

Rotary  
RC PATAN, DIST.3292



CREATE HOPE  
in the WORLD

ललितधारा पूर्णाङ्क १५२२

# ROTARY CLUB OF PATAN

100% PHF Club

CLUB NO. 23126

38<sup>th</sup>  
*Souvenir*

Rotary Year 2023-24

३८ औं स्थापना विशेषाङ्क

# WITH BEST WISHES FROM RTN. M. L. KAYASTHA & RTN. CHANDRALEKHA KAYASTHA



MAHAVIR SHREE INTERNATIONAL PVT. LTD. Sinamangal, Kathmandu



HIMALAYAN BANK BRANCH OFFICE BUILDING

DESIGN COMPETITION WINNER  
DurbarMarg, Kathmandu



BALKRISHNA COMPLEX

Baneshwore, Kathmandu



GON / MINISTRY OF AGRICULTURE AND LIVESTOCK DEVELOPMENT  
/ DEPT OF AGRICULTURE / CENTRAL AGRICULTURE LAB (CAL)

Hariharbhavan, Lalitpur



MEDITATION HALL FOR SRI AUROBINDO YOGA MANDIR Chandragiri



JAWALAKHEL HANDICRAFT CENTER / JHC Building

Jawalakhel, Lalitpur



**MR. & MRS. M. L. KAYASTHA & ASSOCIATES PVT. LTD.**

Architects, Engineers, Designers & Developers

MLK BUILDING, KANDEVTASTHAN, KOPUNDOLE, LALITPUR - 10, NEPAL

01 5 4 2 1 2 7 9

@mlkayastha

mlkayastha@gmail.com

## ROTARY CLUB OF PATAN

RI District 3292 Club No. : 23126



Narsimha Temple, one of the oldest structures in Patan Durbar Square, built in 1589 AD. The front statue of the king Yoganarendra Malla (1684-1705) was built on a stone pillar in 1693 AD.

Courtesy: Rtn. Maheshwor B. Shrestha

### Computer Layout & Design:

#### United Graphic Printers

Hadigaun Marg, Bishalnagar, KTM

Tel: 4009570, 4536082

Email: unitedpress2047@gmail.com

### Contact us:

#### ROTARY CLUB OF PATAN

Yala Maya Kendra, Patan Dhoka, Lalitpur

Monday 5:30 to 7:00 pm

fb: @RotaryClubPatan

www.rotaryclubpatan.org.np

Email: rcpatandistrict3292@gmail.com

Tel: +977 9841 250339

### Printing at:

#### United Graphic Printers

Hadigaun Marg, Bishalnagar, KTM

Tel: 4009570, 4536082

Email: unitedpress2047@gmail.com

August 2023

# Table of Contents

<b>Editorial</b>	3
<b>Messages</b>	
• Message from RI President	5
• Message from District Governor	6
• Message from President	7
<b>Information on RC Patan</b>	
• Gallery of our Past Presidents	8
• Executive Board (2023/24)	9
• Members of Rotary Club of Patan	10-14
• Major Donors and PHS Members	15
• MPH and PHF Members	16
• Strategic Plan of RC Patan (2019/20-2023/24)	17-18
• Committees for RY 2023-24	19
• Membership Development (1985/86-2022/23)	20-21
• Bylaws of RC Patan	38-40
• Financial Management Plan of RC Patan	41
• Leaders beyond Club Level (2023/24)	64
• Grouping of Rotarians for Birthday Fellowship	68
<b>Club Reports</b>	
• Annual Report 2022-2023	22-26
• Annual Budget (2023/24)	27
• Club Service Fund	28
• Khagendra Raj & Piyush Priya Ability Dev. Endowment Fund (KPAD)	29-30
• Prajapati Education Endowment Fund (PEEF)	31-37
• Vocational Service Award	43
• Kamalmani Educational Excellence Awards (KEEA)	44-46
• Global Grant History of RC Patan	47-48
<b>Miscellaneous Articles</b>	
• Profiles of adopted community schools	49
• Role of RC Clubs in addiction prevention	50
• Only healthy Rotarians can enjoy Rotary	51-53
• Igniting Potentials: Rotary & Women Scientists Collaborate to Support Nepal's Girls	54
• Rotary Club of Patan in My Heart	55-57
• Organic Farming With Disabilities	58-59
• बाथ मुटुरोग र रोकथामका उपायहरू	60-61
• रगत दान, जीवन दान	62
<b>Our Partner Clubs</b>	
• Executive Committee of Rotaract Club of Patan (2023/24)	63
• Interact Clubs of Patan	64
• Inner Wheel Club of Patan: Annual Report & Club Governing Body	65-67
<b>Photo Gallery: Rotarians in Action</b>	72-76



*With Best Wishes*  
*from the makers of*

**EMPACARE**  
Empagliflozin 10/ 25 mg Tablets

**MYPRESS L**  
Amlodipine 5 mg + Losartan 50 mg Tablet

**ROSUVAST**  
Rosuvastatin 5/ 10/ 20 mg Tablets

**LINATOP-M**  
Linagliptin 2.5 mg +  
Metformin 500/ 850/ 1000 mg Tablets



Elixir Life Science (P) Ltd.



## Editorial Team



**Nirmal K. Pradhanang**  
Coordinator



**Lalita C. Thapa**  
Member



**Shiv P. Khemka**  
Member



**Ganga R. Gautam**  
Member

## Editorial

---

Rotary Club of Patan (RCP) is delighted to present its annual publication, Lalitdhara Souvenir - 38, to our members and well-wishers. Guided by the core value of Rotary's commitment to service, RCP has completed yet another year of community service activities. Let's celebrate our accomplishments together and continue to dream big about how we can serve even better.

The current issue of Lalitdhara presents a detailed account of the activities conducted by the Rotary Club of Patan and its associated constituents in the year 2022/23. The journal also features articles & data about our past history, administrative guidelines, values, and leadership. Signature activities of the RCP during this year included scholarship programs, support to people with disabilities, rabies prevention and various community support projects. It is worth noting that the club also provided an ambulance and a digital x-ray machine to a remote community village hospital in Dolakha through a Global Grant Project, hosted talk series on contemporary issues, leadership training for head teachers, and prepared a menstruation hygiene and management training manual for adolescent girls.

We congratulate our president, 2022/23, Rtn. Shiva K. Pradhan for successfully leading the club with a lot of service activities, frequent fellowship programs, and visits to the communities. We now welcome Rtn. Mahendra Singh Rawal, a dynamic and passionate leader with rich and diverse experience in the government and community development sector, as our President for the year 2023/24. Our good wishes to him for his successful tenure.

The editorial board is grateful to its members for their active support toward publication of this Souvenir by providing valuable articles and advertisement materials. We also thank our partner clubs; Rotaract Club of Patan, Inner Wheel Club of Patan and Interact Clubs for joining us in our collective efforts to community service. Finally, we would like to thank all the sponsors and well-wishers for their support to the publication of this Souvenir.

*Together we can make a difference.*



**Rtn. Nirmal K. Pradhanang**  
Coordinator  
Souvenir Publication Committee

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

**R**  **TARY**  
**CLUB OF PATAN**

*on its 38<sup>th</sup>*

**CHARTER DAY**

**Rtn. Kedar Bhakta Shrestha**

**Rtn. Siba Bhakta Rajbhandary**

**Rtn. Keshab Bhakta Mathema**

**Rtn. Krishna Bahadur Basnyat**

**Rtn. Yagya Bahadur Shrestha**

**Rtn. Santa Kumar Shrestha**

**Rtn. Bharat Narsingh Joshi**

**Rtn. Matsyendra Lal Kayastha**

**Rtn. Tirtha Man Sakya**

**Rtn. Ramesh Lal Maskay**

**Rtn. Mukti Narayan Shrestha**

**Rtn. Rabendra Raj Pandey**

**Rtn. Kamal Bahadur Nyachhyon**

**Rtn. Nirmal Kumar Pradhanang**

**Rtn. Ganesh Raj Shrestha**

On 3<sup>rd</sup> of November 2017, six elderly RCP members (of age 75 or more) formed an informal body named PLATINUM GROUP with a view to further promote friendship, fraternity and fellowship. Currently, the group's number has grown up to 15 as members continue to complete 75 years of age. The group meets for fellowship dinner every three months hosted jointly by two members in rotation according to their seniority. On that occasion, the hosts narrate about their childhood days, parentage, clan, upbringing, neighborhood and unique experiences providing an fascinating opportunity to share their early life with members of the group. This is yet another of RCP's unique fellowship forums.

Rotary Club of Patan



Platinum Group

# Message From RI President



06 June 2023

Esteemed Club Presidents of District 3292 Nepal & Bhutan

Dear Club Presidents,

I congratulate you on your installation to the office of club presidents at the Rotary Clubs of Nepal & Bhutan.

You have been handed the reins of leadership at an historic moment. In the wake of the COVID-19 pandemic, more people than ever feel hopeless. Many have lost people close to them. Social networks have been uprooted and divisions have grown wider as opportunities for connection have been lost.

Rotary's ability to create lasting change begins with the bonds we form with each other. This year, I need your help to ensure the bonds between our fellow Rotary members are strong enough to bring hope to those who need it most.

Join me in making Rotary a source of strength for all of those, both within and beyond our membership, who feel they have lost hope. Let this be the year we *Create Hope in the World*, and let Rotary be known as an organization that takes care of its members as well as the people we serve.

It is within your power to help bring peace and soothe those afflicted by conflict, both in their communities and in themselves.

I look forward to working beside you as we come together to *Create Hope in the World*.

Warmest Regards,



R. Gordon R. McInally  
President, Rotary International 2023-24

R. Gordon R. McInally  
President, 2023-24  
Rotary International

T +1-847-866-3467  
F +1-847-328-4101  
[gordon.mcinally@rotary.org](mailto:gordon.mcinally@rotary.org)



## District Governor's MESSAGE



ROTARY INTERNATIONAL  
District 3292

Rajendra Prasad Dhoju  
District Governor 2023-2024



Rtn. Mahendra S. Rawal  
President  
Rotary Club of Patan



Dear President and Rotarian Friends

First of all, I would like to congratulate you and your team for RY 2023-24 and would like to offer my best wishes to you, your dream team and all the members of your club for a successful tenure.

I feel immense pleasure for getting an opportunity to express my views and happiness through this club Souvenir of RY 2023-2024. This club Souvenir is one of the important documents and covers the information of the club. I hope this Souvenir will definitely give more information about the team members to make strong coordination and communication among those Rotarians who are dedicated to make better world.

Rotary International President of RY 2023-2024, R. Gordon R. McNally called for members to capture the world's attention and lead the way toward possibilities far beyond our current expectations. McNally, revealed the 2023-24 presidential theme "**Create Hope in the World**". He urged members to promote peace in troubled nations, help those affected by conflict, and maintain the momentum of initiatives begun by past leaders.

We must understand that we, Rotarians, engage ourselves in service projects for the poor and needy communities and we can change the lives of those who are suffering. Rotary leadership, despite the fact that lasts only for one year, can be life changing if we can use the potential of our team and members of the club.

The theme of RI District 3292 for Rota Year 2023-24 is "**Light of Hope**".

Hope your club will go out all the way to achieve the RI Theme "**CREATE HOPE IN The WORLD**"

With regards,

Rotary District Office,  
Thapathali, Kathmandu  
Nepal

Cell:  
977 9857020090

dhoju99@gmail.com

Rajendra Prasad Dhoju  
District Governor 2023-2024



**Rtn. Mahendra Singh Rawal**  
President

## *President's Message*

Dear Fellow Rotarians and Friends,

As we embark on a new journey of the Rotary Year 2023/24, I am filled with a profound sense of hope and optimism, inspired by Rotary International President's Theme, "Create Hope in the World", and our District Governor's Theme, "Light of Hope".

Hope is a powerful force that can transform lives, communities, and the world. Through our collective efforts, we have the opportunity to make a lasting impact and bring hope to those who need it the most. Together, we can illuminate the path towards a brighter future, one filled with compassion, service, and positive change.

Our Rotary club has always been at the forefront of community development and humanitarian service. This year, let us renew our commitment to service with even greater dedication and passion. By embracing our District Theme, "Light of Hope", we can become beacons of light, bringing inspiration and optimism to every corner of our community.

As we work together towards our goals, let us remember the power of collaboration and the strength of our Rotary family. It is through our collective efforts that we can truly make a difference. I urge you to actively engage in club activities, participate in our service projects, and foster meaningful connections with fellow Rotarians. By working hand in hand, we can amplify our impact and have a lasting legacy.

I extend my heartfelt gratitude to each member of our Rotary club, our dedicated committee chairs, and our fellow Rotaractors and Interactors. Your unwavering support and commitment are the foundation of our success. Together, let us embrace opportunities that lie ahead, united in our mission to create a hope in the world.

In closing, I would like to express my gratitude to the Lalitdhara Souvenir for providing this platform to share our vision and aspirations. It is through publications like these that we can inspire others and ignite a spark of hope in the hearts of many.

Thank you, and let us embark on this Rotary Year with boundless hope, unwavering determination, and belief that together, we can create a brighter future.

Yours in Rotary.



**Rtn. Mahendra Singh Rawal**

President: 2023-24

# Gallery of our Past Presidents



Late Rtn. S.R. Sharma  
1985-87



Rtn. M.L. Kayastha  
1987-89



Late 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



Late Rtn. T. Neupane  
1998-99



Rtn. Kamal Nyachhon  
1999-2000



Rtn. Pushkar M. Shakya  
2000-2001



Late Rtn. Narayan G. Halwai  
2001-2002



Rtn. Yagya B. Shrestha  
2002-2003



Rtn. Siba B. Rajbhandary  
2003-2004



Late Rtn. C.P. Maskey  
2004-2005



Late Rtn. Gyanu R. Shakya  
2005-2006



Rtn. Ganesh R. Shrestha  
2006-2007



Rtn. Keshab B. Mathema  
2007-2008



Rtn. Santa K. Shrestha  
2008-2009



Rtn. Kedar B. Shrestha  
2009-2010



Rtn. Prakash R. Regmi  
2010-2011



Rtn. J. K. Tamrakar  
2011-2012



Rtn. Krishna B. Basnyat  
2012-2013



Rtn. Jeevan K. Shrestha  
2013-14



Rtn. Khruschev Shrestha  
2014-15



Rtn. Matsyendra L. Kayastha\*  
2014-15



Rtn. Piyush B. Bajracharya  
2015-16



Rtn. Bijaya Mallapaty  
2016-17



Rtn. Chandralekha Kayastha  
2017-18



Rtn. Gabriele Mallapaty  
2018-19



Rtn. Lalita Thapa  
2019-20



Rtn. Nirmal K. Pradhanang  
2020-21



Rtn. Mahendra B. Thapa  
2021-22



Rtn. Shiva K. Pradhan  
2022-23

\* President a.i.

# Rotary Club of Patan

RI District 3292

Club No. 23126

Chartered on 29<sup>th</sup> August 1985

## Executive Board 2023-24



**Rtn. Mahendra S. Rawal**  
President



**Rtn. Shiva K. Pradhan**  
IP President



**Rtn. Preeti Khemka**  
President Elect



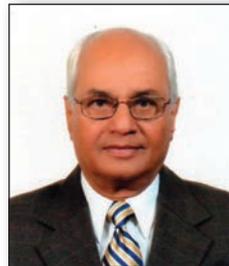
**Rtn. Khadak S. Bisht**  
Vice President



**Rtn. Shiv P. Khemka**  
Secretary



**Rtn. Gabriele Mallapaty**  
Director/Chair-Club Administration



**Rtn. Kedar B. Shrestha**  
Sergeant-at-arms



**Rtn. Kamal B. Nyachhyon**  
Director/Chair-Membership



**Rtn. Prakash R. Regmi**  
Director/Chair – Public Image



**Rtn. Rabindra R. Pandey**  
Director/Chair-The Rotary Foundation



**Rtn. Bijaya Mallapaty**  
Director/Chair- Service Projects



**Rtn. Ganesh Raj Shrestha**  
Joint Secretary



**Rtn. Maheswari B. Rawal**  
Director, Youth Services

# Members of Rotary Club of Patan



Past President

## Bajracharya Bijay

Classification: Gemologist  
Gems Jewellery Industries (P) Ltd.  
Ph: (R) 9851021106, 5524586, (O) 5529452  
Born: 23 Aug; Wed: 2 Mar  
Join: 1985  
Spouse: RAJANI  
E-mail: b.bajracharya@hotmail.com



Member

## Gautam Ganga Ram

Classification: Educationist  
Hattiban, Lalitpur  
Ph: (R) 5250185  
Cell: 9851187898  
Born: 15 April; Wed: 10 February  
Join: 2022  
Spouse: MADHAVI  
E-mail: gangag@gmail.com



Past President

## Bajracharya Piyush Bajra

Classification: Ayurvedic Medical Practitioner  
Piyushbarshi Aushadhalaya  
Res: Jwagal, Kupondole-10, Lalitpur  
Ph: (R) 5529640, (O) 4223960  
(M): 9851013388  
Born: 12 Dec; Wed: 27 Feb  
Join: 2005  
Spouse: RAMITA  
E-mail: piyush.bajra@gmail.com



Member

## Gyawali Lochan

Classification: Tea Farmer  
Jun Chiyabari Tea Garden  
Ph: (R) 5521311, (O) 5522871  
Born: 12 Nov; Wed: 30 Jan  
Join: 1986  
Spouse: SANGITA  
E-mail: lochan@nbe.com.np



Member

## Baniya Lila Bahadur

Classification: Tourism Management  
Res: 162/15 Bibhuti Marg, Buddhanagar  
Ph: (R) 4792563  
(M): 9808003111  
Born: 22 Feb; Wed: 4 Dec  
Join: 2018  
Spouse: SUDHA  
E-mail: baniya2025@gmail.com



Treasurer

## Joshi Bharat Narsingh

Classification: Financial Analyst  
Manbhawan, Lalitpur  
Ph: (R) 5521126  
Cell: 9851023195  
Born: 16 June; Wed: 25 Feb  
Join: 2003  
Spouse: MEERA  
E-mail: bharatnjoshi95@gmail.com



Past President

## Basnyat Krishna Bahadur

Classification: Insurance  
Res: Manbhawan, Jawalakhel  
Ph: (R) 5540268  
(M): 9851024313  
Born: 8 July  
Join: 2000  
E-mail: krishnabasnyat@gmail.com



Past President

## Kayastha Chandralekha

Classification: Architect  
Mr. & Mrs. ML Kayastha & Associates Pvt. Ltd.  
Ph: (R) 5420624, (O) 5421279  
Cell: 9849450309  
Born: 4 May; Wed: 7 July  
Join: 2008  
Spouse: MATSYENDRA  
E-mail: kayasthacl@gmail.com



Secretary

## Bisht Khadak Singh

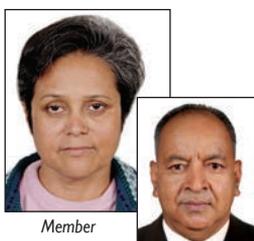
Classification: Vet. Doctor  
Sunrise Apartment, Nakkhu, Lalitpur  
Ph: (R) 6225225  
Cell: 9801020239  
Born: 1962 Aug 19  
Join: 2019  
Spouse: MAHESWARI  
E-mail: khadaksinghbisht@gmail.com



Past President

## Kayastha Matsyendra Lal

Classification: Architect  
Mr. & Mrs. ML Kayastha & Associates Pvt. Ltd.  
Ph: (R) 5420624, (O) 5421279  
Cell: 9851021458  
Born: 25 May; Wed: 7 July  
Join: 1984  
Spouse: CHANDRALEKHA  
E-mail: mlkayastha@gmail.com



Member

## Bisht Rawal Maheswari

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



Member

## Khemka Shiv Prakash

Classification: Elect. & Electronics Business  
Anand Bhairab Marg, Gyaneshwor  
Ph: (R) 4536305, (O) 4110860  
Cell: 9801025886  
Born: 12 Feb; Wed: 11 Dec  
Join: 2016  
Spouse: PREETI  
E-mail: spkhemka@gmail.com

# Members of Rotary Club of Patan



President  
Nominee

**Khemka Preeti**  
Classification: Homemaker  
Anand Bhairab Marg, Gyaneshwor  
Ph: (R) 4536305  
Cell: 9840050781  
Born: 3 Nov; Wed: 11 Dec  
Join: 2016  
Spouse: SHIV PRAKASH  
E-mail: preeti.khemka@gmail.com



Member

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



Member

**Maharjan Kamala**  
Classification: General Nurse/Mid-Wife  
Ichakhel, Panga, Kirtipur-12, KTM  
Ph: (R) 4331236, 4227863  
Cell: 9841348337  
Born: 29 May; Wed: 29 April  
Join: 2014  
Spouse: PADAM LALL  
E-mail: kamala29548@yahoo.com



Past President

**Mathema Keshab Bhakta**  
Classification: Social Development  
2/128 Dhokadol, Sanepa, Lalitpur  
Ph: (R) 5429385  
Cell: 9841282851  
Born: 2 July; Wed: 30 Nov  
Join: 1998  
Spouse: SHANTI  
E-mail: keshab.mathema@gmail.com



Member

**Maharjan Padam Lal**  
Classification: Comm & Navigational  
Expert, Electronic Engineer  
Ichakhel, Panga, Kirtipur-12, KTM  
Ph: (R) 4227863, Cell: 9851091241  
Born: 13 Feb; Wed: 29 April  
Join: 2003  
Spouse: KAMALA  
E-mail: padam132@gmail.com



Past President

**Nyachhyon Kamal Bahadur**  
Classification: Heavy Textile Manufacturer  
Himal Tents (P) Ltd.  
Ph: (R) 5490495, (O) 5422202  
Cell: 9851023354  
Born: 15 Jan; Wed: 15 Feb  
Join: 1985  
Spouse: SULOCHANA  
E-mail: kamalnyachhyon@gmail.com



Member

**Maharjan Nabin Bikash**  
Classification: Solid Waste Management  
Home Address: (R)87/24 Bairochan  
Marg, Maharajgunj, Kathmandu-3, Nepal  
Ph: (R)015903023 (O):+9779801003646  
Cell: 9841203646  
Born: 05 November, (1978)  
Wed: 8, March  
Join: 2021  
Spouse: Mrs. Sunita Majarjan  
Email: bikashnabin@gmail.com



Past President

**Pandey Rabendra Raj**  
Classification: Airline GSA  
Central Park, Orchid Tower, No. 701, Bishal Nagar  
Ph: (O) 4220759, 4009087  
Cell: 9851233891  
Born: 14 Dec; Wed: 18 Feb  
Join: 1990  
Spouse: CHANDRA LEKHA  
E-mail: rrpandey16@gmail.com



Past President

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



President

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



Past President

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



Member

**Pradhan Suraj**  
Classification: Businessman  
Hattiban, Lalitpur  
Ph: (R) 4038010  
Cell: 9851077381  
Born: 18 Feb; Wed: 2036 Fagun  
Join: 2019  
Spouse: MEERA  
E-mail: pradhans215@gmail.com

# Members of Rotary Club of Patan



**Pradhanang Nirmal Kumar**  
Classification: Communication/Navaid/s/  
Surveillance Engineer  
160 Ganesh Mandir Marg, Dhobighat, Lalitpur  
Ph: (R) 5424956  
Cell: 9851055321, 9801055321  
Born: 18 Feb; Wed: 5 March  
Join: 2014  
Spouse: BIJAYA  
E-mail: nirmal.pradhanang@gmail.com



**Shakya Pushkar Man**  
Classification: Handicraft Export  
Man Bhawan, Lalitpur  
Ph: (R) 5423492  
Cell: 9851074020  
Born: 14 Jan; Wed: 27 Feb  
Join: 1993  
Spouse: RITA  
E-mail: pushkarsakya@gmail.com



**Prasai Sharada**  
Classification: Travel Agent  
Natraj Tours & Travel (P) Ltd.  
Ph: (R) 4229277, (O) 5261111  
Born: 14 June; Wed: 1 Feb  
Join: 1999  
E-mail: info@natrajtours.com.np



**Sharma Bishwa Bandhu**  
Classification: Psychiatrist  
43/5 Kitab Galli, Dilli Bazar, KTM-33  
Ph: (R) 5574249 (O) 4467067  
Cell: 9851025579, 9803295575  
Born: 2 June; Wed: 26 Jan  
Join: 2010  
Spouse: ARUNA  
E-mail: bbs1234@gmail.com



**Rajbhandary Siba Bhakta**  
Classification: Social Development  
Imperial Court, Sanepa, Lalitpur  
Ph: 5426856  
Cell: 9841214856  
Born: 11 June; Wed: 8 Mar  
Join: 1998  
Spouse: MITHILA;  
E-mail: sibabr@gmail.com



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



**Rawal Mahendra Singh**  
Classification: Civil Aviation Expert  
Imadole, Lalitpur  
Ph: (R) 5202755  
Cell: 9841250339  
Born: 5 Oct; Wed: 26 Nov  
Join: 2016  
Spouse: AMBIKA  
E-mail: mahendra.rawal9@gmail.com



**Shrestha Ganesh Raj**  
Classification: Businessman  
Pashupati Rubber Industries  
Res: Sinchahity, Lalitpur  
Ph: (R) 5003780, Cell: 9851021440  
Born: 22 Nov; Wed: 7 Jan  
Join: 1993  
Spouse: BIJAYA LAXMI  
E-mail: grshrestha@gmail.com



**Regmi Prakash Raj**  
Classification: Cardiologist  
Lalitpur Heart Clinic  
Res: Dhobighat, Lalitpur  
Ph: (R) 5425536, (O) 5430126  
Cell: 9851051170  
Born: 21 Ashadh; Wed: 2 Baisakh  
Join: 1990  
Spouse: UPASANA  
E-mail: pregm68@yahoo.com



**Shrestha Jeevan Kumar**  
Classification: Civil Engineer  
Chakupat, Lalitpur  
Ph: (R) 5260059  
Cell: 9851045085  
Born: 6 May; Wed: 23 June  
Join: 2006/07  
Spouse: GUNU  
E-mail: shreshtha.jeevank@gmail.com



**Sakya Tirtha Man**  
Classification: Legislative Drafting  
Former Chairman, Public Service Commission,  
Chief Secretary, Govt. of Nepal  
Hakha Tole, Lalitpur  
Ph: (R) 5522467, Cell: 9851026534  
Born: 21 July; Wed: 14 Feb  
Join: 1988  
Spouse: NANI SHOVA  
E-mail: tirtha.sakya@yahoo.com



**Shrestha Kedar Bhakta**  
Classification: Rtrd. Career Diplomat  
Kupondole Height, Lalitpur  
Ph: (R) 5422207, 5424605  
Cell: 9849850226  
Born: 18 Jan; Wed: 15 Feb  
Join: 2002  
Spouse: SHANTA  
E-mail: kaybeeshan11@gmail.com

# Members of Rotary Club of Patan



Member

## Shrestha Mukti Narayan

Classification: Vet. Doctor  
 Vet. Clinic, Pulchowk, Krishna Galli  
 Ph: (R) 5260846, (O) 5524236  
 Cell: 9851000104  
 Born: 1 July; Wed: 19 Sept  
 Join: 2008  
 Spouse: PRAVEENA  
 E-mail: dr.mnshrestha@gmail.com



Member

## Tuladhar Kuldeep Ratna

Classification: Structural Engineer  
 Address: 9/238 Bhedasingh, Kathmandu  
 PH: (O) 4215340  
 Cell: 9851021273  
 Born: 8th May, (1957); Wed: 29 Feb.  
 Join: 2021  
 Spouse: Meeru Bania Tuladhar  
 Email: kdapl@yahoo.com



Past President

## Shrestha Santa Kumar

Classification: Industry and Tourism  
 Island Jungle Resort  
 Ph: (R) 5421745 (O) 4229116, 4225615  
 Born: 5 Nov; Wed: 3 May  
 Join: 1992  
 Spouse: NIRMALA  
 E-mail: island@mos.com.np



Member

## Gupta Sunil

Classification: Travel & Trade  
 Address: Hattiban, Lalitpur  
 PH: (O) 5440986, (H) 5440998  
 Cell: 9851054149  
 Born: 01 March, Wed  
 Join: 01 July 2023  
 Email: mastersunil@yahoo.com



Past President

## Shrestha Yagya Bahadur

Classification: Revenue Consultant  
 Chakupat, Lalitpur  
 Ph: (R) 5268853  
 Cell: 9849674267  
 Born: 29 April; Wed: 19 Feb  
 Join: 1993  
 Spouse: MARY  
 E-mail: yagyamary@yahoo.com



Member

## Regmi Sandhya

Classification: Engineer PhD Scholar  
 Address: Dhobighat, Lalitpur-3  
 PH: 5525693  
 Cell: 9849135212  
 Born: 7 March, Wed  
 Join: 25 April 2022  
 Spouse: DINESH  
 Email: sandhyaregmi2000@gmail.com



Past President

## Tamrakar Jamuna Krishna

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



Member

## Sigdel Bishnu Prasad

Classification: Artist  
 Address: Imadole, Lalitpur  
 PH: (H) 5917311  
 Cell: 9845164311  
 Born: 23 April, Wed  
 Join: 13 February 2023  
 Spouse: AUSARA  
 E-mail: sarita.dhakal0987@gmail.com



Past President

## Thapa Lalita

Classification: Management Specialist  
 Civil Home-I, Bhainsepati, Sainbu-4  
 Ph: (R) 5592259  
 Cell: 9851072937  
 Born: 19 March; Wed: 29 April  
 Join: 2012  
 Spouse: KIRAN  
 E-mail: lalitathapa1949@gmail.com



Member

## Paneru Som

Classification: Social Work Executive  
 Address: 145 Gurans Marga,  
 Bhanimandal, Lalitpur  
 Phone: 5555054(O), 5535173(R)  
 Cell: 9851054541  
 Born: 01 Sep, Wed: 07 July  
 Spouse: SAJANI  
 Email: som@nepalyouthfoundation.org



President

## Thapa Mahendra Bahadur

Classification: Agriculture Economist  
 Shrutinagar, Bagdole, Lalitpur-4  
 Ph: (R) 5190109  
 Cell: 9851143150  
 Born: 15 Jan; Wed: 14 April  
 Join: 2008  
 Spouse: LALITA  
 E-mail: mahendra.thapa2@gmail.com



Member

## Krishna Hachhethu

Classification: Political Scientist & Writer  
 Address: 135 Shikali Marg, Magargaon,  
 Bhainsepati  
 Phone: 5592302  
 Cell: 9840255861  
 Born: 27 Sep, Wed: 01 Mar  
 Spouse: KAMAL  
 Email: krihac@gmail.com



Member

**Anuradha Shrestha - Hon. Member**

Classification: Business  
Bhainsepati, Lalitpur  
Cell: 9851038693  
E-mail: anushrestha@gmail.com



**Ayush Nakarmi**

Office Assistant, RC Patan  
Cell: 9803365276, 9702036098  
E-mail: ayush.nakarmi7@gmail.com  
rcpatandistrict3292@gmail.com

## Rotary Individual Recognition

### Rotary Foundation Sustaining Member (RFSM)

When you give \$100 or more per year to the Annual Fund.

### Benefactor

When you include the Endowment Fund as a beneficiary of \$1,000 or more in your estate plans or when you donate \$1,000 or more to the fund outright. Benefactors receive a certificate and insignia to wear with a Rotary or Paul Harris Fellow pin.

### Paul Harris Fellow (PHF)

When you give \$1,000 or more to the Annual Fund, Polio-Plus, or an approved Foundation grant or when you recognize someone else as a Paul Harris Fellow by giving that amount in their name.

### Multiple Paul Harris Fellow (MPHF)

When you give additional gifts of \$1,000 or more to the Annual Fund, Polio-Plus, or an approved Foundation grant.

### Paul Harris Society (PHS)

When you elect to contribute \$1,000 or more annually to the Annual Fund, Polio-Plus, or an approved Foundation grant.

### Bequest Society (BS)

When you make a commitment for future gifts of \$10,000 or more to The Rotary Foundation, you'll be invited to join the Bequest Society.

- \$10,000: Bequest Society pin and an exclusive art piece suitable for framing
- \$25,000: Rotary's Promise crystal and named endowed fund, plus all of the above
- \$50,000: Separate named endowed funds directed to two areas of focus or districts, plus all of the above

- \$100,000: Customized Rotary's Promise crystal, plus all of the above
- \$250,000: Posthumous induction into the Arch Klumph Society, plus all of the above
- \$500,000: Special seating and registration benefits at the Rotary International Convention

### Major Donor (MD)

When your cumulative donations reach \$10,000. Major Donors can choose to receive a crystal recognition piece and a Major Donor lapel pin or pendant. Name recognition is not automatic and needs to be reported to RI. Recognition items commemorate giving at these levels:

- Level 1: \$10,000 to \$24,999
- Level 2: \$25,000 to \$49,999
- Level 3: \$50,000 to \$99,999
- Level 4: \$100,000 to \$249,999

### Arch Klumph Society (AKS)

When your cumulative donations reach \$250,000. Recognition includes an induction ceremony and your picture and biography in the Arch Klumph Society interactive gallery at the Rotary International headquarters in Evanston, Illinois, USA. You also receive invitations to society events, along with membership pins and crystals that commemorate giving at the following levels.

- Trustees Circle: \$250,000 to \$499,999
- Chair's Circle: \$500,000 to \$999,999
- Foundation Circle: \$1,000,000 to \$2,499,999
- Platinum Trustees Circle: \$2,500,000 to \$4,999,999
- Platinum Chair's Circle: \$5,000,000 to \$9,999,999
- Platinum Foundation Circle: \$10,000,000 and above

*(Compiled from My Rotary)*

## Major Donors & PHS Members



**Rtn. Rabendra R. Pandey**  
*Major Donor Level II & PHS Member*



**Rtn. Matsyendra L. Kayastha**  
*Major Donor*



**Rtn. Chandralekha Kayastha**  
*Major Donor*



**Rtn. Siba B. Rajbhandary**  
*Major Donor*



**Rtn. Tirtha M. Sakya**  
*Major Donor*



**Rtn. Bijaya Mallapaty**  
*Major Donor*



**Rtn. Gabriele Mallapaty**  
*Major Donor*



**Rtn. Ganesh R. Shrestha**  
*Major Donor*



**Rtn. Bijaya L. Shrestha**  
*Major Donor*

## MPHF's & PHF's



*Rtn. Prakash R. Regmi*  
PHF +8



*Rtn. Nirmal K. Pradhanang*  
PHF+7



*Rtn. Lalita Thapa*  
PHF+5



*Rtn. Piyush B. Bajracharya*  
PHF +4



*Rtn. Ramesh L. Maskay*  
PHF +4



*Rtn. Kedar B. Shrestha*  
PHF +3



*Rtn. Bishwa B. Sharma*  
PHF +3



*Rtn. Santa K. Shrestha*  
PHF +3



*Rtn. Krishna B. Basnyat*  
PHF +2



*Rtn. Keshab B. Mathema*  
PHF +3



*Rtn. Jamuna K. Tamrakar*  
PHF +2



*Rtn. Padam L. Maharjan*  
PHF +2



*Rtn. Kamala Maharjan*  
PHF +2



*Rtn. Shiv P. Khemka*  
PHF +2



*Rtn. Bijay B. Bajracharya*  
PHF +1



*Rtn. Puskar M. Shakya*  
PHF +1



*Rtn. Kamal B. Nyachhyon*  
PHF +1



*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



*Rtn. Preeti Khemka*  
PHF +1



*Rtn. Yagya B. Shrestha*  
PHF +1



*Rtn. Som Paneru*  
PHF +1



*Rtn. Sunil Gupta*  
PHF +1



*Rtn. Mukti N. Shrestha*  
PHF



*Rtn. Lila B. Baniya*  
PHF



*Rtn. Khadak B. Bisht*  
PHF



*Rtn. Suraj Pradhan*  
PHF



*Rtn. Ganga Ram Gautam*  
PHF



*Rtn. Lochan Gyawali*  
PHF

# Strategic Plan of Rotary Club of Patan (2019/20 – 2023/24)

## 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:

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

## Mission:

With the motto “Service above self”, the mission of Rotary International is to provide service to others, to promote integrity, and advance world understanding, good will and peace through fellowship of business, professional and community leaders.

## Areas of Focus:

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

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

## Priority areas:

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

## Strategic priority 1: Increase our impact

- Undertake humanitarian projects and activities to improve the lives in our community, considering all “Areas of Focus” of the Rotary;
- Improve educational standards of the community through RCP’s flagship Prajapati Educational Endowment Fund (PEEF) scholarship programme;
- Serve the underserved communities through our second flagship project Khagendra Piyush Ability Development (KPAD) Fund;
- Improve Animal Welfare for the benefit of Public Health programmes;
- Expand community service projects in the areas of Education, Health and Drinking water and Sanitation;
- Conduct activities in all five Avenues of Service (Community Service, Vocational Service, International Service, Club Service and Youth Service);
- Encourage all members to contribute to the Rotary Foundation;
- Set annual target for the RCP’s Endowment Fund.

## Strategic Priority II: Expand our reach:

- Increase the membership by attracting quality members;
- Place a high priority in having females, young professionals and spouses of members, especially in legal and media classification;
- Invite engaging ‘speakers’ to weekly club meetings;
- Recognize outstanding students receiving PEEF scholarship through the Kamalmani Educational Excellence Award (KEEA) and Graduate Study Scholarship programmes;
- Increase collaboration with all partners to maximize Rotary’s Global Grant and District Grant projects and its outreach to communities;

- Maintain regular and effective communications through weekly newsletter (Lalithdara Bulletin); Facebook page and website updates; and occasional press release;
- Publish 'Lalithdara Souvenir' annually for public image and fundraising;
- Establish good contacts with local media and ensure their participation in major events;
- Contribute stories/articles to District and Rotary International publications and websites (GML, Rotary Showcase and Rotary News).

### Strategic Priority III: Enhance participant engagement:

- Encourage all member to participate in all club service projects and programmes;
- Use the mentor mechanism for motivation, development and retention of members;
- Maintain a vibrant club through engaging fellowship programme;
- Encourage members to participate in District and International activities and events;

- Motivate and collaborate with Partners-in-Service, including Rotaract, Interact and RCC to maximize quality in delivery of service projects.

### Strategic Priority IV : Increase our ability to adapt:

- Sound financial management and oversight mechanism for good financial health of the club;
- Maintain good historical records of the club including timely club registration, and ensure smooth handover mechanism;
- Conduct regular weekly meetings in person or virtually; Board meetings, Annual General Meeting (AGM) and Club assemblies;
- Establish systematic monitoring mechanisms of projects;
- Encourage all members to register online in 'My Rotary' and go paperless.



Revision 22 June 2022

## 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 ?

# COMMITTEES FOR RY 2023-24

**Director/Chair - Club Administration - Rtn. Gabriele Mallapaty**

**Rotary Info/Bulletin**  
Editor - Rtn. Bijaya Mallapaty

**Social Media**  
Rtn. Gabriele Mallapaty  
Rtn. Shiv Prakash Khemka  
Rtn. Ganga R. Gautam

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

Members: Rtn. Ganesh Raj Shrestha & Rtn. Siba B. Rajbhandary

**Director/Chair Membership Committee - Rtn. Kamal Bahadur Nyachhion**

**Club Mentor:**  
PDG Rtn. Tirtha Man Sakya  
Rtn. Matsyendra L. Kayastha

**Growth & Development**  
Rtn. Keshab B. Mathema  
Rtn. Jeevan K. Shrestha

**Orientation & Training**  
Rtn. Mahendra B. Thapa  
Rtn. Lalita C. Thapa

**Director/Chair Public Image - Rtn. Prakash Raj Regmi**

**Media / Rotary Image**  
Rtn. Bishwa B. Sharma  
Rtn. Yagya B. Shrestha  
Rtn. Suraj Pradhan  
Rtn. Lochan Gyawali

**Lalitdhara Souvenir:**  
Co-ordinator - Rtn. Nirmal K. Pradhanang  
Members - Rtn. Lalita C. Thapa  
- Rtn. Shiv Prakash Khemka  
- Rtn. Ganga R. Gautam

**RI/District Awards:**  
Rtn. Siba B. Rajbhandary  
Rtn. Shiva K. Pradhan

**Director/Chair The Rotary Foundation - Rtn. Rabendra R. Pandey**

Members: Rtn. Kamal B. Nyachhion, Rtn. Matsyendra L. Kayastha, Rtn. Santa K. Shrestha & Rtn. Ramesh L. Maskay

**Director/Chair Service Projects - Rtn. Bijaya Mallapaty**

**PEEF:**  
Coordinator & Progr. Manager: Rtn. Preeti Khemka  
Finance Manager: Rtn. Bijaya Mallapaty  
Dist. Manager: Rtn. Ganesh R. Shrestha  
Members: Rtn. Siba B. Rajbhandary (Fund-Raising)  
Rtn. Matsyendra L. Kayastha  
Rtn. Ramesh L. Maskay

**Nepal Orthopedic Hospital Representatives**  
Rtn. Mahendra Thapa  
Rtn. Shiva K. Pradhan

**Environment/Community Development**  
Coordinator: Rtn. Khadak S. Bisht  
Member: Rtn. Jamuna Tamarakar  
Rtn. Nabin K. Maharjan  
Rtn. Sandhya Regmi

**TEACH Committee**

Chair - Rtn. Preeti Khemka  
Secretary - Rtn. Mahendra B. Thapa  
T-Teacher Supt. - Rtn. Ganga R. Gautam  
E- Learning - Rtn. Shiv P. Khemka  
A- Adult Literacy - Rtn. Kuldeep R. Tuladhar  
C-Child Dev. - Rtn. Piyush B. Bajracharya  
H-Happy School - Rtn. Padam L. Maharjan

**Animal Welfare for Public Health**  
Coordinator: Rtn. Khadak S. Bisht  
Members: Rtn. Mukti N. Shrestha  
Rtn. Gabriele Mallapaty

**KPAD Fund**  
Coordinator - Rtn. Preeti Khemka  
Prog. Manager - Rtn. Rabendra R. Pandey  
Fin. Manager - Rtn. Bijaya Mallapaty  
Members - Rtn. Maheshwari B. Rawal  
Rtn. Bishwa B. Sharma  
Rtn. Kedar B. Shrestha  
Rtn. Bishnu Sigdel

**Vocational Award:**  
Coordinator - Rtn. Prakash R. Regmi  
Members - Rtn. Rabendra R. Pandey  
- Rtn. Nirmal K. Pradhanang

**Health Projects & Polio Plus:**  
Coordinator - Rtn. Prakash R. Regmi  
Members - Rtn. Kamala Maharjan  
Rtn. Sunil Gupta

**Director/Youth Services - Rtn. Maheshwari Bisht Rawal**

**Interact:** Rtn. Piyush B. Bajracharya, Rtn. Bijaya L. Shrestha

**Rotaract:** Rtn. Shiva K. Pradhan, Rtn. Lila Baniya

**“The Club President Serves as Ex-officio Member of all Committees”**







**Rtn. Shiva K. Pradhan**  
President  
2022-2023

# ANNUAL REPORT 2022-2023



**Rtn. Khadak S. Bisht**  
Secretary  
2022-2023

Rotary year (RY) 2022-2023 started with partial effect of Covid-19 pandemic. During this RY, Rotary club of Patan (RCP) conducted both virtual as well as physical meetings and celebrated fellowship programs on a regular basis. We have managed to accomplish an outstanding level of service to the community. All major planned activities were efficiently completed with the active participation and support from our members including the humanitarian support worth of NRs. 418,600 to the Pakistani flood victims. We were fortunate to have the Rotary International President Jennifer E. Jones' visit to Nepal this year. During her visit, she was involved in various activities of district 3292, which included; RCP's two Rotarians receiving insignia (Major Donor Pin) from her. The Rotary International President also distributed wheelchairs to National Orthopedic Hospital (NOH) on our behalf. RCP has major contribution and two of its members representing its BoD. Engagement of club members in our ongoing service projects remained extraordinary. The major activities conducted this year already been covered in our weekly Lalitdhara Newsletters. The details on major service activities are also presented separately in this souvenir. The key highlights of activities conducted during 2022-2023 are summarized below.

## Club Administration

All the works associated with club administration were completed successfully.

Club renewal, tax clearance and annual auditing were performed on time. Altogether, 49 regular meetings, 12 board meetings, joint meetings, talk programs,

classification talks were held as scheduled. RI dues and district dues were paid on time. Rota-quiz and club salutation were the regular features of our weekly meetings. Two RCP members regularly attended the NOH board meetings. Our club is led by a 15-member Board of Directors and its activities are carried out through six thematic committees and sub committees. The 12 Board meetings including a joint Board Meeting and four club assemblies completed during RY 2022-2023. The other meetings included Regular weekly meetings, joint meeting with Rotaract (2) and Joint meeting with NRCL (1). The details are provided in table below.

## Service Projects

### Community and Club Service

Community service covers the projects and activities the club undertakes to improve lives in the community. The RCP has a long history of conducting successful community services in a broad range of Rotary focus areas. For details visit our **Facebook page** <https://www.facebook.com/RotaryClubPatan> and **Website** <http://rotaryclubpatan.org.np/>. The RCP is a vibrant, innovative, and helping to serve to change lives in our community, and club service focuses on making clubs strong by strengthening fellowship and ensuring the effective functioning of the Club.

### Completion of Global Grant GG2129083

**Handover of Ambulance and equipment to Laliguras Community Hospital, Busti, Dolakha combined with the RCP family outing**

A Global Grant Project GG2129083, at a cost of US\$

<b>Progress: Weekly Club and Board Meetings</b>						
<b>Months</b>	<b>Target RWM</b>	<b>Completed RWM</b>	<b>Attendance%</b>	<b>Board Meetings</b>	<b>Attendance of Members</b>	<b>Attendance %</b>
July	4	4	62.12	1	12	80.0
August	5	5	53.71	1	13	86.7
September	4	4	57.89	1	11	73.3
October	5	3	49.97	1	13	86.7
November	4	4	56.39	1	13	86.7
December	4	4	56.79	1	9	60.0
January	5	3	52.5	1	13	86.7
February	4	4	57.04	1	15	100.0
March	4	4	48.82	1	14	93.33
April	4	4	51.18	1	8	53.33
May	5	5	52.54	1	15	100
June	4	4	54	1	14	93.33
<b>Total</b>	<b>52</b>	<b>49</b>	<b>54.51%</b>	<b>12</b>		<b>83.34%</b>

42,980, was successfully completed on time. The Project was funded by RC Altadena & Dist. 530 USA, RC Wollaton Park & Dist. 1220, UK, RC Patan and the world fund. A fully equipped Cat-B 4WD Ambulance was officially handed over to the hospital along with digital X-ray imaging equipment, physiotherapy equipment and some essential power regulating equipment by RCP President Shiva K. Pradhan. The GG project team comprised of Rtn. Nirmal K. Pradhanang as the primary contact and Rtns. Shiv P. Khemka and Gabriele Mallapaty as the secondary contacts. All planned activities under this project were smoothly carried out with the participation and support from our excellent team and engaging other club members under this project was extraordinary. Efforts were also made to raise awareness of the community on the need to sustain the hospital with increased participation of the community during the handover ceremony. There was an excellent handover program of ambulance and equipment to the Hospital. It was followed by an equally excellent RCP family outing to Jiri, Kalinchowk, Dolakha Bhimeswor and the surrounding areas during 19-21 May 2023. 19 RCP members and spouses took part in the ceremony. In addition, a heart health screening camp was also organized for the local school children by Rtn. Dr. Prakash R. Regmi.

Special thanks goes to Rtn. Nirmal K. Pradhanang for his dedication and excellent work on the hand over as well as managing the RCP's family outing that was thoroughly enjoyed by all the participants. The handover event was well covered by the local FM and national media and had a very good participation from provincial parliamentarians, local government officials and the community.

### **Menstrual Health Program in RCP Adopted Schools: Development of a training package on menstruation**

During January 2023, RCP began research to inform the development of a training package on menstruation aimed at larger girls' empowerment training program. Hannah Schwarz, Master of Professional Studies in Global Development at Cornell University candidate, Rotaract club of Patan members Sandhya Chaulagain and Hricha Aryal, with the support of Rotarians Dr. Ganga Gautam, Mahendra Rawal, and Khadak Bisht conducted research in Shree Siddhi Mangal Secondary School in Sanagaun, Lalitpur with 56 girls in grades 6-12 and 10 boys in grades 9/10. The research team conducted a series of surveys, focus group discussion, and small group activities to better understand current practices, perceptions, and motivations surrounding menstruation and menstruation

practices. Researchers worked with students to identify specific challenges and needs that Rotary will address in the upcoming training package. Students indicated overwhelming positive interest in learning more about menstruation and identified a need for the menstruation-training package. Details of this research finding will be provided to RCP.

### **World Heart Day Celebrations: 29 September**

The RCP and Nepal Non-communicable Diseases Alliances (NNCDA) had jointly celebrated the 'World Heart Day – 29 September' in a grand manner with a rally and official function in the morning with the participation from the Minister of Health and Population, Government of Nepal, other dignitaries, and partners of Nepal Heart Net in Lalitpur. The RCP every year dedicates weekly regular meeting to celebrate the 'World Health Day on 29 September.

### **International Women's Day (IWD) Celebration, 8 March:**

International Women's Day (March 8) is a global day celebrating the social, economic, cultural, and political achievements of women. The day also marks a call to action for accelerating women's equality. IWD has occurred for well over a century, with the first IWD gathering in 1911 supported by over a million people.

The RCP allocated NRs. 50,000 each year since last 3 years to observe this programme to enhance Rotary's images. Funds was provided through the Rotaract Club of Patan for this programme. The programme was held in collaboration with Lalitpur Municipality and other partners. Rtn. Maheswari Bisht Rawal played the lead role in this programme. The programme that include a walk, cycle rally, fair and other activities. The theme for International Women's Day 2023 is, 'DigitALL: Innovation and Technology for Gender Equality'.

### **One Health: Animal Welfare for Public Health**

This year due to financial reasons, the activity was postponed and planned for the next Rotary Year around October 2023. In addition to the contributions from

Dr. Mukti Narayan Praveena Foundation and the RCP members, additional fund-raising efforts will be made targeting RCP members and possibly in collaboration with other Rotary clubs and local government. Both spaying and vaccination of stray dogs will be planned.

### **Initiation of Global Grant Project (GG 2347069) for Rheumatic Heart Disease (RHD) detection on children**

The Rotary Global Grant Project GG2347069 'Rheumatic Heart Disease Diagnosis by Trained Auxiliary Staff using Portable Echocardiography Device' was approved during RY 2022-2023. The total cost of the Project is approximately US\$ 45,000. The Global Grant project's international sponsors are Rotary Club of Livingston, Jew Jersey, USA with Gift of Life, New Jersey as a partner and Nepal Heart Foundation as the implementing partner in Nepal. The major activities include procurement of Portable Echocardiography Machine (Edge II Sonosite, USA), train two nurses, screen 5,000 children (half in the RCP's PEEF supported schools and half elsewhere in the country) and register positive cases for treatment. The positive results of the project should have a multiplier effect in terms of policy formulation and further expansion of the programme in Nepal and in other RHD endemic countries.

### **Prajapati Education Endowment Fund (PEEF)**

The RCP's Flagship PEEF Programme started since 1991, which is need based programme and currently supports over 400 students in grades 7 to 12 in 25 public schools of Lalitpur district. PEEF scholarships are provided to the children who belong to the economically deprived families who would have otherwise, dropped out of school. The PEEF programs was successfully completed were granted NPR 1,681,000 worth of scholarships in 25 Government schools from Lalitpur District from grade 7 to 10.

### **Khagendra Raj & Piyush Priya Ability Development Endowment Fund (KPAD)**

It is yet another flagship project of RC Patan, started three years ago with active participation of Rtn. R.R. Pandey and the generous contributors of RC Patan members.

The current fund exceeds Rs. 10.3 m. The fund is being utilized for empowering people with disability through providing skill training in organic vegetable and poultry farming. Apart from training, during this year the fund also provided 27 wheelchairs and other materials to the related people. Details are provided in a separate article in this journal.

## **Public Image**

### **Weekly Publication of the club newsletter "Lalitdhara"**

The weekly Lalitdhara is a RCP's very regular newsletter published without interruption since 1995. The club newsletter, which captures the minutes of regular weekly meeting, comes out every Friday. The club newsletter Lalitdhara keeps members informed about upcoming meeting programs, recognition of outstanding service by members, and details of service projects and activities. A total of 49 publication of Lalitdhara and 37<sup>th</sup> souvenir have been published during Ry 2022-2023. RCP's public Image have been greatly enhanced through its Lalitdhara weekly bulletin, publication of Lalitdhara souvenir issue, Facebook page, You-tube, and RCP's club Website. Facebook page, You-tube, and RCP's club Website are updated regularly.

### **Graduate Studies Scholarship Award (GSSA) and Kamal Mani Educational Excellence (KEEA) Award**

The RCP's KEEA started with the initiative of late Rtn. Kamalmani Dixit in 2013 to recognize the best student among the PEEF scholarship recipients. Since then, it has expanded several times to reach the current 10 awards, which is the 10<sup>th</sup> year of the award. The ten award certificates this year has a total of NRs. 150,000 (One 1<sup>st</sup> NRs. 30,000; three second at NRs. 20,000 each, and six third at 10,000 each). Ten top-scoring students in the final examination of grade nine from ten different schools supported by the RCP's PEEF scholarship programme were selected. All ten students called for an interview and categorized as the best all-round student (1), second-best students (3) and third-best students (6). The KEEA and GSSA program have been added to recognize merit. The KEEA recognized 10 best students receiving

PEEF scholarship support based upon grade 9 results. The GSSA program recognizes two best students receiving PEEF scholarship support based upon grade 11 results. With the second batch this year, a total of 4 students are receiving the GSSA of NRs. 14,000 every year.

### **Vocational Service Award:**

Every year RCP provides a service award to one of the best workers of the state for their goodwill. This year the award was presented to Dr. Shankar M. Rai and Ms. Sangita Pant for their outstanding contribution to the society in the health and people with disability fields respectively.

## **Membership Development**

Membership retention has been excellent. RCP managed to induct three new members with new classification increased the total membership to 45. This number includes eight couple of members and three female members. We strongly believe in bringing new, qualified members to diversify the club and increase its impact. This may be the first contact a prospective member has with a club, be sure to make it a positive one. New members always bring fresh perspective and ideas to our club, expand our presence in the community and help ensure our club is strong and vibrant.

## **The Rotary Foundation**

### **TRF Annual Fund contributions**

RCP had a goal of USD 2500 Annual Fund contributions for the RY 2022-2023. However, we set an exemplary record by contributing USD 11300 (more than four-fold) to The Rotary Foundation through the generous support from our club members. Major credit goes to our Past President (1997-1998) Rtn. Rabendra Raj Pandey, who was also the Club Foundation Chair for RY 2022-2023. He alone has contributed USD 10,000 out of total 11300. None of our success would be possible without generous donors like you. Thank you again for your commitment and kindness, Rtn. R.R. Pandey. He has been a PHS member and a major donor Level-1 (2011-2012) and now has climbed to a major donor level -2. Congratulations.



## Polio-Plus Fund contributions

RCP had set a goal of USD 1000 Polio-Plus Fund contributions for the RY 2022-2023. However, we contributed USD 1900 (almost double of its annual target) to Polio-plus Fund this year. RC Patan has always been a major contributor of Polio-plus fund in our District.

## Youth Services

### Futsal Fellowship: Marking youth Service Month-March

Marking "Youth Service Month", the RCP took an initiative of such an event to bring the members of the Rotary Fraternity together. Futsal, a popular choice of recreational activity among the youth, had been decided upon thereby representing the bonding under the Rotary Umbrella in RCP in a unique way.

The event was successfully completed and was coordinated by Rtn. Maheshwori Bisht Rawal and Rtr. Puja Bhujel. The event took place at 7 Wayz United Futsal (Lalitpur) on 27<sup>th</sup> May 2023 from 8–11 am. The participants were from RCP (7), Rotaract Club of Patan (14), Interact Club of Patan Pragati (20), Students from Pragati Shiksha Niketan (14) and Teachers from Pragati Shiksha Niketan (11).

The objectives of the events were to re-create the bonding among the Rotary fraternity connecting Rotarians, Rotaractors and Interactors, to mark "Youth Service Month" and develop a recreational moment and joy and to promote physical activities targeting all age groups.

Other activities under youth service included, blood donation, tree plantation, quiz competition in RCP adopted schools, and participated in Interact relay, Interact conference sponsorship. Rotaract Club's members participated to our weekly meeting and conducted joint meetings as well.

## Fellowship Events

The RY 2022-2023 was an exemplary year for fellowships. The number of scheduled fellowship events and family outings completed. In addition, we also celebrated Charter Night, World Heart Day, Joint Board Meetings, Past President Fellowship, Birthday Fellowships, and family outing program during RY 2022-2023. RCP's fifth Monday meeting remained as entertainment night with many fun activities.

## Concluding remarks

I very much enjoyed my RY 2022-23 presidency, happily focusing and devoting my entire time on RI and District themes. We successfully conducted RCP's strategic plan, implementation of our regular flagship projects, Global Grant and other ad-hoc programs. All the details have been mentioned in our Souvenir. I appreciate all the help rendered to me and would like to thank all the board members, directors, past presidents and RCP members for the help I have received in making my tenure successful. I wish all the best to the incoming president Mr. Mahendra Singh Rawal for his success in the next RY 2023-24.



***"The most truly generous persons are those who give silently without hope of praise or reward."***

**- Carol Rylie Brink**

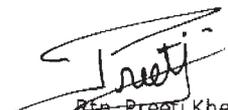
**Rotary**

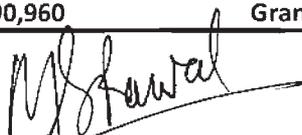


# Rotary Club of Patan

## Annual Budget For Year 2023-2024

Rotary Club of Patan Annual Budget for Rotary Year 2023-2024			
Income 2023/24		Expenditure 2023/24	
Description	Budget Total	Description	Budget Total
<b>Operational Income</b>		<b>Operational Expenditure</b>	
Membership Fee 45*30000	1,350,000	R.I Dues 1\$=Rs132 (45*Rs10,032)+\$24	454,608
Attendance/Operational Contr.	150,000	District dues & Rotary News 45*2950	132,750
Advertisement Souvenir	200,000	Tea snacks @NRs15,000/week	448,242
Interest Income Oper Fund	25,000	Charter Night	180,000
		Printing Souvenir	125,000
		Club Renewal	15,000
		Fees Office Assistance	287,500
		Fuel	48,000
		Auditor Fees	33,900
		Zoom charges	-
<b>Sub Total: Operational</b>	<b>1,725,000</b>	<b>Sub Total: Operational</b>	<b>1,725,000</b>
<b>2023/24</b>		<b>2023/24</b>	
Description	Budget Total	Description	Budget Total
<b>Social Activities/Projects Income</b>		<b>Social Activities/Projects Expenditure</b>	
Blood Dotion through Rotaract	20,000	Blood Donation through Rotaract	20,000
Vocational award	30,000	Vocational Award	50,000
DR Mukti / Praveena Foundation	260,000	Animal Health Project	260,000
Environment	10,000	Environment	10,000
Women Empowerment	101,000	Women Empowerment	101,000
Support to RHD	114,960	Support to RHD	114,970
		Health Camps	20,000
		Support to Youth Services	80,000
		Support to Girls Empowerment	60,000
		Support in WASH	40,000
KEEA Awards from members	116,000	KEEA Awards from members	116,000
KEEA Awards from CSF Interest	34,000	KEEA Awards from CSF	34,000
GSSA Awards from CSF Interest	70,000	GSSA Awards from CSF	70,000
KEEA/GSSA Function from CSF Interest	100,000	KEEA/GSSA Function from CSF	100,000
		District events	20,000
		Contingencies	30,000
Sunshine Contribution	300,000	Unallocated	39,990
Interest income Sunshine Fund	10,000		
<b>Sub Total: Social Activities</b>	<b>1,165,960</b>	<b>Sub Total: Social Activities</b>	<b>1,165,960</b>
<b>Grand Total</b>	<b>2,890,960</b>	<b>Grand Total</b>	<b>2,890,960</b>

  
 Rtn. Preeti Khemka  
 Treasurer 2023-2024

  
 Rtn. Mahendra S. Rawal  
 President 2023-2024

  
 Rtn. Shiv P. Khemka  
 Secretary 2023-2024

## Contributions to the Club Service Trust Fund as at 30 June 2023



- Rtn. Preeti Khemka  
Treasurer

Name	Amount NRs.
Late Rtn. Kamalmani Dixit (including from 'Rotary Ka Kura')	1,676,317
Rtns. Matsyendra L. & Chandralekha Kayastha	308,300
Late Rtn. Narayan G. Halwai	110,000
Rtn. Santa K. Shrestha	110,000
Rtns. Bijaya and Gabriele Mallapaty	97,000
Rtn. Dr. Prakash R. Regmi	90,000
Rtn. Lalita & Kiran Thapa	53,000
"Rtns. Bishwa B. Sharma & Aruna Uprety"	40,000
Rtn. Piyush B. Bajracharya	35,000
Rtns. Shiv P. and Preeti Khemka	34,000
Rtn. Kiran Shrestha	30,000
Mr. Som Paneru	27,500
Mr. Chandra S. Gyawali	25,000
Rtn. Rabindra R. Pandey	25,000
Rtn. Siba B. Rajbhandary	23,000
Rtn. Sharada Prasai	20,000
Rtn. Ganesh R. Shrestha	20,000
Rtn. Jamuna K Tamrakar	20,000
Rtn. Jeevan K. Shrestha	17,000
Dr. Amina Shrestha	16,000
Rtn. Kedar B. Shrestha	15,000
Rtn. Krishna B. Basnyat	15,000
Rtn. Bijaya Bajracharya	15,000
Rtn. Tirtha M. Sakya	15,000

Name	Amount NRs.
Rtn. Padam L. & Kamala Maharjan	15,000
Rtn. Ramesh Lal Maskey	15,000
Rtn. Nirmal Pradhanang	15,000
Late Maj. Bishwa N. Rai	10,000
Mr. Khruschev Shrestha	10,000
Rtn. Bharat N. Joshi	10,000
Rtn. Tulasi Neupane	10,000
Mr. Gautam Shakya	10,000
Rtn. Yagya B. Shrestha	10,000
Rtn. Pushkar Shakya	10,000
Rtn. Keshab B. Mathema	8,000
Leni & Marie c/o Mallapaty	6,400
Rtn. Mahendra Thapa	5,000
Mr. Bhim B. Kshetry	5,000
Rtn. Shiva K. Pradhan	5,000
Rtn. Kamal Nyachhyon	5,000
From RCP - PHF Fund	106,000
<b>Sub-total 1</b>	<b>3,092,517</b>
<b>For RCP's Graduate Studies Prog.</b>	
Rtns. M.L and C. Kayastha	426,278
Rtn. Ganesh R. Shrestha	300,000
Rtn. Prakash R. Regmi	440,222
<b>Sub-total 2</b>	<b>1,166,500</b>
<b>Total in Club Service TF as of 30 June 2023 (sub-total 1 &amp; 2)</b>	<b>4,259,017</b>

Summary	
<b>1. Contributions to Club Service Trust Fund on 30 June 2023:</b> Last year's balance 3,899,017 + this year's net addition 360,000 (MLK&CLK, PRR & GR&BS)	<b>4,259,017</b>
<b>2. Programmable Fund (Interest Income and other transactions) as of 30 June 2023:</b> Last year's balance +623,969 + this year's interest income 338,667- KEEA (150,000-116,000) 34,000 - KEEA/Voc. Award expenses 149,928).	<b>778,708</b>
<b>Grand Total (1 + 2) : Balance in Club Service TF &amp; PF</b>	<b>5,037,725</b>



**Rtn. Rabendra R. Pandey**  
PP &  
KPAD Programme Manager

## Rotary Club of Patan (RCP) Khagendra Raj and Piyush Priya Ability Development Endowment Fund (KPAD Fund)

### Annual Report as of 30 June 2023



**Rtn. Bijaya Mallapaty**  
PP &  
KPAD Finance Manager

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

#### Highlights of the KPAD Programme:

- RCP KPAD Fund was established with a long-term vision to enable people with disabilities.
- The RCP family committed to take ownership of this flagship programme through advocacy for fund-raising and voluntary contributions by a maximum number of the RCP family.
- Within three months of its establishment, the RCP raised over NRs. 25 Lakh (2.5 million) and set its aim to raise NRs. 1 crore (10 million). By 30 June 2023, the end of the Rotary Year 2022-2023, KPAD was able to raise NRs. 8,872,248 and had a programme fund balance of NRs. 1,426,732.
- All interest from the KPAD Trust Fund is deposited into a Programme Fund, which is used to support programmes for people with disabilities. All the professional time and resources provided by the RCP family to manage this programme are voluntary.
- First support from the KPAD funds was made in December 2019 to the Karnali secondary school's 20 visually impaired students with supplies worth NRs. 32,500.
- Second project from the KPAD funds was 'Empowering People with Disabilities in Nepal by Teaching Organic Vegetable and Poultry Farming Skills' started in April 2021. This project continues and the RCP has sponsored it with its second year's contribution of NRs. 300,000 during this Rotary Year.

#### • 2022-2023 Activities:

Representatives of the RCP KPAD committee have been working on the project called 'Empowering People with Disabilities in Nepal by Teaching Organic Vegetable and Poultry Farming Skills' since early 2021. This is a five-year project for which a 'Project Cooperation Agreement' was signed in April 2021 between three project partners - The Rose International Fund for Children (TRIFC), USA Non-profit (NGO); Ability Development Society of Nepal (ADSoN), Nepal NGO; and the Rotary Club of Patan. In 2023, when the agreement with the implementing partner 'Shijan Organic Pvt. Ltd' came to an end, the Project Partners decided to give the responsibility of implementation directly to ADSoN, which had strengthened its staffing capacity.

Learning how to grow organic vegetables and raise organic poultry are skills which help lift people with disabilities (PwD's) in Nepal by instilling the values of life-long learning, cooperation, cross-disability interaction, helping others and dignity, all the while learning and earning. This project trains PwD's from all different disability areas who will in turn teach other PwD's through a 3-month vocational training course designed to be disability accessible and inclusive. Programme graduates are prepared and qualified to start their own farming enterprise with the target of joining a cooperative to help market and sell their products. Some graduates choose to start their own garden area in their own home to grow vegetables and poultry for their family to consume. Follow-up help and support are provided as needed. Whatever the programme graduates choose to do with their farming knowledge, they will have learned valuable skills that will empower, improve self-esteem, and be greatly valued by their families.

The project has established a disability-friendly, inclusive organic farm on a parcel of leased farmland in the Kathmandu valley to provide for the economic

sustainability and improved nutritional health of people with disabilities. The project partners are undertaking their activities after receiving extensive advice and counsel from organic farming experts, marketing experts and organizations supporting people with disabilities. At this stage, five batches of training have been completed and 25 persons with disabilities have successfully graduated from the course.

The KPAD Fund also sponsored the logistics costs to provide a total of 27 wheelchairs from Rotary District 3292 to persons with disability in various parts of the country.

**The revised KPAD committee to manage KPAD programme:**

Ex-officio Coordinator: President Elect & Treasurer,  
Rtn. Preeti Khemka  
Prog. Manager: Rtn. Rabendra R. Pandey  
Finance Manager: Rtn. Bijaya Mallapaty  
Members: Rtns. Kedar B. Shrestha, Bishwa B. Sharma, Maheswari Bisht Rawal & Bishnu P. Sigdel  
Other Ex-officio members: President Rtn. Mahendra S. Rawal

**KPAD Financial Status as of 30 June 2023:**

Trust Fund:	NRs. 8,872,248
Programme Fund Balance:	NRs. 1,426,732
<b>Total:</b>	<b>NRs. 10,298,980</b>

Members and well-wishers have continued to contribute to the KPAD Fund – the chart below gives a comprehensive list of contributors.

<b>KPAD Contributors as of 30 June 2023</b>	<b>(NRs.)</b>
Rtn. Piyush B. Bajracharya	20,000
Rtn. Krishna B. Basnyat	25,000
Rtns. Matsyendra & Chandralekha Kayastha	225,000
Rtn Shiv P. & Preeti Khemka	135,000
Ms. Sarita Kedia, c/o Rtn. Preeti Khemka	10,000
Late Ms. Krshni Devi (Grandmother of Rtn. Shiv P. Khemka)	50,000
Sub-total c/o Rtns. Shiv P. & Preeti Khemka	Rs. 195,000
Rtns. Padam L. & Kamala Maharjan	10,000
Rtns. Gabriele & Bijaya Mallapaty	600,000
Rtn. Ramesh L. Maskay	10,000
Rtn. Keshab B. Mathema	5,000
Rtn. Kamal B. Nyachhyon	100,000

Rtn. Rabendra R. Pandey	2,477,500
The Rose International Fund for Children (TRIFC, USA)	1,354,248
Ability Development Society of Nepal (ADSON)	500,000
Mr. Michael Paulin	44,000
Herman & Manju Van Duyse family and friends through ADSON	250,000
Mr. Navraj Ghimire	200,000
Sub-total c/o Rtn. Rabendra R. Pandey	Rs. 4,825,748
Rtn. Shiva K. Pradhan	15,000
Rtn. Nirmal K. Pradhanang	175,000
Ms. Anusha Pradhanang, daughter of Rtn. Nirmal K. Pradhanang	50,000
Sub-total c/o Rtn. Nirmal K. Pradhanang	Rs. 225,000
Rtn. Siba B. Rajbhandary	108,500
Mrs. Mithila Rajbhandary-in the name of grandchildren Grijesh, Dillon, Jarod, Everest, Maiti & Amaya	50,000
Sub-total c/o Rtn. Siba B. Rajbhandary	158,500
Rtn. Mahendra S. Rawal	10,000
Rtn. Prakash R. Regmi	100,000
Rotaract Club of Patan	10,000
Rtn. PDG Tirtha M. Sakya	50,000
Rtn. Bishwa B. Sharma	10,000
Rtn. Jeevan K. Shrestha	10,000
Rtn. Kedar B. Shrestha	200,000
Mr. Bharat B. Shrestha, Rtn. Kedar B. Shrestha's 'bhatija' from Houston, USA	250,000
Mr. Shridhar L. Shrestha, Rtn. Kedar B. Shrestha's 'bhanja' from New York, USA	200,000
Ms. Nirmala Maskey, Mrs. Shanta Shrestha's aunt	1,000,000
Sub-total c/o Rtn. Kedar B. Shrestha	Rs. 1,650,000
Rtn. Santa K. Shrestha	200,000
Rtn. Yagya B. Shrestha	30,000
Rtn. Lalita C. & Kiran Thapa	353,000
Rtn. Mahendra B. Thapa	35,000
<b>Total:</b>	<b>8,872,248</b>

# Rotary Club of Patan (RCP) Prajapati Education Endowment Fund (PEEF) Annual Report as of 30 June 2023



**- Rtn. Bijaya Mallapaty**  
*Past President & PEEF Finance Manager*

## Introduction

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

During the Rotary Year 2022/23, 418 students received scholarship support of which 62% percent were girls. As of 30 June 2023, the PEEF Trust Fund has reached Nepalese Rupees (NRs.) 15.84 million with a Programme Fund balance of 3.50 million bringing the total fund balance to NRs. 19.34 million. The RCP is maintaining a Programme Fund at this level to sustain the scholarship programme and cover any reductions in contributions in the programme fund and/or reductions in income from the Trust Fund due to fluctuations in the interest rates.

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

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

programme, the RCP family volunteers its valuable time and resources during the annual student selection and funds distribution in the assisted public schools throughout the Lalitpur District. Several of these schools are only accessible with 4-wheel drive vehicles during the rainy season, despite their proximity to Kathmandu.

This annual report captures key actions taken during the reporting period 1 July 2022 to 30 June 2023, and provides a summary, together with an attachment, showing all PEEF contributors and contributions.

## Key Actions

- The gradual easing of the COVID-19 pandemic allowed the RCP to complete its selection and distribution campaign to all schools for this year in a timely manner. The RCP family made considerable efforts during this year's campaign to ensure that students, both at grades 7-10 and grades 11-12, got their annual scholarships.



*Scholarship distribution at Path Pradarshak School*



*RCP members and school management with selected students at grade 7 for PEEF support*



- The RCP managed to reward ten meritorious students receiving PEEF scholarships this year with the RCP's annual 'Kamalmani Educational Excellence Award' (KEEA), which started in 2013. The award amount has been increased to NRs. 150,000 with generous contributions from the RCP's Cub Service Trust Fund and contributions from individual members.



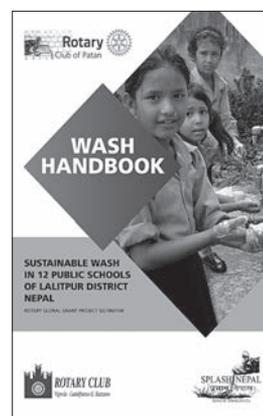
*Kamalmani Educational Excellence Award (KEEA) and Graduate Studies Award (GSSA) winners Scholarship*



*1st Prize winner of KEEA speaking on behalf of all the awardees*

- The RCP also started to provide scholarship support to two students for the master's level through its 'Graduate Studies Scholarship Award' sponsored by Rtns. Matsyendra L. Kayastha and Prakash R. Regmi, with a grand awards ceremony.
- In twelve of the PEEF supported schools, the RCP continued to monitor the WASH facilities with the application of the 'Seven Flags Approach of Total Sanitation' (7FATS) in school concept followed by the Government of Nepal with technical support of the World Health Organization in Nepal. This global grant project with a budget of US \$81,000, sponsored by Rotary Clubs and Districts in Italy, the Rotary Foundation, and implementing partner Splash (Prabhav) Nepal, was completed in December 2020.

The Rotary Club of Patan had prepared a handbook that establishes a permanent record of the baseline status and the improvements done in the supported schools; provide a reference document to the supported schools and act as a reference handbook for similar projects in the future. The handbook has been widely shared and can be viewed following this link:



[https://issuu.com/rotaryclubpatan/docs/rotary\\_gg1860104\\_wash\\_handbook\\_final](https://issuu.com/rotaryclubpatan/docs/rotary_gg1860104_wash_handbook_final)



*The RCP's KEEA and GSSA recognition ceremony*

While the schools own the project, the school management committees with the participation of student bodies ensure its long-term sustainability.

- The RCP started several other supportive activities in the four adopted schools, from among the PEEF supported schools, as a pilot to provide a more holistic support. These included girl's empowerment programme with training on menstrual hygiene with a survey for the preparation of a manual in this regard; participation in the training of trainers on Student Quality Circle (SQC) to establish a network for Total Quality Management (TQM) in these schools; and support to a 'Quiz Contest' coordinated by the Rotaract Club of Patan. In addition a leadership training of headmasters of all the PEEF supported schools was also provided.

#### Financial Report of 2022-2023:

- (i) During the Rotary Year 2022-2023, 418 public school students from lower-income families in 25 public schools of Lalitpur District received scholarship support totalling NRs. 1,681,000 (NRs. 1,345,500 to 357 students in grades 7 to 10 and NRs. 335,500 to 61 students in grades 11 to 12).

The scholarship amount was increased to NRs. 3,500 in grades 7 to 10 plus NRs. 1,000 for those meritorious students getting a GPA of 2.81 or more (70% or B+), and NRs. 5,500 to students in grades 11 and 12. Considering the continuing inflation, the RCP had decided to increase the scholarship amounts by NRs. 500, over the last year, to each student from this year.

- (ii) In grades 7 to 10 this year, 94 students (26% of students in grades 7 to 10) got merit.
- (iii) Ratio of male/female students this year was 261 girls (62%) and 157 boys (38%) continuing with the trend of more girls going to the public schools as affording parents give priority to boys for higher cost private school education.
- (iv) During this Rotary Year, total contributions of NRs. 1,420,219 (NRs. 1,019,759 in the Trust Fund and NRs. 400,460 in the Programme Fund) was received. Major contributors (contributing over NRs. 100,000) this year were Dr. Prabhu Prabhakar, USA, c/o Ms. Jabina Rajbhandary, daughter of Rtn. Siba B. Rajbhandary, Mr. Arun Chaudhary, Rtns. Bijaya and Gabriele Mallapaty, and former Rotarian of the RCP Mr. Chandra S. Gyawali. The attached statement in the annex lists all contributions received as of 30 June 2023.

#### (v) Balances (statement in annex):

	<i>As of 30 June 2023</i>	<i>Previous Year</i>
Trust Fund	NRs. 15,835,246	NRs. 14,815,487
Programme Fund	NRs. 3,447,082	NRs. 3,037,004
<b>Total PEEF</b>	<b><u>NRs. 19,282,328</u></b>	<b><u>NRs. 17,852,491</u></b>

#### Acknowledgements

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

The RCP manages this programme entirely voluntarily with zero administrative cost. In addition to specific contributions, RCP family members contribute their time and resources for the annual selection and distribution of scholarships at 25 public schools in various locations of Lalitpur District.

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

#### The PEEF Committee Members for 2023-2024:

Rtn. Preeti Khemka, President Elect: Coordinator & 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. Ramesh L. Maskay, Member

Rtn. Jamuna K. Tamrakar, Member

Ex-Officio Member: President Rtn. Mahendra S. Rawal

◆ ◆ ◆

**PEEF Contributions as of 30 June 2023**

in NRs.

S.No.	Contributors	2022-2023 Receipts		Totals as of 30 June 2023		
		Trust Fund	Programme Fund	Trust Fund	Programme Fund*	Total
	<b>A. Contributors with Sub-Totals under the RCP Initiators</b>					
1.	Rtn. Piyush B. Bajracharya			75,000	51,700	126,700
2.	Mr. Mandar Bajracharya, USA			24,860	-	24,860
3.	Ms. Sabita R Bajracharya, USA			15,000	-	15,000
	<b>Sub-Total Rtn. Piyush Bajracharya</b>			<b>114,860</b>	<b>51,700</b>	<b>166,560</b>
4.	Rtn. Krishna B Basnyat			15,000	5,000	20,000
5.	Late Yasodhara Basnet			15,000	-	15,000
	<b>Sub-Total Rtn. Krishna B. Basnyat</b>			<b>30,000</b>	<b>5,000</b>	<b>35,000</b>
6.	Late Rtn. Kamalmani Dixit			108,500	-	108,500
7.	Late Spouse Anju Dixit			-	20,000	20,000
	<b>Sub-Total Late Rtn. Kamal M. Dixit</b>			<b>108,500</b>	<b>20,000</b>	<b>128,500</b>
8.	Former Rtn. Chandra S. Gyawali	67,360	32,640	274,440	377,640	652,080
9.	Mrs. On Oswin. Bachan & David's friends			75,000	-	75,000
10.	Mr. Takashi Kawasaki, Japan			60,000	-	60,000
11.	Dr. iur.Karl-Heinz Loderle, Austria			82,386	-	82,386
	<b>Sub-Total former Rtn. Chandra S. Gyawali &amp; Rtn. Lochan Gyawali</b>	<b>67,360</b>	<b>32,640</b>	<b>491,826</b>	<b>377,640</b>	<b>869,466</b>
12.	Late Rtn. Narayan G. Halwai			70,250	22,700	92,950
13.	Mrs. Munu Rajkarnikar			15,000	10,000	25,000
14.	Mrs. Neeru Shakya			15,000	-	15,000
15.	Rtn. Prahlad Manandhar			15,000	-	15,000
16.	Rtn. Suresh + Dr. Indira Satyal			30,000	-	30,000
17.	Late Harkha M. Rajkarnikar			100,000	-	100,000
18.	Mr. Manish Rajkarnikar, USA			57,500	-	57,500
19.	Mrs. Heema Rajkarnikar Joshi, USA			15,000	-	15,000
20.	Mr. & Mrs. Manish & Smrity Rajkarnikar, USA			30,000	-	30,000
21.	Mrs. Shubha R. Shrestha, Australia			15,000	-	15,000
22.	Saurav, Anju & Melbourne friends			30,000	-	30,000
23.	Mr. Darshan Shrestha, Australia			15,000	-	15,000
24.	Mrs. Smrity Tuladhar and friends, USA			15,000	-	15,000
25.	Mr. S. Muramoto, Japan			10,000	-	10,000
26.	Rtn. Jim Sinclair, USA			14,497	-	14,497
	<b>Sub-Total Late Rtn. Narayan G. Halwai</b>			<b>447,247</b>	<b>32,700</b>	<b>479,947</b>
27.	Rtn. Matsyendra L. Kayastha			215,000	75,000	290,000
28.	Rtn. Chandreleka Kayastha			15,000	22,400	37,400
29.	Late Krishna L. Kayastha			15,000	15,000	30,000
30.	Late Amrit K. Kayastha			15,000	15,000	30,000
31.	Mr. Manish Kayastha			60,000	15,000	75,000
32.	Late Nanda L. & Chiniya D. Kayastha			15,000	15,000	30,000
33.	Late Mr. & Mrs. Singha B. Kayastha			15,000	15,000	30,000
34.	Mrs. Prathana S. Kayastha			15,000	10,000	25,000
35.	Mr. & Mrs. Kanhaiya & Rohini Kayastha, USA			15,000	15,000	30,000
36.	Mrs. Mousam K. Adcock, USA			32,725	27,275	60,000
37.	Dr. Bruce Adcock, USA			17,700	12,300	30,000
38.	Mr. Rayhan K. Adcock, USA			15,000	15,000	30,000
39.	Late Krishna B Gongol			20,000	10,000	30,000
40.	Late Bhumati D. Gongol			20,000	10,000	30,000
41.	Mrs. Megha K. Joshi			20,000	-	20,000
42.	Rtns. Matsyendra & Chandreleka Kayastha			50,000	10,000	60,000
43.	Ms. Diya K. Adcock			20,000	10,000	30,000
44.	Mr. Pranish L. Kayastha			30,000	20,000	50,000
45.	Mr. Jitendra & Deepa Amatya			30,000	-	30,000
46.	Late Mr. Ananda L. Kayastha family			50,000		50,000
47.	Dr. Jabina Ramde family			100,000		100,000
	<b>Sub-Total Rtns. Matsyendra &amp; Chandreleka Kayastha</b>			<b>785,425</b>	<b>311,975</b>	<b>1,097,400</b>
48.	Rtn. Padam L. Maharjan			20,000	-	20,000
49.	Late Sanu Maharjan			15,000	-	15,000
50.	Late Mrs. Lanthakuwn Maharjan			15,000	-	15,000
51.	Mr. Pascal Maharjan, USA			15,000	-	15,000
52.	Mr. Pankaj Maharjan, USA			15,000	-	15,000

## PEEF Contributions as of 30 June 2023

in NRs.

S.No.	Contributors	2022-2023 Receipts		Totals as of 30 June 2023		
		Trust Fund	Programme Fund	Trust Fund	Programme Fund*	Total
53.	Mrs. Poonam Maharjan, USA			15,000	-	15,000
54.	Ms. Ayumi I. Maharjan			20,000	-	20,000
55.	Mrs. Emi I. Maharjan, USA			15,000	-	15,000
56.	Ms. Mijuki I. Maharjan			20,000	-	20,000
57.	Mr. & Mrs. Michael & Kristine			52,880	-	52,880
58.	Ms. Anye Mae Maharjan			30,000		30,000
	<b>Sub-Total Rtn. Padma L. Maharjan</b>			<b>232,880</b>	<b>-</b>	<b>232,880</b>
59.	Rtns. Bijaya and Gabriele Mallapaty	200,000	510	307,500	196,030	503,530
60.	Ms. Smriti Mallapaty, USA			15,000	15,000	30,000
61.	Mr. Ajaya & Mrs. (Dr.) Anu Mallapaty, USA			320,000	40,000	360,000
62.	Mrs. Ilse Hahn, Germany			65,000	37,000	102,000
63.	Mrs. Manuela Mucke, Germany	21,100		96,650	-	96,650
64.	Late Dilli R. Uprety			15,000	-	15,000
65.	Mr. Roraj Pradhananga, USA			62,750	-	62,750
66.	Mr. Bhawani Sapkota, USA			30,000	-	30,000
67.	Mrs. Sujala Pant, USA			15,000	-	15,000
68.	Mangala and (Late Shive) Pradhananga, USA			105,000	57,876	162,876
69.	Mrs. Surabi Bhattarai, USA			15,000	-	15,000
70.	Ms. Katherine Piedra, USA			15,000	-	15,000
71.	Mr. Jorgen Andersen, Denmark				3,370	3,370
72.	Mr. Rob McDevitt & Ms. Mala Singh			100,000		100,000
73.	Mr. J. Schneiders, Germany			28,000		28,000
74.	Dr. Subarna Malla Singh and Ms. Pratibha Sampeur			1,000,000		1,000,000
75.	Mr. & Mrs. Surendra & Geeta Pradhananga	51,000		51,000		51,000
76.	Mr. & Mrs. Sumir & Sapana Rimal		20,000		20,000	20,000
	<b>Sub-Total Rtns. Bijaya &amp; Gabriele Mallapaty</b>	<b>272,100</b>	<b>20,510</b>	<b>2,240,900</b>	<b>369,276</b>	<b>2,610,176</b>
77.	Rtn. Keshab B. Mathema			116,000	-	116,000
78.	Mr. and Mrs. Chris & Kathleen Davis, USA			126,902	-	126,902
79.	Nick Simons Foundation			366,000	-	366,000
80.	Mr. Barun Mathema			30,000	-	30,000
81.	Mrs. Gail Bates				110,000	110,000
	<b>Sub-Total Rtn. Keshab B. Mathema</b>			<b>638,902</b>	<b>110,000</b>	<b>748,902</b>
82.	Rtn. Rabendra R. Pandey			15,000	-	15,000
83.	Khagendra Piyush Education Guthi		18,360	15,000	175,680	190,680
84.	Rtn. Robert Rose & Anne Gina, USA			15,000	-	15,000
	<b>Sub-Total Rtn. Rabendra R. Pandey</b>	<b>-</b>	<b>18,360</b>	<b>45,000</b>	<b>175,680</b>	<b>220,680</b>
85.	Rtn. Krishna (Late) & IW Sulochana Pradhan			15,000	-	15,000
86.	Mr. & Mrs. Mahesh & Sandhya Pradhan			15,000	-	15,000
87.	Mr. Mrs. Sarosh & Rajshree Pradhan			15,000	-	15,000
88.	IW Sulochana Pradhan			20,000	-	20,000
	<b>Sub-Total Rtn. Krishna (Late) &amp; IW Sulochana Pradhan</b>			<b>65,000</b>	<b>-</b>	<b>65,000</b>
89.	Prajapati Foundation			-	100,000	100,000
90.	Rtn. Sharda Prasai			150,000	-	150,000
91.	Late Rtn. Prajapati Prasai			14,000	-	14,000
92.	Mr. Andre Gilloz, Switzerland			453,290	-	453,290
93.	Mr. Georges A. Cuendet, Switzerland			381,227	-	381,227
94.	Ms. Veera & Mr C. Trachaz, Switzerland			573,473	-	573,473
95.	Mrs. Ines Ramaut, Belgium			28,488	-	28,488
96.	Mr. Patric & Mrs Martine, Belgium			13,972	-	13,972
	<b>Sub-Total Rtns. Prajapati (Late) &amp; Sharda Prasai</b>			<b>1,614,450</b>	<b>100,000</b>	<b>1,714,450</b>
97.	Rtn. Siba B. Rajbhandary and family			198,795	10,000	208,795
98.	International Ladies Bridge Club			30,000	-	30,000
99.	Dr. Sushila Pradhan			30,000	-	30,000
100.	Mrs. Mary Pradhan, USA			38,290	-	38,290
101.	Mrs. Deepa H. Rustum, USA			46,920	-	46,920
102.	Mr. Yakshya B. Malla, USA			15,094	-	15,094
103.	Mr. & Mrs. Obi & Vibha Joshi, USA			14,400	-	14,400
104.	Mr. Dillon Lal, USA			12,010	-	12,010
105.	Mr. Prayog M. Pradhan, Australia			15,000	-	15,000

**PEEF Contributions as of 30 June 2023**

in NRs.

S.No.	Contributors	2022-2023 Receipts		Totals as of 30 June 2023		
		Trust Fund	Programme Fund	Trust Fund	Programme Fund*	Total
106.	Mr. Grijesh M. Shrestha			15,000	-	15,000
107.	Mr. Jarod Lal, USA			15,000	-	15,000
108.	Mr. Everest B. Rajbhandary, USA			34,501	-	34,501
109.	Dr. Roji Rajbhandary, USA			15,000	-	15,000
110.	PDG Rtn. Amitav Mukerjee, India			39,500	-	39,500
111.	PDG Rtn. Shekhar Mehta, India			25,000	-	25,000
112.	Rtn. Susan Sola, USA			35,248	-	35,248
113.	Mr. Keith Smith, Australia			95,525	-	95,525
114.	Ms. Linda Starodub, USA			17,033	-	17,033
115.	Mr. Richard C. Goldman, USA			7,547	-	7,547
116.	Dr. Prabhu Prabhakar, USA	630,299		2,994,501	421,970	3,416,471
117.	Ms. Maiti Mithila Rajbhandary			30,000	-	30,000
	<i>Through Rtn. Dr. Tulsi L Maharjan, USA:</i>					
118.	Rtn. Dr. Tulsi L Maharjan			40,709	-	40,709
119.	Late Shailendra K. Upadhyay			15,000	-	15,000
120.	Late Mohan N. Shrestha			15,000	-	15,000
121.	Late Kul Narayan Maharjan			139,625	-	139,625
122.	Late Krishna Manandhar			455,950	-	455,950
123.	Late Hari B. Dongol			148,000	-	148,000
124.	Friends of Nepal, New Jersey, USA			232,550	-	232,550
125.	Late Laxmi M. Maharjan			37,550	-	37,550
126.	Wen Chinan Yang Mem. Scholarship			148,000	-	148,000
127.	Mr. John Person			30,000	-	30,000
128.	Ms. Sulochana			110,924	-	110,924
	<b>Sub-Total Rtn. Siba B. Rajbhandary</b>	<b>630,299</b>	<b>-</b>	<b>5,097,672</b>	<b>431,970</b>	<b>5,529,642</b>
129.	Rtn. Prakash R. Regmi			45,000	-	45,000
130.	Mrs. Upasana Regmi			15,000	-	15,000
131.	Ms. Jigyasa Regmi			30,000	-	30,000
	<b>Sub-Total Rtn. Prakash R. Regmi</b>			<b>90,000</b>	<b>-</b>	<b>90,000</b>
132.	Rtn. Pushkar M. Shakya			-	20,000	20,000
133.	Mrs. Teresa Cruz, Portugese Consular			112,767	-	112,767
134.	Ms. Rita J. Weber, Switzerland			11,000	-	11,000
135.	Mr. Andre De Jonckheere, Belgium Consular			10,000	-	10,000
	<b>Sub-Total Rtn. Pushkar M. Shakya</b>			<b>133,767</b>	<b>20,000</b>	<b>153,767</b>
136.	Rtn. Ganesh R. Shrestha			78,000	15,000	93,000
137.	Mr. Yadav Kunwar			75,000	-	75,000
138.	Mr. Bijaya N. Bhattarai			15,000	-	15,000
139.	Rtn. & IW Bijaya Shrestha			15,000	-	15,000
140.	Ms. Ujala Shrestha			15,000	-	15,000
	<b>Sub-Total Rtn. Ganesh R. Shrestha</b>			<b>198,000</b>	<b>15,000</b>	<b>213,000</b>
141.	Rtn. Kedar B. Shrestha			15,000	20,000	35,000
142.	Indra-Jawahar Sahyog Guthi			15,000	-	15,000
143.	Mrs. Jawahar D. Shrestha			15,000	-	15,000
144.	Mr. Season Shrestha, USA			10,388	-	10,388
145.	Mr. Prem R. Mahat, USA			10,388	-	10,388
146.	Mr. Rajendra Shrestha, USA			10,388	-	10,388
147.	Dr. & Mrs. Sanjib & Soni Shrestha, USA			85,158	500,000	585,158
148.	Mr. & Mrs. Keshav & Ram S. Shrestha, USA			15,000	-	15,000
149.	Mr. & Mrs. Shreedhar & Sudeshna Shrestha, USA			18,773	-	18,773
150.	Mr. & Mrs. Bharat & Baijanti, USA			14,770	-	14,770
151.	Mr. & Mrs. Anuva & Kraig Bonzek, USA			14,770	-	14,770
152.	Mr. Raj Shrestha			14,770	-	14,770
153.	Mr. & Mrs. Nabin & Agnes Shrestha, USA			14,770	-	14,770
154.	Mr. & Mrs. Bikash & Bijaya Shrestha, USA			7,161	-	7,161
155.	Mr. & Mrs. Pankaz & Monika Shrestha, USA			14,770	-	14,770
156.	Dr. Sabin Shrestha, USA			14,770	-	14,770
157.	Sarswati Govinda Foundation			1,150,000	2,350,000	3,500,000
158.	Late Mr. Lunkaran Das. Chaudhary & Mrs. Ganga Devi Chaudhary c/o Mr. Arun Chaudhary		300,000		1,200,000	1,200,000
	<b>Sub-Total Rtn. Kedar B. Shrestha</b>		<b>300,000</b>	<b>1,440,876</b>	<b>4,070,000</b>	<b>5,510,876</b>
159.	Rtn. Mukti N. Shrestha			20,000	-	20,000

## PEEF Contributions as of 30 June 2023

in NRs.

S.No.	Contributors	2022-2023 Receipts		Totals as of 30 June 2023		
		Trust Fund	Programme Fund	Trust Fund	Programme Fund*	Total
160.	IW Prabina Shrestha			45,000	-	45,000
	<b>Sub-Total Rtn. Mukti N. Shrestha</b>			<b>65,000</b>	<b>-</b>	<b>65,000</b>
161.	Rtn. Lalita C. Thapa			30,000	6,550	36,550
162.	Ms. Rupa Chitrakar			90,000	10,000	100,000
	<b>Sub-Total Rtn. Lalita Thapa</b>			<b>120,000</b>	<b>16,550</b>	<b>136,550</b>
	<b>Total of A</b>	<b>969,759</b>	<b>371,510</b>	<b>13,960,305</b>	<b>6,107,491</b>	<b>20,067,796</b>
	<b>B. Individual RCP Contributors</b>					
163 .	Rtn. Bijaya Bajracharya			1,000	-	1,000
164.	Rtn. Kamal B. Nyachhyon			15,000	-	15,000
165.	PDG Rtn. Tirtha M. Sakya			15,000	-	15,000
166.	Rtn. Biswa B. Sharma			15,000	10,000	25,000
167.	Rtn. Jeevan & IW Gunu Shrestha			20,000	4,000	24,000
168.	Former Rtn. Kiran Shrestha with Arti, Usha, Abha		5,000	15,000	5,000	20,000
169.	Rtn. Santa K. Shrestha			25,111	-	25,111
170.	Rtn. Jamuna K. Tamrakar			79,500	6,000	85,500
171.	Rtn. Nirmal Pradhanang (Incl. in memory of Kieth Smith 5K)		9,350	-	19,900	19,900
172.	Rtn. Shiv P. & Preeti Khemka			100,000	-	100,000
173.	Rtn. Mahendra B. Thapa		4,600		31,100	31,100
174.	Rtn. Tulsi Neupane (Former RCP)			15,000	-	15,000
175.	Rtn. Shiva K. Pradhan		10,000		10,000	10,000
176.	Mr. Suresh C. Lakhey (Former RCP)			77,000	-	77,000
177.	Mr. Shreedhar Shumsher JBR (Former RCP)			15,000	-	15,000
178.	Mr. Khruschev & Mrs. Kalpana Shrestha (Former RCP)			20,000	10,000	30,000
179.	Mr. Som Paneru (Former RCP)			20,000	-	20,000
180.	Late Mr. Shreedhar Acharya (Former RCP)			71,000	-	71,000
181.	Mr. Chirinjibi Acharya (Former RCP)			15,000	-	15,000
182.	Dr. Chandra P. Maskey (Former RCP)			15,000	-	15,000
183.	Dr. Prachanda Pradhan (Former RCP)			30,000	-	30,000
184.	Mr. Bhisma R. Prasai (Former RCP)			15,000	-	15,000
185.	Mr. Madan Rai (Former RCP)			15,000	-	15,000
186.	Mr. Gyanu R. Shakya (Former RCP)			15,000	-	15,000
187.	Mr. Karna B. Shakya (Former RCP)			15,000	-	15,000
188.	Mr. Moti L. Shilpakar (Former RCP)			13,000	-	13,000
189.	Late Mr. Ram S. Thapa (Former RCP)			15,000	-	15,000
190.	Former RCP Members: Late Rtn. Vishnu P. Dhital-6000, Mr. Om Rajbhandary-6000, Rtn. Siddhi B. Shakya-3000, Mr Sagar Shumshere JBR-5000, & Mr. Dhruva Thapa-1000			21,000	-	21,000
	<b>Total of B</b>		<b>28,950</b>	<b>672,611</b>	<b>96,000</b>	<b>768,611</b>
	<b>C. Other Contributors</b>					
191.	Alan Cope, Isle of Man, UK - 1000; Rtn. Denik Jrak, Belgium - 1000; Rtn. Shiyo Kaju Netsu, Japan - 5000; & Mr. Dhruva B. Raut - 1000			8,000	-	8,000
192.	Govinda Pratistham			15,000	-	15,000
193.	Inner Wheel Club of Patan	50,000		290,000	-	290,000
194.	Rtn. Gale Jones, USA			14,807	-	14,807
195.	Late PDG Rtn. T. Manekshaw			25,001	-	25,001
196.	Saheed Dharma B. Mathema			15,000	-	15,000
197.	IW Brinda Rana			20,000	-	20,000
198.	Rotary Club Fukui, Japan			35,449	-	35,449
199.	RCP including Vocational Fund			439,074	-	439,074
200.	Samjhouta Nepal			340,000	-	340,000
	<b>Total of C</b>	<b>50,000</b>		<b>1,202,331</b>	<b>-</b>	<b>1,202,331</b>
	<b>Grand Total A+B+C (All Contributions to TF and PF)</b>	<b>1,019,759</b>	<b>400,460</b>	<b>15,835,247</b>	<b>6,203,491</b>	<b>22,038,738</b>

\* Cumulative annual contributions have been recorded in the Programme Fund since its reporting in this format from 2014. The total cumulative Programme Fund differs from the actual balance based upon the disbursements of scholarship support every year.

Balances as of	30 June 2022	30 June 2023
Trust Fund	14,815,488	15,835,247
Programme Fund	3,037,004	3,500,669
<b>Totals</b>	<b>17,852,492</b>	<b>19,335,916</b>

# Bylaws of the Rotary Club of Patan

## (Amended: July 2023)

### Article 1 Definition

1. Board: The club's board of directors.
2. Director: A member of the club's board of directors.
3. Member: A member of the club, other than an honorary member.
4. Quorum: For Club Meeting: One-third of the club's members;  
For Board Meeting: a majority of the members of the board.
5. RI: Rotary International.
6. Year: The 12-month period that begins on 1 July.
7. In Writing: A communication capable of documentation, regardless of the method of transmission.

### Article 2 Board

- Section 1: The governing body of this club is the board of directors.
- Section 2: The number of board members shall be maintained at 13-15.
- Section 3: The board of directors shall consist of the president, immediate past president, president-elect, vice president, treasurer, secretary, joint-secretary, sergeant-at-arms, director/chair – club administration, director/chair – membership, director/chair – public image, director/chair – The Rotary Foundation, director/chair – service projects, and director – youth services.

### Article 3 Elections and Terms of Office

- Section 1: One month before elections, a three-member nominating committee comprising of the president elect (Chair), current president and the sergeant-at-arms is announced at the club meeting.
- Section 2: Members may propose candidates for secretary, joint secretary, treasurer, and any director positions to the nominating committee.

Section 3: Following a succession plan, the secretary, the vice-president, and the president-elect are normally proposed to become the vice-president, the president-elect, and the president respectively, for the following Rotary Year.

Section 4: During the Annual Meeting prior to 31 December, the candidates are proposed to the house and elected by consensus. Should there be more than one candidate for a post, the candidate who receives a majority of the votes for the office is declared elected to that office.

Section 5: If any officer or board member vacates his or her position, the remaining members of the board will appoint a replacement.

Section 6: Terms of office for each role are for one year and all candidates can be reelected for the following year.

Section 7: The term of office for the club president is specified as one year only.

Section 8: When a successor is not elected for any reason, the incumbent president's term can be extended for up to one year.

### Article 4 Duties of the Officer

Section 1: President. The president presides at club and board meetings and performs other duties as recommended in the online courses for Club President in the RI Learning Center.

Section 2: Immediate Past President. The immediate past president serves as a director of the board.

Section 3: President-Elect. The president-elect prepares for his or her year in office and serves as a director of the board.

Section 4: Vice-President. The vice-president presides at club and board meetings and performs the duties that might arise when the president is absent.

- Section 5: Treasurer. The treasurer oversees all funds and provides an annual accounting of them and performs the duties as recommended in the online courses for Club Treasurer in the RI Learning Center.
- Section 6: Secretary. The secretary keeps membership and attendance records and performs the duties as recommended in the online courses for Club Secretary in the RI Learning Center.
- Section 7: Joint-Secretary. The joint-secretary performs the duties of the secretary when the secretary is absent.
- Section 8: Sergeant-at-Arms. The sergeant-at-arms maintains order in club meetings and performs the duties as ordinarily pertain to the sergeant-at-arms.
- Section 9: Director/Chair – Club Administration. The director club administration performs the duties as recommended in the online courses for Club Administration Committee in the RI Learning Center.
- Section 10: Director/Chair – Membership. The director membership performs the duties as recommended in the online courses for Club Membership Committee in the RI Learning Center.
- Section 11: Director/Chair–Public Image. The director public image performs the duties as recommended in the online courses for Club Public Image Committee in the RI Learning Center.
- Section 12: Director/Chair – The Rotary Foundation. The director Rotary Foundation performs the duties as recommended in the online courses for The Rotary Foundation Committee in the RI Learning Center.
- Section 13: Director/Chair – Service Projects. The director service projects performs the duties as recommended in the online courses for Service Projects Committee in the RI Learning Center.
- Section 14: Director – Youth Services. The director youth services performs the duties as recommended in the online courses for Youth Services in the RI Learning Center.

## Article 5 Meetings

- Section 1: Annual Meeting. An annual meeting of this club shall be held no later than 31 December to elect the officers and directors who will serve for the next Rotary Year.
- Section 2: Regular weekly meetings of this club are held on Monday at 5:30pm to 6:00pm for fellowship and for meeting from 6:00pm to 7:00pm. Reasonable notice of any change or cancellation of the regular meeting shall be given to all club members.
- Section 3: Board meetings are held each month. Special meetings of the Board are called with reasonable notice by the president or upon the request of two members of the board.
- Section 4: Meetings may be held physically or virtually.
- Section 5: Board decisions may also be taken by e-mail, provided the majority of directors of the board affirm the decisions.

## Article 6 Dues

- Section 1: Annual membership dues shall consist of RI per capita dues, subscription fees to the Rotary regional magazine, district per capita dues, club annual dues, and any other Rotary or district per capita assessment.
- Section 2: Annual membership dues shall be determined by the board prior to 1 July every year. Members are requested to pay their membership dues in full no later than 30 June of every year. Exceptionally members can pay in two semi-annual installments by 30 June and by 30 December.
- Section 3: Late fee charge shall apply as determined by the board.

## Article 7 Method of Voting

The business of this club is conducted by voice vote or show of hands except for the election of officers/directors, which is conducted by ballot if there is more than one candidate for any position. The board may also provide a ballot for a vote on a specific resolution.

### **Article 8 Committees**

- Section 1: The club committees coordinate their efforts to achieve the club's annual and long-term goals. This club has the following committees:
- Club Administration
  - Membership
  - Public Image
  - The Rotary Foundation
  - Service Projects with a separate Director for Youth Service
  - Fellowship Coordinator
- Section 2: Additional committees may be appointed as needed.
- Section 3: The president is an ex officio member of all committees.
- Section 4: The president or the board shall refer additional business to a specific committee as needed.
- Section 5: Each committee's chair is responsible for the regular meetings and activities of the committee, supervises and coordinates its work, and reports to the board on all committee activities.

### **Article 9 Finances**

- Section 1: Prior to each fiscal year, the board shall prepare an annual budget of estimated income and expenditures.
- Section 2: The treasurer shall deposit club funds in financial institution(s) and accounts designated by the board, for club operations and service projects.
- Section 3: Bills are paid by the treasurer or another authorized officer when approved by two officers or directors.
- Section 4: A qualified person conducts a thorough annual review of all financial transactions.
- Section 5: Club members will receive an annual financial statement of the club.
- Section 6: The audited financial report of the previous Year and the selection of the auditor for the current year will be presented to the house for approval annually before 31 December.
- Section 7: The fiscal year is from 1 Shrawan to 30 Asadh. (Nepali fiscal year)

### **Article 10 Method of Electing Members**

- Section 1: A member proposes a candidate for membership to the board, or another club proposes one of its transferring or former members.
- Section 2: The board ensures that the candidate meets all of Rotary's membership requirements.
- Section 3: The board approves or rejects the candidate's membership within 30 days and notifies the proposer of its decision.
- Section 4: If the decision of the board is favorable, the prospective member is invited to join the club, educated about Rotary and membership requirements, and asked to sign the membership proposal form and to allow his or her name and proposed classification to be conveyed to the club.
- Section 5: If no member of the club submits a written objection including reasons for the objection, to the board within seven days after the club is notified of the prospective member, that person, upon payment of membership dues, is considered elected to membership.
- Section 6: If an objection has been filed with the board, the club shall vote on this matter at its next meeting. If approved despite the objection, the proposed member is elected to membership upon payment of membership dues.
- Section 7: The club may elect honorary members proposed by the board.

### **Article 11 Amendments**

These bylaws may be amended at any regular club meeting. Changing the club bylaws requires sending written notice to each member 21 days before the meeting, having a quorum present for the vote, and having two-thirds of the votes support the change. Changes to these bylaws must be consistent with the Standard Rotary Club Constitution, the RI Constitution and Bylaws, and the Rotary Code of Policies.

◆ ◆ ◆

# Rotary Club of Patan

## Financial Management Plan

The objective of this plan is to provide proper guidelines and information to perform the respective duties with respect to the grant funds received in the club or the funds utilized by the club.

### Financial Controls

- The Club Treasurer, or others as assigned by the Rotary Club President, will perform the following:
- Maintain a standard set of accounts
- Banking activities are in accordance with applicable laws of Nepal.
- Separate bank account for each Global Grant.
- District Grant can be deposited in the Club General account but will be accounted for separately.

### Bank Account Requirements of the Foundation

- The club will adhere to all Rotary Foundation bank account requirements as follows:
- Grant Bank Account will be low or non-interest bearing.
- Grant funds will not be deposited in investment account of any kind.
- The name on the account will be "Rotary Club of Patan GG 2....." (Grant number)

### Signatory to Bank Account

- The Club President, the club Treasurer, and the primary contact of the Global Grant, with a minimum of 2 signatures for all payments.
- All disbursements will be approved by the primary contact or in his/her absence by one of the secondary contacts for the grant project.
- Funds will be released either by Cheque or by Bank Transfer. Cash will only be released in exceptional cases and for payments when another traceable method is not possible.
- All cheques and withdrawals will have two Rotarian signatures. The person authorizing the disbursement will not be a signatory on the transaction.
- Inventory system will be established for the control of equipment and other assets purchased with grant funds and distributed through grant activities.

- Ensure that competitive bid system is followed at the time of procurement.
- Maintain Invoices, receipts and cheque requests for all grant expenditures for a period of six years.
- Perform monthly bank reconciliations and retain them electronically as well as in hard copy.
- As requested, but at least annually within 30 days after the end of each Rotary year, the Club Treasurer will make available to the Club President and the Club Rotary Foundation Chair, the General Ledger, Income Statements, Balance Sheet and Bank Statements.
- When a signatory position has changed, the signatories moving out must ensure that new signature cards for the new signatories are completed with the bank, within 30 days of the change.

### Discrepancies

The District Rotary Foundation Chair will be notified of any discrepancies and/or misuse of funds as soon as they are identified. The Club Rotary Foundation Chairperson will cooperate with the District Rotary Foundation Chair and The Rotary Foundation to resolve these issues.

Approved:

Date:



**Mahendra B. Thapa**  
Club President  
2021-22



**Shiva K. Pradhan**  
President Elect  
2021-22

Our Hearty Congratulations and Best Wishes to  
ROTARY CLUB OF PATAN  
on its 38<sup>th</sup>  
Charter Day



**United Graphic Printers Pvt. Ltd.**

Hadigaun Marg, Bishalnagar, KTM

Tel: 4009570, 4536082, Email: [unitedpress2047@gmail.com](mailto:unitedpress2047@gmail.com)

(For Quality Computer Layouts & Color Printings)

**Best Wishes and Congratulations**  
to  
**ROTARY CLUB OF PATAN**  
on its 38<sup>th</sup>  
**Charter Day**



Rtn. Ganesh R. Shrestha (MD)



Rtn. Bijay L. Shrestha (MD)

Sinchahity, Lalitpur  
Phone: 01-5003780, Mobile: 9851021440

## Vocational Service Awards of Rotary Club of Patan



- Rtn. Prakash Raj Regmi

### Background:

One of the five Avenues of Service, 'Vocational Service' is rooted in the second object of Rotary, which calls on Rotarians to encourage and foster high ethical standards in business and professions and recognize the worthiness of all useful occupations. Vocational service is the essence of Rotary and serves as the foundation from which we serve our communities around the world. Rotarians have a dual responsibility: to represent their occupations within their club and to exemplify the ideals of Rotary in their places of work.

The Rotary Club of Patan has a long history of recognizing individuals who have demonstrated high ethical professional standards, and through their vocations, made outstanding contributions to their communities and society at large.

Since the Rotary Year 2010/11 the Rotary Club of Patan started to confer Vocational Service Awards on up to three outstanding professionals every year. The Awards are given at a ceremony organized by the Rotary Club of Patan primarily during Rotary's Vocational Service Month, which is observed during the month of January. The vocational awards carry a cash award and a certificate.

The cash awards are covered by funds from the Rotary Club of Patan (NRs. 20,000) Rtns. Prakash Raj Regmi (NRs. 8,000) who has been contributing since 2010-2011, Rtn. Nirmal Pradhanang (NRs. 7,000) who joined in 2014/15 and Rtn. Rabendra Raj Pandey (NRs. 15,000) who joined in 2021/22. Starting with the Rotary Year 2022/23 the RC Patan Board decided to confer two awards in the amount of NRs. 25,000 and honor awardees in the six areas of focus for outstanding social services.

### Historical Record since 2010-2011

Rotary Year	Date	Recipients of Award	Service Area	Work Place	Award Amount NRS.
2010/11	1 Nov. 2010	Ms. Srijana Rajopadhyaya	Health	Bir Hospital	5000
		Ms. Aarati Chataut	Media	Nepal Television	5000
		Mr. Narayan Shrestha	Media	Nepal Television	5000
2011/12	24 Oct. 2011	Ms. Samjhana Maharjan	Media	Sagarmatha FM	5000
		Ms. Bina Tamang	Health	Medicare Hospital	5000
2012/13	29 Oct. 2012	Ms. Nanda K. Maharjan	Education	Janasewa HSS, Kirtipur	5000
2013/14	02 Dec. 2013	Mr. Dharma G. Maharjan	Education	Harisiddhi HSS, Lalitpur	5000
2014/15	27 Oct. 2014	Ms. Rita Thapa	Social Service	Founder of TEWA	5000
		Ms. Dil K. Chaudhary	Social Service	Activist, Free Kamlari	5000
		Ms. Gita Banjara	Health	Health Worker Mental Hospital	5000
2015/16	22 Feb. 2016	Mr. Babu Kaji Khatri	Education	Adarsha HSS, Lalitpur	5000
		Ms. Sudha Vaidya	Health	Kath Medical College	5000
		Ms. Srijana Duwal Shrestha	Media	Sub-editor NARI	5000
2016/17	23 Jan. 2017	Ms. Grishma Rajbhandary	Media	Image Channel TV	5000
		Mr. Keshav P. Dhakal	RHD Educator	Health Educator	5000
		Mr. Uddhav B. Khatri	Education	Udaya K harka HSS	5000
2017/18	15 Jan. 2018	Ms. Babita Basnet	Media	Chief Ed. Ghatna-Ra-Bichar	11000
		Mr. Anmol Maharjan	Health	Male Nurse, PC RHD Project	11000
2018/19	14 Jan. 2019	Dr. Mahendra Bista	Journalism	Executive Chair, NTV	11000
		Mr. Bashudev Adhikari	Health	President, Bright Star Society	11000
2019/20	27 Jan. 2020	Ms. Bhagawati Nepal	Health	Chair Mahilako Haat	11000
		Dr. Nimananda Rijal	Education	Lamjung Skill Dev. Foundation	11000
2021/22	6 June 2022	Dr. Suresh P Acharya	Media	Media Activist	15000
		Ms. Sita Gyawali	Education	ADSoN	15000
		Ms. Durga Sapkota	Health	KARMA HEALTH / YoSHAN	15000
2022/23	27 Feb. 2023	Dr. Shanker M. Rai	Health	Kirtipur Hospital	25,000
		Ms. Sangita Pant	Disability	Shanti Sewa Griha	25,000

### Note:

In the Rotary Year 2020/21 the RC Patan could not organize a vocational awards ceremony due to the COVID-19 pandemic. Nonetheless, the Rotary Club of Patan honored frontline health care workers by providing immediate COVID 19 essential supplies worth over 15 Lakhs rupees at several hospitals and clinics in the Kathmandu valley.

## Kamalmani Educational Excellence Awards (KEEA)



- PP Rtn. Gabriele Mallapaty

### Background:

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

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

In October 2015, the RCP further expanded the awards to reward 10 students. In June 2016, late Rtn. Kamalmani Dixit contributed additional NRs. 30,000 making a total contribution of NRs. 155,000 to the RCP's Club Service Fund, which covered the first prize of NRs. 12,000 annually. The additional 9 prizes would be given through annual contributions from RCP members - three second prizes of NRs. 5,000 each were contributed by Rtns. Ganesh R. Shrestha, Bijaya Mallapaty, and Matsyendra L. and Chandralekha Kayastha; and six third prizes of NRs. 3,000 each were contributed by Rtns. PDG Tirtha M. Sakya, Lalita Thapa, Sharada Prasai, Gautam Shakya (replaced by Jamuna K. Tamrakar from 2017), Siba B. Rajbhandary and Nirmal K. Pradhanang. **The third award ceremony in April 2016 awarded 10 students for the first time.**

In March 2017, Ms. Munu Rajkarnikar, spouse of late Rtn. Narayan G. Halwai, contributed NRs. 100,000 in the name of her husband for the KEEA to the RCP's Club Service Fund, and the RCP allocated NRs. 8,000 every year for the KEEA in the name of late Rtn. Narayan G. Halwai. In November 2017, Messrs. Kunda Dixit and Kanak Dixit contributed NRs. 10,71,117 in the name of late Rtn. Kamalmani Dixit to the RCP's Club Service Fund for the KEEA.

These additional contributions allowed the club to increase the awards starting with the **6<sup>th</sup> award ceremony in September 2018 to a total amount of NRs. 100,000.**

In June 2022 the Rotary Club of Patan Board approved a further increase in the award amounts. **In February 2023 at the 10<sup>th</sup> awards ceremony the 10 students received 1<sup>st</sup> prize of NRs. 30,000; three 2<sup>nd</sup> prizes of NRs 20,000; and six 3<sup>rd</sup> prizes of NRs. 10,000 to a total amount of NRs. 150,000.**

### Award Modalities:

Annually, ten PEEF scholarship students who scored highest in the final examination of grade IX from 10 different PEEF schools are pre-selected. The RCP calls all 10 students for interview and categorises - one best all-round student, three second-best students and six third-best students for cash awards and certificates.

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

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

### Current List of Sponsors:

Category	Sponsor	Amount (NRs.)	T. Prize Amount (NRs.)
1 <sup>st</sup> Prize	Late Rtn. Kamalmani Dixit and son Kunda Dixit	30,000	30,000
2 <sup>nd</sup> Prize (1)	Late Rtn. Narayan G. Halwai	8,000	20,000
	Rtn. Ganesh R. Shrestha	7,000	
	Rtn. Bijaya L. Shrestha	5,000	
2 <sup>nd</sup> Prize (2)	Rtn. Rabendra R. Pandey	8,000	20,000
	Rtns. Matsyendra L. and Chandralekha Kayastha	7,000	
	Rtn. Bijaya L. Shrestha	5,000	
2 <sup>nd</sup> Prize (3)	Rtn. Rabendra R. Pandey	8,000	20,000
	Rtn. Bijaya Mallapaty	7,000	
	Rtn. Bijaya L. Shrestha	5,000	
3 <sup>rd</sup> Prize (1)	Rtn. Rabendra R. Pandey	5,000	10,000
	PDG Rtn. Tirtha M. Sakya	5,000	
3 <sup>rd</sup> Prize (2)	Rtn. Rabendra R. Pandey	5,000	10,000
	Rtn. Lalita Thapa	5,000	

3 <sup>rd</sup> Prize (3)	Rtn. Rabendra R. Pandey	5,000	10,000
	Rtn. Sharada Prasai	5,000	
3 <sup>rd</sup> Prize (4)	Rtn. Rabendra R. Pandey	5,000	10,000
	Rtn. Nirmal K. Pradhanang	5,000	
3 <sup>rd</sup> Prize (5)	Rtn. Rabendra R. Pandey	5,000	10,000
	Rtn. Siba B. Rajbhondary	5,000	
3 <sup>rd</sup> Prize (6)	Rtn. Rabendra R. Pandey	5,000	10,000
	Rtn. Jamuna K. Tamrakar	5,000	
<b>Grand Totals:</b>			<b>150,000*</b>

\*Summary of distribution of NRs. 150,000: NRs. 30,000 in the name of late Rtn. Kamalmani Dixit and sons; NRs. 8,000 in the name of late Rtn. Narayan G. Halwai from Club Service Fund Interest. Annual Contributions of NRs. 112,000 from RCP members as listed above.

#### **Award History:**

##### **1<sup>st</sup> Award Ceremony – 16 December 2013**

###### **Award Recipient:**

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

##### **2<sup>nd</sup> Award Ceremony – 8 December 2014**

###### **Award Recipients:**

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

##### **3<sup>rd</sup> Award Ceremony – 10 April 2016**

###### **Award Recipients:**

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

##### **4<sup>th</sup> Award Ceremony – 20 February 2017**

###### **Award Recipients:**

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

##### **5<sup>th</sup> Award Ceremony – 18 Sept 2017**

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

##### **6<sup>th</sup> Award Ceremony – 10 Sept 2018**

###### **Award Recipients:**

- 1<sup>st</sup> Mr. Bir Doj Tamang – Shree Mahendra Adarsha Hss, Imadole, NRs. 25,000
- 2<sup>nd</sup> Ms. Kriti Pahari – Shree Path Pradarsak SS, Badikhel, NRs. 15,000

- 2<sup>nd</sup> Mr. Mahesh Shah – Pragati Shikchhya HSS, Kopundole, NRs. 15,000
- 2<sup>nd</sup> Ms. Sangita Tamang Lama– Bal Binod SS, Na Tole, NRs. 15,000
- 3<sup>rd</sup> Ms. Niruta Gairapiple – Shree Chandi Adarsha Saral SS, Chakupat, NRs. 5,000
- 3<sup>rd</sup> Ms. Dilu Kumari Kunwar - Shree Mahendragram SS, Tikathali, NRs. 5,000
- 3<sup>rd</sup> Ms. Preeti Pandey – Shree Balkumari SS, Sunakothe, NRs. 5,000
- 3<sup>rd</sup> Ms. Ritika Rai – Shree Mahendra Bhrikuti SS, Ekantakuna, NRs. 5,000
- 3<sup>rd</sup> Ms. Sapana Sapkota – Kitini Higher SS, Godavari, NRs. 5,000
- 3<sup>rd</sup> Ms. Alisha Timilsina – Tri Padma Vidyashram HSS, Pulchowk, NRs. 5,000

#### **7<sup>th</sup> Award Ceremony – 8 November 2019**

##### **Award Recipients:**

- 1<sup>st</sup> Ms. Susmita Thapa – Shree Chandi Adarsha Secondary School. Chakupat, NRs. 25,000
- 2<sup>nd</sup> Ms. Kritika Khadka – Pragati Shikshya Higher Secondary School, Kopundole, NRs. 15,000
- 2<sup>nd</sup> Mr. Ayush Thapa – Shree Mahendragram Secondary School, Tikathali, NRs. 15,000
- 2<sup>nd</sup> Ms. Supriya Nepal– Shree Mahendra Adarsha Higher Sec. School, Imadole, NRs. 15,000
- 3<sup>rd</sup> Ms. Sunita Tamang – Kitini Higher Secondary School, Kitini, NRs. 5,000
- 3<sup>rd</sup> Mr. Kiran Nepal – Phulchoki Higher Secondary School, Thaiba, NRs. 5,000
- 3<sup>rd</sup> Ms. Radhika Chhetri – Shree Krishna Higher Secondary School, Dhapakhel, NRs. 5,000
- 3<sup>rd</sup> Ms. Melina Sundas – Patan Higher Secondary School, Patan Dhoka, NRs. 5,000
- 3<sup>rd</sup> Mr. Mahesh Samari – Tri Padma Vidyashram Higher Secondary School, Pulchowk, NRs. 5,000
- 3<sup>rd</sup> Ms. Anisha Waiba – Shree Balkumari Secondary School, Sunakothe, NRs. 5,000

#### **8<sup>th</sup> Award Ceremony – 4 October 2021**

##### **Award Recipients:**

- 1<sup>st</sup> Ms. Menuka Chand – Shree Balkumari Secondary School, Sunakothe, NRs. 25,000
- 2<sup>nd</sup> Ms. Rashika Deshar – Phulchowki Higher Secondary School, Thaiba, NRs. 15,000
- 2<sup>nd</sup> Ms. Rojina Tamang – Shree Siddhimangal Higher Secondary School, Sano Gaon, NRs. 15,000
- 2<sup>nd</sup> Ms. Sumitra Aryal – Tri Padma Vidyashram Higher Secondary School, Pulchowk, NRs. 15,000
- 3<sup>rd</sup> Ms. Kritika Ghimire – Kitini Higher Secondary School, Kitini, NRs. 5,000
- 3<sup>rd</sup> Ms. Anjana Dangol – Shree Rudrayani Secondary School, Khokana, NRs. 5,000
- 3<sup>rd</sup> Ms. Menuka Moktan – Shree Bishankhu Narayan Secondary School, Godamchour, NRs. 5,000

- 3<sup>rd</sup> Mr. Sanjaya Rai – Shree Saraswoti Higher Secondary School, Lele, NRs. 5,000
- 3<sup>rd</sup> Mr. Man Bahadur Ban – Shree Chandi Adarsha Secondary School, Chakupat, NRs. 5,000
- 3<sup>rd</sup> Mr. Prajoowal Ramtel – Shree Mahendragram Secondary School, Tikathali, NRs. 5,000

#### **9<sup>th</sup> Award Ceremony – 13 June 2022**

##### **Award Recipients:**

- 1<sup>st</sup> Ms. Sonika Tamang – Tri Padma Vidyashram Higher Secondary School, Pulchowk, NRs. 25,000
- 2<sup>nd</sup> Ms. Ajima Khatun – Adarsha Kanya Higher Secondary School, Mangal Bazar, NRs. 15,000
- 2<sup>nd</sup> Ms. Nunam Limbu – Shree Balkumari Secondary School, Sunakothe, NRs. 15,000
- 2<sup>nd</sup> Mr. Lokendra Budha Chetri – Shree Rudrayani Secondary School, Khokana, Rs. 15,000
- 3<sup>rd</sup> Ms. Astha Tamang – Patan Higher Secondary School, Patan Dhoka, NRs. 5,000
- 3<sup>rd</sup> Ms. Samita Lama – Shree Siddhimangal Higher Secondary School, Sano Gaon, NRs. 5,000
- 3<sup>rd</sup> Ms. Bandana K.C. – Shree Chandi Adarsha Secondary School. Chakupat, NRs. 5,000
- 3<sup>rd</sup> Ms. Shristi Thapa Magar – Shree Bishankhu Narayan SS, Godamchour, NRs. 5,000
- 3<sup>rd</sup> Ms. Simaran Shrestha – Lubhu Secondary School, Lubhu, NRs. 5,000
- 3<sup>rd</sup> Ms. Janita Rai – Shree Mahendragram Secondary School, Tikathali, Rs. 5,000

#### **10<sup>th</sup> Award Ceremony – 20 February 2023**

##### **Award Recipients:**

- 1<sup>st</sup> Ms. Sabina Lama – Tri Padma Vidyashram Secondary School, Pulchowk, NRs. 30,000
- 2<sup>nd</sup> Mr. Roshan Timalisina – Phulchowki Secondary School, Thaiba, NRs. 20,000
- 2<sup>nd</sup> Ms. Sanchita Bhujel – Madan Samarak Secondary School, Pulchowk, NRs. 20,000
- 2<sup>nd</sup> Ms. Nikita Yadav – Lubhu Secondary School, Lubhu, NRs. 20,000
- 3<sup>rd</sup> Mr. Basanta Thapa Magar– Shree Krishna Secondary School, Dhapakhel, NRs. 10,000
- 3<sup>rd</sup> Ms. Jasana Maharjan – Shree Rudrayani Secondary School, Khokana, NRs. 10,000
- 3<sup>rd</sup> Ms. Binita Thing – Shree Siddhimangal Secondary School, Sano Gaon, NRs. 10,000
- 3<sup>rd</sup> Ms. Ishwari Kumari Ayer – Shree Saraswoti Secondary School, Lele, NRs. 10,000
- 3<sup>rd</sup> Ms. Deep Jyothi Guragain – Shree Mahendragram Secondary School, Tikathali, NRs. 10,000
- 3<sup>rd</sup> Ms. Dilkumari Pahari – Shree Path Pradarsak Secondary School, Badikhel, NRs. 10,000



### History of Rotary Club of Patan's International Grant Projects since the Rotary Year 2014/15

Projects: Planned and Ongoing								
#	Grant Project Title	#	International Partner	Funding Partner	Collaborating Agency	Beneficiaries	Primary & Secondary Contacts	Grant Amount in US\$
1	Ambulance to Rural Hospital	GG2129083	RC Alladena, USA	RC Alladena (US\$13,000); D5300 (US\$14,000); RC Patan (US\$1,000); RC Wollaton (US\$1,350); D1220 (US\$1,350); World Fund Match (US\$12,280).	RC Wollaton Park, U.K.	Mirge Village	Rtn. Shiv Prakash Khemka (Primary) & Rtns. Nirmal Pradhanang, Gabriele Mallapaty,	\$ 42,980 Final Report submitted
2	Rheumatic Heart Disease diagnosis by trained auxiliary staff using portable echocardiography	GG2347069	RC Livingston, USA	D3292 (US\$5,000); D0060 (US\$10,000); RC Livingston (US\$10,000); Gift of Life, New Jersey (US\$3,500); RC Patan US\$ (2,900); World Fund Match (US\$12,000)	Nepal Heart Foundation	Nepal Heart Foundation	Rtn. Gabriele Mallapaty (Primary) & Rtns. Shiv P. Khemka, Khadak S. Bisht,	\$ 43,262 Approved
<b>Total Value: Planned and Ongoing</b>								<b>\$ 86,242</b>
District & Club-to-Club Grants								Status: Closed
1	WASH in school, Madan Ashrit Basic School, Maskarkhat, Solukhumbu District	District Grant, DG2225682-05	RC Bingen, Germany	RC Bingen (US\$1,700) & District 1860 (US\$ 3,000) Germany, RC Patan (US\$500)	Splash Nepal (Prabav Nepal)	130 students and 500 community members	Rtns. Gabriele Mallapaty and Bijaya Mallapaty	\$ 5,200 Closed
2	WASH in school, Sotang Adharbuth School, Sotang, Solukhumbu District	Club to Club	RC Bingen, Germany and Rotaract Club of Bingen-Ingelheim	RC Bingen, Germany (US\$ 2,200), Rotaract Club of Bingen-Ingelheim (US\$ 3000)	Splash Nepal (Prabav Nepal)	250 students and 700 community members	Rtns. Gabriele Mallapaty and Bijaya Mallapaty	\$ 5,200 closed
3	KOSHISH Peer support program and Psychiatric OPD	Club to Club	RC Lakewood, Rtn. Rose Stevens	RC Lakewood	KOSHISH, National Mental Health Self-Help Organization	75 members of Self-help group of people with mental health problems	Rtns. Gabriele Mallapaty and Bijaya Mallapaty	\$4500 \$ 2500 closed July 2019 and 2021
4	KOSHISH Peer support program and Psychiatric OPD	Club to Club	RC Lakewood, Rtn. Rose Stevens	RC Lakewood	KOSHISH, National Mental Health Self-Help Organization	80 people with mental health problems	Rtns. Gabriele Mallapaty and Bijaya Mallapaty	\$ 6,500 closed August 2017
5	Refurbishing of second transit home of KOSHISH	District Grant 1742182	RC Mound-Westonka, Rtns. Kenneth Ritterspach & Craig Goodrich	RC Mound-Westonka, District 5950 and RC Patan	KOSHISH, National Mental Health Self-Help Organization	200 people with mental health problems	Rtns. Gabriele Mallapaty and Bijaya Mallapaty	\$ 7,600 closed June 2017
6	Capacity Building and Vocational Training for people with mental health	District Grant	RC Lakewood, Rtn. Rose Stevens	RC Lakewood and District 5020 and RC Patan	KOSHISH, National Mental Health Self-Help Organization	55 people with mental health problems; 13 staff of KOSHISH; 10 families for skill training	Rtns. Gabriele Mallapaty and Bijaya Mallapaty	\$ 13,418 closed May 2015
<b>Total Value: District and Club-to-Club Grants</b>								<b>\$ 44,918</b>
Rotary Club of Patan - Major Donations-In-Kind								Status: Closed
1	Disinfectants to the Ministry of Health and Population		Rtn. Corrado Barani, Chairman of Barchemicals & PP of RC of Vignola, RC Vignola; and District 2072, Italy.	One container load of disinfectants with 400,000 packets of Sodium Hypochlorite Concentrate			Rtns. Gabriele Mallapaty, Bijaya Mallapaty & Shiv P. Khemka	\$47,500 closed July 2021
2	Hospital Equipment to Kiripur Hospital, c/o Public Health Concern Trust (Phect-Nepal).		Rtn. Christian Gustin and Hospital Without Borders, Belgium	One container load of hospital equipment and kits including the container			Rtns. Gabriele Mallapaty and Bijaya Mallapaty	\$100,000 closed Dec.2016
<b>Total Value: Major Donations-In-Kind</b>								<b>\$ 147,500</b>

**History of Rotary Club of Patan's International Grant Projects since the Rotary Year 2014/15**

Global Grants							Status:		
#	Global Grant Title	GG#	International Partner	Funding Partner	Collaborating Agency	Beneficiaries	Primary & Secondary Contacts	Grant Amount in US\$	Closed
1	Primary Prevention of Acute Rheumatic Fever and Rheumatic Heart Disease	GG1418219	RC Delhi Chanakyapuri, India	D-3292 \$4000; D-3690 \$ 10000; Patan \$1900; Delhi Chanakyapuri \$ 100; WF Match \$15000	Nepal Heart Foundation & Lalitpur District Public Health Office	150000 children in the Lalitpur District	Rtn. Gabriele Mallapaty (Primary) & Rtns. Lalita Thapa, Ganesh Shrestha	31,000	Closed Feb 2018
2	Vocational Education to 110 'Kamlari' girls in Western Nepal	GG1527136	RC Mississauga-Dixie, Canada	D-7080 \$ 7080; Mississauga Clubs \$ 14374; RCP \$100; WF Match \$23171	Nepal Youth Foundation	130 Former Kamlari girls and about 550 family members	Rtn. Mahendra Thapa (Primary) & Rtns. Aruna Upreti, Kamala Maharjan	54,099 5,850	Closed June 2017 NYF
3	Improved Intensive Care Facilities for Burn Victims from Deprived Communities.	GG1529621	RC Bologna, Italy	D-2072 \$10000; Interplast \$11,000; Famiglia Seafredo \$16500; RC Bologna Valle dell'Idice \$1100; RC Bologna Valle del Savena \$2500; Bologna Valle del Samoggia \$1100; Bologna-Sud \$3300; Bologna-Nord \$2750; Bologna \$10522; Vignola-Castelfranco E.-Bazzano \$5500; RC Patan \$100; WF Match \$36951	Phect Nepal, Cleft and Burnt Centre, Kirtipur	4000 patients annually at Kirtipur hospital	Rtn. Kedar Bhakta Shrestha (Primary) & Rtns. Padam Lal Maharjan, Lalita Thapa	101,323	Closed May 2017
4	Holistic Community Development Project - Uplifting a Deprived Community	GG1635438	RC Singapore	Singapore \$21,600; Bury St Edmunds UK \$3,443; Pambula Australia \$970; Bruxelles-Forêt de Soignes Belgium \$1,683; RC Patan Nepal \$5,000; District 3292 \$5,000; District 1080 \$3,443; RC E-Club of Sogamoso Global Colombia \$1,000; RC Vaison-la-Romaine, France \$560; and the Rotary Foundation \$25,571;	Heifer International, Nepal	830 Families of Chepang and Gurung Community	Rtn. Mukti Narayan Shrestha (Primary) & Rtns. Prakash Raj Regmi, Gabriele Mallapaty, Kiran Shrestha	69,270 106,570 15,670	Closed Jan 2018 Heifer Nepal Community
5	Micro-Hydro Power for Community Development, Chepel, Solokhumbu	GG1637020	RC Rüsselsheim-Mainzspitze, Germany	RC Rüsselsheim-Mainzspitze, Germany US\$12763; RC Rugby US\$ 4354; District 1820 - US\$ 11971; RC Patan US\$ 1001, World Fund Match US\$21030.	Chepel Community Development Committee	Community of Chepel about 114 households	Rtn. Brijaya Mallapaty (Primary) & Rtns. Jamuna Tamrakar, Jeevan Shrestha, Rtn. Gabriele Mallapaty	51,119 37,500 14,333	Closed Jan 2019 Gov. of Nepal Community
6	Providing drinking water to earthquake affected communities	GG1640569	RC Mississauga-Meadowvale, Canada	RC Mississauga Meadowvale US\$4,761.90; RC Burlington Lakeshore US\$3,571.43; District 7080 US\$ 6,333; RC Patan US\$5002; World Fund Match US\$15,000.67	Bhattedanda; Dhukuchap, Chandibhaniyang - Community	Bhattedanda 62 households, 280 people; Dhukuchap 70 households, 300 person; Chandibhaniyang 31 households 200 people	Rtn. Lochan Gyawali (Primary) & Rtns. Nirmal Pradhanang, Lalita Thapa, Gabriele Mallapaty, Jeevan Shrestha, Mahendra Rawal	36,669	Closed March 2021
7	Quality Education and Improved Water Supply, Mirge Village, Dolakha	GG1641893	RC Wollaton Park, UK	RC Wollaton Park US\$17,400; District 1220 (DDF) US\$ 8,700; RC Patan US\$10,000 World Fund Match US\$17,900	Mirge Village	Water Supply, 120 families; 250 school children and 40-50 additional each year	Rtn. Nirmal Pradhanang (Primary) & Rtns. Shiva Pradhan, Gabriele Mallapaty, Ramesh Maskay	58,500	Closed July 2020
8	Creating income opportunities for women from earthquake-affected communities.	GG1746726	RC Mississauga-Meadowvale, Canada	RC Mississauga Meadowvale \$1905; RC Patan \$5820; RC Burlington Lakeshore \$2,100; D-7080 \$4005; RC Montreal \$750; RC Branchburg Township \$1,500; D-7510 \$1,500; Gov of Canada \$8,760 World Fund Match \$15,923.	Khokana - Women Awareness Society (KWAS)	150 women in Khokana and surrounding areas	Rtn. Lochan Gyawali (Primary) & Rtns. Shiv Prakash Khemka, Kiran Thapa, Gabriele Mallapaty	42,263	Closed Nov. 2020
9	Water and Sanitation in Public Schools of Lalitpur District	GG1860104	RC Vignola-Castelfranco, Italy	RC Vignola-Castelfranco \$8,584; RC Prato-Filippo Lippi \$5,850; RC Prato \$5,850; RC Modena \$1,755; RC Sassuolo \$1,170; RC Bologna Valle del Samoggia \$1,170; RC Bologna Valle del Savena \$1,170; RC Bologna \$1,170; RC Cervia-Cesenatico \$1,170; RC Forlì \$1,170; District 2072 \$8,775; District 2071 \$8,775 in Italy; RC Patan \$1,500; World Fund Match \$32,829	Prabhab Nepal (SPALSH)	13 Public schools in the Lalitpur District	Rtn. Mahendra Rawal (Primary) & Rtns. Jamuna Tamrakar, Lalita Thapa Rtn. Ramesh Maskay, Gabriele Mallapaty	80,938	Closed Dec 2020
10	Hilary King Scholarship	GG1991247	RC Norwich, England	District 1080, UK US\$22,469 and World Fund Match US\$ 22,468	University of East Anglia	Ms. Monika Niroula, Masters level studies at University of East Anglia, Norwich, England	Rtn. Gabriele Mallapaty (Primary) & Rtns. Maheswari Bisht Rawal, Lila B. Baniya	44,937	Closed July 2021
<b>Total Value: Global Grants</b>								<b>\$ 750,041</b>	

## Profile of the Community schools adopted by Rotary Club of Patan

1.	Name of the School	Siddhi Mangal High School	Shree Lubhu High School	Mahendragram High School	Balkumari High School
2.	Established in	2012 B.S	1958 B.S	2015 B.S	2007 B.S
3.	Address:				
	● Municipality:	Mahalaxmi	Mahalaxmi	Mahalaxmi	Lalitpur
	● Ward:	6	8	5	27
	● Place:	Siddhipur	Nasal, Lubhu	Tikathali	Sunakothe
4.	Name of the Ward President	Mr. Dharma Maharjan	Mr. Bishwaraj Shrestha	Mr. Kapil K.C	Mr. Krishnahari Maharjan
	Mobile Number	9841253281	9851131002	9851062661	9841470110
5.	Name of the Head-Master	Mr. Min Bahadur Achhami	Ms. Prabha Laxmi Amatya	Mr Bharat Babu Khanal	Mr. Surya Kumar Rai
	Mobile Number	9841560662	9841269866	9581181999	9849188362
6.	Number of Teachers and Staff				
	● Male Teacher	13	10	7	9
	● Female Teacher	16	12	15	14
	● Other Staff	6	3	4	3
7.	Total Number of students:	<ul style="list-style-type: none"> <li>● 1051</li> <li>● 556</li> </ul>	<ul style="list-style-type: none"> <li>● 559</li> <li>● 289</li> <li>● 270</li> </ul>	<ul style="list-style-type: none"> <li>● 579</li> <li>● 292</li> <li>● 287</li> </ul>	<ul style="list-style-type: none"> <li>● 686</li> <li>● 385</li> <li>● 301</li> </ul>
8.	Computer Education Facilities				
	● Existing Infrastructure	● Lab with 25 computers.	● No computer lab.	● Lab with 14 computers.	● Lab with 30 (old model) computers.
	● Computer Teacher	● Not available.	● Not available.	● Not available.	● 3
	● Classes with computer subject	● Class 6 and 7	● Class 4 to class 8	● Class 4 to class 8	● Class 6 to class 8
9.	Present extra-curricular activities in the school	<ul style="list-style-type: none"> <li>● Sports week</li> <li>● Arts, Essay &amp; Spelling Contest</li> <li>● Quiz Contest &amp; Public Speaking</li> <li>● Debate Competition</li> <li>● Cultural Program</li> </ul>	<ul style="list-style-type: none"> <li>● Sports week</li> <li>● Classroom decoration</li> <li>● Duster making</li> <li>● Drawing competition</li> <li>● Food Festival</li> <li>● Child club</li> <li>● Scout</li> </ul>	<ul style="list-style-type: none"> <li>● Sports week</li> <li>● Debate competition</li> <li>● Cultural Program</li> <li>● Quiz contest</li> <li>● Spelling Contest</li> </ul>	<ul style="list-style-type: none"> <li>● Sports week</li> <li>● Quiz contest</li> <li>● Debate competition</li> <li>● Art competition</li> <li>● School area cleaning activities</li> </ul>
10.	Activities proposed with the support of RC - Patan for the FY 2080/81.	<ul style="list-style-type: none"> <li>● Awareness program on: <ul style="list-style-type: none"> <li>- Addiction Prevention</li> <li>- Menstrual Hygiene</li> <li>- Environment and waste management</li> <li>- Sexual / Cyber harassment</li> </ul> </li> <li>● Self- defense techniques for girls</li> <li>● Health Camps (RHD, Eye, Dental)</li> <li>● Futsal Competition</li> <li>● Stress management</li> <li>● Tree plantation</li> <li>● others</li> </ul>	<ul style="list-style-type: none"> <li>● Awareness program <ul style="list-style-type: none"> <li>- Addiction Prevention</li> <li>- Menstrual Hygiene</li> <li>- Environmental and waste management</li> <li>- Sexual / Cyber harassment</li> <li>- Public Speaking</li> </ul> </li> <li>● Self- defense techniques for girls</li> <li>● Health Camps (RHD, Eye, Dental)</li> <li>● Futsal Competition</li> <li>● Stress management</li> <li>● Tree plantation</li> <li>● others</li> </ul>	<ul style="list-style-type: none"> <li>● Awareness program <ul style="list-style-type: none"> <li>- Addiction Prevention</li> <li>- Menstrual Hygiene</li> <li>- Environment and waste management</li> <li>- Sexual / Cyber harassment</li> </ul> </li> <li>● Self- defense techniques for girls</li> <li>● Health Camps (RHD, Eye, Dental)</li> <li>● Futsal Competition</li> <li>● Stress management</li> <li>● Tree plantation</li> <li>● others</li> </ul>	<ul style="list-style-type: none"> <li>● Awareness program <ul style="list-style-type: none"> <li>- Addiction Prevention</li> <li>- Menstrual Hygiene</li> <li>- Environmental and waste management</li> <li>- Sexual / Cyber harassment</li> </ul> </li> <li>● Self- defense techniques for girls</li> <li>● Health Camps (RHD, Eye, Dental)</li> <li>● Futsal Competition</li> <li>● Stress management</li> <li>● Tree plantation</li> <li>● Others</li> </ul>

# Role of the Rotary Clubs in Addiction Prevention



*Rtn. Mahendra S. Rawal*

In today's fast-paced and interconnected world, addiction has emerged as a formidable challenge, affecting individuals, families, and communities alike. All forms of addictions are spreading very fast across the globe in developing as well as developed countries alike. Recognizing the urgency of the issue, Rotary International has stepped forward with a groundbreaking initiative: the Addiction Prevention Program. Rotary Clubs across the globe are taking up the mantle of combating addiction, playing a crucial role in safeguarding their communities and schools. Through their dedication, outreach, and collaborative efforts, Rotary Clubs are proving to be unsung heroes in the fight against addiction.

## **Community Awareness and Education**

Rotary Clubs serve as catalysts for change by raising awareness about addiction and its devastating consequences. They organize community events, awareness campaigns, and educational programs that shed light on the various forms of addiction, including substance abuse, gambling, and technology dependence. By disseminating accurate information, Rotary Clubs debunk myths, reduce stigma, and help community members recognize the signs of addiction in themselves and their loved ones.

## **Prevention Programs in Schools**

A significant focus of Rotary Clubs' addiction prevention efforts lies within educational institutions. Recognizing that prevention is paramount, Rotary Clubs collaborate with schools to implement evidence-based prevention programs. These programs equip students with life skills, coping mechanisms, and resilience-building strategies, empowering them to make informed choices and resist the allure of addictive substances or behaviors.

Rotary-sponsored workshops, seminars, and awareness campaigns within schools provide a platform for experts, counselors, and recovered individuals to share their experiences and knowledge. By engaging students in open dialogues, Rotary Clubs foster a culture of empathy, support, and understanding, laying the groundwork for prevention and early intervention.

## **Mentorship and Role Models**

Rotary Clubs have a unique advantage in addiction prevention efforts, as they consist of diverse professionals and community leaders who can serve as mentors and

positive role models. Rotary members actively engage with youth, offering guidance, support, and encouragement. By sharing their personal stories of overcoming addiction or providing examples of successful, drug-free lives, Rotarians inspire young minds to pursue healthy and fulfilling paths.

## **Collaboration and Partnerships**

Rotary Clubs understand the importance of collaborative efforts in tackling addiction. They form partnerships with local government agencies, nonprofit organizations, healthcare providers, and educational institutions. By pooling resources, knowledge, and expertise, these alliances create a more comprehensive and effective approach to addiction prevention.

Rotary Clubs also work closely with existing addiction support services, referring individuals in need to appropriate resources and treatment facilities. By establishing a network of trusted professionals and organizations, Rotary Clubs ensure that those affected by addiction receive the help they require in a timely manner.

## **Fundraising and Support**

In addition to their advocacy and awareness initiatives, Rotary Clubs can play a pivotal role in fundraising for addiction prevention efforts. They can organize events, charity drives, and community activities to generate funds for educational programs, counseling services, and rehabilitation centers. Through these efforts, Rotary Clubs could demonstrate their commitment to making a tangible difference in the lives of individuals struggling with addiction.

## **Conclusion**

Substance abuse and addiction of illicit drugs is a global problem and that can only be addressed by the joint efforts of all worldwide organizations including all governments. We are also a country where addiction is a huge and a challenging issue. Rotary Clubs should take the addiction prevention with fervor, dedicating their time, resources, and expertise to protect their communities and schools from the ravages of addiction. Through community awareness, education, prevention programs in schools, mentorship, collaboration, and fundraising, Rotary Clubs can play a crucial role in the battle against addiction. By standing united and leveraging their global network, Rotary Clubs could transform communities and pave the way for a brighter, addiction-free future.

# Only healthy Rotarians can enjoy Rotary



*Rtn. Prof. Dr. Prakash R. Regmi*

## Tips for Rotarians to enjoy rotary and fellowship

Are you a Rotarian? If yes, you need to take care of your health more than other people in the society. You can ask me why? It is because you are in Rotary not just to be a Rotarian and wear a Rotary pin. You are here to serve the society and to ENJOY ROTARY. These are two clear cut objectives to become a Rotarian. You should be well prepared to meet these objectives. Health, wealth and wisdom are the three important factors that can drive you successfully around the ROTARY WORLD.

Health in my opinion is more important than the other two factors. If your health is poor you can neither serve the society nor enjoy rotary. You all know for sure what means serve the society. In rotary words it is doing service projects. We all Rotarians frequently repeat the MOTO of Rotary SERVICE ABOVE SELF. Serving the society is putting service projects on your shoulders. Your body should be able to bear the load of the service projects. For this you need to have strong shoulders, healthy heart and other organs and of course very strong two legs. Otherwise you will be crashed by the service projects and land up in ICU of nearby hospital. Do you wish to suffer this condition? Of course not. So why don't you think about keeping yourself in a good health?

ENJOY ROTARY - do you really know what does this mean? You can enjoy rotary through FELLOWSHIP and SERVICE. About service I have already given you some thoughts. Now let's talk about FELLOWSHIP. This is a rotary word which means meeting with friends, talking on different issues, eating, drinking, laughing and enjoying life. It is thought that idea and means for service can be generated during healthy fellowship. So rotary came up with the

famous words - SERVICE THROUGH FELLOWSHIP. Do you know what you need for having good fellowship? Again it is good health. If you are having uncontrolled blood pressure, blood sugar, Cholesterol, uric acid, stomach problems and so on, then you are gone! You cannot enjoy the fellowship at all. These days most of the Rotarians are having high blood pressure, Diabetes, high cholesterol, high uric acid and heart problems. So what to do? Stay without fellowship? Then what's the charm of being a Rotarian without participating in fellowship programs?

Diseases come with age, unhealthy lifestyles, heredity, infections etc. More than 80% of the world's populations have one or more diseases. We Rotarians are also not exceptions. Many of us have several health problems. Some of us have serious heart problems- heart attacks, Bypass, stents, pacemakers, strokes and so on. So how can we enjoy rotary? How can we enjoy fellowship? I can give you some tips for getting out of these problems. Following these tips you can enjoy fellowship even if you are a heart patient with diseases like high blood pressure, diabetes, high cholesterol etc. But these advices are not free of cost! Do you know why? There is nothing free in rotary. You have to pay for it. I also think that free advice does not work. You promise me to donate NRs. 1000 to the sunshine fund then continue reading the following lines.

## Tips for Rotarians to stay healthy and enjoy rotary

1. Don't smoke cigarettes or use any tobacco products. Tobacco is considered to be the world's top health hazard and killer number one who kills 50% of its users.

2. Eat a healthy diet with at least five servings of fruits and vegetables per day. (One serving equals to a medium sized fruit like apple, banana a handful of grapes, berry, a slice of melon, papaya, a small plate of green salad, coked vegetable etc.)
3. Develop a healthy eating habit. Have a good breakfast, medium lunch and very small dinner. DO NOT OVEREAT. Avoid high carbohydrate diet, high saturated fats. Avoid junk foods. They contain high trans- fats, sugar and salt.
4. Exercise daily or walk briskly 30 minutes daily. Or practice yoga daily.
5. Keep your bad cholesterol (LDL cholesterol) below 100mg/dl. Take cholesterol lowering medicine if your LDL level does not come down with diet and exercise. Don't be afraid of taking these drugs. They save your life and keep you fit to enjoy fellowship. High cholesterol can be easily controlled by medicines. You can easily prevent possible heart attack and stroke by keeping your LDL level below 100. Please remember all those with diabetes above 40 years age MUST TAKE CHOLESTEROL LOWERING DRUG to prevent heart attack and stroke. Enjoy eating lean meat and fish even if you have high cholesterol. You can eat a full egg daily. One teaspoonful of pure ghee daily is also good for your health. Don't worry, just enjoy. But don't forget to check your cholesterol level regularly.
6. Keep your blood pressure (BP) below 140/90mmHg. Check your BP regularly. Have a BP measuring instrument at home for self use. If your BP is above 140/90 you are always at risk for developing stroke. At this condition even a PEG of WHISKEY may rapidly raise your BP causing stroke. In 50% of people with high BP the cause of stroke is alcohol. Stroke may cause death. If you want to enjoy whiskey then you need to keep your BP below 140/90 by any means. The best way is to take BP lowering pills regularly. Don't be afraid of these pills. They save your live.
7. Keep fasting blood sugar below 100 mg/dl and two hours postprandial below 140mg/dl. If your blood sugar level is under control then you can enjoy potato, rice, cheese cake and even ice cream and sweets. But don't forget to walk daily for one hour if you are a diabetic. You should also take your pills regularly. Taking proper care of your health you can enjoy fellowship.
8. Alcohol in a low dose is not that bad if you do not have health issues, but it is a poison in high dose. Over drinking is very harmful. If your doctor has given green signal, then you can enjoy up to 60 ml of good whiskey 5 days a week. Yes 60 ml 5 days a week for adult males. Don't get surprised! This is exactly what the scientists used to say a couple of years before. They are now saying don't drink alcohol at all. I have a different opinion. First you go to your doctor and get your health checks done. If he gives you a green signal then go and buy a bottle. If you live a healthy lifestyle with healthy diet and exercise then no one can stop you enjoy couple of pegs of single malt. You can also enjoy healthy snacks with your drink. Don't take deep fried items and junk foods. Enjoy salads, fruits and grilled, steamed, roasted items. They are delicious. Enjoy the taste of snacks. Take the snacks also in low dose. Don't dilute your whisky with soda. This doubles the harmful effect of alcohol. Taste your whisky with ice cubes as whisky lovers say WHISKY ON ROCKS. Drink slowly sip by sip. Enjoy the taste. You are in ROTARY FELLOWSHIP not in a crowded marriage party in a party palace. Know your limit. Don't get drunk.
9. Go to bed before 11pm and wake up before 6 am. After you wake up drink 500ml of warm water daily. This habit will help you stay healthy and you will be able to enjoy rotary.
10. Keep a healthy weight. Do you know what this means? This means your body weight is proportionate to your body height. To calculate the ideal body weight for you, just take your height in centimeter and subtract 100. The resulting number should be your body weight in KG. If your height is 170cm then your ideal weight is 70kg. If you have a normal body weight then you have less chance of developing diabetes, high BP, heart attack, stroke and many other diseases. Taking low carbohydrates diet combined with sufficient exercise is the key

to reducing weight for those who are obese. Eating less and walking more is another formula for staying slim and fit. Rotarians look smart in small fatless belly. And don't forget that you are a true ROTARIAN.

11. Annual health check up is compulsory. Fix the date of your annual check up and do it without any delay. Non Communicable diseases like heart diseases, diabetes; high BP, high cholesterol, cancer etc have no symptoms at all. Don't wait till you develop symptoms. When you have symptoms it's already late. You need to treat these conditions before you develop any symptoms. This is what the wise Rotarians do. "I have no symptoms, I feel great so why should I go for health check up and why should I take treatment?" This is foolishness. Yes I call it foolishness. This is the cause of heart attacks, strokes and sudden deaths which could be easily prevented.

This foolish attitude to health should come to an end in rotary. Wake up Rotarians. Light up rotary with the wisdom of heart healthy choices which are in your own hands.

12. Control your emotion but increase your donation. Emotion causes rapid raise in BP causing stroke. Emotion is responsible for heart attack and sudden death. Say NO TO EMOTION. On the contrary donation decreases BP, blood sugar and even blood cholesterol. Donating habit can decrease your stress level causing positive impact on your overall health. So develop your habit of donating to rotary foundation and other causes. Those who donate more live more and enjoy more. Don't you believe? Just try and feel the joy. ENJOY ROTARY, ENJOY FELLOWSHIP. For this STAY HEALTHY. Rotary needs healthy Rotarians. Rotary needs you.



## Interesting Facts on Human Breathing

- The First thing we did when we came to this World is we breathed - in / inhaled and the last thing we will be doing when we leave this world will be breath - out / exhale our last breath. Therefore, our life is a journey/gap between our First Inhalation and the Last Exhalation.
- The number of times we inhale and exhale changes as we grow older. New borne babies breathe around 30 - 60 times per minute, whilst adults inhale /exhale about 12 - 16 times.
- The average person takes about 16 breaths per minute, or 960 breaths per hours, 23,040 breaths a day, and 8,409,600 a year.
- We can survive without food for around 30 days, without water for 3 days but without a breath we will be gone within only 3 minutes.
- The lung capacity of an adult is approximately 4-6 liters of air.
- We breathe - in about 0.5 liters of air with each breath.
- The total amount of Air an adult can hold in their lungs is about 4- 6 liters.
- The air we breathe comprises of 21 percent oxygen, but out of that only 5 percent is used by our body, and the rest is exhaled.
- Most people use chest breathing rather than diaphragmatic breathing. This results in shallow and irregular breathing. The oxygen does not reach to the Lower lobes of the Lungs which contains the most blood flow.
- Our Mind is intimately connected to our breathing. When the Mind is agitated our breathing becomes quick and shallow. When we are relaxed and focused, our breathing is Deep and Calm.
- Our breath is an indicator of our Mood and our Mood is an indicator of our breath.

This means that if we change how we breath we can change our Mood and it also means that when our Mood changes so does our breath.

- Yogis believes that we have the fixed numbers of breaths in our life, so the slower we breath the longer we live. A person who regularly performs Pranayama (Yogic Breathing) is required to take a lesser number of breaths and therefore live longer.
- Pranayama breathing has been shown to positively affect immune function, hypertension, asthma, autonomic nervous system imbalance and psychological stress related disorders.
- James Nestor in his famous book "The New Science of a Lost Art" recommends inhaling for 5.5 Seconds, then exhaling for 5.5 Seconds through nose, which translates to about 5.5 breaths a minute.

## Igniting Potential: Rotary and Women Scientists Collaborate to Support Nepal's Girls



*Rtn. Shiv P. Khemka*

While Nepal has made strides in improving literacy rates, significant gaps remain, especially for girls in rural villages. Outdated cultural norms that deprioritize educating daughters are still prevalent across much of the country. Rotary recognizes that expanding access to quality education for these girls is pivotal to unlocking their potential and creating a more prosperous future for Nepal.

That is why the Rotary Club of Patan is teaming up with networks of women scientists in Nepal to get girls excited about science and provide much-needed role models. By connecting girls with mentors and hands-on science experiences, this innovative partnership aims to boost girls' confidence, spark curiosity, and provide the support needed to stay in school.

The Rotary Club of Patan is collaborating with groups like the Kathmandu Institute of Applied Sciences to develop science camps, workshops, and demonstration projects specifically for girls in underserved schools. The planned activities will focus on teaching practical concepts from physics, chemistry, biology, and technology in a hands-on, engaging way. Local women scientists will lead sessions

using everyday materials to make science approachable and fun for the students. Experiments like building solar cookers, extracting DNA, and engineering water filters can show girls how science can be applied to real problems in their communities.

By interacting with these women mentors who have become engineers, programmers, doctors, and researchers, girls will gain living proof of what is possible for their own futures. Field trips to professional labs and universities will further expand their visions and offer inspiration. The scientists will also provide ongoing academic and emotional support to girls to help combat societal barriers they face.

The goal of this collaboration is to significantly expand girls' ideas of what they can achieve, leading more to complete higher levels of education. When this happens, it propels communities forward across generations. The joint effort between the Rotary Club of Patan and these dedicated women scientists will unlock immense benefits by nurturing girls' talents early on. Club initiatives like this engage local women to spark progress, allowing girls to discover their potential when obstacles are removed.



### ROTARIAN CODE OF CONDUCT

*As a Rotarian, I will:*

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

# Rotary Club of Patan in My Heart



*Rtn. Sandhya Regmi  
PhD Scholar*

## 1. My Philanthropic Mind and Soul

Inspired by my father, late Kamal Raj Regmi—who was a great leader, freedom fighter, national hero, social activist, and philanthropist—besides genetic gravitation towards the social cause, the trails that I have walked through have only reinforced it. It was the devastating earthquake of 2015 that stirred deep inside my mind, urging me to come out of the comfort zone and serve the helpless communities. As an artist by hobby, in April 2015, I had led the artists' blood donation campaign and marched with fellow artists, providing help, support, and relief to earthquake victims in schools, hospitals, and organizations supporting differently-abled individuals. I vividly recall coordinating the "Earthquake Refreshment Wheelchair Basketball Tournament, 2015," bringing joy and positivity to the earthquake victims of Nepal Spinal Cord Injury Sports Association (NSCISA). Additionally, I distributed fresh fruit bags to patients at the Spinal Injury Rehabilitation Center (SIRC) in Saanga, Banepa, conducted art and creativity programs, and provided lunch and snacks to children at SOS Children's Village, Jorpati, and at a school for differently-abled children in Gokarna. My 11-year-old daughter, Adwiteeya Shiwakoti, then a student at the British School Sanepa, accompanied me and other social workers in these successful initiatives.

These social works primarily targeted SOS Children's Village Nepal and People with Disabilities (PWD), filling my heart with immense joy and satisfaction. In June 2016, my devotion and dream of establishing and leading a charitable organization called "Buddha Harmony

Foundation (BHF)" became a reality. Alongside a group of professionals and social workers, BHF has been conducting numerous charitable activities, including establishing libraries in schools in Nepal.

## 2. Rotary in My Imagination

Rotary had always been a part of my imagination since my student life. I had enthusiastically read about the history of Rotary, knowing that the first Club was established in Chicago, USA, in 1905 by attorney Paul Harris. Rotary's prestigious history of over a century had intrigued me. Through Prof. Dr. Prakash Raj Regmi, a renowned cardiologist and one of the most active Rotarians, and my respected sibling, I heard about the wonderful activities of RC Patan. In January 2023, Dr. Prakash introduced me to RC Patan. Over the next three months, I actively participated in all the weekly meetings and gatherings, including virtual meetings. I even had the honor of being a keynote speaker at one event, where my presentation received appreciation from all. Without noticing, I found that I was deeply immersed in the world of Rotary, with my mind, heart, and conscience devoted to its values and goals.

## 3. Induction Ceremony – Oath Taking

On the auspicious day of April 17, 2023, the fellow members of RC Patan entrusted my worthiness as a representative capable of exemplifying and amplifying the spirit of Rotary in my public, business, social, and private life. Under the presidency (2022-23) of Rtn. Shiva Kumar Pradhan, who read aloud the membership message, I had the privilege of being in the presence of



Past District Governor (PDG) and senior most Rotarian Rtn. Tirtha Man Shakya, who graciously conducted the oath-taking and proudly affixed the prestigious Rotary pin to my lapel. Induction ceremony was enlightening as I was formally admitted not only to the Rotary Club of Patan but also into the fellowship of Rotary Clubs worldwide! Addressing all the Rotarians present in the grand hall of Yalamaya Kendra, I felt truly honored to be a part of the RC Patan family. On the occasion, I also recited a poem I had written in Nepali, dedicated to RC Patan. Becoming a Rotarian was a dream come true in my life, and the evening was filled with thrills and joy—besides the sense of underlying duty—as I was accompanied by my dearest sister, Jyoti Regmi Adhikary, a professor at KU School of Management, and my dearest nephew, Aarjit Adhikary, a graduate of the UC Berkeley, and past president of the Interact Club of Rato Bangala, Patan.

#### **4. RC Patan: An Epitome of Generosity, Dedication, and the Rotary Model**

Established in 1985, RC Patan boasts a rich and prestigious history of remarkable services and achievements in various fields, particularly in education, excellence awards, medical camps, medical donations, and upliftment of marginalized communities. Rotary International President 2022-23, Rtn. Jennifer Jones, appreciated RC Patan for its significant role as a club and district leader in providing genuine services to communities. For newcomers like me, it has been a great opportunity to interact with elder Rotarians and learn from their vast and decades-

long experiences in various sectors. Active Rotarians have been dedicating their time to several ongoing projects, including water and sanitation initiatives, vocational education and capacity building, income-generating opportunities for women and their empowerment, educational development, environmental preservation, and waste management, among others. My words of appreciation extend to the senior Rotarians who have embraced me with warmth and kindness. PDG Rtn. Tirtha Man Shakya, with his regal presence, exudes a soothing and brilliant personality. Rtn. Gabriele Mallapaty, despite being from Germany, has embraced Nepal as her true home and is an exemplary hero of RC Patan. The ever-pleasant and fun-loving President of RC Patan (2022-23), Rtn. Shiva K. Pradhan, endears him to all, and his handsome personality leaves a lasting impression. Rtn. Rajendra Raj (RR) Pandey, a giant personality, stands confidently tall and generously raises his hand to make donations in every meeting. He encourages us all to dream big, and I see in him a dual personality – a compassionate Daanvir Karna and a brilliant Arjun, both heroes of the Mahabharata fused into one.

Rtn. RR Pandey and his team's organization, Ability Development Society of Nepal (ADSON), have achieved remarkable success stories in empowering people with disabilities. Rtn. Kedar B. Shrestha and Rtn. Nirmal K. Pradhananga deserve immense gratitude for their joint efforts in making a historic medical endeavor come to fruition. They handed over an ambulance and medical

equipment to Dolakha's Laliguras Community Hospital on May 20, 2023. Rtn. Nirmal's contributions as the coordinator of the Rotary Journal Souvenir both in 2022 and 2023 are noteworthy. Rtn. Lochan Gyawali is genuinely intellectual and Rtn. Dr. Bishwa Bandhu Sharma is a walking encyclopedia and a passionate art lover. Rtn. Bijaya Mallapaty works relentlessly ensuring weekly publication of "Lalitdhara"—which was initiated by late Rtn Kamal Mani Dixit. Rtn. M. L. Kayastha and Madam Rtn. Chandrakala Kayastha, and many other Rotarians exemplify high ideals, ethics, and integrity within RC Patan.

Rtn. Dr. Prakash Raj Regmi, a "heart hero," is a multitalented Rotarian who serves his patients tirelessly, writes books, publishes in journals, and delivers charismatic speeches that win the hearts of all. His tireless dedication to serving patients and conducting health camps in remote areas of Nepal is truly inspiring. There are many other Rotarians in Patan, both male and female, who are heroes in their deeds, and they have warmly embraced me. The list is long. During the first six months of 2023, I have had the opportunity to attend several meetings, events, intellectual sessions, presentations, board meetings, and celebration of World Earth/Environment Day through plantation of trees in school premises. On April 15, 2023, I participated in the new member orientation and retention workshop, where over 30 Rotary Clubs throughout Nepal participated. The highlight of the ceremony was Rtn. Bhuwan Shrestha, the founder of Green Valley Green Nepal—who gifted each female Rotarian a green plant, symbolizing our ability to contribute to a cleaner, greener, and more beautiful planet as Rotarians.

#### **5. My Commitments and Future Plans for RC Patan**

I am fully aware that Rotary membership carries heavy duties and obligations. Despite my ongoing PhD studies on one hand and my health condition with chronic lung disease on the other hand, I am committed to contributing to the best of my abilities, including participation in meetings and events of RC Patan as far as practically possible. For me, the value of life lies in quality rather than quantity service, and the same applies to my contributions to Rotary. Whenever I am to participate, I intend to do it

wholeheartedly, in meeting, event, seminar, or workshop, engaging myself intellectually and embodying Rotary's vision, mission, and objectives in my mind and soul. As an engineer, project manager, environmental expert, artist and PhD scholar, I plan to conduct intellectual sessions and presentations in RC Patan on various topics. Some of my planned presentations include "Keys to Successful Project Management," "Buddhist Approach to Climate Change," "Environmental Challenges in Nepal and Southeast Asia," "Buddhist Art and Architecture," "Faces of Buddha: My Art Journey," "Buddha Harmony Foundation: Challenges and Achievements," and "Living with Spinal Cord Injury." Drawing on my experiences as an author and editor of books and articles, and my work as Editor-in-Chief for professional journals, I aspire to contribute as a coordinator and Editor-in-Chief to the annual publications of RC Patan's souvenir journals. With my professional expertise gained from working in national and international organizations, I aim to contribute through RC Patan in various sectors, helping to achieve the United Nations' Sustainable Development Goals (UN SDGs) 2030.

#### **6. Message to Newcomers of RC Patan**

In the words of Sir Albert Einstein, "Strive not to be a success, but rather to be of value!" Being a part of the RC Patan family has indeed made our lives more valuable and worthwhile, as we embrace the pious mission of community service, fellowship, peace, and goodwill. We remain committed to striving each day to serve the community and promote peace, harmony, and goodwill across the globe through RC Patan. To all interested candidates, if you are seeking a platform to contribute to underprivileged and marginalized communities, an organization that promotes harmony, fellowship, and a blissful life filled with love, hope, compassion, and peace, then RC Patan is the best place to be. Welcome to RC Patan! Long live RC Patan!

*(Note: This article was written by the author on 21 July, 2023 from her hospital bed No. 801 at Gleneagles Hospital in Singapore.)*



## Organic Farming with Disabilities

Empowering People with Disabilities in Nepal by Teaching Organic Vegetable and Poultry Farming Skills project has been conducted in Sunakoti, Lalitpur since 2 years. The project was designed to provide participants with the knowledge and skills necessary to practice sustainable modern agriculture and to increase their productivity and income. Funded by The Rose International Fund for Children (TRIFC), USA, Rotary Club of Patan (RCP) and Ability Development Society of Nepal (ADSoN) and implemented by Shijan Organic Pvt. Ltd. The training project was designed to be hands-on and practical,

providing participants with the opportunity to learn about sustainable modern organic vegetables and poultry agricultural practices and apply them in the field. The objective was to enrol 50 individuals with disabilities in the training project within the two-year period. Now the 5<sup>th</sup> Batch is going on where 11 participants are taking the training. The several activities were conducted at the training centre. The activities included both practical and theory-based sessions aimed at preparing the participants with organic vegetable and poultry farming skills. Following are the update of participant who graduated and successfully carrying their learnings into practical life.



In upcoming Years ADSoN, TRIFC and RCP has plan to reach more beneficiary as well as establish financial support programs or grants specifically designed for individuals with disabilities in the agriculture sector, assisting them to search for grant, Collaborate with organizations or agencies that provide financial assistance or vocational training opportunities for individuals with disabilities, enabling them to access resources and support, encourage



Category	Number of Participants
Total Number of pass out participants:	25
Number of participants who are doing commercial farming	7
Number of Participants who are doing farming for sustainability and in the process of starting business	3
Number of Participants who are starting farming business	3
Number of participants who are gaining profit	10 (income of both who are doing farming for sustainable and commercial purpose)
Number of students who are out of contact	3
Number of participants who have cultivated vegetables for commercial purpose but not gaining income	3



trained individuals to connect and collaborate with one another, providing platforms where they can share their experiences, exchange best practices, and showcase success stories. Visual aids and demonstrations, Inclusive learning methods, Visual Learning, Auditory Learning, Tactile Learning, Multi-sensory Learning, Learning through peers. Veterinary care theoretical and practical knowledge, Mushroom farming, Seed Money. Another main future plans is to offer start up business to graduates who are genuinely engaged in agriculture farming after completing

the training. This initiative aims to inspire and motivate them to flourish in the agricultural business and become sustainably independent.

**Victory Thapa**

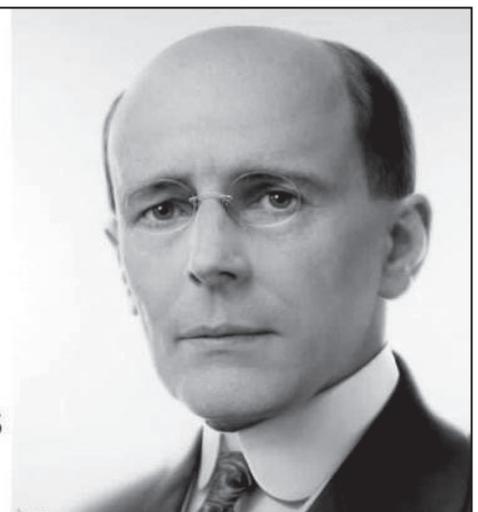
Executive Director  
 Ability Development Society of Nepal (ADSoN)  
 Sokedhara-4, Kathmandu  
 Tel: 01-4376294  
 Mobile Number: 9860412777

*“This is changing world; we must be prepared to change with it. The story of Rotary will have to be written again and again.”*

**Rotary**



Paul Harris



## पाटन रोटरी क्लबको ग्लोबल ग्रान्ट प्रोजेक्ट

# बाथ मुटुरोग र रोकथामका उपायहरू (Rheumatic Heart Disease and its Prevention)



डा. प्रकाश राज रेग्मी

### १. बाथ मुटुरोगको परिचय:

सामान्यतया ५ देखि १५ वर्ष उमेर समूहका बालबालिकालाई बारम्बार टन्सिल बढ्ने, घाँटी दुख्ने, ज्वरो आउने भएमा यो रोग जोर्नीको बाटो हुँदै मुटुसम्म पुग्ने सम्भावना हुन्छ । घाँटी दुखेको दुई तीन हप्ता पछि एक प्रकारको ठूलो ज्वरो आउँछ । हात खुट्टाका जोर्नीहरू एकपछि अर्को गर्दै दुख्ने र सुन्निने गर्छन् । यो अवस्थालाई बाथ-ज्वरो (Rheumatic Fever) भनिन्छ । बाथ-ज्वरो भएपछि मुटुमा असर पर्छ र मुटुका भल्भहरू बिग्रन्छन् । यसरी टन्सिलका कारणले मुटुका भल्भहरू बिग्रेर मुटु कमजोर हुने रोगलाई बाथ-मुटुरोग (Rheumatic Heart Disease) भनिन्छ । टन्सिलबाट शुरु हुने भएको हुनाले यस रोगलाई टन्सिल मुटुरोग (Tonsillitis Heart Disease) पनि भन्न सकिन्छ ।

### २. बाथ-मुटुरोग हुने कारणहरू:

विटा हेमोलाइटिक स्ट्रेप्टोकोकस ग्रुप ए जातका ब्याक्टेरियाहरूले घाँटीमा संक्रमण गरी टन्सिल बढ्ने, पाक्ने र ज्वरो आउने (टन्सिलाइटिस र फ्यारिन्जाइटिस) भएको बेला राम्ररी उपचार नगरेमा यो रोग लाग्छ ।

### ३. बाथ-मुटुरोग विकासका चरणहरू:

यो रोगको विकासका ३ चरणहरू छन्: टन्सिल, जोर्नीहरू र मुटु ।

चरणहरू	रोग	लक्षणहरू
प्रथम चरण	घाँटीको संक्रमण	टन्सिल बढ्ने, पाक्ने, घाँटी दुख्ने र ज्वरो आउने
दोस्रो चरण	बाथ ज्वरो	हात खुट्टाका जोर्नी दुख्ने, सुन्निने, ज्वरो आउने
तेस्रो चरण	बाथ मुटुरोग	मुटुका भल्भहरू बिग्रने, मुटु सुन्निने, छाती दुख्ने, हिड्दा दम बढ्ने, मुटु हल्लिने ।

यदि प्रथम चरणमै घाँटीमा टन्सिल आएको बेलामा उपयुक्त उपचार गरे रोग दोस्रो र तेस्रो चरणसम्म पुग्न पाउँदैन ।

### ४. बाथ मुटुरोगका लक्षणहरू:

- हिड्दा वा काम गर्दा स्वाँ स्वाँ हुने, दम बढ्ने
- छाती दुख्ने
- मुटु छिटो छिटो चलेको अनुभव हुने
- खुट्टाहरू सुन्निने, खोक्दा खकारमा रगत देखिने (मुटु धेरै कमजोर भएपछि मात्र यी लक्षणहरू देखा पर्दछन्)

### ५. बाथ मुटुरोगको उपचार:

- टन्सिल बढ्ने, पाक्ने, घाँटी दुख्ने र ज्वरो आउने भएमा आराम गर्ने र डाक्टरको सल्लाह अनुसार औषधि सेवन गर्ने ।
- बाथ ज्वरोका लक्षणहरू देखा परेमा अस्पताल गई उपचार गर्ने ।
- बाथ मुटुरोग लागे पछि मुटुका भल्भहरू बिग्रिएर मुटु कमजोर हुने हुदाँ डाक्टरको सल्लाह अनुसार उपचार गर्ने । घरेलु उपचार र धामीभाँकीको पछि नलाग्ने ।
- पौष्टिक तत्वयुक्त खाना खाने, चिसो, धुवाँ-धुलोबाट बच्ने ।
- औषधि खाएर ठिक नभएमा रोगीको मुटुको अप्रेसन गर्नुपर्छ ।

### ६. बाथ मुटुरोगको प्राथमिक र द्वितीय रोकथाम

#### ● प्राथमिक रोकथाम विधि

घाँटी दुख्ने, टन्सिल बढ्ने र पाक्ने अनि ज्वरो आउने भएको बेलामा डाक्टरको सल्लाह अनुसार एन्टिबायोटिक औषधिको सेवन गर्ने । यसरी समयमै उपचार गरेमा बाथ मुटुरोग उत्पन्न हुँदैन । यसरी गरिने घाँटीको संक्रमणको उपचारलाई बाथ मुटुरोगको प्राथमिक रोकथाम भनिन्छ ।

#### ● बाथ मुटुरोगको द्वितीय रोकथाम विधि

यो रोग घाँटीबाट फैलिएर दोस्रो चरण (बाथ-ज्वरो) वा तेस्रो चरण (बाथ मुटुरोग) मा पुगिसकेको छ भने पनि ३/३ हप्तामा पेनिसिलिन नामक एन्टिबायोटिकको सुई नियमित रूपमा लगाएको खण्डमा मुटुका भल्भहरू थप बिग्रन पाउँदैनन् र मुटु जोगिन्छ । यसरी पेनिसिलिन सुई या चक्की औषधिको प्रयोगबाट मुटुको रोग बढ्दै जाने प्रक्रियालाई रोक्ने उपचार विधिलाई बाथ मुटुरोगको द्वितीय रोकथाम विधि भनिन्छ ।

## रोकथामका अन्य उपायहरू

- स्वस्थकर र संतुलित भोजन गर्ने ।
- नियमित व्यायाम गर्ने ।
- धुवाँ-धुलो र चिसो तथा हावा राम्रोसंग नखेल्ने कोठामा धेरै जना नबस्ने ।
- नियमित रूपमा घाँटी र मुटुको परीक्षण गराउने ।

## ७. सारांश:

- बाथ मुटुरोग बिटा हेमोलायटिक स्ट्रेप्टोकोकस ग्रुप ए जातका ब्याक्टेरियाको कारणले लाग्छ ।
- घाँटीबाट रोग फैलिँदै गएर मुटुमा पुगे पछि मुटुका भल्भहरू बिग्रिएर मुटु कमजोर हुने रोगलाई बाथ मुटुरोग भनिन्छ ।
- बालबालिकाको टन्सिल बढ्दा, पाक्दा, ज्वरो आउँदा, जोर्नीहरू दुख्दा, जति सक्दो चाँडै डाक्टरलाई देखाई उपचार गर्नुपर्छ ।
- बाथ मुटुरोगका ३ चरणहरू हुन्:- घाँटीको संक्रमण, बाथ ज्वरो र बाथ मुटुरोग ।

- बाथ मुटुरोगको प्राथमिक रोकथाम भन्नाले घाँटीको संक्रमण हुँदा एन्टिबायोटिक औषधि खाएर उपचार गर्ने भन्ने बुझिन्छ भने द्वितीय रोकथाम भन्नाले बाथ ज्वरो वा बाथ मुटुरोगले छोइसकेका बिरामीले मुटुलाई थप बिग्रिनबाट रोक्न ३/३ हप्तामा पेनिसिलिन सुई लाउने वा चक्की औषधि खाएर गर्ने उपचार भन्ने बुझिन्छ ।

## नोट:

बाथ मुटुरोग धेरै जसो अवस्थामा शान्त अवस्थामा रहेको हुन्छ । धेरैजसो यो रोगबाट पीडित भैसकेका बालबालिकाहरूलाई रोग लागेको थाहा नहुन सक्छ । शुरुकै अवस्थामा पत्ता लगाउन सके चाडै उपचार शुरू गर्न सकिन्छ र रोग बढ्न पाउँदैन । ढिला भयो भने रोग छिप्पी सकेको हुन्छ र रोगी बच्चाको मृत्यु हुन सक्छ । रोगलाई शुरुकै अवस्थामा पत्ता लगाउन सक्ने राम्रो उपाय मुटुको भिडियो गर्ने हो । रोटरी क्लब अफ पाटनले नर्सहरूलाई तालिम दिई धेरै संख्यामा स्कुलका बालबालिकाहरूको मुटुको भिडियो एकसरे गरि बाथ मुटुरोग पत्ता लगाउने र उनीहरूको उपचार गराई मृत्यु हुनबाट जोगाउने उद्देश्यका साथ यो परियोजना शुरू गरेको छ ।



ROTARY INTERNATIONAL DISTRICT 3292

## Tips for Meeting Attendees

1. Be punctual to the meeting
2. After Greeting once please Mute your microphone
3. Be formally dressed up for the virtual meeting like you do for the physical meetings.
4. If you're not the host, To help keep background noise to a minimum, make sure you mute your microphone when you are not speaking.
5. Be mindful of background noise When your microphone is not muted, avoid activities that could create additional noise, such as shuffling papers. Keep your phone on silent mode.
6. Always sit on a table and chair in a formal presentation. If you're sitting in any other place use virtual background available on zoom
7. Position your camera properly If you choose to use a web camera, be sure it is in a stable position and focused at eye level, if possible.
8. Limit distractions to make it easier for you to focus on the meeting by turning off notifications, closing or minimizing running apps, and muting your smartphone.
9. Avoid multi-tasking
  - You'll retain the discussion better if you refrain from replying to emails or text messages during the meeting.
  - It will help you not unnecessary share your screen in between and put marks (annotations) on the shared screen.
10. Prepare materials in advance If you will be sharing content during the meeting, make sure you have the files and/or links ready to go before the meeting begins.
11. If you happen to get up for anything important between the meeting, don't forget to switch off your video and audio.



# रगत दान जीवन दान



ललिता चित्रकार थापा

“रगत दान-जीवन दान” भन्ने थेगो हामी सबैलाई थाहा नै भएको र सुन्दै आएको कुरा हो । तर पनि आफैलाई नपरेसम्म हामी यसको गहनताको महत्व गर्दैनौ । जबसम्म हामी आफैलाई अथवा आफन्तलाई रगतको आवश्यकता पर्दैन, हामी यस प्रति त्यति चासो राख्ने गर्दैनौ । समयमा रगत पुऱ्याउन नसक्दा मैले आफ्नै आफन्तलाई बचाउन नसकेको पीडा बोध मेरो मन-मस्तिष्कमा अझै पनि काँडा भै चुभी रहेको महसूस गर्दै आइ रहेकी छु । त्यतिबेलादेखि नै निरन्तर म रगत दानमा सहभागी हुँदै आइरहेकी छु, यद्यपि पछिल्लो केही वर्षदेखि मेरो आफ्नै स्वास्थ्यको कारणले गर्दा यो अवसर प्राप्त भई रहेको छैन ।

भर्खरै केही महिना अघि मेरो आफन्तको कलेजो प्रत्यारोपण गर्ने सिलसिलामा डाक्टरले ५५ पोइन्ट रगतको आवश्यकता पर्ने भनी जानकारी गरायो । एक बजे रातमा रगतको खोजीमा विभिन्न रक्त संचार केन्द्रहरू गई अनुनय-विनय गर्नु पऱ्यो । ठूलो परिमाणमा रगत चाहिने हुँदा पाउन सजिलो थिएन । तर भक्तपुर रेडक्रसले हाम्रो परिस्थितिलाई बुझ्दै चाहिए जति रगत दिन सहर्ष स्वीकार गर्ऱ्यो । “रगत नपाए भक्तपुर जानु” भन्ने कुरो रेडियोमा सुन्ने गर्थे, यो कुरा त्यो दिन साबित भयो । “यति धेरै रगत पाउन निकै गाह्रो हुन्छ । तपाईंहरू निकै भाग्यमानी हुनु हुन्छ । हिजो मात्र आईपुगेको त्यो पनि इ” भनी रेडक्रसको नर्सले भन्नुभयो ।

विज्ञानले जति प्रगति गरेको भए पनि आजसम्म रगतको कुनै विकल्प छैन । मान्छे जति धनी र पैसावाल भएतापनि उसलाई चाहिने रगत पसलमा किनेर पाइन्न । त्यस्तो रगत कुनै मानिसले दान दिएर मात्र पाउन सम्भव हुन्छ । त्यसैले “रगत दान-जीवन दान” भन्ने थेगो सर्व-व्याप्त छ ।

रगतको आवश्यकता जसलाई पनि र जति बेला पनि पर्न सक्छ । धनी-गरीब, बुढा-बुढी, महिला-पुरुष, बच्चाहरू जो सुकैलाई पनि चाहिने हुन्छ । बिरामी मात्र हैन, स्वस्थ मान्छे पनि आकस्मिक दुर्घटनामा पर्दा समयमा रगत उपलब्ध गराउन नसकिएमा ज्यान गुमाउन सक्ने पनि परिस्थिति आउन सक्छ । त्यसैले रगत-दानले जीवन बचाउन मद्दत गर्दछ । एक अध्ययन अनुसार प्रत्येक दिन दुई सेकेन्डको अन्तरालमा कसै न कसैलाई

संसारमा रगतको आवश्यकता परि नै रहेको हुन्छ । रगतको उत्पादन मानव शरीर बाहिर गर्न सकिँदैन र यसको आयु पनि केही समयावधि मात्रको हुन्छ । त्यसकारण यसको निरन्तर आपूर्ति केवल उदार रक्तदाताहरूले मात्र गर्न सक्छन । रक्तदाताहरू हाम्रो समाजको सच्चा सेवकहरू हुन र तिनीहरूले बिरामीहरूको स्वास्थ्य सेवामा महत्वपूर्ण भूमिका खेलेका छन । एक सर्वेक्षण अनुसार ३७ प्रतिशत जन-समुदाय रगत-दान गर्न योग्य छन, तर ५ प्रतिशत मात्रले यो पुनित कार्यमा योगदान पुऱ्याएका छन् । हरेक रक्तदाताले अस्पतालहरूमा कुरिरहेका बिरामी र उनीहरूको परिवारलाई शक्ति, आशा र साहस प्रदान गरिरहेको हुन्छ ।

## रगत किन आवश्यक छ ?

बिरामीलाई रगत चाहिने धेरै कारणहरू छन् । रगतको प्रयोगको बारेमा एउटा सामान्य धारणा रहेको छ कि दुर्घटनाका पीडितहरू सबैभन्दा धेरै रगत प्रयोग गर्ने बिरामीहरू हुन । वास्तवमा, सबैभन्दा धेरै रगत चाहिने अवस्थाहरू हुन्:

- क्यान्सरको उपचार
- अर्थोपेडिक शल्यक्रिया
- हृदय रोगको शल्यक्रिया
- बिरासतमा प्राप्त रक्त बिकारहरूको उपचार

## रक्तदान कसले गर्न सक्छ ?

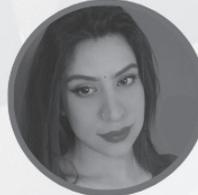
विद्यालयदेखि व्यवसाय, धार्मिक संगठनदेखि सामुदायिक भेलासम्म जहाँ पनि जीवन बचाउन तयार रक्तदाताहरू पाउन सकिन्छ ।

यस पुण्य कार्यमा पाटन रोटररी क्लबले पनि गत एक दशकदेखि रोटराक्ट क्लब पाटनको सहभागितामा रक्तदान कार्यक्रमलाई निरन्तरता दिदै आएको छ । यो कार्यक्रमलाई अझै विस्तार गर्न जरुरी छ । स्वास्थ्य वा अन्य कारणले गर्दा आफैले रगतदान गर्न सम्भव नभएमा पनि यस पुनित कार्यमा सम्भावित रक्तदाताहरूलाई उत्प्रेरित गरि वा यसमा दत्त-चित्त भइ लागेका संघ-संस्थाहरूलाई मद्दत पुऱ्याई सहयोगी बन्न सकिन्छ । रगत दान गरौं - जीवन बचाऔं ।



# Executive Committee of Rotaract Club of Patan (2023/24)

**Rotaract**  **Club of Patan**   
RI District 3292

 <b>Rtr Hricha Aryal</b> President	 <b>Rtr Sandeep Chhetri</b> Immediate Past President	 <b>Rtr Puja Bhujel</b> Vice President Treasurer	 <b>Rtr Sandhya Chaulagain</b> Joint Secretary
 <b>Rtr Aman Shrestha</b> Secretary	 <b>Rtr Puja Poudel</b> Community Service Chair	 <b>Rtr Sijal Shresha</b> Professional Development Chair	 <b>Rtr Pratik Neupane</b> International Service Chair
	 <b>Rtr Swonima Khadka</b> Club Service Chair	 <b>Rtr Rashik Adhikari</b> Rotaract Foundation Chair	 <b>Rtr Aakriti Devkota</b> Sergent At Arms



## Leaders Beyond Club Level 2023/2024

### Members of the Rotary Club of Patan in Leadership Positions

S.N.	Name	Position	Description
1.	PDG Rtn. Tirtha Man Sakya	Chair Member Advisor	Rotary Nepal Literacy Mission (RNLN) Council of Governors District Conference Committee
2.	Rtn. Siba Bhakta Rajbhandary	Chair Advisor Member	Review Committee for Global Grant District Rotary Foundation Committee District Advisory Council
3.	Rtn. Gabriele Mallapaty	Member	Cadre of Technical Advisor, District Resource Network - Disease Prevention and Treatment
4.	Rtn. Kedar Bhakta Shrestha	Member	District Advisory Council
5.	Rtn. Mahendra Singh Rawal	Member	Rotary NOH Endowment Fund
6.	Rtn. Lalita Chitrakar Thapa	Member	Child at Risk Sub-committee
7.	Rtn. Mahendra B. Thapa	Member	District Grant Sub-committee
8.	Rtn. Shiva Kumar Pradhan	Member	New Member Orientation Sub-committee

## Interact Clubs of Patan 2022/2023



### Interact Club of Patan - Pragati School

Kupondole-10, Lalitpur

Club ID: 86246, Charter Date: 11 November, 2014



### Interact Club of Patan-Shree Balkumari School

Sunakothi, Lalitpur

Club ID: 208051, Charter Date: 29 November 2011



### Interact Club of Patan - St. Xavier's Godavari

Godavari, Lalitpur

Club ID: 222047, Charter Date: 08 June 2020

## INNER WHEEL CLUB OF PATAN (Activity Report-2022/23)



*Ms. Praveena Shrestha  
IWC Patan President (2022/23)*

The Inner wheel Club of Patan was chartered on 6<sup>th</sup> of April, 1996. It is a part of the largest women's-based international organization that spreads to 110 countries. The International Inner wheel organization will be celebrating its 100<sup>th</sup> anniversary next year on July, 2024 in Manchester City, England.

The IWC (Inner wheel Club) of Patan comprises of 31 members, in which 13 are the board members. The following are the major activities carried out by IWC-Patan from July 2022 to June 2023 in brief:

1. **Club Assembly and Installation on 3<sup>rd</sup> July, 2022:** The club celebrated its 30<sup>th</sup> Club Assembly and 29<sup>th</sup> Installation at Yak Palace, Lalitpur.
2. **Education & Scholarship:** The Club has contributed in girl-child education in government schools of Lalitpur through RC Patan's scholarship distribution

program by providing a support fund of Rs. 50,000.00 on the 37<sup>th</sup> Charter Day of RC Patan.

3. **CBR (food & daily necessities' distribution):** The Club has supplied food and daily goods such as toothbrush/paste, soap, vaseline (cream), towels, juice, cookies/biscuits, chips, chocolate, nuts, snacks, etc. to the Community-Based Rehabilitation center. In total, 24 children were benefitted.
4. **Patan Hospital & Prasuti Griha (distribution to infants):** In total, 187 blankets were distributed for infants: 125 in Prasuti Griha, and 62 in Patan Hospital.
5. **Annual Picnic**

As a part of our routine fellowship program, IWC-Patan enjoyed an annual picnic at Lele, Lalitpur.





6. **Blood Donation:** Our members participated in the blood donation program hosted by Rotary Club of Patan and Rotaract Club of Patan. The club had assisted with Rs. 15,000.00 for this event.
7. **Participation in District 350's Programs:** Our members actively participated in various programs organized by District 350; such as; Officers' Training, Yoga/Meditation, Plantation, Talk Programs, Mega Health Camp, Teej Celebration, District Conference, Assembly & Installation, Int'l IWD, etc.
8. **IIW President 2022-23's Visit:** On the occasion of District 350's 9<sup>th</sup> District Conference, current IIW President Jenaida Y Farcos and Dr. Surjit Kaur (Association President of India) had visited as chief guests during the ceremony at Hyatt Place Hotel.
9. **District Chairman's Official Club Visit:** On 3<sup>rd</sup> of January, 2023, the club hosted District Chairman's official club visit. Likewise, we had honored IW Moti Shanti Shakya for receiving Samaj Sewa Ratna Abhushan presented by Nepal's Past-President Bidya Devi Bhandari on Asoj 3, 2079 BS.
10. **Participation in programs:** The Club engaged in programmes such as the Joint Health Camp, Rally in Int. Peace Day, Celebration of World Heart Day, Rally and Awareness Talk Program by Dr. Prakash Raj Regmi, Assembly and Installation of Rotaract Club of Patan, etc.
11. **Women Entrepreneurship contributions:** The Club annually supports Hakhah Mahila Samaj for vocational training programs concerning the strengthening of women entrepreneurship.
12. **Partake in 5<sup>th</sup> South Asian Rally, Bangladesh**  
IWC-Patan members actively participated in 5<sup>th</sup> South Asian Rally held in Bangladesh on August 26-27, 2022. This two-day celebration with the slogan "Pride & Performance", was attended by IWC of India, Nepal, Malaysia, Philippines and Bangladesh with over 700 attendants.
13. **Meetings**  
IWC-Patan successfully conducted 12 board meetings, 12 regular meetings and one emergency meeting during this year. The club also organized a joint meeting with IWC-Bagmati and IWC-Charumati in Alice Reception. We collected a total of Rs. 53,400.00 and are planning to conduct a joint project with that amount in near future.



# Inner Wheel Club of Patan

## Club Governing Body

Club No. 4363, Charter Day: 6<sup>th</sup> April

---



**IW Kalpana Pradhan**  
President

Cell: 5429555, 9851023380  
pradhankalpana66@gmail.com



**IW Vijaya Laxmi Shakya**

Vice President  
Cell: 5902579, 9841254050  
vijayashakya2014@gmail.com



**IW Praveena Shrestha**

Immediate Past President  
Cell: 9849872146, 9749421431  
dr.mnshrestha@gmail.com



**IW Tika Pradhan**

Secretary  
Cell: 9841698978  
tikapradhanmaya@gmail.com



**IW Maya Devi Nagarkoti**

Treasurer  
Cell: 9851157315  
mayanagarkoti315@gmail.com



**IW Brinda Rana**

ISO  
Past President  
Cell: 9841309385, 5421667  
brindarana94@gmail.com



**IW Tara Pradhan**

Editor  
Cell: 9841226075, 5535009  
tarapradhan2077@gmail.com



**IW Shanta Shrestha**

Executive Member  
Past President  
Cell: 9849850226, 5422207  
kaybeenshan11@gmail.com



**IW Shanti Mathema**

Executive Member  
Past President  
Cell: 9841188955, 5529345  
keshab.mathema@gmail.com



**IW Mithila Rajbhandary**  
(Major Donor)

Executive Member, Past President  
Cell: 9841758531, 5526856  
sibabr@gmail.com



**IW Gunu Devi Shrestha**

Executive Member  
Past President  
Cell: 9841401076, 5260059  
gunushrestha@gmail.com



**IW Mahima Rimal Bhattarai**

Executive Member  
Cell: 9851086944, 5260137  
mabhattarai@gmail.com



**IW Sulochana Pradhan**

Executive Member, Past President  
Cell: 9841307248  
sulopradhan@yahoo.com

## Rotary Club of Patan 2023-24

### Grouping of Rotarians for Birthday Fellowship Dinner

#### Group 1 (1<sup>st</sup> July to 17<sup>th</sup> December)

1.	Mukti N. Shrestha	July 1
2.	Keshab B. Mathema	July 2
3.	Tirtha M. Sakya	July 21
4.	Khadak S. Bisht	Aug 19
5.	Som Paneru	Sept 1
6.	Krishna Hachhethu	Sept 27
7.	Mahendra S. Rawal	Oct 5
8.	Preeti Khemka (GC)	Nov 3
9.	Santa K. Shrestha	Nov 5
10.	Nabin B. Maharjan	Nov 05
11.	Ganesh R. Shrestha	Nov 22
12.	Piyush B. Bajracharya	Dec 12
13.	Rabendra R. Pandey	Dec 14
14.	Gabriele Mallapaty	Dec 17

#### Group 2 (January to 19<sup>th</sup> March)

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

#### Group 3 (4<sup>th</sup> April to 30<sup>th</sup> June)

1.	Bijaya L. Shrestha	Apr 4
2.	Maheswari Bisht Rawal	Apr 13
3.	Ganga Ram Gautam	Apr 15
4.	Bishnu Sigel	Apr 23
5.	Sandhya Regmi	Apr 25
6.	Yagya B. Shrestha	Apr 29
7.	Shiva Pradhan (GC)	May 2
8.	Chandralekha Kayastha	May 4
9.	Jeevan K. Shrestha	May 6
10.	Kuldeep R. Tuladhar	May 8
11.	Bijaya Mallapaty	May 9
12.	Matsyendra L. Kayastha	May 25
13.	Bishwa B. Sharma	June 2
14.	Siba B. Rajbhandary	June 11
15.	Ramesh L. Maskay	June 12
16.	Prakash R. Regmi	June 30

#### The groups will have fellowships as follows:

Group 1	-	Mid-July
Group 2	-	Mid-November
Group 3	-	Mid-April

#### Other Fellowship/events involving all club members with spouses:

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





*From the makers of*

# MYODIN

Ivabradine 2.5 / 5/ 7.5 mg Tablets

Correct the " **Funny Current** " Affair



QUEST  
PHARMACEUTICALS



Years of  
**Excellence**

[www.quest.com.np](http://www.quest.com.np)

# AYUS HERBAL CARE PVT. LTD



“सुरक्षित स्वास्थ्यको लागि प्राकृतिक सुगन्धित तेलको एक उत्कृष्ट मिश्रण ॥”

आयुस हर्बल केयर प्रा. लि तपाईंको सुस्वास्थ्यको लागि प्राकृतिक र प्रभावी समाधानहरूको प्रमुख उत्पादक हो। हाम्रो उच्चतम गुणस्तरका प्राकृतिक तत्वहरू र पारम्परिक विधिहरूको प्रयोगमा प्रतिष्ठित हुने योगदानले हाम्रो उत्पादनहरू सुरक्षित, प्रभावी र सम्भावित नतिजाहरू प्रदान गर्दछ।

सम्पर्क नं: 9801125999

वेबसाइट: <https://drabyam.com/>



## Photo Gallery-Rotarians in Action



37<sup>th</sup> Charter Day



A Board Meeting



A weekly meeting



Recognition to a charter member



Installation of President



Recognition to a senior member



Taking oath of office

## Photo Gallery-Rotarians in Action



Ambulance handover ceremony



Milk tasting at Jiri Farm



Fellowship in Charikot



On the way to Dolakha



Jai Kalinchok Bhagawati



Members at handover ceremony



Spouses at handover ceremony

## Photo Gallery-Rotarians in Action



*Birthday fellowship 2022-23*



*KEEA-GSA 2022-23*



*Headmasters of 24 schools at KEEA*



*Winners of KEEA*



*KEEA-2022-23 participants*



*Winners of vocational award*

## Photo Gallery-Rotarians in Action



8<sup>th</sup> March Cycle Rally



Scholarship at Vidya Sadan School



Scholarship at Adarsh Kanya School



Wheelchair distribution at NOH by RIP



Scholarship at Rudrayani School



Wheelchair Distribution

## Photo Gallery-Rotarians in Action



Lifting Inter-school Rotaquiz Shield



A futsal match with Rotaractors



Farming Training for Disabled



Menstrual Hygiene Training



Fruit-tree plantation



Rtn. RR Pandey accepting MD Level-II from RIP



IWC Patan Members

# Ayus Herbal Care Pvt. Ltd

सुरक्षित स्वास्थ्यको लागि प्राकृतिक सुगन्धित तेलको एक उत्कृष्ट मिश्रण ॥



आयुस हर्बल केयर प्रा. लि तपाईंको सुस्वास्थ्यको लागि प्राकृतिक र प्रभावी समाधानहरूको प्रमुख उत्पादक हो। हाम्रो उच्चतम गुणस्तरका प्राकृतिक तत्वहरू र पारम्परिक विधिहरूको प्रयोगमा प्रतिष्ठित हुने योगदानले हाम्रो उत्पादनहरू सुरक्षित, प्रभावी र सम्भावित नतिजाहरू प्रदान गर्दछ।



**Ayus Herbal Care Pvt. Ltd.**

The Pure Blend of Natural Essential Oils

Baburam Acharya Sadak, Sinamangal, Kathmandu  
9801125999  
ayus-herbal@bhojho.com





## Island Jungle Resort Pvt. Ltd.

### Contact Office:

- 📍 Durbarmarg, Kathmandu
- ☎ 01-4220162, 4229116
- 📞 9851174766, 9801374766
- ✉ island@mos.com.np, haribmr@gmail.com
- 🌐 www.islandjungleresort.com

