



RI District 3292 Nepal - Bhutan



Rotary
Club of Patan



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MAKING A
DIFFERENCE

ललितधारा पूर्णाङ्क १२२१

ROTARY CLUB OF PATAN

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CLUB NO. 23126



32nd
Souvenir

Rotary Year 2017-18

३२ औं स्थापना विशेषाङ्क



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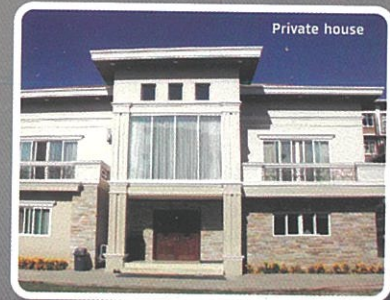
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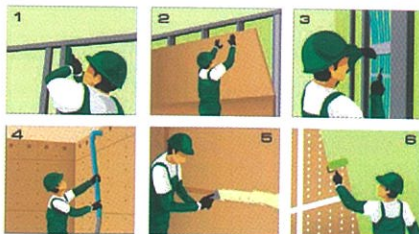
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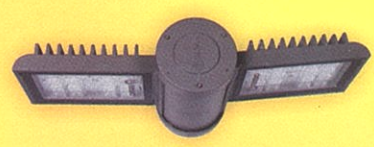
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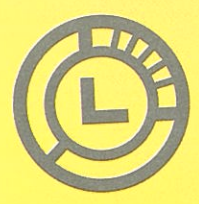
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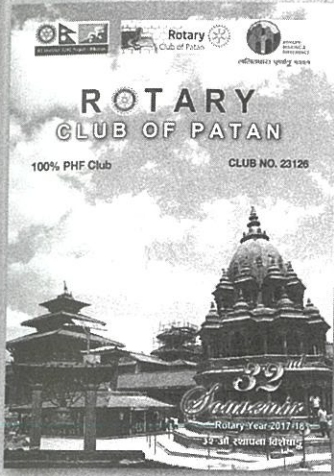
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II District 3292 Club No. : 23126



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August, 2017

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Editorial

Dear Fellow Rotarians

I have a great pleasure to present the 32nd Souvenir of the Rotary Club of Patan on behalf of the editorial team. As you know the Rotary Club of Patan (RCP), as a service organization has served the community since its establishment in 1985 - celebrating its 32nd anniversary this year! Since its inception, the club is moving forward with new club leaders every year, creating a positive change in communities in Lalitpur as well as several other districts of Nepal through its service projects. We are confident that the continuity of the club with its committed leaders and members will certainly sustain our goodwill in the days to come to achieve the good causes of promoting peace, fighting disease, providing clean water, saving mother & children, supporting education & growing local economics in the communities.

I strongly believe that the annual 'Souvenir' would serve as a good reference document specifically for RCP Rotarians. It should encourage members for their meaningful participation and engagement to the Rotary Year 2017-2018 theme of 'Rotary Making A Difference' which is very challenging & provides an opportunity to serve our community in need. In Rotary, we discover and celebrate our diverse perspectives during club meetings, conferences, service projects, fellowships and other social events. As a matter of fact, Rotary Club is a unique platform in fulfilling our commitment in doing good in the world & this is every one's goal in the Rotary.

The articles written by very experienced Rotarian leaders, with valuable messages in this Souvenir will certainly increase our Rotary knowledge. Let us make use of the valuable messages in this Souvenir

to upgrade the four pillars of successful clubs, i.e. Membership growth, Service projects, Contribution to TRF and leadership beyond the club level, in a dynamic manner.

I would like to thank all fellow Rotarians of the Rotary Club of Patan, the RCP families, well-wishers and friends for their moral support and for providing articles and write ups. On behalf of the RCP family I would also like to thank & appreciate the contribution made by all business houses/firms with their financial support for bringing out this souvenir and other significant contributions to this annual Souvenir without which this could not be published.

I would also like to extend my appreciation as well as deep gratitude to all my colleagues in the editorial board for their tireless efforts, valuable inputs & contribution in various ways to bring out this souvenir issue.

On behalf of the Editorial Team, I would like to extend my heartfelt appreciation to the President Rtn. Chandralekha Kayastha and her leadership team of the Executive Board and other Committee Members of Rotary Year 2017-2018, for all their help in completing this Souvenir.

Enjoy Reading. Enjoy Rotary

Thank you !

Yours in Rotary Service



Rtn. Mahendra B. Thapa

Coordinator

Souvenir Publication Committee (2017-2018)

Editorial Team



Mahendra B. Thapa



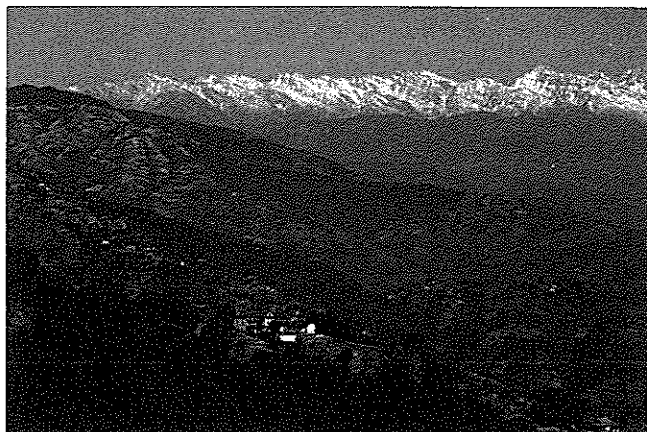
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Message From RI President

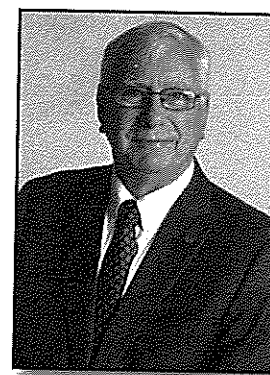
Ian H.S. Riseley
President, 2017-18

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Rotary



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Kandevasthan, Kupondol
Lalitpur
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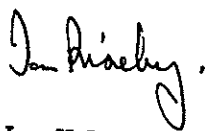
Dear fellow Rotarian,

Congratulations on your installation to the office of 2017-18 as President.

There can be no Rotary without the more than 35,000 clubs that are dedicated to enhancing communities and improving lives right around the globe. What makes each club successful is the strong and inspiring team that leads it. You are now a part of that team, which will help strengthen your club by welcoming new and engaged members, and planning service projects that will have the most impact. Your club has already done so much for so many; as a club officer, you can help your club do even more.


There's a lot to look forward to during this coming year and I know that by working together, we will achieve great things as we continue to serve local and global communities through *Rotary: Making a Difference*. Congratulations again on your new position.

Sincerely,



Ian H.S. Riseley
President, Rotary International 2017-18

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

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on its 32nd

CHARTER DAY

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Rtn. Lochan Gyawali	Rtn. Ramesh L. Maskey	Rtn. Preeti Khemka
Rtn. Dr. Shivaji B. Silwal		

District Governor's MESSAGE



ROTARY INTERNATIONAL District 3292

Dear Fellow Rotarians,

The excellent work done by the President and the team of 2016-17 has to be applauded. The year gone by has seen many good things happen and we must learn from it. Rotary does not allow us to stall as it continues to spin with the same vigour and energy as before.

The year ahead is going to be full of challenges and standards set last year. The President and the team of 2017 -18 will have to perform even more to take Rotary forward in our District. My best wishes and full support for the President and the team of 2017-18. Together we have so much more to do and leave a trail for others to follow.

Rotary is the cumulative work done by all the clubs and this reflects in the achievements of the District.

The theme given by our RI President Ian Risely is "*Making A Difference*" for our year. The work that we all do individually is already making a difference but when combined it creates an even greater impact. The lives of people that Rotarians touch will always feel the difference and this is what we strive to do. Serve to make a difference.

The work that your club plans to do in the coming year will distinguish you from others. Let us all motivate each other and friends outside the Rotary fraternity to join hands and help humanity in all forms through all means. The reach and extension we have then will be global.

"Rotary takes ordinary men and gives them extraordinary opportunities to do more with their lives than they ever dreamed possible."

We and we alone as ordinary members of Rotary are going to do extraordinary things to take Rotary forward.

Let me conclude by seeking your support and cooperation to work together in Rotary for a glorious year ahead.

Thank You !

Regards



Sanjay Giri

District Governor 2017-18

RI District 3292



Rtn. Chandra L. Kayastha
President

President's Message

Dear Fellow Rotarians,

It gives me immense pleasure to extend my best wishes to all members on the occasion of 32nd Charter Day of Rotary Club of Patan. I am also extremely grateful to all for giving me the opportunity to serve as the 1st Female President of RC Patan.

This year's Rotary theme given by RI President Ian H.S. Riseley is "Making a Difference". I believe that since our Club's inception in 1985, our various humanitarian projects have been able to make significant differences in the lives of many in our country.

As a Rotarian, I take pride in saying that our RC Patan members have been putting "Service above Self" by actively and enthusiastically participating in Global Grant Projects and RCP's flagship PEEF Project. For this matter, I take this opportunity to thank Mr. Bijaya Mallapaty, our Immediate Past President, as well as Past Presidents and Service Project Directors/Chairpersons for their dedication, commitment and contribution which has made it possible for our Club to reach new heights.

Also noteworthy in our Club are the innovative ideas for Fellowships, particularly from our senior members. Fellowship programs have been quintessential in bringing all members together and in staying motivated towards common goals of service.

Our editorial team has put in a lot of effort and hard work in bringing out our RC Patan's Annual Lalitdhara Souvenir and for that I, on behalf of all RC Patan members, want to thank our Coordinator, Mr. Mahendra Thapa, his team and all contributors.

Looking forward to the year ahead, I am hopeful that we can continue to work together to not only give continuity to our ongoing projects but to take on new challenges. So, let us truly commit ourselves to serve so that we can make meaningful and lasting difference in our community.

Yours, in Rotary,

Chandra L. Kayastha
President (2017-2018)

Past Presidents of Rotary Club of Patan



Late Rtn. S.R. Sharma
1985-87



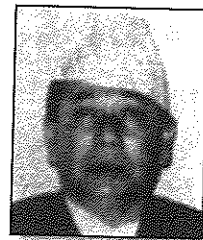
Rtn. M.L. Kayastha
1987-89



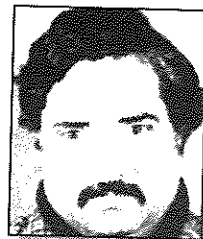
Rtn. B. R. Prasai
1989-90



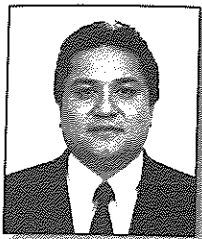
Late Rtn. P. P. Prasai
1990-91



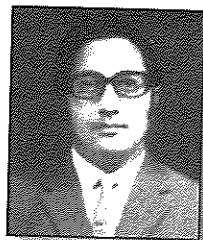
Late Rtn. H.R. Bajracharya
1991-92



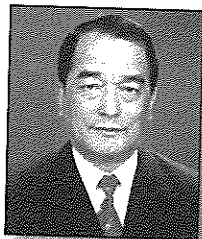
Rtn. B.K. Mainali
1992-93



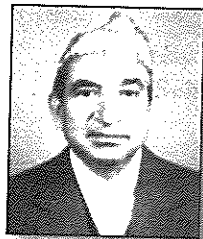
Rtn. B. B. Bajracharya
1993-94



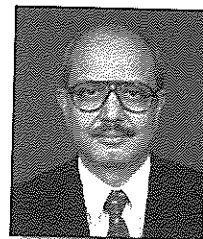
Rtn. S. SJB Rana
1994-95



Rtn. T. M. Sakya
1995-96



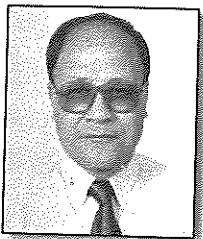
Late Rtn. B.P. Dhital
1996-97



Rtn. R.R. Pandey
1997-98



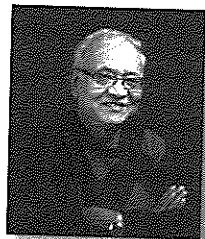
Rtn. T. Neupane
1998-99



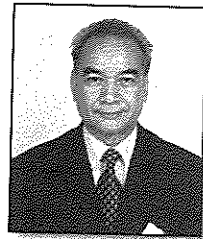
Rtn. Kamal Nyachhori
1999-2000



Rtn. Pushkar M. Shakya
2000-2001



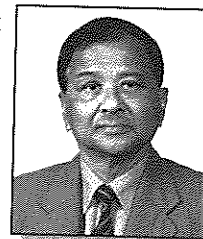
Late Rtn. Narayan G. Halwai
2001-2002



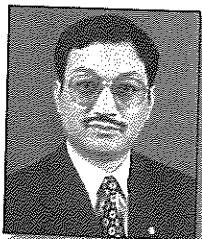
Rtn. Yagya B. Shrestha
2002-2003



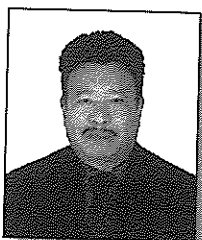
Rtn. Siba B. Rajbhandary
2003-2004



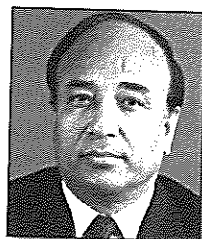
Rtn. Dr. CP Maskey
2004-2005



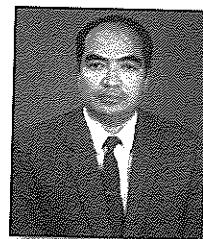
Rtn. Gyanu R. Shakya
2005-2006



Rtn. Ganesh R. Shrestha
2006-2007



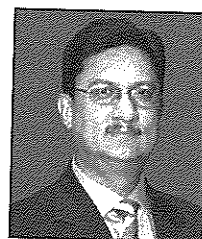
Rtn. Keshab B. Mathema
2007-2008



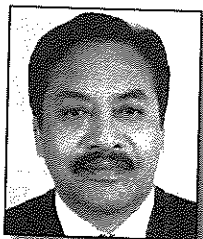
Rtn. Santa K. Shrestha
2008-2009



Rtn. Kedar B. Shrestha
2009-2010



Rtn. Dr. Prakash R. Regmi
2010-2011



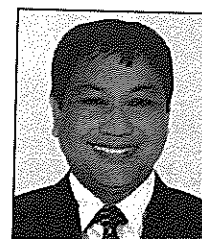
Rtn. J. K. Tamrakar
2011-2012



Rtn. Krishna B. Basnyat
2012-2013



Rtn. Jeevan K. Shrestha
2013-14



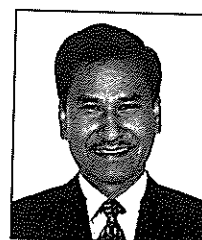
Rtn. Khruschev Shrestha
2014-15



Rtn. Matsyendra L. Kayastha*
2014-15



Rtn. Piyush B. Bajracharya
2015-16



Rtn. Bijaya Mallapaty
2016-17

* President a.i.

Rotary Club of Patan

RI District 3292

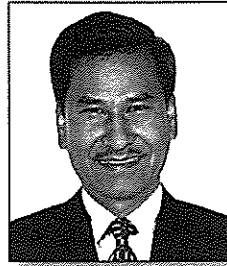
Club No. 23126

Chartered on 29th August 1985

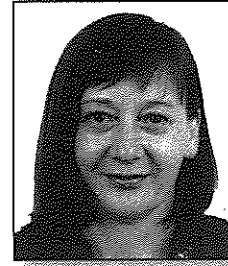
Executive Board 2017-18



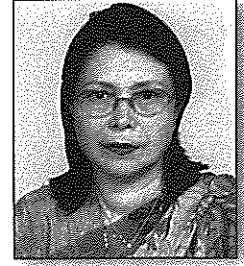
Rtn. Chandra L. Kayastha
President



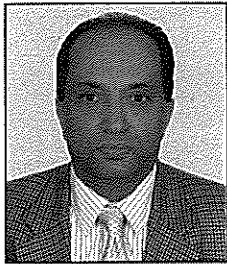
Rtn. Bijaya Mallapaty
IP President



Rtn. Gabriele Mallapaty
President Elect



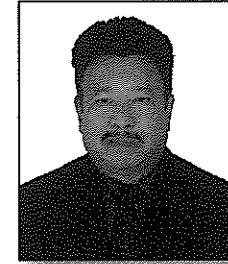
Rtn. Lalita Thapa
President Nominee



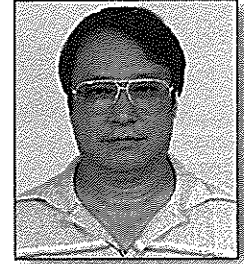
Rtn. Dr. B. B. Sharma
Vice President



Rtn. Mahendra B. Thapa
Secretary



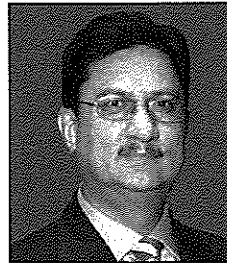
Rtn. Ganesh R. Shrestha
Joint-Secretary



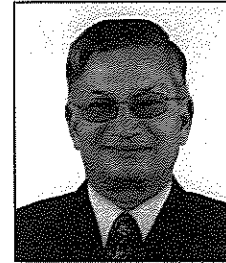
Rtn. Kiran Thapa
Director/Chair-Club Adm.



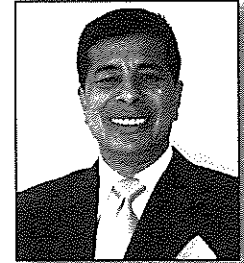
Rtn. M.L. Kayastha
Director/Chair-Membership



Rtn. Dr. P. R. Regmi
Director/Chair-Public Relation



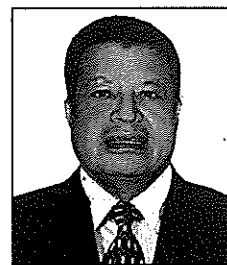
Rtn. Siba B. Rajbhandary
Director/Chair-Youth Service



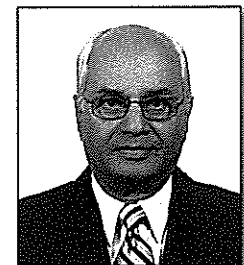
Rtn. Shiva K. Pradhan
Director/Chair- Service Project



Rtn. Nirmal K. Pradhanang
Director- TRF

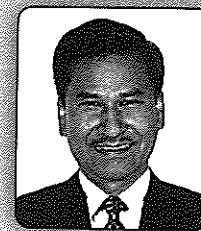


Rtn. Bharat N. Joshi
Treasurer



Rtn. Kedar B. Shrestha
Sergeant-at-arms

ROTARY CLUB OF PATAN 2016-17 PRESIDENT'S REPORT



*Rtn. Bijaya Mallapaty
President
Rotary Year 2016-17*

I would like to thank the entire Rotary Club of Patan (RCP) family for their support in all aspects of the club management and operations, bringing it to new heights.

We started the Rotary Year 2016–2017 with an analysis of the RCP's SWOC (Strengths, Weaknesses, Opportunities, and Challenges). Based on this analysis, we set the goals and targets for the year.

We concentrated on two key areas of work: **'Service'** and **'Fellowship'**. Like Yin & Yang, these often overlapping concepts encompass the philosophy of Rotary. Success in these two areas, would follow with success in other Rotary priority areas, such as an increase in membership and contributions to the Rotary Foundation.

This report assesses the extent to which we have translated the concepts of Service and Fellowship in the Rotary Year 2016–2017 into the five 'Avenues of Service' of Rotary, which are the foundation of club activities. Many activities cut across Avenues of Service, and together they make the whole. As much as possible, we have included photographs with captions.

1. Club Service

Club Service focuses on making clubs strong. The RCP's established **Club Service Fund** reached NRs. 1,484,763, which is an increase of NRs. 256,112 from last year, in addition to covering the expenses of NRs. 147,806 in service projects.

Family inclusion has been a priority of the RCP. To encourage this, spouses of members are invited to all weekly meeting. The annual Joint Board Meeting and the Charter Day Celebration are followed by fellowship dinners where families are invited. Members' birthday

fellowships twice a year and an annual family outing bring together the larger RCP family. In addition, there is high participation in RCP's flagship Prajapati Education Endowment Fund (PEEF) scholarship programme & various project site visits.



Birthday Fellowship – 'Sagun' given to members with birthdays in 1st half of the year



*Spouse joining a club talk programme by
Rtn. Chandani Joshi*



Annual Family Outing to 'Patale Ban' Resort



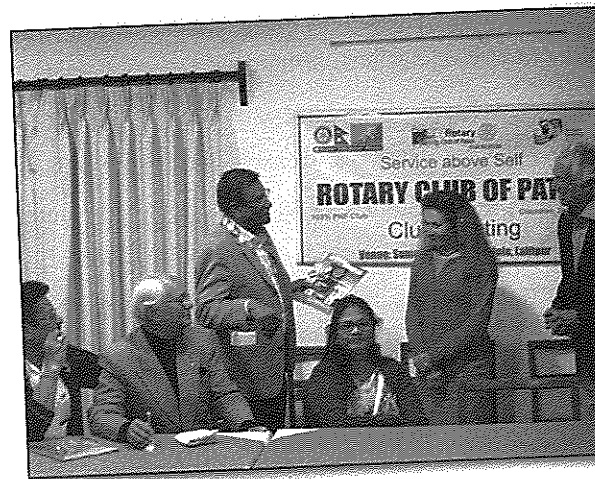
Enjoying sport during Family Outing

For **networking, communication and public relations**, we regularly communicate internally through Viber, a weekly 'Lalitdhara' bulletin, and an annual 'Lalitdhara Souvenir' publication. The RCP's Facebook page is updated on a regular basis with updates on all club activities to the general public.

There have been many interactions with the media to communicate the RCP's project activities. These are also publicized through hoarding boards, giving a summary of the projects. Successful publicity events included the training of mother's group, training of teachers and resource persons on the prevention of rheumatic heart disease in children, screening of a video clip on the prevention of rheumatic heart disease in two TV channels and regular FM radio talk programmes.

Another key area of Club Service is efficient and effective **Club Administration**. Each weekly meeting of the RCP has

had a specific programme, with either a guest speaker, a member's classification talk, an entertainment program or a dedicated meeting on the club's specific business programme activity. Good governance has been ensured through 12 Board meetings, five club assemblies at a high level of participation in service projects. For the past year, we have approved global grants, eight primary contacts and eight secondary contacts have taken on specific responsibilities while most members are active in different committees and club-owned projects.



Guest Speaker – Mr. Robin Marsten, 39 years in the Tourism Sector in Nepal

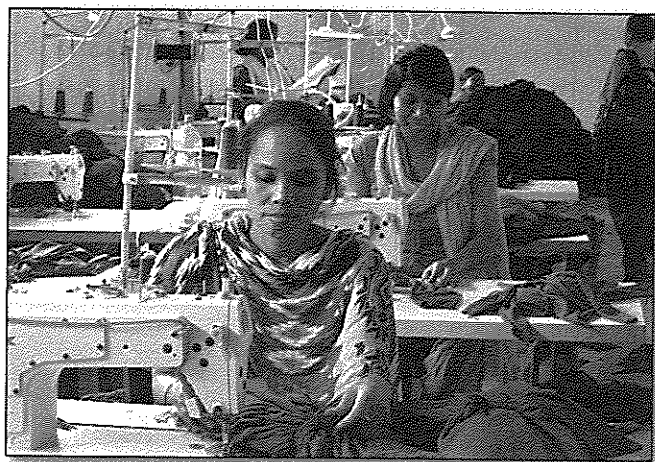


Guest Speaker - Ms. Neena Joshi, Programme Director, Heifer International Nepal

Membership retention has been excellent. Total membership with an attrition of one member increased to 40. This number includes 32 male members, and eight female members.

2. Vocational Service

Vocational Service contributes to the problems and needs of society. The RCP has implemented a global grant project to provide **vocational training** skills to 130 former 'Kamlari' girls (indentured girls) in Western Nepal. All the girls have now completed their vocational training and have started either their own businesses or have taken up gainful employment.



Former 'Kamlari' girls working at a Garment Industry after training



A group of former 'Kamlari' girls receiving tailoring training certificates

Members of the RCP volunteer their vocational skills in the implementation of the ongoing Global Grant Projects that the club is managing. They apply their project management skills, health professional skills, water and sanitation project implementation skills, procurement management skills, among others, to the projects.

Following a national survey on **Orthotics and Prosthetics**, with support from the organisation Medi for Help, based in Germany, the RCP has produced a report and shared it with all stakeholders. In addition to raising awareness of this rather neglected area, commitment to support patients has also been forthcoming, for example, the Ottobock Company in Germany has showed interest in providing support to the orthopaedic children's hospital, Hospital & Rehabilitation Centre for Disabled Children (HRDC).

The RCP presented **vocational awards** to three individuals in the community, who had exemplified outstanding professional achievement and high ethical standards in their vocations. The RCP recognition included cash prizes of NRs. 5,000 each and a certificate in the categories of health, education and media during a ceremony on 23 January 2017.



Vocational Service Award Recipients



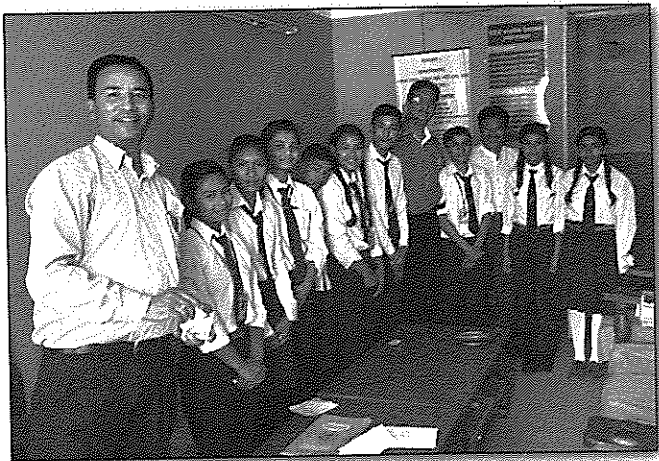
Group Photo with Vocational Service Award Recipients



3. Community Service

Community Service encourages every Rotarian to find ways to improve the quality of life for people in their communities.

Since its establishment in 1991, the RCP's flagship programme, the **Prajapati Education Endowment Fund (PEEF)**, has been providing educational scholarships to needy children. PEEF scholarships have demonstrated that the value of a small monetary contribution is exponentially larger when measured in terms of the improvement of a child's overall well-being and potential to develop communities through continued education.



Recipients of PEEF scholarship in one school



Recipients of PEEF scholarship in another school

Currently the PEEF Trust Fund has NRs. 11.62 million and an Operational Fund, largely from income earned from the Trust Fund, with a balance of NRs. 500,000. In the Rotary Year 2016-2017, 390 public school students of

lower-income families in 27 schools of Lalitpur District received scholarships totalling NRs. 808,000 to support their education from grades 7 to 10.

The **Kamalmani Educational Excellence Award (KEEA)**, established in 2013 with the initial sponsorship of late Rtn. Kamalmani Dixit to recognize meritorious PEEF students, has been further expanded with the support of other members. This year's KEEA function was held on 20 February 2017 in the presence of the headmasters of the recipient schools, award receiving students and the RCP family. Ten meritorious and all-round excelling students in grade 9 from among the PEEF scholarship recipients were recognized with certificates and cash awards.



Group Photo with KEEA recipients

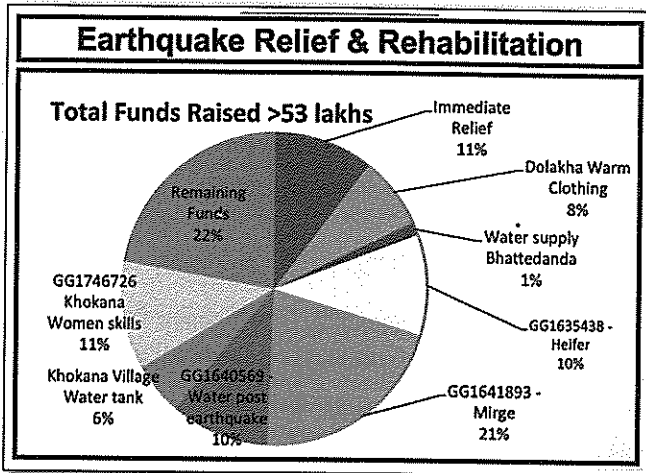


Presenting memento of late Rtn. Kamalmani Dixit to his family

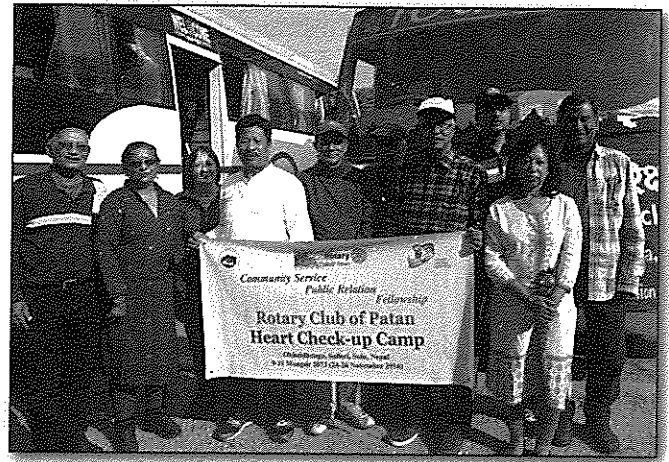
A key to the continued success of the PEEF programme is that the entire RCP family takes ownership of it. In addition to a dedicated committee managing this programme, the

RCP family volunteers its valuable time and resources during the annual student selection and funds distribution in the assisted schools throughout the Lalitpur District.

Following the devastating earthquakes of 2015, the RCP's efforts have raised total support funds of NRs. 5,373,409, which includes in-kind support of NRs. 328,100. The presentation below shows the status of its use for the affected communities.



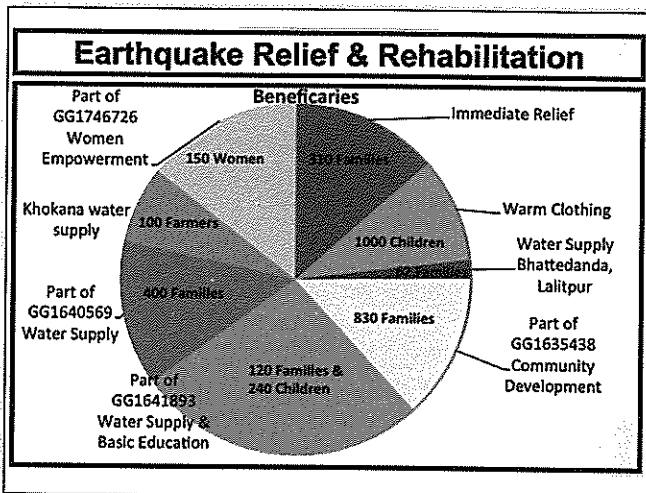
Summary of Earthquake Relief fund use



Health Camp in Okhaldhunga



Water Tank with health messages in Khokana



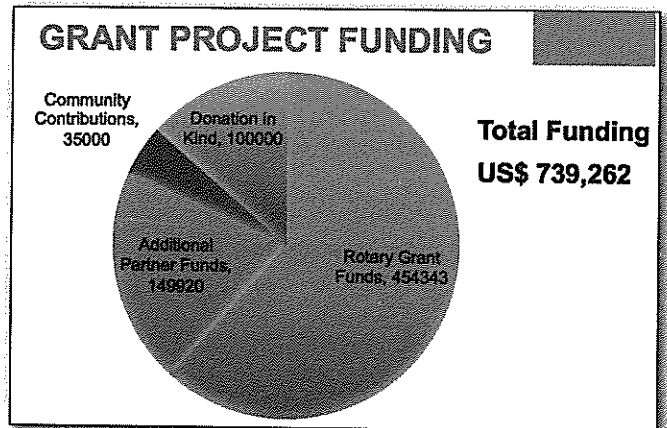
Summary of beneficiaries of Earthquake Relief efforts

The RCP has secured several community service projects through Global Partnerships and Global Grants. See a summary of these under International Service below. Some of the funds raised for earthquake victims are used as RCP's contribution to the Global Grants to get additional matching funds.

4. International Service

International Service exemplifies the RCP's global partnership in promoting sustainable development through Global Grant projects in Nepal and contributions to The Rotary Foundation.

In Rotary Year 2016-2017, the RCP had eight **Global Grants** (six ongoing & two closed), one district grant (closed) and one in-kind donation with a total funding



Summary of Grant Projects Funding of RC Patan

of US\$ 739,262, as per the distribution of funds in the chart below. The funding does not include un-earmarked contributions from partners and community.

GG1418291 Primary prevention of rheumatic heart disease in children with the Nepal Heart Foundation – Primary Contact Rtn. Gabriele Mallapaty. Very good progress with two progress reports accepted. Completion target by the end of October 2017.



GG1418291 Primary Prevention of RHD

GG1527136 Vocational education to 130 former 'Kamlari' girls with the Nepal Youth Foundation – Primary Contact Rtn. Mahendra Thapa. Successfully implemented.



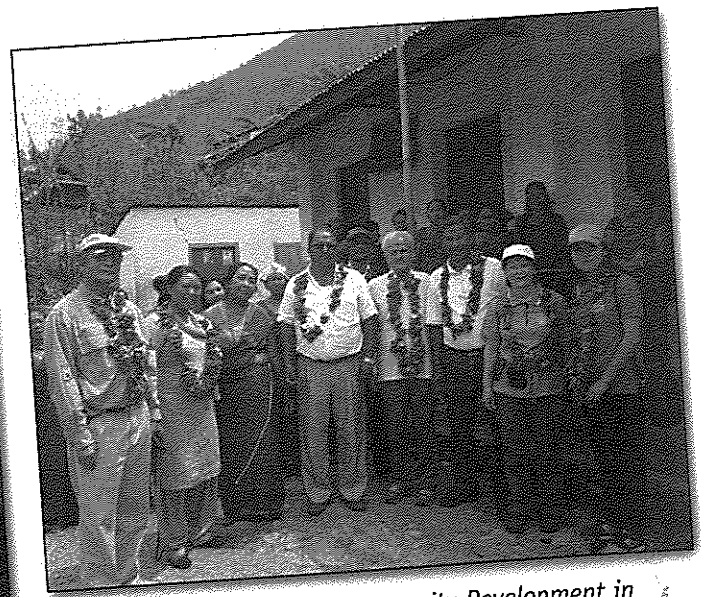
GG1527136 Training of former 'Kamlari' girls

GG1529621 Providing state of the art medical equipment to Kirtipur hospital for improved treatment for burn victims in Nepal – Primary Contact Rtn. Kedar B. Shrestha. Successfully implemented.



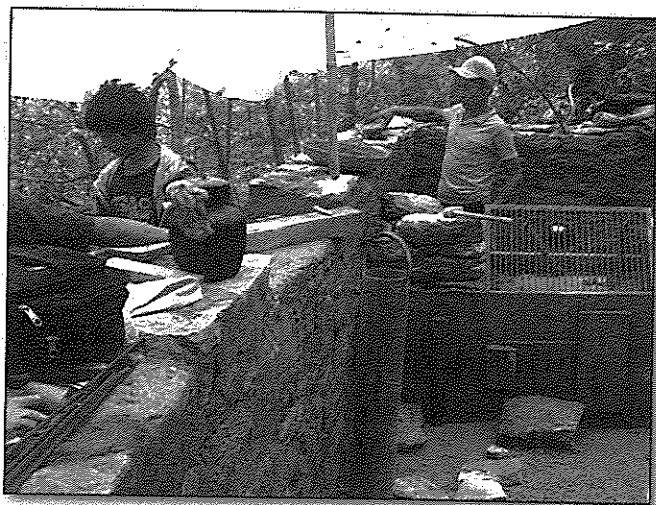
GG1529621 Medical equipment to Kirtipur hospital

GG1635438 Holistic community development for Chepang/ Gurung community, Chandibhanjyang, Chitwan District – Primary Contact Rtn. Dr. Mukti N Shrestha. Good progress. Completion target by the end of October 2017.



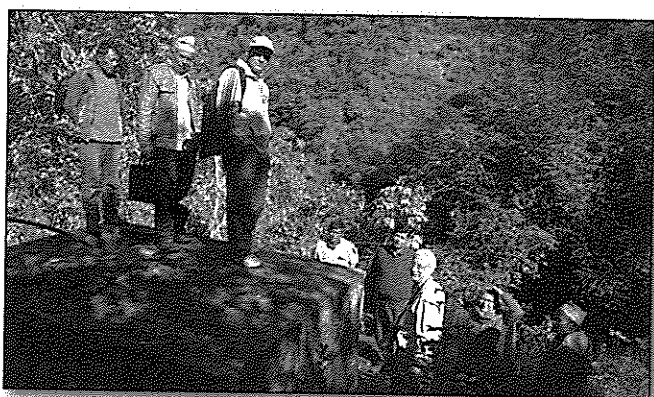
GG1635438 Holistic Community Development in Chandibhanjyang, Chitwan

GG1637020 Micro-hydro for community development, Chepel, Solukhumbu – Primary Contact Rtn. Bijaya Mallapaty. Implementation started.



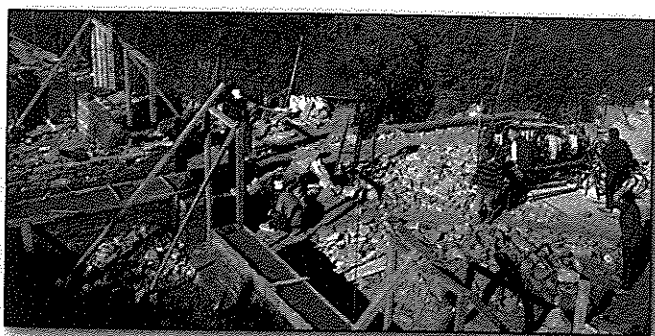
GG1637020 Micro Hydro Power for Community Development in Chepel, Solokhumbu

GG1640569 Providing drinking water to earthquake-affected communities in two villages of Lalitpur District and in Chandibhanjyang, Chitwan – Primary Contact Rtn. Lochan Gyawali. Good progress.



GG1640569 Improved Water Supply to earthquake affected communities

GG1641893 Support in education and water supply in Mirge Village, Dolakha – Primary Contact Rtn. Nirmal K. Pradhanang. Good progress.



GG1641893 School rehabilitation and water supply to Mirge, Dolakha

GG1746726 Income opportunities for women from earthquake-affected Khokana village and surrounding areas – Primary Contact Rtn. Lochan Gyawali. Implementation started.



GG1746726 Income generating skills to women in Khokana, Lalitpur

District Grant Project with RC Mount-Westonka, USA to support people suffering from mental illness through KOSHISH, the mental health self-help organization. Successfully implemented.



International District Grant to improve mental health

As part of its International Service, the RCP made the highest-ever RCP contribution of **US\$23,485 to The Rotary Foundation**. Out of this total, US\$6,688 went to The Rotary Foundation annual fund, which amounted to a per-capita member contribution of US\$176 and included additions of one Major Donor and one Paul Harris Society member.

5. Youth Service

Youth Service recognizes the importance of empowering youth and young professionals through leadership development programmes. The RCP sponsors a very active Rotaract Club and three Interact clubs. The RCP and the Rotaract Club of Patan held joint meetings, blood donations and various other activities together. It also sponsored leadership development programmes for both Rotaract Club and the Interact Club representatives.



Joint Club meeting with Rotaract Club of Patan



Installation of Club Officials of Rotaract Club of Patan

Concluding Remarks:

It has been a humbling experience to have the opportunity to serve as the RCP President for 2016-2017. Together, we have made the club stronger and we need to work with the ideals of continuous improvement to bring it to greater heights to serve and make a difference in the communities we work with. We look forward to yet another excellent year in the belief of 'Sewa Nai Dharma Ho' matching the Rotary motto of 'Service above Self' as we try to do our best in 'Rotary: Making a Difference' – the 2017-2018 theme of Rotary International.

***"Do your little bit of good
where you are;
it's those little bits of good
put together
that overwhelm the world."***

-Desmond Tutu

Rotary Club of Patan 2017-18

Grouping of Rotarians for Fellowship Dinner

Group 1 (1st July to 1st December)

1.	Dr. Mukti N. Shrestha	July 1
2.	Keshab B. Mathema	July 2
3.	Krishna B. Basnyat	July 8
4.	Tirtha M. Sakya	July 21
5.	Dr. Shivaji Silwal	Aug 6
6.	Mahendra S. Rawal	Oct 5
7.	Preeti Khemka	Nov 3
8.	Santa K. Shrestha	Nov 5
9.	Ganesh R. Shrestha (GC)	Nov 22
10.	Dr. Naval Pajiyar	Nov 23
11.	Dr. Aruna Uprety	Dec 1

Group 2 (12th December to 2nd March)

1.	Piyush B. Bajracharya	Dec 12
2.	Rabendra R. Pandey	Dec 14
3.	Gabriele Mallapaty	Dec 16
4.	Pushkar Shakya	Jan 14
5.	Kamal Nyachhyon	Jan 15
6.	Mahendra B. Thapa	Jan 15
7.	Kedar B. Shrestha	Jan 18
8.	Shiv Prakash Khemka (GC)	Feb 12
9.	Jamuna K. Tamrakar	Feb 17
10.	Nirmal K. Pradhanang	Feb 18
11.	Kiran Thapa	Mar 2

Group 3 (19th March to 30th June)

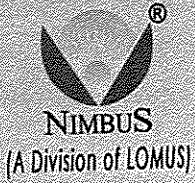
1.	Lalita Thapa	Mar 19
2.	Yagya B. Shrestha	Apr 29
3.	Shiva Pradhan. (GC)	May 2
4.	Chandralekha Kayastha	May 4
5.	Jeevan K. Shrestha	May 6
6.	Bijaya Mallapaty	May 9
7.	Matsyendra L. Kayastha	May 25
8.	Dr. Bishwa B. Sharma	June 2
9.	Siba B. Rajbhandary	June 11
10.	Ramesh L. Maskey	June 12
11.	Bharat N. Joshi	June 16
12.	Dr. Prakash R. Regmi	June 30

The groups will have fellowships as follows:

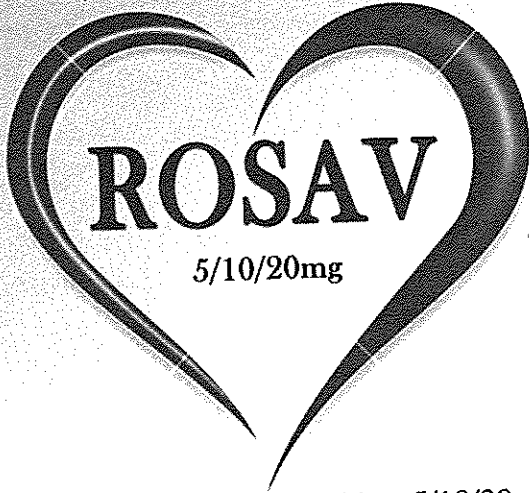
Group 1	-	Mid-October
Group 2	-	Mid-January
Group 3	-	Mid-April

Other Fellowship/events involving all club members with spouses:

Joint Board Meeting	-	1st Week of June
Charter Night	-	29 August
Annual Picnic	-	Month of March/April
Annual Outing	-	Month of Dec/Jan



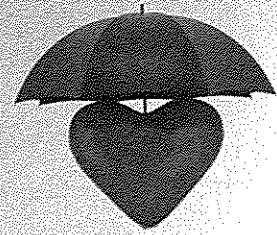
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Rosuvastatin Calcium Tablets 5/10/20mg



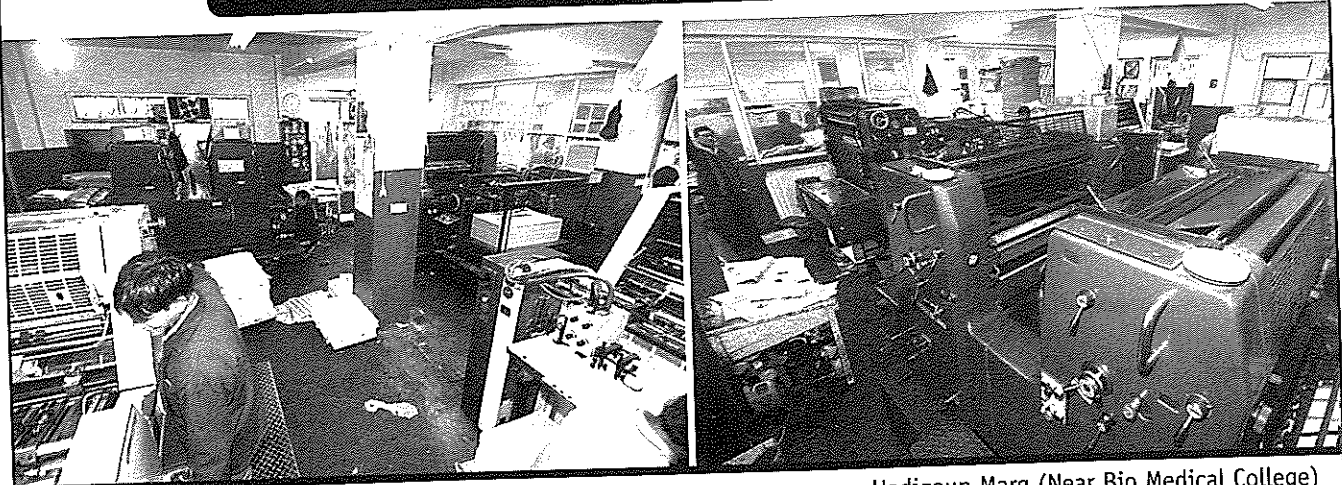
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- ✓ Hyperlipidemia and mixed Dyslipidemia
- ✓ Coronary Heart Disease
- ✓ Atherosclerosis
- ✓ Myocardial Infarction
- ✓ Hypercholesterolaemia

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Best Wishes For the Grand Success of
ROTARY CLUB OF PATAN
On its 32nd Charter Day



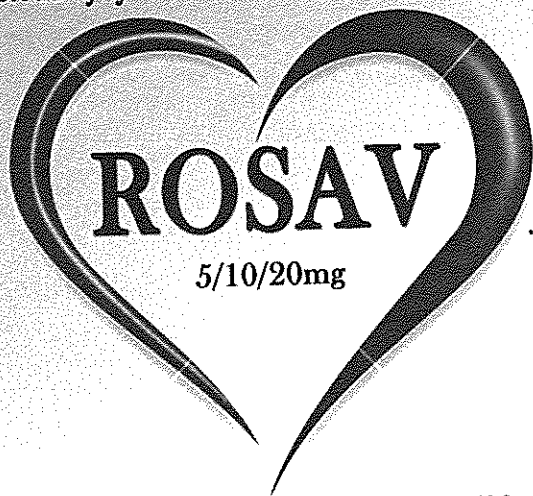
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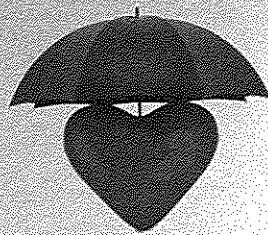

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PROVEN IN :

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- ✓ Coronary Heart Disease
- ✓ Atherosclerosis
- ✓ Myocardial Infarction
- ✓ Hypercholesterolaemia

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Best Wishes For the Grand Success of
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On its 32nd Charter Day



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Major Donor



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Major Donor



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Rtn. Dr. Prakash R. Regmi
PHF +8



Rtn. Bijaya Mallapaty
PHF +6 & PHS Member



Rtn. Gabriele Mallapaty
PHF +6



Rtn. Chandralekha Kayastha
PHF +4



Rtn. Piyush B. Bajracharya
PHF +4



Rtn. Kedar B. Shrestha
PHF +3



Rtn. Dr. Bishwa B. Sharma
PHF +3



Rtn. Santa K. Shrestha
PHF +3



Rtn. Lalita Thapa
PHF +3



Rtn. Krishna B. Basnyat
PHF +2



Rtn. Keshab B. Mathema
PHF +2



Rtn. Jamuna K. Tamrakar
PHF +2



Rtn. Padam L. Maharjan
PHF +2



Rtn. Kamala Maharjan
PHF +2



Rtn. Ramesh L. Maskay
PHF +2



Rtn. Nirmal K. Pradhanang
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Rtn. Bijaya B. Bajracharya
PHF +1



Rtn. Puskara M. Shakya
PHF +1



Rtn. Kamal B. Nyachhyon
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Rtn. Bharat N. Joshi
PHF +1



Rtn. Shiva K. Pradhan
PHF +1



Rtn. Sharda Prasai
PHF +1



Rtn. Jeevan K. Shrestha
PHF +1



Rtn. Mahendra Thapa
PHF +1



Committees for 2017-2018

Club Administration - Rtn. Kiran Thapa, Director/Chairperson

Rotary Info/Bulletin/Social Media:

Co-ordinator - Rtn. Gabriele Mallapaty
Members - Rtn. Bijaya Mallapaty
- Rtn. Chandralekha Kayastha
- Rtn. Kiran Thapa

Fellowship / Programs/ Club Assembly:

Co-ordinator - Rtn. Kedar B. Shrestha
Members - Rtn. Jamuna K. Tamrakar
- Rtn. Ganesh R. Shrestha
- Rtn. Shiva K. Pradhan

Membership - Rtn. Matsyendra L. Kayastha, Director/Chairperson

Club Mentor:

PDG. Rtn. Tirtha Man Sakya

Mentors:

Rtn. Rabendra R. Pandey, Rtn. Krishna B.
Basnyat, Rtn. Keshab B. Mathema &
Rtn. Yagya B. Shrestha

Orientation and Training:

Rtn. Lalita Thapa
Rtn. Mahendra B. Thapa

Image/Public Relations - Rtn. Prakash R. Regmi, Director/Chairperson

Media/Rotary Image:

Rtn. Santa K. Shrestha
Rtn. Jeevan K. Shrestha
Rtn. Mukti N. Shrestha

Special Events (incl. 4 way test)

Rtn. Pushkar M. Shakya
Rtn. Nabal Pajiyar &
Rtn. Shiva K. Pradhan

Lalitdhara Souvenir:

Co-ordinator - Rtn. Mahendra B. Thapa
Members - Rtn. Bharat N. Joshi
- Rtn. Lalita Thapa
- Rtn. Preeti Khemka

Service Projects - Rtn. Shiva K. Pradhan, Director/Chairperson

PEEF:

Coordinator - Rtn. Gabriele Mallapaty
Program Manager - Rtn. Padam L. Maharjan
Finance Manager - Rtn. Bijaya Mallapaty
Distribution Manager - Rtn. Ganesh R. Shrestha
Members - Rtn. Siba B. Rajbhandary (Fund-Raising),
Rtn. Matsyendra L. Kayastha & Rtn. Sharada Prasai

Earthquake Committee:

Coordinator - Rtn. Matsyendra L. Kayastha
Members: Rtn. Lochan Gyawali, Rtn.
Gabriele Mallapaty, Rtn. Ganesh R.
Shrestha, Rtn. Siba B. Rajbhandary, Rtn.
Piyush Bajracharya, Rtn. Lalita Thapa

Community Development/RCC:

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

RCP Representatives to:

Nepal Orthopaedic Hospital:
Rtn. Bijaya Mallapaty
Rtn. Piyush B. Bajracharya

Disability Awareness:

Coordinator - Rtn. Rabendra R. Pandey
Members - Rtn. Bishwa B. Sharma
- Rtn. Kamal Nyachhyon

Polio Plus:

Coordinator - Rtn. Prakash R. Regmi
Members - Rtn. Shivaji Silwal
- Rtn. Aruna Uprety
- Rtn. Kamala Maharjan

Youth Service - Rtn. Siba B. Rajbhandary, Director

Interact: Rtn. Preeti Khemka &
Rtn. Kamala Maharjan

Rotaract: Rtn. Shiv P. Khemka &
Rtn. Nirmal K. Pradhanang

The Rotary Foundation - Rtn. Nirmal Pradhanang, Director/Chairperson

Members: Rtn. Bishwa B. Sharma,
Rtn. Ramesh Maskay

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

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

नियमित स्वास्थ्य परीक्षणको महत्व



- रो. डा. प्रकाशराज रेग्मी

जीवनलाई स्वस्थ बनाई राख्नका लागि प्रत्येक व्यक्तिले नियमित रूपमा स्वास्थ्य परीक्षण गराउनु पर्दछ । जीवनशैली व्यवस्थापनको यो एक महत्वपूर्ण पक्ष हो ।

१. हामी नेपालीहरूको नियमित स्वास्थ्य परीक्षण गर्ने चलन छैन । यसको पछाडी ३ वटा कारणहरू छन्:

क. स्वास्थ्य परीक्षण सेवा सर्व सुलभ छैन

ख. स्वास्थ्य परीक्षण सेवा महँगो छ

ग. नियमित स्वास्थ्य परीक्षणको महत्व हामीलाई थाहा छैन

२. कुनै समस्या वा सिकायत नहुँदा पनि नियमित रूपमा स्वास्थ्य परीक्षण गराउनु आवश्यक छ । नियमित स्वास्थ्य परीक्षण गराउँदा निम्न लिखित फाइदाहरू प्राप्त गर्न सकिन्छ:

क. लुकेर बसेको रोग पत्ता लाग्छ,

ख. रोग शुरूकै अवस्थामा पत्ता लाग्छ र उपचार चाँडै शुरू गर्न सकिन्छ,

ग. कुनै कडा रोग लाग्न सक्ने सम्भावना रहेको बारे थाहा लाग्छ र समयमै यसको रोकथाम तर्फ कदम चाल्न सकिन्छ,

घ. आकस्मिक मृत्युलाई कम गर्न सकिन्छ,

ङ. आयु बढाउन सहयोग पुग्छ ।

उच्च रक्तचाप, मधुमेह, उच्च रक्त कोलेस्टेरोल जस्ता समस्याहरू भएका व्यक्तिहरूमध्ये ५० प्रतिशत भन्दा बढीलाई आफूलाई सो रोग वा समस्या छ भन्ने बारे थाहा छैन किनकी उनीहरूले स्वास्थ्य परीक्षण गराएका छैनन् ।

३. कुनै सिकायत नभए पनि जीवनका ३ चरणहरूमा नियमित स्वास्थ्य परीक्षण गर्नु उपयुक्त देखिन्छ ।

क. पहिलो चरण: (Childhood) बाल्यावस्था (५ वर्षको उमेर भित्र) यो चरणमा स्वास्थ्य परीक्षण गराउँदा जन्मजात रोगहरू, बाल्यकालमा लाग्ने रोगहरू, पालन पोषणसँग सम्बन्धित रोगहरूबारे समयमै जानकारी प्राप्त हुन्छ ।

ख. दोस्रो चरण: (Young Adulthood) युवावस्था (उमेर १८ देखि ३० वर्ष बीच): यो चरणमा स्वास्थ्य परीक्षण गराउँदा बढ्दै गएको उमेर, चञ्चल मनस्थिती, जोश, जीवनशैली आदिसँग सम्बन्धित स्वास्थ्य समस्याहरूको जानकारी प्राप्त हुन्छ ।

ग. तेस्रो चरण: (Late Adulthood) प्रौढावस्था (४० वर्षको उमेरपछि) यो चरणमा स्वास्थ्य परीक्षण गराउँदा उमेर, वंशानुगत र जीवनशैलीसँग सम्बन्धित स्वास्थ्य समस्याहरू बारे जानकारी प्राप्त हुन्छ । **Metabolic syndrome** जुन हृदयघातको सुषुप्त (लुकेको) अवस्था हो, पत्ता लाग्छ ।

४. जीवनको कुन चरणमा कति पल्ट स्वास्थ्य परीक्षण गराउने भन्ने बारे मेरो सुझाव यस प्रकार रहेको छ:

बाल्यावस्थामा • कम्तिमा १ पल्ट
• आवश्यक पर्दा (रोग लागेको बेलामा)
• डाक्टरको सल्लाह अनुसार

युवावस्थामा • कम्तिमा १ पल्ट
• आवश्यक पर्दा (रोग लागेको बेलामा)
• डाक्टरको सल्लाह अनुसार

४० वर्षको उमेर पछि • कम्तिमा वर्षको १ पल्ट
• आवश्यक पर्दा
• डाक्टरको सल्लाह अनुसार

५. स्वास्थ्य परीक्षण गराउँदा के-के जाँच गर्ने ?

बाल्यावस्था: TC DC ESR HB Chest X-Ray PA
BI Sugar-F, Urea, USG of abdomen
Creatinine
Urine R/E, Stool R/E ECG
Blood group Echocardiography
and RH factor

युवावस्था: TC DC ESR HB Chest X-Ray PA
BI Sugar-F, PP USG of abdomen
Urea, Creatinine, Na, K ECG
S uric acid, VDRL, Echocardiography
HBSAg
Lipid Profile, LFT, HIV
Urine R/E, Stool R/E

प्रौढावस्था (४० वर्ष काटे पछि):

TC DC ESR HB Chest X-Ray PA
BI Sugar-F, PP USG of abdomen
Urea, Creatinine, Na, K ECG
S uric acid, VDRL, HBSAg Echocardiography
Lipid profile, LFT, HIV
Urine R/E, Stool R/E

Comprehensive Cardiac check up (CCC)

(मुटु रोगी वा CAD Risk factor भएकाहरूका लागि)

TC DC ESR HB Platelets	Chest X-Ray PA
BI Sugar-F, PP, HBA, C	ECG
Urea, Creatinine, Na, K	Echocardiography
S. Uric acid, PT/INR	USG of abdomen
Lipid profile, LFT	TMT or Stress Echo
Urine R/E, Stool R/E	Holter Monitoring
Microalbumin in urine	ABP Monitoring

६. कसले के-के र कहिले जँचाउने ? डाक्टर कहाँ कति पल्ट जाने ?

मुटु रोगीहरूले पीडित व्यक्तिहरूलाई डाक्टरसँग परामर्श (Consultation) गर्ने तथा विभिन्न प्रकारका परीक्षणहरू (Tests) गराउने बारे निम्न लिखित पद्धति (System / Protocol) अपनाउनु उपयुक्त हुन्छ:

उच्च रक्तचाप भएकाहरू

- वर्षको १ पल्ट CCC गराउने (कुनै समस्या नदेखिएको भएता पनि)
- रक्तचाप राम्रोसँग नियन्त्रणमा छ भने ३ देखि ६ महिनामा एकपल्ट डाक्टरसँग परामर्श (Consultation) लिने ।
- रक्तचाप नियन्त्रणमा छैन भने महिनाको कम्तिमा १ पल्ट वा डाक्टरले सल्लाह दिए अनुसार बोलाएको समयमा परामर्श लिने ।
- टाउको दुख्दा, चक्कर लाग्दा छाती दुख्दा तुरुन्त रक्तचाप जचाउने ।
- छाती दुख्दा तुरुन्त ECG परीक्षण गराउने ।
- अन्य परीक्षणहरू (Sugar, Cholesterol, Echo, X-Ray आदि) मध्ये कुनै abnormal छ भने डाक्टरले सल्लाह दिए अनुसारको समयमा पुनः परीक्षण गर्ने । अवस्था हेरि ल्याव परीक्षणहरू एक दुई महिनामा दोहोर्न्याई रहनु पर्ने पनि हुन्छ ।

मधुमेह भएकाहरू

- वर्षको १ पल्ट CCC गराउने (कुनै समस्या नदेखिएको भए तापनि)
- वर्षको १ पल्ट आँखाको डाक्टरलाई जचाउने ।
- प्रत्येक ६-६ महिनामा मिर्गौला (Urea, Creatine, Na, K, Urine R/E, Microalbumin) मुटुको अवस्था (ECG) र रगतमा कोलेस्टेरोलको मात्रा जचाउने ।
- प्रत्येक ३-३ महिनामा HBA1c जँचाउने (यसबाट ३ महिनाको सरदर रक्त ग्लुकोज थाहा हुन्छ) ।
- प्रत्येक महिना Blood Sugar Fasting र PP जचाउने यदि नियन्त्रणमा छैन भने डाक्टरसँग परामर्श लिने ।

- छाती दुख्दा तुरुन्त ECG गराउने ।
- अन्य परीक्षणहरू (Sugar, Cholesterol, Echo, X-Ray आदि) यदि कुनै abnormal छ भने डाक्टरले सल्लाह दिए अनुसारको समयमा पुनः परीक्षण गर्ने ।
- Blood Sugar राम्रो नियन्त्रणमा छ, अरु खास समस्या छैन भने ३ देखि ६ महिनामा एकपल्ट डाक्टरसँग परामर्श (consultant) लिने ।

७. कुन परीक्षणबाट मुटुबारे के जानकारी प्राप्त हुन्छ ?

क. डाक्टरी जाँच :

शरीरको तौल, पेटको नाप, रक्तचाप, हृदयगती, मुटुको कार्य ठीक तवरले भए नभएको, मुटुका भल्भहरूको अवस्था आदि बारे सामान्य जानकारी प्राप्त हुन्छ । यसका साथै रोगीले आफ्नो सिकायत यदि केहि भए डाक्टरलाई भन्ने र यसका आधारमा डाक्टरले कुनै रोग भए नभएको पत्ता लगाउन आवश्यक परीक्षणलाई अगाडी बढाउने छ ।

ख. रगतको परीक्षण:

रगत कम भएको, रगतमा ग्लुकोज बढेको (Blood sugar F, PP दुबै), रगतमा कोलेस्टेरोल बढेको, युरीक एसिड बढेको आदि पत्ता लाग्छ । HBA1C जाँच बाट ३ महिनाको ग्लुकोजको Average पत्ता लाग्छ । मधुमेहीलाई यो जाँच आवश्यक छ ।

ग. पिसावको परीक्षण:

मिर्गौलाको अवस्था, रक्तचाप वा मधुमेहबाट मिर्गौलालाई असर पार्न थालेको शुरुको अवस्था बारे थाहा लाग्छ । Urine R/E test मा Albumin देखिनु हुँदैन । Urine for Microalbumin जाँचबाट मिर्गौला खराब हुन थालेको एकदमै शुरुको अवस्था पत्ता लाग्छ ।

घ. छातीको एक्सरे: फोक्सोमा लाग्ने रोगहरू (TB, Cancer आदि), मुटुको आकार

ङ. ई.सी.जी.: मुटुको धड्कनको खराबी, रक्त सञ्चारका अवरोधहरू, ब्लकहरू (विद्युतीय सञ्चारका अवरोधहरू) आकस्मिक मृत्यु हुन सक्ने अवस्थाहरू (Long QT Syndrome, heart block etc.)

च. Echocardiography: मुटुको पम्प गर्ने कार्य, भल्भहरूको अवस्था, जन्मजात त्रुटीहरू, मुटुका मांसपेशीको अवस्था, मुटु भित्र रगत जमेको, मुटुको ट्यूमर आदि बारे ।

छ. Holter Monitoring: मुटुको धड्कनको गडबडी बारे ।

ज. ABP Monitoring: Blood pressure राम्रोसँग नियन्त्रण भएको छ छैन बारे ।

भ. **TMT** : शारीरिक श्रम गर्दा मुटुको मांसपेशीलाई आवश्यक पर्ने मात्रामा रक्त सञ्चालन हुन्छ हुँदैन भन्ने बारे । मुटुका कोरोनरी रक्तनलीहरूमा चिल्लो जमेर साँगुरिएको छ छैन बारे, हृदयघातको खतरा कतिको छ भन्ने बारे ।

८. नियमति स्वास्थ्य परीक्षणबाट मुटुका खतरनाक रोगहरू र आकस्मिक मृत्युबाट बच्न सहयोग पुग्छ भन्ने केहि उदाहरणहरू:

क. **ECG : II degree AV block, Bifasicular block, Long QT**

यसका कुनै लक्षण हुँदैनन् तर यसबाट तत्काल मृत्यु हुन सक्छ - कुनै पनि उमेरको व्यक्तिलाई, कुनै रोग नलागेको व्यक्तिलाई **ECG** गरे माथि उल्लेखित अवस्था पत्ता लाग्छ । अरु कुनै पनि परीक्षणबाट यो पत्ता लाग्दैन ।

ख. **Echo: LA Myxoma, Large VSD, Intracavitary clot**

यसको कुनै पनि लक्षण नहुन सक्छ तर आकस्मिक मृत्यु हुन सक्छ ।

ग. **TMT: Strongly positive** भएमा **Angiography** गराउनु पर्दछ । मुटुको रक्तनली ब्लक भएको लक्षण हो यो । यस्ता व्यक्तिहरूलाई कुनै लक्षण नभए पनि कुनै पनि बेला हृदयघात भएर मृत्यु हुन सक्छ ।

९. **Metabolic syndrome** भएका व्यक्तिहरूलाई हृदयघात हुने संभावना अत्याधिक रहन्छ । यो **Syndrom** बारे नियमित परीक्षणबाट मात्र पत्ता लाग्छ । यो पत्ता लाग्यो भने हृदयघातको रोकथामका लागि समय मै आवश्यक कदम चाल्न सकिन्छ । तलका कुनै ५ मध्ये ३ वटा अवस्था भएकालाई **Metabolic Syndrome** भएको मानिन्छ ।

क. पेटको नाप : पुरुष ४० इञ्चभन्दा बढी, महिला ३५ इञ्च भन्दा बढी,

ख. ब्लड सुगर : खालि पेटमा बिहान ११० भन्दा बढी,

ग. **Triglyceride** : १५० भन्दा बढी

घ. **HDL cholesterol**: पुरुषमा ४० भन्दा कम, महिलामा ५० भन्दा कम

ङ. रक्तचाप : १३०/८० भन्दा बढी

१०. नियमित स्वास्थ्य परीक्षण कुन दिन गर्ने ?

आफ्नो जन्मदिनका दिन

आफूलाई आफैले दिने जन्मदिनको उपहार हो -

'नियमित स्वास्थ्य परीक्षण'



ROTARY'S '4 WAY TEST'

Of the things we think, say or do:

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

रोटरीका चार सूत्रे कसी

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

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



LINA

Linagliptin 5/10 mg Tablets



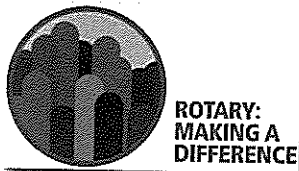
Vega Pharmaceuticals Pvt. Ltd.



Corporate Office: 4th Floor Ranabhat Complex, Anamnagar, Kathmandu, Nepal. Phone No.: +977-1-4102825/26, Fax: +977-1-4102827
Factory office: Karyabinayak-12, Lalitpur, Nepal. Phone no.: +977-1-6924614/6923276, Post Box No.: 23221
E-mail: info@vega.com.np, Web Site: www.vega.com.np

Warning : LINA is a prescription drug and should be used under proper medical guidance and advice.

Members of Rotary Club of Patan



Past President

Bajracharya Bijay (PHF+1)

Classification: Gemologist
Add: Gems Jewellery Industries (P) Ltd.
Ph: (R) 5521525, (O) 5529452
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Spouse: RAJANI
E-mail: b.bajracharya@hotmail.com



President

Kayastha Chandralekha (PHF+4)

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Past President

Bajracharya Piyush B. (PHF+3)

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Add: Piyushbarshi Aushadhalaya
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Ph: (R) 5529640
(M): 9851013388
Born: 12th Dec. Wed: 27 Feb
Serv: D.S. M (CLC)
Join: 2005
Spouse: RAMITA
E-mail: piyush.bajra@gmail.com



Past President
Chair: Membership

Kayastha Matsyendra Lal (MD)

Classification: Architect
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Born: 25th May; Wed: 7th July
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Serv: CS, D, DAC
Spouse: CHANDRALEKHA
E-mail: mlkayastha@gmail.com



Past President

Basnyat Krishna B. (PHF+2)

Classification: Insurance
Add: Sagarmatha Insurance Co. Ltd.
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(M): 9851024313
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Member

Khemka Shiv Prakash (PHF)

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Add: Anand Bhairab Marg, Gyaneshwor
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Join: 2016
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Member

Gyawali Lochan (PHF)

Classification: Trekking Agent
Add: Nepal Trek House
Ph: (R) 5521311, (O) 5522871
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Serv: Sgt
Spouse: SANGITA
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Member

Khemka Preeti

Classification: Home Maker
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Join: 2016
Spouse: SHIV PRAKASH
E-mail: preeti.khemka@gmail.com



Treasurer

Joshi Bharat Narsing (PHF+1)

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Premier Finance Co. Ltd.
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Join: 2003
Spouse: MEERA
E-mail: premierfinance@info.com.np



Member

Maharjan Kamala (PHF+2)

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Add: Ichakhel Panga, Kirtipur-12, KTM
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Join: 2014
Serv: M (CLC)
Spouse: PADAM LALL
E-mail: kamala29548@yahoo.com



Members of Rotary Club of Patan



Member

Maharjan Padam Lal (PHF+2)
Classification: Comm & Navaid's Expert,
Electronic Engineer
Add: Ichakhel Panga, Kirtipur-12, KTM
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Born: 13th Feb; Wed: 29th April
Join: 2003 Serv: C (CLC)
Spouse: KAMALA
E-mail: padam132@gmail.com



Member

Pajiyar Dr. Nabal (PHF)
Classification: Memory Trainer
Mind Power Development Systems P. Ltd.
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Cell: 9844117444, 9843566999
Born: 23rd Nov; Wed: 3rd Feb
Join: 2012
Spouse: Er. BINA
E-mail: nabalpajiyar@gmail.com



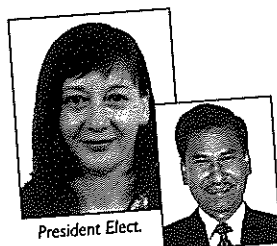
IP President

Mallapaty Bijaya (PHF+6)
Classification: Development Management
Add: Bhainsepati, Lalitpur
Ph: (R) 5592541
Cell: 9803683969
Born: 9th May; Wed: 14th May
Join: 2008
Serv: D, S, VP, DCWDSC
Spouse: GABRIELE
E-mail: bijaya.mallapaty@gmail.com



Past President

Pandey Rabendra Raj (MD)
Classification: Airline GSA
Add: Central Park, Orchid Tower, No. 701, Bishal Nagar
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Born: 14th Dec; Wed: 18th Feb
Join: 1990
Serv: D, VP, P, AG, DPC, DAC, M (CLC)
Spouse: CHANDRA LEKHA
E-mail: ramjeep2003@yahoo.com



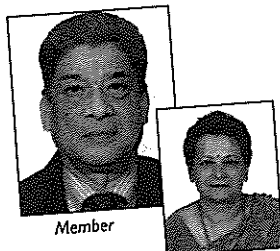
President Elect.

Mallapaty Gabriele (PHF+6)
Classification: Health Services Management
Add: Bhainsepati, Lalitpur
Ph: (R) 5592541
Cell: 9803683970
Born: 17th Dec; Wed: 14th May
Join: 2008
Serv: D, S, VP, DPRRCR-3, WB
Spouse: BIJAYA
E-mail: gabriele.mallapaty@gmail.com



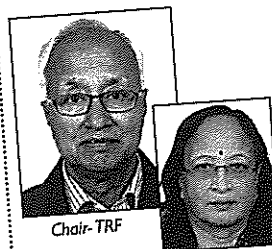
Chair-Service Project

Pradhan Shiva Kumar (PHF+1)
Classification: Photo Lab
Add: Tulsi Home, Samakhusi, Kathmandu
Ph: (R) 4357784
Cell: 9851046308
Born: 2nd May; Wed: 19th Fhagun
Join: 2009
Serv: D, JS
Spouse: TIKA
E-mail: shiva_pra@hotmail.com



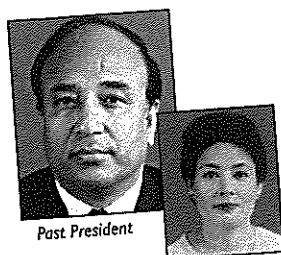
Member

Maskay Ramesh Lal (PHF+2)
Classification: Aeronautical Engineer
Add: Vinayak Colony, Bhainsepati, Lalitpur
Ph: (R) 5114120
Cell: 9851030200
Born: 12th June; Wed: 6th March
Join: 2015
Spouse: SHOBHA
E-mail: ramesh.maskay@gmail.com



Chair-TRF

Pradhanang Nirmal K. (PHF+2)
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Surveillance Engineer
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Ph: (R) 5524956, 5554965
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Join: 2014
Serv: D
Spouse: BIJAYA
E-mail: nirmal.pradhanang@gmail.com



Past President

Mathema Keshab B. (PHF+2)
Classification: Social Development
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Born: 2d July; Wed: 30th Nov
Join: 1998
Serv: D, VP, PE, P
Spouse: SHANTI
E-mail: keshab.mathema@gmail.com



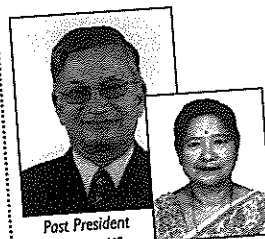
Member

Prasai Sharada (PHF+1)
Classification: Travel Agent
Add: Natraj Tours & Travel (P) Ltd.
Ph: (R) 4229277, (O) 4169001
Born: 14th June; Wed: 1st Feb
Join: 1999
Serv: D, SG
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Past President

Nyachhyon Kamal B. (PHF+1)
Classification: Heavy Textile Manufacturer
Add: Himal Tents (P.) Ltd.
Ph: (R) 5526070, (O) 5522202
Cell: 9851023354
Born: 15th Jan; Wed: 15th Feb
Join: 1986
Serv: D, T, P
Spouse: SULOCHANA
E-mail: kamal@himaltents.com



Past President
Director:YS

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

Members of Rotary Club of Patan



Rawal Mahendra S.
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Ph: (R) 5202755
Cell: 9841250339
Born: 5th Oct; Wed: 26th Nov
Join: 2016
Spouse: AMBIKA
E-mail: mahendra.rawal@gmail.com

Member



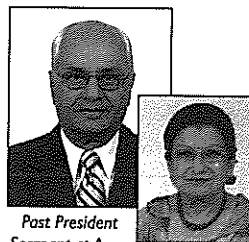
Shrestha Jeevan Kumar (PHF+1)
Classification: Civil Engineer
Add: Chakupat, Lalitpur
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Cell: 9851045085
Born: 6th May; Wed: 23rd June
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Spouse: GUNU
E-mail: shrestha.jeevank@gmail.com

Past President



Regmi Dr. Prakash Raj (PHF+8)
Classification: Cardiologist
Add: Lalitpur Heart Clinic
Res: Dhobighat, Lalitpur
Ph: (R) 5525536, (O) 5536474
Cell: 9851051170
Born: 21st Ashad; Wed: 2nd Baisakh
Join: 1990
Serv: D, DAC, DICRACC
Spouse: UPASANA
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Past President
Chair: PR



Shrestha Kedar Bhakta (PHF+3)
Classification: Past Service
Add: Kopundole Height, Lalitpur
Ph: (R) 5522207, 5524605
Cell: 9849850226
Born: 18th Jan; Wed: 15th Feb
Join: 2006
Serv: VP, SAA, DAC, DCC, DRNRRC
Spouse: SHANTA
E-mail: kaybeeshan11@gmail.com

Past President
Sergeant-at-Arms



Sakya Tirtha Man (MD)
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
Join: 1988
Serv: D, VP, P, AG, DC, DG, DCC, DAC
Spouse: NANI SHOVA
E-mail: tirtha.sakya@yahoo.com

Past President



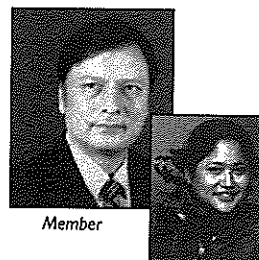
Shrestha Kiran (PHF)
Classification: Steel Manufacturing
Add: Bhainsepati, Lalitpur
Ph: (R) 5591382
Cell: 9851043924
Born: 10th July; Wed: 13th Feb
Join: 2007
Spouse: DHRUBA
E-mail: shrestha_dku@hotmail.com

Member



Shakya Pushkar Man (PHF+1)
Classification: Carpet Export
Add: Man Bhawan, Lalitpur
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Cell: 9851074020
Born: 14th Jan; Wed: 27th Feb
Join: 1993
Serv: T, S, D, P, AG, DPC, DMDRSC
Spouse: RITA
E-mail: pushkarsakya@gmail.com

Past President



Shrestha Dr. Mukti Narayan (PHF)
Classification: Vet. Doctor
Add: Vet. Clinic, Pulchowk, Krishna Galli
Ph: (R) 5260846, (O) 5524236
Cell: 9851000104
Born: 1st July; Wed: 19th Sept
Join: 2008
Serv: D
Spouse: PRAVEENA
E-mail: dr.mnshrestha@gmail.com

Member



Sharma Dr. Bishwa B. (PHF+3)
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
Join: 2010
Serv: D, DDPTSC
Spouse: ARUNA
E-mail: bbs1234@gmail.com

Vice-President



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

Past President



Shrestha Ganesh Raj (PHF+8)
Classification: Rubber Recycling
Add: Pashupati Rubber Industries
Res: Sinchahity, Lalitpur
Ph: (R) 5003780, Cell: 9851021440
Born: 22nd Nov; Wed: 7th Jan
Join: 1993
Serv: S, T, D, S, VP, P, CC, DEC, AG, DWCDSC,
M (CLC), CT
Spouse: BIJAYA LAXMI
E-mail: ganeshrshrestha@hotmail.com

Past President
Jt. Secretary



Shrestha Yagya Bahadur (PHF)
Classification: Revenue Consultant
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Born: 29th April; Wed: 19th Feb
Join: 1993
Serv: P.D, SVT
Spouse: MARY
E-mail: yagyamary@yahoo.com

Past President

Members of Rotary Club of Patan



Silwal Dr. Shivaji Bikram (PHF)
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Cell: 9801022997
Born: 8th Aug; Wed: 14th Feb
Join: 2010
Spouse: ROSHANI
E-mail: drsilwal@live.com



Thapa Lalita (PHF+3)
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Cell: 9851072937
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Join: 2012
Serv: D, S
Spouse: KIRAN
E-mail: lalitathapa1949@gmail.com



Tamrakar Jamuna Krishna (PHF+2)
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Ph: (R) 5114099
Cell: 9851001408
Born: 17th Feb; Wed: 21st April
Join: 2000
Serv: D, S, VP, PN, PE
Spouse: MEERA
E-mail: jktamrakar@hotmail.com



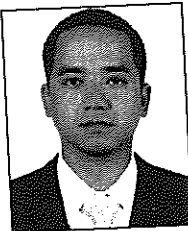
Thapa Mahendra B. (PHF+1)
Classification: Agriculture Economist
Add: Shrutinagar, Bagdole, Lalitpur-4
Ph: (R) 5541399
Cell: 9851143150
Born: 15th Jan; Wed: 14th April
Join: 2008
Serv: D, RT, DTCSCR-3, DT, S (CLC)
Spouse: LALITA
E-mail: mahendra.thapa2@gmail.com



Thapa Kiran
Classification: IT System & Software Engineer
Add: Civil Home, Phase 1, Bhainsepati, Sainbu, Lalitpur
Ph: (R) 5592257
Cell: 9841268078
Born: 2nd Mar; Wed: 29th April
Join: 2016
Spouse: LALITA
E-mail: kiranthapa@hotmail.com



Uprety Dr. Aruna
Classification: Women & Reproductive Health
Add: 43/5 Kitab Galli, Dilli Bazar, Ktm-33
Ph: (R) 5574249
Cell: 9849817371
Born: 1st Dec; Wed: 26th Jan
Join: 2013
Spouse: BISHWA
E-mail: arunauprety@yahoo.com



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

Rotary Club of Patan

Membership Development 1985-2017

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	14/15	15/16	16/17	17/18	Yrs. In Club				
1	Acharya Chirinjibi							1	1	1	1	1	1	1	1	1	1	1	1	1	1	1														16			
2	Acharya Krishna			1	1																																2		
3	Acharya Shreedhar													1	1	1	1	1	1	1	1	1	1	1	1	1	1									14			
4	Amatya Ram Chhaya M.			1	1	1	1	1	1	1	1	1																									9		
5	Baidya Subash Gopal				1	1	1	1																													4		
6	Bajracharya Bijay	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	33			
7	Bajracharya Hom Raj	1	1	1	1	1	1	1	1	1	1	1																									11		
8	Bajracharya Piyush Bajra																																				14		
9	Basnet Krishna Bahadur																																				14		
10	Basnet Punch 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	18			
11	Basnet Siddhi Man																																				5		
12	Deep Dhruba K.	1												1	1	1																					3		
13	Dhakal Yogendra Purush	1																																			1		
14	Dhittal Vishnu							1	1	1	1	1	1	1	1	1	1	1	1	1	1	1															1		
15	Dixit Kamal Mani	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	13			
16	Giri Ashish	1																																				32	
17	Giri Kanti																																					1	
18	Gyawali Bachan							1	1	1	1	1	1	1	1	1	1	1	1	1	1	1															10		
19	Gyawali Chandra S.	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	13		
20	Gyawali Lochan	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	30		
21	Halwai Narayan G.		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	33		
22	Joshi Bharat Narsingh																																					30	
23	Joshi Hari Bhakta															1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	16		
24	Junejo Anwar Ahmed														1																						6		
25	Kayastha Chandralekha																																					1	
26	Kayastha Matsyendra Lal	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	10		
27	Khemka Preeti																																					33	
28	Khemka Shiv Prakash																																					1	
29	Kohli Rabindra Kumar									1																												2	
30	Kohli Reema								1	1																												1	
31	Kshetry Bhim Bahadur																																					2	
32	Kunwar Yadav																																					15	
33	Lakhe Suresh Chandra	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1		
34	Lamichhane Keshab			1																																		29	
35	Leuntel Basudev	1	1	1																																		1	
36	Maharjan Kamala																																					3	
37	Maharjan Padma Lal																																					4	
38	Mainali Biswa K.	1	1	1	1	1	1	1	1	1	1	1																									14		
39	Mallapaty Bijaya																																					11	
40	Mallapaty Gabriele																																					10	
41	Maskey Chandra P.			1	1	1	1	1	1																													10	
42	Maskey Ramesh Lal																																					12	
43	Mathema Keshav Bhakta																																					3	
44	Mathema Nandaram B.		1	1	1	1	1	1																														21	
45	Neupane Tulsi	1	1	1	1	1	1	1		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	7		
46	Nyachhyon Kamal	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	28		
47	Pajiyar Dr. Nabal																																						6
48	Pandey Rabendra Raj				1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	29		
49	Paneru Som																																						7
50	Poudyal Hari Prasad	1	1																																			2	
51	Pradhan Dr. Prachanda																																					4	
52	Pradhan Kalpana																																					2	
53	Pradhan Krishna B.																																					10	
54	Pradhan Madhav Lal	1	1	1	1	1	1	1	1	1																												10	
55	Pradhan Mahesh Lal	1																																				3	
56	Pradhan Prafulla Man																																					3	

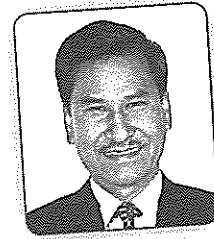
SN	Name	85/86	86/87	87/88	88/89	89/90	90/91	91/92	92/93	93/94	94/95	95/96	96/97	97/98	98/99	99/00	00/01	01/02	02/03	03/04	04/05	05/06	06/07	07/08	08/09	09/10	10/11	11/12	12/13	13/14	14/15	15/16	16/17	17/18	Yrs. In Club			
57	Pradhan Satya																																		6			
58	Pradhan Shiva Kumar																																			9		
59	Pradhanang Nirmat																																			20		
60	Prasai Bhisma R.	1	1	1	1	1	1	1	1	1	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			
61	Prasai Prajapati	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	14			
62	Prasai Sharada																																			9		
63	Rai Madan K.																																			8		
64	Rai Major Biswa Nath																																			2		
65	Rajbhandari Om																																			20		
66	Rajbhandary Dhruba M.S.																																			1		
67	Rajbhandary Siba Bhakta																																			7		
68	Rajkarnikar Sanu nani																																			11		
69	Rana Jagdish S.J.B.																																			19		
70	Rana Krishna Jung																																			22		
71	Rana Sagar S.J.B.	1	1	1	1	1	1	1	1	1	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			
72	Rana Shreedhar S.J.B.																																				6	
73	Rawal Mahendra Singh																																				3	
74	Regmi Dr. Prakash Raj																																				17	
75	Shah Rishi																																				5	
76	Shakya Gautam																																				7	
77	Shakya Gyanu																																				4	
78	Shakya Indra B.																																				3	
79	Shakya Karna B.																																				26	
80	Shakya Narendra N.S.																																				11	
81	Shakya Padma Raj																																				2	
82	Shakya Pushkar																																				32	
83	Shakya Siddhi B.	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1		
84	Shakya Sudan R.																																				8	
85	Shakya Tirtha Man																																				8	
86	Sharma Bharti																																				2	
87	Sharma Dr. Biswa Bandhu																																				11	
88	Sharma Surendra Raj	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	11		
89	Sherchan Dhan Bahadur	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	8		
90	Shilpakar Moti L.																																				3	
91	Shrestha Bihari K.																																				1	
92	Shrestha Dinesh	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	10		
93	Shrestha Dr. Amina																																					3
94	Shrestha Dr. Chandra B.																																					26
95	Shrestha Dr. Mukti Narayan																																				12	
96	Shrestha Durga Lal																																				15	
97	Shrestha Ganesh Raj																																				13	
98	Shrestha Jeevan Kumar																																				10	
99	Shrestha Kedar Bhakta																																				5	
100	Shrestha Khrushev																																				14	
101	Shrestha Kiran																																				27	
102	Shrestha Prem Bahadur																																				4	
103	Shrestha Renu																																				23	
104	Shrestha Santa Kumar																																				6	
105	Shrestha Thapa Arti																																				1	
106	Shrestha Yagya Bahadur																																				19	
107	Silwal Dr. Shivaji Bikram																																				14	
108	Subedi Madhusudan																																				1	
109	Tamrakar Jamuna Krishna																																				1	
110	Thapa Dhruba	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1		
111	Thapa Kiran																																					1
112	Thapa Lalita																																					1
113	Thapa Mahendra B.																																					1
114	Thapa Nagendra	1																																			1	
115	Thapa Ram Singh																																				1	
116	Upadhyay Sushil																																				1	
117	Uprety Dr. Aruna																																				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	41	43	44	41	40				

Rotary Club of Patan

Current Members: 2017-18

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	14/15	15/16	16/17	17/18	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	1	1	1	1	1	33	23 Aug						
2	Bajracharya Piyush Bajra																				1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	14	12 Dec					
3	Basnyat Krishna Bahadur																1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	18	8 July					
4	Gyawali Lochan	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	33	12 Nov					
5	Joshi Bharat Narsing																		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	16	16 June					
6	Kayastha Chandralekha																								1	1	1	1	1	1	1	1	1	1	1	1	10	4 May				
7	Kayastha Matsyendra Lal	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	33	25 May					
8	Khemka Preeti																																		1	1	1	3 Nov				
9	Khemka Shiv Prakash																																		1	1	2	12 Feb				
10	Maharjan Kamala																																		1	1	4	29 May				
11	Maharjan Padam Lal																			1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	14	13 Feb					
12	Mallapaty Bijaya																									1	1	1	1	1	1	1	1	1	1	1	10	9 May				
13	Mallapaty Gabriele																									1	1	1	1	1	1	1	1	1	1	1	10	17 Dec				
14	Maskey Ramesh Lat																																			1	1	3	12 June			
15	Mathema Keshab Bhakta														1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	21	2 July					
16	Nyachhyon Kamal B.	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	33	15 Jan					
17	Pajiyar Dr. Nabal																																			1	1	6	23 Nov			
18	Pandey Rabendra Raj					1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	29	14 Dec					
19	Pradhan Shiva Kumar																																				1	1	9	2 May		
20	Pradhanang Nirmal																																				1	1	4	18 Feb		
21	Prasai Sharda																																				1	1	19	14 June		
22	Rajbhandary Siba Bhakta																																				1	1	20	11 June		
23	Rawal Mahendra Singh																																				1	1	2	5 Oct.		
24	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	1	1	1	1	1	25	30 June				
25	Shakya Pushkar Man									1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	26	14 Jan			
26	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	1	1	1	1	1	1	32	21 July				
27	Sharma Dr. Bishwo Bandhu																																					1	1	8	2 June	
28	Shrestha Ganesh Raj																																					1	1	26	22 Oct	
29	Shrestha Jeevan Kumar																																					1	1	12	6 May	
30	Shrestha Kedar Bhakta																																					1	1	15	18 Jan	
31	Shrestha Kiran																																					1	1	10	10 July	
32	Shrestha Dr. Mukti Narayan																																					1	1	10	1 July	
33	Shrestha Santa Kumar																																					1	1	27	5 Nov	
34	Shrestha Yagya Bahadur																																					1	1	23	29 April	
35	Silwal Dr. Shivaji Bikram																																					1	1	6	8 Aug	
36	Tamrakar Jamuna Krishna																																					1	1	19	17 Feb	
37	Thapa Kiran																																						1	1	2	2 March
38	Thapa Lalita																																						1	1	7	19 March
39	Thapa Mahendra																																						1	1	7	15 Jan
40	Uprety Dr. Aruna																																						1	1	5	1 Dec

Rotary Club of Patan (RCP) PRAJAPATI EDUCATION ENDOWMENT FUND (PEEF) ANNUAL REPORT AS OF 30 JUNE 2017



- Rtn. Bijaya Mallapaty
IPP & PEEF Finance Manager

Introduction

Since its establishment in 1991, the Rotary Club of Patan's (RCP) flagship programme, the Prajapati Education Endowment Fund (PEEF), has successfully expanded into a relatively large programme. As of 30 June 2017, it has a Trust Fund of Nepalese Rupees (NRs.) 11.62 million and an Operational Fund of NRs. 0.51 million.

The Rotary Club of Patan appreciates the contributions and continued support from all of its donors and well-wishers. Close to 200 RCP Members, their family, relatives, friends and other well-wishers have contributed to reach this level of funding. We are very proud that the PEEF is a directly club-owned project, not supported by any Rotary grants.

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

A key to the continued success of this flagship programme of the RCP is that the entire RCP family takes ownership of it. In addition to a dedicated committee managing this programme, the RCP family volunteers its valuable time and resources to select students and distribute funds in the assisted schools throughout the Lalitpur District every year.

This Annual Report captures key actions taken during the reporting period 1 July 2016 to 30 June 2017, and provides a summary, together with an attachment, showing all PEEF contributors and contributions.

Key Actions:

- (i) **PEEF Management Review and status of its implementation:** In March 2016, the year of PEEF's 25th anniversary, the RCP conducted a situation analysis of this programme. The analysis investigated the programme's successes and strengths, as well as future challenges. It pointed out that a long-term mechanism was needed to deal with the PEEF's dependence on fluctuating interest rates and that reporting to its expanding donor base needed to be simplified. The Operational Fund had been decreasing due to reduced interest rates while the scholarship amounts needed to support students had been increasing due to continuing inflation. The Trust Fund is invested safely in fixed deposits with only the interest generated from it used to provide scholarships to the students.

Based on the situation analysis, the RCP conducted a survey to gather important participatory feedback from all members. Feedback from the survey confirmed, based on the observations of members, that the scholarships provided have been highly appreciated by the students and that they have helped needy students in continuing with their education. It also iterated that the RCP wanted this flagship programme to continue with the participation of all, or a maximum number of its members. With reference to the challenges, the survey came up with a set of strategic recommendations to revise the management and operational policies of the PEEF. Following a thorough review process by the PEEF Committee, the RCP Board and the full 'House' approved major changes in the management of the PEEF. Key changes and their implementation status are summarized below:

- (a) Expand investments of the 'Trust Fund' from the current 'Commercial Banks only' to national-level 'Development Banks' and Financial Companies, which are controlled by the policies of the Central Bank of Nepal.

Status: Investments of the 'Trust Fund' have been diversified within the limits prescribed by the PEEF MOP. Interest rates have also gradually been increasing, and upon maturity of several Fixed Deposits, these will continue to be invested for maximum returns;

- (b) Raise permanent contribution for the sponsorship of a child to NRs. 50,000, and increase contributions to the PEEF Operational Fund to have a good reserve of funds.

Status: With gradual increase in the contributions to the Operational Fund, its balance has been maintained at NRs. 0.51 million. Fund-raising efforts will continue to increase the reserve in the Operational Fund to cover a few years of annual requirements;

- (c) Towards qualitative support of a student, gradually increase the annual scholarship amount, while reducing the number of students and schools supported based on affordability.

Status: This year, the scholarship amount per student was increased from NRs. 1,500 to NRs. 2,000, with an additional NRs. 500 given to meritorious students obtaining 75% or more marks in their final examinations.

In order to cover the increases in the scholarship amounts, scholarships are given from grade 7 to 10 instead of 6 to 10. Also, after a thorough

review of the 27 schools, it was decided to reduce the number of schools to 24. However, due to the commitment to continue to support selected students until they complete grade 10, the reduction to 24 schools will only be attained by 2020;

- (d) In view of the reduction in the number of students, reporting to donors will not be linked to individual students. The PEEF Annual Report will indicate original contributions and number of students sponsored by each donor. The reporting mechanism was revised to continue running the programme at no direct administrative costs.

Status: Since the Rotary Year 2016-2017, the annual report format is used to report to all donors. PEEF operations are entirely management by volunteers in the RCP family, which ensures that the PEEF incurs no administrative costs.

- (ii) **Kamalmani Educational Excellence Award (KEEA) to meritorious PEEF students:** The RCP held this year's KEEA function on 20 February 2017 in the presence of the headmasters of the recipient schools, award receiving students and the RCP family.

The RCP established the 'KEEA' in 2013 with the initial sponsorship of late Rtn. Kamalmani Dixit. The award fund has since been expanded with support from other members of the RCP. PEEF is primarily a need-based programme, but also rewards merit. The KEEA currently recognizes ten meritorious and all-round excelling students in grade 9 from among the PEEF scholarship recipients with certificates and cash awards (NRs. 12,000 to the first, NRs. 5,000 to three second, and NRs. 3,000 to six third best students).

- (iii) **Rotary Year 2016-2017 student selection and distribution:** In the Rotary Year 2016-2017, 390 public school students from lower-income families in 27 schools of Lalitpur District received scholarships totalling NRs. 808,000 to support their education from grade 7 to 10.

- (iv) **2016-2017 Income and Expenditures:** During this Rotary Year, contributions of NRs. 50,000 to the Trust Fund, NRs. 63,000 to the Operational Fund, and NRs. 116,023 for annual scholarships were received.

Excluding contributions to the Trust Fund, the 2016-2017 total income to the Operational Fund, including interests earned on the Trust Fund, was

NRs. 846,067, while total expenditure was NRs. 876,500.

- (v) **Balances as of 30 June 2016 (Statement in annex):**

Trust Fund	NRs. 11,617,358
Operating Fund	NRs. 508,080
Total PEEF	NRs. 12,125,438

Looking ahead

With strategic shifts in the PEEF programme, the coming years will be crucial in continuing the institutionalization of the revamped PEEF Management and Operational Policies. We will continue to review the programme to suit the evolving context of the public education system in Nepal, such as the inclusion of grades 11 and 12 in secondary education system. The RCP is confident that the programme will continue with its original mandate to support public school students from lower-income families to improve their education. The PEEF Committee Members for 2017-2018 in the RCP are as follows:

- Rtn. Gabriele Mallapaty, President Elect: Coordinator
 Rtn. Padam L. Maharjan: Programme Manager
 Rtn. Bijaya Mallapaty: Finance Manager
 Rtn. Ganesh R. Shrestha: Distribution Manager
 Rtn. Siba B. Rajbhandary: Member - Resource Mobilization
 Rtn. Matsyendra L. Kayastha: Member
 Rtn. Sharada Prasai: Member

Ex-Officio Members:

President, Treasurer, and Chairperson of Service Projects.



Example of a group of students in a school supported by the PEEF after receiving their scholarship funds.



Ms. Mandira Shrestha The First Prize Winner

At the KEEA awards ceremony, the first prize-winner, Ms. Mandira Shrestha, made an outstanding speech thanking the RCP, late Rtn. Kamalmani Dixit and all the sponsors of the PEEF and KEEA, on behalf of all PEEF-supported schools and recipients of KEEA. She represented all the students when she spoke about how great results can be achieved through slow and steady daily progress. She encouraged all her fellow students to believe in themselves for success – as she was able to do despite coming from an economically poor family. She affirmed how support from the Rotary Club of Patan's PEEF programme created new opportunities in the lives of so many students.

Prajapati Education Endowment Fund Contribution as of June 30, 2017

in NRs.

S.No.	Contributors	Add 2016/17		Totals as of 30 June 017			Number of Students
		Trust Fund	1 Time Op. Fund	Trust Fund	1 Time Op. Fund	Total	
	A. Contributors with Sub-Totals under the RCP Initiators						
1.	Rtn. Piyush Bajracharya	-	1,000	75,000	46,000	121,000	4
2.	Mr. Mandar Bajracharya, USA			24,860	-	24,860	2
3.	Ms. Sabita R. Bajracharya, USA			15,000	-	15,000	1
	Sub-total Rtn. Piyush Bajracharya		1,000	114,860	46,000	160,860	
4.	Rtn. Krishna B Basnyat			15,000	5,000	20,000	1
5.	Late Mrs. Yasodhara Basnet			15,000	-	15,000	1
	Sub-total Rtn. Krishna B. Basnyat			30,000	5,000	35,000	
6.	Rtn. Chandra Shekhar Gyawali			5,000	-	5,000	
7.	Mrs. On Oswin, Bachan & David Oswin's friends			75,000	-	75,000	5
8.	Mr. Takashi Kawasaki, Japan			60,000	-	60,000	4
9.	Dr. Iur. Karl-Heinz Loderle			82,386	-	82,386	5
	Sub-total Rtn. Chandra S. Gyawali			222,386		222,386	
10.	Late Rtn. Kamalmani Dixit			108,500	-	108,500	7
11.	Spouse Anju Dixit				20,000	20,000	
	Sub-total Rtn. Kamalmani Dixit			108,500	20,000	128,500	
12.	Late Rtn. Narayan Govind Halwai			70,250	10,500	80,750	5
13.	IW Munu Rajkarnikar			15,000	-	15,000	1
14.	Mrs. Neeru Shakya			15,000	-	15,000	1
15.	Rtn. Prahad Manandhar			15,000	-	15,000	1
16.	Rtn. Suresh + Dr. Indira			30,000	-	30,000	2
17.	Late Harkha Maya Rajkarnikar			100,000	-	100,000	5
18.	Mr. Manish Rajkarnikar, USA			57,500	-	57,500	4
19.	Mrs. Heema Rajkarnikar Joshi, USA			15,000	-	15,000	1
20.	Mr. & Mrs. Manish & Smriti Rajkarnikar, USA			30,000	-	30,000	2
21.	Mrs. Shubha Rajkarnikar Shrestha, Australia			15,000	-	15,000	1
22.	Anju, Saurav, Melbourne Friends, Australia			15,000	-	15,000	1
23.	Mr. Darshan Shrestha, Australia			15,000	-	15,000	1
24.	Mrs. Smrity and friends, USA			10,000	-	10,000	1
25.	Mr. S. Muramoto, Japan			14,497	-	14,497	1
26.	Rtn. Jim Sinclair, USA			447,247	10,500	457,747	
	Sub-Total Late Rtn. Narayan G. Halwai			205,000	45,000	250,000	12
27.	Rtn. Matsyendra Lal Kayastha			15,000	15,000	30,000	1
28.	Rtn. Chandra Lekha Kayastha			15,000	15,000	30,000	1
29.	Late Krishna Lal Kayastha			15,000	15,000	30,000	1
30.	Late Amrit Kumari Kayastha			60,000	15,000	75,000	4
31.	Mr. Manish Kayastha			15,000	15,000	30,000	1
32.	Late Nanda Lal & Chiniya Devi Kayastha			15,000	15,000	30,000	1
33.	Late Mr. & Mrs. Singha B. Kayastha			10,000	15,000	25,000	1
34.	Mrs. Prathana S. Kayastha			15,000	15,000	30,000	1
35.	Mr. & Mrs. Kanhaiya & Rohini Kayastha, USA			32,725	27,275	60,000	2
36.	Mrs. Mousam K. Adcock, USA			17,700	12,300	30,000	1
37.	Dr. Bruce Adcock, USA			15,000	15,000	30,000	1
38.	Mr. Rayhan K. Adcock, USA			20,000	10,000	30,000	1
39.	Late Krishna B Gongol			20,000	10,000	30,000	1
40.	Late Bhumati D. Gongol			20,000	-	20,000	1
41.	Mrs. Megha K. Joshi			50,000	10,000	60,000	2
42.	Rtns. Matsyendra & Chandralekha Kayastha			20,000	10,000	30,000	1
43.	Ms. Diya K. Adcock			30,000	20,000	50,000	1
44.	Mr. Pranish L. Kayastha			30,000	-	30,000	1
45.	Mr. Jitendra & Deepa Amatya			30,000	-	30,000	1
	Sub-total Rtn. Matsyendra & Chandralekha			10,000	625,425	274,575	900,000
46.	Rtn. Padma Lal Maharjan			20,000	-	20,000	1
47.	Late Sanu Maharjan			15,000	-	15,000	1
48.	Late Mrs. Lanthakuwn Maharjan			15,000	-	15,000	1
49.	Mr. Pascal Maharjan, USA			15,000	-	15,000	1

Prajapati Education Endowment Fund Contribution as of June 30, 2017

in NRs.

S.No.	Contributors	Add 2015/16		Totals as of 30 June 016			Number of Students
		Trust Fund	1 Time Op. Fund	Trust Fund	1 Time Op. Fund	Total	
50.	Mr. Pankaj Maharjan, USA			15,000	-	15,000	1
51.	Mr. Poonam Maharjan, USA			15,000	-	15,000	1
52.	Ms Ayumi Ishikawa Maharjan, USA			20,000	-	20,000	1
53.	Mrs Emi Kawasaki Maharjan, USA			15,000	-	15,000	1
54.	Ms. Mijuki I. Maharjan			20,000	-	20,000	1
55.	Mr. & Mrs. Michael & Kristine	-		52,880	-	52,880	2
56.	Ms. Anye Mae Maharjan	-		30,000	-	30,000	1
	Sub-Total Rtn. Padma L. Maharjan	-	-	232,880	-	232,880	
57.	Rtns. Bijaya Mallapaty & Gabriel Mallapaty	-	-	-	100,000	100,000	
58.	Rtn. Gabriel Mallapaty			30,000	-	30,000	2
59.	Rtn. Bijaya Mallapaty		50,000	55,000	50,000	105,000	3
60.	Ms. Smriti Mallapaty, USA			15,000	15,000	30,000	1
61.	Mr. Ajaya Mallapaty, USA			30,000	30,000	60,000	2
62.	Mrs Ilse Hahn, Germany			15,000	15,000	30,000	1
63.	Mrs. Manuela Mucke, Germany			15,000	-	15,000	1
64.	Late Dilli R. Uprety			15,000	-	15,000	1
65.	Mr. Roraj Pradhananga, USA			62,750	-	62,750	4
66.	Mr. Bhawani Sapkota, USA			30,000	-	30,000	2
67.	Mrs. Sujala Pant, USA			15,000	-	15,000	1
68.	Mangala and (Late Shive) Pradhananga, USA			105,000	57,876	162,876	6
69.	Mrs. Surabi Bhattarai, USA			15,000	-	15,000	1
70.	Ms. Katherine Piedra, USA			15,000	-	15,000	1
	Sub-Total Rtns. Bijaya & Gabriele Mallapaty		50,000	417,750	267,876	685,626	
71.	Rtn. Keshav B. Mathema			66,000	-	66,000	4
72.	Mr. Chris & Mrs. Kathleen Davis, USA			126,902	-	126,902	8
73.	Nick Symonds Foundation, USA			366,000	-	366,000	20
74.	Mr. Varun Mathema, USA			30,000	-	30,000	2
	Sub-total Rtn. Keshav B. Mathema	-	-	588,902	-	588,902	
75.	Rtn. Rabendra R. Pandey			15,000	-	15,000	1
76.	Khagendra Piyush Education Guthi			15,000	-	15,000	1
77.	Rtn. Robert Rose & Anne Gina, USA			15,000	-	15,000	1
	Sub-total Rtn. Rabendra R. Pandey	-	-	45,000	-	45,000	
78.	Late Rtn. Krishna & IW Sulochana Pradhan			15,000	-	15,000	1
79.	Mr & Mrs Mahesh & Sandhaya Pradhan			15,000	-	15,000	1
80.	Mr & Mrs Sarosh & Rajshree Pradhan			15,000	-	15,000	1
81.	IW Sulochana Pradhan			20,000	-	20,000	1
	Sub-total Rtn. Krishna (Late) & IW Sulochana	-	-	65,000	-	65,000	
82.	Prajapati Foundation				100,000	100,000	
83.	Rtn. Sharda Prasai			150,000	-	150,000	10
84.	Late Prajapati Prasai			14,000	-	14,000	1
85.	Mr. Andre Gilloz, Switzerland			453,290	-	453,290	30
86.	Mr Georges A Cuendet, Switzerland			381,227	-	381,227	25
87.	Ms Veera & Mr C Trachaz, Switzerland			573,473	-	573,473	38
88.	Mrs. Ines Ramaut, Belgium			28,488	-	28,488	2
89.	Mr Patric & Mrs Martine, Belgium			13,972	-	13,972	1
	Sub-Total Rtns. Prajapati (Late) & Sharada Prasai	-	-	1,614,450	100,000	1,714,450	
90.	Rtn. Siba B. Rajbhandary & Family			163,795	10,000	173,795	11
91.	International Ladies Bridge Club			30,000	-	30,000	2
92.	Late Shailendra Kumar Upadhya			15,000	-	15,000	1
93.	Late Mohan Narayan Shrestha			15,000	-	15,000	1
94.	Dr. Shushila Pradhan			30,000	-	30,000	2
95.	Rtn. Dr. Tulsi L Maharjan, USA			40,709	-	40,709	2
96.	Mrs. Mary Pradhan, USA			38,290	-	38,290	3
97.	Mrs Deepa Hada Rustum, USA			46,920	-	46,920	3
98.	Mr. Yakshya B. Malla, USA			15,094	-	15,094	1
99.	Late Kul Narayan Maharjan, USA			139,625	-	139,625	10



Prajapati Education Endowment Fund Contribution as of June 30, 2017

in NRs.

S.No.	Contributors	Add 2015/16		Totals as of 30 June 016			Number of Students
		Trust Fund	1 Time Op. Fund	Trust Fund	1 Time Op. Fund	Total	
				14,400	-	14,400	1
100.	Mr. Obi & Mrs. Vibha Joshi, USA			455,950	-	455,950	30
101.	Late Krishna Manandhar, USA			148,000	-	148,000	10
102.	Late Hari Bhakta Dongol, USA			12,010	-	12,010	1
103.	Mr. Dillon Lal, USA			52,550	-	52,550	3
104.	Friends of Nepal, New Jersey, USA			15,000	-	15,000	1
105.	Mrs. Prayog Man Pradhan, Australia			15,000	-	15,000	1
106.	Mr. Grijesh Man Shrestha			15,000	-	15,000	1
107.	Mr. Jarod Lal, USA			34,501	-	34,501	2
108.	Mr. Everest Bhakta Rajbhandary, USA			37,550	-	37,550	2
109.	Late Laxmi Maya Maharjan, USA			15,000	-	15,000	1
110.	Dr. Roji Rajbhandary, USA			180,000	-	180,000	6
111.	Friends of Nepal, New Jersey, USA			39,500	-	39,500	3
112.	PDG Rtn. Amitav Mukerjee, India			25,000	-	25,000	2
113.	PDG Rtn. Shekhar Mehta, India			35,248	-	35,248	2
114.	Rtn. Sushan Sola, USA			95,525	-	95,525	6
115.	Mr. Keith Smith, Australia			17,033	-	17,033	1
116.	Ms. Linda Starodub, USA			7,547	-	7,547	1
117.	Mrs. Richard C. Goldman, USA			2,364,202	421,970	2,786,172	98
118.	Dr. Prabhu Prabhakar, USA			148,000	-	148,000	10
119.	Wen-Chinan Yang Memorial Scholarship, USA			30,000	-	30,000	1
120.	Ms. Mithila Rajbhandary			30,000	-	30,000	1
121.	Mr. John Person, c/o Dr. Tulsi Maharjan, USA			110,924	-	110,924	3
122.	Ms Sulochana, c/o Dr. Tulsi Maharjan, USA			4,432,373	431,970	4,864,343	
	Sub-Total Rtn. Siba B. Rajbhandary			45,000	-	45,000	3
123.	Rtn. Dr. Prakash R. Regmi			15,000	-	15,000	1
124.	IW Upasana Regmi			30,000	-	30,000	1
125.	Ms. Jigyasa Regmi			90,000	-	90,000	
	Sub-Total Rtn. Dr. Prakash R. Regmi			-	20,000	20,000	
126.	Rtn. Puskar Man Shakya			112,767	-	112,767	7
127.	Mrs. Teresa Cruz, Portugese Consular			11,000	-	11,000	1
128.	Ms Rita Jefer Weber, Switzerland			10,000	-	10,000	1
129.	Mr. Andre De Jonckheere, Belgium Consular			133,767	20,000	153,767	
	Sub-total Rtn. Puskar M. Shakya			78,000	15,000	93,000	5
130.	Rtn. Ganesh Raj Shrestha			75,000	-	75,000	5
131.	Mr. Yadav Kunwar			15,000	-	15,000	1
132.	Mr. Bijay Nath Bhattarai			15,000	-	15,000	1
133.	IW Bijaya Shrestha			15,000	-	15,000	1
134.	Ms. Ujala Shrestha			198,000	15,000	213,000	
	Sub-Total Rtn. Ganesh R. Shrestha			15,000	20,000	35,000	1
135.	Rtn. Kedar B. Shrestha			15,000	-	15,000	1
136.	Indra-Jawahar Sahyog Guthi			15,000	-	15,000	1
137.	Mrs. Jawahar D. Shrestha			10,388	-	10,388	1
138.	Mr. Season Shrestha, USA			10,388	-	10,388	1
139.	Mr. Prem R. Mahat, USA			10,388	-	10,388	1
140.	Mr. Rajendra Shrestha, USA			25,158	-	25,158	2
141.	Dr. & Mrs. Sanjib & Soni Shrestha, USA			60,000	-	60,000	4
142.	Dr. Sanjeeb Shrestha, USA			15,000	-	15,000	1
143.	Mr. & Mrs. Keshav & Ram S. Shrestha, USA			18,773	-	18,773	1
144.	Mr. & Mrs. Shreedhar & Sudeshna Shrestha, USA			14,770	-	14,770	1
145.	Mr. & Mrs. Bharat & Baijanti, USA			14,770	-	14,770	1
146.	Mr. & Mrs. Anuva & Kraig Bonzek, USA			14,770	-	14,770	1
147.	Mr. Raj Shrestha			14,770	-	14,770	1
148.	Mr. & Mrs. Nabin & Agnes Shrestha, USA			7,161	-	7,161	
149.	Mr. & Mrs. Bikash & Bijaya Shrestha, USA			14,770	-	14,770	1
150.	Mr. & Mrs. Pankaz & Monika Shrestha, USA			14,770	-	14,770	1
151.	Dr. Sabin Shrestha, USA			290,876	20,000	310,876	
	Sub-Total Rtn. Kedar B. Shrestha			20,000	-	20,000	1
152.	Rtn. Dr. Mukti N. Shrestha			45,000	-	45,000	3
153.	Anne Prabina Shrestha			65,000	-	65,000	
	Sub-Total Rtn. Dr. Mukti N. Shrestha			-	-	-	

Prajapati Education Endowment Fund Contribution as of June 30, 2017

in NRs.

S.No.	Contributors	Add 2015/16		Totals as of 30 June 016			Number of Students
		Trust Fund	1 Time Op. Fund	Trust Fund	1 Time Op. Fund	Total	
154.	Rtn. Lalita Thapa			30,000	1,000	31,000	1
155.	Ms. Rupa Chitrakar			90,000	10,000	100,000	3
	Sub-Total Rtn. Lalita Thapa			120,000	11,000	131,000	
	Total of A		61,000	9,842,416	1,221,921	11,064,337	
	B. Individual RCP Contributors						
1.	Rtn. Bijaya Bajracharya			1,000	-	1,000	
2.	Rtn. Kamal B. Nyachhyan			15,000	-	15,000	1
3.	PDG Rtn. Tirtha M. Sakya			15,000	-	15,000	1
4.	Rtn. Dr. Biswa B. Sharma			15,000	10,000	25,000	1
5.	Rtn. Jeevan & IW Gunu Shrestha		2,000	20,000	4,000	24,000	1
6.	Rtn. Kiran Shrestha with Arti, Usha, Abha			15,000	-	15,000	1
7.	Rtn. Santa K. Shrestha			25,111	-	25,111	2
8.	Rtn. Jamuna K. Tamrakar			79,500	6,000	85,500	5
9.	Rtn. Nirmal Pradhanang (Memory: Kieth Smith)			-	5,000	5,000	
10.	Rtn. Shiv P. Khemka	50,000		50,000		50,000	1
11.	Rtn. Tulsi Neupane (former RCP)			15,000	-	15,000	1
12.	Former Rtn. Suresh C. Lakhey			77,000	-	77,000	5
13.	Former Rtn. Shreedhar Shumsher JBR			15,000	-	15,000	1
14.	Former Rtn. Khruschev & IW Kalpana Shrestha			20,000	10,000	30,000	1
15.	Mr. Som Paneru			20,000	-	20,000	1
16.	Mr. Shreedhar Acharya			71,000	-	71,000	5
17.	Mr. Chirinjibi Acharya			15,000	-	15,000	1
18.	Dr. Chandra P. Maskey			15,000	-	15,000	1
19.	Dr. Prachanda Pradhan			30,000	-	30,000	2
20.	Mr. Bhisma R. Prasai			15,000	-	15,000	1
21.	Mr. Madan Rai			15,000	-	15,000	1
22.	Mr. Gyanu R. Shakya			15,000	-	15,000	1
23.	Mr. Karna B. Shakya			15,000	-	15,000	1
23.	Mr. Moti L. Shilpakar			13,000	-	13,000	1
24.	Late Mr. Ram S. Thapa			15,000	-	15,000	1
25.	Late Rtn. Vishnu P. Dhital-6000, Mr. Om Rajbhandary-6000 Rtn. Siddhi B. Shakya-3000, Mr Sagar Shumshere JBR-5000, & Mr. Dhruva Thapa-1000			21,000	-	21,000	
	Total of B	50,000	2,000	622,611	35,000	657,611	
	C. Other Contributors						
1.	Alan Cope, Isle of Man, UK - 1000; Rtn. Denik Jrak, Belgium - 1000; Rtn. Shiyu Kaju Netsu, Japan - 5000; & Mr. Dhruva B. Raut - 1000;			8,000	-	8,000	
2.	Govinda Pratistham			15,000	-	15,000	1
3.	Inner Wheel Club of RCP			240,000	-	240,000	16
4.	Rtn. Gale Jones, USA			14,807	-	14,807	1
5.	Late PDG Rtn. T. Manekshaw			25,001	-	25,001	2
6.	Saheed Dharma B. Mathema			15,000	-	15,000	1
7.	IW Brinda Rana			20,000	-	20,000	1
8.	Rotary Club (FUKUI), Japan			35,449	-	35,449	2
9.	RCP including Vocational Fund			439,074	-	439,074	29
10.	Samjhouta Nepal			340,000	-	340,000	22
	Total of C	-	-	1,152,331	-	1,152,331	
	Grand Total A+B+C(All TF and One Time Op. Fund)	50,000	63,000	11,617,358	1,256,921	12,874,279	

Annual Contributions	
1. Rtn. Chandra S. Gyawali	32,640
2. Khagendra Piyush Edu.Guthi, c/o Rtn. R.R. Pandey	18,360
3. RC Branchburg, USA	65,023
Total:	116,023

Balance as of 30 June 2017	
Trust Fund	11,617,358
Operating Fund	508,080
Total	12,125,438

मद्यपान



- रो. पीरूषवज्र बज्राचार्य

तै, तपाईं र हजुर भने जस्तै ट्वाँट, मदिरा र सोमरस यी विभिन्न रक्सीका निम्न, मध्यम र उच्चवर्गीय नामहरू हुन् । त्यस्तै अल्कोहलको प्रतिशत अनुसार र बन्ने तरिका अनुसार मद्य पेयका विभिन्न नामहरू अंग्रेजीमा भिन्नाभिन्नै भएको तथ्य पनि सर्वविदितै छ ।

प्राचीनकालदेखि हाम्रो परम्परागत पूजाआजाहरूमा रक्सी प्रयोग हुँदै आएको देखिन्छ । पूजामा रक्सीको प्रयोग किन र कसरी भयो भन्ने कुरा शायद धेरैजसोले सोचेको छैन होला । शायद पहिले देखि वनस्पतिबाट निस्केको (टाडी) होस् वा अन्न कुहाएर तयार गरिएको होस्, पेय खाइरहेका व्यक्तिहरूलाई वा खाने चलन भएका सबैलाई यो पेय धेरै खानु हुँदैन भन्ने सन्देश फैलाउने हेतुले पूजामा प्रयोग गरिएको हुन सक्ने अनुमान लगाइन्छ । जस्तै बज्रयानमा रक्सीको प्रयोग गरे पनि विन्दु मात्रम् भन्ने शब्द उल्लेख छ । त्यसको मतलब रक्सी प्रयोग गर्नु तर सीमित मात्रामा भन्ने संकेत मिल्छ । त्यस्तै सगुनको रूपमा दही, माछा, अण्डा, फलफूल र रक्सी अनिवार्य छ । यहाँ विचारणीय कुरो यो छ कि ५ वटा यी सगुनका परिकारमा रक्सीलाई छोडेर सबै दही, माछा, अण्डा र फलफूल सबै हाम्रो शरीरलाई नभई नहुने खानै पर्ने पौष्टिक चीजहरूमा पर्छन् । यसरी एक साधारण व्यक्तिले यी सगुनका सबै चीज रक्सी पनि दिनहुँ किन प्रयोग गर्न हुँदैन भन्ने जिज्ञासा उठाउन सक्छ । साँच्चै भन्ने हो भने आफ्नै बाजे र हजुरबुवाले दिनहुँ खाना अघि दुई पाला (६० मि.ली) रक्सी खाएको हाम्रो बाल मानस पटलमा अभै ताजा छ तिनीहरूको जिन्दगीमा मुटुको रोग, ब्लड प्रेसर, सुगर जस्ता रोग लागेको सुनेनौं । अस्सी-नब्बे वर्ष आरामले विछयोनामा थला नपरिकन जिन्दगी बिताउनु भएको सत्य तथ्य पनि बिर्सन सकिँदैन । यही प्रसंगमा रक्सीका अरु विभिन्न फाइदाहरू जुन सर्वसाधारण धेरैजसोले अनुभव गरेको धेरैले देखेको कुरा पनि यहाँ प्रस्तुत गर्नु युक्तिसंगत हुनेछ ।

साधारणतया सीमित मात्रामा रक्सी खाँदा विस्तारै यसले लागेको लक्षण देखाउँछ । खाने व्यक्तिले महसूस नगरे पनि सँगैको अरु व्यक्तिले परिवर्तित कृयाकलाप जस्तै कम बोल्ने व्यक्ति दिल खोलेर बोल्न थाल्ने हुन्छ । एउटै कुरो दोहोर्न्याएर बोल्ने हुन्छ । लाज मान्ने व्यक्ति निर्धक्क भएर बोल्ने आँट गर्छ । कोहिकोहि बढी हाँस्ने आवाज दूरो गर्न पाइन्छ । कोहि ब्लड प्रेसर बढेको व्यक्ति जस्तै हुन्छ त कोहि "हे जंगे तेरो घोडा किन्छु" भन्ने व्यक्ति पनि कम छैन । तर रक्सी खाएपछि आफ्नो मनको दुःख पोख्ने सत्य कुरा फटाफट बोल्ने प्रवृत्ति पनि देखिन्छ भन्ने भनाई कतिको सत्य हो त्यो यहाँ भन्न गाह्यो छ । शायद त्यो दिनहुँ खाने र खुवाउनेलाई थाहा होला । एउटा अकाट्य कुरो रक्सी सम्मानको

रूपमा प्रस्तुत गरिने वा खुवाउने चलन भएको हुँदा खानेलाई पुग्यो भन्दैमा खुवाउनेले नबुझ्ने वा आफूलाई नपुगुन्जेल अरुलाई थप्दै जानु केहि अव्यवहारीक जस्तो लाग्छ । तैपनि थप्दै खाँदै जानाले हुने भ्रम लाग्ने यो मादकताले आफूलाई केहि समय रमाइलो लागे पनि नखानेको नजरमा जति खाए पनि पचाउन सक्ने दर्जा भने प्राप्त हुन्छ । त्यसमा पनि आज खाएर लागेको व्यक्तिले त्यो दिन भएको रमाइलो वा नरमाइलो घटना सम्झिन नसकिने पक्ष भने रक्सीको उच्च कोटिको फाइदा मानिन्छ । परम्परागत पुजामा मात्र होइन हाम्रो प्राचीन आयुर्वेदमा पनि रक्सीको धेरै फाइदाहरू उल्लेख गरिएको पाइन्छ । केही उदाहरणको लागि तल प्रस्तुत गरिन्छ । सर्वप्रथम माथि उल्लेख गरिए जस्तै मदिराको बन्ने तरिका र बन्ने वस्तुको हिसाबले मदिराका विभिन्न नामहरू उल्लेख भएको पाइन्छ जस्तै: महबाट बन्ने मध्वासव, काँचो उखुबाट बन्ने शीतरसिक, शखरबाट बन्ने शार्कर, चामलबाट बन्ने जगल, पाकेको फल दाखबाट बन्ने द्राक्षासव, फूलको रसबाट बन्ने घातकासव आदि विभिन्न बन्ने माध्यमबाट वर्गीकरण गरिएको पाइन्छ । त्यस्तै कम वा बढी अल्कोहलको मात्रा वा प्रतिशत भएको मदिरालाई विभिन्न रोगहरूमा औषधीको रूपमा प्रयोग गरिन्छ । कतिपय जडिबुटीको रस राखेर बनाइएका मदिरा औषधीको माध्यम वा औषधीको भण्डारण गर्ने उपायको रूपमा पनि प्रयोग भएको देखिन्छ । हरेक किसिमले बनेको मदिराको बेग्लाबेग्लै फाइदाहरू छन् । यी सबै यहाँ उल्लेख गरेर साध्य हुँदैन ।

सारांशमा भन्नु पर्दा मदिरा एक उच्चकोटीको पेय पदार्थ हो जसमा हर्षकारक, तृप्तिकर, भय, शोक र थकावट हटाउने शक्ति छ । साथै यसको प्रयोगले बल, सन्तोष र उर्जा प्रदान गर्छ । एक महत्वपूर्ण विचारणीय कुरो के छ भने आयुर्वेदमा कुकुरको मासुको व्याख्या गरिएको पाइन्छ । तर यसको मतलब कुकुरको मासु खान सल्लाह दिइएको पक्कै होइन । त्यस्तै यहाँ माथि मदिराको फाइदा वर्णन गरेर मदिरा नखानेलाई मदिरा खान हौसला दिन खोजिएको नसम्झौं । खाने व्यक्तिलाई मदिराको फाइदा यतिको धेरै भए पनि आफ्नो शरीर शक्ति भन्दा बढी मदिरा प्रयोग गरेर यी फाइदा कहिल्यै हुँदैन बरु उल्टो "मदात्यय" भन्ने धेरै समूहको रोगहरू लाग्न सक्छ सतर्क रहौं भन्ने सन्देश दिनु जरूरी छ ।

अन्तमा, सबैले मनन गरौं कि रक्सी आफै खानै नहुने विष होइन यसको प्रयोगकर्ता संयमित भए यो अमृत हो । यसको दुरुपयोग गरे मन्दविष हो । तथास्तु ।



निन्द्रा प्रवर्द्धन



- रो. नवल पञ्जियार

खानु, पिउनु र श्वास-प्रश्वास जस्तै निन्द्रा पनि हाम्रो जीवनको महत्त्वपूर्ण कार्य हो । साधारण व्यक्तिको एकदिनको निन्द्राले हाम्रो शरीरमा नयाँ उर्जा र शक्ति प्रदान हुन्छ र साथै दिनभरिको थकान पनि टाढा हुन्छ ।

यदि कुनै व्यक्तिलाई यसको आवश्यकतानुसार निन्द्रा पूरा नहुँदा शरीर र मन दुवैमा नराम्रो असर पर्न थाल्छ । जस्तै: मानसिक तनाव, शारीरिक तथा मानसिक थकान र सानोतिनो काम गर्दा अलि अफ्ठयारो हुनु ।

आज हामी यही लेखको माध्यमबाट तपाईंहरूलाई उचित निन्द्रा प्रवर्द्धन कसरी गर्ने भन्ने बारे जानकारी दिलाउन चाहन्छौं । स्लीप मैनेजमेन्ट एउटा यस्तो टेकनीक हो कसैलाई राति-राति पनि निन्द्रा नलाग्ने र सुत्नको लागि निन्द्राको औषधी खानु परेको छ भने, यो स्लीप मैनेजमेन्टबाट तपाईंहरूलाई धेरै नै फाइदा हुनेछ ।

विधि:

राती जब तपाईंहरू आफ्नो सबै काम सकेर ओछ्यानमा सुत्न जानु हुन्छ त्यो बेला आफ्नो आँखा बन्द गरेर एउटा

कल्पना गर्नुस् कि तपाईं एउटा नदीको किनारमा हुनु हुन्छ । त्यो रात पूर्णिमाको रात हुन्छ र पानीको लहराले तपाईं बसेको ठाउँ हुँदै जान्छ ।

तपाईं त्यो ठाउँको माटोमा एउटा गोलो घेरा बनाएर त्यसमा १०० लेख्नु हुन्छ । त्यस पछि त्यहाँको पानीको लहरा आएर त्यो गोलो घेरालाई मेटाएर लान्छ । तपाईंले फेरी एउटा घेरा बनाउनु हुन्छ र त्यसमा ९९ लेख्नु हुन्छ । पानीको लहराले फेरी त्यसलाई बगाउँछ । त्यसै गरी तपाईं १०० देखि १ सम्म उल्टो गिन्ती गरेर लेख्दै जानुस्, त्यो एक पल आउँछ जब तपाईं गहिरो र मिठो निन्द्रामा पुगिसकेको हुनेछ र तपाईंलाई थाहा पनि चल्दैन । र Practice गर्न थालेको २-४ दिन पछि १०० बाट ८० मा आउँदा नै निन्द्रामा परिसक्नु भएको हुनेछ ।

यसका फाइदा:

तपाईं जति बेला चाह्यो त्यति बेला मिठो निन्द्रा लिन सक्नु हुन्छ । तपाईं निन्द्राको बिरामी (इत्सोमेनिया) बाट टाढा हुन सक्नु हुन्छ ।



*"If the basis of
enterprise of your
profession or business
is solely that of
personal gain or
private profit, then you
do not and cannot
subscribe to Rotary's
ideal."*

— M. Eugee Newsom

Rotary Club of Durham, North Carolina, USA
November 1927

"YOUTH SERVICE" THE FIFTH AVENUE OF ROTARY SERVICES



- Rtn. Nirmal K. Pradhanang

On 26th April, 2010, the Chairman Mr. Mark Daniel of RI Council of Legislation (COL) exclaimed with joy while addressing the Council – "What a Historic Day today is! I am delighted to announce the Youth Service as the fifth avenue of service of Rotary. This would make a change in Rotary movement". This was the day when the Rotary International officially endorsed the "Youth Service" as the fifth avenue of service, in addition to Club Service, Community Service, Vocational Service and International Service. The proposal was put forward by Rtn. Ronel Sekkel, a representative from a Dist.-5170 in USA, and supported by representative Rtn. Ms. Emili Rizken from Dist.-1900 from Germany. The news was welcomed with excitement and enthusiasm by all Districts in the world. Youth Service programs include all our Rotary service programs for young people up to the age of 30 through Interact, Rotaract, RYE and RYLA.



History of Youth Service in Rotary has very interesting background. In the early years of last century there was a big gender gap in the United States where in the society the boys were treated differently than the girls. Consequently, the Rotary International had adopted a program called "Boys' Work Program" to support the young generation. To support this, for the first time the Rotary Club of New York celebrated a "Boys' Week"

in 1920 with a view to encouraging the boys in their education, health, hygiene and social work. The program was very successful that was followed by other districts in 25 countries by celebrating "Boys' Week" in 600 cities worldwide in the same year. In 1928 it was celebrated in 3000 places all over. Later, it was realized that Girls cannot be left alone and they too needed to be included. Hence in 1936 the name "Boys' Week" was changed into "Boys' and Girls' Week" and both boys and girls were included in the program.

In 1949 RI Board of Directors (BoD) further stressed the importance of involvement of youth in Rotary with a slogan – "Every Rotarian an Example to Youth" whereby Rotarians were asked to present themselves as the role models before the youths and to lead them to become good citizens and social

workers. The target groups were, Ladies and Boys Scouts, Athletic Teams, Societies for Disabled Children, School Children, etc. This continued until 1956 when RI decided to cease this program and tackle youth program in a different manner. Consequently, Interact, Rotaract, RYE and RYLA were introduced. Now from 2010 onward, by endorsing "Youth Service" as the fifth avenue of service, RI has once again visualized the youth as the future of Rotary.

RCP has given top priority in youth activities by

appointing a dedicated Director for "Youth Service" every year. Youth Service programs include all our Rotary service programs for young people up to the age of 30. In our District, these include the RI Programs of Rotaract, Interact, and RYLA, along with a large number of other projects done at the club level. RYLA, the Rotary Youth Leadership Awards, in our District-3292, is a premium 2-3 days leadership camp for youths from various organizations that is being organized every year by District RYLA sub-committee. Similarly, District Interact sub-committee and District Rotaract sub-committee also

organize district level programs each year to support the young generation.

Currently we provide assistance to youths through a "Rotaract Club" and three "Interact Clubs". The Rotaract Club of Patan is a very efficient and self-motivated club that organizes various programs for the benefits of the Society as well as for leadership and career developments of themselves. RC Patan provides motivation as well as financial assistance to both Interact and Rotaract Clubs, for which a dedicated annual budget is allocated every year.



Rotary



OBJECT OF ROTARY

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

First

The developer of acquaintance as an opportunity for service;

Second

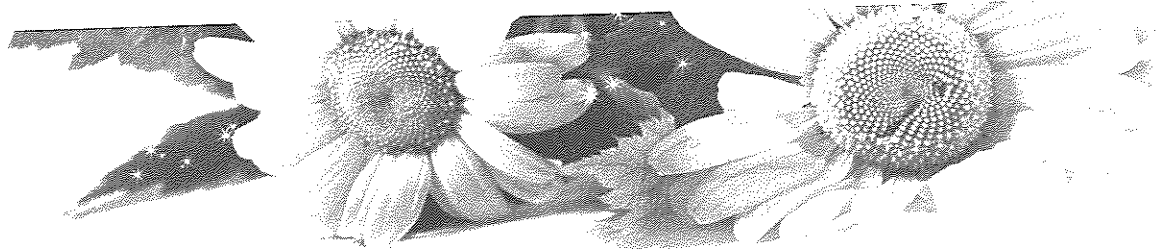
High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;

Third

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

Fourth

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



Best Wishes from **spectra**

Rosutab
Rosuvastatin
5, 10 & 20 mg Tablets

Melol XL
Metoprolol Succinate
25 & 50 mg ER Tablets

Netformin-G1/G2/G2 Forte
Metformin HCl 500 mg SR + Glimepiride 1/2 mg Tablet
Metformin HCl 1000 mg SR + Glimepiride 2 mg Tablet

Atortin
Atorvastatin
5, 10 & 20 mg Tablets

Glipsi
Sitagliptin
50 & 100 mg Tablets

Camlo-L
Amlodipine 5 mg +
Losartan Potassium 50 mg Tablet

Losita
Losartan Potassium
25 & 50 mg Tablets

**National
Healthcare**

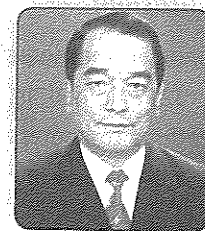


ROTARY INTERNATIONAL DISTRICT 3292

NEPAL AND BHUTAN

EARTHQUAKE RELIEF, REHABILITATION AND RECONSTRUCTION PROGRAM

(ERRRP)



- Rtn. Tirtha Man Sakya

Background

A devastating earthquake measuring magnitude of 7.6 Richter scale occurred in Nepal on April 25, 2015 with several aftershocks measuring more than 5 Richter scale. 31 out of 75 of the country's administration districts were affected of which 14 districts were declared as "crisis-hit districts" by the government of Nepal. As per the government's estimation, the nation has suffered a loss of US\$ 10 billion. The cost of rebuilding of damaged properties estimated by the Government is US\$ 6.69 billion. According to government data, the total death toll is 8,959 and the total number of injured are 22,322. During this earthquake, 2,688 government houses were fully damaged and 3,776 government houses were partially damaged. Similarly, 602,591 private houses were fully damaged and 284,482 private houses were partially damaged. As reported by National Planning Commission (NPC) and Department of Education (DoE) of the Government of Nepal, over 35000 school classrooms have been completely or significantly damaged by the earthquake affecting the access of children to get basic education opportunity. Thus, the nation has suffered a great loss due to this devastating earthquake.

In response to this heavy loss to the people of Nepal and loss to the nation as a whole, RID 3292 has formed a EARTHQUAKE RELIEF, REHABILITATION AND RECONSTRUCTION PROGRAM (ERRRP) STEERING COMMITTEE under the Chairmanship of PDG Tirtha Man Sakya comprising of DG, IPDG, DGE, DGN, Member Secretary, Treasurer and Past District Governors as advisors to the Committee for providing necessary humanitarian supports to the victims of the earthquake. All the financial and other supports from Rotary fraternity and other good wishers of Nepal are being channelized through this committee for proper control and monitoring to ensure proper utilization of the funds made available for helping the victims of this devastating earthquake. Thus, this committee is accountable for:

- Proper recording and accounting of the financial and other supports in transparent manner with proper internal control system in place.
- Utilization of the donated funds is in appropriate manner in the earthquake affected areas without any business and discrimination among the affected community members.
- Updated financial statements and annual auditing by the Independent Auditor for the assurance of proper utilization of the funds channelized through this committee.

Areas of Support

Immediate Relief Assistance: Immediately aftermath the devastating earthquake, the fellow Rotarians of RID 3292 notwithstanding their own concern with the continued aftershocks, have garnered their spirit to help fellow human beings in suffering by mobilizing funds and resources within their own Clubs to address the immediate needs of earthquake affected families. District 3292 also mobilized national and international partners to make emergency and relief supplies available for distribution by Clubs to families in distress. Some 47 Rotary Clubs in the District have participated in one way or other in the relief assistance to earthquake affected families with distribution of

- Shelter box, Aqua box, tents, shelter kits, tarpaulins, corrugated galvanized sheets (CGI Sheets) for temporary shelters,
- Various food items and cooking utensils
- Blankets, Solar lamps, Clothes and other essential items
- Free health camp and distribution of free medicines
(This phase is over)



Rehabilitation:

Initial relief response actions by fellow Rotarians, Rotary District 3292 joined in hands with other humanitarian organizations to address the immediate needs of affected population. Considering the impeding rainy season after the earthquake, the rehabilitation plan was made to support construction of temporary transitional shelters, water and sanitation system for the families in the earthquake affected community. The Rotary Clubs have taken initiative to generate funds and identify external donors with some funding under the umbrella of ERRRP to support construction of temporary low cost houses, water supply and household latrines, solar lights for the families affected by the earthquake. ERRRP made funds available to the Clubs to match their funding contribution in the construction of temporary low cost houses. Some 3,800 Temporary Shelters and few Temporary Learning Shelters were built with the help of various Clubs.

(This phase is now over)

Reconstruction:

In consideration of continues long term humanitarian needs of the community in the 14 highly earthquake affected districts, where most of the community have lost their houses and livelihood, RID 3292 ERRRP formulated a 5-year long term plan in August 2015 to support construction of 1,000 permanent low cost houses to be built in a cluster of 50 or more households in a "Model Village" approach to integrate other community needs gradually for the settlement of displaced people. The program also includes construction of community hall, water and sanitation schemes, and reconstruction of 140 primary schools up to grade 5 with school software support such as furniture, library, school water supply and sanitation and other essential logistics, 10 schools each in the 14 highly affected districts in collaboration with Federation of Nepal Chamber of Commerce and Industry (FNCCI).

Construction of 46 permanent low cost houses and 1 community hall has been constructed and handed over the community in Majhigaun, Sindhupalchowk District in partnership with Thai Nepali Association. Similarly 69 low cost permanent houses in Mahadevsthan, Chauri Besi (Rayobari), Kavre District have been constructed

and handed over to the community in partnership with RC Dhulikhel- RC Kavre Banepa. Another 50 low cost permanent houses in Manegaun, Burunchuli, Lalitpur are under construction in partnership with Rotary Club of Jawalakhel Manjushree/CREASION.

Two schools in Kavre District and one school in Gorkha District are under construction in partnership with local Rotary Clubs. Similarly, 12 schools are identified in Lalitpur District for support and some Rotary Clubs have come forward with school support projects, which are being reviewed for funding support by ERRRP.

Frequent change of Government and Government Policy regarding construction of low-cost house necessitated to follow stringent formalities and procedures. This has posed some difficulties to expedite the process of getting approval from the government authorities for extending the ERRRP support for construction of low cost permanent houses to other communities. However, there has been a great demand also to support schools with re-construction of classrooms damaged by the 2015 earthquake and the Government has not been able to meet all the demands of the affected schools. The Steering Committee of ERRRP, RID 3292 in its meeting held on 16th March, 2017 has decided to extend support for the reconstruction of schools affected by 2015 earthquake in the new context of The Rotary Foundation Trustee's decision in September 2016, which now allows Rotary Clubs to apply for Global Grant for the Construction of Low Cost Shelters and Simple Schools for our country Nepal. Accordingly, ERRRP RID 3292 is now encouraging Rotary Clubs to identify schools in need of such support and submit proposals to ERRRP Steering Committee for funding support following the ERRRP guideline that has been circulated to all Rotary Clubs.

(This phase is ongoing)

All the contributions from different donors/sources to ERRRP are being deposited in a separate bank account and are treated as a common basket fund. All the expenditures related to earthquake relief, rehabilitation and reconstruction activities are being incurred through RID 3292, ERRRP Steering Committee for proper monitoring and control.

Total Fund Mobilized for Earthquake Relief, Rehabilitation and Reconstruction (ERRRP) Activities.

The details of the income and expenditure of the ERRRP are presented below:

Cumulative Statement of Income and Expenditure for the period April 25, 2015 to April 30, 2017

Particulars	Amount in NRs.
Income:	
Donation from RI Districts, Rotary Clubs and Well Wishers	172,072,509.12
Total Income (USD 1,670,606.88) @ 103 per USD	172,072,509.12
Expenditure:	
Program Expenditure:	
Relief Works	912,794.00
Rehabilitation Works	15,535,748.50
Water and Sanitation Works	10,293,355.19
Reconstruction Works	39,304,956.90
Administrative Expenses	4,180,788.17
Commitments for pipeline projects:	
Construction of permanent houses	24,100,770.14
School maintenance and refurbishment	20,000,000.00
Total Expenditure	114,328,412.90
Fund Balance (USD 560,622 @ NRs. 103 per USD)	57,744,096.22



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- ① collaborate with Kathmandu University
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(2059 B.S., 2060 B.S., 2062 B.S.)
- ④ certified with "FNCCI Service Class Certificate" (2067 B.S.)
- ⑤ conferred with "NICCI Excellence Award 2003"

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INTERESTING FACTS, FIGURES AND QUOTATIONS ON YOGA



- Rtn Mahendra S. Rawal

A. Facts:

- The word yoga originates from "yuj" in the ancient language Sanskrit language. It means 'to join', 'to unite', 'to combine', or 'to integrate'. It is a system that sees the body, the breath and the mind as a union of the multi-dimensional aspects of human beings. Through union of physical postures, breathing techniques and meditation, human strives to achieve health, happiness and a higher level of consciousness.
- Lord Shiva is referred to as the first teacher of Yoga in Hindu mythology. As 'Yogeshwara' or the Lord of Yoga, he empowers to master Yoga.
- A Maharshi by the name of Patanjali is famous for his treatise on Yoga. The famous work named 'Patanjaliyog sutra' is considered to be most authoritative compilation on Yoga.
- Yoga has eight (8) branches or limbs. These are 'Yama' or the five abstentions, 'Niyama' or the five observances, 'Asana' or postures, 'Pranayama' or suspending breath, 'Pratyahara' the withdrawals of sense organs from external objects, 'Dharana' or concentrations, 'Dhyana' or meditation and 'Samadhi' or liberation.
- Today Yoga enjoys high level of awareness and popularity all over the world. Swami Vivekananda, Swami Sivananda, BKS Iyengar, Maharshi Mahesh yogi, Paramhansa Yogananda, lately baba Ramdev, Sri Sri Ravishanker and Sadhguru jee are some famous personalities who have made the practice of Yoga popular worldwide.
- More than hundred schools of yoga such as Hatha yoga, Jana yoga, karma yoga and Raja yoga exists.
- The United Nations has also recognized Yoga as a provider of "a holistic approach to health and well-being" in December 2014.
- Scientific studies have established a myriad range of health benefits from the practice of Yoga. These range from helping in case of simple headaches and insomnia to health ailments, bone or joint disorders, mental disturbances, eating and digestive disorders to reducing stress and weight. A Norwegian study has shown that Yoga boosts the immune system at a genetic level.
- Beyond the flexibility benefits, yoga works on a cellular level. With increased oxidation in the body, cells become damaged, tissues become inflamed and the acidity in cell structures increase. This leads to illness and disease over time. But constant yogic practices will help reverse that damage. Research has shown that yoga practitioners showed a decreased level in oxidative stress in the cells after an eight week practice. Less cell inflammation, less cell damage and less cell acidity in the body = greater long term health (and younger looking skin).
- Studies have shown that there is no other means other than Pranayama /Yoga that can stimulate human parasympathetic nervous system, the stimulation of which results in decrease in blood pressure and various other health benefits.
- World Health Organization (WHO) says that Yoga can stave off non-communicable diseases and risk of depression.
- Yoga is considered to help us increase our Productivity, Activity, Positivity, Creativity and

Quality of life, while it reduces Hypertension, Obesity, Insomnia, Depression and weaknesses.

- To stay fit physically, mentally and spiritually many international celebrities and sports personalities have adopted this eastern discipline of Yoga in their lifestyle.

B. Figures:

- Scholars believe that Yoga dates back 5000 years based on archeological evidences and reference to yogic teachings in the ancient Hindu scripts of the Vedas.
- Indian Prime Minister Narendra Modi proposed to observe International Yoga day at U.N. General Assembly on 27 September 2014 (UNGA 69th Session).
- Prime Minister of Nepal Sushil Koirala was the first to support this proposal.
- More than 177 countries including USA, Canada, China had supported the move. It had the "highest number of co-sponsors" ever for any UN-GA Resolution of such nature.
- Out of total 177 countries which have given co-sponsorship, 47 countries are from organization of Islamic Countries.
- The proposal was passed exactly 75 days later in December 2014, with not a single country opposing it, creating a record of sorts.
- First ever International Day of Yoga was celebrated in 192 countries on 21 June 2015.
- At present around a billion of people are practicing Yoga all over the world.
- There are 36.7 Million US Yoga practitioners, up from 20.4 million in 2012.
- On 21 June 2017, International Day of Yoga guru Baba Ramdev claimed to have set a world record for the largest yoga session by gathering more than 300000 (three hundred thousand) at an open air ground in the city of Ahemadabad, India.
- Worldwide, the Yoga is estimated to be an US\$ 80 billion industry.

C. Quotations:

- "Yoga karmasu kausalam"
Meaning: Excellence in one's action is Yoga or To perform every action artfully is Yoga.
- "Yogah chitta vrittinirodha"
Meaning: Yoga is stilling the fluctuations of mind
- "Yoga is the journey of the self, through the self, to the self"
- "Yoga is 99% practice and 1% theory"
- "Yoga takes you into the PRESENT moment, the only place where LIFE exists"
- "Yoga is when every cells of the body sings the song of the soul"
- "Yoga maintains youth, it keeps the body full of vitality and immune to disease even at an old age"
- "yoga is essentially a practice for your soul, working through the medium of your body"
- "Yoga is fountain of youth, you're only as young as your spine is flexible"
- "Yoga is like music, the rhythm of the body, the melody of the mind, and the harmony of the soul creating symphony of life"
- "Yoga is the art work of awareness on the canvass of body, mind and soul"
- "Yoga is the perfect opportunity to be curious about who you are"



***I Slept & Dreamed that
Lif is all Joy
I woke & I Saw that
Life is all Service
I Served & I saw that
Service is Joy***

-Kahil Gibron



विज्ञापनले भ्रमित उपभोक्ता



- रो. डा. अरुणा उप्रेती

आजकल भारतिय टि.भि.मा "महिलाहरूलाई ३० वर्ष पुगेपछि हड्डिमा क्याल्सियम कम हुँदै जान्छ, त्यसैले त्यसको परिपूर्ती गर्न महिला हर्लीक्स खानुपर्छ" भने विज्ञापन आउँछ । त्यस विज्ञापनमा त्यो हर्लीक्स खाएपछि कसरी ढाडमा हड्डीहरू बलिया हुन्छन् भनेर देखाइन्छ । त्यही विज्ञापनमा हाम्रो दैनिक खाने दही, दुध आदिले शरीरमा क्याल्सियम पुऱ्याउन सक्दैन भनेर देखाइएको छ । त्यसै गरी अर्को विज्ञापनमा महिलाहरूले शरीरमा क्याल्सियम प्राप्त गर्न जवान छँदै नै क्याल्सियमको चक्की प्रयोग गर्नुपर्छ भनेर एक महिलाको भनाई देखाइन्छ ।

अर्को विज्ञापनमा ५० वर्ष उमेर पुगेपछि शरीरलाई चाहिने पोषण तत्वहरू विशेष गरी प्रोटीन घरको खानकुराले मात्र पुग्दैन, त्यसैले बढ्दाको प्रोटीन खानुपर्छ भनेर देखाइन्छ । यस्ता विज्ञापनहरूले हामीहरूलाई दिमाग भुट्ने गर्छन र "होला त नि भनेर दौडादौड गरेर हर्लीक्स र क्याल्सियमका चक्की, बढ्दाको प्रोटीन आदि किन्न थाल्छौं ।

शरीरमा क्याल्सियमको परिपूर्ती गर्ने हामीसँग घरभरि खाना छन् भन्ने कुरा हामीलाई प्रायः थाहा छैन, किनभने त्यस्ता वस्तुको आकर्षक विज्ञापन आउँदैन । ज्वानो क्याल्सियमको अति राम्रो स्रोत हो । त्यसैले त सुत्केरी महिलाहरूलाई यसको भोल दिन्छ तर यो ज्ञानलाई कसैले वास्ता नै नगरेर होला, अहिले ज्वानोमा धेरै सस्तो गरी पाइने क्याल्सियमको लागि हामी अति महँगो हर्लीक्स किन्न दौडिन्छौं ।

क्याल्सियम पर्याप्त मात्रामा पाइने अन्य वस्तु भटमास, गुन्द्रुक, आलस, तिल आदि पनि हुन् । तर सस्तो भटमास खाएर शरीरमा क्याल्सियम प्राप्त गर्न सकिन्छ वा गुन्द्रुक खाँदा हड्डी बलियो पार्न सकिन्छ भन्ने कुरा विश्वास गर्न गाह्रै लाग्छ । किनभने हामीलाई यस्तो सजिलो कुरा कसैले भन्दैन ।

भटमास त प्रोटीनको पनि अति राम्रो स्रोत हो तर बालबालिकादेखि लिएर वृद्धसम्मको लागि उपयुक्त हुने भटमासको खासै वास्ता गरिन्न । अझ कतिपय ठाउँमा त केही मूर्खतापूर्ण कुरा गर्नु भन्ने "हेर भट्ट खाएको बुद्धि भनेर" जिस्काइन्छ । यसले नै

त्यही भटमासमा पर्याप्त भएको प्रोटीन खान चाहिँ बाहिरका महँगो वस्तुहरू खान विज्ञापनले प्रेरित गर्छ । भटमासबाट बनेको प्याकेटमा राखेका न्युट्रेला चाहिँ महँगो पर्ने हुनाले यो धनी मानिसको भोजन बन्छ र यसको विज्ञापन गरिन्छ ।

भटमासमा क्याल्सियम र प्रोटीन दुवै सस्तोमा पाइन्छ तर यस्ता वस्तु खानु भनेर कसैले सुभाब नदिने हुनाले यस्ता घरायसी वस्तु अपहेलित भएका छन् ।

विदेशमा भटमास खानेहरूले नेपालमा किन अपहेलना गरेको ?

क्याल्सियमको अर्को राम्रो स्रोत दही, मोही र तराईमा पाइने आलस पनि हो । तर ती वस्तुहरूको प्रयोग पनि त्यती गरिन्न । विदेशमा आलस विभिन्न परिकारमा हालेर बनाएर खाने चलन छ । आलसमा रहेको क्याल्सियम र ओभेगर् ३ को बारेमा धेरै चर्चा पनि भएको छ । यसले स्वास्थ्यमा सकारात्मक प्रभाव पार्ने कुराको बारेमा अनुसन्धात्मक लेखहरू पनि निस्किएका छन् तर आलसको बारेमा टि.भी., रेडियो, पत्रपत्रिकामा विज्ञापन नआउने हुनाले हामीले वास्ता नगरेको हो कि ? कुनै पनि खानेकुराको विज्ञापन जसमा घरका खानेकुराले शरीरमा चाहिने विभिन्न पोषक तत्व पुग्दैन, त्यसैले बढ्दामा देखाइएको खानेकुरा खानुपर्छ भनेर भन्दा भने एक थोपा पनि विश्वास नगर्नुस् किनभने ती बढ्दा र प्याकेटमा पाइने खानेकुरा चाहिँ हाम्रो घरमा सहजै पाइने खानेकुराहरूबाट नै बनाइन्छ र तिनलाई महँगोमा बेच्न विज्ञापन गरिन्छ ।

क्याल्सियम सँगै अहिले महिलाहरूलाई भिटामिन 'डी'को चक्की पनि खानु भनेर दिइन्छ । औषधी कम्पनीले व्यापार बढाउनु दिइने भिटामिन डी सूर्यको किरणबाट पाइन्छ । छालामा घामको किरण सिधा पर्ने गरी हरेक दिन १५-२० मिनेट घाममा वस्ने हो भने पर्याप्त भिटामिन पाइन्छ भन्ने तथ्य सबैलाई थाहा भए भिटामिन डी चक्कि हाम्रो जस्तो देशमा प्रायः किन्नै पर्दैन । भिटामिन डी ८०% घामबाट पाइन्छ ।

वर्षभरी घाम लागि रहने नेपालमा अहिले धेरै महिलाहरूलाई भिटामिन डी को कमि भएको देखिन थालेको छ । डाक्टरहरूले

अहिले यसको बारेमा भन्न शुरू गरेका छन् । नेपालमा यसको बारेमा खास अध्ययन अनुसन्धान त भएको छैन तर भारतमा यसको बारेमा भएका अनुसन्धानहरूले देखाएको छ कि त्यहाँ पनि भिटामिन डि को कमिले गर्भवती किशोरी महिलालाई सताउँछ । पर्याप्त मात्रामा घाममा नबस्ने, वातानुकूलित कोठामा मात्र बस्ने, घाममा हिँड्दा पनि छाला कालो हुन्छ भनेर लामो-लामो, लुगा लगाएर हिँड्ने भएकाले भण्डै ६९% भारतियहरूलाई भिटामिन डी को कमी देखिएको कुरा (टाइम्स अफ इन्डिया जुलाई २०, २०१५ को समाचार) अध्ययनमा छ । भिटामिन डी लाई सूर्यबाट पाइने भिटामिन भनेर नामाकरण गरिएको छ । यसैले यसको महत्व चाहिँ अझ कति रहेछ थाहा पाइन्छ । तर यती कुरा थाहा हुँदा पनि कति मानिसले विचार गर्छन् । घाममा नबस्दा खासै केही फरक पर्दैन, भिटामिनको क्याप्सुल खाइ हाल्छु नि भन्ने मानसिकताले ।

त्यस्ता देशहरू जहाँ बर्षभरी घाम लाग्दैन जाडोको बेलामा सूर्यको दर्शन नै हुँदैन उनीहरूको लागि त्यस्तो औषधी चाहिने हुन सक्छ । तर हामीहरूलाई त सित्तैमा भिटामिन डी प्राप्त हुन्छ भने किन पैसा खर्च गरेर चक्की किनु पर्‍यो र ?

मेरी एक साथी ५० बर्षिय सपनाले भनेकि थिइन्- 'म अमेरिकाको बोस्टनमा बस्दा मेरो जिउ र ढाड एकदम कटकटी दुख्ने र एकदम थकाई लाग्ने भएपछि डाक्टर कहाँ गएँ । उनले मेरो रगत जाँच गरे पछि भनेपछि मेरो शरीरमा भिटामिन डिको कमी भएको र विस्तारै हड्डी फुसफुसे हुने समस्या भएको बताए । केही समयको लागि उनले भिटामिन डिको चक्की दिएर भने तपाँई नेपाल गएपछि यी चक्की खानु पर्दैन । वर्षभरी नै घाम लागिरहने तपाँईको देशमा त भिटामिन डि छताछुल्ल छ । हरेक दिन १५-२० मिनेट सिधै घाम छालामा पर्ने गरी घाममा बस्नु होस् । बोस्टनमा पो धेरै समय घाममा बस्न पाइन्न । जहिले पनि एयरकण्डिसनर

कोठामा बस्दा यस्तो हुन जान्छ ।' डाक्टरको कुराले सपनाको आँखा खुलेको जस्तै भएको थियो र 'काठमाण्डौं फर्केर हरेक दिन घाममा बस्ने गरेको छु ।' तर सबै महिलाहरू सपना जस्तै गरेर नियमित रूपमा घाममा बस्दैनन् ।

अन्तर्राष्ट्रिय क्षेत्रमा काम गर्ने एक प्रतिष्ठित ६० बर्षिय ज्योति श्रेष्ठले मलाई भनेकि थिइन्- 'म दश वर्षसम्म अन्तर्राष्ट्रिय क्षेत्रमा काम गरेँ । ढाड र हाड दुखे पनि सहेर काम गरी नै रहेँ । डाक्टरलाई देखाउँदा भिटामिन डीको कमी भएर यस्तो भएको भनेर मलाई घाममा बस्न भनेर भनेको थिएँ । तर बिहान देखि बेलुकासम्म कामको चक्करमा घाममा बस्ने फुर्सद कहाँ हुनु र ? अहिले मेरो ढाड, घुँडा सबै दुख्छ । औषधि खान्छु तर दुखाइ कम नै हुँदैन । शायद आफूले काम गर्दा केही समय आफ्नो शरीरको लागि छुट्याएको भए आज मलाई यती गाह्रो हुँदैन थियो कि?' दुइ हप्ता अघि ज्योतिले मलाई इमेल लेखेकि थिइन्- 'मेरो तौल १० किलो घटेको छ । अहिले त म घाममा बस्न पनि थालेकि छु । दुखाइ त अझै छ ।' ज्योतिको यो भनाईले सबै महिलाका लागि आँखा खोल्ने उदाहरण बन्न सक्छ । समयमा नै घाममा बस्नु पर्छ भनेर सिकाउँछ पनि ।

म र मेरा कतिपय साथीहरू ५८ वर्ष भएका छौं । हामीले बाहिरबाट न क्याल्सियम न प्रोटीनका वट्टाको भोजन नै खाएका छौं । घरेलु खाना खाएर नै हामी स्वच्छ स्वस्थ छौं । किनभने हामी विज्ञापनमा विश्वास नै गर्दैनौं ।

जाडोको बेलामा कुनै खुल्ला मैदानमा घाममा बसेर सुत्तला र बढामा खाँदा आनन्द आउँछ तर त्यसले आनन्द मात्र दिदैन कि स्वास्थ्यमा पनि सकारात्मक प्रभाव पर्छ भन्ने कुरा हामीलाई पत्तो नै हुँदैन । सबैलाई घाम चाहिन्छ, शरीरिक विकासको लागि मात्र होइन मानसिक रूपमा स्वस्थ रहन पनि घाम चाहिन्छ ।



Special Rotary Month Observances 2017-2018

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|---|--|----|---|
| 1 | July: Rotary's Annual Theme Month | 7 | January: Vocational Service Month |
| 2 | August: Membership and Extension Month | 8 | February: Peace & Conflict Prevention/Resolution Month |
| 3 | September: Basic Education and Literacy Month | 9 | March: Water & Sanitation Month |
| 4 | October: Economic & Community Development Month | 10 | April: Maternal Health & Child Health Month |
| 5 | November: Rotary Foundation Month | 11 | May: New Generation Month |
| 6 | December: Disease Prevention & Treatment Month | 12 | June: Rotary Fellowships Month |



पवित्र रोटरी सेवा गर्नको निम्ति स्वस्थ रहौ



- रो. पदम लाल महर्जन

"Service Above Self" को महान् लक्ष्य लिएर संसारका करिब १२ लाख रोटारियनहरू Rotary International मा आवद्ध भई केही न केही रूपमा सेवा गरी यस महान् लक्ष्यलाई साकार बनाउन कोशीस गरिरहेका छन् । नेपालमा पनि करिब ४००० रोटारियनहरू Rotarian Member बनेर सेवा गरिरहेका छन् । जुन कुरा हाम्रो शास्त्रको भनाइ अनुसार पनि धेरै नै महत्त्वको कुरा हो- "सेवा नै परमो धर्म ।" यो हामी मानव जातिको एउटा लक्ष्य मात्र नभइ एउटा महान् कर्तव्य पनि हो भन्ने मान्नु पर्दछ जस्तो लाग्छ । मानव जाति आदिकालदेखि नै कुनै न कुनै संस्थासंग जोडिएर सेवा गर्दै आएका छन् । तर रोटारियन भएर सेवा गर्दा केहि फरक महसूस गर्न सकिन्छ किनकी रोटरीमा सेवा गर्दा केही पाउँछ की भनेर होइन की आफूसंग ज्ञान, बुद्धी, साधन जे छ त्यसबाट केही मात्रामा निःस्वार्थ भावले कुनै किसिमको सेवामा सहभागी बन्न सकिन्छ कि भन्ने भावले गरिएको हुन्छ । तर कुनै काम राम्रोसंग गर्नको निम्ति आफू पनि पहिला स्वस्थ हुनु जरुरी छ । स्वस्थ मानिसले सेवा गर्न सक्छ तर अस्वस्थ मानिसले सेवा लिनु पर्ने हुन्छ ।

स्वस्थ रहनु नै हाम्रो धन हो त्यसैले हामी स्वस्थ रहनु जरुरी छ । आफ्नो जीवन स्वस्थ राख्न हरेक मानिसले हरेक दिन जन्मदेखी मृत्युसम्म अनेक किसिमका अभ्यास गरिरहेका हुन्छन् । योगमय जीवन शैली अपनाउने तरिका पनि सरल र हरेक व्यक्तिले गर्न सक्ने र आफ्नो दिनचर्यालाई समय अनुकूल व्यवस्था गरी पालना गर्न सक्ने उपाय हो । योगमय जीवन शैली अपनाएर हामी सदा स्वस्थ, सक्षम, समृद्ध र शान्त भएर खुशी जीवन जित्न सकिन्छ ।

जिन्दगीमा प्राण नै सबै कुरा हो । Breath is Everything in our life. सबै ज्ञानको आश्रय आत्मा हो र लक्षण हो तर प्राणले सबै तत्वलाई जोडेर राख्छ । जब प्राण हुँदैन खाली मृत शरीर मात्र हुन्छ ।

श्वास नै प्राण र जीवन हो । त्यसैले हरवखत हामीले ध्यान गरी श्वास लिनु राम्रो हुन्छ । भनिन्छ हर श्वासमा ॐ ॐ ॐ गरी लिइ राख्नाले हाम्रो जीवन आध्यात्मिकताको जीवन

भइन्छ । फेरी हर श्वासलाई मनको साथ जोडी दियो भने धारणा हुन्छ । जब हामी ध्यानमा रहन्छौं हामीमा भगवान युक्त आउँछ र फेरी मस्तिष्कमा ज्ञान, हृदयमा प्रेम र शरीरमा दिव्य शक्ति आउँछ । यसलाई भगवानको भक्ती पनि मान्न सकिन्छ । यसलाई हामी योगको सफलताको भक्ति प्राप्ति मान्न सक्छौं । जसरी पतञ्जलीको सूत्र अनुसार "योगस्वचित्त वृत्ती निरोध ।" पतञ्जलीले अष्टाङ्ग योग: यम, नियम, आसन, प्राणायाम, प्रतीहार, धारणा, ध्यान र समाधीसम्म वर्णन गरिएको छ । योग एक आदिकालदेखि चलनमा आएको हो र भनिन्छ शिवजीले पावतीलाई कैलाश पर्वतमा सिकाइएका हुन्- हिम्वत् खण्डको अनुसार । यसैले यो प्रातिकल, सेकुलर, साइन्टीफिक र युनिभर्सल मान्न सकिन्छ । जुन समयमा कुनै धर्म विशेषको उल्लेख गरिएको थिएन सायद योग एक धर्म थियो । जुन बेला एक मानव धर्म मात्र थियो होला जुन चीज अहिले पनि धेरै सान्दर्भिक छ । हामी मानवहरू मनुष्य जाति हौं र ब्रम्हवंशी हौं । हामी मनुष्य एकै जातका हौं र सेवा गर्नु नै सबैभन्दा ठूलो धर्म हो । हरेक दिन बिहान योगको अभ्यास गरौं र योगको तीन पक्षलाई पालना गरौं । १. योगको ज्ञान २. योगको अभ्यास र ३. योगको आचरण । यिनीहरूको पालना गरी सन्तुलित जीवन जीऔं र सदा सुखीमय, समृद्ध भइ शान्तिपूर्वक बाँचौं ।

योग र प्रकृति एक आपसमा जुडेको छ । यसकारण प्रकृतिको साथ मिलेर बसौं नत्र विकृति आउँछ । योगको जीवन शैली अपनाएर आजसम्म भाइरस जस्तो फैलिरहेको लाइफ स्टाइल रोगबाट मुक्ति भई स्वस्थ, समृद्ध, सुखी र शान्त जीवन जित्ने कोशिस गरौं । जीवन आनन्द र खुशीकासाथ जित्नको निम्ति हामीले धेरै तरिकाको तरल पदार्थहरू पियौं तर अबदेखि "पंचामृत" बनाएर पियौं । यो हो गहुँको जवारा, अलोभेराको रस, तुलसीको रस, गीलोइ र नीमको रस बनाइ यो पञ्चामृतको सेवन गरौं । बिहान उठ्नासाथ पानी पिउनु राम्रो हुन्छ । हरेक बिहान समय अनुकूल ब्रम्ह मूर्हर्तमा एक देखी दुइ घण्टा आफूलाई राखौं र योग गरौं । बिहान खाना अगाडि एलोभेरा, अमलाका २।४ चम्चा पियौं र बिहानको खाना सकभर विषादमुक्त फलफूल तरकारी मन भरेर खानु राम्रो हुन्छ । हरेक दिन सकभर फरक-फरक फलफूल तथा

अनार खाँदा हरेक किसिमको भिटामिन मिनरलस पाउँछौ । भनिन्छ कि देवताले अमृत मन्थन गर्ने वेला जहाँ-जहाँ अमृतका थोपा खस्यो त्यहाँ त्यहाँ अमृत, गीलोइ, गुरुजो फल्यो रे तर जे होस् अमृतको जुस पीउनु भयो भने हाम्रो इन्मुनिटी बढ्छ, देगु फीभरबाट निको तथा अन्य फाइदाहरू हुन्छ ।

खाना खाँदा चपाइ-चपाइ खाऔं र पानी खानाको एक घण्टा पहिले र एक घण्टा पछाडी मात्र घुतघुत लिएर विस्तारै पिऔं । सकभर खाना खाँदा आधा पेट खाना, बाँकी आधा पानी र बाँकी खाली राम्रो हुन्छ ताकी खाना राम्रो हलचल भई पेटमा पचोस् ।

सफल जीवनको निम्ति बिहान-बिहान योग गरौं र दिनभर कर्मयोग र सेवा गरौं । साथै सफल जीवनको निम्ति बढी सोच, कडा मेहनत र पक्का ईरादाको ख्याल राखी हरवखत अगाडि बढौं । अतितबाट सिकौं तर अतितलाई बिर्सेर निरन्तरताले अगाडि बढी रहौं ।

हाम्रो जीवन शैली, विषादयुक्त खानपान तथा रहन सहनका कारणले करिव संसारका १ करोड मानिसलाई अनेक किसिमका क्यान्सरले सताइरहेका छन् । हामीले जो चीज गरिरहेको हुन्छ: राम्रो वा नराम्रो यसले हाम्रो पछि लागी रहेको हुन्छ- परिणाम भोग्ने पर्ने हुन्छ । जुन चीज हामी खान्छौं त्यो हाम्रो शरीरको हिस्सा बन्छ । आहार हाम्रो शरीरको शक्तिको हिस्सा बन्छ र हाम्रो ज्ञान, सत्संगबाट हाम्रो विचार दिमागको संस्कारको हिस्सा बन्छ । what we eat is what we are and what we think what we will be त्यसैले एक कण पनि गलत आहार र एक क्षण पनि गलत विचार नगरौं । सकभर देशी गाइको दूध, तोरिको तेल, नरिवलको तेल, बदामको तेल, तिलको तेलमा खाना बनाइ धेरै नतारेको खाना खाऔं र केमिकल्ली रिफाइण्ड गरेको तेल नखाउँ । साथै तेलमा धेरै बेर खाना तारी राख्यो भने ट्रान्सफाट बन्छ र त्यो शरीरलाई हानिकारक हुन्छ । बिहान दूध पिउने, दिउँसो छाँस पिउने र राती बेसार मिलाएर दूध पिउनु राम्रो हुन्छ । आफूलाई योगमय जीवन जिउने कोशिस गरौं । यसले आफ्नो विचार ठीक हुन्छ, आहार राम्रो खाइन्छ । जसको संस्कार र आचरण ठिक हुन्छ उ फेरी पूरा योगी भई निरोगी, उद्यमी र उपयोगी भएर निस्वार्थभावले सेवा गर्न सक्ने सामर्थ्य राख्छ । एकत्वको साथ सहअस्तित्व भई बस्नु पर्छ । (ONENESS & CO-EXISTENT). हामी खुशी हुनुपर्छ कि हामीलाई भगवानले मनुष्य बनाएर सबभन्दा बढी ज्ञान, बुद्धीको शक्ति दिएको छ त्यसैले सबै जीवत्वसँग मेलमिलाप भई सरल तरिकाले एकअर्कालाई कुनै किसिमको दुःख नदिइ रहौं ।

हाम्रो पूर्वजहरू ऋषिमुनी र योगी थिए । तर अब हामीहरू भोगी र रोगी भइरहेका छौं । तस्मात् योगी भवः त्यसैले योगी होउ । योगी बनौं, पवित्र बनौं, जीवनमा सच्चरित्र बनौं । समतम योग उच्चते !!!

एक न एक दिन हरेक मनुष्यमा परिवर्तन आउँछ र कुनै चीजबाट प्रभावित भई ट्रासन्फम हुन्छ । मेरो यो जिन्दगी स्वामी रामदेवजीको भनाइबाट परिवर्तन भएको हो ।

रोग मुक्त समाज, औषधि मुक्त संसार र योग गरौं निरोगी रहौं । पवित्र सेवा गरौं । सकभर आफ्नो दिनचर्यामा बिहान-बिहान ब्रह्म मूहर्तमा अष्टाङ्ग योग गरौं र साथै योगीक जगीङ्ग, सूर्य नमस्कार र मीश्रदण्ड कमसेकम एक घण्टा गरौं । आफूलाई स्वस्थ राख्न बिहान-बिहान एक दुई घण्टा समय आफूलाई दिऊँ !!!


पतञ्जलीको योग सूत्र अनुसार अष्टाङ्ग योगको अभ्यास गर्दा प्राणायाममा जोड दिऊँ ।

योग तथा स्वस्थ, सफल, सुखमय, समृद्ध र शान्तिको जीवन जिउन अफ बढी ज्ञान तथा विचारको निम्ति आस्था च्यानल तथा युट्युवमा स्वामी रामदेव तथा आचार्य बालकृष्णजीका कार्यक्रमहरू हेरौं । भगवान् सबैको आधार हो । त्यसैले भगवान्को ध्यान, स्तुति, प्रार्थना र उपासना हरेक दिन गरौं ॥


जीवनको सबभन्दा ठूलो कुरा हो भरोसा । त्यसैले भगवान् प्रति पूरा भरोसा गरौं र पूरा भगवान् प्रति समर्पित भएर बाँचौं । योगले हाम्रो Boody Mind, Thoughts, Emotions and Action लाई सन्तुलन गरी सन्तुलित जीवन जिउन सिकाउँछ ।

राम्रो सोचौं, राम्रो हेरौं, राम्रो सुनौं र राम्रो काम गरौं । निःस्वार्थ भावले सेवा गरौं ।





Rotary



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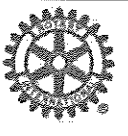

Why Rotary ?

- Professional Networking
- Opportunity to Serve
- Friendship
- Leadership Development
- Personal Growth
- Cultural Diversity
- Public Speaking
- Assistance When Travelling

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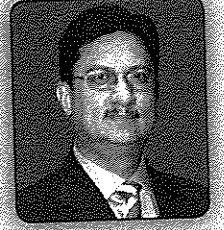
1. Contact the nearest ROTARY club

2. Log on to <https://my.rotary.org/en/search/club-finder>

ROTARY:
MAKING A
DIFFERENCE

हाम्रो सम्भनामा रो. कमलमणि दीक्षित



- रो. डा. प्रकाशराज रेग्मी

२ सेप्टेम्बर १९२९ मा गैन्हीधारा काठमाडौंमा जन्मनु भएका कमलमणि दीक्षित बहुआयामिक व्यक्ति हुनु हुन्थ्यो । नेपाली साहित्यमा उहाँ विशिष्ट साधक र श्रष्टाका रूपमा परिचित भए जस्तै रोटररीमा उहाँ अति विशिष्ट समाजसेवी रोटरियनका रूपमा परिचित हुनु हुन्थ्यो । नेपालमा सन् १९५९ मा स्थापित पहिलो रोटररी क्लब अफ काठमाडौंसँगको संलग्नतादेखि रोटररी यात्रा शुरू गरी रोटररी क्लब अफ पाटनमा सक्रिय सदस्य रहंदारहुँदै ८७ वर्षको उमेरमा उहाँले २९ डिसेम्बर २०१६ का दिन देह त्याग गर्नु भएको हो । यति लामो रोटररी यात्रामा उहाँले धेरै उल्लेखनीय कार्य गर्नुभयो जसमध्ये केहीलाई यहाँ संक्षेपमा प्रस्तुत गरेको छु ।

कमलमणिजीको सक्रिय प्रयासबाटै सन् १९८५ मा ललितपुर पाटनमा नेपालको चौथो क्लब रोटररी क्लब अफ पाटनको स्थापना भएको थियो । यस क्लबका चार्टर सेक्रेटरी रो. मच्छेन्द्रलाल कायस्थ आफ्नो सम्भनामा भएका त्यसबेलाका कुराहरू यस प्रकार व्यक्त गर्नु हुन्छ- "सन् १९८४ मा म (म मच्छेन्द्रलाल कायस्थ) रोटररी क्लब अफ काठमाडौंमा सदस्य भए । त्यहाँ मेरो परिचय गोपाल राजभण्डारी, मणि हर्ष ज्योती, हुलाश चन्द्र गोलछा र कमलमणि दीक्षित जस्ता ठूला ठूला व्यक्तिहरूसँग भयो । उक्त समय रोटररी क्लब अफ काठमाडौंको रजत जयन्तीको समय थियो । पाटनमा नयाँ क्लब खोल्ने कुरा चल्थो । विराटनगरमा काठमाडौं पछिको दोश्रो क्लब स्थापना भैसकेको थियो । पाटनमा क्लब खोल्न कमलमणिजीलाई GSR बनाइयो । उहाँ काठमाडौं क्लबमा सचिव र डाइरेक्टरको पदभार सम्हालिसकेको भएता पनि प्रेसिडेण्ट हुनुभएको थिएन । प्रेसिडेण्ट नभएको व्यक्ति GSR बन्ने उहाँ नै सायद पहिलो हुनुहुन्थ्यो । कमलमणिजीले मलाई रोटररी क्लब अफ पाटन स्थापना गर्न सँगै लिएर आउनु भयो । चार्टर सेक्रेटरीको जिम्मा समेत मलाई नै दिनुभयो । सन् १९८५ अगष्ट २९ मा पाटन रोटररी क्लबले चार्टर सर्टिफिकेट प्राप्त गर्नुभयो ।" उहाँको अर्को ठूलो योगदान रोटररी र यसका गतिविधिहरूबारे संक्षिप्त परिचय दिने पुस्तिका "रोटररीका कुरा" को लेखन र प्रकाशन हो । प्रत्येक नव प्रवेशी रोटरियन र अन्य सबैका लागि उपयोगी सरल नेपाली भाषामा लेखिएको यस पुस्तिकाले रोटररीबारे जान्न न बुझ्न धेरै नै मद्दत पुऱ्यायो र आज पनि नयाँ संस्करणमा प्रकाशित भई रोटररीका ज्ञानका कुरा सिक्न मद्दत पुऱ्याउँदै आएको

छ । रोटरियनहरूको संख्या बृद्धि गर्न पनि यस पुस्तिकाले धेरै नै मद्दत पुऱ्याएको छ ।

रो. केदारभक्त श्रेष्ठजी आफ्नो सम्भना यस प्रकार व्यक्त गर्नुहुन्छ- "कमलमणिजीको रोटररी प्रति ज्यादै ठूलो लगाव थियो । होटल नारायणीबाट शुरू भई होटल हिमालय, यलमाया केन्द्र, इन्टरनेशनल क्लब सानेपा, शालीकराम एपार्टमेण्ट होटल हुँदै होटल समिटसम्म पाटन रोटररी क्लबको नियमित मिटिङ्गको भेन्चु परिवर्तन हुँदै आए पनि उहाँ कहिल्यै मिटिङ्गमा ढिला पुग्नु भएन । उहाँ सधैं मिटिङ्गमा बेलुकी ६ देखि ठिक ७ बजेसम्म जम्मा १ घण्टा बस्नु हुन्थ्यो । ७ बजे पछि मिटिङ्ग सकनै पर्छ भन्ने मान्यता उहाँको थियो यसकारण जतिसुकै महत्त्वपूर्ण विषयमा छलफल भैराखेको भएपनि ठिक ७ बजे जुरूक्क उठेर उहाँ बाहिर निस्कनु हुन्थ्यो ।" उहाँकी बुहारी शान्ता दीक्षित Guest Speaker भएको बेलामा उहाँ १० मिनेट बढि बस्नु भएको थियो । यो मात्र एक अपवाद रहन गयो । उहाँले सबैलाई अनुशासित हुन सिकाउनु हुन्थ्यो । प्रत्येक क्लब मिटिङ्गमा उहाँले खुशीयाली बाद्दै Sunshine Fund मा केही रूपैया contribute गर्नु हुन्थ्यो । पैसा आफ्नो साथमा उहाँले कहिल्यै बोक्नु हुँदैनथ्यो । सधैं रो. गणेश श्रेष्ठलाई पैसा राखिदिन अनुरोध गर्नु हुन्थ्यो । रोटररी वर्षको अन्त्यमा हिसाब गर्दा Sunshine Fund मा सबैभन्दा धेरै पैसा दान गर्ने व्यक्तिहरूमध्ये उहाँ सधैं एक नम्बरमा पर्नु हुन्थ्यो र दुई नम्बरमा पर्नेलाई ५००० रूपैया खुशीयाली स्वरूप थपन लगाई आफूले पनि ५००० रूपैया Match गरिदिनु हुन्थ्यो । कमलमणि जी पछि यो प्रथालाई रो. आर. आर. पाण्डेले निरन्तरता दिनुभएको छ । कमलमणिजी सन् २०१०/११ मा मेजर डोनर समेत बन्नु भयो ।

कमलमणिजी धेरै पटक GSR हुनुभयो । Rotary International Convention, Niece, France मा जाँदा पनि उहाँ GSR हुनुभएको थियो । उहाँले रोटररी नेपाल डिस्ट्रिक्ट ३२९२ को स्थापनाका लागि पनि उल्लेखनीय योगदान दिनुभयो । डिस्ट्रिक्ट तहका विभिन्न जिम्मेवारीमा रहे पनि उहाँ कहिल्यै DG वा Club President बन्ने इच्छा राख्नु भएन, सधैं तल बसेर सेवा गर्ने इच्छा व्यक्त गर्नुभयो । रोटररीका विभिन्न Community Projects का field visits देखि लिएर Club Family outings, picnic, fellowships

सबैमा उहाँले ८० वर्षको उमेर नाघि सक्दा पनि सक्रिय र खुसीपूर्वक सहभागी हुने गर्नुहुन्थ्यो । उहाँले पाटन रोटरी क्लबको साप्ताहिक बुलेटीन 'ललितधारा' को सम्पादन र प्रकाशन नेपाली भाषामा धेरै वर्षसम्म आफैले गर्नुभयो । ललितधाराको अन्त्यमा सधैं एउटा चुटुकिला राख्ने गर्नु हुन्थ्यो । त्यो पढनका लागि पनि सबैले ललितधारा पढ्थे । तिनै चुटुकिलाहरू संगाली "रोटरीका ठट्टा" नामक पुस्तिका प्रकाशित गरी यसको बिक्रीबाट प्राप्त सबै रकम रोटरीलाई दान दिनुभयो । यस्तै यस्तै प्रकारका बौद्धिक र गुणकारी धेरै थरी काम उहाँले गर्नु भयो ।

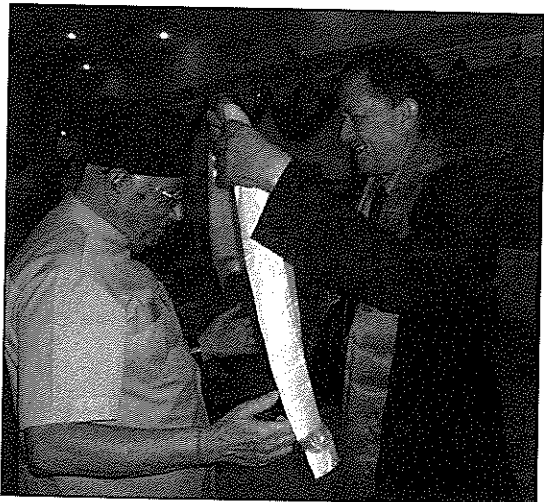
साहित्यको सेवा गरेर जीवन बिताएको व्यक्ति त्यति नै मात्रामा समाजसेवामा पनि सक्रिय रहनु सामान्य कुरा थिएन । चितवनको चण्डि भञ्ज्याङ्ग, कालीखोला, चेपाङ्ग बस्तीको विद्यालयका कुपोषणद्वारा पीडित साना-साना बालबालिकाहरूलाई स्कूलमा मध्यान्नको खाजा खुवाउने हाम्रो क्लबको "Mid-day Meal Project" का लागि रकमको अभाव हुन नदिन प्रोजेक्टको शुरू देखि अन्त्यसम्म उहाँले प्रत्येक वर्ष करिब ८० हजार रुपैयाँ दान दिनुभएको थियो । उहाँले मलाई भन्ने गर्नु हुन्थ्यो- "डा. प्रकाश यो खान नपाएका बच्चाहरूलाई खाना खुवाउने काम ज्यादै नै परोपकारी हो, पैसा नपुगे मलाई भन्नु तर प्रोजेक्ट बन्द नगर्नु है !" म उहाँको यो भावना देखेर सधैं उहाँ प्रति नतमस्तक भैरहे । बालबालिकाहरूको मुटु परीक्षण गर्न उकालो ओरालो नभनी लट्ठी टेक्दै उहाँ मसँग धेरै गाउँका स्कूलहरूमा पुग्नु भयो । मुटु परीक्षण कार्यक्रमबाट मुटुमा प्वाल भई अप्रेसन गराउनु पर्ने कुनै बच्चा पत्ता लागेमा उहाँले आफैले पैसा खर्च गरी उपचार गराई दिन अग्रसर हुनुहुन्थ्यो । कसैले भन्ला उहाँसँग जगदम्बा महारानीले दिएको

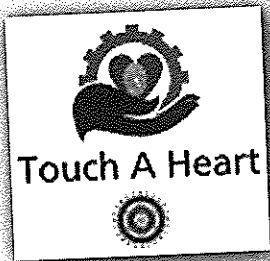
धेरै सम्पत्ति थियो त्यसैले उहाँले पैसा बाढ्नु हुन्थ्यो । तर त्यस्तो कदापी होइन । पैसा भएर मन नहुने यहाँ धेरै छन् । कमलमणिजी कमलो मन भएको दयालु र दानी व्यक्ति हुनुहुन्थ्यो । राम्रो पढ्ने विधार्थीहरूलाई पुरस्कृत गर्न कमलमणि इडुकेशनल एक्सेलेन्स एवार्ड उहाँकै अगुवाईमा स्थापना भयो ।

उहाँबाट जीवनमा सिक्नु पर्ने धेरै कुराहरू छन् । उहाँको जीवन खुला पुस्तक जस्तै हो । यस पुस्तकमा हामीले केही पानाहरूमा साहित्य पढ्न पाउछौं भने अरू पानाहरूमा जीवनका अनेक सकारात्मक पक्षहरू- सेवा, माया, दान, समर्पण, परिश्रम, अनुशासन, सहयोग, विद्या, बुद्धि, ठट्टा आदि जस्ता अनेकानेक कुराहरू पढ्न पाउँछौं । मदन पुरस्कार पुस्तकालयको संस्थापक अध्यक्ष मात्र होइन, उद्योग र व्यापारको क्षेत्रमा पनि उहाँ सक्रिय हुनुहुन्थ्यो । यसबारे धेरैलाई थाहा छैन होला । उहाँ धेरै व्यापारिक प्रतिष्ठानहरूको अध्यक्ष लगायत कतिपय बैंकहरूको निर्देशक समेत रहनुभयो । तर यसलाई उहाँले कहिल्यै पनि प्रतिष्ठाको विषय बनाउनु भएन र जनसमक्ष ल्याउनु भएन । साहित्यको क्षेत्रमा उहाँ आफूलाई कमल दीक्षित (क.दी.) मात्र भन्न रुचाउनु हुन्थ्यो भने समाजसेवा क्षेत्रमा उहाँ रोटरियन कमलमणि नामबाट परिचित हुन मनपराउनु हुन्थ्यो । आज रोटरियन कमलमणि हाम्रो माभ हुनुहुन्न तर उहाँको सम्झना हाम्रो मन र मस्तिष्कमा ताजै छ । उहाँले दिएको शिक्षा हाम्रो लागि प्रेरणा बनेको छ । कमलमणि दीक्षित बारे Google Search गर्दा Wikipedia मा उहाँको रोटरी क्याप लगाएको हँसिलो अनुहारले हामीलाई ममतापूर्वक हेरिरहेको पाइन्छ ।



रोटरी क्लब अफ पाटनमा उहाँका केही क्रियाकलापहरू





Inner Wheel Club of Patan
Report for the year 2016-2017
Chartered on 6th June 1994
Club No. 4363



*IW Nirjala Shrestha
President, Inner Wheel Club
2016-2017*

It was a privilege and an honor to serve as a President of Inner Wheel Club of Patan. What an amazing journey, I have been on with each and every one of you during the year 2016-17. I would like to welcome and congratulate our new President and members to the club. On behalf of Inner Wheel Club of Patan and myself take this opportunity to congratulate IW Bijaya Laxmi Shrestha, member of the Inner Wheel Club of Patan, for her successful tenure as Inner Wheel District Chairman 2016-17.

The theme for the year 2016-17 of International Inner Wheel President Oliymesi Alatise is "Touch a Heart" and 2016-17 International Inner Wheel theme of International President Dr. Kapila Gupta is "Leave a Lasting Legacy".

The Club meets on the first Monday of English calendar, once a month at 6:00 PM at Hotel Summit and fellowship at 5:30 PM. Till date we have conducted 282 club meetings. Board meetings are conducted at the house of Board Members turn wise order. In some meetings, general members are also invited to join the meetings. One of the meetings was conducted at Bandipur on March 2017.

CLUB ACTIVITIES for 2016-17

- Water Project which was started three years ago has been completed recently. The water tanks of the lower area of Lalitpur District Tallo Goath and Godam Chaur which was damaged by the earthquake 2015 has been repaired. The Water Project has been supported by Inner Wheel Club of Starsburg, France. Inner Wheel members of Starsburg visited Nepal twice to support and overlook the water project.



Water project visit with IW members from IW Club Staberger, France at Lele, Lalitpur

- The Inner Wheel club of Patan, has provided school uniform, blue cardigan and stationery distributed to 105 students of Shree Ratna Rajyalaxmi Higher Secondary School in Bandipur. We distributed school bags to the students in the same school which was provided by Inner Wheel District 350 Nepal.
- IW Munu Rajkarnikar, member of the Inner Wheel has donated One Lakh Rupees to Rotary club of Patan in memory of her late husband Rtn. Narayan Govind Halwai.
- We had distributed three boxes of used clothes to the poor and needy people in Phaplu and Solu with the support of Himalchuli Srijanshil Mahila Bacchat Tatha Shram Sahakari, Phaplu.
- A child named Sushmita has been granted Rs. 3400 from Mudita Sewa Griha (for Senior citizens, single women and orphans).
- Inner Wheel club of Patan has provided breakfast worth Rs. 8000 at the Eye Camp organized by Mudita Sewa Griha at Shree Chandeswori High school, Chakupat.

- Inner Wheel club of Patan has distributed cardigans to the poor and needy children of Patan Hospital.
- The Inner Wheel club of Patan has distributed Dhaka Baby Set and cotton diapers for new born baby in the Maternity Ward of Prasuti Griha, Thapathali.



Distribution of warm cloths for new born babies at Patan Hospital.

- Club member IW Munu Rajkarnikar has been recognized as Honorary Active Member.

CLUB INVOLVEMENTS

- Entertainment programs organized by Rotary Club of Patan.
- International Inner Wheel Day, Inner Wheel District Assembly, Conference, International Peace day and Training for executives organized by Inner Wheel District 350.



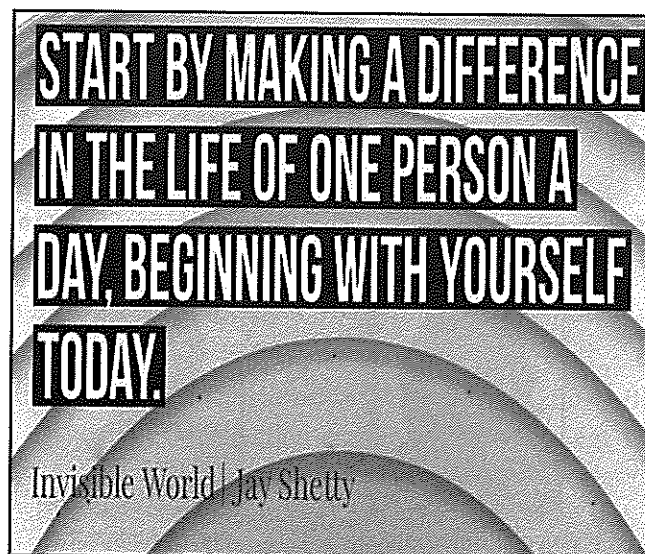
District Chairman Bijaya Laxmi Shrestha's Inner Wheel Club of Patan visit at Shanti Mathema's house



District Flag hand over to Inner Wheel Club of Bagmati.

- Quiz, Dance and Song Competition and joint club meeting organized by Inner Wheel Club of Balaju.
- Inner Wheel Queen Competition organized by Inner Wheel Club of Durbar square.
- Swami Awadhela Nanda has given a talk show about 'Tension Free' for Inner Wheel Club of Patan.

Last but not the least I give my sincerest thanks to each and every one of you for the deep honor and distinct privilege of service. I would also like to thank Rotary Club of Patan for providing space to publish this report.



Executive Members for 2017-2018



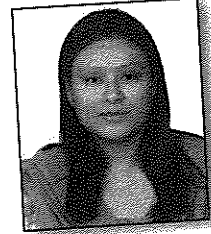
Mithila Rajbhandary
President
Tel: 9841758531



Nirmala Shrestha
Immediate Past President
Tel: 984127645



Shanta Shrestha
Vice-President
Tel: 9849850226



Gunu Shrestha
Secretary
Tel: 9841401076



Meena Shakya
Treasurer
Tel: 9849137520



Sulochana Pradhan
ISO
Tel: 9849036722



Kamala Maharjan
ISO
Tel: 9841348337



Nani Shova Shakya
Executive Member
Tel: 9851026534



Brinda Rana
Executive Member
Tel: 9841309385



Shanti Mathema
Executive Member
Tel: 9841188955



Mary Shrestha
Executive Member
Tel: 9849671500

General Members



Sulochana Nyachhyon
Tel: 9851023354



Munu Rajkarnikar
Tel: 9841419342



Chhaya Juwa
Tel: 9841735804



Moti Shanti Shakya
Tel: 9841254782



Bijaya Laxmi Shrestha
Tel: 9851050963



Rajya L. Bajacharaya
Tel: 9851098264



Meera Tamrakar
Tel: 9851001408



Manju Piya
Tel: 9841267852



Bijaya Laxmi Pradhanang
Tel: 01-5524956/5554965



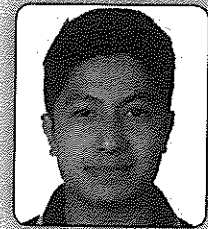
Rtr. Mohini Maharjan
President

Rotaract Club of Patan

Sponsored by Rotary Club of Patan

Chartered on 30th June 1997

Summary Report of the 2016-17



Rtr. Jenish Shakya
Secretary

Charter-day and Installation Ceremony

30/06/2016: The 21st Charter Day and 20th Installation of the Club was celebrated on 30th June, 2016 at Sunrise Café, Kupondole. The chief guest for the program was RCP President 2016-17, Rtn. Bijaya Mallapati. DRCC Rtn. Onil Shrestha and DRR Rtr. Sushil Karkj along with other senior Rotarians from RCP and fellow rotaractors were also present for the celebration. The installation ceremony also marked the 500th meeting of Rotaract Club of Patan.

Internal Club Officers Training Seminar (COTS)

30/06/2016: An internal Club Officers' Training Seminar was conducted at Bluebird College by the past presidents of the club. The Past presidents also shared their experience with the members.

Talk Programs

RAC Patan conducted several talk programs during this year by outsourcing guest speakers as well as within its own members. Some of the prominent programs are as hereunder:

- a) 24/09/2016: A talk program on Basic Laws
- b) 22/10/2016: A talk program on Photography hacks & post processing with twin club RAC Patan South.
- c) 1st Saturday of every month: Public speaking forum jointly with RAC Patan South, RAC Jawalakhel Manjushree and RAC Kathmandu West.
- d) 10/12/2016: A classification talk program by Rtr. Richard Shahi on his M&S VMAG experience.
- e) 17/12/2016: Advanced training on Google Search jointly with RAC Kathmandu Mid Town and RAC Saibu Bhaishipati..
- f) 08/04/2017: A Talk program on DEMAT and ASBA by Rotaractor Ms. Mohini Maharjan
- g) 27/05/2017: A Talk Program on Labor Provision in Nepal and Marital Rape.

District-related Activities

21-24 September, 2016: Active participation by 2 club members in Kathmandu RYLA-2016. The participation fee was funded by RC Patan

Club members also participated in various district events, viz. President Secretarial (PS) Meet, District Leadership Training Seminar (DLTS), PETS-SETS and District Conference.

Clean-up Campaign

21/01/2017: A mass cleaning campaign was organized at Bangalamukhi Temple jointly with Rotaract club of Patan South.

World-days Celebrations

- a) 30/08/2016: The International Friendship Day was celebrated jointly with Rotaract Clubs of Patan South, Jawalakhel Manjushree & Himalaya Patan.
- b) 21/09/2016: The annual "International Peace Day", an event organized by United Nations, was celebrated jointly with other 21 local Clubs at Jawalakhel.
- c) 08/12/2016: A peace rally, to end all types of sexual abuse and exploitation, was organized jointly with XPose Nepal.

Fellowships/Extravaganzas

- a) 01/08/2016: "Good Morning Tea Party" along with RCP members, DRR and other dignitaries.
- b) 03/09/2016: Momo Party hosted at Rtr. Mohini Maharjan's residence.
- c) 01/10/2016: Dashain Fellowship Dinner hosted at Rtr. Salim Shakya's backyard.
- d) 09/11/2016: A "Fellowship Hike" with twin club in the Shivapuri conservation area to make a library at the Bhaktapur Prison along with fostering good relation among the members.

- e) 18/02/2017: The annual friendship club picnic at Chandeswori Temple Premises, Banepa.
- f) 26/11/2016: Mandala making at Mangalbazar jointly with various Rotaract Clubs during Tihar.

Joint Meetings

- a) 13/03/2017: A joint meeting with Rotary Club of Patan
- b) 22/10/2016: A joint meeting with twin club, RAC Patan South at St. Xavier's College Jawalakhel.
- c) 27/05/2017: A joint meeting with twin club RAC Patan South and RAC kupondole at Bluebird College.

- b) 19/11/2016: Hosted a blood donation as a part of the nationwide blood donation program at Jawalakhel.
- c) 25/02/2017: Heart disease awareness jointly with RC Patan, Heart Club Nepal and Metronic Foundation, USA. More than 50 women from various locality and background participated in the awareness program. The resource persons for the program were Dr. P.R.Regmi and Dr.S.N.Suwal.
- d) 05/03/2017: Dental Camp at Patan High School jointly with Nidan Hospital, Pulchowk.
- e) 22/04/2017: Annual Blood Donation Program at Jawalakhel. Sponsored by RC Patan.

Health Awareness/ Health Camps/Blood Donations

- a) 04/09/2016: Teej Health Camp with Nidan Hospital, Pulchowk at the Bangalamukhi temple premises.



Board Members of Rotaract Club of Patan for the Rota Year 2017-18

S.N.	Name	Designation	E-mail	Tel (Mob)
1.	Rtr. Rubina Shakya	President	rtr.shakya@gmail.com	9849871429
2.	Rtr. Mohini Maharjan	IPP	mhrjmohini@gmail.com	9860467973
3.	Rtr. Peshal Bhattarai	Vice President	rtrbpeshal@gmail.com	9801084772
4.	Rtr. Sajal Khadka	Secretary	sajalkhadka@gmail.com	9849134951
5.	Rtr. Nistha Shakya	Treasurer	nistha_2006@hotmail.com	9860066885
6.	Rtr. Bibeen Raj Shakya	Jt. Secretary/Treasurer	bibeen12@gmail.com	9803360253
7.	Rtr. Gaurav Dangol	Club Service Director	dongalgaurav@gmail.com	9843555100
8.	Rtr. Sapna Maharjan	Community Serv. Director	maharjan@hotmail.com	9808806922
9.	Rtr. Rujen Shakya	Professional Serv. Director	shakyarujen@gmail.com	9849702525
10.	Rtr. Shraddha Shakya	Intl. Serv. Director	shraddha_shakya123@gmail.com	9808361130
11.	Rtr. Panika Shakya	SAP Coordinator	panika_me@hotmail.com	9843165572
12.	Rtr. Susmita Baskota	PR/Social Media Officer	susmitaa.baskotaa@gmail.com	9849932965
13.	Rtr. Salina Amatya	Sergaent At Arms	amatya02salina@hotmail.com	9808567217

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- Kareem Abdul Jabbar***

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- ❖ कंक्रीटको स्ट्रेन्थ बढाई भुकम्पीय क्षति कम गराउने ।
- ❖ सुरक्षित तथा मजबुत निर्माणको लागि नभई नहुने ।
- ❖ ढलान चुहिने, रसाउने र क्र्याकको स्थायी समाधान ।
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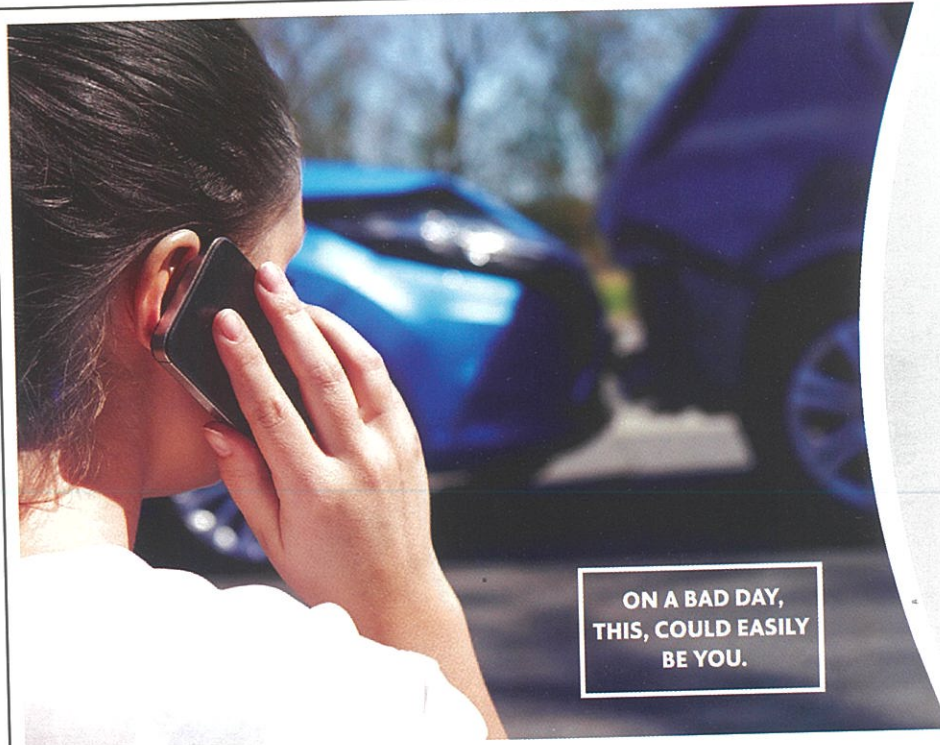


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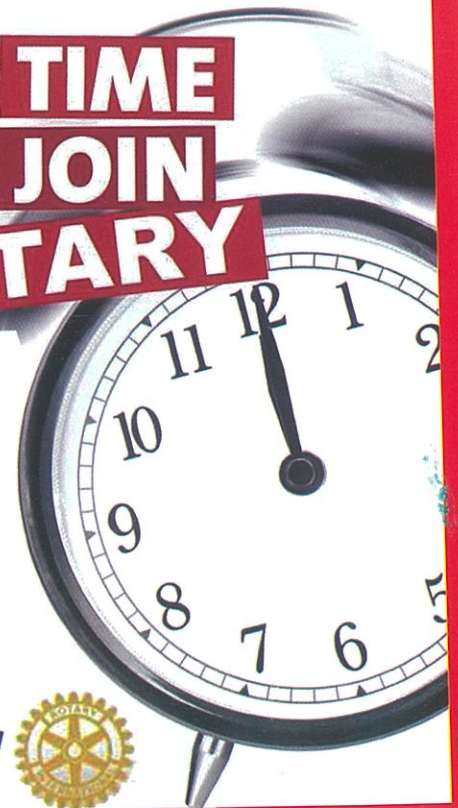
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Rotary Club of Patan

Strategic Plan 2016 - 2017 to 2020 - 2021

Purpose:

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

Vision:

To be a thriving group of professionals/community leaders and a service organization with continued community support, and a growing membership.

Mission:

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

Strategic Goals:

- Effective functioning of the Club.
- Motivated club membership, with leadership potential.
- Conduct humanitarian service projects that serve the community needs.
- Enhance public image of the Rotary Club of Patan.
- Increase Contributions to Club Funds and the Rotary Foundation.

Goals / Strategies:

Goal 1 : Effective Functioning of the Club

Key Actions:

1. Timely payment of RI and district dues;
2. Sound financial management and oversight mechanism for good financial health of the Club;
3. Timely renewal of Club Registration;
4. Maintain good historical records of the club, and ensure smooth hand over mechanism;
5. Conduct regular weekly meetings; Board meetings and Club Assemblies;

6. Invite engaging 'Speakers' to weekly club meetings;
7. Encourage all members to register online in 'My Rotary' and go paperless.

Goal II : Motivated Club Membership, with Leadership Potential

Key Action:

1. Increase the membership by attracting quality members;
2. Place a high priority in having females; young professionals and spouses of members;
3. Encourage all members to participate in humanitarian service projects and programmes;
4. Use the 'mentor' mechanism for motivation, development and retention of members;
5. Maintain a vibrant club through engaging fellowship programmes;
6. Encourage members to participate in district and international activities and events.

Goal III : Conduct Humanitarian Service Projects That Serve the Community Needs

Key Action:

1. Undertake humanitarian projects and activities to improve the lives in our community, considering all 'Areas of Focus' of the Rotary;
2. Aspire to conduct activities in all five Avenues of Service (Community Service; Vocational Service; International Service, Club Service and Youth Service);
3. Recognize outstanding vocational services through annual awards;
4. Improve educational standards of the community through RCP's flagship Prajapati Education Endowment Fund 'PEEF' scholarship programme;

5. Recognize outstanding students receiving 'PEEF' scholarship through the Kamalmani Educational Excellence Award 'KEEA' programme;
6. Increase collaboration with all partners to maximize Rotary's Global Grant projects and its outreach to communities;
7. Motivate and collaborate with Partners-in-Service, including Rotaract, Interact and RCC to maximize quality in delivery of service projects.

Goal IV : Enhance public image of the Rotary Club of Patan:

Key Action:

1. Maintain regular and effective communication through weekly newsletter (Lalitdhara bulletin); Facebook page updates, and occasional press releases;

2. Publish 'Lalitdhara Souvenir' annually for public image and fund raising;
3. Establish good contacts with local media and ensure their participation in major club events;
4. Contribute stories/articles to District and Rotary International publications and websites (GML, Rotary Showcase, and Rotary News).

Goal V : Increase Contributions to Club Funds and the Rotary Foundation:

1. Encourage all members to contribute to the Rotary Foundation;
2. Set Annual target for the RCP's Club Fund.



***Rotary Foundation Global Grants
and the Areas of Focus***

All Rotary clubs and districts are eligible to apply for global from the Rotary Foundation to support sustainable activities with high-impact outcomes in one or more of the six areas of focus.

Rotary has selected these six areas to focus its efforts as these areas reflect some of the most critical and widespread humanitarian needs:



**PEACE AND CONFLICT
PREVENTION/RESOLUTION**



**DISEASE PREVENTION AND
TREATMENT**



WATER AND SANITATION



MATERNAL AND CHILD HEALTH



BASIC EDUCATION AND LITERACY



**ECONOMIC AND COMMUNITY
DEVELOPMENT**

**Interact Club of Patan
Pragati School**

Kopundole-10, Lalitpur

Club ID 86246, Chartered Date: 11 Nov. 2014

Sponsored by: RC Patan Club No. 23126

RID 3292, Nepal - Bhutan.

Current Members 2017-2018



President

Itr: Ms. Sebi Yadav

Cell: 9803451357



Secretary

Itr: Mr. Mahesh Shah

Cell: 9741037133

- Vice President: Ms. Sabitri Bohara - Cell 9849606873
- Treasurer: Ms. Dikshya Chaudhary: Cell 9808703607
- Director, Finance Committee: Ms. Guddi Raut
- Director, Service Committee: Ms. Shaila Jaisawal
- Director, Int. understanding: Mr. Srijan Magar
- Director, Board: Mr. Rudra Bahadur Gurung
- Members:
Itr. Saroj Shrestha, Itr. Nita Magar, Itr. Rajita Thapa, Itr. Dharendra Shah, Itr. Kiran Karanjit, Itr. Mamata Jaiswal, Itr. Mohan Lama, Itr. Niva Jaiswal, Itr. Menuka Pariyar, Itr. Rabina Shah, Itr. Amantullah Ansari, Itr. Kusbin Ale Magar, Itr. Suman Thapa & Itr. Kritika Khadka

Interact School Coordinator:

Mr. Bishwa Raj Sharma - Cell 9841409629

Head Master:

Mr. Surya Prasad Ghimire - Cell 9851135244

**Interact Club of
Shree Balkumari School**

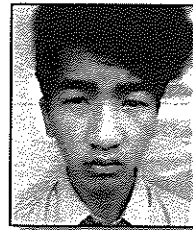
Sunakothi, Lalitpur

Club ID 208051, Chartered Date: 29 Nov. 2011

Sponsored by: RC Patan Club No. 23126

RID 3292, Nepal - Bhutan.

Current Members 2017-2018



President

Itr: Bicky Lama

Cell: 9813645542



Secretary

Itr: Barsha Raskoti Magar

Cell: 9841273625

- IP President: Itr. Roshan Shrestha
- Treasurer: Itr Ms. Manju Shrestha
- Member:
Itr. Sunita Tamang
Itr. Uma Rai
Itr. Roshan Sirmal
Itr. Prashant Rai
Itr. Rikesh Lawati
Itr. Praveen Shrestha
Itr. Anita Limbu
Itr. Yuvraj Majhi
Itr. Rubina Gole

Interact School Coordinator:

Mr. Ratna Bahadur Maharjan - Cell: 9841988761

School Head Master:

Mr. Surya Kumar Rai - Cell: 9849188362

Rotary Club of Patan / Calendar for the Rotary Year 2017 - 18

Week	2017							2018						
	July	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.	Feb. and Conflict Prevention / Resolution Month	March	April	May	June		
1	Rotary's Annual Theme Month Installation of new Club Officers / Business Meeting 3rd	Membership and Extension Month Business Meeting 7th	Basic Education and Literacy Month Business Meeting 4th	Economic and Community Development Month Dacin No Meeting 2nd	Rotary Foundation Month Business Meeting 6th	Disease Prevention and Treatment Month Business Meeting 4th	Vocation Service Month Business Meeting 1st	Peace and Conflict Prevention / Resolution Month Business Meeting 5th	Water and Sanitation Month Business Meeting 5th	Maternal Health and Child Health Month Business Meeting 2nd	New Generation Month Business Meeting 7th	Rotary Fellowship Month Business Meeting 4th		
2	2nd Club Assembly 10th	3rd Club Assembly 14th	KEEA Program 11th	Business Meeting 9th	Talk on Sali, Sugar & Pomegranate by Rtn. M.L.Kayastha 13th	Election of New Board 11th	Vocational Service Award 8th	6th Cub Assembly 12th	6th Cub Assembly 12th	Joint Meeting with Rotract 14th	Classification Talk 11th			
3	Classification Talk By Rtn. Kedar B. Shrestha (part - I) 17th	Classification Talk By Rtn. Kedar B. Shrestha (part - II) 21st	Classification Talk By Rtn. Jamuna K. Tamrakar 18th	Classification Talk By Mrs. Siba B. Rajbhandary 16th	Classification Talk 20th	5th Cub Assembly 18th	Classification Talk 15th	Classification Talk 19th	Classification Talk 19th	Classification Talk 16th	Classification Talk 21st	Classification Talk 18th		
4	Guest Speaker By Mr. Narayan Bhattarai on Acupressure 24th	4th Club Assembly AGM and Charter Day 29th	Guest Speaker By Mr. Rishi Shah 25th	Guest Speaker By Mrs. Saru Joshi 23rd	Guest Speaker By Ishwar Raj Balamoni on Acupuncture 27th	Guest Speaker 25th	Guest Speaker 22th	Guest Speaker 26th	Guest Speaker 26th	Guest Speaker 23rd	Guest Speaker 28th	Guest Speaker 25th		
5	Entertainment Week 31st	Entertainment Week 30th	Entertainment Week 30th	Entertainment Week 30th	Entertainment Week 29th	Entertainment Week 29th	Entertainment Week 29th	Entertainment Week 30th	Entertainment Week 30th	Entertainment Week 30th	Entertainment Week 28th	Entertainment Week 25th		
Other Activities of the month	Audit of Accounts PEEF Distribution Board Meeting	Renewal of Club Registration Board Meeting	KEEA Ceromony Board Meeting	Birth day fellowship (Group - 1) Board Meeting	Board Meeting	Election of New Board Board Meeting	Birth day fellowship (Group - 2) Board Meeting	Picnic Board Meeting	Birth day fellowship (Group - 3) Board Meeting	Board Meeting	Board Meeting	1st Club Assembly of RY 2018-19 Joint Board Meeting		
Reports of GG Projects due dates	Past Presidents' Meeting	Past Presidents' Meeting	Past Presidents' Meeting	Family outing Closing Ceremony of GG of RHD	GG 1641893 / Milge 10th	GG 1418291 / RHD 8th	Vocational Service Award Past Presidents' Meeting GG 1640569 / EG affected Communities 12th	GG 1635438 / Heiler / Chandabhojyang 6th	Past Presidents' Meeting GG 1637020 / Chepel 7th					

Contributions to the Club Service Fund as of 30 June 2017



Rtn. Bharat N. Joshi
Treasurer

Name	Amount NRs.
Late Rtn. Kamalmani Dixit (including from 'Rotary Ka Kura')	357,600
Late Rtn. Narayan G. Halwai	110,000
Rtn. Bijaya Mallapaty	81,000
Rtn. Dr. Prakash R. Regmi	70,000
Rtn. Matsyendra L. Kayastha	53,300
Rtn. Lalita Thapa	38,000
Rtn. Santa K. Shrestha	35,000
Rtn. Piyush B. Bajracharya	35,000
Rtn. Kiran Shrestha	30,000
Mr. Som Paneru	27,500
Mr. Chandra S. Gyawali	25,000
Rtn. Dr. Bishwa B. Sharma	25,000
Rtn. Sharada Prasai	20,000
Rtn. Chandralekha Kayastha	20,000
Rtn. Ganesh R. Shrestha	20,000
Rtn. Jamuna K Tamrakar	20,000
Rtn. Jeevan K. Shrestha	17,000
Dr. Amina Shrestha	16,000
Rtn. Gabriele Mallapaty	16,000
Rtn. Kedar B. Shrestha	15,000
Rtn. Krishna B. Basnyat	15,000
Rtn. Bijaya Bajracharya	15,000
Maj. Bishwa N. Rai	10,000

Name	Amount NRs.
Mr. Khruschev Shrestha	10,000
Rtn. Bharat N. Joshi	10,000
Rtn. Siba B. Rajbhandary	10,000
Rtn. Tulasi Neupane	10,000
Rtn. Tirtha M. Sakya	10,000
Rtn. Padam L. Maharjan	10,000
Rtn. Ramesh Lal Maskey	10,000
Mr. Gautam Shakya	10,000
Rtn. Dr. Aruna Uprety	10,000
Rtn. Nirmal Pradhanang	10,000
Rtn. Kamala Maharjan	5,000
Rtn. Yagya B. Shrestha	5,000
Rtn. Pushkar Shakya	5,000
Rtn. Mahendra Thapa	5,000
Rtn. Rabindra R. Pandey	5,000
Rtn. Keshab B. Mathema	5,000
Mr. Bhim B. Kshetry	5,000
Rtn. Shiva K. Pradhan	5,000
Rtn. Kamal Nyachhyon	5,000
Leni & Marie c/o Mallapaty	6,400
From RCP - PHF Fund	106,000
Sub Total - Fixed amount in Club Service Fund	1,328,800
Sub Total - Operating fund in Club Service Fund	155,963
Grand Total in Club Service Fund	1,484,763

“ दया एउटा त्यस्तो भाषा हो जसलाई बहिराले सुन्न सक्छ र
दृष्टि विहीनले देख्न सक्छ ।

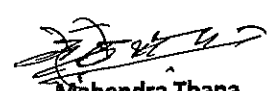
- मार्क टवेन, अमेरिकी लेखक

Rotary Club of Patan Annual Budget For Year 2017-2018

Rotary Club Of Patan-Annual Bydget For Year 2017-2018			
Income		Expenditure	
Description	2017-18(In NRs)	Description	2017-18(In NRs)
1. Membership		1 R.I and District Dues	
Membership Fee 40*24000	960000	R.I Dues	260000
Expected 2 New Members	48000	District Dues & Rotary News	109800
		Sub-Total RI & District Dues	369800
2.Club Operation		2 Club Operational Expenses	
Attendance	130000	Tea Snacks	461360
Advertisement Souvenlr	125000	Chater Night	125000
Interest Income	60000	Auditors Fee	22000
Sub-Total:Club Operation	315000	Fees-Office Assistant	156000
		Fuel	15840
		Printing- Souvenlr & Laltdhara	80000
		District Contrirbution	25000
		Club Renewal	20000
		unallocated	48000
		Sub-Total Club Oper.Exp	953200
3. Sunshine Contributions		3 Social Activities/Projects	
	210000	Health Camps	15000
		Support to Rotaract/Interact/Ryla	30000
		Vocational Awards	5000
		Global Grants	20000
		KEEA Programme	30000
		Contigencles	30000
		Others social Projects	80000
		Sub-Total:Social Activities/Projects	210000
Grand Total	1533000	Grand Total	1533000


Bharat N. Joshi
Treasurer 2017-18


Chandralekha Kayastha
President 2017-18


Mahendra Thapa
Secretary 2017-18

हामी



सबै सक्षम

we are all able

Members of Rotary Club of Patan Involved in District Committees RY 2017/2018 (Leaders Beyond Club Level)

S.No	Name of the RCP Rotarians	Position	District Team / Committee
1	PDG. Rtn Tirtha Man Sakya	Member	Council of Governors
		Chair	Rotary Nepal Literacy Mission (RNLM)
		Rotary Cadre and Technical Advisor	TRF Technical Co-ordinator of Technical Advisor for Water and Sanitation / RI
			RI Fiscal Agents for Nepal
		Chair	E.Q. Relief Reconstruction, Rehabilitation Programe (ERRRP)
2	Rtn Kedar Bhakta Shrestha	Conference Advisor	District Conference Committee
		Chair	District Rotary-Non Rotary Relation Committee
3	Rtn Siba Bhakta Rajbhandary	Chair	District Grant Sub-Committee
4	Rtn Krishna Bahadur Basnyat	Member	District Advisory Council
5	Rtn Matsyendra Lal Kayastha	Member	District Advisory Council
6	Rtn Rabindra Raj Pandey	Member	District Advisory Council
7	Rtn Dr. Prakash Raj Regmi	Co-Chair	District Disease Prevention & Treatment Sub-Committee
8	Rtn Ganesh Raj Shrestha	Co-Chair	District Conference Committee
9	Rtn Pushkar Man Shakya	Member	International Service Committee
10	Rtn Bijaya Mallapaty	Member	Rota Quiz Sub-Committee
11	Rtn Jamuna K. Tamrakar	Member	Rotary Ethics & 4 Way Test
12	Rtn Keshav Bhakta Mathema	Member	Rotary & Govt. Relation

“जीवनको एक मात्र अर्थ मानवताको सेवा गर्नु हो ।”

- लियो टोल्स्टोय, रसियाली लेखक

Global Grants and District Grant Projects

No.	Global Grant Title	GG #	International Partner	Funding Partner	Collaborating Agency	Beneficiaries	Primary Contact	Secondary	Secondary	Grant Amount	Partner Funds	Status	Progress Report
Global Grants Ongoing													
1	Primary Prevention of Acute Rheumatic Fever and Rheumatic Heart Disease	GG 1418219	RC Delhi Chanakyapuri, India	D-3292 \$4000; D-3690 \$10000; Patan \$1900; Delhi Chanakyapuri \$100; WF Match \$15000	Nepal Heart Foundation and Lalpur District Public Health Office	150000 children in the Lalpur District	Rtn. Gabriele Mallapaty	Rtn. Lalita Thapa	Rtn. Ganesh Shrestha	\$ 31,000		Ongoing	Nov 2015 submitted/ accepted. Final Report approved April 2017. to complete in Oct. 2017
2	Holistic Community Development Project - Uplifting a Deprived Community	GG1635438	RC Singapore	Singapore: Buyi St Edmunds UK; Pambula Australia; Bruxelles-Fort de Saxe Belgium; RC Patan Nepal; District 3932, RC E-Club Global Colombia, RC Valson-la-Romaine, France; and the Rotary Foundation, with the collaborating partner Heifer Nepal, Dyalo Parwar and the local community.	Heifer International, Nepal	830 Families of Cheong and Gurung Community	Rtn. Mukti Narayan Shrestha	Rtn. Dr. Prakash Raj Rogini	Rtn. Kiran Shrestha	\$ 68,270	Heifer Nepal US\$ 1707; Community US\$ 15010	Ongoing	Grant Approved March 2015. Final Report approved April 2017. to complete in Oct. 2017
3	Micro-Hydro Power for Community Development, Chepal, Solokhumbu	GG1637020	RC Ritsalehain-Mainapfize, Germany	RC Ritsalehain-Mainapfize, Germany US\$12763; RC Rugby US\$ 654; D-1000 and 1620 - US\$ 11871; RC Patan US\$ 1001; World Fund Match US\$21030.	Chepal Community Development Committee	Community of Chepal about 114 households	Rtn. Bijiya Mallapaty	Rtn. Jamuna Tamrakar	Rtn. Jeevan Shrestha	\$ 51,119	Gov of Nepal US\$ 37800; Community US\$ 14333.	Ongoing	Grant Approved 19May2017.
4	Providing drinking water to earthquake affected communities	GG1640569	RC Missisauga-Meadowdale, Canada	RC Missisauga-Meadowdale US\$4,761.90; RC Burlington Lakeshore US\$3,571.43; District 7080 US\$ 8,333; RC Patan US\$5002; World Fund Match US\$ 15,000.67	Bhatterlands Dhukotshap Chandbhabhyang - Community	Bhatterlands 62 Households, 280 people; Dhukotshap 70 Households, 300 people; Chandbhabhyang 31 Households, 200 people	Rtn. Lochan Gyawali	Rtn. Nirmal Pradhaning Rtn. Lalita Thapa Rawat	Rtn. Jeevan Shrestha	\$ 36,669		Ongoing	Grant Approved Nov 2016, Next Due 12 Jan 2018
5	Quality Education and Improved Water Supply, Mirge Village, Dolakha	GG1641893	RC Wollaton Park, Canada	RC Wollaton Park US\$17,400; District 1229 (ODP) US\$ 5,700; RC Patan US\$10,000 World Fund Match US\$17,500	Mirge Village	Water Supply, 120 families, 520 children and 40-50 additional each year	Rtn. Nirmal Pradhaning	Rtn. Shiva Pradhan	Rtn. Ramesh Maskey	\$ 56,500		Ongoing	Grant Approved October 2016, Next Due 10 Nov 2017
6	Creating income opportunities for women in earthquake-affected communities.	GG1746726	RC Missisauga-Meadowdale, Canada	RC Missisauga-Meadowdale \$1905; RC Patan \$5920; RC Burlington Lakeshore \$2780; RC \$4005; RC Montreal \$750; RC \$2100; D-7080 Township \$1,500; D-1510 \$1,500; Gov of Canada \$8,760 World Fund Match \$15,922.	Khokana - Women Awareness Society	150 women in Khokana and surrounding areas	Rtn. Lochan Gyawali	Rtn. Shiv Prakash Khemka	Rtn. Kiran Thapa	\$ 42,263		Ongoing	Approved June 2017
Global Grants Closed													
1	Improved Intensive Care Facilities for Burn Victims from Deprived Communities.	GG1529621	RC Bologna, Italy	D-2072 \$10000; Interplast \$11,000; Famiglia Italiana \$16500; RC Bologna Valle dell'Idice \$11100; Bolognese Valle dell'Idice \$2500; Bologna Valle dell'Idice \$1000; Sud \$3300; Bologna Nord \$2750; District 10622; Vignola-Castelfranco E-Bazzano \$5500; RC Patan \$100; WF Match \$39951	Phed Nepal, Cleft and Burn Centre, Kripur	4000 patients annually at Kripur hospital	Rtn. Kodar Bhakta Shrestha	Rtn. Padam Lal Maharjan	Rtn. Lalita Thapa	\$ 101,323		Closed	Sept. 2016 submitted/ accepted. Final Report Submitted April 2017 Grant Closed
2	Vocational Education to 110 'Kamlari' girls in Western Nepal	GG1627136	RC Missisauga-Dixie, Canada	D-7080 \$ 7080; Missisauga Clubs \$ 14374; RCP \$100; WF Match \$23171	Nepal Youth Foundation	130 Former Kamlari girls and 650 family members	Rtn. Mahendra Thapa	Rtn. Dr. Anura Upreti	Rtn. Kamala Maharjan	\$ 54,099	NYF US\$ 6850	Closed	June 2016 submitted/ accepted. Final Report Submitted 8 June 2017, Grant Closed
Global Grants Under Preparation Funding Partner Identified													
1	Water and Sanitation in Public Schools of Lalpur District	GG1660104	RC Vignola-Castelfranco		SPLASH		Rtn. Mahendra Rawat	Rtn. Jamuna Tamrakar	Rtn. Ramesh Maskey	about \$60,000		Preparation	submit in Sept. 2017
District Grants with International Partners													
1	Support to Mental Health Self-Advocates	N.A.	RC Lakewood	RC Lakewood	KOSHISH Nepal	Self-Advocates	Rtn. Gabriele Mallapaty			\$ 3,500		Ongoing	account closed but project ongoing till August 2017
2	Furniture and Equipment for Second Transit Home	N.A.	RC Mount-Westonka and Bloomington in Minnesota	RC Mount-Westonka and Bloomington in Minnesota, D-5960 US\$7,500; RC Patan US\$ 100	KOSHISH Nepal	Transit home occupants	Rtn. Gabriele Mallapaty	Rtn. Mehendra Rawat		\$ 7,600		Closed	Started Nov 2016, Final Report Submitted
Total Funding \$ 287,921													
Total Funding \$ 155,422													
Total Funding \$ 60,000													

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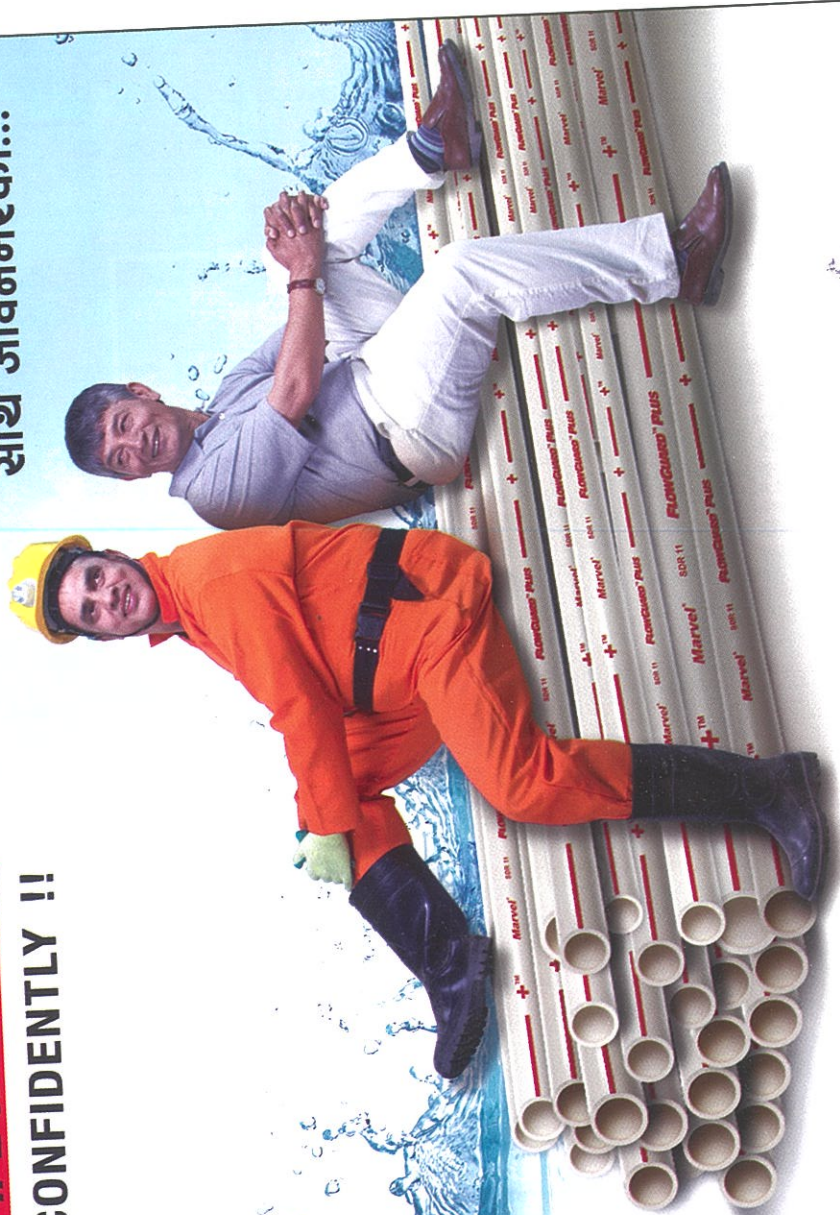
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Rotary Club of Patan : 79

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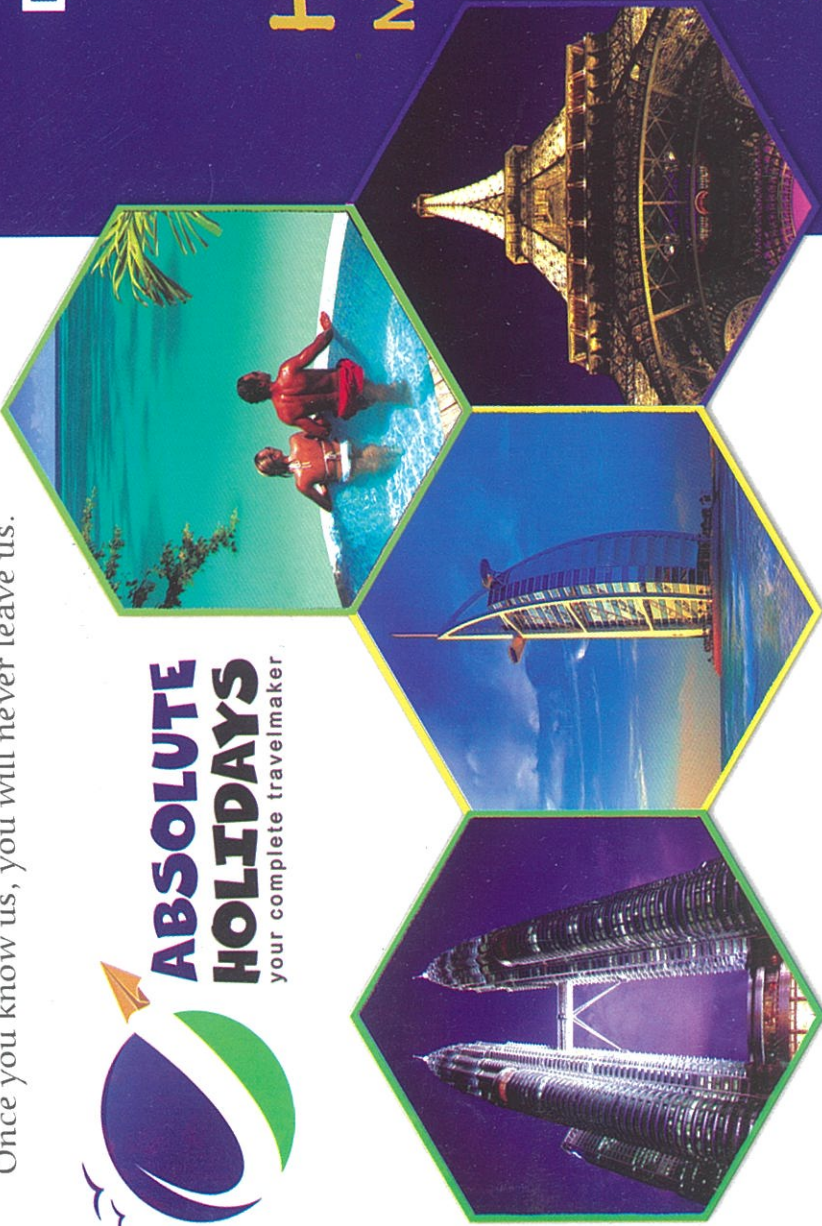
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