOSPITAL ???

Please make sure that your contribution has reached the hospital account. **The hospital has no official individual designated to collect funds on its behalf.** Donations have come to the hospital from individuals directly or from rotary foundations or other donor organizations so far.

If you want to donate money to the hospital for any specific cause, please correspond to the following address as:

Dear Medical Director/Administrator,

Nepal Orthopaedic Hospital

Khagendra New Life Centre, Jorpati-04, Kathmandu, Nepal.
 Phone: 00977-1-4911725, 4911274, 4911505 Fax: 00977-1-4911467
 E-mail: neporth@mos.com.np, Website: www.noh.org.np

With best compliments
from

Myodip

Myodip AT

Normachol

Sunonol

Angitan

Sumi Pharmaceuticals Pvt. Ltd.
Nepal

Tea & Health

Dr. Prakash Raj Regmi

Tea remains the most widely consumed beverage in the world – after water. New research highlights the health benefits of tea and places it second only to water as the healthiest hydration fluid in the world.

What is tea ?

Green, black and oolong tea are produced from the same plant, *Camellia sinensis*. The difference lies in the way they are processed. The *Camellia sinensis* plant is an evergreen shrub. Its leaves, if not dried quickly after picking, soon begin to wilt and oxidise. The major step in making tea is to stop the oxidation process by heating the leaves at different stages depending on the tea type – flavoured leaf teas, green, oolong, white, black

Tea and flavonoids

Black, green and oolong teas are a rich source of flavonoids from the polyphenol family. Tea flavonoids are different to those found in most fruits and vegetables. While the flavonoids in tea have been shown to have antioxidant properties, tea is not a substitute for fruit and vegetables, which provide a wide range of essential nutrients, including vitamins and minerals. An average cup of black or green tea provides 140 – 300 mg of flavonoids.

Tea and caffeine

There is a great deal of consumer confusion surrounding caffeine and tea. Caffeine is an alkaloid that can be found in varying quantities in coffee, tea, chocolate and cola based drinks. However, the level of caffeine in tea depends on many factors, including the type of tea, brewing time, quantity of tea leaves used and the size of tea leaves. A typical cup of tea contains approximately half the caffeine of a typical cup of instant coffee

Tea and heart health

Epidemiological data indicate that individuals who regularly consume green or black tea (without sugar or milk) are more likely to have better heart health than individuals who do not consume tea as part of a healthy

balanced diet and lifestyle. Two meta – analyses of epidemiological studies have been conducted to determine the overall effect of black tea drinking and dietary flavonoids on cardiovascular health across populations (from 1966 – 2001). Studies concluded that consumption of 3 x 240 ml cups of black tea per day is associated with an 11% reduced risk of heart attack. The second meta – analysis, comparing low with high flavonol intake groups, found a 20% reduction in deaths from heart diseases. An epidemiological study investigating the occurrence of heart disease concluded that a higher tea consumption (more than 2 cups per day) reduces the risk of death from heart diseases by over 40%.

Tea and weight management

Tea, when served without milk or sugar, contains virtually no calories. This makes tea an ideal choice for a healthy weight control plan especially when substituting for sweetened beverages. Moreover, emerging science suggests that long term consumption of high catechin green tea improves body composition and fat distribution through reduction in visceral fat and waist circumference. High green tea consumption has also been shown to help increase energy expenditure and fat oxidation in both human and animal studies.

Tea and dental health

Tea is an excellent source of fluoride and therefore can contribute to healthy teeth. Additionally, some studies have demonstrated tea flavonoids to increase acid resistance of enamel to act as an antibacterial and to inhibit human salivary amylase resulting in a reduction of the cariogenic potential of starch – containing food.

Tea revitalizes both mind and body

Regular black tea consumption has been shown to improve alertness and mood without adversely affecting sleep quality. The low levels of caffeine found in tea have also been investigated and found to improve both physical and mental performance.



We extend our Best Wishes for
the grand success of the Rotary Club of Patan
on its 25th CHARTER CEREMONY
Inner Wheel Club of Patan Rotary



25 Years of Service Projects 1985/86 to 2009/10

Compiled by : Rtn. Gabriele Mallapaty

The Rotary Club of Patan (RCP) was chartered on August 29, 1985 as the 4th Rotary Club in Nepal. This highlights 25 years of Service Projects undertaken by the Leadership of the Club with external resources and club resources.

1985-86 President: Late Rtn Surendra Raj Sharma
In this first year, planning for future projects took place.

1986-87 President: Late Rtn Surendra Raj Sharma
Sipadol Multi Purpose Project, Lalitpur: With NRs 500,000, from the South Asia Partnership, Canada, a school building, horticulture development project and a health post was established in the Sipadol Village.

AWON Library, Lalitpur: RCP in association with the American Women Organization in Nepal established the AWON library in Kupondole, Lalitpur

1987-88 President: Rtn Matsyendra L Kayastha
Indrayani School Building: With funding from Rtn Ranjit Ratnaike from Australia the school building was constructed at Khokana village in Lalitpur. It benefited about 200 students.

Polio Eradication Project: The polio project was launched by Rotary International with contributions from Rotarians world-wide, including RCP.

Health Post at Geutal: RCP support the running cost of the health post until 1991.

Health Post at Natole: RCP supported the running cost of the health post until 1991.

Achheswor Vihar Rehabilittion Pulchok: RCP members donated NRs 10,000 to support the rehabiliataion work.

Ama Milan Kendra: Rtn Surendra R. Sharma coordinated the RCP support of NRs 40,000 to the Kendra in the Kathmandu Municipality.

1988-89 President: Rtn Matsyendra L Kayastha
Kalimati Chest Hospital: With contributions from RC Sesojiya, Japan, four beds for TB patients were provided to the hospital in Kathmandu.

Equipment for Disabled Persons: Through RC Sesojiya, Japan the equipment was provided to the Nepal Disabled Association, Jorpati, Kathmandu.

Water Tank at Thecho village: With support of NRs 28,000 from Rtn J Sinclair, RC South Amherst, Canda and local contribution the 6500-litre water tank was constructed.

Clothes for Earthquake Victims: Clothes worth about NRs 250,000 donated by Japanese Citizens were distributed in Eastern Nepal.

Financial Support to Earthquake Victims: RCP members contributed NRs 51,000 to support the Prime Minister's Fund.

Jawakakhel Environment Improvement Project: RCP members contributed NRs 20,000 to Lalitpur Municipality for the project implementation.

Guardianship for Earthquake Orphans: RCP with the contribution of RI District 2540, Japan, handed over NRs 100,000 to Bal Mandir, Naxal, Kathmandu to support two orphan girls of Tehrathum District, Nepal.

1989-90 President: Rtn Bhism Raj Prasai
Bus Stand at Thecho Village: With remaining funds from water tank construction and local contribution a bus stop was constructed.

Mulpi Water Supply Project: With NRs 25,000 from RI District 3290 the project was implemented in Mulpi Village, Kavre District.

1990-91 President: Late Rtn Prajapati Prasai
Class Rooms at Balodaya Primary School: were constructed at Dhapakhel Village, Lalitpur District, worth NRs 91,000 and local contribution.

Support to four Martyr's Families: RCP and RC Akita Amori, Japan financial contribution of NRs 150,000 assisted four families in Lalitpur District.

Furniture to School and Health Post: RCP distributed furniture worth NRs 20,000 donated by Hotel Narayani, Lalitpur to the Thecho village school and the Natole health post in Lalitpur.

Training of Lady Doctor in Japan: RCP sponsor a lady doctor from the Teaching Hospital in Kathmandu to receive training in Japan. The funding come from a Rotary Club in Japan.

1991-92 President: Late Rtn Hom Raj Bajracharya
Rehabilitation of Traditional Stone Spouts: With seed money from RC Alice Spring, Australia, RCP mobilised NRs 75,000 from local people and NRs 125,000 worth of concrete pipes from the Nepal Water Supply Corporation to rehabilitate stone spouts in Nahity and Lagankhel. The water supply benefited about 500 local residents. The project received a *“Significant Achievement Award”* from RI.

Medical Equipment for Patan Hospital: The first RCP Matching Grant (MG) #2671 totalled A\$ 34,000 of which half came from RIF and half from RCs Doncaster (A\$9T), Croydon(A\$4T), and Forest Hill (A\$3T) in Australia and RCP (A\$1). The grant provided a modern telephone system, dental and medical equipment to Patan Hospital in Kathmandu.

Ultrasound-Machine to Amp Pipal Hospital: Under MG #2568 RCP donated the equipment worth NRs 174,000, to the hospital in Gorkha with contribution from RI District 2050, Canada and RIF.

Water Supply to Simal Banjyang Village, Pokhara: RCP sponsored this MG #2636 at a total cost of NRs 450,000 to benefit 7000 villagers. RCs of England, Worthington (£2000), Shoreham and Southwick (£200), Little Hampton (£200), Bognorhortham (£50) matched by RI Foundation.

Scholarship to Poor Students: RCP initiated the scholarship programme to 9 students, which was later named after late Rtn Prajapati Prasai.

1992-93 President: Rtn Biswa Kant Mainali
Nepal Orthopaedic Hospital Construction (16beds): The Hospital at Jorpati cost US\$225,000. RCP with the support of 50 clubs of RI District 7090, Canada , RC in the USA and the Nepal Disabled Association managed the project. RC of Hamilton AM alone provided US\$45,000.

Clothes to Bhutanese Refugees: RCP coordinated the distribution of clothes donated by RC Yotuba, Japan, through UNHCR, Kathmandu.

Goat Breeding Project: A grant of NRs 62,000 was provided to villagers at Bhardeo, Lalitpur District in form

of revolving seed money to provide loans to raise goats. While the project was well received the loan recovery was poor.

Scholarship to Poor Students: Continuation of the project. Funding reached NRs 100,000 supporting 31 students.

1993-94 President: Rtn Bijaya Bajracharya
Scholarship to Poor Students: for 25 students.
Orthopaedic Hospital Construction: continued.
Thulo Parsel Project: was initiated

1994-95 President: Rtn Sagar Shumser JB Rana
Scholarship to Poor Students: for 33 students.
Orthopaedic Hospital Construction: continued.
Thulo Parsel Project: preparations were ongoing.

1995-96 President: Rtn Tirtha Man Shrestha
Statue and Tanka Painting Training: was conducted by the trainer Mr. DB Lama for 43 trainees.

Wood Carving Training: was offered to 6 trainees at Wood Carving Industries, Patan.

Stone Carving Training: was offered to 5 trainees by Mr. Lok Raj Bajracharya of Lalitpur.

Sponsor of Rotary Clubs and Rotaract Club: RCP sponsored RC of Patan West, RC of Yala Patan, RC of Patan South, RC of Patan Hakha. RCP provided seed money of NRs12,000 to Rotaract Club of Patan Hakha.

Laboratory Equipment and Visual Aids: worth US\$ 3200 was provided to Balodaya School at Kanibahal, Lalitpur under MG #5008. RC Branchburg, USA, RI District 7510 & Rotary Foundation provided the funds.

Nepal Orthopaedic Hospital Beds and Furniture: worth US\$ 12,800 was provided under MG 6042. RC Mount Baker, USA, RI District 5050 & Rotary Foundation provided the funds.

Vocational Training Fund: was established with NRs 100,000 in a fixed deposit account. The funds came from the Rotary education fund, RCP sunshine collections and member contributions.

1996-97 President: Rtn Vishnu Prasad Dhital
Flood Relief: An amount of NRs 12,000 was raised from RCP members and donated to the Prime Minister’s Flood Relief Fund.

Donation to Cancer Care Hospital: Rotary International 3H Grant which included the cost of a Cobalt Radiotherapy machine. Rotary Foundation contributed US\$ 353,025; US\$ 1000 each come from RC Patan, RC KTM, RC KTM Mid-Town, KTM North and RC Patan West; NRs 5.5 million from the MoH; and NRs 2.5 million from the Nepal Cancer Relief Society.

Sewing Machines to conduct training: RCP handed over 10 Sewing Machines to Rotaract Club of Patan to run sewing trainings. The donation worth about NRs 45,000 came from RC of Delhi Mid-town, India.

Ambulance and Fire Fighting Vehicle: RCP coordinated the hand-over of an ambulance to the Mayor of Bhaktapur and a Fire-Engines to the Mayor of Banepa by HE the Ambassador of Germant, Dr. C Barth, which were donated by German Rotary Clubs.

Thulo Parsel Village Water Supply Project: was successfully completed establishing 97 private household water connections and 76 toilets, which benefited about 1000 persons. This MG #6411 was sponsored by four clubs of District 6250 (RCs Denver Mile High and Eau Clair Noon) and one club of District 5450 (US\$ 13,000; about NRs 50,000 from RCP; US\$ 13,000 from the Rotary Foundation and about 1500 days of voluntary labour from local people).

Senior Citizen Home and Girl's Hostel Project: This project was initiated.

1997-98 President: Rtn Rabendra Raj Pandey
Rehabilitation of Indryani School Buiding: The school was constructed with NRs 500,000 made available from RCP. In this year RCP contributed NRs 28,187 to meet the cost of doors and windows.

Support to Food Insecure Areas: RCP mobilised and handed over NRs 70,000 to RC of Nepalgunj to assist people suffering from acute food shortage in the Far-Western District of Humla.

Thulo Parsel Village Water Supply Project: The project was officially inaugurated on Feb. 28, 1998 in the presence of 2 Rotarians from the Sponsoring clubs, plus 10 members and 2 Anns from RCP.

Senior Citizen Home and Girl's Hostel Project: The pre-construction work was done and resource mobilization undertaken.

Scholarship to Poor Students: The trust fund reached 1.345 million with scholarships distributed to 78 students.

1998-99 President: Rtn Tulsi Neupane
Integrated Programme in Dukuchhap VDC: A Rotary Village Committee was established. Training was given to 35 women each on sewing and knitting. Five sewing machines and needles were provided to trainees. Hotel Narayani trained three boys in cooking. In February 1999 a health camp was organised with 11 doctors, providing health check-up to 560 people – 60 cases of Cataract were identified. A revolving fund of NRs 15,000 was established to buy vegetable and ginger seeds, which were given to farmers on credit. Repayment was envisioned to replenish the revolving fund. Clothes were distributed to 200 poor children. RCP members provide scholarship of NRs 1,000 to 24 poor students.

Krishna Mandir Conservation Work: RCP contributed NRs 15,000 to the conversation fund. The temple was renovated at the cost of 1.2 million raised by local residents.

Pancha Kumari Women Club: RCP contributed NRs 25,000 to Pancha Kumari Women Club, Baneshwor to purchase woollen yarn for an income generating programme to support poor women.

Medical Volunteer Service: RCP arrange for Dr. Jacques Dechamboux (Maxillo-facial specialist) and his assistant Ms. Claire Lamotte from France to serve at Khotang District Hospital from Sept 1998 to March 1999.

Senior Citizen Home and Girl's Hostel Project: The foundation stone of the Senior Citizen Home was laid by HE Minister Ananda Dhungana on 30 Oct. 1998. The total project amounts to NRs 7.06 million.

Scholarship to Poor Students: The trust fund reached 1.65 million with scholarships distributed to 135 students, including the additional contributions from RCP members to 24 students of Dukuchhap VDC.

Nepal Orthopaedic Hospital: On August 7, 1998 the hospital final started operation. Contribution of US\$ 32,000 from Rtn Luc Slaens of Germany and the untiring efforts of Rtn Dr. Anil Shrestha must be acknowledged.

1999-2000 President: Rtn Kamal B, Nyachhyon
Goods for Paropakar Orphanage: RCP through the Nepal Youth foundation sponsored a Matching Grant of NRs 886,235 from RC Bellevue, USA, District 5030

for the procurement of essential goods and upgrading of the kitchen of the orphanage. Civil construction NRs 434,000; equipment NRs 341,880; and NRs 109,980 to Kumbeswor Technical School

Goods for Apanga Nava Jeevan Kendra (ANJK) Project: RCP oversaw an additional NRs 184,000 from RC Bellevue, USA, District 5030. The funds were used to procure wheel chairs, a TV and kitchen equipment for Aganga Nava Jeevan Kendra.

X-Ray Plate processing and ventilation equipment: RCP sponsored a MG #13278 amounting to NRs 11,000 with RC of Tamworth, Australia contributing half the funds and half the Rotary Foundation. The funds were used to purchase a automatic x-ray plate processing and ventilation equipment for the ICU at Patan Hospital.

School for Mentally Impaired People at Bandipur: RCP with NRs 10,000 remaining from the ANJK project, in collaboration with the Mentally Impaired Children Association of Nepal established a special school for at Bandipur.

Mental Impaired Awareness Training Programme: RCP in collaboration with Mentally Impaired Children Association of Nepal arranged a training programme for 60 social workers and parents of mentally impaired children.

Various Vocational Training Programmes: Two girls were trained in power glass making at Nepal Optical Industries in Patan; Under-priviledged women were trained in stone carving by Ms. Surja Bajracharya; 18 people from Dukuchhap VDC were trained by Rotaract of Patan members in sewing and vegetable farming; through Nari Sewa Kendra eight poor women were trained in knitting.

Clothes donation at Dukuchhap: to 90 poor women and children through Rotaract Club of Patan.

Support to Niten Niketan School: RCP provide NRs 6,000 to the school out of remaining funds from the ANJK project.

Senior Citizen Home and Girl's Hostel Project: The construction is ongoing and the management committee discussed the operation plan.

Scholarship to Poor Students: The trust fund was maintained at 1.65 million with scholarships distributed to 100 students.

Nepal Orthopaedic Hospital: Hosptial is in ongoing operation.

2000-01 President: Rtn Puskar Man Shakya
Equipment and Vehicle for Orthopedic Hosptial: RCP under US\$ 39,000 MC #14370 with sponsoring RCs Brugge't Vrijje, Menen & Maldegem of District 1620, Belgium handed over medical equipment and a vehicle to the hospital.

Utilities Senior Citizen Home and Girl's Hostel: RCP under MG #11402 of US\$ 7,590 with sponsoring of RC Bayreuth – Eremitage, District 1880 of Germany procured a water tank, solar heaters and a well.

Support to Marynoll Day Care Centre: RCP under MG #14723 of US\$ 28,000 with sponsoring of RC Neuburg – Donau, Germany provided support to the day care centre for 3 years.

Equipment to Amp Pipal Hospital, Gorkha: RCP under MG #15379 of US\$ 3,824 with sponsoring of RC Vinderup of District 1450, Denmark and RC Bakewell, District 1220, UK, provided medical equipment to the mountain-side hospital that serves 500,000 people.

Library Hall for School of Deaf, Naxal: RCP assisted with the construction of the library hall. The funds are from a US\$ 25,000 personal contribution from Rtn Robert Rose and his mother of RC Bellevue, District 5030, USA.

Educational material for Deaf School, Naxal: RCP under MC #17790 of US\$ 25,000 with sponsoring of RC Bellevue, USA provided books, computers, educational material, furnishing for library and recreation hall and a bus for the school in Naxal.

Distribution of consumables: worth US\$ 3,500 by Hon. Consul Ms. Teresa Cruz to Bhaktapur Cancer Care Centre and Bhaktapur CBR project and Disabled New Life Centre.

Equipment to Patan Hospital: A cheque of Indian Rupees 506,000 for the x-ray machine was received and handed over to Patan Hospital on June 22, 2001. The equipment allows processing of x-rays in 2-3 minutes.

Scholarship - Prajapati Education Endowment Fund: the trust fund reached 1.88 million with 144 students. The scholarship programme was continued and a pilot project in Chhampi village to bring quality education to all children was started.

Senior Citizen Home and Girl's Hostel Project: The project was officially inaugurated by Rtn Honorable Prime Minister Girija Prasad Koirala.

Nepal Orthopaedic Hospital: The hospital is running satisfactorily

2001-02 President: Rtn Narayan G. Halwai
Equipment for Orthopaedic Hospital: RCP under MG #19612 of US\$ 35,000 with sponsoring of RC Mount Baker and other clubs of District 5050 provided funding to procure equipment to the Physiotherapy department.

Extension of Nepal Orthopaedic Hospital: RCP committed NRs 500,000 for the construction of the extension. The extension of the second and third floor adding 32 beds and 3 operation theatres at a cost of US\$ 400,000 was initiated by Rtn Luc Salens and received contributions from Belgium, USA and Nepal. Rtn Luc Salens also prepared an application for a 3H Grant worth US\$ 250,000 to furnish and equip the extension of the hospital.

Reporting on Matching Grants: Several reports were submitted to RI on completed Matching Grants.

Scholarship - Prajapati Education Endowment Fund: The trust fund reached over NRs 2 million. The Chhampi village School project continued with contribution of NRs 20,000 bringing 65 children to school. Scholarships reached 190 students.

Senior Citizen Home and Girl's Hostel Project: Handover of Management to Senior Citizens Guthi which constitutes of representative from RCP and donor.

Support to Marynoll Day Care Centre: is ongoing.

2002-03 President: Rtn Yagya Bahadur Shrestha
Launching Website: RCP has launched its own website with assistance of Rotaract Club of Patan. The web address is www.rcpatan.com.

Donation to Flood Victims: RCP donated 151 sets of aluminium utensils to 151 families of flood victims.

Health Camp at Sunakothi: RCP organised a general health camp at Sunakoti VDC, Lalitpur with the cooperation of Sunakothi Samaj Sewas on February 11, 2003. There were 10 doctors from various fields examining 440 patients and providing free medicine.

Leadership Development Training: RCP in cooperation with Rtn Tulsi Maharjan of RC Branchburg,

New Jersey, USA a contribution of US\$ 300 was provided to conduct a leadership training to young leaders at the Rotaract Club of Patan.

Demonstration of Solar & Sanitation at Sunakothi: RCP with Rotaract Club of Patan, Sunakothi Samaj Sewa and F.o.S.T arranged a demonstration of solar and sanitation technology at Sunakothi village to raise awareness about environment and sanitation.

Solar and Sanitation Project at Sunakothi: Following the demonstration RCP decided to initiate a solar and sanitation project at Sunakothi village, with contribution of US\$ 3000 from RC Los Altos.

Mother and Child Health Birthing-kit Project: RCP under MG 23235 of US\$ 29,351 in collaboration with RCs Bellevue, University, Vashon Island and Buhl of Districts 5030 and 5400, USA provided funding to the Maternal and Child Health Project, Thapathali, Kathmandu to produce birthing-kits to be used for clean and safe delivery in remote areas of Nepal.

Scholarship - Prajapati Education Endowment Fund: RCP distributed scholarships to 85 students.

Support to Marynoll Day Care Centre: is ongoing.

2003-04 President Rtn Siba Bhakta Rajbhandary:
Environmental Protection: RCP provided NRs 125,000 to prevent land slides and deforestation at Sunakothi VDC, Lalitpur. The total project cost was NRs 200,000 and local people provided the remaining funds.

Digital Divide Project #1: RCP received 27 computers from RC Chesterfield, England. Sixteen computers were distributed to Patan High School to provide computer educations to students and establish a computer teachers training centre for teachers of other schools. The remaining eleven computers were distributed to three other public schools.

Digital Divide Project #2: RCP under MD# 22588 worth US\$ 16,300 with sponsoring of RC Branchburg, USA purchased 44 computers for 8 schools. Printers and volt guards were also added. RCP contributed US\$ 1,000 to the project.

Extension of Nepal Orthopaedic Hospital: An appraisal visit to the hospital by all Rotary Clubs of Nepal was organised. The construction of the extension was progressing, once completed the hospital would have 60 beds. The RCP contribution of NRs 500,000

was used for the construction of one private ward.
Scholarship - Prajapati Education Endowment Fund: RCP distributed scholarships to 189 students and the fund reached NRs 2.7 million.

Equipment for Orthopaedic Hospital: Equipment was handed over.

2004-05 President Rtn Chandra Prakash Maskey:
Digital Divide Project #3: RCP under Matching Grant with four Rotary Clubs of Washington provided additional computers to public schools in Nepal. Bringing the total number of computers distributed to 173.

Mother and Child Health: RCP continued its work under MG to support mother and child health. RCP also provided training for birth attendants and community volunteers.

Service to Physically Challenged: RCP has provided 16 computers to the deaf school. Fifteen members of RCP, 11 Rotaract and 9 students from Washington USA assisted in cleaning and painting the school premises.

Health Clinic: A health clinic was established at Godavari village.

Funds to Bhakatapur Cancer Hospital: RCP collected and handed over NRs 70,000 for patients that can not afford treatment.

School Health Programmes: Save the Children Heart Programme and deworming programme was conducted in different schools of Lalitpur.

Blood pressure reading training: was provided to members of Inner Wheel Club of Patan and Rotaract.

Health Camp in Sunakothi: was organised in March 2004, where 15 doctors and medical personnel provided services to 267 patients and distributed medicine worth NRs 30,000.

Solar and Sanitation Project at Sunakothi: continuation of the project with distribution of Solar dryers, solar water disinfectant and composting toilets. The objective of the project was to reduce use of forest wood and introduce a healthier lifestyle.

School Enrolment Programme: RCP started a programme in Dukuchhap village to achieve 100% enrolment of children.

Nepal Orthopaedic Hospital: The hospital with the new extension has become fully operational in April 2004.

Senior Citizen Home and Girl's Hostel Project: The home is ready to receive residents. **Scholarship - Prajapati Education Endowment Fund:** The fund has reached NRs 2.8 million. RCP distributed scholarships to 336 students in 21 public schools.

2005-2006 President Rtn Gyanu Raj Shakya:
Digital Divide Project: RCP with the assistance of Rotaract conducted a survey of the functionality the computer training programmes at the schools.

Vocational Training and Award: Two persons were trained a jungle guides with sponsorship of Rtn Santa Kumar Shrestha. RCP awarded Ms. Khima Thapa for her contribution to women literacy. Despite being deaf she has contribute to the empowerment of women.

Health Clinic at Godavari: Regular weekly clinic services were organised at Godavari Senior Citizens Home.

Health Camp: A one day health camp was organised at Godavari. The camp was attended by a large number of local residents and medicine worth NRs 40,000 was distributed.

Nepal Orthopaedic Hospital: The hospital is working very well and is increasing its patient load. Two members of RCP are members of the Board of the hospital.

Bhakatapur Cancer Hospital: RCP took a very active role in a walkathon organised to raise funds for the hospital. RCP contributed more than NRs 200,000. Rtn C.P. Maskey; Rtn Krishna Bahadur Pradhan, Rtn Kamal Mani Dixit, Rtn Siva Bhakta Rajbandari contribute NRs 100,000 each for the construction of the memorial building of the hospital.

Library Facilities: RCP raised US\$ 5,000 to improve libraries in public schools.

Hygienic Toilets: RCP provided NRs 15,000 for the construction of independent toilets for boys and girls at Mahindra Gram School of Lele, Lalitpur. This reduced the attrition rate of girl students.

Senior Citizen Home and Girl's Hostel Project: the Trust of the project has started a campaign to encourage senior citizens to use the facilities.

Prajapati Education Endowment Fund: The fund has reached NRs 3 million and provided scholarship to 424 students.

2006-2007 President Rtn Ganesh Raj Shrestha:

Toilet Facilities to Schools: RCP has constructed and handed over separate toilets for boys and girls at Udayakharka school and Shree Saraswoti Secondary School in Lele.

Heart Camp: RCP conducted two heart camps examining 150 adults and 300 school children in Bandipur and Dukuchhap. One student in Dukuchhap required immediate heart surgery, for which RCP covered the cost.

Adult Literacy Programme for Women: RCP under MG # 54475 of US\$ 33,000 supported by RCs of RI District 1810 started a literacy programme for 800 women in a number of VDC of Lalitpur and Bara District. The women are being trained in groups of 20 women.

Support to Cancer Hospital: RCP provided Euro 2,500 to establish video conferencing facilities in the hospital to provide better care via Tele-Medicine.

Tree Plantation Programme: RCP together with all clubs in Patan organised a tree plantation function at Bisankhu Danda planting 300 trees with Rotaract of Patan.

ECG Machine to Bandipur Hospital: RCP is donating an ECG machine to the hospital and Rtn Dr. Prakash Regmi was providing training to doctors.

Prajapati Education Endowment Fund: The fund has reached NRs 3.8 million and provided scholarship to 509 students.

Ornament Making Training: RCP with Nepal Gold and Silver Dealers Association organised the training for 20 women of Patan

2007-2008 President Rtn Keshab B. Mathema:

Adult Literacy Programme for Women: is ongoing for 800 women in a number of VDC of Lalitpur and Bara District.

School Library Project: RCP under MG #56312 of US\$ 5450 in collaboration with "Room to Read", and RC Bellevue, USA, supplied library furniture and books to 22 public schools and provided library management

training to two teachers in each school. The programme benefited about 7,700 students and 44 teachers. Room to Read provided substantial funds of NRs 1.8 million which also helped to establish a computer laboratory in Udaya Kharka Secondary School in Chapagaon.

Improving Classrooms: RCP supplied furniture to 6 schools.

School Toilet Project: RCP under MG #60521 of US\$ 24,000 supported by RC University in USA is constructing 26 units of 10-15 users toilets in 18 schools with some schools building 2 units and others 1 unit. Besides the MG, RCP has initiated the construction of 6 more toilet units in 4 schools supported by United Nations Women Guild, RCP Inner Wheel Club and RCP funds.

Aid to Senior Citizen: RCP provide NRs 12,000 to one elderly citizen at Karunalaya, Devghat, Citwan.

Water Project: RCP under MG #60893 in collaboration with RCs Cedar City, St. George, Layton and Hope International, USA is constructing 20 tube wells in Padampur, Chitwan.

Participated in Food Distribution programme: RCP with other clubs participated in a rice grain distribution programme to leprosy patients at Shanti Sewa Griha, Gaushala. RCP President contributed 90 kilos of rice and total contribution was 1,400 kgs. Shawls were also distributed.

Prajapati Education Endowment Fund: The fund has reached NRs 4.1 million and provided scholarship to 504 students.

2008-2009 President Rtn Santa Kumar Shrestha:

Nepal Orthopaedic Hospital: The operation of the hospital is running smoothly.

Water Purification Project: RCP with a child rights organisation in the USA has installed water filtration systems in 5 schools in Kathmandu and Lalitpur. Each system costs about US\$ 6,000 and installation cost is NRs 50,000.

Health Camp: Several health camps were organised with one of the camps conducting 55 ECGs. One camp was also organised for a Chepang community.

Hearing Aid Project: RCP in collaboration with Rotaract initiated a hearing aid project which benefited 600 hearing impaired people.

Senior Citizen Home and Girl's Hostel Project: the home which was constructed at a cost of NRs 1 crore 50 lakhs with support from Foerderkreis Hilfe fuer Nepal, Germany is now operational. The 30 bed facility has 5 senior citizens staying at the home already. More residents are expected.

Prajapati Education Endowment Fund: The fund has reached NRs 4.6 million and provided scholarship to 554 students.

2009-10 President Rtn Kedar Bhakta Shrestha

Prajapati Education Endowment Fund: The RCP established the Prajapati Education Endowment Fund (PEEF) in 1991 to support children from economically deprived. Over the past 19 years, 1454 students (57% girls) from 27 schools have received support. This year RCP provided funds to 606 students, (59% girls) by the end of the Rotary Year 2009/2010. This year alone over NRs. 1.5 million have been raised towards the fund.

Differently Able 3H Grant: The RI District 3292 and 5030 Project – Nepal Disability Awareness Campaign, which is led by the RC Patan (RCP) and RC Bellevue, USA in their respective districts, was officially launched in April 2009. The project is a Rotary 3H Grant #62861 with a funding of US \$330,000. It endeavors to bring about positive changes in the lives of the people with disabilities (PWDs) in Nepal. **Digital Divide Project:** Since 2003, the RCP, has provide a total of 326 computers to 27 schools. This Rotary year, 80 computers and 8 printers to 9 public schools were provided in

partnership with the RC Branchburg Township, USA under MG 71580.

Health Check-up and Mid-day meals: The RCP decided to provide mid-day meal to the children of the Chepang village and a program was launched in 2009. The program is solely funded with contribution from RCP members.

Hearing Aid Project: This project conclude with handing over replacement batteries for the over 750 hearing aids provided under the project.

Water Purification Project: RCP has successfully completed the project.

Community Health Project: The RCP in collaboration with the Nepal Relief Association in Aachen, Germany provided NRs 367,000 worth of medical equipment and cash contribution to improve the services of the community health clinic in Nagbahal, Lalitpur. It is estimated that about 1500 local residents will benefit from these services.

Senior Citizens' Home: This project is ongoing.

Nepal Orthopaedic Hospital: This project is ongoing.

The Rotary Club of Patan can look back proudly to its achievements in service projects over the past 25 years. "Service Above Self" will continue to be the vision for the years to come.

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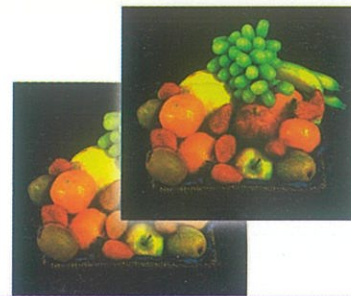


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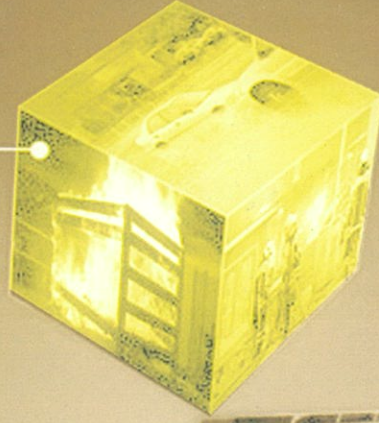
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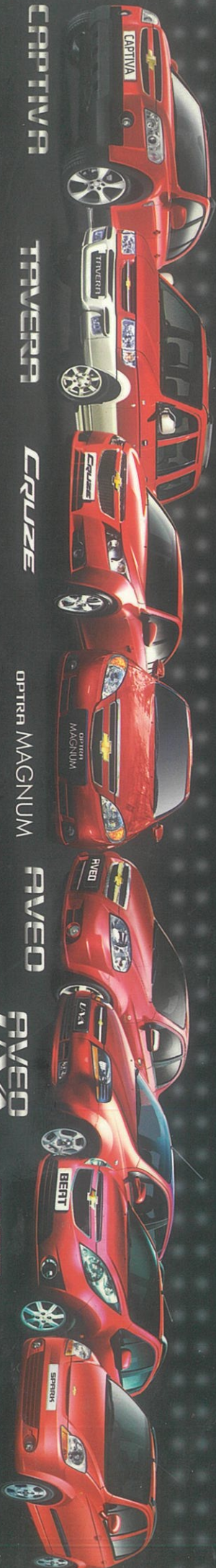
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