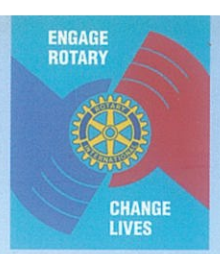


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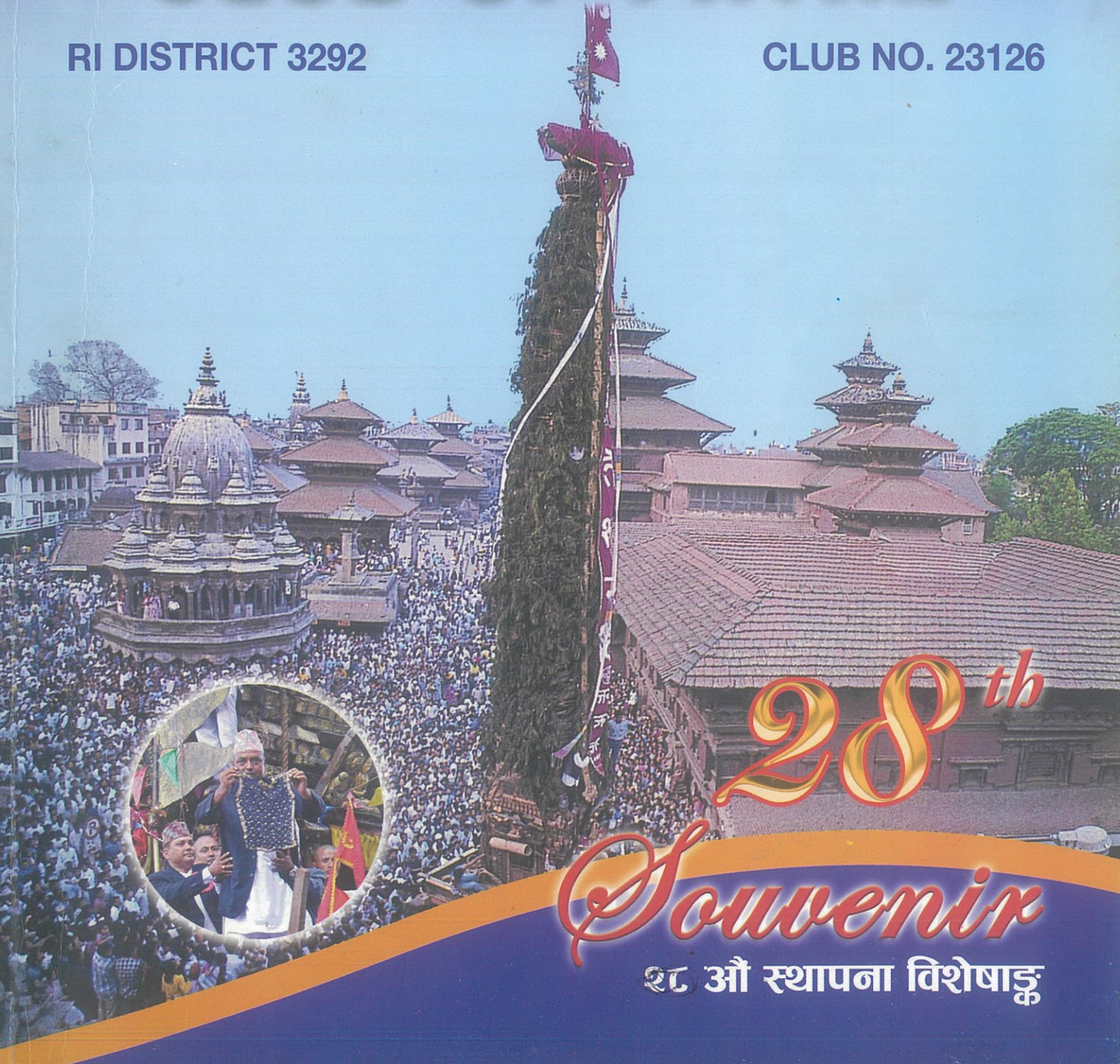


ललितधारा पूर्णाङ्क १०१८

ROTARY CLUB OF PATAN

RI DISTRICT 3292

CLUB NO. 23126



28th
Souvenir

२८ औं स्थापना विशेषाङ्क

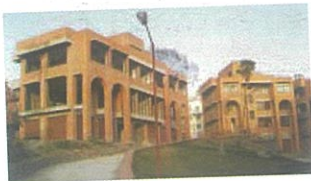
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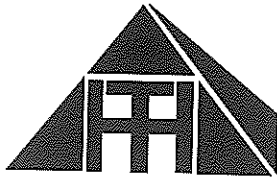
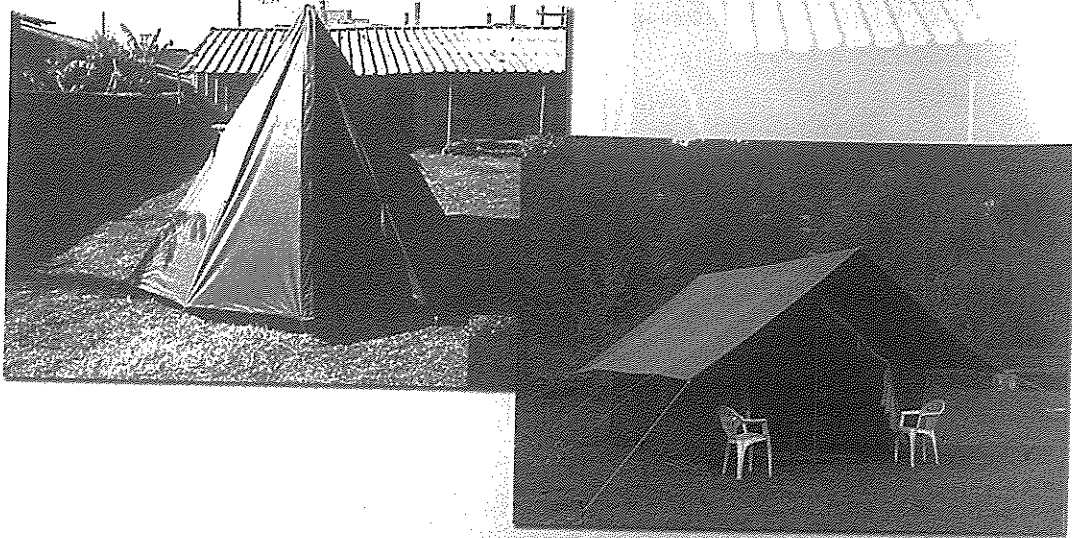


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On its 28th Installation Ceremony

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Editorial

The year 2012-2013 has been a very successful and challenging year for Rotary Club of Patan. The "Lalitdhara Souvenir" issued on the occasion of its 28th installation ceremony, highlights some of the key achievements and shares the knowledge and information on different areas of common interest to all.

The major achievements of RCP Patan in the year 2012-13 are well captured in the annual report on service projects by Rtn. Gabriel Mallapaty. As noted in the report, The Rotary of Patan has successfully completed a number of service projects and continues to thrive with new initiatives that are underway.

The scholarship programmes under the "Prajapati Education Endowment Fund (PEEF) as reported by PP and Rtn. Narayan Govinda Halwai continued to be one of the RC Patan's flagship projects. This project carries the true spirit of this year's theme "engage rotary and change lives". Due to its volume and magnitude of the scholarship programme, almost all the members, their anns and office staff were engaged in scholarship distributions covering 29 school and 700 economically deprived students contributing to the positive changes in their lives. A list of contributors/donors is also included in the article and it is hoped to aspire the member to expand their contributions in the coming years.

In continuation of RCP's culture of learning and sharing the knowledge and information not only related to Rotary but also of common interest, a number of articles e.g. "Bhanubhakta", "Jholunge Pool-Suspension Bridge", "Sajha Yatayat" and "health tips" are included in this issue. The learning opportunities are sought from every professional experience.

A quarterly fellowship schedule is included so that the members are well aware of the programme in advance

and can plan accordingly. The Rotary of Club of Patan gives due prominence to fellowships not only as a social gathering but a forum to learn and understand the members better for expanding collaborative efforts for club activities. Several innovative approaches that promote the cultural and ethnic values of different communities were also adopted during these fellowships events.

RC Patan's additional achievement in sponsoring an establishment of a first E-Club in Nepal adds a feather in its cap as explained in the article "Rotary E-club: a change with time" by PP/Rtn. Siba B. Rajbhandary who was also the Governor's Special Representative for this club.

Most importantly, the Strategic Plan of RC Patan for 2013-2015 reflecting its long term objectives and the Club Committees responsible for the respective areas are also include in this issue.

The Inner Wheel Club and Rotaract Club of Patan have been very important partners in all activities of RCP. The annual reports of IWC and Rotaract have well captured the collaborative efforts in the year 2012-13.

I take this opportunity to express my gratitude to all the club members who have contributed with their articles and write ups for this issue, and to the President Jeevan Kumar Shrestha for his significant contributions, Club Secretary, Chandralekha Kayastha, Sargent-at-Arms, Kedar Bhakta Shrestha and PP/Rtn. Ganesh Raj Shrestha for their guidance and support in bringing out this Souvenir.

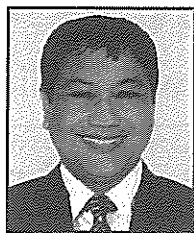


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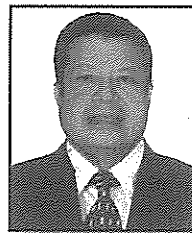
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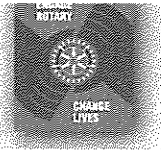
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Rotary International President's Message

Dear fellow Rotarian,

Congratulations to you on your installation to the office of 2013–14 Rotary club President. I am confident you will have a busy and rewarding year.

At every stage in our lives, Rotary has something for each of us. From the moment we became Rotarians, the world of Rotary service was open to us—and it became our obligation to choose how best to serve.

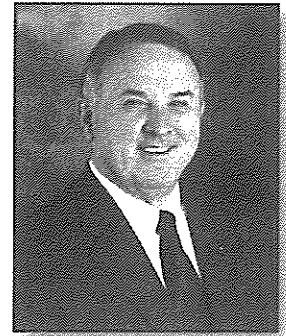
In this Rotary year, you have taken on the commitment of holding a Rotary office. You have decided to take the next step in your Rotary service, and accepted the privilege and the responsibility that come with that decision. How successful your year in office will be, will depend on you: on your planning, your enthusiasm, your dedication, and your hard work. In Rotary, as in so much else in life, the more you invest, the better your return.

It is an incredibly exciting year to be a Rotarian, and to be a Rotary officer. The challenge for Rotary leaders, at every level, is to help every Rotarian realize the potential that lies before us: as we finish the job of polio eradication, and move forward in a new era for our Rotary Foundation.

The more Rotarians are engaged in Rotary service, the more we all realize what we can achieve through Rotary—and our potential knows no limits. I wish you a wonderful year of successful service as we work together to **Engage Rotary, Change Lives.**

Sincerely,

Ron D. Burton
President
Rotary International, 2013-14





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सम्पर्क

७:०० - ९:३० बिहान

आइतबार देखि शुक्रबारसम्म

विशेष राय सल्लाह

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आइतबार र बिहीबार

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- Institutional Development
- Social Audit (Gender and Social Inclusion)

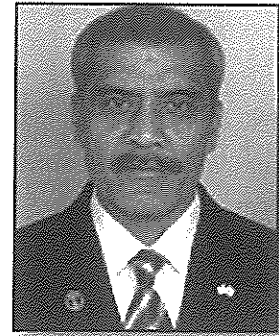


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Message for Installation Ceremony

Rtn. Jeevan Kumar Shrestha
 President 2013-14 and Members of
 Rotary Club of Patan



Dear Fellow Rotarians,

At the outset I take this opportunity to congratulate the new office bearers of the club for assuming their respective offices to lead the club in the Rotary year 2013 14 and wish you all the best on this occasion of commencement of the new Rotary year.

Our world leader President Ron Burton has said "Rotary's best days are ahead of us. We are writing the last few pages of one chapter of Rotary history, as we move ever closer to the end of polio. And we are writing the very first pages of a new chapter as we roll out our Future Vision plan". I believe, all the trainings you have gone through, have prepared yourself to enter into a new era of TRF grants while we give a last push to eradicate polio from the face of the earth.

Strengthening clubs, undertaking humanitarian projects for serving the communities in need, and enhancing Rotary image are the main priority areas of Rotary for the days ahead. I am aware that Rotary Club of Patan, since its admission to RI on August 29, 1985 with the unflagging efforts of its past presidents and all active members, has been very active in carrying out good number of service projects. The club's effort in providing education to the underprivileged children through the 'PP Prasai Scholarship Fund' is commendable.

I am confident that in the year 2013 14, moving forward towards Rotary's focus areas, Rotary Club of Patan will be successful in **engaging Rotary to change lives** and reach a newer height.

Dear Friends, let us **work together** in establishing District 3292 as an exemplary Rotary district in the world.

Wish you all the very best and warm regards.



Dilendra Raj Shrestha
 District Governor



President's Message

Fellow Rotarians!

This year the Rotary's theme is "Engage Rotary, Change Lives". Each of us has our own reason for joining Rotary – but I believe we all want to make a difference. The goal is making Rotary bigger, not just with more members, but with more involved, dedicated, engaged, motivated members who will be the ones to lead us into our future. We need to make sure that every member is active and contributing, and making a real difference – because when you are doing meaningful work in Rotary, Rotary is meaningful to you.

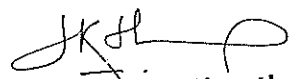


There is nothing complicated about being a Rotarian – just a group of local men and women who have a wish to give something back to the community. Come on and let us show that we are together and we SERVE TOGETHER, we can become a force to SERVE the less fortunate lots of our society.

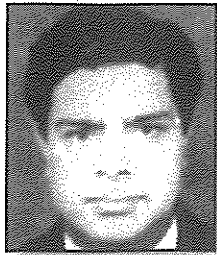
In 2013-14, let us turn all our potential into reality. It's up to us. We can do it by engaging in Rotary service, by getting involved, by staying inspired, and by remembering every day the gift we have in Rotary. Together, we will Engage Rotary, Change Lives. This could never have been accomplished without the individual and collective efforts and commitment made by the members of the Rotary Club. I welcome your suggestions for productive fund raising and I invite you to 'Lead the Way' and join me as we work to implement the plans of Rotary Club of Patan and to measure our achievements and celebrate our success. A big "thank you" for your service and support! "The Future of Rotary is in Your Hands."

My sincere thanks to all my fellow Rotarians, for trusting me and making me a better person, a better Rotarian, and a humble spirit... "Dhanyabad" ...Namaste.

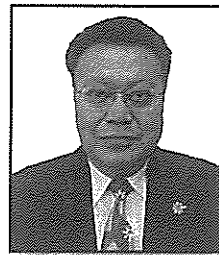
Yours in Rotary


Jeevan Kumar Shrestha
President (2013-14)

Past Presidents of Rotary Club of Patan



Late Rtn. S.R. Sharma
1985-87



Rtn. M.L. Kayastha
1987-89



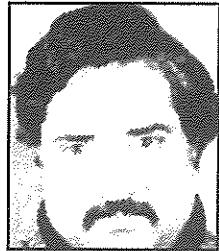
Rtn. B. R. Prasai
1989-90



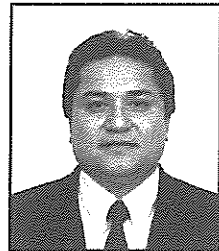
Late Rtn. P. P. Prasai
1990-91



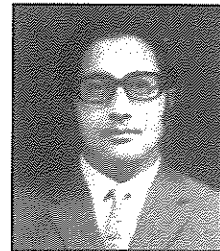
Late Rtn. H.R. Bajracharya
1991-92



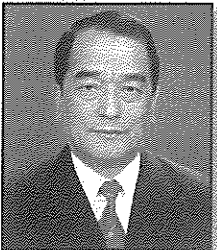
Rtn. B.K. Mainali
1992-93



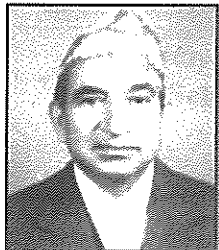
Rtn. B. B. Bajracharya
1993-94



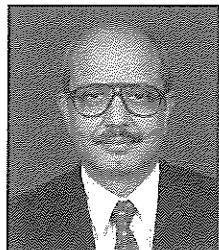
Rtn. S. SJB Rana
1994-95



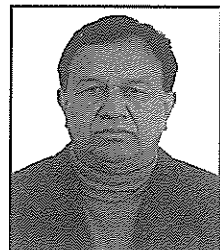
Rtn. T. M. Shakya
1995-96



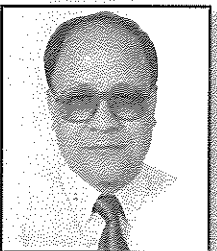
Late Rtn. B.P. Dhital
1996-97



Rtn. R.R. Pandey
1997-98



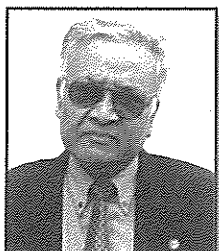
Rtn. T. Neupane
1998-99



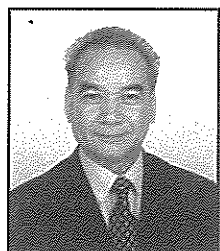
Rtn. Kamal Nyachhon
1999-2000



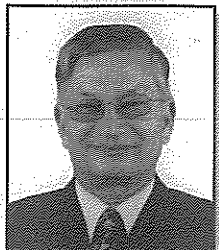
Rtn. Pushkar M. Shakya
2000-2001



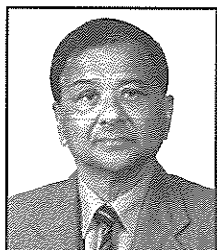
Rtn. Narayan G. Halwai
2001-2002



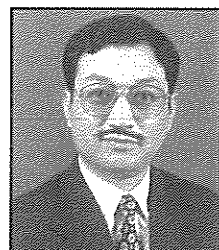
Rtn. Yagya B. Shrestha
2002-2003



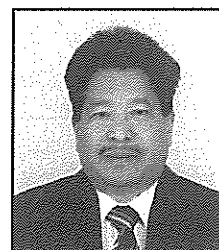
Rtn. Siba B. Rajbhandhary
2003-2004



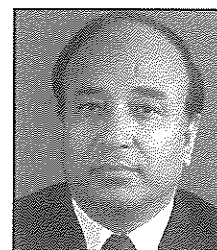
Rtn. Dr. CP Maskey
2004-2005



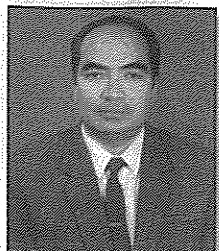
Rtn. Gyanu R. Shakya
2005-2006



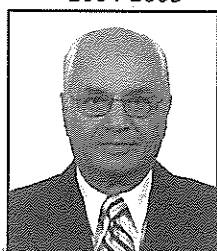
Rtn. Ganesh R. Shrestha
2006-2007



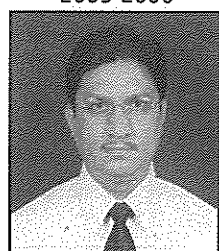
Rtn. Keshab B. Mathema
2007-2008



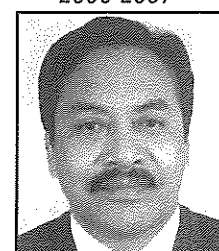
Rtn. Santa K. Shrestha
2008-2009



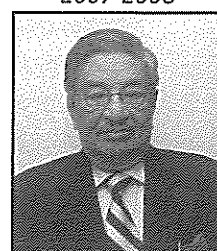
Rtn. Kedar B. Shrestha
2009-2010



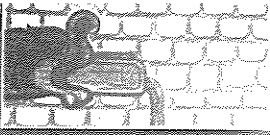
Rtn. Dr. Prakash R. Regmi
2010-2011



Rtn. Jamuna K. Tamrakar
2011-2012



Rtn. Krishna B. Basnyat
2012-2013



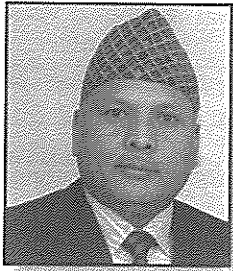
Rotary Club of Patan

RI District 3292

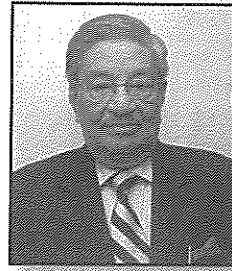
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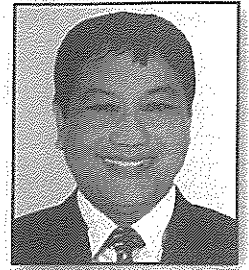
Executive Board 2013-14



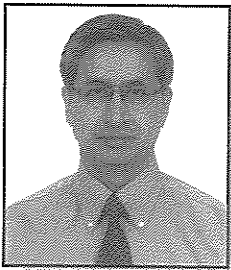
Rtn. Jeevan K. Shrestha
President



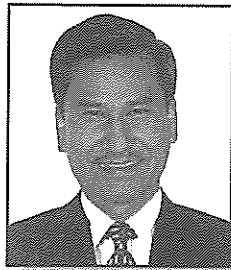
Rtn. Krishna B. Basnyat
IP President



Rtn. Khruschev Shrestha
President Elect



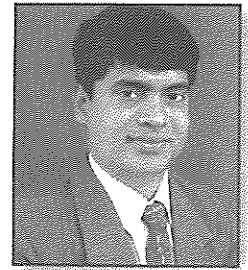
Rtn. Piyush Bajracharya
President Nominee



Rtn. Bijaya Mallapaty
Vice-President



Rtn. Chandra L. Kayastha
Secretary



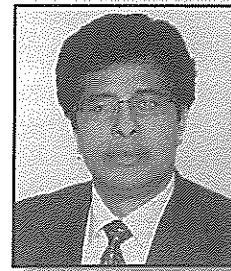
Rtn. Nabal Pajiyar
Joint-Secretary



Rtn. Lalita Thapa
Club Administration



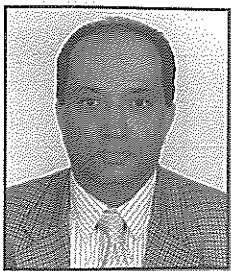
Rtn. Ganesh R. Shrestha
Public Relations



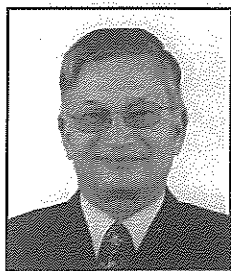
Rtn. Shiva K. Pradhan
Membership



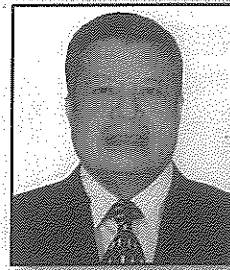
Rtn. Gabriele Mallapaty
Service Projects



Rtn. Dr. B. B. Sharma
The Rotary Foundation



Rtn. Siba B. Rajbhandari
New Generation



Rtn. Bharat N. Joshi
Treasurer



Rtn. Kedar B. Shrestha
Sergeant-at-arms



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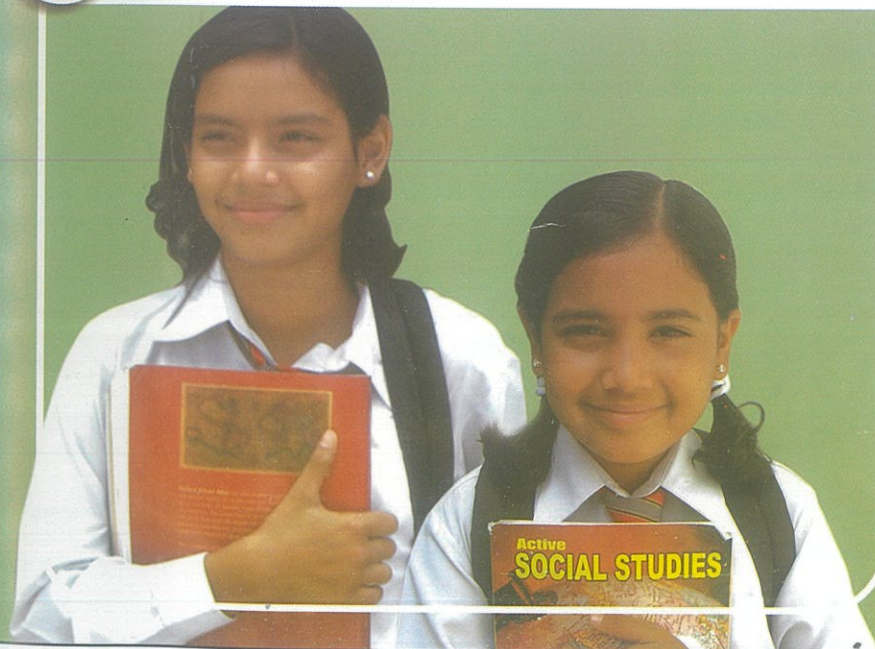
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Dang: 082-522682, Hetauda: 057-525880
Itahari: 025-587031; Narayangarh: 056-571967
Nepalgunj: 081-551519/24, Pokhara: 061-525880



$(a+b)^2 =$ हामी कहिले पनि बिसिन्नौ



आयो नून
औषधिको गुन

- बालबालिकाको शारीरिक, मानसिक र बौद्धिक क्षमता बढ्छ ।
- बोलि नफुटने, कान नसुन्ने, होचोपन र टढोपन जस्ता विकृतिबाट जोगिन्छन् ।
- IQ Level बढ्छ ।
- आयोडिनको कमीले हुने विकृति उपचार गरेर हटाउन सकिँदैन । त्यस्ता विकृति आउन नदिने एकमात्र उपाय आयोत्तनको प्रयोग हो ।



दुई बालबालिका विन्ड अफिस आयोडिनयुक्त पाकेटका नून सधै प्रयोग गर्नुस ।

साल्ट ट्रेडिङ कर्पोरेशन लिमिटेड



Best Wishes for the Grand Success of
ROTARY CLUB OF PATAN

On its 28th Installation Ceremony

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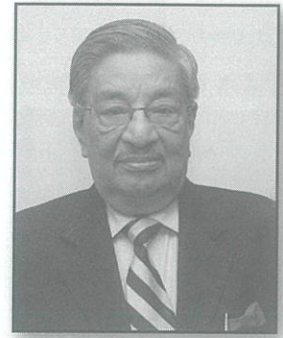
निर्माण जगतमा विश्वासिलो नाम

नेपाल अम्बुजा सिमेन्ट
 उत्कृष्ट उत्पादन

नेपाल अम्बुजा सिमेन्ट
 उत्कृष्ट उत्पादन

IP President's Message

I take this opportunity to express my sincere thanks to all the team members of R.C. Patan 2012-13, who helped me to make the year 2012-13 a success. The innovative initiatives introduced in fellowship programmes have played a vital role in recognizing RCP as one of the best club. It has brought all the Rotarians closure in participating in each and every important community programmes. Our new RCC project of Sunakothe and Ist "E" club sponsored by RCP will definitely become example for every rotary club. We, in future, shall have to agree to give "guardianship" to this E-club.



The "Aquaponics" project is one of the significant service projects and also received recognition from the RI district 3292. RCP takes pride in continuing its efforts to become 100% PHF club and made remarkable contribution in TRF.

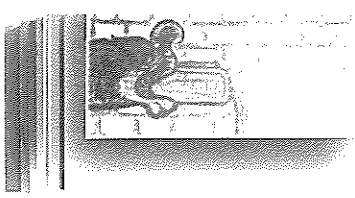
Our flagship scholarship project (PEEF) is successfully running and increasing its funds every year to supplement the scholarship to the needy students. I am highly grateful to the "PEEF" committee. Let us work jointly for community development to build image of Rotary Club Patan.

I wish every success to the new President, Mr. Jeevan Kumar Shrestha and extend my congratulation.

Best regards.

Krishna B. Basnyat

IP President



2012-2013 Service Projects Rotary Club of Patan



Rtn. Gabriele Mallapaty
Chairperson, Service Projects

Club-owned Community Service Projects

RC Patan has been able to raise substantial funds through efforts of its members for a wide range of community service projects and has disbursed close to NRs 1.2 million during this Rotary Year 2012/13. Some highlights are given below:

PEEF Scholarships: Prajapati Education Endowment Fund (PEEF) scholarships are given to 692 students in 28 schools of Lalitpur District. PEEF was established in 1991 and is supported solely through contributions raised by members of RC Patan, their family and friends. During this RY 2012/13, over NRs. 1 million are being distributed. The distribution trips to schools are done by RC Patan member, Anns and relatives. The Trust Fund of the Prajapati Education Endowment has now reached close to 9 Million Rupees.



(The Head Master of Harisiddhi High School handing over scholarship funds to a student in the presence)

Village Development Programme through RCC and School Mid-day Meals: RC Patan Mid-day Meal Project established in May 2009 with the aim of improving the nutritional status of under-nourished children of the Chepang community in Devi Bhanjyang Rastriya Primary School in Chandibhanjyang. Financial support to provide midday meal for 170 students 3 times a week. In 2012/13 donation of NRs 82,600 were provided. This Rotary Year RCP was able to attract a New Donor for the Mid-Day Meal Programme- Sajha Pasal Sewa, Patan Dhoka, Lalitpur contributed NRs. 60,000.



(Students in Chepang village)

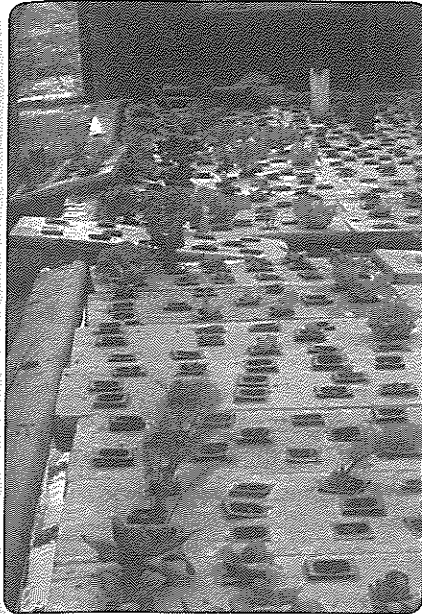


(RCC and Interact Club at Chandibhanjyang)

Collaboration with Heifer International in support Chepang Village Development: RC Patan had organized talk programme by the Heifer International, Nepal Country Director. A meeting with Heifer International and Patan Members took place at the end of December, 2012. Heifer International has just confirmed that they have added the Chandibhanjyang into their plan of support and will now collaborate with RC Patan in a 3 year community development project with a project value of close to NRs 20 million. The proposal has been put up on Rotary International Project Link.

Completed Matching Grants

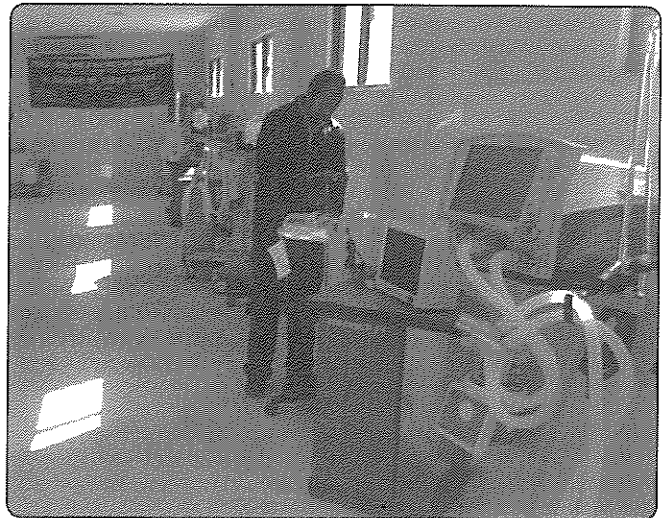
Four MG projects were completed in the amount of NRs 188,419. These projects are:



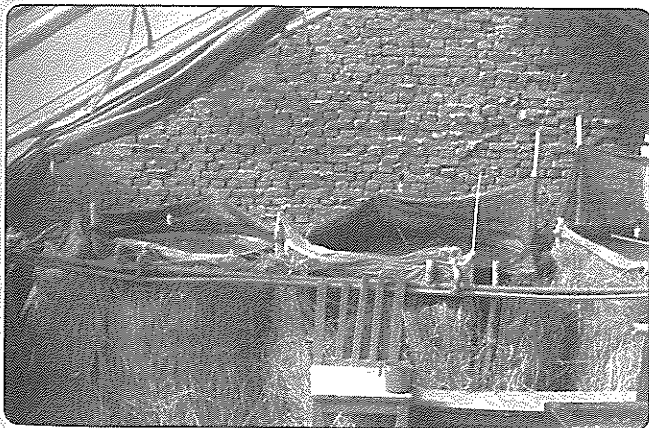
MG 76730

Aquaponics: This is an innovative pilot project conducted for the first time in Nepal that combines fish and vegetable farming. Estimated funding total: US\$ 20,403. Partners: RC of Patan of District 3292; RC of Brussels Forêt de Soignes- District 2170 Belgium, with France- RC Versailles Parc,

Germany - RC Heidelberg Alte Brücke and RC Brussels South and Brussels Tercoigne and the Rotary Foundation. Local Partner: The New Life Centre, Lalitpur, in association with Nepal Youth Foundation and Friends of Needy Children. Technical Advice from Aquaponics Ltd UK. Beneficiaries: More than 100 Children and Women affected by HIV/AIDS and their families.



(Handing over of the Equipment by RI President Sakuji Tanaka)



(Fish tanks that supply the nutrients for the vegetables to grow.)

MG 76992 Medical Equipment to Nepal Orthopedic Hospital:

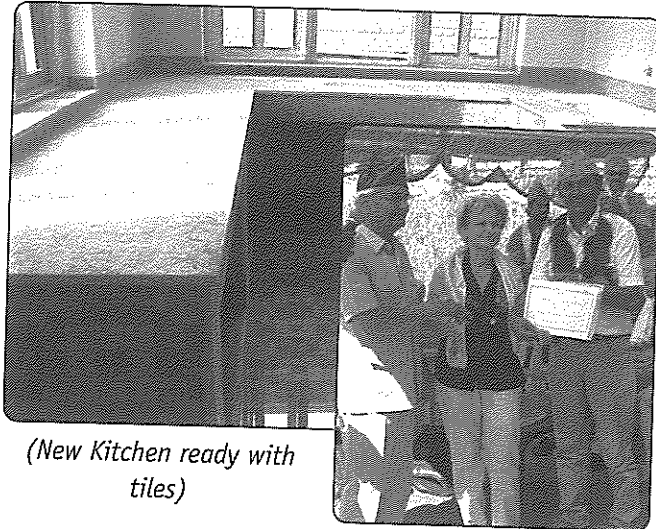
This MG is part of the long-standing support of RC Patan to the development of the Nepal Orthopedic Hospital. Funding total: US\$ 75,450 plus US\$ 21,689 in outside funding. Partners: RC of Patan - District 3292; RC of Maldegem - District 1620 (Luc Salens Belgium); and RC of Brugge; RC Brugge't Vrije; RC Tenerife, RC Kasthamandap and RC Kathmandu West; District Funds and the Rotary Foundation. The project funded two ventilators with accessories, an anaesthesia machine and a shaver for arthroscopy. Beneficiaries: Many 100rds of patients of the Nepal Orthopedic Hospital annually.

MG 76482 Equipment to CFO children village:

The project provided furniture, tiles and parqueting for the new buildings at the CFO children village in Dhading. Total Funding: US\$ 46,115. Partners: RC of Patan of District 3292; RC of Bad Wörishofen - District 1840; District Funds and the Rotary Foundation. Local Partner: Children Future Organization (CFO) and Carisimo in Germany. Beneficiaries: 60 children at the CFO children village annually.



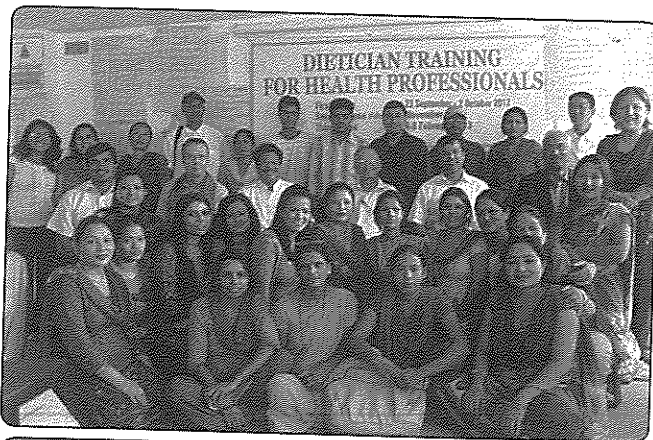
(Children at the Village)



(New Kitchen ready with tiles)

(Handover of additional Euro 2000 from Partner Club in Germany)

MG 76909 Second Phase Dietician training: The project trained 25 Dieticians and conducted a Nutrition Outreach Camp in Jogimara VDC of Dhading. Total Funding: US\$ 24,762. Partners: RC of Patan of District 3292; RC Ignacio; RC Central Main; RCSF China Town - District 5150; District Funds and the Rotary Foundation. Local Partner: in association with Nepal Youth Foundation. Beneficiaries: 25 Dieticians and 100rds of community members.



(Participants during the final phase of the training)

3-H Grant – Disability Awareness: The 3-H Grant 62861 between the RC Patan District 3292 and RC Bellevue District 5030 has been successfully completed. The US\$ 300,000 grant provided funds to launch an integrated multi-media awareness campaign to overcome disability prejudices in Nepal.

RCP handed over NRs 50,000 to the Community Based Rehabilitation Organization in Patan, on behalf of 3 H Grant Disability Awareness Project. The funds will assist in conducting a vocational computer training programme for the physically challenged for one year. The project has also handed over two computers, printers and office furniture upon closure of the 3H Grant project.



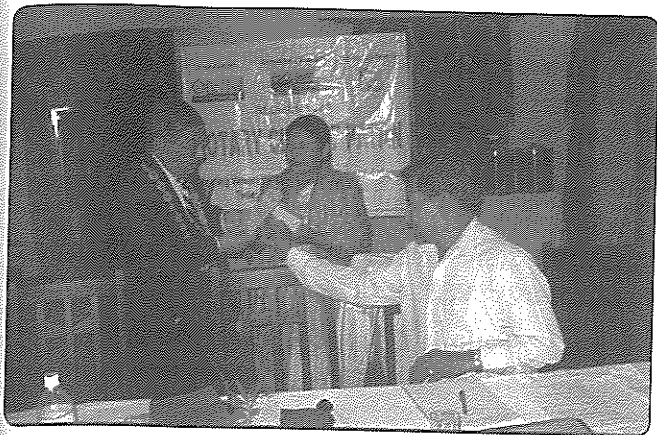
New Matching Grants

MG 78847 Mammography Equipment to Bhaktapur Cancer Hospital: The project aims to purchase a Mammography Machine for Bhaktapur Cancer Hospital. Total Funding: US\$ 28,617. Partners: RC Patan, District 3292; RC Grapevine, District 5790. Local Partner: Bhaktapur Cancer Hospital. Beneficiaries: 100rds of Women annually.

MG 79081 Water and Sanitation Project in Mirge Village, Dolakha: The project aims to provide clean water supply and sanitation to the remote Tamang village of Mirge in Dolakha. Total Funding: US\$ 13,150. Partners: RC Patan, District 3292; RC Wallaton Park, District 1220. Beneficiaries: over 50 Community members of Mirge village.

Vocational Services to the Community

Vocational Award: RCP provided an 'Outstanding Vocational Service Award' to Ms Nanda Kumari Maharjan, Principal of Janasewa Higher Secondary School, Panga, Kirtipur on 29 October 2012. The Awards included a Certificate and NRs. 5000.



(Ms. Nanda Kumari Maharjan receiving the Awards)

Vocational Training: RCP's MG 76909 provided training to 25 health professionals in dietary education. This is the second time that RCP has provided training to Dieticians.

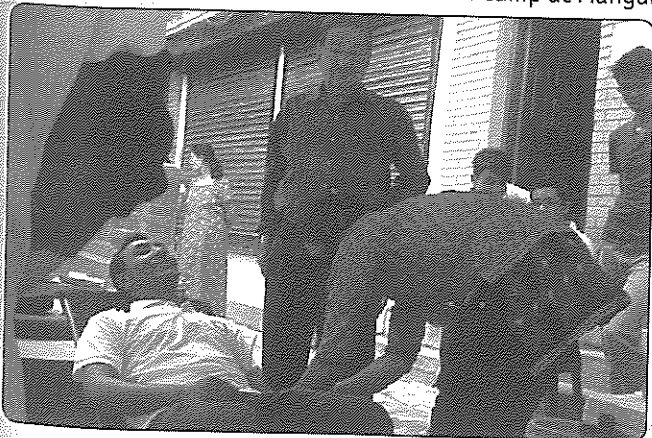


(Participants at the Dietician training programme)

Health Services Related Community Services

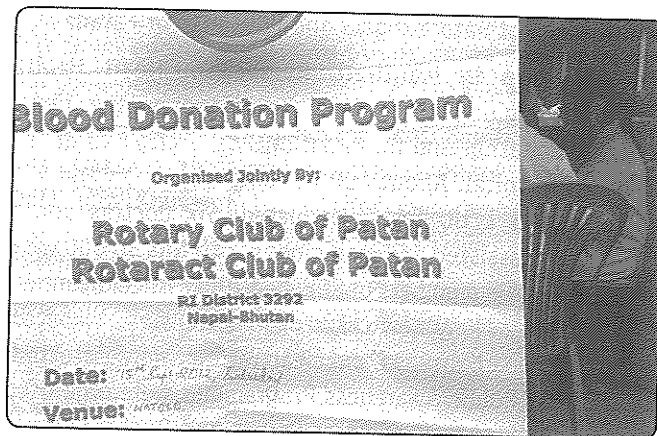
Historically RCPs Service Projects have had a strong focus on Education, Water and Sanitation, and Health. This Rotary Year RCP has again conducted many health-related activities. A few highlights are given below:

Blood Donation Camp with Rotaracts: On 15 September 2012, the RCP organized a Blood Donation Camp at Mangal

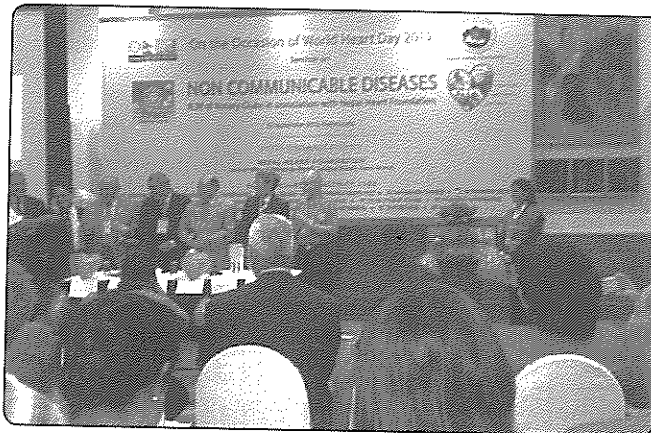


(RCP President observing the blood donation programme)

Bazar, Patan in collaboration with Rotaract Club of Patan. Participants: 14 Rotarians, 2 Innerwheel members, 30 members from Rotaract Club of Patan.



Seminar on Non-Communicable Diseases (NCDs): Co-hosted a seminar on NCDs at Radisson Hotel on 22 September 2012, with 20 Host Clubs and Nepal Heart Foundation with 200 participants and 6 speakers.



(Program at Radisson Hotel)

Health Camp in Melamchi: On 17 November 2012 RC Patan co-organized a health Camp in Melamchi with 400 students and 448 patients examined, Blood sugar tests done in 98 patients, ECG in 45 patients & medicine worth NRs 30,000 distributed.

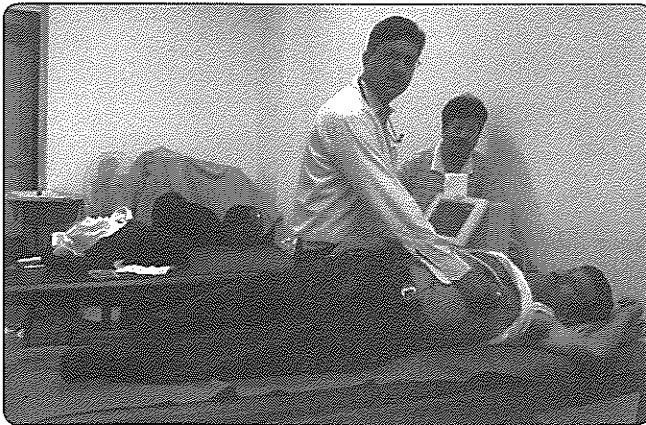
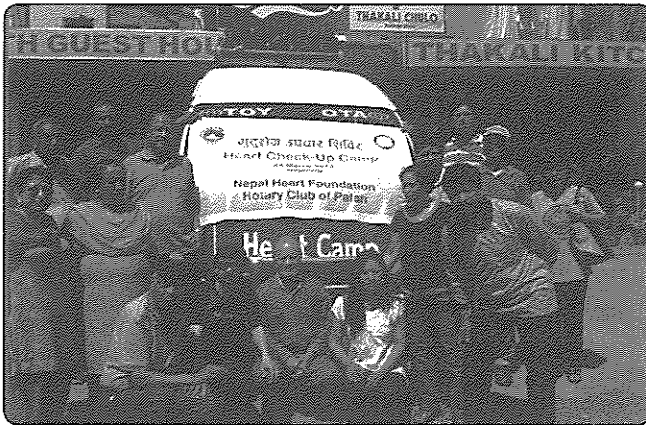


(Group photo of the program)



Rheumatic Heart Disease Prevention Program: A Rheumatic Heart Disease (RHD) prevention training was conducted on 12 March 2013 by Rtn Dr. Prakash R. Regmi to Interacts of Rato Bangala and Rotaracts of Patan.

Health Camp in Manthali, Ramechap: Heart Health Camp at Baglung was jointly organized by the Nepal Heart Foundation and RC Patan on 24 March 2013 at the Baglung Hospital. About 400 patients were seen and 165 ECGs and 85 ECHO tests conducted. Six doctors and 4 technicians assisted and medicines worth NRs 30 000 were distributed. Six members of RCP, two Inner wheel members were present. Many new cases of hypertension, diabetes, rheumatic heart disease and heart attack were detected. In addition Public Awareness Programmes were organised in Beni of Myagdi, Kushma of Parbat and Baglung. Large number of local people participated in these events.



(Examination of a patient and RCP members participating in the Health Camp at Baglung)

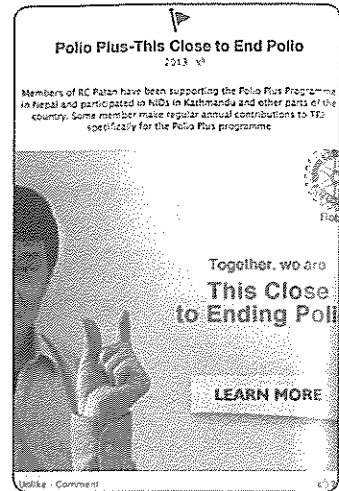
RCP Members on oversight bodies of Rotary initiated projects

Nepal Orthopedic Hospital (NOH): RCP initially sponsored NOH about 14 years ago, which now receives support from over 120 Rotary Clubs worldwide. Hospital Management Board Members: Rtn. Prakash R. Regmi and Rtn. Jamuna K. Tamrakar.

Senior Citizens Home: RCP is represented on the Management Board. Management Board Members: Rtn. Matsyendra L. Kayestha and Rtn. Kedar B. Shrestha.

Bhaktapur Cancer Hospital: RCP and 4 other clubs in Kathmandu were instrumental in establishing the hospital. The Cancer Relief Society is the oversight body, Rtn. Mani Dhoj Joshi (Kath Mid-Town) and Rtn Siba Bhakta Rajbandhary of RCP are currently serving on its board.

Rotary Polio Plus Programme: RCP puts regular updates about the global Polio Plus Program on its Facebook site. Members of the RCP have been supporting the Polio Plus Program in Nepal and participated in NIDs in Kathmandu and other parts of the country. Some members make regular annual contributions to TRF specifically for the Polio Plus Program.



UNGA Polio Event 27 Sept. 2012 - Our Commitment to the Next Generation: The Legacy of a Polio Free World
September 27, 2012 in New York, New York

Follow the link to view the video:
<http://link.brightcove.com/services/player/bcpid1722935254001?bckey=AQ%7E%7E%2CAAABPSuWdx%7E%2CUHaNXUUB06UZWFCoFFs5QZruHHpWrXSA&bclid=0&bctid=1864699077001>

Like - Comment

(Snapshots taken from the RCP Facebook page)

Presidential Citation: RCP's has submitted an application for a Presidential Citation in the RY 2012/13.

Innovative Fund Raising Efforts for Club-owned Community Projects & Activities:

Prajapati Education Endowment Fund (PEEF): Raised an additional amount of NRs 1.2 million to the Prajapati Endowment Fund, which now provides scholarships to 692 students in 28 public schools in Lalitpur. All funds are raised through efforts of RC Patan members their family and friends.

Club Service Fund: Raised an additional funds to the Club Service Trust Fund bringing it to a new total of NRs. 715,000. The interest raised through this Fund provides for a more sustainable contribution to the RCP supported service projects.

Sunshine Fund: Raised 'Sunshine' funds with 'good news' from RCP Members every week over 150,000 for use in the Community Service Projects. The voluntary announcements of good news are encouraged from all RCP members and these include happy landing, happy birthdays, wedding anniversaries, various good news from family members of RCP members, publication and presentations in print media and TV programmes of members, and any other good news such as ownership of houses/vehicles etc.

Members are also encouraged to bring a souvenir from international travel that is auctioned and the proceeds generated donated to this fund. These are systematically reported in the weekly 'Lalitdhara' both as a formal record and as an encouragement to others to voluntarily report the good news.

Lalitdhara Souvenir Advertisement Fund: Raised over NRs 140,000 through advertisements of the Annual Lalitdhara Souvenir Issue after deduction of printing costs.

More details about RCP's Service Projects and activities can be found at its Facebook page at <https://www.facebook.com/pages/Rotary-Club-of-Patan/312869632144327>

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

*Please make sure that your contribution has reached the hospital account
The Hospital has no official individual designated to collect funds of 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 ORTHOPEDIC HOSPITAL

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



Rotary Club of Patan 2013-14

Grouping of Rotarians for Quaterly Fellowship Dinner

Group 1 (1st July to 2nd Sept)

1. *Dr. Mukti N. Shrestha* July 1
2. *Keshab B. Mathema* July 2
3. *Krishna B. Basnet* July 8
4. *Kiran Shrestha* July 10
5. *Tirtha M. Sakya* July 21
6. *Suresh C. Lakhey* Aug 15
7. *Shreedhar S. Rana* Aug 16
8. *Bijay Bajracharya* Aug 23
9. *Som Paneru (GC)* Sept 1
10. *Kamal M. Dixit* Sept 2

Group 2 (4th Oct to 15th Jan)

1. *Narayan G. Halwai* Oct 4
2. *Ganesh R. Shrestha* Oct 22
3. *Santa K. Shrestha* Nov 5
4. *Nabal Pajiyar* Nov 23
5. *Piyush B. Bajracharya (GC)* Dec 12
6. *Rabendra R. Pandey* Dec 14
7. *Gabriele Mallapaty* Dec 17
8. *Puskar Shakya* Jan 14
9. *Kamal Nyachhyon* Jan 15

Group 3 (18th Jan to 4th May)

1. *Kedar B. Shrestha* Jan 18
2. *Padam L. Maharjan* Feb 13
3. *Jamuna K. Tamrakar* Feb 17
4. *Khruschev Shrestha (GC)* March 10
5. *Lalita Thapa* March 19
6. *Tulsi Neupane* March 20
7. *Yagya B. Shrestha* April 8
8. *Shiva Pradhan* May 2
9. *Chandralekha Kayastha* May 4

Group 4 (6th May to 30th June)

1. *Jeevan K. Shrestha* May 6
2. *Bijaya Mallapaty* May 9
3. *Matsyendra L. Kayastha* May 25
4. *Biswa N. Rai* May 27
5. *Dr. Biswa B. Sharma* June 2
6. *Siba B. Rajbhandary* June 11
7. *Sharada Prasai* June 14
8. *Bharat N. Joshi* June 16
9. *Dr. Prakash R. Regmi (GC)* June 30

The groups will have fellowships as follows:

- | | | |
|---------|---|--------------|
| Group 1 | - | Mid-August |
| Group 2 | - | Mid-November |
| Group 3 | - | Mid-February |
| Group 4 | - | Mid- May |

For SLC Appeared Students

30 SCHOLARSHIPS **FOR**
will be available in the coming session **A-LEVEL**

Utkrist Adhikari
Nepal Topper in Computing



Ujjwol Poudel
Nepal Topper in Economics,
Mathematics and Accounting
(Nepal Topper in 3 AS-Level)



Mukesh Ghimire
Nepal Topper in 4 AS-Level



Shobha Limbu
Nepal Topper in GP



Abhimanyu Chhetri
World Topper in GP



Manish Jung Thapa
Nepal Topper in Biology



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- ✓ मुद्दतीमा १३% सम्म ब्याज
- ✓ निःशुल्क ATM कार्ड सुविधा
- ✓ सम्पूर्ण रेमिट्यान्स भुक्तानी को सुविधा
- ✓ आवश्यकता अनुसार सबै प्रकारको कर्जाको व्यवस्था



तपाईं हाम्रो आफ्नै बैंक.....



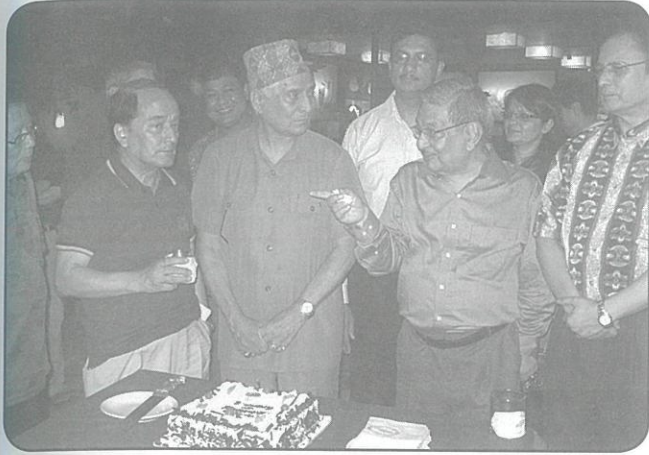
मनास्लु विकास बैंक लिमिटेड
Manaslu Bikas Bank Limited

मुख्य कार्यालय:

गोरखा वसपार्क, गोरखा

फोन: ०६४-४२१५४०/४२१५४१, फ्याक्स: ४२१५३५

Photo Gallery



1st Fellowship 2012



Awarding MPH Pin



2nd B-Day Fellowship



Meeting with Guest Speaker



RCC Sunakothei



Charter Night



Photo Gallery



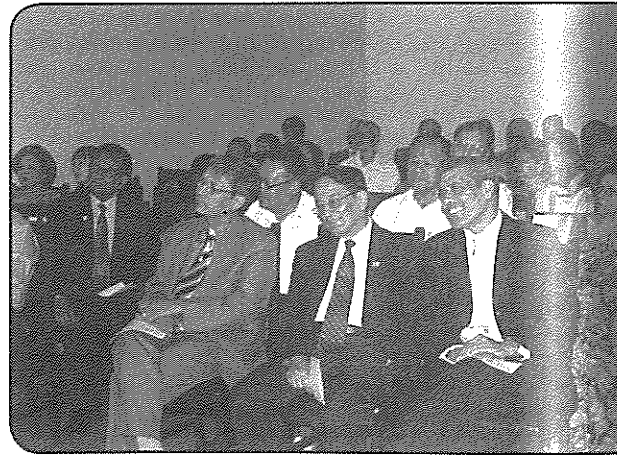
Meeting with Guest American Ambassador



Meeting with Guest Speaker



Birth Anniversary Program of Rtn. Kedar B. Shrestha



Charter Night

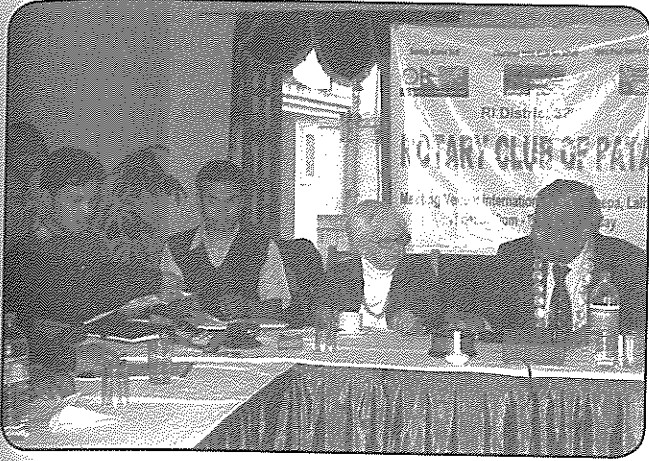


Rotary on Wheels and Fields



Rotary on Wheels and Fields

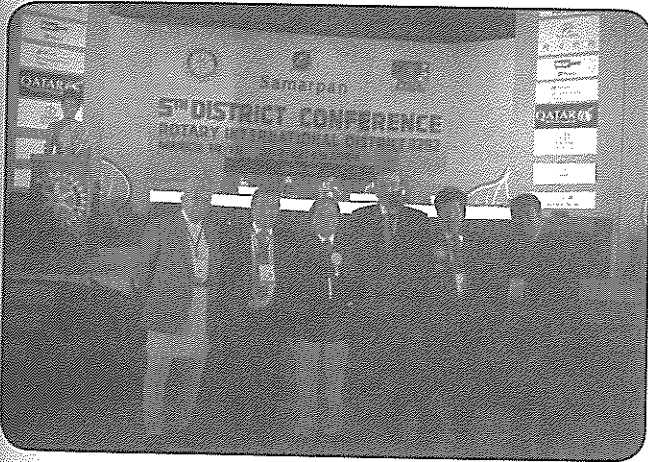
Photo Gallery



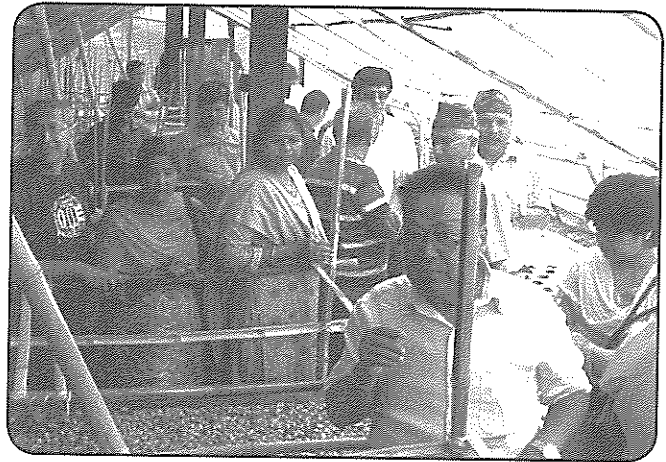
Joint Meeting with Rotaract and Guest Olga Murray



Installation Ceremony of E-Club of RI District 3292



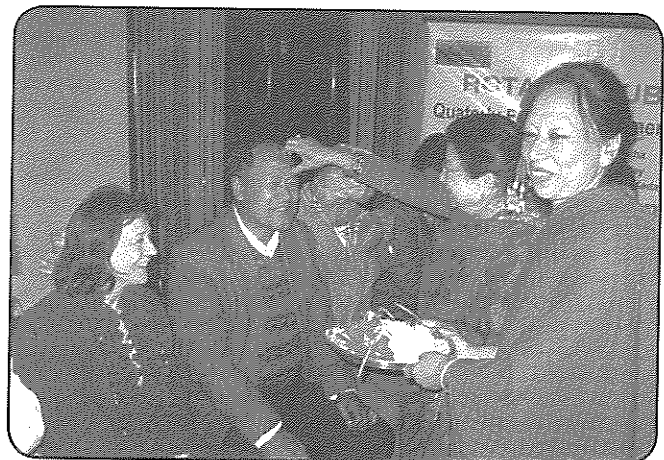
5th District Conference at Hotel Soaltee



RCP Visit to inspect the Aquaponics Project

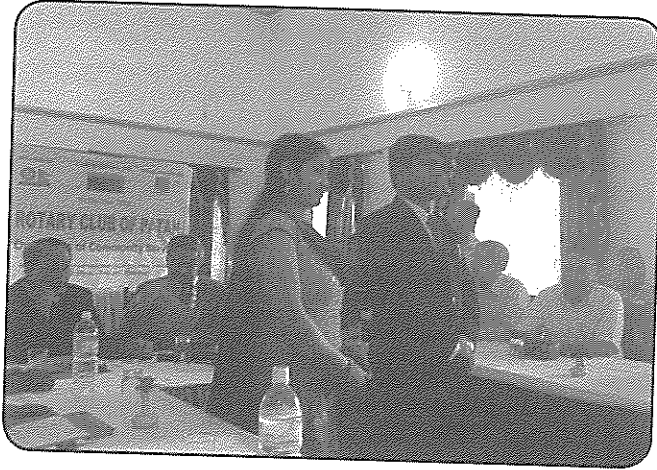


RCP Visit to inspect the Aquaponics Project

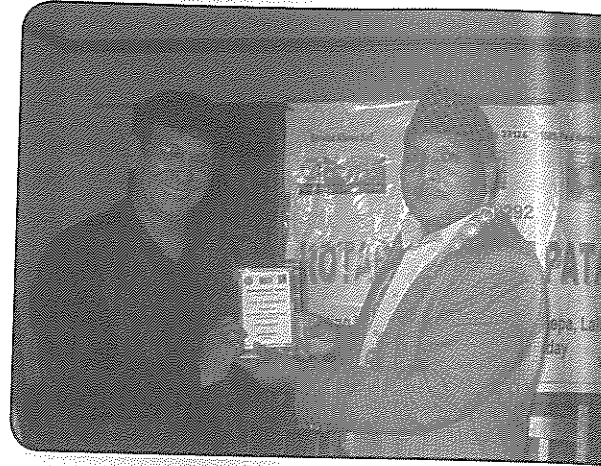


Second Birthday Fellowship

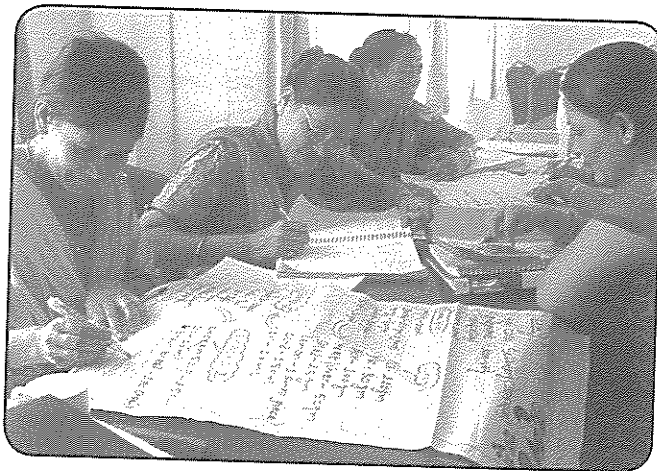
Photo Gallery



Induction of New Member Rtn. Nabal Pajiyar



Talk Program by Kiran KC Rata Makai



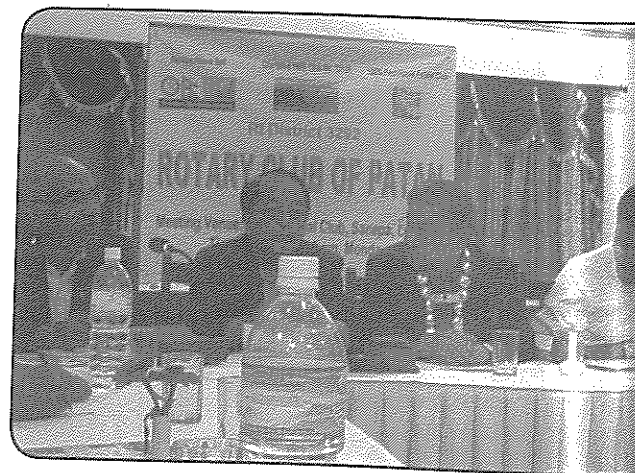
Dietician Training



Family Outing at Balthali, Kavre

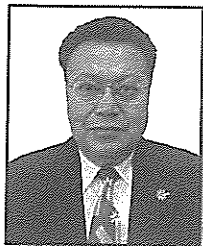


Hand over Ceremony from Past President to Current President

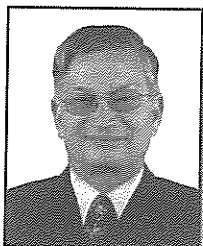


2nd Club Assembly

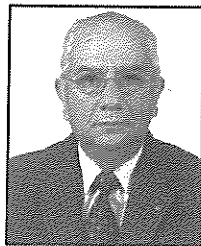
List of Major Donors and MPHFs



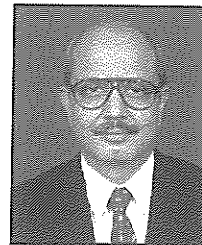
PP Rtn. Matsyendra L. Kayastha
Major Donor



PP Rtn. Siba B. Rajbhandary
Major Donor



Rtn. Kamal M. Dixit
Major Donor



Rtn. Rabendra R. Pandey
Major Donor



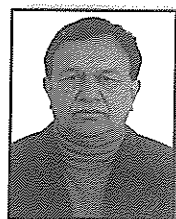
Rtn. Ganesh R. Shrestha
MPHF +6



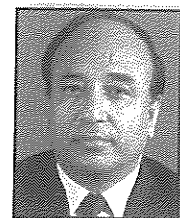
Rtn. Dr. Prakash R. Regmi
MPHF +5



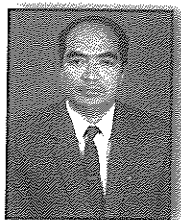
Rtn. Narayan G. Halwai
MPHF +5



Rtn. Tulasi P. Neupane
MPHF +3



Rtn. Keshab B. Mathema
MPHF +3



Rtn. Santa K. Shrestha
MPHF +3



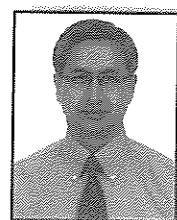
Rtn. Tirtha M. Sakya
MPHF +3



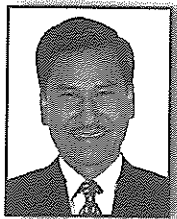
Rtn. Kedar B. Shrestha
MPHF +3



Rtn. Chandralekha Kayastha
MPHF +2



Rtn. Piyush B. Bajracharya
MPHF +2



Rtn. Bijaya Mallapaty
MPHF +2



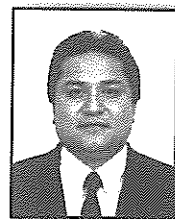
Rtn. Gabriele Mallapaty
MPHF +2



Rtn. Krishna B. Basnyat
MPHF +1



Rtn. Dr. Bishwa B. Sharma
MPHF +1.



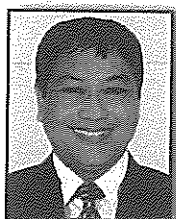
Rtn. Bijaya B. Bajracharya
MPHF



Rtn. Chandra S. Gyawali
MPHF



Rtn. Puskar M. Shakya
MPHF



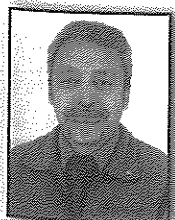
Rtn. Khruschev Shrestha
MPHF



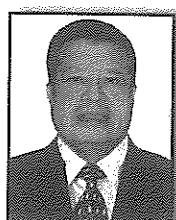
Rtn. Jamuna K. Tamrakar
MPHF



Rtn. Kamal B. Nyachhyon
MPHF



Rtn. Padam L. Maharjan
MPHF



Rtn. Bharat N. Joshi
MPHF



Rtn. Suresh C. Lakhey
MPHF



Rtn. Shiva K. Pradhan
MPHF



Rtn. Sharda Prasad
MPHF



Rtn. Lalita Thapa
MPHF

Committee Plan for 2013-2014

Club Administration - Rtn. Lalita Thapa, Director/Chairperson

Administration / Attendance:

Co-ordinator - Rtn. N.G. Halwai
 Members - Rtn. Jamuna K. Tamrakar
 - Rtn. Chandra L. Kayastha

Rotary Info / Bulletin / Website:

Co-ordinator - Rtn. Khruschev Shrestha
 Members - Rtn. Kamalmani Dixit
 - Rtn. Bijaya Mallapaty

Fellowship / Programs/ Club Assemb

Co-ordinator - Rtn. Kedar B. Shrestha
 Members - Rtn. Piyush Bajracharya
 - Rtn. Biswo N. Rai

Membership - Rtn. Shiva K. Pradhan, Director/Chairperson

Orientation Education:

Rtn. Tirtha M. Shakya
 Rtn. Bihaya Bajracharya

Recruitment / Retention:

Rtn. Yagya B. Shrestha
 Rtn. Dr. Mukti N. Shrestha

Montoring/Training/Classificati

Rtn. Matsyendra Lal Kayastha
 Rtn. Puskar M. Shakya

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

Advertising/Marketing:

Rtn. Keshab B. Mathema
 Rtn. Bharat N. Joshi
 Rtn. Suresh Chandra Lakhey

Communication/Publicity/Media:

Rtn. Tirtha Man Sakya
 Rtn. Jamuna K. Tamrakar
 Rtn. Santa K. Shrestha

Service Projects - Rtn. Gabriele Mallapaty, Director/Chairperson

Community Development/RCC:

Rtn. Bijaya Mallapaty
 Rtn. Jeevan K. Shrestha

P.P. Endowment Fund:

Rtn. N.G. Halwai Rtn. Bijaya Mallapaty
 Rtn. Sharda Parsai Rtn. R.R. Pandey
 Rtn. M.L. Kayastha

Bhaktapur Cancer Hospital:

Rtn. Dr. Siba B. Rajbhandari
 Rtn. Dr. Nabal Pajiyar

Nepal Orthopedic Hospital:

Rtn. Dr. Prakash Raj Regmi
 Rtn. Jamuna K. Tamrakar PP

Health Camps:

Rtn. Dr. Prakash Regmi
 Rtn. Dr. Bishwo B. Sharma
 Rtn. Dr. Nabal Pajiyar

Senior Citizen's Home:

Rtn. Tirtha Man Sakya
 Rtn. M. L. Kayastha
 Rtn. Tulsi Neupane

Rotary Foundation - Rtn. Dr. B. B. Sharma, Director/Chairperson

Foundation/Fund Raising:

Rtn. Siba Bhakta Rajbhandary
 Rtn. Krishna B. Basnyat
 Rtn. Khrushchev Shrestha

GSE / Member Exchange:

Rtn. Ganesh R. Shrestha
 Rtn. Puskar Man Shakya
 Rtn. Kamalmani Dixit

New Generation - Rtn. Siba B. Rajbhandary, Chairperson

Interact: Rtn. Kamal B. Nayachhyon

Youth Services: Rtn. Som Paneru

Rotaract: Rtn. Khruschev Shrest

काठमाडौं मेडिकल कलेज पब्लिक लिमिटेडले विगत १६ वर्षदेखि अनवरत रूपमा गुणास्तरीय स्वास्थ्य शिक्षा तथा सेवा प्रदान गर्दै देशको स्वास्थ्य क्षेत्रमा विशेष योगदान पुऱ्याउन पाएकोमा यस संस्था गौरवान्वित महसूस गर्दछ ।



काठमाडौं मेडिकल कलेज पब्लिक लिमिटेड

सिनामंगल, काठमाडौं
फोन नं.: ४४६९०६४, ४४७६१२२
फ्याक्स: ९७७-१-४४७७९२०
ईमेल: info@kmc.edu.np

दुवाकोट, भक्तपुर
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भानुभक्त



- रो. कमलमणि दीक्षित

आरसी पाटनको मात्र होइन, अरु पनि कुनै न कुनै रोटरी क्लबहरूले आफ्नो वार्षिक 'सुभेनिर (स्मारिका)' हरूमा छान एउटा लेख मसँग माग्छन् । त्यस बेला मसँग रोटरीसम्बन्धी लेखकै मांग गरिन्छ । तर यस पटक भने हाम्रो सुभेनिर कमिटीले मसँग रोटरीको होइन अर्को कुनै 'जेनरल इन्टररेस्ट' को लेख पाए हुन्थ्यो भन्यो । मलाई त्यसले अलि अफठेरो पारेको छ, किनभने, रोटीका बारेमा त जे लेखेर पनि एक डेढ पेज भर्न सकिन्थ्यो, जेनरल इन्टररेस्टमा के लेख्ने ? अलमलमा परे म, हाम्रा रोटेरिएन मित्रहरूलाई चाख लाग्ने विषय के होला भनेर । हो, नेपालको राजनीतिमा लेख्यो भने सबैलाई चाख लाग्नेछ तर त्यो रोटरीले रोकेको छ नो पलिटिक्स भनेर । धर्म र अध्यात्ममा पनि ऐजन ऐजन हो । भनेपछि मलाई विषयकै खाँचो पन्यो ! अनि मलाई यौटा विचार आयो के भो त ? कसैलाई चाख लागे पनि नलागे पनि यौटा सबैले जान्नेपर्ने बुझ्नेपर्ने विषय छानूँ भन्ने । यसरी सोच्दासोच्दै भानुभक्त बाजे मेरो दिमागमा छिर्न आइपुगे ।

नेपाली भाषाका आदिकवि मानिएका, तन्हौं रम्याका भानुभक्त आचार्यका द्वीशतवार्षिकी अर्थात् जन्मको दुई सय वर्ष पुगेको जयन्ती मनाइँदैछ यस साल । यसलाई 'राष्ट्रिय उत्सव' का रूपमा मनाउने भन्ने सरकारले पनि निर्णय गरेर २०/२५ कति लाख हो बजेट पनि छुट्टाएको छ । त, को हुन् यी भानुभक्त भन्ने ? र हामीले किन सुशियाली मनाउने उनी जन्मेको दुई सय वर्ष पुग्यो भनेर ? हाम्रा रोटेरियन मित्रहरूलाई यसको मर्म थाहा नहुन पनि सक्छ भनी यस पटक म उनैका बारेमा अलिकति लेख्दैछु ।

आदिकवि भनेको त सबभन्दा पहिले कविता लेख्ने विद्वान् हो, तर भानुभक्तले नेपाली भाषामा सबभन्दा पहिले कविता लेखे भनेर उनलाई आदिकवि भनिएको होइन । उनले पहिलो पटक नेपालीमा ठूलो ग्रन्थ सात काण्ड रामायण लेखे । त्यसलाई लोकले मन पराए, उनी सबैका प्रिय भए । त्यसअघि त्यति लोकप्रिय बन्ने कवि अर्को कोही भएको थिएन । त्यसैले काठमाण्डूको भोसिको टोलमा जन्मेका एक जना युवा कवि, विद्वान् मोतीराम भट्टले खोजखाज गरेर उनको जीवनी नै लेखे । त्यतिमात्र होइन भानुभक्तले लेखेको रामायण पनि छापी त्यसको धेरै प्रचार गराए । अनि यी हाम्रा आदिकवि हुन् भनेर सर्वप्रथम घोषणा गरे १९४८ साल, सन् १८९१ मा ।

भानुभक्तलाई आदि या प्रथम कवि भनेर त्यसै भनिएको होइन । अनेक जातजातिमा बाँडिएका नेपालीहरूलाई एउटै सूत्रमा बाँध्ने काम पनि गरे उनले । भानुभक्तको रामायणले गन्यो त्यो काम । पश्चिममा देहरादून, भागसू धर्मशालादेखि पूर्वमा दार्जीलिङ, आसाम र बर्मासम्मका छरिएका नेपाली जातिलाई एक ढिक्को बनाउने काम भानुभक्तको रामायणले गन्यो, त्यसभित्रको मीठो नेपाली भाषाले गन्यो । भानुभक्तको रामायण एउटा धार्मिक ग्रन्थ भएर मात्र यसरी लोकप्रिय भएको होइन । सुनी रहूँ, पढिरहूँ जस्तो लाग्ने मिठासपूर्ण काव्य भएर नै त्यो यसरी मान्छेको मनमा भित्रसम्म छिर्न सकेको हो ।

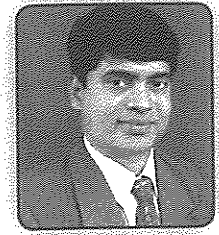
नेपालमा, नेपालीमै पनि धेरै कवि भए यसबीच तर यसरी दुई सय वर्षसम्म एकनास, अविच्छिन्न रूपमा जनमानसमा छाडेरहन सक्ने अर्को कवि नेपालले जन्माउन सकेको छैन । त्यसै हुँदा नै होला सरकारले पनि भानुभक्तको यो द्वीशतवार्षिकीलाई यति महत्व दिएको मलाई त्यस्तै लाग्छ । ◆◆◆

ROTARY'S '4 WAY TEST'

Of the things we think, say or do:

1. *Is it the Truth ?*
2. *Is it fair to all concerned ?*
3. *Will it build goodwill and better friendships ?*
4. *Will it be beneficial to all concerned ?*

HEALTH MANAGEMENT



-Rtn. Dr. Nabal Pajiyar

Techniques for Vibrant Health:

The following techniques may be adopted to maintain excellent health:

- **Attitude:** The mind plays a tremendous role in maintaining good health. People with confidence and courage normally have good health. Fear, guilt and worries are ruinous to health. Have firm faith in the adaptive mechanism of your body. Don't be over concerned with your health.
- **Activate the Subconscious Mind:** Positive affirmations, such as "Day by day, in every way, I am getting better and better health", would activate your subconscious mind and thereby improve your health.
- **Moderation:** The general rule for excellent health is moderation in everything. Be conscious of this at all times in your wakeful state.
- **Diet:** This is a matter of habit depending upon our cultural background. One man's food may be another man's poison. The type of food we eat is not important, but it is important that we eat only foods conducive to good health. Vegetarian food is to be preferred over non-vegetarian. Avoid overeating.
- **Elimination:** Total evacuation of the bowels everyday is a must. Take two or three tumblers of warm water early in the morning.
- **Develop Resistance Power:** Between four and six in the evening take three sweet limes, removing only the rind and seeds. This is far better than the juice, as it provides you fiber. The vitamin C in the sweet lime will develop resistance power in your body and prevent many diseases.
- **Sleep:** Sleep recoups your body and mind. Restful sleep is a must for all. But too much sleep would make you lazy and lethargic. Sleep less and live longer is the axiom. Proper sleep contributes a lot in gaining excellent health.
- **Habits:** Develop habits conducive to good health and avoid those that are detrimental, such as smoking, drinking and drug addiction.

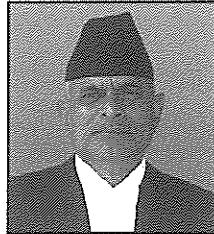
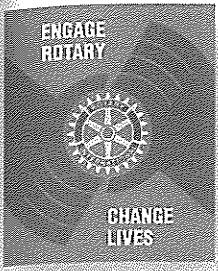
- **Yoga:** For at least half an hour daily, practice yogic asanas, pranayama and meditation. Yoga is an important ingredient for perfect health.

Daily Action:

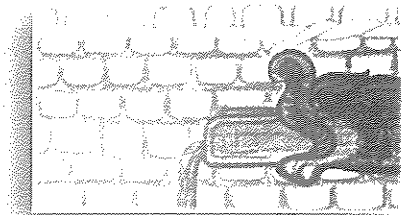
- As soon as you get up repeat (20 times) "Make me a child again just for today".
- Drink 3 glass of warm water with three pearls of garlic.
- Instead of 3 glass of warm water, you may have honey and lemon in warm water.
- Before taking bath have one bucket full of cold water. Breathe in, retain and then dip your eyes in water.
- Practice Surya Namaskar.
- Make an attempt to be always at meditative level by practicing aware and beware techniques.
- Vegetarian food is preferably better.
- Eat plenty of vegetables and fruits.
- Reduce the intake of coffee, Tea and also Soft drinks.
- Maintain inner and outer silence.
- Don't be too much concerned with health, lesser you worry better it is for your health.



Members of Rotary Club of Patan



Rt. Hon. Dr. Ram Baran Yadav
President of Nepal



Past President



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



Member



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



President
Nominee



Bajracharya Piyush B. (MPHF+2)
Classification: Ayurvedic Medical Practitioner
Add: Piyushbarshi Aushadhalaya
Res: Jwagal, Kopundol-10. Lalitpur
Ph: (R) 5529640, (O) 4223960
(M): 9851013388
Born: 12th Dec. Wed:
Ann: RAMITA, Serv: D.S.
Join: 2005
E-mail: piyush@ntc.net.np



Past President



Halwai Narayan Govind (MPHF+4)
Classification: Civil Engineer
MEH Consultants (P) Ltd.
Add: 290 NK Singh Marg, Baneshwor
Ph: (R) 5521364, (O) 4477634
Fax: 4491387 Cell: 9851024556
Born: 4th Oct; Wed: 6th June
Ann: MUNU
Join: 1987
E-mail: narayan.halwai@gmail.com



Past President

Basnyat K. Bahadur (MPHF+1)
Classification: Insurance
Add: Sagarmatha Insurance Co. Ltd.
Res: Manbhawan, Jawalakhel
Ph: (R) 5533341, (O) 4412367
(M): 9851024313, Fax: 4247947
Born: 8 July
Join: 2000
E-mail: sagarmatha@insurance.wlink.com.np



Treasurer



Joshi Bharat Narsing (MPHF)
Classification: Financial Analyst
Premier Finance Co. Ltd.
Add: Manbhawan, Lalitpur
Ph: (R) 5521126, (O) 5521223
Cell: 9851023195
Born: 16 June; Wed: 25 Feb
Ann: MEERA
Join: 2003
E-mail: premierfinance@info.com.np



Editor &
Senior Member



Dixit Kamal Mani (MD)
Classification: Senior Active (Belles Letter)
Add: Madan Piraskar Pustakalaya
Shree Durbar Tole, Lalitpur
Ph: (R) 5536338, (O) 5521014
Fax:
Born: 2 Sep; Wed: 11 June
Ann: ANJU. Serv: D; Sgt
Join: 1986
E-mail: kamal@mpp.org.np



Secretary



Kayastha Chandralekha (MPHF+2)
Classification: Architect
Add: ML Kayastha & Associates Pvt. Ltd.
Ph: (R) 5524626, (O) 5523758
Cell: 9849450309
Born: 4th May; Wed: 7th July
Spouse: MATSYENDRA
Join: 2008
E-mail: mlkayastha@gmail.com



Senior Member



Gyawali C. Sekhar (MPHF)
Classification: Senior Entrepreneur
Add: Patan Dhoka, Lalitpur
Ph: (R) 5521311, (O) 5522871
Fax: 5524139
Born: 14 Nov; Wed: 20 Jan
Ann: BULU; Serv: VP
Join: 1986
E-mail: info@nce.com.np



Past President



Kayastha Matsyendra Lal (MD)
Classification: Architect
Add: ML Kayastha & Associates Pvt. Ltd.
Ph: (R) 5524626, (O) 5523758
Cell: 9851021458
Born: 15th Nov; Wed: 7th July
Ann: CHANDRALEKHA
Join: 1984
E-mail: mlkayastha@gmail.com



Members of Rotary Club of Patan



Senior Member



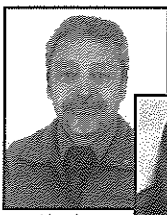
Lakhey Suresh Chandra (MPHF)
Classification: Economist
Add: Sanepa, Lalitpur
Ph: (R) 5529878
Born: 15th August; Wed: 11th May
Ann: JANAKI; Serv: D.
Join: 1986
E-mail:



Past President



Nyachhyon K. Bahadur (MPHF)
Classification: Heavy Textile Manufactu
Add: Himal Tents (P.) Ltd.
Ph: (R) 5526070, (O) 5522202
Cell: 9851023354
Born: 15th Jan; Wed: 15th Feb
Ann: SULOCHANA; Serv: D, T, P
Join: 1986
E-mail: kamal@himaltents.com



Member



Maharjan Padam Lal (MPHF)
Classification: Electronic Engineer
Add: Ichakhel Panga, Kirtipur-12
Ph: (R) 4331236, 5552686 (O)
Cell: 9841348337
Born: 13th Feb; Wed: 29th April
Ann: KAMALA
Join:
E-mail: padam132@yahoo.com



Joint-Secretary



Pajiyar Dr. Nabal (PHF)
Classification: Memory Trainer
Mind Power Development Systems P. L
Add: Koteswor, Kathmandu
Cell: 9844117444, 9849870062
Born: 23rd Nov; Wed: 3rd Feb
Ann: Er. BINA
Join: 2012
E-mail: nabalpajiyar@gmail.com



Vice-President



Mallapaty Bijaya (MPHF+2)
Classification: Development Management
Add: Bhainsepati, Lalitpur
Ph: (R) 5592541
Cell: 9803683969
Born: 9th May; Wed: 14th May
Ann: GABRIELE; Serv: D
Join: 2008
E-mail: bijaya.mallapaty@gmail.com



Past President



Pandey Rabendra Raj (MD)
Classification: Airline GSA
Add: Everest Express Tours & Travel (P) L
Ph: (R) 5521652, (O) 4220759
Fax: 4226795, Cell: 9851020174
Born: 14th Dec; Wed: 18th Feb
Ann: CHANDRA LEKHA
Serv: D, VP, P, AG, DPC
Join: 1990
E-mail: ramjeep2003@yahoo.com



Service Projects Chairperson



Mallapaty Gabriele (MPHF+2)
Classification: Health Services Management
Add: Bhainsepati, Lalitpur
Ph: (R) 5592541
Cell: 9803683970
Born: 17th Dec; Wed: 14th May
Spouse: BIJAYA; Serv: D
Join: 2008
E-mail: gabriele.mallapaty@gmail.com



Youth Services Chairperson



Paneru Som (PHF)
Classification: Social Work Executive
Add: Bhani Mandal, Lalitpur
Ph: (R) 5542624
Cell: 9851054541
Born: 1st Sept; Wed:
Ann: SAJANI
Join: 2009
E-mail: som@nyof.org.np



Past President



Mathema Keshab B. (MPHF+3)
Classification: Social Development
Add: 2/128 Dhokadol, Sanepa, Lalitpur
Ph: (R) 5529385
Cell: 9841282851
Born: 2nd July; Wed: 30th Nov
Ann: SHANTI; Serv: D, VP, PE, P
Join: 1998
E-mail: keshab.mathema@gmail.com



Membership Chairperson



Pradhan Shiva Kumar (MPHF)
Classification: Photo Lab
Add: Dhobi Dhara, New Colony
Ph: (R) 5540510, (O) 4417945
Cell: 9851046308
Born: 2nd May; Wed: 19th Fhagun
Ann: TIKA
Join: 2009
E-mail: shiva_pra@hotmail.com



Past President



Neupane Tulasi P. (MPHF+3)
Classification: Economist
Add: Jhamsikhel, Lalitpur-3
Ph: (R) 5522320
Cell: 9851025865
Born: 20th March; Wed: 16th Jan
Ann: KAMALA; Serv: S. D. P
Join: 1985
E-mail: tpfm@mail.com



Member

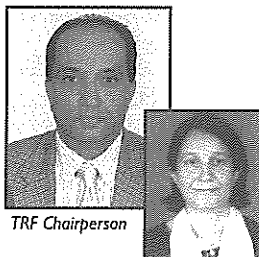
Prasai Sharada (MPHF)
Classification: Travel Agent
Add: Natraj Tours & Travel (P) Ltd.
Ph: (R) 4229277, (O) 4169000
Fax: 4227372
Born: 14th June; Wed: 1st Feb
Join: 1999
Serv: D, SG
E-mail: info@natrajtours.com.np

Members of Rotary Club of Patan



Maj. Rai Biswa Nath (PHF)
Classification: Retired British Gurkha
Add: Ekantakuna, Jawalakhel
Ph: (R) 5530553
Cell: 9851057367
Born: 27th May; Wed: 26th Feb
Ann: SABITRI; Serv: Sgt, D
Join: 2005
E-mail: biswanathrai@hotmail.com

Member



Sharma Dr. Bishwa B. (MPHF+1)
Classification: Psychiatrist
Add: 43/5 Kitabi Galli, Dilli Bazar Ktm-33
Ph: (R) 5574249 (O) 4467967
Cell: 9851025579, 9803295575
Born: 2nd June; Wed: 26th Jan
Ann: ARUNA
Join: 2010
E-mail: bbs1234@gmail.com

TRF Chairperson



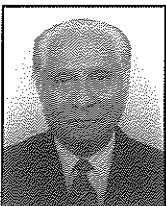
Rajbhandary Siba Bhakta (MD)
Classification: Social Development
Add: Pulchowk, Lalitpur
Ph: 5526856
Cell: 9841214856
Born: 11 June; Wed: 8th Mar
Ann: MITHILA;
Serv: D, S, VP, PDS, DT, AG, DPC
Join: 1998
E-mail: sibabr@gmail.com

New Generation
Chairperson



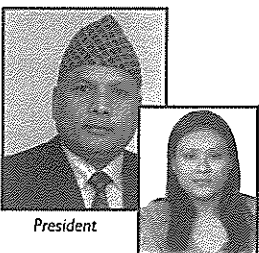
Shrestha Ganesh Raj (MPHF+6)
Classification: Rubber Recycling
Add: Pashupati Rubber Industries
Res: Sinchahity, Lalitpur
Ph: (R) 5003780, (O) 5522157
Cell: 9851021440
Born: 22nd Oct; Wed: 7th Jan
Ann: BIJAYA LAXMI
SERV: SGT, T, D, SEC, VP, PE, P, CC, DEC, AG
Join: 1993
E-mail: ganeshrshrestha@hotmail.com

Past President



Rana Shreedhar Shumsher (PHF)
Classification: Ex. Serviceman
Add: Sri Sadan 3/386, Pulchowk
Ph: (R) 5521122
Born: 16th Aug; Wed: 7th Falgun
Join: 1995
E-mail: baggy@mail.com.np

Senior Member



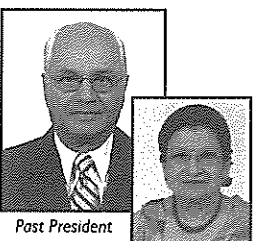
Shrestha Jeevan Kumar (PHF)
Classification: Civil Engineer
Add: Chakupat, Lalitpur
Ph: (R) 5260059
Cell: 9851045085
Born: 6th May; Wed: 23rd June
Ann: GUNU; Serv: D, S, VP
E-mail: shrestha.jeevank@gmail.com

President



Regmi Dr. Prakash Raj (MPHF+5)
Classification: Cardiologist
Add: Lalitpur Heart Clinic
Res: Dhobighat, Lalitpur
Ph: (R) 5525536, (O) 5536474
Cell: 9851051179
Born: 21st Ashad; Wed: 2nd Baisakh
Ann: UPASANA
Join: 1990
E-mail: prregmi@wlink.com.np

Past President



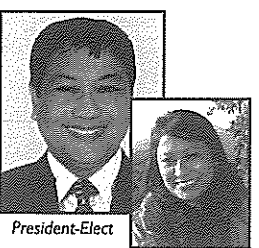
Shrestha Kedar Bhakta (MPHF+3)
Classification: Past Service
Add: Kupondol Heights, Lalitpur
Ph: (R) 5522207, 5524605
Cell: 9849850226
Born: 18th Jan; Wed: 15th Feb
Ann: SHANTA
Serv: VP, PN, PE, PP
Join: 2006
E-mail: kaybeeshan11@gmail.com

Past President



Sakya Tirtha Man (MPHF+3)
Classification: Legislative Drafting
Former Chairman, Public Service Commission,
Chief Secretary, Govt. of Nepal
Add: Hakha Tole, Lalitpur
Ph: (R) 5522467, Cell: 9851026534
Born: 21st July; Wed: 14th Feb
Ann: NANI SHOVA
Serv: d, VP, P, AG, DC, DGN, DGE, DG
Join: 1988
E-mail: tirtha_sakya@yahoo.com

Past President



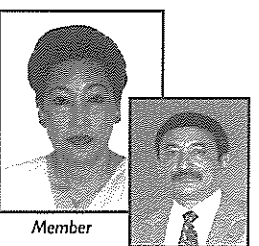
Shrestha Khrushev (MPHF)
Classification: Soil Conservation
and Watershed Management
Add: Kopundol, Lalitpur
Ph: (R) 5525886
Cell: 9841779026, 9751025255
Born: 10th March; Wed: 14th Fhagun
Ann: KALPANA
Serv: CA, SP, A. Sec, Sec
Join: 2004
E-mail: khrushevshrestha@yahoo.com

President-Elect



Shakya Pushkar Man (MPHF)
Classification: Carpet Export
Add: Man Bhawan, Lalitpur
Ph: (R) 5523492, (O) 5550682
Born: 14th Jan; Wed: 27th Feb
Ann: RITA
Serv: T, S, D, P, AG, DPC
Join: 1993
E-mail: pushkarsakya@gmail.com

Past President



Shrestha Kiran (PHF)
Classification: Steel Manufacturing
Add: Bhainsepati, Lalitpur
Ph: (R) 5591382
Cell: 9851043924
Born: 10th July; Wed: 13th Feb
Spouse: DHRUBA
Join: 2007
E-mail: shrestha_dkuji@hotmail.com

Member



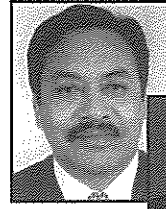
Members of Rotary Club of Patan



Member



Shrestha Dr. Mukti Narayan (PHF)
Classification: Vet. Doctor
Add: Vet. Clinic, Pulchowk, Krishna Galli
Ph: (R) 5521147, (O) 5524236
Cell: 9851000104
Born: 1st July; Wed: 19th Sept
Ann: PRAVEENA; Serv: D
Join: 2008
E-mail: dr.mnshrestha@gmail.com



Past President



Tamrakar Jamuna Krishna (MPHF)
Classification: Forestry
Add: Man Bhawan, Lalitpur
Ph: (R) 5526944
Cell: 9851001408
Born: 17th Feb; Wed: 21st April
Ann: MEERA; Serv: D, S, VP, PN, PE
Join: 2000
E-mail: jktamrakar@hotmail.com



Past President



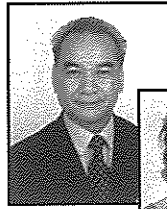
Shrestha Santa Kumar (MPHF+3)
Classification: Liquor Manufacturer
Add: Island Jungle Resort
Ph: (R) 5521745 (O) 4229116, 4225615
Born: 5th Nov; Wed: 3rd May
Ann: NIRMALA;
Serv: JS, D, VP, PE, P
Join: 1992
E-mail: island@mos.com.np



Club Administration
Chairperson



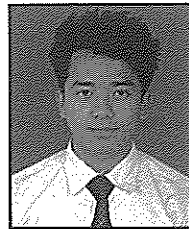
Thapa Lalita (MPHF)
Classification: Management
Add: Civil Home-II, Bhaisepat, Sainbu-4
Ph: (R) 5592259
Cell: 9851072937
Born: 19th March; Wed: 29th April
Spouse: KIRAN
Join: 2012
E-mail: lalita.thapa@hotmail.com



Past President



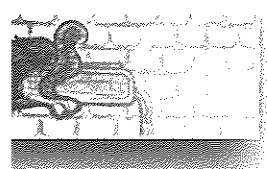
Shrestha Yagya Bahadur (PHF)
Classification: Revenue Consultant
Add: Chakupat, Lalitpur
Ph: (R) 5260853
Cell: 9849674267
Born: 8th April; Wed: 19th Feb
Ann: MERRY; Serv: P.D, SVT
Join: 1993
E-mail: yagyamary@yahoo.com



Basant Ale Magar
Office Secretary, RC Patan
Cell: 9813268214
E-mail: basant_rockstar@hotmail.com

Rotary Club of Patan Membership Development 1985-2013

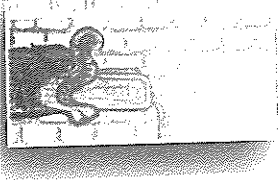
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1	Amina Shrestha, Dr.																										1	1	1		3	
2	Anwar Ahmed Junejo														1																1	
3	Arti Shrestha Thapa																							1	1	1	1				4	
4	Ashish Giri	1																													1	
5	Bachan Gyawali							1	1	1	1	1	1	1	1	1	1	1	1	1	1									13		
6	Basudev Leuntel	1	1	1																											3	
7	Bharat Narsingh Joshi																		1	1	1	1	1	1	1	1	1	1	1	1	12	
8	Bharti Sharma								1																						1	
9	Bhim Bahadur Kshetry														1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	15	
10	Bhisma R Prasai	1	1	1	1	1	1	1	1	1	1	1	1	1				1	1	1	1	1	1	1	1					20		
11	Bihari K Shrestha							1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1						11		
12	Bijay Bajracharya	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	29	
13	Bijay Mallapaty																								1	1	1	1	1	1	6	
14	Biswa B. Sharma, Dr.																										1	1	1	1	4	
15	Biswa K Mainali	1	1	1	1	1	1	1	1	1	1	1																		11		
16	Biswa Nath Rai, Major																						1	1	1	1	1	1	1	1	9	
17	Chandra B Shrestha Dr.																										1				1	
18	Chandra P Maskey				1	1	1	1	1	1								1	1	1	1	1	1							12		
19	Chandra S Gyawali	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	29	
20	Chandrekha Kayastha																									1	1	1	1	1	1	6
21	Chirinjibi Acharya							1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1						16		
22	Dhan Bdr. Sherchan			1	1																										2	
23	Dhruba K Deep	1																													1	
24	Dhruba MS Rajbhandary																1	1													2	
25	Dhruba Thapa	1	1	1	1	1	1	1	1	1	1	1	1	1	1															14		
26	Dinesh Shrestha	1	1	1	1	1	1	1	1																						8	
27	Durga Lal Shrestha		1	1	1																										3	
28	Gabriel Mallapaty																									1	1	1	1	1	1	6
29	Ganesh R Shrestha								1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	22	
30	Gyanu Shakya										1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	17	
31	Hari Bhakta Joshi															1	1	1	1	1	1										6	
32	Hari Prasad Poudyal	1	1																												2	
33	Hom Raj Bajracharya	1	1	1	1	1	1	1	1	1	1	1																			11	
34	Indra B Shakya										1	1	1	1	1																5	
35	Jagdish SJB Rana										1	1	1	1	1	1															7	
36	Jamuna K. Tamrakar															1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	15	
37	Jeevan K. Shrestha																							1	1	1	1	1	1	1	1	8
38	Kamal Mani Dixit	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	29	
39	Kamal Nyachhyon	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	29	
40	Kanti Giri										1	1	1	1	1	1	1	1	1	1											10	
41	Karna B Shakya						1	1	1											1	1	1	1								7	
42	Kedar B. Shrestha																			1	1	1		1	1	1	1	1	1	1	11	
43	Keshab Lamichhane			1																											1	
44	Keshav B. Mathema													1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	17	
45	Khruschev Shrestha																			1	1	1	1	1	1	1	1	1	1	1	11	
46	Kiran Shrestha																								1	1	1	1			6	
47	Krishna Acharya			1	1																										2	
48	Krishna B Basnet																1	1	1	1	1	1	1	1	1	1	1	1	1	1	14	
49	Krishna B Pradhan																1	1	1	1	1	1	1	1	1	1	1				10	
50	Krishna Jung Rana										1	1	1	1	1	1	1	1	1	1	1	1									11	
51	Lalita Thapa																												1	1	1	3
52	Lochan Gyawali	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	29	



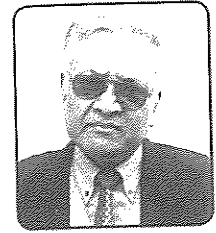
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53	Madan K. Rai										1	1	1	1	1	1	1	1	1	1	1	1	1								14		
54	Madhav Lal Pradhan	1	1	1	1	1	1	1	1	1	1																					10	
55	Madhusudan Subedi				1																											1	
56	Mahendra B. Thapa																								1	1	1					3	
57	Mahesh Lal Pradhan	1																			1	1										3	
58	Matsyendra L. Kayastha	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	29	
59	Moti L. Shilpakar	1	1	1	1	1	1	1	1	1	1	1																				11	
60	Mukti N. Shrestha, Dr.																								1	1	1	1	1	1	1	6	
61	Nabal Pajiyar, Dr.																															2	
62	Nagendra Thapa	1																														1	
63	Nandaram B. Mathema		1	1	1	1	1	1	1																							7	
64	Narayan G. Halwai		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	28	
65	Narendra NS Shakya								1	1	1	1																				4	
66	Om Rajbhandari													1	1	1	1	1	1	1	1											8	
67	Padma Lal Maharjan																				1	1	1	1	1	1	1	1	1	1	1	10	
68	Padma Raj Shakya		1	1	1																											3	
69	Piyush B. Bajracharya																				1	1	1	1	1	1	1	1	1	1	1	10	
70	Prachanda Pradhan Dr.																				1	1	1	1								4	
71	Prafulla Man Pradhan									1	1	1																				3	
72	Prajapati Prasai	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1																15	
73	Prakash R. Regmi, Dr.					1	1	1	1	1	1	1	1	1					1	1	1	1	1	1	1	1	1	1	1	1	1	21	
74	Prem B. Shrestha											1	1	1	1	1																	5
75	Punch B. Basnet				1	1	1	1	1																								5
76	Puskar Shakya								1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	22	
77	Rabendra R. Pandey					1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	25	
78	Rabindra K. Kohli								1																								1
79	Ram Chhaya M. Amatya			1	1	1	1	1	1	1	1	1																					9
80	Ram Singh Thapa												1	1	1	1	1	1	1	1	1	1	1									11	
81	Reema Kohli									1	1																						2
82	Renu Shrestha							1	1	1	1	1	1	1	1	1	1	1	1	1	1	1										14	
83	Rishi Shah					1	1	1	1	1	1																						6
84	Sagar SJB Rana	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	19	
85	Sant Kumar Shrestha							1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	23
86	Sanu Nani Rajkarnikar							1																									1
87	Satya Pradhan																							1	1	1	1	1					5
88	Sharda Prasai															1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	15
89	Shiva K. Pradhan																										1	1	1	1	1	1	5
90	Shivjee B. Silwal, Dr.																											1					1
91	Shreedhar Acharya													1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	14	
92	Shreedhar SJB Rana										1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	20
93	Siba B. Rajbhandary															1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	16
94	Siddhi B. Shakya	1	1	1	1	1	1	1	1	1	1																						11
95	Siddhi Man Basnet													1	1	1																	3
96	Som Paneru																										1	1	1	1	1	1	5
97	Subash Gopal Baidya				1	1	1	1																									4
98	Sudan R. Shakya																1	1															2
99	Surendra Raj Sharma	1	1	1	1	1	1	1	1																								8
100	Suresh Chandra Lakhe	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	29	
101	Sushil Upadhyay	1																															1
102	Tirtha M. Shakya		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	28	
103	Tulsi Neupane	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	28	
104	Vishnu Dhittal							1	1	1	1	1	1	1	1	1	1	1	1	1	1												13
105	Yadav Kunwar																										1						1
106	Yagya B. Shrestha									1	1	1	1	1	1	1	1	1	1	1	1	1	1	1				1	1	1	1	1	19
107	Yogendra P. Dhakal	1																															1
	Total	27	26	29	31	28	30	37	38	39	42	41	34	38	38	39	40	41	42	44	43	38	40	39	40	43	45	39	41	39			

Rotary Club of Patan Current Members: 2013-14

SN	Name	85/86	86/87	87/88	88/89	89/90	90/91	91/92	92/93	93/94	94/95	95/96	96/97	97/98	98/99	99/00	00/01	01/02	02/03	03/04	04/05	05/06	06/07	07/08	08/09	09/10	10/11	11/12	12/13	13/14	PHF Status	Yrs. in RCP	Date of Birth	
1	Bajracharya Bijay	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	MPHF	29	23 Aug		
2	Bajracharya P. Bajra																				1	1	1	1	1	1	1	1	1	1	MPHF+2	10	12 Dec	
3	Basnyat K. Bahadur																1	1	1	1	1	1	1	1	1	1	1	1	1	1	MPHF+1	14	8 July	
4	Dixit Kamal Mani	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	Maj.Don	29	2 Sept	
5	Gyawali C. Sekhar	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	MPHF	29	14 Nov	
6	Gyawali Lochan	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	PHF	29	12 Nov	
7	Halwai N. Govind		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	MPHF+4	28	4 Oct	
8	Joshi Bharat Narsing																		1	1	1	1	1	1	1	1	1	1	1	1	MPHF	12	16 June	
9	Kayastha Chandreakha																								1	1	1	1	1	1	MPHF+2	6	4 May	
10	Kayastha Matsyendra Lal	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	Maj.Don	29	25 May	
11	Lakhey Suresh Chandra	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	MPHF	29	15 Aug	
12	Maharjan Padam Lal																			1	1	1	1	1	1	1	1	1	1	1	MPHF	10	13 Feb	
13	Mallapaty Bijaya																								1	1	1	1	1	1	MPHF+2	6	9 May	
14	Mallapaty Gabriele																								1	1	1	1	1	1	MPHF+2	6	17 Dec	
15	Mathema Keshab B.													1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	MPHF+3	17	2 July		
16	Neupane Tuls P.	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	MPHF+3	28	20 Mar	
17	Nyachhyon K. Bahadur	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	MPHF	29	15 Jan	
18	Pajjiyar Dr. Nabal																											1	1	1	PHF	2	23 Nov	
19	Pandey Rabendra Raj				1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	Maj.Don	25	14 Dec	
20	Paneru Som																									1	1	1	1	1	1	PHF	5	1 Sept
21	Pradhan Shiva K.																								1	1	1	1	1	1	MPHF	5	2 May	
22	Prasai Sharda														1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	MPHF	15	14 June	
23	Rai Maj. Biswa Nath																				1	1	1	1	1	1	1	1	1	1	PHF	9	27 May	
24	Rajbhandary Siba Bhakta													1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	Maj.Don	16	11 June	
25	Rana Shreedhar Shumsher									1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	PHF	20	16 Aug	
26	Regmi Dr. Prakash Raj				1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	MPHF+5	21	30 June	
27	Sakya Tritha Man	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	MPHF+3	28	21 July	
28	Shakya Pushkar Man							1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	MPHF	22	14 Jan
29	Sharma Dr. B. Bandhu																										1	1	1	1	MPHF+1	4	2 June	
30	Shrestha Ganesh Raj							1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	MPHF+6	22	22 Oct	
31	Shrestha Jeevan Kumar																						1	1	1	1	1	1	1	1	1	PHF	8	6 May
32	Shrestha Kedar Bhakta																		1	1	1	1	1	1	1	1	1	1	1	1	MPHF+3	11	18 Jan	
33	Shrestha Khruschev																			1	1	1	1	1	1	1	1	1	1	1	MPHF	11	10 Mar	
34	Shrestha Kiran																							1	1	1	1	1	1	1	1	PHF	6	10 July
35	Shrestha Dr. M. Narayan																								1	1	1	1	1	1	1	PHF	6	1 July
36	Shrestha Santa Kumar						1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	MPHF+3	23	5 Nov	
37	Shrestha Yagya Bahadur							1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	PHF	19	8 April
38	Tamrakar Jamuna Krishna														1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	MPHF	15	17 Feb	
39	Thapa Lalita																											1	1	1	1	MPHF	3	19 Mar



Rotary Club of Patan (RCP)
PRAJAPATI
EDUCATION ENDOWMENT FUND
(PEEF)



Rtn. Narayan G. Halwai
Past President

***Prajapati Education Endowment Fund-
 Educatioin for Nepali Schhol Children***

Rotary Club of Patan (RCP), Nepal has been spearheading initiatives in the field of education for the last 23 years out of a commitment towards the intellectual development of the youth from the socially disadvantaged in the country. The Nepalese government had declared its commitment to free primary and, since a few years, secondary education for all and also to provide small grant to all girl students and students from Janjati communities. However, the government's coverage does not include all school related expenses. Therefore, in order to encourage lower-income families to continue sending their children to school, RCP initiated this programme. Some important highlights are summarized below:

A. Achievement of the Program

1. Rotary Club of Patan (RCP) established the "Prajapati Education Endowment Fund" (PEEF) in 1991 and simultaneously launched a scholarship programme to bridge the educational expenses gap for children from economically underprivileged families RCP implemented the scholarship programme 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 need-based assistance package has been offered on a staggering scale to take into account student's educational performance. From the school year 2011/2012, the package has been maximized for all (Rs. 1,500 per child), with higher amounts (Rs. 2,000 per child) to recognize students performing with distinction of 75% and more.
2. To date, 2150 students from 50 schools have been benefitted from this program, of which 58% girls. So far 733 have completed Class 10 receiving the support for 5 years. Currently about 700 students in 29 schools are receiving financial support.
3. Through generous donations from fellow Rotarians, friends and relatives of Rotarians, other charitable institutions and individuals, RCP has mobilized Rs 9,193,117 towards trust fund and annual contribution

of Rs 152,000 (as of June 30, 2013). A total of 187 individuals and institutions have supported the program as listed in Table 1. A sum of Rs 1,223,739 was mobilized in Year 2012-2013. Effort of PP Rtn. Siba Rajbhandary is commendable, who had mobilized 30 % of total fund and 75% fund mobilised in Year 2012-2013. The Trust fund is deposited as fixed deposits in financial institutions and interest from these fixed deposits together with annual contribution is used to support the students. As of June 30,2013, the amount of fixed deposits has reached to Rs 7,757,265 and saving account balance to Rs 4,85,417.

4. A total of Rs 1,091,900 is planned for distribution in School year 2013-2014, of which distribution is completed in 24 schools out of 29. Sixteen Rotarians, Annes and Office secretary were involved in distribution.
5. According to Auditor's advice, expenditures made from Trust Fund on projects (toilet and library) and scholarship distribution should be considered as loan to the Club and duly recovered. This has been accepted by the Club and will be implemented accordingly.

B. Management of the Scholarship Programme

6. Management: The Fund is managed by a RCP Committee which meets regularly to discuss policies and practices. Every 3-4 months a progress report, including detailed account 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. In addition to the resources, the donation of valuable time and expertise by the highly motivated Rotarians and their family members have ensured heavy reduction on overhead costs to manage this model scholarship programme. The RCP Management Committee of the PEEF is also looking into best options for investment of the Trust Fund in the context of fluctuating interest rates with a downward trend and the need to secure adequate funds to cover annual requirements.

7. Selection Criteria: Students are selected 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.

8. How Funds are Raised: A onetime contribution of NPR 20,000 or USD 250 supports one student's scholarship for perpetuity through interest earned from investing these funds in secured, maximum interest-bearing accounts by Rotary. With the growth in the number of students supported, RCP has decided to advocate only this mechanism (stopping any new annual contributions), as this ensures continuity of the scholarship programme.

9. 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 a statement of annual examination scores together with the student's receipt of scholarship money. In addition a photograph of the student is also sent wherever possible.

C. Issues

10 Management of the program - distributing scholarship to about 700 students in 29 schools, reporting to 187 individuals and institutions, management of trust fund and updating accounts, annual distribution of over

Rs. 10 lakh and maintain data base requires huge effort. Current management practice, which is continuing since last several years, must be improved with sharing of management responsibility by Committee members.

11. Club members have been requested to devote 2-3 days in a year in visiting schools and distributing scholarships. All members must feel that they will contribute their time to make the program a big success. It is an embarrassment when someone refuses to undertake responsibility.
12. The Committee has to manage Trust Fund which is over Rupees Nine million. Lowering of interest rate on fixed deposits and lack of confidence on financial institutions are issues to be addressed.
13. Annual support money of Rs. 1500 is a meager sum which needs to be increased through appropriate mechanism it have to be explored.

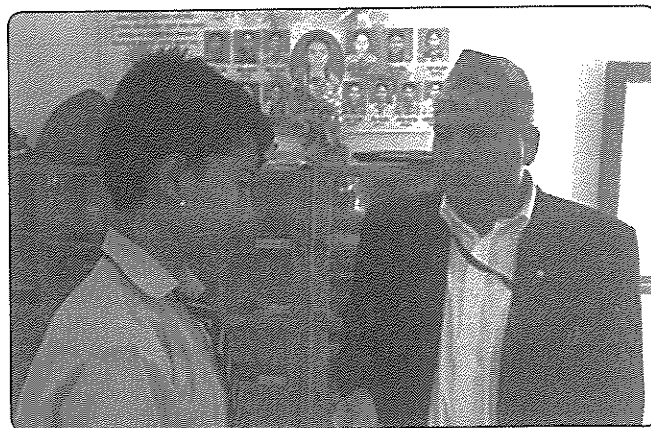
D. A Little Goes a Long Way

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.



Distribution of Scholarship in 2013 at Shree Chandri Secondary School.



Distribution of Scholarship in 2013 at Balkumari Secondary School, Sunakothi.

Prajapati Education Endowment Fund Contribution to Trust Fund (As of June 30, 2013)

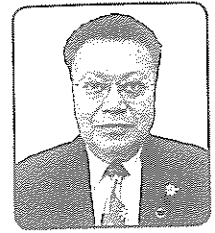
S.No.	Contributors	NRs
A. Initiators		
1	Rtn. Siba B Rajbhandary	163,795
2	International Ladies Bridge Club	30,000
3	Late Shailendra Kumar Upadhya	15,000
4	Late Mohan Narayan Shrestha	15,000
5	Dr. Shushila Pradhan	30,000
6	Rtn. Dr. Tulsi L Maharjan, USA	40,709
7	Mrs. Mary Pradhan, USA	38,290
8	Mrs Deepa Hada Rustum, USA	46,920
9	Mr. Yakshya B. Malla, USA	15,094
10	Late Kul Narayan Maharjan (Rtn. Tulsi's Father), USA	139,625
11	Mr. Obi & Mrs. Vibha Joshi, USA	14,400
12	Late Krishna Manandhar, USA	455,950
13	Late Hari Bhakta Dongol Scholarship, USA	148,000
14	Mr. Dillon Lal, USA	12,010
15	Sponsors for 3 orphan students, USA	52,550
16	Mrs. Prayog Man Pradhan, Australia	15,000
17	Grijesh Man Shrestha, USA	15,000
18	Harod Lall Rajbhandary, USA	15,000
19	Everest Bhakta Rajbhandary, USA	34,501
20	Late Laxmi Maya Maharjan, USA	37,550
21	Dr. Roji Rajbhandary, USA	15,000
22	RC Yala for Sankhu, USA	180,000
23	DG Rtn. Amitav Mukerjee, India	39,500
24	PDG Rtn. Shekhar Mehta, India	25,000
25	Rtn. Sushan Sola, USA	35,248
26	Mr. Keith Smith, Australia	95,525
27	Ms. Linda Starodub, USA	17,033
28	Mrs. Richard C. Goldman, USA	7,547
29	Prabhu Prabhakar, USA	867,265
30	Wen-Chinan Yang Memorial Scholarship, USA	148,000
Sub-Total Siba		2,764,512
31	Rtn. Sharda Prasai	150,000
32	Late Prajapati Prasai	14,000
33	Mr. Andre Gilloz, Switzerland	453,290
34	Mr Georges A Cuendet, Switzerland	381,227
35	Ms Veera & Mr C Trachaz, Switzerland	573,473
36	Mr Patric & Mrs Martine, Belgium	13,972
37	Mrs. Ines Ramaut, Belgium	28,488
Sub-Total Sharda		1,614,450
38	Rtn. Matsyendra Lal Kayastha	155,000
39	Rtn. Chandra Lekha Kayastha	15,000
40	Late Krishna Lal Kayastha (ML Kayastha' Father)	15,000
41	Late Amrit Kumari Kayastha (ML Kayastha' Mother)	15,000
42	Mr. Manish Kayastha (ML Kayastha)	60,000
43	Late Nanda Lal & Chiniya Devi Kayastha (MLK)	15,000
44	Late Mr&Mrs Singha Bir Kayastha (MLK)	15,000
45	Mrs Prasthana Shrestha Kayastha (MLK)	15,000
46	Mr. Kanhaiya and Mrs. Rohini Kayastha, USA	15,000
47	Mrs Mausami Kayastha Adcock, USA	32,725
48	Dr. Bruce Adcock, USA	17,700
49	Mr. Rayhan Kayastha Adcock, USA	15,000
Sub-total Matsyendra		385,425
50	Rtn. Narayan Govind Halwai	69,750

S.No.	Contributors	NRs
51	Anne Munu Rajkarnikar	15,000
52	Neeru Shakya	15,000
53	Rtn. Prahad Manandhar, Rc Patanwest	15,000
54	Rtn. Suresh+Dr. Indira, Rc Kath	30,000
55	Late Harkha Maya Rajkarnikar	100,000
56	Mr. Manish Rajkarnikar, USA	57,500
57	Heema Rajkarnikar Joshi, USA	15,000
58	Manish - Smriti Rajkarnikar, USA	30,000
59	Shubha Rajkarnikar Shrestha, Australia	15,000
60	Anju, Saurav, Melbourne Friends, Australia	30,000
61	Darshan Shrestha, Australia	15,000
62	Smrity and friends, USA	15,000
63	Mr. S. Muramoto, Japan	10,000
64	Rtn. Jim Sinclair, USA	14,497
Sub-Total Narayan		446,747
65	Rtn. Ganesh Raj Shrestha	78,000
66	Mr. Yadav Kunwar	75,000
67	Mr. Bijay Nath Bhattarai	15,000
68	IW Bijaya Shrestha	15,000
69	Ujala Shrestha	15,000
Sub-Total Ganesh		198,000
70	Rtn. Kedar Bhakta Shrestha	15,000
71	Indra Jawahar Sahyog Guthi, IWC Shanti Mathema	15,000
72	Awohar Devi Shrestha	15,000
73	Mr. Season Shrestha, USA	10,388
74	Mr. Prem Raja Mahat, USA	10,388
75	Mr. Rajendra Shrestha, USA	10,388
76	Mr. Sanjeeb & Mrs Soni Shrestha, USA	25,158
77	Dr. Sanjeeb Shrestha, USA	60,000
78	Mr. Keshab Lal & Mrs. Ram S. Shrestha, USA	15,000
79	Mr. Shreedhar Lal & Mrs. Sudeshna Shrestha, USA	18,773
80	Mr. Bharat & Mrs. Baijanti, USA	14,770
81	Mr. Anuva & Mrs. Kraig Bonzek, USA	14,770
82	Mr. Raj Shrestha, USA	14,770
83	Mr. Nabin & Mrs. Agnes Shrestha, USA	14,770
84	Mr. Bikash & Mrs. Bijaya Shrestha, USA	7,161
85	Mr. Pankaz & Mrs. Monika Shrestha, USA	14,770
86	Dr. Sabin Shrestha, USA	14,770
Sub-Total Kedar		290,876
87	Rtn. Prakash R Regmi	45,000
88	IW Upasana Regmi	15,000
Sub-Total Prakash		60,000
89	Rtn. Rabendra R Pandey	15,000
90	Khagendra Piyush Education Guthi (Rtn. RR Pande)	15,000
91	Rtn. Robert Rose & Anne Gina, USA	15,000
Sub-total Rabendra		45,000
92	Rtn. Chandra Shekhar Gyawali	5,000
93	Mrs. On Oswin, Bachan & David Oswin's friends	75,000
94	Mr. Takashi Kawasaki, Japan	60,000
95	Dr. Iur. Karl-Heinz Loderle	82,386
Sub-total Chandra		222,386
96	Rtn. Piyush Bajracharya	45,000
97	Mr. Mandar Bajracharya, USA	24,860
98	Savita R Bajracharya, USA	15,000
Sub-total Piyush		84,860

S.No.	Contributors	NRs
99	Rtn. Keshav B Mathema	66,000
100	Mr. Varun Mathema, USA	30,000
101	Nick Symonds Foundation, USA	366,000
102	Mr. Chris & Mrs. Kathleen Davis, USA	126,902
	Sub-total Keshav	588,902
103	Rtn. Gabriele Mallapaty	30,000
104	Rtn. Bijaya Mallapaty	55,000
105	Ms. Smriti Mallapaty	15,000
106	Late Dilli Raj Uprety (Bijaya Mallapaty)	15,000
107	Mr. Roraj Pradhananga, USA	62,750
108	Mr. Ajaya Mallapati (Bijaya Mallapati), USA	30,000
109	Mrs. Bhawani Sapkota, USA	30,000
110	Mrs. Sujal Pant, USA	15,000
111	Shiva and Mangala Pradhananga, USA	45,000
112	Manuela Muckee	15,000
113	Surabhi Bhattarai	15,000
114	Mrs. Ilse Hahn, Germany	15,000
115	Mrs Catherine, USA	15,000
	Sub-Total Bijaya + Gaby	357,750
116	Rtn. Krishna B Basnyat	15,000
117	Late Mrs.Yasodhara Basnet	15,000
	Sub-total Krishna	30,000
118	Rtn. Mukti Narayan Shrestha	20,000
119	Anne Prabina Shrestha, Inner Wheel Club	45,000
	Sub-Total Mukti	65,000
	Padma Lal Maharjan	
120	Mr. Sanu Maharjan (Padam Maharjan)	15,000
121	Mrs Lanthakuwn (Late) (Padam Maharjan)	15,000
122	Mr. Pascal Maharjan (Padam's son), USA	15,000
123	Mr. Pankaj Maharjan (Padam's son), USA	15,000
124	Mr. Poonam Maharjan (Padam's daughter), USA	15,000
125	Ms Ayumi Ishikawa Maharjan, USA	20,000
126	Mrs Emi Kawasaki Maharjan, USA	15,000
	Sub-Total Padma	110,000
127	Late Krishna Bdr + Mrs Sulochana Pradhan	15,000
128	Mr Mahesh & Mrs Sandhaya Pradhan	15,000
129	Mr Sarosh & Mrs Rajshree Pradhan	15,000
	Sub-total Krishna	45,000
	Rtn. Puskar Man Shakya	
130	Madam Teresa Cruz, Portugese Consular	112,767
131	Ms Rita Jefer Weber, Switzerland	11,000
132	Mr. Andre De Jonckheere, Belgium Consular	10,000
	Sub-total Puskar	133,767
	Sub-total from Initiators	7,442,675
	B. Individual Contributors	
133	Rtn. Kamal Mani Dixit	108,500
134	Rtn. Santa Kumar Shrestha	25,111
135	Rtn. Kamal B Nyachhyon	15,000
136	Rtn. Suresh Lakhe	77,000
137	Rtn. Tirtha M Shakya	15,000
138	Rtn. Tulsi Neupane	15,000
139	Rtn. Shreedhar Shumsher JBR	15,000
140	Rtn. Jamuna K Tamrakar	76,500
141	Rtn. Bijay Bajracharya	1,000
142	Rtn. Biswa Bandu Sharma, Dr	15,000
143	Rtr. Club of Patan including Vocational Fund	439,074

S.No.	Contributors	NRs
144	Mr. Shreedhar Acharya	71,000
145	Mr. Chandra P Maskey, Dr	15,000
146	Mr. Chirinjibi Acharya	15,000
147	Mr.. Bhism R Prasai	15,000
148	Mr. Karna B Shakya	15,000
149	Mr. Madan Rai	15,000
150	Mr. Ram Singh Thapa	15,000
151	Mr. Gyanu R Shakya	15,000
152	Dr. Prachanda Pradhan	30,000
153	Samjhouta Nepal	340,000
154	Inner Wheel Club of RCP	240,000
155	PDG Late T Manekshaw	25,001
156	Mr. Moti L Shilpakar	13,000
157	Saheed Dharma Bhakta Mathema (Renu's Father)	15,000
158	Mr. Om Rajbhandary	6,000
159	Late Vishnu P Dhittal	6,000
160	Rtn. Siddhi Bahadur Shakya	3,000
161	Mr. Dhruva Thapa	1,000
162	Mr. Dhruv Bahadur Raut	1,000
163	Mr. Sagar Shumser JB Rana	5,000
164	Rtn. Kiran, Arti, Usha, Ava Shrestha	15,000
165	Govind Pratisthan (Rtn. Iswor Pradhan)	15,000
166	Rtn. Shiyo Kaju Netsu, Japan	5,000
167	Rtn. Denik Jrak, Belgium	1,000
168	Rtn. Gale Jones, New Mexico, USA	14,807
169	Alan Cope, Isle of Man, UK	1,000
170	Rotary Club FUKII, Japan	35,449
	Sub-total Individual Contributors	1,750,442
	Total Contributions	9,193,117
	Annual Contributors	
1	Rtn. Matsyendra Lal Kayastha	9,600
2	Late Yasodhara Basnet	1,600
3	Rtn. Kedar Bhakta Shrestha	3,200
4	Rtn. Bharat Narsingh Joshi	1,600
5	Rtn. Chandra Shekhar Gyawali	25,600
6	Rtn. Bhim Bahadyr Kshetry	6,400
7	Rtn. Puskar Shakya	3,200
8	Rtn. Yagya B ahadur Shrestha	3,200
9	Late Krishna Gongol	1,600
10	Late Bhumati Devi Gongol	1,600
11	Khagendra Piyush Education Guthi	14,400
12	Bokram Bahadur Kshetry, India	16,000
13	Rotary Club of Branchburg, USA	48,000
14	Megha Kayastha	1,600
15	Rtn. Biswa Nath Rai	3,200
16	Rtn. Matsyendra-Chandralekha Kayastha	8,000
17	Dr. Sumi & Subun Shrestha, USA	3,200
		152,000

TIPS TO PREVENT CANCER



Rtn. Matsyendra L. Kayasitha
Past President

There are many causes of cancer, but there is only one prime cause...the lack of oxygen at the cellular level. While you can't always prevent it, you can lower your chances of getting it.

Here are some steps that you can take today to possibly prevent cancer.

1. Do not smoke or quit smoking

- Smoking has been linked to various types of Cancer - including lung, bladder, cervix and kidney. 90% of lung cancer cases are related to smoking. More than 250 chemicals in smoke are known to be harmful, and at least 69 are known to cause cancer. The earlier smoking is stopped the better it is.
- Do not chew tobacco as it has been linked to cancer of oral cavity and pancreas.
- Do not expose yourself to second-hand smoke as it increases the risk of lung cancer. Second-hand smoke has higher concentrations of cancer-causing agents (carcinogens) than mainstream smoke.

2. Do not over expose in the sun

- Over exposure in the sun especially between 10 a.m. to 4 p.m. is risk to melanoma and other skin cancers. Skin cancer is one of the most common kind of cancer and most preventable.
- However, Vitamin D, which you get from exposure to sunshine (around 15 minutes a day) and from vitamin D-fortified milk and other foods, has anti-cancer properties. Vitamin D is an essential vitamin the body needs to regulate the amount of calcium and phosphorus in the body.
- Vitamin D is necessary for the best functioning of the immune system—it causes early death of cancer cells.

3. Eat a healthy diet

- Eat plenty of fruits, vegetables and other foods from plant sources - such as whole grains and beans.
- A healthy diet lowers the risks of cancers of the breast, prostate, lung, colon, rectum, stomach and pancreas. Eat a balanced and varied diet.
- Limit consumption of red meat and fat, particularly from animal sources. Red meat contains much more fat than poultry or fish. High fat diets tend to be higher in calories and may increase the risk of overweight or obesity - which in turn can increase risks of bowel, pancreas, esophagus, kidney and breast cancers.

- Avoid processed foods, charred foods and hydrogenated oils.

4. Do not drink or drink less alcohol

- Excessive alcohol consumption is linked to oral cancer, cancer of voice box (larynx) or pharynx (back of the mouth), esophagus, liver, bowel cancer (specially in men) and breast cancer (in women). Women should not drink more than 1 and men more than 2 units in a day. One standard drink is any drink that contains 0.6 fluid ounces (14 grams) of pure alcohol = a glass of wine (142 ml), one bottle of beer (341 ml), or a shot of hard liquor (43 ml).
- Though moderate alcohol can be beneficial in preventing heart disease, if your goal is to limit cancer risk, it is recommended you avoid alcohol completely.

5. Get at least 30 minutes of activity everyday

- Being physically active lowers risks of colon cancer and may lower risk of breast and other cancers.
- Keep a physically active lifestyle. You don't need to be an athlete to get the benefit of exercise. Activities such as brisk walking, biking, dancing or any exercise will be beneficial.
- Exercise boosts your immunity and lowers your risk of cancer by reducing elevated insulin levels. This creates an environment in your body that discourages the growth and spread of cancer cells.
- Keep your weight in the normal range for your height. That means keeping to a body mass index (BMI) of 25 or less.

6. Protect from Sexually Transmitted Infections

- Sexually transmitted infections cause cancers of the cervix, vagina, anus and liver.
- Be in a mutually monogamous relationship with a partner who is not infected by human papilloma virus (HPV).

7. Drink clean water

- Although drinking fluids is absolutely crucial to good health water is often the healthiest - certainly the lowest calorie.
- Drinking plenty of water and other liquids stimulates the immune system, removes waste and toxins and reduces the risk of cancer, especially bladder cancer by diluting the concentration of cancer-causing agents in urine and helping to flush them through the bladder faster.

8. Reduce salt

- **Limit salt intake.** Too much salt in the diet is a risk for stomach cancer. Daily intake should be below 2400 mg. Processed food products; canned foods and processed meat are mostly loaded with salt and preservatives.
- Reducing sodium intake can help our heart and reduce cancer risk.

9. Minimize use of refined sugar

- Research has shown that sugar blocks the absorption of calcium and produces a low oxygen environment. Cancer cells thrive in this high sugar-low oxygen environment but cannot exist in the opposite condition of high oxygen-low sugar mode of healthy cells.
- Processed sugar is extremely acidic. Cancer thrives in an acidic environment, and doesn't survive in a normal, more alkaline environment. Cancer cells make your body even more acidic as they produce lactic acid. So if you have cancer, your pH levels are low and your body is too acidic. Taking action to make your body more alkaline is vital in the battle against cancer.
- Too much processed sugar suppresses your immune system's manufacture of killer cells and antibodies.
- Processed sugar depletes Vitamin B that is needed by the liver to detoxify it. The liver is the most important organ when it comes to healing the body.

Some foods that may help prevent Cancer

- **Teas:** Green Tea and Black tea contain certain antioxidants known as polyphenols (catechins), which appear to prevent cancer cells from dividing. Green tea is best, followed by our more common black tea. Green tea keeps the heart diseases at bay, raises body's immune system, lowers risk of cancer and lowers glucose and cholesterol levels.
- **Apples:** It has lots of fiber, vitamins, minerals and antioxidants like quercetin that protect from free radical damage.
- **Berries:** Blueberries, Acai Berries, Raspberries, Strawberries and Cranberries have phytochemicals that protect against numerous types of cancer. Most berries contain ellagic acid and other polyphenol antioxidants that inhibit tumor growth.
- **Garlic:** Garlic has strong anti-cancer benefits. Two active ingredients in garlic, allicin and allyl sulfur prevent and fight cancer. Garlic is particularly protective against stomach, gastric and colon cancers.
- **Onions and Leeks:** Consumption of onions and leeks reduces risk of many common cancers.
- **Cruciferous vegetables:** These vegetables namely broccoli, cabbage and cauliflower are rich in anti-carcinogens.
- **Tomatoes:** Lycopene, the active chemical in tomatoes, lowers the risk of many different cancers, particularly prostate, breast and colon cancer.

- **Carrots:** It contains a lot of beta-carotene, which may help reduce a wide range of cancers including lung, mouth, throat, stomach, intestine, bladder, prostate and breast. Along with carrots, pumpkins, squash, red and yellow peppers, and sweet potatoes, are also excellent sources of beta-carotene. Eaten regularly these powerhouses may help reduce the risk of many types of cancer through their potent antioxidant capacity.
- **Grapes:** The hype about red wine centers on an antioxidant called resveratrol that is present in grapes and grape juice. Eating grapes can also lower cholesterol levels, reduce incidence of allergies and help promote an efficient circulatory system.
- **Soya:** The active ingredient in soy is genistein, which is a phytoestrogen that protects against hormone-dependent cancers (namely Prostate, Breast).
- **Turmeric:** It fights cancer because of an active ingredient, curcumin, which is a powerful antioxidant. Antioxidants may slow or prevent the development of cancer.
- **Spinach:** Some of the glyconutrients from spinach inhibit destruction of DNA, cancer cell growth, and tumor growth. Packed with lutein and vitamin E, both powerful antioxidants, spinach helps ward off cancer of the liver, ovaries, colon, and prostate. Other dark green and leafy organic vegetables are also rich in antioxidants that can help prevent cancers.
- **Walnuts:** Their phytosterols (cholesterol-like molecules found in plants) have been shown to block estrogen receptors in breast cancer cells, possibly slowing the cells' growth. It helps fight breast and prostate cancers.
- **Pomegranate:** This is highly recommended for preventing breast cancer. It contains polyphenol, an ellagic acid, with anti-oxidant properties that prevent cancer growth.
- **Beans and Lentils:** Beans and lentils contain numerous phytochemicals that have been shown in the laboratory to slow or prevent damage to the DNA, the basis of cancer. The added benefit comes with the fiber, associated with lower risk of digestive cancers such as colon cancer.
- **Oranges and lemons:** They contain limonene, which stimulates cancer-killing immune cells (lymphocytes) that may also break down cancer-causing substances.

There are many other foods such as olive oil and fatty fishes (wild salmon, trout, cat fish, etc.) that have also shown to help prevent cancer. Clean environment and less stressful life are also associated with reduced cancer risk.

Promotion of healthy dietary habits and life styles, physical exercise, maintaining healthy body weight, eating foods in their near-natural states, though demanding, are perhaps the right answer for cancer prevention.

Disclaimer: The above information is useful to many and is based on intensive self study especially available in the Internet and published on the understanding that users exercise their own skill and care with respect to its use and writer shall not be held responsible



नेपालमा भोलुङ्गे पुलको विकास



- रो. जीवन कुमार श्रेष्ठ

मनोरम हिमश्रृंखलाको काखमा रहेको नेपाल अधिराज्य प्राकृतिक विविधताले भरिपूर्ण छ । केवल १७० कि.मी.को दूरी भित्र दक्षिणमा समुद्री सतहदेखि ७० मी. उचाईको समथर भू-भागदेखि उत्तरमा ८८४८ मिटर अग्लो विश्वको सर्वोच्च शिखर सगरमाथा सहितको हिमश्रृंखला रहेको छ । यति छोटो दूरी बीच अत्यन्त भिरालो भू-बनोटको बीचबीचबाट करिब ६ हजार जति वर्षायाममा तर्ने नसकिने खालका नदी-नाला, खोला, खोल्साहरू बगेका छन् जसले कैयन् समुदायलाई एक अर्काबाट सम्पर्क विहिन बनाइएको छ । गर्मी मौसममा हिउँ परिलेने र वर्षायाममा ५००० मी.मी. सम्म पनि मनसुनी वर्षा हुने ठाउँहरू भएकोले यी नदीनालाहरूमा अनियन्त्रित रूपले बाढी आउने, हिमश्रृंखला तुलनात्मक रूपमा नविनतम भएकोले बारम्बार पहिरो, भूकम्प जाने भएकोले यहाँ सडक निर्माण गर्न निकै चुनौतीपूर्ण र बढी खर्चिलो साबित भएको छ । जसको कारणबाट पहाडी तथा हिमाली क्षेत्रका सदरमुकाम बाहेकका बहुसंख्यक वस्तिहरूमा सडक यातायात पुग्न सकेको छैन । भू-वनोट र भौगर्भिक चुनौतीका कारण ती क्षेत्रलाई आगामी धेरै वर्षसम्म पनि सडकबाट जोड्न नसकिने स्पष्ट नै छ । तसर्थ त्यहाँका बासिन्दाहरू गोरेटो, घोडेटो बाटोमा नै निर्भर रहन बाध्य छन् फलस्वरूप भोलुङ्गे पुलहरू अभिन्न अंग बन्न पुगेको छ । त्यसैले नेपालमा लामो तथा छोटो भोलुङ्गे पुलहरू वार्षिक रूपमा करिब ४०० गोटा बन्ने गरेका छन् । भोलुङ्गे पुल नीतिमा उल्लेख भए अनुसार १ घण्टा फेरोको दूरीमा १ वटा भोलुङ्गे पुलको सुविधा उपलब्ध गराउँदा नेपालमा भएका करिब ६ हजार नदीनालामा अझ ठूलो संख्यामा भोलुङ्गे पुलहरूको निर्माण हुन आवश्यक देखिदा यो कार्यक्रमलाई क्रमिक रूपले अझै लामै समयसम्म जारी राख्न जरुरी छ ।

भोलुङ्गे पुल निर्माणको क्रमागत विकास

नेपालमा पहिलो आधुनिक भोलुङ्गे पुलको निर्माण बीसौं शताब्दिको शुरुमा (सन् १९०३ मा श्री ३ चन्द्र शमशेरको पालामा) स्कटल्याण्डबाट आयात गरी केही सदरमुकामहरू र व्यापारिक स्थानहरूलाई जोड्ने मुख्य मार्गहरूमा बनेका काला स्कटीस पुलहरू नै भएको हुन् भन्न सकिन्छ । यस्ता पुलहरू देशभरी सन् १९५० सम्म करिब ३० वटा जति निर्माण भएको थियो । मानिसहरू सामाजिक प्राणी भएकोले त्यसलाई कुनै चीजको आवश्यक भएपछि नयाँ-नयाँ प्रविधिहरूको विकास गर्दै जान्छन् । यसै सन्दर्भमा देशका सानातिना खोलानालाहरू तर्नको लागि शुरुमा ठूला-ठूला लामा काठका मुढाहरूको प्रयोग गर्दै पछि गएर

बाँस र काठका Cantilevers हरू बनाई तर्ने उपाय प्रयोग गर्थे । ठूला र फराकीला नदिहरू तर्न त्यसबेला ज्यादै कठिनाई थियो । ती नदिहरू तर्नुपरेमा टुईनको प्रयोग गर्थे जुन अझ पनि देशका विकट र पिछडिएको क्षेत्रहरूमा प्रयोग गर्नुपरेको छ । गाउँघरमा कामीहरूको प्रयोग गरी फलामका चेनहरू बनाई केही समयको लागि स्थाई रूपमा भएपनि Safe Crossing हरू बनाउन थाल्यो । विकासको क्रममा फलामका लड्डाहरू पाउन थाले पछि चेनको ठाउँमा लड्डा प्रयोग हुन थाल्यो । बाग्लुङ तथा केही जिल्लाहरूमा स्थानीय रूपले निकै अघि देखि नै यस किसिमको प्रविधि प्रयोग गरी भोलुङ्गे पुलहरू निर्माण भएको पाइन्छ ।

२००७ साल पछि देशमा क्रमबद्ध योजनाको विकास शुरु भयो । २०१५ (सन् १९५८) सालमा अमेरिकन संस्था United State Operation Mission मार्फत पैदल यात्रीको लागि भोलुङ्गे पुल निर्माण कार्यक्रम शुरु गर्‍यो । २०१७ (सन् १९६०) सालमा स्वीस सरकारले भोलुङ्गे पुलको निर्माणमा सहयोगको हात बढायो । २०१७ देखि २०२१ (सन् १९६०-६४) सम्म स्वीस ईन्जिनियरहरूले अमेरिकनहरूसँग मिलेर भोलुङ्गे पुल बनाउन शुरु गर्‍यो । त्यसपछि योजनाबद्ध रूपमा भोलुङ्गे पुलको निर्माण थालनी हुन थाल्यो । यस्ता अझ व्यवस्थित र योजनाबद्ध रूपमा लैजान Mission कै सल्लाहमा वि.सं. २०२० सालमा सस्पेन्सन् बृज डिभिजनको स्थापना भयो र निरन्तर भोलुङ्गे पुल निर्माणको मेस्दण्डको रूपमा उच्च प्रविधियुक्त भोलुङ्गे पुलहरू निर्माण गरिरहेको छ । स्वीस सरकारले पनि हेल्भेटास मार्फत वि.सं. २०२९ (सन् १९७२) देखि यो सेक्टरमा सहयोगको थालनि गरेर शसक्त रूपमा हालसम्म पनि निरन्तरता दिइरहेको छ ।

२०५४ सालसम्म करिब ७ सय भोलुङ्गे पुल निर्माण भएका थिए भने क्षेत्रगत अवधारणा लागू भएको आर्थिक वर्ष ०६२/६३ सम्ममा २२ सय भोलुङ्गे पुल निर्माण भएको तथ्याङ्क छ । हालसम्म ५ हजार ३ सय भोलुङ्गे पुल निर्माण भइसकेका छन् भने ४ सय ४२ भोलुङ्गे पुल निर्माणाधिन अवस्थामा छन् । सरदरमा दिनको एउटा भोलुङ्गे पुल निर्माण सम्पन्न हुने गरेको अवस्था छ । भोलुङ्गे पुलको संख्या पाँच हजार पुगेको अवसरमा सरकारले गत आर्थिक वर्ष २०६९/७० भरी नै विभिन्न कार्यक्रम गरी भोलुङ्गे पुल उत्सव मनाएको थियो ।

विगतमा एकै किसिमको प्रविधियुक्त पुलहरूको निर्माण भई आएकोमा हाल आएर LSTB (Long Span Trail Bridge); SSTB (Short Span Trail Bridge) र ट्रस बृज गरी तीन किसिमका

प्रविधिहरू अपनाई भोलुङ्गे पुलहरूको निर्माण गरिने गरिएको छ । LSTB प्रविधि अन्तर्गत परम्परागत रूपमा सस्पेन्सन बृज डिभिजनले निर्माण गर्दै आएका उच्च प्रविधियुक्त (१२० मी. भन्दा बढी लम्बाई) भोलुङ्गे पुल बुकिन्छ भने SSTB प्रविधि अन्तर्गत मुख्यत बाग्लुङ्ग प्रविधिलाई विकास गरी बनाइएको Low Cost तथा १२० मी. भन्दा कम लम्बाईका भोलुङ्गे पुल बुकिन्छ । ३२ मिटर लम्बाईसम्मको ठाउँमा ट्रस बृजको डीजाइन गरिन्छ । यी तीनै प्रविधिको लागि आवश्यक पर्ने सम्पूर्ण Survey Manuals, Design Manuals, Construction Manuals तथा Social Mobilization Manuals तथा Drawings हरू तयार गरी प्रचलनमा ल्याइएको छ । भोलुङ्गे पुलको प्रविधिको हकमा नेपाल विश्वमै अग्रणी भूमिका खेल्न सक्ने स्थितिमा रहेको छ । हाल नेपालको भोलुङ्गे पुल प्रविधि भुटान लगायत अफ्रिकाका कैनन देशहरूमा (जस्तै इरिट्रीया, तान्जानिया, इथियोपिया आदी) समेत निर्यात भएको छ ।

भोलुङ्गे पुल निर्माणमा संलग्न निकायहरू

सस्पेन्सन बृज डिभिजन: सन् १९६४ मा सार्वजनिक निर्माण विभाग गठन भई सन् २००० मा सडक विभागबाट स्थानीय पूर्वाधार विकास तथा कृषि सडक विभाग अन्तर्गत रही देशकै सबैभन्दा लामो पुलहरू (कमला नदि भोलुङ्गे पुल, सिन्धुली र उदयपुर, दोधारा चाँदनी मल्टी स्पान भोलुङ्गे पुल, कन्चनपुर) लगायत हालसम्म करिब ८०० पुलहरू निर्माण गरेको ।

KAAA BGN (Kadoori Agricultural Aid Association British Gurkha Nepal) British Gurkha Welfare Scheme को शाखा, विभिन्न जिल्लाहरूमा आफै सम्भाव्यता अध्ययन गरी आफै निर्माण गर्दछ । SBD Manual Basic Reference Document र सामान्यतया १०० मी. भन्दा छोटो पुलहरू निर्माण गर्दछ । हालसम्म करिब ३०० वटा पुलहरू निर्माण गरेको ।

दुर्गम क्षेत्र विकास समिति

२२ अति दुर्गम जिल्लाहरूमा अन्य कार्यको साथै जि.वि.स. मार्फत हालसम्म करिब १६० वटा भोलुङ्ग पुलहरू निर्माण गरेको ।

CARE Nepal

अन्य कार्यको साथै पहाडी जिल्लाहरूमा भोलुङ्गे पुल निर्माणमा संलग्न हालसम्म करिब ७० वटा पुलहरू निर्माण ।

KLDP/TBBP/SNV

दुर्गम क्षेत्र विकास समिति मार्फत् TBBP र KLDP कार्यक्रममा कर्णाली अञ्चलमा १५ वटा भोलुङ्गे पुल निर्माण ।

SDC/Helvetas

एस.डि.सि./हेल्भीटासले सस्पेन्सन बृज प्रोग्रामबाट SBD संग र BBL Program बाट DDC संग संयुक्त रूपमा करिब ३५०० भोलुङ्गे पुलहरू निर्माण ।

जिल्ला विकास समिति

जि.वि.स.ले स्थानीय पुल कार्यक्रम, जि.वि.स. कोष, BBL,

RADC, SNV, CARE संग संयुक्त रूपमा भोलुङ्गे पुलहरू निर्माण गर्दछ ।

USADP (Upper Sagarmatha Agriculture Development Project)

यु.एस.ए.डि.पि. (USADP) ले कृषि मन्त्रालय अन्तर्गत रही सोलुखुम्बु, ओखलढुंगा र खोटाङ जिल्लाहरूमा १९९८ देखि २००० सम्म ए.डि.वि. (ADB) को सहयोगमा करिब ५७ पुलहरू निर्माणमा संलग्नता ।

अन्य निकायहरू

GTZ (Gorkha Development Project), Red Berna, USC Canada, (ILO), Peace Crops Volunteer, Red Cross, Annapurna Conservation Area Project, Plan International, Various Integrated Development Project, Action Aid, Embassies, Japan Government (Steel Deck & Wire Ropes).

Fact & Figure

सबै भन्दा लामो भोलुङ्गे पुल: दोधारा चाँदनी मल्टी स्पान भोलुङ्गे पुल, कञ्चनपुर, स्पान: १४५२.९२ मीटर, महाकाली नदी, टावर: ८ वटा, बाटोको चौडाई: १.६० मी. ।

सस्पेन्सन बृजमा सबै भन्दा लामो स्पान भएको: कमला नदि भोलुङ्गे पुल, सिन्धुली र उदयपुर, स्पान: ३५० मीटर ।

सस्पेन्डेड बृजमा सबै भन्दा लामो स्पान भएको: बुंवाजोर भोलुङ्गे पुल, खोटाङ, स्पान: ३५० मीटर, सुनकोशी नदी ।

सबै भन्दा बढी उचाईमा रहेको भोलुङ्गे पुल: चुलिलेडर भोलुङ्गे पुल, मनाङ, स्पान: ८५ मी., सस्पेन्डेड, ४२०० मी. उचाईमा रहेको ।

सबै भन्दा विकट ठाउँमा रहेको भोलुङ्गे पुल (भरिया दिन अनुसार): हिल्सा भोलुङ्गे पुल, हुम्ला, स्पान: ११७.४० मी., सस्पेन्सन, कर्णाली नदी, २२ भरिया दिन लाग्ने ।

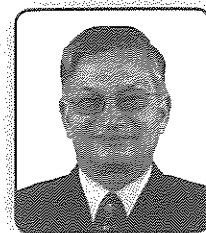
सबै भन्दा अग्लो भोलुङ्गे पुल: पर्वतको कुस्मा बजार र म्याग्दी जोड्ने भोलुङ्गे पुल नदीको सतहबाट १ सय ३५ मिटर ।

लामो तरीका भोलुङ्गे पुलहरूमा दिनको ४०० जना र छोटो तरीकामा १५० जना मानिसहरू आवत-जावत गर्छन् भन्ने अनुमान मात्र गरे पनि देशभरीका ग्रामिण इलाकामा एकै दिनमा करिब ९ लाख जना जति मानिसहरू यी ५३०० वटा पुलहरूबाट ओहोरो-दोहरो गर्दा रहेछन् । त्यसै गरी करिब १ लाख जनावरहरू एकदिनमा आवत-जावत गर्ने अनुमान गरिएको छ । साथै सबै पुलको लम्बाई जोड्यो भने करिब ३७० कि.मी. भन्दा बढी हुने अनुमान गरिएको छ । सबैभन्दा बढी SDC/Helvetas/ BBL मार्फत बनेका छन् भने दोश्रोमा Suspension Bridge Division मार्फत बनेका छन् । अब आएर विकेद्रीकरणको सिद्धान्त अनुरूप जिविसहरूले पनि भोलुङ्गे पुलहरू निर्माण गर्न थालेका छन् ।



ROTARY E-CLUB

A CHANGE WITH TIME



Rtn. Siba B. Rajbhandary
GSR

"This is a changing world and we must be prepared to change with time." --Paul Harris

A 2010 Council on Legislation enactment recognized Rotary e-clubs as part of Rotary International, following a six-year pilot phase. As of 1 July 2010, RI had 12 e-clubs, all of them chartered during the pilot. Today the number of clubs has grown to around 120. While initially, RI Bylaws allowed only two e-clubs per district, the 2013 Council on Legislation has removed this restriction and districts can now have any number of clubs, thus opening up the space to e-clubs.

The E-Club in Nepal: with initiatives undertaken by a few ex Rotaractors, led by the past DRR Anil Shrestha, the Council of Governors agreed to the formation of an e-club in RID 3292 in 2012. With the decision by Rotary Club of Patan to sponsor an e-club and nomination of a Governor's Special Representative (GSR) by DG (2012-13) Rtn Yogendra Man Pradhan gave momentum to the e-club formation process. Thanks to Rtn William Ma for completing the Survey, a basic requirement for formation of a club. Although initially, many youths, including those staying abroad and Rotary family members had shown an interest in joining e-club, charter membership was limited to 20 (4 female), following vigorous selection process. The club was registered in Rotary International on 31 May 2013 and DG Dilendra Raj Shrestha and IPDG jointly presented the Charter to Charter President Anil Shrestha, on 13 July 2013, amidst a function organised by RC Patan, the sponsoring club.

What is e-Club: Rotary e-club is essentially the same as any other rotary club. It follows the same policies as all Rotary clubs. It meets weekly, performs service projects in communities, participates in the Rotary Foundation programmes and enjoys fellowship among its members. The only difference is that an e-club conducts its weekly meeting on line, in the club's website. The official meeting time is considered to be when the webmaster or club secretary posts material for weekly discussion. Members may attend meetings at any time and any day of the week (24/7) by accessing the site at their convenience. E-club members can also discuss the item and any other club business through a chat room feature or other means. Although all Rotary e-clubs meet weekly and conduct business online, some e-clubs do, in addition, meet in person at various times throughout the year; Rotary e-club of District 3292 also will have physical meetings once a month, in the initial stage, which should contribute in increasing fellowships as well.

Because the meeting venue is on a website, e-club must have: Online meeting software to host a meeting and a dedicated website. The membership in an e-club requires a basic Internet skill, including the ability to navigate websites with ease. In addition, it is critical that at least one of the founding members of the club be highly proficient in the design and maintenance of the club's website. While locality is considered worldwide, most of the initial members of the club will most likely come from the district in which the club is founded; currently, our club has 18 members from Nepal and two based in USA. While members can come from any country where Rotary currently exists, the RI Board has stated that members cannot be based in any country where Rotary does not have a current presence.

Opportunities the e-club adds: Rotary e-club extends Rotary to business, professional and community leaders in any Rotary District who are unable to meet traditional attendance requirements. Inability to attend a traditional Rotary club could be the result of demanding business or professional commitments, extensive travel, confinement due to ill health or disability, or residence beyond reasonable distance from an existing Rotary club. Rotarians who miss their regular club meetings may make-up by attending an e-club meeting online. The website to visit in our e-club for make-up is: www.rotaryeclub.org.

In conclusion: Given the fierce competition for time in today's rushed world, it is likely that the coming generations are going to be more interested in e-clubs; in view of the global average age of Rotarians, importance of the NEW GENERATION joining Rotary cannot be over emphasized. Similarly, others who are interested in social service, but do not want to commit a definite time once a week, would find e-club an avenue to render such service and join Rotary. E-club could therefore serve as an important instrument to increase membership also, which has been staggering at 1.2 million for decades. Paul Harris must have seen the need for flexibility in Rotary and thus said "This is a changing world and we must be prepared to change with time".

RCP is privileged to be i) the first club in our District and ii) among around 115 clubs (out of 34000 clubs globally) to sponsor an e-club; this e-club has also placed RID 3292 among 115 RI Districts (out of 534 Districts) to have an e-club. Performance of our first e-club will be a determining factor in the future development of e-club movement in the District. Onus now is on the sponsoring Club and RI District to nourish this e-club and ensure its success. ♦♦♦

REVIVAL OF SAJHA YATAYAT



Rtn. Padam Lal Maharjan
Executive Officer
Sajha Yatayat

After the revival of Sajha Yatayat as a Cooperative, it has started its services from Baishakh 1, 2070.

Sajha Yatayat is a cooperative public transportation organization established in 1961/1962 to provide efficient and affordable public transportation to commuters in Kathmandu Valley, as well to inter-district travelers. In the last decade, the organization suffered some institutional turbulence, but now it has been revived as a cooperative with the participation of the Government of Nepal. Our goal is to provide public transport that is efficient, reliable and affordable.

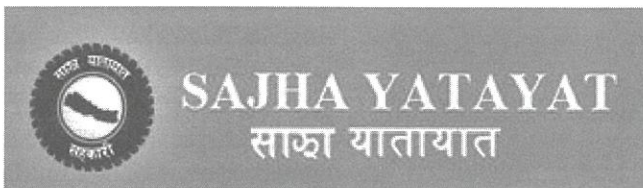
Our mission statement is as follows: "To be the leading transport agency providing affordable, efficient and safe mode of urban and inter-district public transportation services in Nepal, as well as flag-carrier cross border service to regional cities."

Our initial task in reviving services is to relieve the traffic congestion in Kathmandu Valley, in a manner that will help commuters while at the same time helping the economy and the environment. We seek to provide exemplary service, seeking to extend it to other players in the transport sector by developing a network that has the interest in the public sector. In addition, we seek to expand services to districts, as well as flag-carrier services to cities in neighboring countries. We hope to work within the goals set by the Government of Nepal in cooperation and coordination with the private sector transport companies, to provide quality transport services to the citizens of Nepal.

Traffic congestion in Kathmandu Valley has become serious with frequent standstill of traffic for extended periods. This has significant costs in terms of lost time, missed appointments, needless wastage of fuel, obstructed commerce, air pollution and journeys that do not take place and also the revenue loss to operators despite of high operational cost due to low speed bus operation. Kathmandu Valley is in the phase of massive urbanization,

with the population expected to go up from the current 3 million to 4 million very soon. Efforts must be made by all the concerned authorities in ensuring easily accessible bus services that are safe, affordable, reliable, efficient, and comfortable for the passengers including the handicapped, women, senior citizens and school children.

It is in this context that efforts have been made to revive Sajha Yatayat and serve the high ideals of public transportation. As a cooperative that was established in the year 1961/1962 Sajha Yatayat provided the yardstick of public transportation for about three decades. In the 1990s, the company slowly weakened and ultimately confronted major operational problems and liquidated in Jan. 2002 which were revived with court order but only operated with few old buses. The turning point of Sajha Yatayat came from the beginning of 2011, when Mr Kanak Mani Dixit took over as elected Chairman of the Board of Directors of Sajha Yatayat Co-operative Ltd.



The broad objectives of Sajha Yatayat are:

- The short-term strategy of Sajha Yatayat is to revive its operations in Kathmandu Valley's urban space, with the aim of generating public goodwill as well as visibility, while maximizing the sustain ability factor before the organization enters into a more profitably restructured entity.
- The medium-term strategy of Sajha Yatayat includes expansion of urban services in Kathmandu Valley and other cities of Nepal; initiate inter-district transport services in Nepal; initiate flag-carrier services to neighboring countries; optimize the use of Company's infrastructure in Pulchowk and set up operations from cost-effective locations in Kathmandu Valley and in other cities.
- The long-term strategy of Sajha Yatayat is to provide multi modal (efficient diesel buses, electric trains and rails, tramways, rope ways, etc) transportation services and operate from various regions/provinces of Nepal.



Realizing the need for a clear policy for managing urban transport in a context of rapid population growth and urban development, in mid-2011 a strategy to revive Sajha Yatayat was developed and implemented by the Board of Sajha Yatayat. In February 2012, Mr Padam Lal Maharjan was appointed as an Executive Officer with challenging tasks to provide the public bus services in Kathmandu with a limited funds available with Sajha Yatayat. With the support from consultants and advisors, tender specifications were prepared and International Competitive Bidding (ICB) was floated and procured 16 buses. The seat capacity of the bus is 55 with 3 X 2 seating arrangements and 15 strap hangers for standing passengers. These buses are equipped with two CCTV cameras for the safety of the passengers and also one LCD Monitor in which Sajha Yatayat information, music, advertisements and awareness messages of public transport are displayed. Route permits were sought from the Department of Transport (DoTM) and 8 buses are operating currently in two trunk routes of Kathmandu valley. It is noteworthy that Public Bus Service Transportation was made available to the Tribhuvan International Airport after 12 years. The bus services are used by Air Travelers as well as airport and airline staffs. The bus fare is fixed as per the DoTM regulation and are NRs 10 for students / senior citizens with valid ID & current minimum normal bus fare is NRs 15 and one bus ride could be upto NRs 17 to NRs 20 at the maximum.

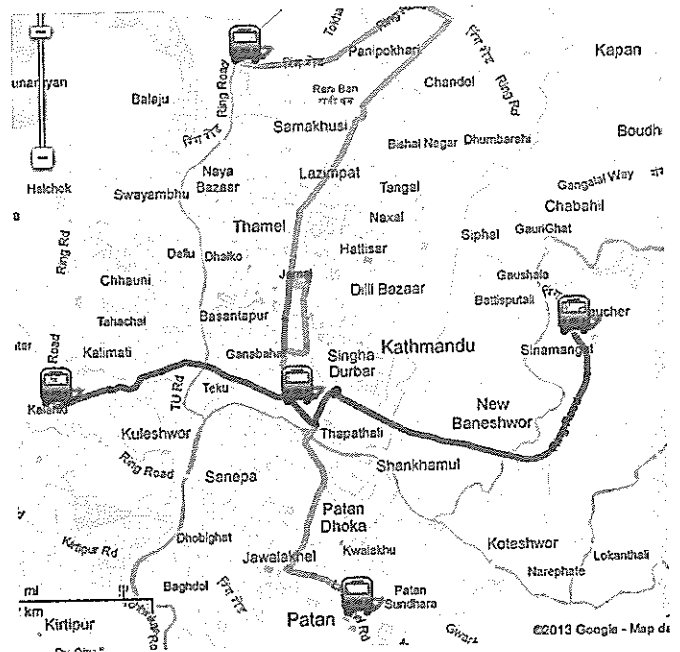
Sajha Yatayat's two main trunk routes in Kathmandu valley are:

Route No. 1:

Lagankhel - Jawalakhel - Tripureswar - NAC - Kantipath - Teaching - Maharajgunj - Basundhara and Gongabu New Bus Park and back same way.

Route No. 2:

Kalanki - Kalimati - Tripureswar - Maitighar - New Baneswar - Tinkune - Sinamangal - TIA Airport and back same way.



Sajha Yatayat Bus stops signs are put at most places. Regular bus stops are also used. Normal frequency of operation is 15 minutes to 25 minutes but may take long due traffic congestions.

Passengers are requested to be on line in the designated Sajha Yatayat bus stops and enter from the rear entry gate and exit from the front gate. For Sajha Yatayat to be able to give sustainable quality service, all passengers are requested to take bus ticket after paying bus fare. If there is any issue related to the bus services or any other related issues, passengers are requested to inform the conductors or call Sajha Yatayat TOLL FREE No# 1660 01 77777. Passengers are not allowed to talk to the driver while he is driving for the safety reason. Safety comes first!



Inner Wheel Club of Rotary Club of Patan Report for the year 2012-2013



*IW Kamala Maharjan
President, Inner Wheel Club
2012-2013*

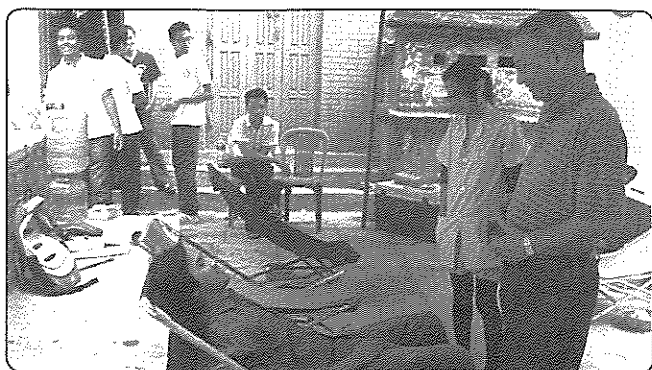
The meeting of Inner Wheel Club of RC Patan takes place on first Monday of each calendar month at the International Club, Sanepa at 5:30 pm with joint fellowship of RC Patan. Inner Wheel Club of RCP had a wonderful year 2012-2013 with full of activities throughout.

IWC organized various social events and talk programmes. Some of the important activities and contributions made by the Inner Wheel Club of RC Patan in the year 2012-2013 include blood donation camp, free eye camp for senior citizens, health camp for women, International Inner Wheel Day celebration. Similarly, the President along with members of Inner Wheel Club participated in a number of seminars and activities of RC Patan e.g family outing at Balthali, Kavre, Senior Citizen Felicitation, International Rotary Convention, Bangkok, Thailand and talk programs of Rotary Club of Patan.

President Ann Kamala Maharjan extended her sincere thanks to all the members, partners and well wishers of IWC for their cooperation and support at all occasions.

A brief account of achievements and contributions of Inner Wheel Club in the year 2012-2013 are presented below:

Blood Donation: A blood donation programme jointly with Rotaract Club and Nepal Red Cross was organized in which financial contribution of Rs. 3,000 was made to support food and drinks to blood donors. In this occasion, nearly 100 participants donated the blood including the members of the Inner Wheel Club. The event was a great success.



Blood Donation

PP/Rtn Siba B. Rajbhandary donating the blood and President Ann Kamala Maharjan and Rtn Padm L. Maharjan witnessing the blood donation event.

Sincha Hiti Mahila Samuha: An organization for empowering women has been an excellent partner of Inner Wheel Club. President Anne Kamala Maharjan along with some of the members of the IWC participated in the Annual General Meeting (AGM) of Sincha Hiti Mahila Samuha. and thanked the SHMS for their support.

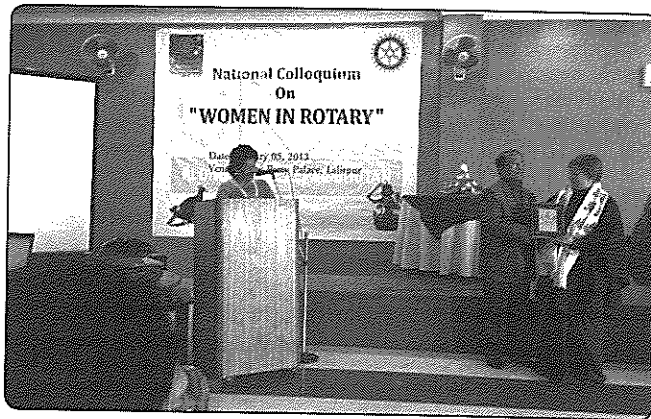


Blood Donation

Eye Camp for Senior Citizens: A joint Eye Camp was organized by Inner Wheel Club of RC Patan, CBR Patan, Lions Club of Kathmandu, Nepal Eye Hospital, Tripureswar and Lalitpur Senior Citizen Organization, Patan. IWC Patan supported the event providing breakfast for all the participants in the Eye Camp.

Participation in the Vocational Award event: Bi-annual event of Kamala & Gopal Rajbhandari Vocational Award is one of the highest award of Rs.10, 00,000 awarded to one of the most deserving professionals presented by the President of Nepal in the presence of International President of Rotary Club. Most of the Inner Wheel Club members and spouses of Rotarians attended the ceremony.

Women in Rotary: National Colloquium for Women in Rotary was held on Jan 05 2013 by Rotary District 3292. President Anne Kamala and some of the RC Patan members and spouses attend this one day National Colloquium in Women in Rotary. Past DG Rtn Tirth Man Shakya acknowledge the contributions made Women Rotarians. Rtn Gabriel of RC Patan gave talk program.



Women in Rotary

International Inner Wheel Day: International Inner Wheel Day Celebration by IWC of RC Patan on Jan 10, 2013 at Mulchowk Restaurant. International Inner Wheel Day was celebrated by contributory dinner inviting their spouses and some special guests. The first founder President of IWC of RC Patan highlighted the importance of Inner Wheel Day. Founder Members and special guests were felicitated by various ICW Members.

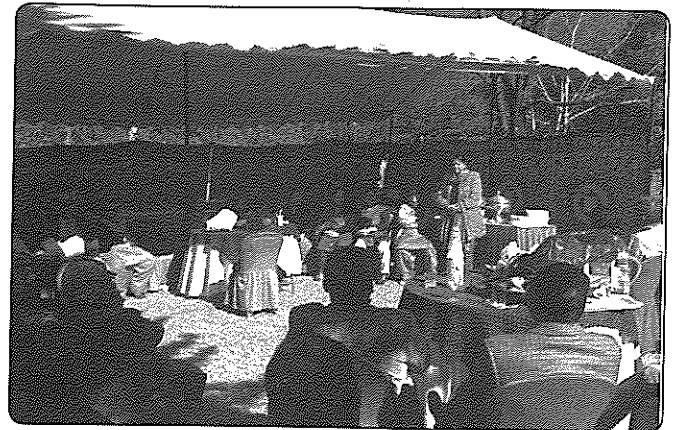
Special Donations: On the occasion of Birth Day of Anne Mrs Shanti Mathema Rtn Keshab B. Mathema donated Rs. 10,000 to CBR through Inner Wheel Club of Patan. Special thanks were extended to Mathema couple. Similarly, Anne Shanta Shrestha donated NRs 7000 to Inner Wheel Club of Patan on her Birth Day.

President Anne Kamal Maharjan and Anne Bijaya Laxmi donated NRs 1000 each health test and for organizing Pot – Luck celebration. Rs 1500 was donated by a Rotarian from Nepal Rotary district to IWC of RC Patan.

Health Camp for Women: A health camp for women (Visual Inspection with Acidic Acid- VIA Screening Test) was organized by IWC at Hakha community in collaboration with Hakha Mahila Samiti, Hakha Tole. This event was coordinated by Anne Nani Shova Shakya. IWC made contribution of Rs.10, 000. Anne Bijaya also talked about female health issues.

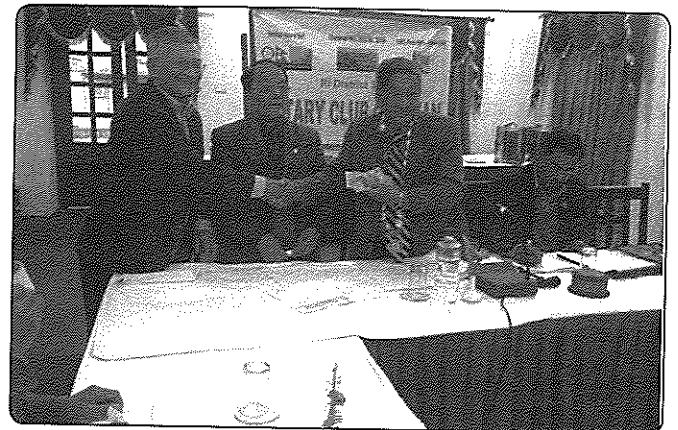
Chartered Day celebration of Inner Wheel of RC Patan was celebrated on April 6, 2013 at Anne Bijaya Laxmi 's residence with a Pot Luck Lunch. DG of Rotary Club of Nepal District 2092 was invited as a chief Guest. Spouses and other guests were invited. Rtn Kedar Shrestha donated NRs 1000 to CBR on the occasion.

Rotary on Wheels by RC Patan: Most of the Inner Wheel Members attended the R C Patan's one day program of Rotary on Wheels and in the field-going around Ring Road in a bus with breakfast and Lunch with fun filled activities at Godawari.



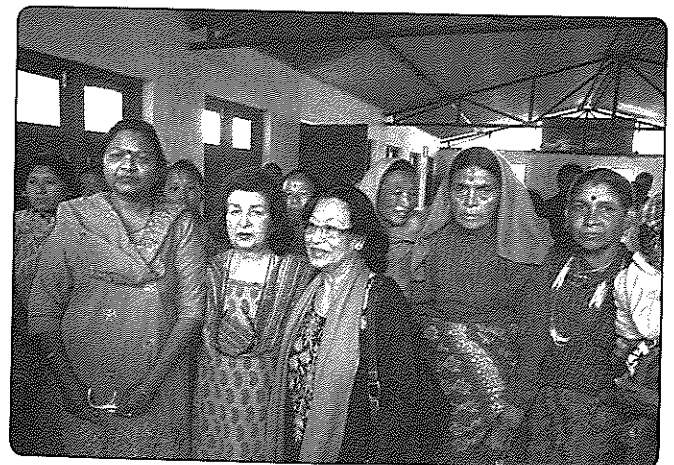
Rotary on Wheels by RC Patan

Rs 40,000 was donated to RC Patan Scholarship Endowment Fund for 2 girl child.



Donation for Scholarship

Drinking Water Project: Drinking Water Project to Maldan Village in Thecho, Lalitpur. The village is called Mundoleat Chapagaon VDC, Ward No. 7. Total 4,05,000 Nrs (Four Lack and Five Thousand Only). This project is coordinated by Anne Brinda Rana.



Drinking Water Project



Executive Committee for 2013-2014



Kamala Maharjan
 President
 Tel: 9841348337



Shanta Shrestha
 Immediate Past President
 Tel: 5522207



Nirmala Shrestha
 Vice-President
 Tel: 5521745



Bijaya L. Shrestha
 Secretary
 Tel: 5003780



Mithila Rajbhandary
 Joint Secretary
 Tel: 5526856



Munu Rajkarnikar
 Treasurer
 Tel: 5521364



Praveena Shrestha
 Joint Treasurer
 Tel: 5260846



Brinda Rana
 International Club Service
 Tel: 5521667
 E: nepaltdl@mos.com.np



Sulochana Pradhan
 Executive Member
 Tel: 4283939

E: sulopradhan@yahoo.com



Shanti Mathema
 Executive Member
 Tel: 5529385



Nani Shova Shakya
 Executive Member
 Tel: 5522467

General Members



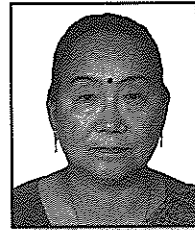
Mary Shrestha
 Tel: 5260853



Meera Tamrakar
 Tel: 5526944



Rajani Bajracharya
 Tel: 5521525



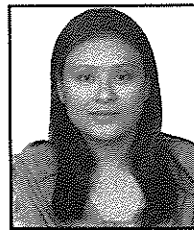
Sabitri Rai
 Tel: 5530553



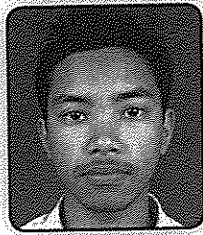
Sulochana Nyachhyon
 Tel: 5526070



Bina Mandal
 Tel: 9803211264

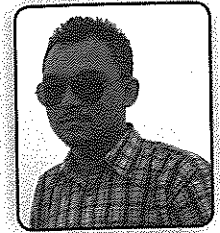


Gunu Shrestha
 Tel: 9841401076
 E: gunushrestha@gmail.com



Rtr. Prajwal Shakya
President

Summary Report of the Rotaract Club of Patan 2012-13



Rtr. Sagar Maharjan
Secretary

Goodwill Visit to RAC Bhaktapur

With the objective of promoting fellowship with fellow Rotaractors, 5 members from RAC Patan participated in goodwill visit to RAC Bhaktapur on 2nd June 2012 at Mount Valley School, Bhaktapur. During the program, souvenir, letterhead, flags of the two clubs were exchanged. The objective of the visit was also to formally propose RAC Bhaktapur for twin club formation for Rota Year 2012-13.

Charter Day Celebration of RAC Bhaktapur

Rtr. Shailendra Shakya and Rtr. Bipin Raj Baidhya participate in 5th charter ceremony of RAC Bhaktapur on 5th June 2012, celebrated with the objective of "We all are equal and we all are human beings". The event was held at CBR Bhaktapur making fellowship with Rotaractors and differently able.

Participation in Installation and Charter Day Celebration of RAC Baneshwor Royal

Rtr. Shailendra Shakya and Rtr. Bipin Raj Baidhya participate in 1st installation and charter ceremony of RAC Baneshwor Royal on 27th June 2012. On the installation, charter President Rtr. Muraj Bajracharya handed over president ship to Rtr. Shailendra Dongol.

President Handover 2012

During 407th general meeting of RAC Patan president ship was formally handed over from Rtr. Suresh Thapa (2011-12) to Rtr. Shailendra Shakya (2012-13) in the presence of past presidents and DRR Rtr. Bikesh Raj Bajracharya on 7th July 2012. Rtr. Shailendra Shakya introduced his new board of directors for RY 2012-13.

MOU Signing with RAC Bhaktapur

The formal MOU signing for twin club formation between RAC Patan and RAC Bhaktapur was done during 408th general meeting of RAC Patan which was also a joint meeting on 14th July 2012. On behalf of RAC Patan, President Rtr. Shailendra Shakya signed the MOU in presence of ZRR (Zone VII) Rtr. Prama Shrestha. Similarly, President Rtr. Milan Bhomi signed MOU representing RAC Bhaktapur.

Joint Meeting with RAC Bhaktapur

A joint meeting was conducted with RAC Bhaktapur on 14 July 2012, which was 408th meeting of RAC Patan. The agenda for the meeting was to sign MOU for twin club formation for RY 2012-13.

Bulletin/Souvenir Exchange

Rtr. Shailendra Shakya exchanged souvenir with Rotary Club of Lalitpur during their general meeting on 28th July 2012 at Dhokaima Café, Patan Dhoka.

Club Assembly

RAC Patan conducted its first club assembly during 409th general meeting, chaired by ZRR/Past President Rtr. Prama Shrestha. Avenue directors Rtr. Reenu Shrestha, Rtr. Rajan Maharjan, Rtr. Prabesh Maharjan, Rtr. Bipin Raj Baidhya and Rtr. Binod Awale presented their project planning for next six months on the respective avenues. RC Patan president Rtn. K. B. Basnyat and past president Mr. Mahesh Bajracharya were present to provide feedback and suggestions to the directors. The event was dated on 28th July 2012.

Souvenir Release

During 409th general meeting of RAC Patan souvenir "Lalit Patan" was released by Rtn. K.B. Basnyat (President-Rotary Club of Patan) in presence of ZRR (Zone VII) Rtr. Prama Shrestha, past presidents and members of RAC Patan on 28th July 2012.

Bulletin/Souvenir Exchange

Three members from RAC Patan attended the 6th AGM of YMBA Club-25 on 28th July 2012, organized at YMBA premises. The three member team included of Rtr. Prajwal, Rtr. Sudeep and Rtr. Heera Man Singh. Along with attending the program, the souvenir of RAC Patan, Lalit Patan" was also presented to the incoming president Miss Rashmeeta Shakya. This project was focused on the PR of the club as well as creating relationships with different other organizations.

Ghinta Ghisi Twakk

To mark the annual festival of Newar Community, RAC Bhaktapur organized an event called "Ghinta Ghisi

Twakk" on 5th August 2012, Sunday. It also marked the international friendship day of this year. There were altogether 10 members participating in this event, including DRR Rtr. Bikesh Raj Bajracharya, ZRR Prama Shrestha, President Rtr. Shailendra Shakya, and 5 other members from RAC Patan. The program started at 3 pm with a rally with stick dance, called "Ghinta Ghisi Twakk". The rally started from Bhaktapur Durbar Square and concluded at Bhaktapur Durbar Square. Everybody enjoyed the dancing and chanting of local newari songs sung especially on this event only. The registration charge for this program was Rs. 400 that included sticks for dancing and Newari Bhoj. Overall, the program was entertaining as it promoted the Newari culture of Bhaktapur. Many of the tourists were also attracted to this event.

Charter Night Celebration

Rtr. Shailendra Shakya, Rtr. Ravi Shakya and Rtr. Bipin Raj Baidhya participated in 27th Charter Night Celebration of Rotary Club of Patan. The event also included club assembly of RC Patan.

Orientation Class for Proposed Members

Orientation class was conducted for four proposed members on 31st August 2012. President, Secretary, and Vice President shared their experience and also gave some formal instructions on Rotaracting. It has helped them to understand about Rotaract, advantages and opportunity in Rotaract. At the same time, their queries were also addressed and answered

Induction of New Members

Rubina Shakya, Anisha Bajracharya, Usha Shrestha and Pujan were inducted into RAC Patan during 412 general meeting on 1st September. DRR Rtr. Bikesh Raj Bajracharya presented oath and pin to the newly inducted members.

Participation in Charity Screening of Barfi

3 Rotaractors from RAC Patan participated in Charity screening of "Barfi" organized by Rotaract club of Baneshwor Royal along with "Creative Hands of Deaf Women". The proceeding of the ticket will go to the "Creative Hands of Deaf Women".

Good Morning Tea Party

Celebrating the season of the festivals with exchange of greetings and tea party has been like a long established legacy of RAC Patan. Additionally, it has been important to garnish the fellowship. On the occasion of Dashain and Tihar, the club annually organizes Good Morning Tea Party. Maintaining the trend, Good Morning Tea Party was organized on 21st October 2012 at Patan High School, Patan Dhoka. During the tea party, the main attraction was a musical program where young talents performed Mangal

Dhoun and performed songs. Likewise, the participants from various clubs shared the festive greetings along with slip of tea. The program was also attended by a sponsoring Rotary Club members, Rotaractors and past members of RAC Patan.

ZRR Visit

ZRR Rtr. Prama Shrestha and paid the Official ZRR visit to RAC Patan on 10 November 2012 that was held on Patan High School, Patan Dhoka. ZRR was accompanied by ZS Rtr. Manorama Koirala. As a modulus operandi of ZRR visit, Avenue directors presented their updates and planning for Rota-year 2012-13 and responded the queries and concerns raised by ZRR and ZS. During the visit, ZRR and ZS also addressed the meeting that mainly included their observation and remarks on how club should function and how the club could perform better in days to come. Official documents of the club were submitted to and provided to ZS and ZRR for further consideration.

Candle Walk – 1132

On the occasion of Nepal era 1133, members of RAC Patan participated on the Candle Walk "Simataya" organized by RAC Lalitpur on 13th November 2012. The main objective of the program was to promote and preserve the culture of Newar community and celebrate the new year "Nepal Sambat 1133". The walk started from Mangalbazaar travelling through the city including Sankhadhar statue at Pulchowk and ending at Mangalbazaar.

15th Chartered Ceremony of RAC Lalitpur

On 28th December 2012, Friday, four members from RAC Patan participated on the 15th Chartered Ceremony of RAC Lalitpur at Shree Madan Smarak School, Pulchowk. Rotarians from their parent club RC Lalitpur and Rotaractors from different Rotaract Clubs were present on the event. RAC Patan congratulated and wished good luck for the future of the club. The program ended with a tea party along with newari dish "Yomari" as it was Yomari Purnima on that day.

New Year Eve's Party

On 31st December 2012, Monday, three members from RAC Patan, Rtr. Prajwal, Rtr. Sudeep and Rtr. Heera, participated on the dance party organized by our twin club RAC Bhaktapur at Hotel Greenland, Sallaghari. The program was organized for a noble cause: to support education for children. The program was entertaining and was full of enthusiasm.

Joint Meeting with the Parent Club

On 11 March 2013, a joint meeting was conducted with Rotary Club of Patan. The meeting was conducted on the occasion of World Rotaract Week celebration. A brief discussion on relationship between two clubs was done.



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Talk Program by Mrs. Olga Murray

During 423 general meeting a talk program by Mrs. Olga Murray was organized. She presented on her experience of working in Nepal. She is by profession a lawyer in California, USA. She is a founder of Nepal Youth Foundation, working in the field of education and health. Nutritional rehabilitation centers have been established in zonal hospitals around the country through her organization. She started her service works by providing 5 scholarships.

Rafting

Rafting was organized by RAC Patan on 30 March 2013 at Trishuli. Members from RAC Patan and past Rotaractors participated in the event. Total number of participation was 24.

Friendly Basketball Match with Lubhoo Jaycees

On 20 April 2013, RAC Patan played a friendly basketball match with Lubhoo Jaycees. The game was played according to standard basketball rules. Lubhoo Jaycees won the match 29-24.



Board Members of Rotaract Club of Patan for the Rota Year 2013-14

S.N	Designation	Name	E-mail	Tel (Mob)
1	President	Rtr. Prajwal Shakya	the.prajwal@yahoo.com	9843332124
2	IPP	Rtr. Shailendra Shakya	shailendra.shakya696@gmail.com	9808807061
3	Vice President	Rtr. Sudeep Shakya	shakyasudeep41@yahoo.com	9803715253
4	Secretary	Rtr. Sagar Maharjan	sagar.drnr1993@gmail.com	9849715292
5	Joint Secretary	Rtr. Reenu Shrestha	reeenu134@hotmail.com	9849598250
6	Treasurer	Rtr. Rajan Maharjan	razan.mhrz@gmail.com	9841680703
7	Joint Treasurer	Rtr. Heera Man Singh	heramans@hotmail.com	9851170894
8	Finance Director	Rtr. Anisha Shakya	me_anisha4@hotmail.com	9808641608
9	Club Service Director	Rtr. Mohini Maharjan	mhrjmohini@gmail.com	9808806705
10	Community Serv. Dir	Rtr. Sushma Basnet	sushma.basnet@yahoo.com	9841875519
11	PD Director	Rtr. Rubina Shakya	rtr.shakya@gmail.com	9808567217
12	Int. Serv. Dir	Rtr. Rumika Shakya	runcherumika@gmail.com	9803678973
13	Editor	Rtr. Pramisha Maharjan	pramisha.maharjan21@gmail.com	9849053026
14	Webmaster	Rtr. Ravi Shakya	ravishakya_357@yahoo.com	9849196363
15	Sergeant at Arms	Rtr. Nistha Shakya	nistha_2006@hotmail.com	9808390340
16	SAP Coordinator	Rtr. Jinita Maharjan	jeenamaharjana956@yahoo.com	9808267137
17	Past President	Rtr. Bikesh Raj Bajracharya	bikesh007@gmail.com	9851088959
18	Past President	Rtr. Sudhir Shakya	sudhir_shakya@hotmail.com	9841380792
19	Past President	Rtr. Prama Shrestha	shr_prama@hotmail.com	9841420952
20	Past President	Rtr. Suresh Thapa	suresh_thapa@hotmail.com	9841381147
21	General Member	Rtr. Pramit Shrestha	pramit.shrestha@gmail.com	9803158004
22	General Member	Rtr. Sujeep Maharjan	swelmaharjan@gmail.com	9841304315
23	General Member	Rtr. Binod Awale	efrens_binod1@yahoo.com	9849122367
24	General Member	Rtr. Sanjay Awale	sanjayawale@yahoo.com	9849103891
25	General Member	Rtr. Nabina Maharjan	rainy_lady23@yahoo.com	9849533769
26	General Member	Rtr. Usha Shrestha	imagine_faries74@yahoo.com	9813931960
27	General Member	Rtr. Pujan KC	kpujan69@yahoo.com	9843146419
28	General Member	Rtr. Suraj Rajthala	surajrajthala12@gmail.com	9849096845
29	General Member	Rtr. Bipin Raj Baidhya	knock_my_head@hotmail.com	9849364271
30	General Member	Rtr. Anil Maharjan	anil_pawan1@yahoo.com	9841175840
31	General Member	Rtr. Yujen Shakya	yujen.shakya@gmail.com	9849205767
32	General Member	Rtr. Anjali Khadka	angle_pink101@hotmail.com	9803011681
33	General Member	Rtr. Sagar Shrestha	sagarsth777@gmail.com	9841688766

Kunjhauli, Rajahar

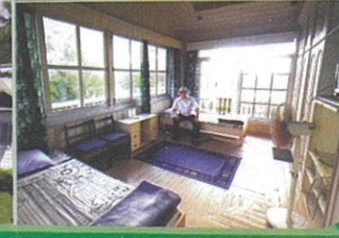
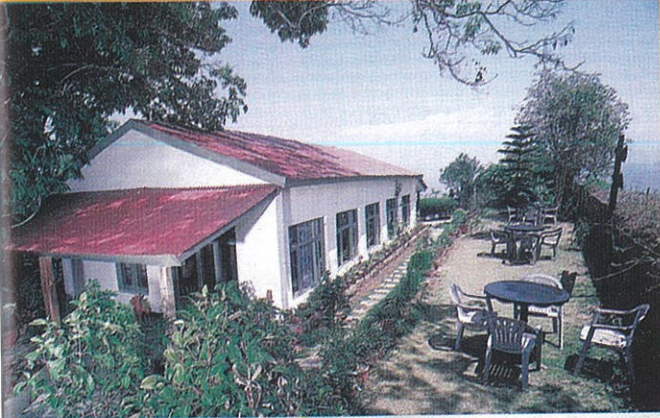


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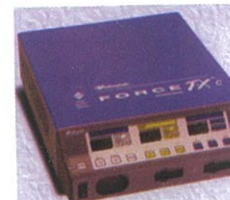
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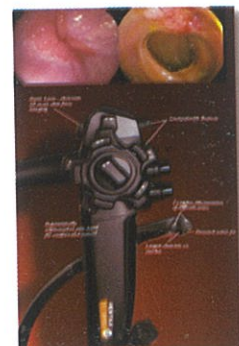
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Rotary Club of Patan

Strategic Plan 2013 - 2016

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 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.

Goals / Strategies:

Goal 1 : Motivated Club Membership:

Maintain a motivated Club Membership (48 with 33% female or new membership), with district leadership potential.

Action Steps:

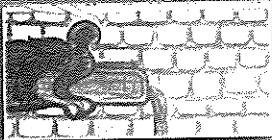
1. Increase the Club's membership numbers to 48, with 33% female of new membership, through both retaining existing members and attracting new members;
2. Develop a membership recruitment plan. Place a high priority in having females and young professionals.
3. Retention of membership through "mentor" 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 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 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. 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 programmes representing all five avenues of service.
9. Strengthen information-sharing and improve RCP website through the establishment of a focused group/committee;
10. Further strengthen activities with Rotaract, Interact, Inner wheel and public service organizations;
11. Engage with the Rotary Community Corps (RCC);
12. Continually improve club's weekly news bulletin Lalitdhara 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 release/media advisories when speaker/project is particularly prominent;
3. Organize scholarship hand over functions, with VIP as chief guests and invite media;
4. Inform the media of grants distributed after each granting cycle (office);
5. Submit at least one story a year to Rotary News and GML for possible publication;
6. Participate actively in NRCL for our visibility;
7. Make vigorous efforts to have media persons join club.

Goal IV : Maintain Good Financial Health of the Club:

Action Steps:

1. Make necessary financial adjustment 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 counseling.

b) **Community Service: Undertake projects and activities to improve life in our community.**

Action Steps:

1. Raise additional funds and provide administrative support towards reaching scholarship support to 1000 students from the Prajapati Education Endowment Fund (PEEF);
2. Initiate health education programme in the scholarship programme schools;
3. Provide water and sanitation facility in the remaining scholarship programme schools;
4. Raise fund and explore new avenues for service projects e.g. orphan students in scholarship schools, or support to school feeding;
5. Explore new avenues for other service projects;
6. Have pipeline projects, ready for submission to prospective donors.

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 (5 Major Donors and 75% members as MPHF), participation in Group Study Exchange (GSE) programmes and education programmes.




Rotary Club of Patan


Annual Budget For Year 2013-2014

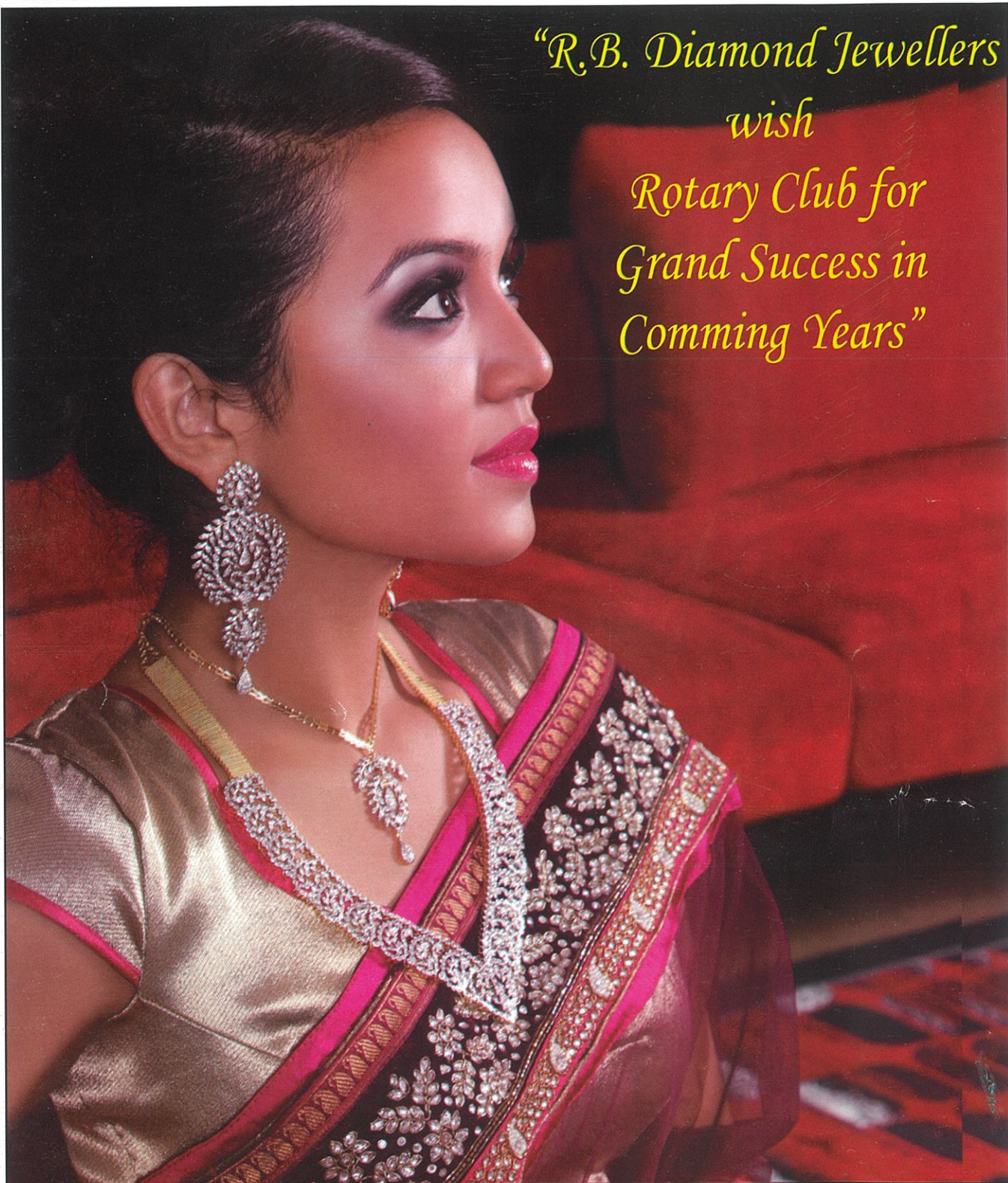
Income / Receipt				Expenditures					
SN	Actual 2012-2013	Budget 2012-13	Description	Budget 2013-14	SN	Actual 2012-2013	Budget 2012-13	Description	Budget 2013-14
I. Club Dues and Refreshment									
1			Membership fee		1			RI and District Dues	
1.1	646,600	640,000	Members 40 persons * 16000	640,000	1.1	196,209	190,130	RI dues (38*\$53*56*1.6015)	190,130
1.2					1.2	53,300	38,700	District Dues 38*1300)	52,000
1.3		2,000	Admission fee 2*1000		1.3	37,440	33,055	Rotary News (38*480*1.6015)	30,749
					1.4			Rotary (RI) - \$12*56*1.6015	1,076
					1.5	286,949	261,885	Sub-total RI and District Dues	273,955
								Dinner, Tea and Snacks	
					1.6	338,466	319,039	Tea snacks	296,045
					1.7	62,058	60,000	Dinner at 26th Charter night	70,000
					1.8	400,524	379,039	Sub-total (dinner, tea and snacks)	366,045
1.4	646,600	642,000	Total Income	640,000	1.9	687,473	640,924	Total Club Operation	640,000
2. Club Operation									
2			Club Operation - Income		2			Club Operation - Expenditure	
2.1	172,070	150,000	Sunshine	175,000	2.1		6,000	Office Operation	
2.2	238,500	150,000	Advertisement Souvenir	150,000	2.2	11,300	6,000	Printing and Stationary	11,000
2.3	37,307	85,000	Interest from Club Emergency Fund	100,000	2.5	33,900	16,000	Auditor's Fee	16,000
	147,500		Mid-day meal		2.6	58,500	58,500	Salary 13 months @ Rs. 5,500/month	71,500
	4,348		Income from Matching Grant		2.8			Lalitdhara publication	
					2.9	70,201	55,000	Souvenir Printing	75,000
					2.10	4,428		Fuel	17,712
					2.11	11,413		Contingency	10,000
					2.12	1,000		District Fund	
					2.13	10,000		Blood Donation program	10,000
					2.14	35,000	30,000	Health Camp and related Program	30,000
					2.15	1,200		Rotract Club	2,000
					2.16	5,000		Vocational	5,000
					2.17	30,000		District Contribution	30,000
					2.18	3,000		Othopedic Hospital program	
					2.19	121,490		Mid day meal	
					2.20	2,000		For Rotract	
					2.21	8,645		Matching Grant bank opening	50,000
					2.22	21,000		Tax and other expenses	
2.5	599,725	385,000	Sub-total - Club Operation	425,000	2.23	428,077	171,500	Sub-total - Club Operation	328,212
2.6	1,246,325	1,027,000	Grand Total	1,065,000	2.24	1,115,550	812,424		968,212
					2.25	130,775	214,576	Surplus/Contingency/Reimburse to PEEF	96,788
2.7	1,246,325	1,027,000	Sub-total	1,065,000	2.27	1,246,325	1,027,000		1,065,000

Signed by


Rtn. Jeevan K Shrestha
President 2013-2014


Rtn. Chandra Lekha Kayastha
Secretary 2013-2014


Rtn. Bharat N Joshi
Treasurer 2013-2014



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Marvel® INTRODUCES LEAD FREE PVC PIPES



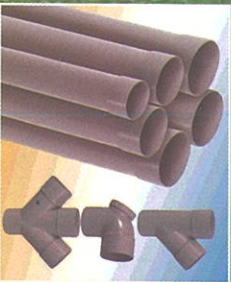
Marvel is proud to introduce Lead-Free PVC pipes for the first time in Nepalese market. Most of the PVC pipes manufactured today use Lead as an ingredient. Lead is considered to be a harmful environmental pollutant. In order to protect our earth's environment, we have taken the responsibility and chosen to use Lead free stabilization manufacturing process in our pipes. European market is phasing-out PVC pipes that contain Pb(Lead) elements, and will eliminate all the Pb pipes and fitting by 2015. Asia and rest of the world should follow Europe with progressive elimination of lead. Hence, we request you to consider lead-free PVC pipes when you design and execute your next project.

Features and benefits :

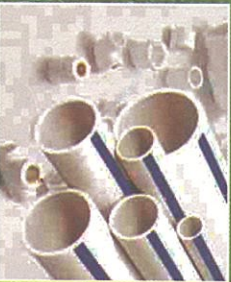
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- UV Resistant ● Excellent Chemical and Corrosion Resistance
- Light Weight ● Simple and Leak Proof Joints
- Optimum Flow Rates ● Maintenance Free



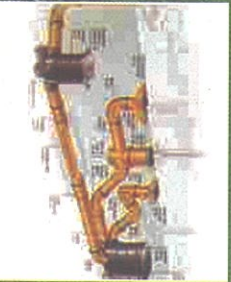
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