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District 3292



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41st Souvenir

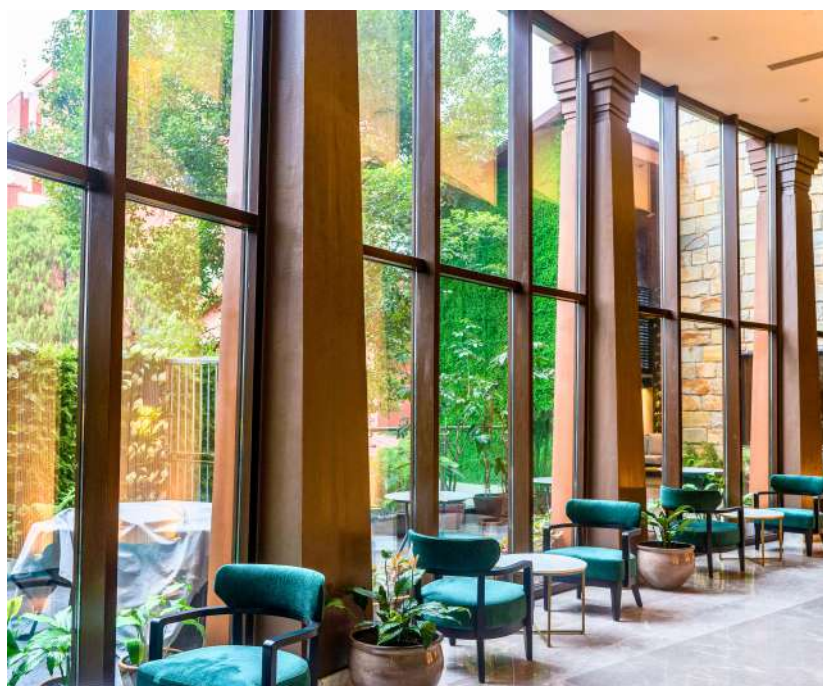
Rotary Year 2026-27

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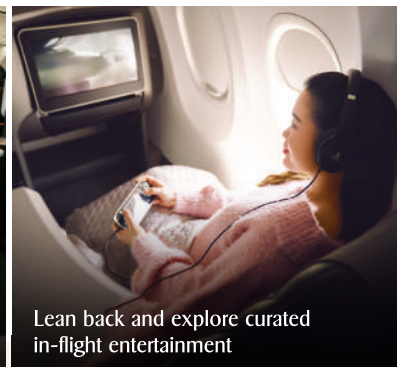




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Email: bhattasantosh369@gmail.com

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

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August 2026

FOR MEMBER PAYMENTS



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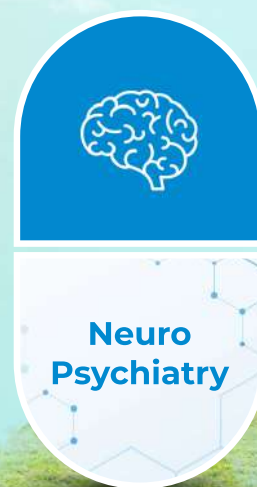
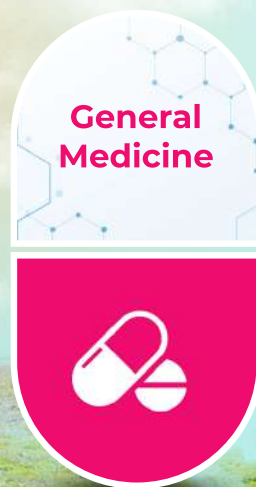
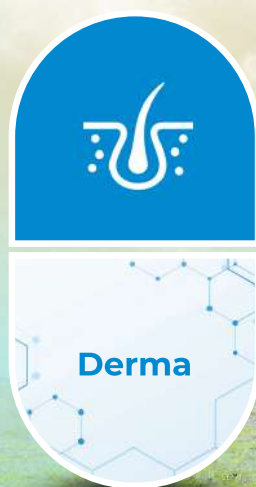
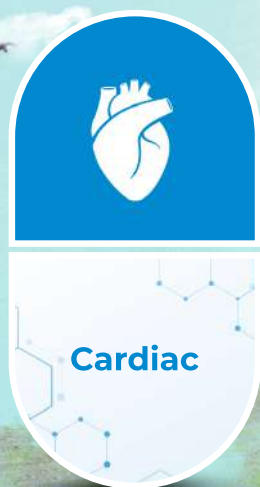


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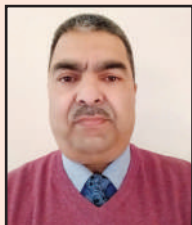
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Email: quest.ktm@quest.com.np

Factory:

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Tel.: +977-051-580172, 580186
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Editorial

41 Years of Service: Honoring Our Legacy, Building Our Future

Forty-one years ago, a small group of people who came together in Patan with a belief that friendship could be put to work for the good of others planted the seed of Rotary Club of Patan. Since then, community services in many areas including education, health, disability and environment have made the club vibrant and alive. This 41st issue of Lalitdhara is the celebration of the impact that RCP has been able to make so far and a renewed commitment to continue its services in the days to come.

The year brought more than one hundred projects, events and engagements across education, health, disability inclusion, environment, humanitarian response, youth service and public awareness. But numbers alone cannot tell the story. Behind every figure was a Rotarian giving time, a family member travelling along, a partner opening a door, a teacher waiting at a school, a health worker examining a child, a volunteer staying late, or a beneficiary daring to hope for something better.

In 2025-2026 Rotary Year, 378 students received scholarships, nearly two-thirds of them girls and heart-health screening reached 6,657 children and community members. The Club's work on rheumatic heart disease is now moving beyond a single project towards a model with wider reach through the District collaboration. Eye and oral health services, cataract support, awareness activities all carried the same message: prevention is also compassion. Through livelihood skills, agriculture, vocational training, assistive support, rehabilitation, advocacy, seed funding and the STAR program, people with disabilities are being supported to become economically independent and active contributors to their communities. In Bagmati Rural Municipality, 86 community dogs were sterilised, vaccinated against rabies, dewormed and treated, linking animal welfare with human health and responsible community care. These efforts tell us that service today must see the connections between people, animals, land and the future.

And yet Rotary Club of Patan would not be what it is without fellowship. Service is what we do; fellowship is often what makes it possible. This year, the Club celebrated its 2,000th regular meeting - a remarkable milestone of continuity. The 13-Club joint meeting widened that circle. Birthday fellowships, Funday gatherings, service-linked outings and the Platinum Group strengthened the quieter bonds that hold a voluntary organisation together. The initiative to celebrate the lives of late Rotarians reminded us that institutional memory is not about looking backward; it is about knowing whose shoulders we stand on.

As you look across the pages of this Souvenir, you see a Club that has learned to combine continuity with change. New programmes emerge because the Club remains open to new needs. Partnerships expand because trust has been earned over time. The 41st year, therefore, does not stand apart from the forty years before it. It is their continuation - and also a responsibility to those who will come after us. Lalitdhara is more than a Souvenir. It is our shared memory: a place where service is recorded, friendships are honoured, achievements are celebrated, questions are raised, and the spirit of a Rotary year is preserved. So, as we place the 41st Lalitdhara in the hands of our members, families, partners, friends and well-wishers, we do so with gratitude. Gratitude to those who founded the Club; to those who built its enduring programs; to those we have lost but continue to remember; to those who lead today; and to the many people outside Rotary who trust us enough to work beside us. Most of all, gratitude to the communities that allow us the privilege of serving.

Rtn. Ganga Ram Gautam, PhD

Coordinator

41st Lalitdhara Souvenir Publication Committee



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of

ROTARY CLUB OF PATAN

on its 41st

CHARTER DAY

On 3 November 2017, six RCP members aged 75 and above formed an informal fellowship known as the Platinum Group to promote friendship, fraternity and fellowship. Over the years, its membership grew to 15 as more members reached the age of 75. Sadly, the group has also lost several of its cherished members, most recently Charter Secretary Rtn. Matsyendra Lal Kayastha.

With the inclusion of Rtn. Jamuna Krishna Tamrakar and the return of Rtn. Bharat Narsing Joshi to the club, the Platinum Group currently comprises 12 members.

The group meets two or three times a year for fellowship dinners, jointly hosted by two members in rotation according to seniority. On these occasions, the hosts share memories of their childhood, family background, upbringing, neighbourhood and other unique experiences, creating a wonderful opportunity for fellowship and for members to know one another more closely.

The Platinum Group remains one of the Rotary Club of Patan's unique fellowship forums.

Rtn. Kedar Bhakta Shrestha

Rtn. Siba Bhakta Rajbhandary

Rtn. Keshab Bhakta Mathema

Rtn. Yagya Bahadur Shrestha

Rtn. Santa Kumar Shrestha

Rtn. Bharat Narsing Joshi

Rtn. Ramesh Lal Maskay

Rtn. Rabendra Raj Pandey

Rtn. Kamal Bahadur Nyachhyon

Rtn. Nirmal Kumar Pradhanang

Rtn. Ganesh Raj Shrestha

Rtn. Jamuna Krishna Tamrakar

Rotary Club of Patan



Platinum Group



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Message From RI President

Olayinka H. Babalola
President, 2026-2027
Rotary International

+1-847-866-3467
yinka.babalola@rotary.org



6 March 2026

Dear friends,

Rotary has changed my life, and I'm willing to bet that it has changed yours too. It expands our world, enriches our understanding of service, creates international friendships, and grounds us. It teaches us to see, to look beyond ourselves.

Think about our Vision Statement: Together, we see a world where people unite and take action to create lasting change—across the globe, in our communities, and in ourselves. Those final words of our Vision Statement are at the heart of what it means to Create Lasting Impact. We often share how Rotary inspires lasting change in others, but we rarely discuss how it transforms us. We must consider how Rotary has changed our lives and share our stories widely. If we can do that, we will engage current members, expand our reach, and forge exciting connections with like-minded partners.

We must embrace Rotary's global diversity and build a welcoming culture, one where fresh perspectives are embraced, new ideas are celebrated, and differences are met with curiosity and kindness instead of judgement. If we can do that, we will meet our membership goals and continue to grow.

And finally, we must reaffirm our commitment to service. We must think bigger, understanding our struggles as interconnected and leveraging our connections to make global progress. If we can do that, we will be one step closer to a world free of polio, a world where everyone has access to clean water and a quality education—a world at peace. Let us continue to inspire one another and seek innovative solutions to some of the world's most pressing challenges. I look forward to working alongside you in service.

Warm regards,

A handwritten signature in black ink, reading "H.O. Babalola".

Olayinka H. Babalola
President, Rotary International 2026-27



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Vishnu B. Karkee
District Governor 2026-2027

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Shiv Prakash Khemka
President
Rotary Club of Patan



Dear President Rtn. Khemka,

We would like to extend our warmest and heartfelt best wishes as you will take on the role of the Club President of your Club. Huge congratulations on this significant leadership commitment that you have accepted stepping to lead your Club to even greater heights during the Rotary Year 2026/27.

Your enthusiasm, visionary leadership, dedication and commitment to our organization are truly commendable, and we are fortunate to have someone as capable and passionate as you leading the way. We believe in your ability to guide your Club Members towards success and create a thriving environment for all, serving & supporting the needy people in the communities all over the country and beyond.

As the Club President, you have the opportunity to shape the future of the Members, Club and supporting the District as well, implementing new initiatives, and fostering a sense of unity among everyone. Your vision, leadership, and ability to inspire others will play a crucial role in the continued growth and achievement.

As a Team Member of the District, we stand side by side & hand in hand, ready to offer our support and assistance whenever needed. We have every confidence that you will excel in this role and leave a lasting impact in the Club as well as in the District. May you have the wisdom to make sound decisions, the strength to overcome challenges, and the passion to make a positive difference.

Congratulations once again, and we look forward to witnessing the great accomplishments that lie ahead under your exceptional leadership. Let's Unite For Good to "Create Lasting Impact" around the globe, in our communities and to ourselves in the Rotary Year 2026/27.

Thank you once again.

With best wishes,

Vishnu B. Karkee
District Governor

Rotary District Office,
Thapathali, Kathmandu
Nepal

Cell:
977 9851035000

Email
Vishnu.karkee@gmail.com

Gallery of Past Presidents

* President a.i.



Late Rtn. S.R. Sharma
1985-87



Late Rtn. Matsyendra L. Kayastha*
1987-89



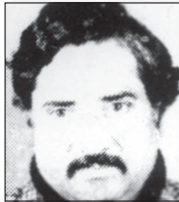
Late Rtn. B. R. Prasai
1989-90



Late Rtn. P. P. Prasai
1990-91



Late Rtn. H.R. Bajracharya
1991-92



Rtn. B.K. Mainali
1992-93



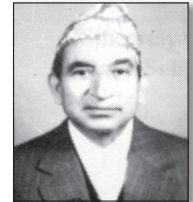
Rtn. B. B. Bajracharya
1993-94



Rtn. S. SJB Rana
1994-95



Late 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 Nyachhyon
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



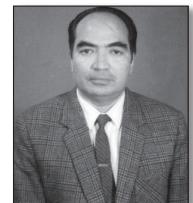
Late Rtn. Gyanu R. Shakya
2005-2006



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



Late Rtn. Krishna B. Basnyat
2012-2013



Rtn. Jeevan K. Shrestha
2013-14



Rtn. Khrushchev Shrestha
2014-15



Late 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



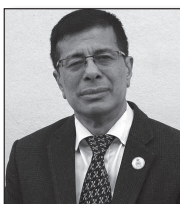
Rtn. Lalita C. Thapa
2019-20



Rtn. Nirmal K. Pradhanang
2020-21



Rtn. Mahendra B. Thapa
2021-22



Rtn. Shiva K. Pradhan
2022-23



Rtn. Mahendra S. Rawal
2023-24



Rtn. Preeti Khemka
2024-25



Rtn. Khadak S. Bisht
2025-26



Rtn. Shiv P. Khemka
President

President's Message

It is a privilege to address you through the 41st edition of Lalitdhara, a publication that preserves the history, service and fellowship of the Rotary Club of Patan.

As President for Rotary Year 2026–27, I am conscious that we are building on strong foundations created over more than four decades by generations of Rotarians, families, partners and well-wishers. Our responsibility is not simply to introduce new activities, but to preserve what works, strengthen what can be improved, and ensure that our service remains relevant and sustainable.

The Rotary International Presidential Message for 2026–27, “Create Lasting Impact,” reflects this approach well.

For me, lasting impact means going beyond completing activities and asking a simple question: What changed because of what we did?

When we support students through PEEF, our interest should extend beyond scholarship distribution to understanding the opportunities created for their future. Through KPAD, STAR and other disability initiatives, success should ultimately mean greater independence and participation. Similarly, our work on Rheumatic Heart Disease (RHD) and heart health should move beyond screening numbers towards prevention, awareness, timely intervention and sustainable partnerships.

Not everything in Rotary can be measured in numbers, because Rotary is ultimately about people. But wherever possible, we should understand not only what we did, but what difference it made.

Good intentions must also be supported by careful planning, responsible implementation, follow-up and learning. At the same time, the strength of our Club comes from active committees, engaged members, fellowship, teamwork and shared responsibility.

Lalitdhara plays an important role by documenting our journey and connecting one Rotary generation with the next. I sincerely thank the Souvenir Publication Committee, contributors, advertisers, supporters and everyone who has worked behind the scenes to make this edition possible.

Above all, I thank our members, their families, Rotaractors, Interactors, partner organisations and the communities that give us the privilege to serve.

We have inherited a proud legacy. Let us work together to leave the Rotary Club of Patan stronger, more effective and better prepared for the future, and together Create Lasting Impact.

Shiv Prakash Khemka

Rtn. Shiv Prakash Khemka
President, Rotary Year 2026–27
Rotary Club of Patan



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Members: Rtn. Ganesh R. Shrestha - Fellowship Fund management Rtn. Lalita Chitrakar Thapa - Event and fellowship coordination support		
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Director/Chair Youth Services Committee: Rtn. Maheswari Bisht Rawal		
Members: Rtn. Mahendra S. Rawal, Rtn. Lalita Chitrakar Thapa, Rtn. Shikha Prasai		

"The Club President serves as an ex-officio member of all Committees"



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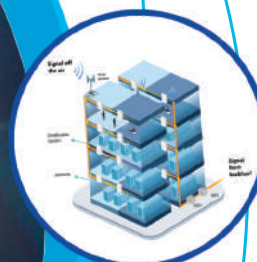
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Rotary Club of Patan

RI District 3292

Club No. 23126

Chartered on 29th August 1985

Executive Board 2026-27



Rtn. Shiv P. Khemka
President



Rtn. Khadak S. Bisht
Immediate Past President



Rtn. Jeevan K. Shrestha
President Elect



Rtn. Lalita Chitrakar Thapa
Vice President



Rtn. Krishna Hachhethu
Secretary



Rtn. Sandhya Regmi
Joint Secretary



Rtn. Gabriele Mallapaty
Treasurer



Rtn. Preeti Khemka
Joint Treasurer



Rtn. Kedar B. Shrestha
Sergeant-at-arms / Events & Fellowship



Rtn. Bishwa B. Sharma
Director/Chair-Club Administration



Rtn. Kamal B. Nyachhyon
Director/Chair-Membership



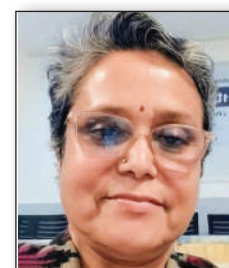
Rtn. Prakash R. Regmi
Director/Chair-Public Image



Rtn. Bijaya Mallapaty
Director/Chair-Service Projects



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



Rtn. Maheswari B. Rawal
Director/Chair-Youth Services



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जोर्नीहरु दुख्दा, औषधि नगरे बाथ मुटुरोग लाग्न सक्छ ।

सावधान !



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Foundation**



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Bajracharya Bijay

Classification: Gemmologist
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



Dawadi Gopal Prasad

Classification: Civil Engineer
Lagankhel, Lalitpur
Cell: + 977 9851042972
Born: 26 Jan Wed: 20 April
Join: 2025
Spouse: JYOTI
Email: gopalpdawadi@gmail.com



Bajracharya Piyush Bajra

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



Gupta Sunil

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



Baniya Lila Bahadur

Classification: Tourism Management & Financial Professional
Res: 162/15 Bibhuti Marg, Buddhanagar
Ph: (R) 4792563
(M): 9851084296
Born: 22 Feb; Wed: 4 Dec
Join: 2018
Spouse: SUDHA
E-mail: baniya2025@gmail.com



Gyawali Lochan

Classification: Tea Farmer
Jun Chiyabari Tea Garden
Ph: (R) 5521311, (O) 5522871
Born: 12 Nov; Wed: 30 Jan
Join: 1985
Spouse: SANGEETA
E-mail: lochan@nbe.com.np



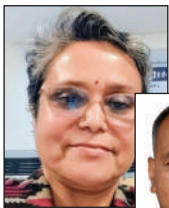
Bisht Khadak Singh

Classification: Veterinarian, Epidemiologist
Sunrise Apartment, Nakkhu, Lalitpur
Cell: 9801020239
Born: 1962 Aug 19
Join: 2019
Spouse: MAHESWARI
E-mail: khadaksinghbisht@gmail.com



Hachhethu Krishna

Classification: Prof. of Political Science
135 Shikali Marg, Magargaon, Bhainsepati
Phone: 5592302
Cell: 9840255861
Born: 27 Sep, Wed: 01 Mar
Join: 2024
Spouse: KAMAL
Email: krihac@gmail.com



Bisht Rawal Maheswari

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



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



Gautam Ganga Ram

Classification: Educationist
Hattiban, Lalitpur
Ph: (R) 5253185
Cell: 9851187898
Born: 15 April; Wed: 10 February
Join: 2022
Spouse: MADHAVI
Email: gangag@gmail.com



Kayastha Chandralekha

Classification: Architect
Mr. & Mrs. ML Kayastha & Associates Pvt. Ltd.
Cell: 9849450309
Born: 4 May; Wed: 7 July
Join: 2008
E-mail: kayasthacl@gmail.com

Members of Rotary Club of Patan



Khemka Preeti

Classification: Homemaker
Surya Apartment, Ram Chandra Marg,
Battisputli, Kathmandu
Cell: 9840050781
Born: 3 Nov; Wed: 11 Dec
Join: 2016
Spouse: SHIV PRAKASH
E-mail: preeti.khemka@gmail.com



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



Khemka Shiv Prakash

Classification: Electronics Business
Surya Apartment, Ram Chandra Marg,
Battisputli, Kathmandu
Ph: (O) 4110860
Cell: 9801025886
Born: 12 Feb; Wed: 11 Dec
Join: 2016
Spouse: PREETI
E-mail: spkhemka@gmail.com



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



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 LAL
E-mail: kamala29548@yahoo.com



Nyachhyon Kamal Bahadur

Classification: Heavy Textile Manufacturer
Himal Tents (P) Ltd.
Ph: (R) 5320759
Cell: 9851023354
Born: 15 Jan; Wed: 15 Feb
Join: 1985
Spouse: SULOCHANA
E-mail: kamalnyachhyon@gmail.com



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



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



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



Pradhan Shiva Kumar

Classification: Business
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



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



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

Members of Rotary Club of Patan



Prasai Shikha

Classification: Media and Communication
Baluwatar – 5, Kathmandu, Nepal
Cell: + 977 9851037701
Born: 20 Jan Wed: 15 Feb
Join: 2025
Spouse: DIL BHUSAN
Email: prasaishikha@gmail.com



Sharma Bishwa Bandhu

Classification: Psychiatrist
4Kitabi Marg, Dilli Bazar, KTM-30
Ph: (R) 5574249 (O) 4567067
Cell: 9851025579
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
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
Nepal Heart Clinic
Res: Dhobighat, Lalitpur
Ph: (R) 5425536, (O) 5430126
Cell: 9851051170
Born: 21 Ashadh; Wed: 2 Baisakh
Join: 1990
Spouse: UPASANA
E-mail: pregmi68@gmail.com



Shrestha Jeevan Kumar

Classification: Civil Engineer
Chakupat, Lalitpur
Ph: (R) 5268059
Cell: 9851045085
Born: 6 May; Wed: 23 June
Join: 2006/07
Spouse: GUNU
E-mail: shreshtha.jeevank@gmail.com



Regmi Sandhya

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



Shrestha Kedar Bhakta

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



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

Members of Rotary Club of Patan



Shrestha Santa Kumar
Classification: Industry and Tourism
Island Jungle Resort
Ph: (R) 5521745
Born: 5 Nov; Wed: 3 May
Join: 1992
Spouse: NIRMALA
E-mail: island@mos.com.np



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



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



Thapa Lalita Chitrakar
Classification: Management Specialist
Civil Home-1, Bhainsepati, Sainbu-25
Ph: (R) 5592259
Cell: 9851072937
Born: 19 March; Wed: 29 April
Join: 2012
E-mail: lalitathapa1949@gmail.com



Sigdel Bishnu Prasad
Classification: Artist
Address: Imadole, Lalitpur
PH: (H) 5917311
Cell: 9845164311
Born: 23 April; Wed
Join: 2023
Spouse: AUSARA
E-mail: bishnupsigdel@gmail.com



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

ROTARY SPECIAL OBSERVANCE MONTHS

Rotary Year 2026-27

JULY Maternal and Child Health Month	AUGUST Membership and New Club Development Month	SEPTEMBER Basic Education and Literacy Month
OCTOBER Community Economic Development Month	NOVEMBER Rotary Foundation Month	DECEMBER Disease Prevention and Treatment Month
JANUARY Vocational Service Month	FEBRUARY Peacebuilding and Conflict Prevention Month	MARCH Water, Sanitation, and Hygiene Month
APRIL Environment Month	MAY Youth Service Month	JUNE Rotary Fellowships Month

The Rotary year begins on 1 July.

Rotary Foundation 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)

MPHF's & PHF's



Rtn. Nirmal K. Pradhanang
PHF+7



Rtn. Lalita C. Thapa
PHF+5



Rtn. Ramesh L. Maskay
PHF+5



Rtn. Preeti Khemka
PHF+5



Rtn. Keshab B. Mathema
PHF+4



Rtn. Piyush B. Bajracharya
PHF+4



Rtn. Kedar B. Shrestha
PHF+4



Rtn. Shiv P. Khemka
PHF+4



Rtn. Bishwa B. Sharma
PHF+3



Rtn. Santa K. Shrestha
PHF+3



Rtn. Jamuna K. Tamrakar
PHF+2



Rtn. Padam L. Maharjan
PHF+2



Rtn. Kamala Maharjan
PHF+2



Rtn. Bijay B. Bajracharya
PHF+1



Rtn. Pushkar M. Shakya
PHF+1



Rtn. Kamal B. Nyachhyon
PHF+1



Rtn. Bharat N. Joshi
PHF+1



Rtn. Shiva K. Pradhan
PHF+1



Rtn. Jeevan K. Shrestha
PHF+1



Rtn. Yagya B. Shrestha
PHF+1



Rtn. Sunil Gupta
PHF+1



Rtn. Lochan Gyawali
PHF



Rtn. Mukti N. Shrestha
PHF



Rtn. Lila B. Baniya
PHF



Rtn. Khadak S. Bisht
PHF



Rtn. Ganga Ram Gautam
PHF



Rtn. Krishna Hachhethu
PHF



Rtn. Mahendra S. Rawal
PHF



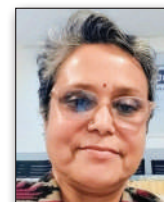
Rtn. Sandhya Regmi
PHF



Rtn. Bishnu P. Sigdel
PHF



Rtn. Gopal Dawadi
PHF



Rtn. Maheswari Bisht Rawal
PHF



Rtn. Shikha Prasai
PHF

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On 29 August 2026



Lalita C. Thapa
President
Ama Ghar Board

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Rtn. Bijaya L. Shrestha
Major Donor



Rtn. Prakash R. Regmi
Major Donor



Rtn. Preeti Khemka
PHS Member

LEADERS BEYOND THE CLUB

advance Rotary's mission across Nepal and Bhutan.

RCP MEMBERS SERVING ROTARY BEYOND THE CLUB — RY 2026–27

The Rotary Club of Patan takes immense pride in seven distinguished members holding eight Rotary appointments beyond the club — within RI District 3292 and at the Rotary International / The Rotary Foundation level. Their service reflects our club's influence and its commitment to Rotary's broader objectives.

[Rotary International / The Rotary Foundation](#)

Rtn. Gabriele Mallapaty

Cadre of Technical Advisers – Disease Prevention and Treatment

[RI District 3292 — RY 2026–27](#)

Rtn. Rabendra Raj Pandey

Advisor, District Disability Project and Wheel Chair Support Subcommittee

Rtn. Preeti Khemka

Assistant Governor, Zone 19

Dr. Rtn. Prakash Raj Regmi

Chair, Heart Care and Blood Bank Subcommittee

Rtn. Ganesh Raj Shrestha

Co-Chair, District Advisory Council

Rtn. Khadak Singh Bisht

**Co-Chair, Region 3, Service Project Committee
Member, District Learning Facilitator**

Rtn. Lalita Chitrakar Thapa

Co-Chair, District Committee for Diversity, Equity and Inclusion

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ROTARY CLUB OF PATAN - ANNUAL REPORT 2025-2026



Rtn. Dr Khadak Singh Bisht
President
2025-2026

Rtn. Dr Bishwa Bandhu Sharma
Secretary
2025-2026

1. President's Message & Theme ("Unite for Good")

Every Rotary year begins with a theme. What gives it meaning is how we live it.

For Rotary Club of Patan, "Unite for Good" became more than a theme—it became our way of working. Guided by Innovation, Continuity and Partnership, we brought together members, partners and communities to expand our reach and create lasting impact.

Together, we strengthened our flagship programmes in education, health, disability inclusion, environmental conservation, humanitarian service, One Health and youth development, while introducing new initiatives such as the STAR Livelihood Programme, Rotary for Women, RHD prevention through a District Grant, and Celebrating the Lives of Late Rotarians.

Partnership was the foundation of our success. Government agencies, schools, hospitals, civil society, fellow Rotary Clubs, Rotaract and Interact Clubs, donors and community partners worked alongside us to transform ideas into action. Above all, the dedication of our members made every achievement possible.

As we reflect on the year, our greatest achievement is not only the programmes we delivered, but the partnerships we strengthened, the opportunities we created and the lives we touched.

2. Year at a Glance (Key Quantitative Metrics)

Our scale, reach and shared commitment during July 2025-June 2026

49+1 WEEKLY MEETINGS+ Joint clubs (13)	12 BOARD MEETINGS	45 MEMBERS	100% PHF CLUB
375+ STUDENTS - (>50% girls) PEEF Education activities across 24 schools	6,657 HEART SCREENINGS Reached through community heart camps	68 LAKH+ KPAD PORTFOLIO Disability, inclusion, rehabilitation and livelihoods	1,155 PLANTS ESTABLISHED 655 trees + 500 vetivers
85+ DOGS SUPPORTED Neutered, vaccinated and dewormed	2,000th MEETING MILESTONE Celebrated with pride and fellowship	40 YEARS OF SERVICE Four decades of Service Above Self	100+ ACTIVITIES Projects, events and engagements during the year

3. Core Strategic Pillars & Impact:

3.1. Education & Youth Pathways (PEEF, KEEA, GSSA, Ullens)

Education: Strengthening pathways -Education Support → Academic Recognition → Higher Education Opportunity

Education Initiative 2025–2026 Highlights

PEEF Scholarships & Adopted Schools

PEEF remained the Club's flagship education programme, supporting 375+ scholarship recipients in 24 community schools. Beyond scholarships, the Club invested in its adopted schools through ICT support, cyber security and addiction awareness, heart health and eye services, sports activities, educational materials, and TEACH initiatives. Together, these activities benefited more than 1,500 students, creating a more supportive learning environment. (Detailed programme and financial information is presented in the PEEF chapter.)

KEEA & GSSA

The Kamalmani Educational Excellence Award (KEEA) and Graduate Scholarship Support Award (GSSA) recognised academic excellence and encouraged students to pursue higher education. The 2026 award ceremony brought together 62 participants, celebrating achievement while strengthening the pathway from school education to university. (Detailed programme and financial information is presented in the KEEA/GSSA chapter.)

Ullens Scholarships

The Club continued to mentor three PEEF-supported students studying on full scholarships at Ullens School. During the year, Swostika B.K. and Yubesh Kharel successfully completed Grade 12 with GPAs of 3.64 and 3.11, while Bhawana Lama Moktan progressed to the second year of Plus Two. These scholarships demonstrate the Club's long-term commitment to helping talented students from community schools access quality education.

3.2. Preventive Health & One Health (Heart, RHD, Eye/Oral, Rabies/Animal Welfare)

Health Service beyond Hospital: Protecting Communities Through Prevention

Health Initiative 2025–2026 Highlights

Heart Health Screening & Community Health Missions

In partnership with the Nepal Heart Foundation and other organizations, the Club expanded preventive health services to schools and communities. Heart

health screening programmes in Bhakundebesi, Kavre and Sotang–Chepel, Solukhumbu reached 6,657 children and community members. The Sotang–Chepel health mission also provided medicines, referral support, and integrated eye, oral, hearing and non-communicable disease services to underserved communities.



Examining for RHD/CHD during Heart Health camp

World Heart Day & Heart Health Awareness

Rotary Club of Patan joined the Nepal NCD Alliance in celebrating World Heart Day 2025 under the global theme "Don't Miss a Beat." The programme promoted heart-health awareness, highlighted the importance of preventing rheumatic heart disease, and brought together health professionals, Rotary members and the community.



World Heart Day Celebration

Rheumatic Heart Disease (RHD) Prevention

Through a Rotary District Grant (USD 1,000) matched by the Club, RCP launched a school-based RHD prevention initiative in partnership with the Nepal Heart Foundation. The project targeted 5,000 students and established a model for preventive screening and early referral. Building on its success, the programme is being expanded to all seven provinces during Rotary Year 2026–2027 with the participation of seven additional Rotary Clubs, while Rotary Club of Patan continues to provide technical leadership and coordination.



Heart Screening Programme in Siraha – Group Photo with Participating Students

Eye & Oral Health Services

In partnership with the B.P. Eye Foundation, the Club organized school-based eye, and oral health screening in its adopted schools, promoting early detection, referral and timely treatment for students. Beyond school health, Rotary Club of Patan supported with Rotary Club of Hetauda to support cataract surgeries, helping restore sight and improve the quality of life for people with avoidable blindness.



School children provided free spectacles

Recognising the close connection between human, animal and environmental health, the Club implemented a One Health programme in Bagmati Rural Municipality on 16–17 May 2026 in partnership with the National Zoonoses and Food Hygiene Research Center and local stakeholders. A total of 86 community dogs (49 males and 37 females) were sterilized, vaccinated against rabies, dewormed and provided with essential veterinary care before being returned to their communities. Community awareness on responsible dog ownership and rabies prevention complemented the veterinary interventions, demonstrating a practical One Health approach that improves animal welfare while reducing

the risk of dog bites and rabies in people.



Surgery being conducted during Sterilization of dog

3.3. Disability Inclusion & Economic Empowerment (KPAD, STAR, Radio)

Creating Opportunities Through Inclusion: The Khagendra-Piyush-Priya Ability Development Fund (KPAD) continued to support people with disabilities as below. Detail presented separately in the dedicated KPAD chapter of Lalitdhara

KPAD Initiative 2025–2026 Highlights

STAR Livelihood Programme

In partnership with the ADSoN and TRIFC, USA, the STAR Programme supported persons with disabilities through livelihood opportunities, entrepreneurship, skills development and greater economic independence.



STAR Team members from different organisation

Rotary Club of Patan introduced an innovative club-to-club collaboration model to expand disability inclusion. Starting in 2024-2025 with Rotary Club of Birgunj, the initiative was subsequently extended to the Rotary

Clubs of Hetauda, Himalayan Golfers and Kathmandu Heights, demonstrating how Rotary partnerships can mobilize local leadership and scale community impact.



Limb distribution to people with disability -RC- Patan and RC HG

Community-Based Disability Inclusion

The Club expanded disability inclusion beyond urban centres by supporting community-based programmes, including Bethanchowk Rural Municipality, in partnership with ADSoN, TRIFC and local stakeholders. These initiatives improved access to rehabilitation, assistive services and community participation for persons with disabilities.



Goat distribution to flood victims

Awareness, Advocacy & Public Engagement

To promote inclusion beyond project activities, the Club launched a weekly radio awareness programme, increasing public understanding of disability rights, inclusion and opportunities while giving greater visibility to the voices and achievements of persons with disabilities.

Building Sustainable Partnerships

KPAD continued to grow through strong partnerships with ADSoN, TRIFC (USA), Rotary Clubs and local communities. This collaborative approach strengthened programme sustainability, mobilized additional resources and created a replicable model for disability inclusion within Rotary.

3.4. Environmental Action & Sustainability (Miyawaki Plantation)

Miyawaki plantation, soil-conservation plants, environmental awareness and follow-up

As a signature environmental initiative of Rotary Year 2025–2026, the Rotary Club of Patan coordinated a Joint Tree Plantation Programme at Hattiban, Godawari, Lalitpur, in partnership with four other Rotary clubs, the District and Division Forest Offices, and the Kirat Manghim Committee.

Using the Miyawaki method, the project established 655 indigenous tree saplings, together with 500 vetiver plants for soil conservation—1,155 plants in total.

The initiative aimed to promote biodiversity, restore degraded land, reduce soil erosion and strengthen climate resilience. Each participating Rotary club contributed NPR 30,000, while the Rotary Club of Patan coordinated implementation and collaboration among partners.



Miyawaki tree plantation: nine-month growth Rotary with stakeholder

4. Awareness, Inclusion and Public Image

4.1. Rotary for Women – A New Radio Initiative



Weekly Radio program being conducted

A new weekly radio programme, **Rotary for Women (Mahila Sanga Rotary)**, was launched through Radio Sagarmatha 102.4 FM to raise awareness of women's empowerment and discuss issues affecting women and families. Aired every Monday from 7:30 to 8:00 AM, the programme reaches an estimated audience of more than 20,000 listeners across Nepal. The programme is conducted by Rtn. Maheswari Bisht Rawal, and its first episode featured President Rtn. Khadak S. Bisht and PP Rtn. Lalita C. Thapa. This initiative established a continuing platform for RCP's public awareness and women-focused advocacy beyond the Rotary year.

Rotary for women at radio program conducted by Rtn Maheswari Bisht Rawal (Gender Expert).

4.2. World Polio Day: Interaction with Polio victim



Guest speaker felicitated by club president

The Club dedicated its 27 October meeting to World Polio Day. Mr. Bharat B.C., a polio-affected person with disability and Project Manager at ADSoN, shared his inspiring journey of resilience and achievement, supported by a Rotary International video on polio eradication. His message emphasized that disability is often created by a lack of support and opportunity. Members renewed RCP's commitment to PolioPlus through contributions and pledges, linking the global goal of ending polio with inclusion and dignity for people with disabilities.

5. Humanitarian Response

Humanitarian Response When It Mattered

Humanitarian service remained an important pillar of the year. Through the Rotaract Club of Patan, RCP supported a regular blood-donation programme and later joined other Rotary clubs in organizing blood donation during the Gen Z crisis, when emergency needs increased. The Club also facilitated blood for patients in urgent need.

RCP mobilized financial support for the medical treatment of Ms. Liza Adhikari, a Rotaract Club of Patan member injured during the Gen Z protests. It also supported the Rotaract Club in observing World Peace Day, remembering those who lost their lives during the protests and promoting peace and social harmony.

The Club also raised NPR 85,176 to support the rescue of five trafficked Nepali children from India and their rehabilitation in Nepal. Through member contributions, its disaster-response fund and collaboration with trusted partners, RCP responded quickly when support was most needed.



Support for rescue and rehabilitation of trafficked children



Support for a Rotaractor Injured During the Gen Z Protests

6. Club Strengthening

6.1. Governance, Membership Engagement

The Club has 49 regular meetings, 12 Board meetings, six Club Assemblies and a membership

of 45. These meetings strengthened governance, member participation and continuity. Ceremonies and fellowship activities recognized achievement, honoured institutional memory and kept members and families connected to the Club's purpose.

6.2. Rotary Foundation (100% PHF Status and Rotary Foundation Commitment)

RCP maintained its proud status as a 100% Paul Harris Fellow Club. Members continued their contributions to The Rotary Foundation and PolioPlus, while the World Polio Day programme renewed the Club's commitment to Rotary's global goal of ending polio.

6.3. Public Image and Club Communication

The Club strengthened its public image through Lalitdhara, weekly bulletins, its website, social media and media coverage. Radio Sagarmatha programmes, including Rotary for Women, expanded public outreach, while RCP activities were regularly shared through Rotary and wider public platforms.

6.4. Membership Induction – Rtn. Shikha Prasai

On 11 August, President Rtn. Khadak S. Bisht formally inducted Rtn. Shikha Prasai into the Club, welcoming her and her spouse, Mr. Dil Bhusan Pathak, to the Rotary family. Sponsored by Rtn. Ganesh R. Shrestha, she is a second-generation Rotarian and daughter of late PP Rtn. Prajapati Prasai and Rtn. Sharada Prasai. With over two decades of experience in strategic communication, she committed to supporting the Club, particularly its women-focused programmes. Her induction also brought RCP's female membership close to 20 percent.



New member Inducted: Rtn. Shikha Prasai

6.5. Vocational Excellence and Service



The 15th Vocational Award Ceremony recognised Dr. Dikshya Joshi for her contribution to cardiac surgery and Mr. Rishi Ram Dhakal for his leadership in disability rights and advocacy. Presented by Professor Kedar Bhakta Mathema, the awards continued RCP's tradition of recognising professional excellence and service to society. With this year's recipients, the total number of awardees reached 33. Over the past 15 years, the RCP Vocational Award has recognised outstanding individuals from different professions and service areas. With the two recipients honoured this year, the total number of awardees reached 33. The programme reflects Rotary's commitment to vocational service by recognising professional integrity, excellence and service to humanity.

Vocational Award: Dr. Dikshya Joshi



6.6. Ceremonies,

6.7. Recognition and Fellowship

Celebrating service, achievement, friendship and continuity

OCCASION	SIGNIFICANCE
7 July 2025 40th Installation	Installed the President and Board and opened the year around Innovation, Continuity and Partnership.
11 August 2025 Membership Induction	Welcomed Rtn. Shikha Prasai as the 45th member, advancing family legacy and women's participation.
31 August 2025 Charter Day & DG Visit	Marked 40 years of service and honoured the Club's history and long-standing programmes.
25 September 2025 World Heart Day	Raised awareness on current heart-health challenges, RHD prevention and "Don't Miss a Beat."
December 2025 Service-linked Outing	Combined service and fellowship during the Sotang–Chepel mission, reaching 2,550 people.
2 February 2026 KEEA & GSSA	Recognized academic excellence and strengthened the pathway from PEEF schools to higher education.
Throughout the year Birthday & Fellowship	Three grouped Birthday Fellowships and Funday gatherings strengthened friendship and member engagement.
11 May 2026 2,000th Meeting	Celebrated four decades of meeting continuity, fellowship and Service Above Self.
1 June 2026 Vocational Awards	Honoured excellence in health and disability service, bringing cumulative awardees to 33.
22–29 June 2026 Remembrance & Transition	Honoured late Rotarians and concluded the year with reflection, appreciation and leadership transition.

6.8. Leadership Outreach and Partnerships

Throughout the year, President Rtn. Khadak S. Bisht represented RCP at other Rotary clubs, installation and Charter Day programmes, joint meetings and District events. Regular visits to adopted and PEEF-supported

schools strengthened engagement with students, teachers and school management. This outreach increased RCP's visibility, strengthened relationships and created opportunities for collaboration and follow-up.

6.9. What Stood Out in Rotary Year 2025-2026

2025-2026 LEGACY	SIGNIFICANCE
STAR Project functional	Inaugurated in Bandipur as a new disability-inclusive livelihood model linking skills, enterprise and income.
District Grant for RHD approved	District funding of USD 1,000 plus RCP matching funds approved for screening 5,000 students with the Nepal Heart Foundation.
2,000th Regular Meeting celebrated	Celebrated on 11 May 2026 as a historic marker of continuity, fellowship and more than four decades of service.
CLLR initiative	Celebrating the Lives of Late Rotarians was introduced to preserve institutional memory and honour late members and their families.
13-Club Joint Meeting	A distinctive inter-club platform brought 13 Rotary clubs together for shared learning, fellowship and partnership.
Rotary for Women	Launched through Radio Sagarmatha 102.4 FM as a continuing platform for women's empowerment and public awareness.
New Collaborations developed	The first Rotary Haat Bazaar, the network of presidents, club-to-club support for people with disability and joint programmes widened collective action.

7. The Road Ahead (Transition to 2026–2027)

- › Scale up RHD screening across all seven provinces
- › Strengthen and expand the STAR livelihood model
- › Protect the Miyawaki plantation through regular

monitoring and maintenance

- › Sustain Rotary for Women as a nationwide awareness platform
- › Deepen engagement with adopted schools

- Secure the long-term continuity of PEEF and KPAD
- Expand inter-club and institutional collaboration for greater collective impact



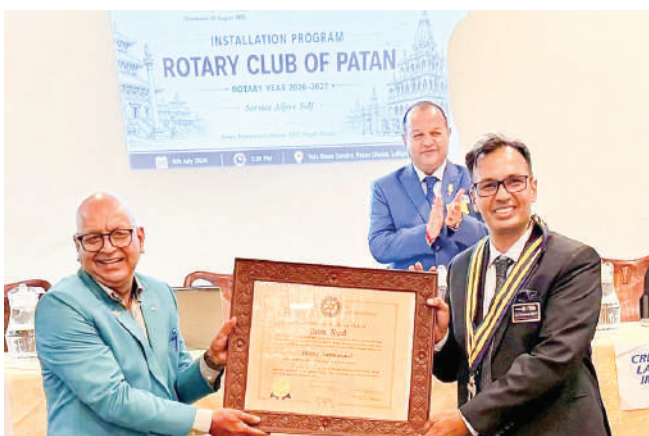
New Team taking oath during transition to 2026-2027

8. Passing the baton

As leadership passes to President Rtn. Shiv Prakash Khemka and the team for 2026-2027, we do so with confidence and full commitment to support them. Rotary leadership is a transition of responsibility, not a break in service. The next team inherits active partnerships, enduring flagship programmes, a strong public profile and members ready to create lasting impact



Leadership transition and installation Ceremony



Charter Certificate handed to the 2026-2027 President

9. With gratitude

We extend sincere appreciation to every member and family, the Board, committee chairs, Rotaractors and

Interactors, partner organizations, schools, health professionals, volunteers, donors, fellow Rotary clubs and District 3292 leaders. Every statistic in this report represents time freely given, trust shared and people working together. This was truly one year, one team and countless lives touched.



Rotary Family-with gratitude

10. Annexes:

10.1. Annex A: Our Activities -Alignment with Rotary Areas of Focus

ROTARY AREA OF FOCUS RCP ACTIVITIES AND RESULTS, 2025–2026

Peacebuilding and Conflict Prevention

Supported the Rotaract-led World Peace Day programme remembering those who lost their lives during the Gen Z protests. Mobilized NPR 85,176 for the rescue and rehabilitation of five trafficked Nepali children from India.



World Peace Day Programme at Mangalbazar

Disease Prevention and Treatment

Heart-screening activities reached 6,657 children and community members. The Sotang–Chepel mission provided wider health services in a difficult-to-reach area. World Heart Day promoted awareness, while a USD 1,000 District Grant supported planned RHD screening. Animal Welfare for Public Health covered 86 dogs through sterilization, vaccination and deworming.

Water, Sanitation and Hygiene

School-based health, hygiene and awareness activities were conducted through adopted and PEEF-supported schools. Eye, oral and general health activities helped strengthen healthier school environments.

Maternal and Child Health

School heart-screening, eye care, hearing awareness, menstrual-hygiene education, child-marriage awareness and referral support addressed the health and protection needs of children and young people.

Basic Education and Literacy

PEEF supported 375+ students across 24 schools, while wider education and TEACH activities reached more than 1,500 students. Activities included ICT and cyber-safety education, educational materials, adopted-school support, KEEA, GSSA and Ullens full scholarships.

Community Economic Development

KPAD continued disability inclusion and livelihood support. The STAR project in Bandipur linked skills, enterprise and income opportunities for people with disabilities. Agriculture graduates and vocational initiatives also received support.

Supporting the Environment

The joint Miyawaki plantation at Godawari established 655 indigenous trees and 500 vetiver plants. Monitoring recorded approximately 90–95% survival, with partners committing to continued maintenance. Environmental awareness and Run for Environment activities were also supported.

10.2. Annex B: Monthly Activity Timeline (July 2025 – June 2026)

MONTH	MILESTONE
July 2025	New leadership installed; Joint Miyawaki initiative launched
August 2025	40th Charter Day and District Governor's visit
September 2025	World Heart Day and Gen Z humanitarian response
October 2025	AGM and World Polio Day celebration with polio victim sharing
November 2025	Adopted-school health, ICT and youth activities
December 2025	Sotang–Chepel health mission and service-linked outing
January 2026	First Rotary Haat Bazaar
February 2026	KEEA and GSSA academic excellence awards
March 2026	Human-trafficking response and women's empowerment
April 2026	STAR project and 13-club joint meeting
May 2026	2,000th meeting and One Health animal-welfare programme
June 2026	Recognition (vocational Award), remembrance and leadership transition



Club Executives and Director with AG (2026-2027)





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Rotary Club of Patan (RCP) Prajapati Education Endowment Fund (PEEF) Annual Report as of 16 July 2026

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. The initiative continues to demonstrate that a relatively small monetary contribution can yield exponentially larger improvements in a child's overall well-being and foster community development through continued education.

During the Rotary Year 2025-2026, 378 students had received scholarship support of which 63% (239 students) were girls and 37% (139) were boys. Among these recipients, 177 students passed their academic terms with merit grades. The scholarship distribution for 2026 is ongoing targeting similar number of students. The finalised number of students receiving this year's scholarship is expected to be available by September 2026.

As of 16 July 2026 (corresponding to Nepali fiscal year 2082/2083), the PEEF Trust Fund reached Nepalese Rupees (NRs.) 17.96 million while the Programme Fund balance stood at NRs. 6.91 million - bringing the total fund balance to NRs. 24.87 million. The RCP maintains the Programme Fund at this robust level to sustain the scholarship programme and cushion the programme against reductions in contributions to the programme fund and/or reductions in income from the Trust Fund due to fluctuations in the interest rates, which are currently very low.

The programme is strictly governed by the PEEF 'Management and Operational Policies' (PEEF MOPs). These guidelines separate the Trust Fund from the operational Programme Fund and outline the policies and procedures of the funds' management, criteria for support, investments and financial management mechanisms and administrative responsibilities.

A fundamental pillar of this flagship programme of the

RCP is the ownership taken by the entire RCP family. Beyond the dedicated management committee, the RCP members and their families regularly volunteer time and personal resources to conduct the annual student selection and funds distribution directly to the students in the assisted public schools across the Lalitpur District. Several of these schools are accessible only with 4-wheel drive vehicles during the monsoon season.

This annual report captures key actions taken during the reporting period of 17 July 2025 to 16 July 2026 (the end of the Nepali fiscal year 2082-2083). A comprehensive annex detailing all donor contributions can be found in pages 85 to 91

Key Actions

- Impact Assessment Interviews: In 2026, RCP coordinators interviewed selected students, parents, and teachers to assess qualitative impacts of the PEEF scholarship support. The feedback has been overwhelmingly positive, with stakeholders expressing deep gratitude for RCP's meaningful support in advancing youth education.
- Sample photos of the RCP's successful selection and distribution campaign:



Photo 1: Shree Rudrayini School, Khokana: PEEF-supported students with outstanding GPA scores pictured alongside a schoolteacher and Rtn. Sunil Gupta.



Photo 2: Shree Rudrayini School, Khokana: All PEEF scholarship recipients standing with their school headmaster, alongside Rtns. Sunil Gupta and Nirmal K. Pradhanang.



Photo 3: Tri Padma School: Four newly selected Grade 7 scholarship recipients photographed alongside their school headmaster and Rtns. Kamal B. Nyachhyon, Jamuna K. Tamrakar and Ramesh L. Maskay.

- **Kamalmani Educational Excellence Award (KEEA):** In February 2026, the RCP honoured ten meritorious students receiving PEEF scholarships with the RCP's annual 'Kamalmani Educational Excellence Award' (KEEA). While the RCP selects students at grade 7 on financial vulnerability, the KEEA specifically highlights performance by awarding prizes to 10 students from 10 different schools who secure the highest marks in their Grade 9 examinations. A comprehensive report on this year's KEEA awardees is featured within this year's edition of the official RCP bulletin, the 'Lalitdhara Souvenir'.



Photo 4: Recipients of the RCP's 'KEEA' recognition certificates & cash prizes

- **Graduate Studies Scholarship Award (GSSA):** To compliment the RCP's PEEF programme and provide opportunities for advanced studies, the RCP started its 'Graduate Studies Scholarship Award' in 2018 through sponsorships from Rtns. Matsyendra & Chandralekha Kayastha and Rtn. Prakash R. Regmi. This initiative awards scholarship support for graduate studies (up to master's level) from top-performing PEEF scholarship recipients at Grade 11. Rtns. Ganesh R. and Bijaya Shrestha have joined the initiative to sponsor an additional student. Under this programme, the RCP provided scholarship support of Rs. 14,000 each to eight advanced students in February 2026.



Photo 5: Scholarship recipients of the RCP's GSSA programme.

- **Integrated Community & School Support Activities:** Aligned with the Rotary Nepal Literacy Mission 'TEACH' framework (Teacher Support, E-Learning, Adult Literacy, Child Development, Happy Schools), now integrated into the 'District Basic Education & Literacy' programme, the RCP has adopted four of the PEEF supported schools to provide holistic support to enhance education of students. Key interventions executed across these and other PEEF supported schools this year included:
 - Girl's empowerment programme with training on menstrual hygiene; a training of trainers

on Student Quality Circle (SQC) to establish a network for Total Quality Management (TQM) in these schools; and support a Quiz contest.

- In collaboration with Heart Club Nepal, held an essay competition with participation from all the PEEF supported schools.
- In partnership with the B.P. Eye Foundation, the RCP has continued to support on eye care including eyeglasses for needy students and checking the dental health and hearing awareness programme for the students.
- In collaboration with Nepal Heart Foundation, held 'Heart Health Camps' and with the NCD Alliance Food Hygiene and Menstrual Hygiene awareness programmes.
- In collaboration with the Rotary District and the Rotary Club of Kathmandu, conducted IT training to 12 teachers in the RCP's adopted schools.
- Cyber-security awareness activity in collaboration with Nepal Police.
- Other activities in collaboration with the Rotaract Club of Patan included 'Futsal' camp, health awareness camp, and environment awareness activities.

Financial Report of FY 2025-2026:

- (i) Due to continuing enrolments in schools as of this writing, the actual number of students receiving this year's scholarship has not yet concluded. It is anticipated to be around 375 students of grades 7 to 12 in the 24 public schools with an estimated scholarship support amount of Rs.2,130,000.

To account for rising educational costs, the scholarship stipends have been increased as follows:

- Grades 7 to 10 (Base Rate): NRs. 5,000 per student.
- Merit Incentive for Grades 7 to 10: An additional NRs. 1,000 bonus for students achieving a GPA of 2.81 or higher (70% or B+ Grade).
- Grades 11 and 12: NRs. 7,000 per student.

- (ii) During this fiscal year, donor contributions totalled NRs. 2,873,170. Of this amount, NRs. 735,120 was for the Trust Fund and Rs. 2,138,050 was for use in the Programme Fund.

An annex statement in pages 85 to 91 of this publication lists individual contributions received as of 16 July 2026.

(iii) Fund Balances: As of 16 July 2026	Previous Year
Trust Fund NRs. 17,961,136	NRs. 17,226,016
Programme Fund NRs. 6,910,097	NRs. 5,485,419
Total PEEF	Rs. 24,871,233
	Rs. 22,711,435

Acknowledgements

The Rotary Club of Patan appreciates the contributions and continued support from all its donors -RCP Members, families, friends, and well-wishers whose philanthropy sustains this vital work.

The RCP highly appreciates its institutional major donor the 'Sarswati Govinda Foundation', alongside key contributors who donated NRs. 100,000 (1 Lakh) or more during this Rotary Year:

- Former RCP Rtn. Chandra S. Gyawali
- Mr & Mrs. Ajaya and (Dr.) Anu Mallapaty
- Rtn. Ewerhard Engels and friends from Germany
- The Prajapati Foundation
- The Soaltee Hotel (via Mr. Rabi B. Shrestha), which provided a substantial Corporate Social Responsibility (CSR) grant of NRs. 1.7 million this Rotary Year.

Special recognition is owed to Rtn. Kedar B. Shrestha, whose visionary resource mobilisation efforts have cumulatively raised over Rs. 9.65 million for the fund since its inception. These significant funding have allowed the RCP to safely increase student stipends, successfully mitigating the impact of very low interest earnings on our funds.

The RCP proudly manages this programme on a 100% voluntarily basis ensuring zero administrative or overhead costs. In addition to specific contributions, RCP family members contribute their time and resources for the annual selection and distribution of scholarships at 24 public schools in various locations of the 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 core mandate to uplift low-income families through educational access.

The PEEF Committee Members for 2026-2027:

Rtn. Jeevan K. Shrestha, President Elect: Coordinator
 Rtn. Mahendra S. Rawal: Programme Manager
 Rtn. Bijaya Mallapaty: Finance Manager
 Rtn. Ganesh R. Shrestha: Distribution Manager
 Rtn. Siba B. Rajbhandary: Member
 Rtn. Chandralekha Kayastha: Member
 Rtn. Ramesh L. Maskay, Member
 Ex-Officio Member: President Rtn. Shiv P. Khemka



List of PEEF Supported Schools

SN	Name of School	Location	Water Sanitation & Hygiene Support	Adopted Schools
1	Shree Bal Kumari Secondary School	Sunakothi	WASH	
2	Shree Mahendragram Secondary School	Tikathali	WASH	√
3	Lubhu Secondary School	Lubhu	WASH	√
4	Shree Siddhimangal Secondary School	Sano Gaon		√
5	Adarsha Kanya Secondary School	Mangal Bazar	WASH	
6	Chhampi Devi Secondary School	Champi	WASH	
7	Shree Path Pradrasak Secondary School	Badikhel	WASH	
8	Shree Harishiddhi Secondary School	Harisiddhi	WASH	
9	Shree Bisankhu Narayan Secondary School	Godamchour	WASH	
10	Phulchowki Secondary School	Thaiba	WASH	
11	Kitini Secondary School	Kitini	WASH	
12	Shree Udaya Kharka Secondary School	Chapagaon	WASH	
13	Shree Sarswoti Secondary School	Lele	WASH	
14	Pragati Sikshya Secondary School	Kupondole		
15	Patan Secondary School	Patan Dhoka		
16	Shree Chandi Adarsha Secondary School	Chakupat		
17	Bal Binod Secondary School	Natole		
18	Shree Rudrayani Secondary School	Khokana		
19	Shree Ganesh Secondary School	Dukuchhap		
20	Tri Padma Secondary School	Pulchowk		
21	Madan Smarak Secondary School	Pulchowk		
22	Shree Saraswoti Secondary School	Techo		
23	Shree Krishna Secondary School	Dhapakhel		
24	Shree Mahendra Adarsh Secondary School	Imadol		√

Hearty congratulations to the Rotary Club of Patan on your 41st Anniversary! Four decades of dedicated, compassionate, and sustainable service is truly inspiring. Your unwavering commitment has touched countless lives and strengthened communities.

Strategic Rabies Prevention and Control across Nepal

Rabies remains a fatal but vaccine-preventable public-health priority in Nepal. NZFHRC's integrated One Health programme combines anti-rabies vaccination, Animal Birth Control (ABC), public awareness and waste management. In partnership with local governments and NGOs, we aim to expand these efforts nationwide and contribute to a rabies-free Nepal.

With best wishes from

Meenu Sharma

Executive Director

National Zoonoses and Food Hygiene Research Centre (NZFHRC)



Kamalmani Educational Excellence Award (KEEA)

- PP Rtn. Gabriele Mallapaty



Background

The Rotary Club of Patan's 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, one best all-round student received the first award of Rs. 5,000. More than a decade on, the Award money has reached NRs. 200,000 annually, distributed to ten outstanding students of ten PEEF-supported schools. In the 40th issue of the Lalitdhara Souvenir, the historic records of the KEEA awards are listed, giving the names of all awardees and associated public schools.

Since 2013, a total of 114 outstanding students have received the KEEA awards, with a cumulative total of Rs. 1,258,000 distributed.

The Tri Padma Vidyashram Secondary School, Pulchowk stands out, producing the 1st place award recipients across four different award ceremonies. The Shree Mahendragram Secondary School, Tikathali captured the 1st ever award, plus 5 second-place and 5 third-place finishes, firmly positioning the school as the second most awarded in the history of the Awards programme.

Schools like Shree Balkumari Secondary School, Sunakothi and Shree Mahendra Adarsha School, Imadol have demonstrated a strong presence by capturing 1st place twice and several 2nd and 3rd places. The Shree Chandi Adarsha Secondary School, Chakupat was awarded 1st place once and 3rd place seven times.

Over 70% of all award recipients and 75% of 1st prize recipients have been girls.

Award Modalities

Annually, ten PEEF scholarship students who score the highest marks in the final examination of grade IX from

ten different PEEF schools are pre-selected. The RCP calls all ten students for an interview and categorises them: 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 the Coordinator of the PEEF (President-Elect), the Secretary, and the 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, in the last quarter of each year. The RCP also invites all the Headmasters from the PEEF-supported schools to the ceremony and organises educational sessions for the participating teachers.

The 13th Award Ceremony took place on 2nd February 2026. The selected students are listed below:

- 1st Ms. Sristi Bhulun, Shree Udaya Kharka Secondary School, Chapagaon, NRs. 35,000
- 2nd Ms. Junu Maya Ghalan, Shree Krishna School, Dhapakhel NRs. 25,000
- 2nd Mr. Sujan Lo, Kitini Secondary School, Kitini NRs. 25,000
- 2nd Ms. Sadiksha Bista, Shree Bishankhu Narayan School, Godamchour NRs. 25,000
- 3rd Ms. Swastika Gole Tamang, Shree Chandi Adarsha Saral S. School, Chakupat NRs. 15,000
- 3rd Ms. Muna Shrestha, Shree Siddhi Mangal Secondary School, Sano Gaon NRs. 15,000
- 3rd Ms. Anjana Thapa, Tri Padma Vidyashram Secondary School, Pulchowk NRs. 15,000
- 3rd Mr. Bimal Tamang, Madan Smarak Secondary School, Pulchowk NRs. 15,000
- 3rd Ms. Urmila Tamang, Shree Balkumari Secondary School, Sunakothi NRs. 15,000
- 3rd Mr. Abijeet Pahari, Shree Path Pradarsak Secondary School Badikhel NRs. 15,000

Total

NRs. 200,000

The sponsors are NRs. 35,000 in the name of late Rtn. Kamalmani Dixit and NRs. 8,000 in the name of late

Rtn. Narayan G. Halwai from Club Service Fund Interest.

Annual Contributions of NRs. 50,000 from Rtn. Rabendra R. Pandey, NRs. 22,000 from Rtms. Ganesh R. & Bijaya L. Shrestha, NRs. 13,000 from late Rtn. Matsyendra L. and Rtn. Chandralekha Kayastha, NRs. 12,000 from Rtms. Bijaya & Gabriele Mallapaty, and NRs. 10,000 each from Rtms. Shikha Prasai, Nirmal K. Pradhanang, Lalita C. Thapa, Siba B. Rajbhandary, Jamuna K. Tamrakar, and Ramesh L. Maskay.

First prize recipient Ms. Sristi Bhulun from Shree Udaya Kharka Secondary School, Chapagaon was recognized by the RCP interview panel as an all-around best

student who not only excelled in her academic studies but also presented herself as a very well-motivated, confident, and hard-working student. She comes from a rural family of four and aspires to become a nurse to serve the community. She wanted to be a nurse from her childhood and has been studying hard to achieve her goal with the highest academic grades for several years. She has been active in extra-curricular activities at the school, is very much interested in quiz, spelling, and speech contests, and was recognised for several of them. Ms. Sristi Bhulun greatly appreciated the RCP's continuous support that has been helping the education of needy students for a long time.



KEEA Recipients

*Together, we serve. Together, we create hope.
Together, we make a difference*

Khagendra Raj & Piyush Priya Ability Development Endowment Fund (KPAD) Annual Report as of 16 July 2026



Rtn. Rabendra R. Pandey
PP & KPAD Programme Manager



Rtn. Bijaya Mallapaty
PP & KPAD Finance Manager



Bharat BC
*Project Manager
Ability Development Society of
Nepal (ADSoN)*

1. Introduction:

The Khagendra Raj & Piyush Priya Ability Development Endowment Fund (KPAD) is the flagship disability inclusion programme of the Rotary Club of Patan (RCP), Rotary International District 3292 (Nepal & Bhutan). Established in 2018, KPAD was created to provide a sustainable financial mechanism for empowering persons with disabilities (PwDs) through education, livelihood development, vocational skills, rehabilitation, advocacy and community inclusion. Unlike traditional charitable assistance, KPAD focuses on creating long-term opportunities that enable persons with disabilities to become self-reliant, economically independent and active contributors to society.

2. History and Background:

The Rotary Club of Patan has been actively serving persons with disabilities since 1997. Prior to the establishment of KPAD, the Club successfully implemented several Rotary Matching Grants and a major Health, Hunger and Humanity (3-H) Grant Project (2008–2012) with support from The Rotary Foundation. These projects significantly enhanced disability awareness and inclusion in Nepal. Throughout these initiatives, Rtn. Rabendra Raj Pandey served as the primary contact person in Nepal.

Building upon these experiences, the Club recognized the need for a permanent funding mechanism dedicated exclusively to disability inclusion. Accordingly, in September 2018, Rtn. Rabendra Raj Pandey pledged NPR 1,000,000 (10 lakh) as the founding contribution towards establishing an endowment fund. The Rotary

Club of Patan set an ambitious goal of raising NPR 10 million (1 crore) within three years.

The initiative received generous support from Rotary members, their families, friends, and well-wishers. In recognition of the inspiration provided by his late parents, the Rotary Club of Patan named the fund the Khagendra Raj & Piyush Priya Ability Development Endowment Fund (KPAD) in memory of Late Mr. Khagendra Raj Pandey and Late Mrs. Piyush Priya Pandey.

Further strengthening the endowment, the Ability Development Society of Nepal (ADSoN) contributed NPR 500,000 in 2019. This contribution was matched by Rtn. Rabendra Raj Pandey with an additional NPR 500,000, which was subsequently matched by The Rose International Fund for Children (TRIFC), USA, with NPR 1,000,000, significantly increasing the size and sustainability of the endowment.

3. Vision:

KPAD envisions a society where persons with disabilities are self-reliant, productive, respected, economically independent and fully included in all aspects of community life.

4. Objectives:

Major objectives of KPAD are to:

- Empower persons with disabilities
- Promote independent living
- Improve livelihood opportunities
- Increase employment and self-employment
- Support inclusive education

- Promote disability rights
- Improve nutrition and health
- Build sustainable community-based programs
- Reduce poverty among persons with disabilities

5. Establishment of the Endowment Fund:

KPAD operates under a sustainable endowment fund model. Rather than spending the principal donations, the trust fund is invested and only the investment income is utilized to finance disability programmes. Accordingly:

- 100% of the investment income is transferred to the Programme Fund.
- 100% of the Programme Fund is utilized for disability-related programmes.
- Administrative costs are kept to a minimum through the voluntary professional services provided by Rotary Club of Patan members.

This model ensures long-term sustainability while protecting the capital for future generations.

6. Current Fund Status:

According to the latest available Annual Report (16 July 2026):

- Total Trust Fund: NPR 10.03 million. Please see annex I for a comprehensive list of contributors to the RCP's KPAD Trust Fund. on page 92
- Programme Fund Balance: NPR 2.40 million
- Total Fund as of 16 July 2026: NPR 12.43 million

The long-term objective is to continue growing the endowment so that investment income alone can sustainably finance disability empowerment programmes year after year.

7. Major Partners, Implementing Partner and Key Program Activities:

KPAD's disability-inclusive livelihood programme formally commenced in April 2021 through a five-year Project Cooperation Agreement among three strategic partners:

- The Rose International Fund for Children (TRIFC), USA
- Ability Development Society of Nepal (ADSoN)
- Rotary Club of Patan (KPAD)

During the initial implementation phase (2021–2023), Shijan Organic Pvt. Ltd. served as the implementing partner, providing technical expertise and field-level programme management. Following the successful completion of this phase and the institutional strengthening of ADSoN, implementation responsibility was transferred to ADSoN in 2023. Since then, ADSoN

has been responsible for:

- Beneficiary identification and mobilization
- Vocational and livelihood skills training
- Coordination with local governments and communities
- Programme implementation
- Monitoring and evaluation
- Technical mentoring and follow-up

Through this collaborative partnership, KPAD has implemented a wide range of disability-focused initiatives including:

- Vocational skills development
- Organic vegetable farming
- Poultry farming
- Mushroom cultivation
- Inclusive agriculture
- Livelihood enhancement
- Employment and self-employment promotion
- Community-based rehabilitation
- Disability awareness programmes
- Capacity building
- Nutrition improvement
- Ongoing mentoring and technical support

These integrated interventions enable persons with disabilities to become economically independent, socially included, and active contributors to their families and communities.

8. How KPAD Works:

KPAD follows a sustainable development cycle:

- Raise donations for the permanent trust fund.
- Invest the trust fund.
- Transfer investment income to the Programme Fund.
- Develop projects with strategic partners.
- Select implementing partners.
- Deliver training, rehabilitation, and livelihood programmes.
- Monitor progress and evaluate outcomes.
- Reinvest the principal and continue the cycle.

9. First Assistance Provided:

The first assistance from KPAD was provided in December 2019.

- Beneficiaries: Twenty visually impaired students of Karnali Secondary School.
- Support Provided: Educational materials valued at NPR 32,500.

10. Governance:

KPAD is managed through a dedicated committee of the Rotary Club of Patan. Key leadership positions include:

- The President Elect of RC Patan serves as ex-officio Coordinator of the KPAD committee.
- The following RC Patan members serve as KPAD Committee members for the R/Y 2026/27:
- Programme Manager: Rtn. Rabendra Raj Pandey
- Finance Manager: Rtn. Bijaya Mallapaty
- Members: IPP Dr. Khadak S. Bisht, PP Mahendra S. Rawal, PP Kedar B. Shrestha, Rtn. Sunil Gupta, Rtn. Bishnu Sigdel, Rtn. Shikha Prasai
- Ex-Officio Member: President Shiv Khemka

The Committee oversees fundraising, investment management, programme planning, partnerships, implementation oversight, financial accountability, monitoring and evaluation.

11. Key Features of KPAD:

- Sustainable endowment-based financing
- Empowerment rather than charity
- Strong volunteer leadership
- Strategic multi-partner collaboration
- Community participation
- Inclusive livelihood development
- Long-term monitoring and mentoring
- Capacity building
- Promotion of dignity, independence, and economic self-reliance

12. Ongoing Project Activities:

KPAD continues to implement disability inclusion and livelihood programmes through partnerships with the Rotary Club of Patan, TRIFC, ADSoN, local governments, Rotary Clubs, and community organizations. Current major activities include:

- STAR: Empowering Persons with Disabilities through Organic Vegetable Growing, Animal Husbandry, and Vocational Skills in Bandipur Municipality, Tanahun.
- Club-to-Club Rotary Matching Projects.
- Distribution of assistive devices and assistive technologies.
- “We Are Able” weekly radio programme on Radio Sagarmatha FM.
- Relief and rehabilitation programme for flood-affected persons with disabilities in Bethanchowk.
- Seed funding for graduates of organic vegetable and poultry farming skills training programmes.

13. Future Activities:

KPAD remains committed to expanding disability inclusion through the following initiatives:

- Expansion of the STAR Project in Bandipur Municipality.
- Additional Rotary Club-to-Club matching projects.
- Wider distribution of assistive devices and technologies.
- Continued broadcasting of the “We Are Able” weekly radio programme.
- Expansion of rehabilitation and livelihood support for flood-affected persons with disabilities in Bethanchowk.
- Hospitality skills training programmes to improve employment opportunities.
- Development of additional inclusive livelihood and entrepreneurship programmes in partnership with local governments and private sector organizations.

These initiatives reflect KPAD’s continued commitment to empowering persons with disabilities through inclusive education, rehabilitation, livelihood development, advocacy and strategic partnerships.

14. Conclusion:

Since its establishment in 2018, the Khagendra Raj & Piyush Priya Ability Development Endowment Fund (KPAD) has evolved into one of the flagship programmes of the Rotary Club of Patan. Beginning with a founding contribution of NPR 1 million, the endowment has grown to NPR 10.03 million at the end of the fiscal year 2025-2026 on 16 July 2026.

Through strong partnerships with TRIFC, ADSoN, Rotary Clubs, local governments, and community organizations, KPAD has successfully implemented sustainable livelihood and disability inclusion programmes that equip persons with disabilities with vocational skills, agricultural knowledge, entrepreneurial opportunities, and pathways to economic independence.

Its unique endowment model utilizing investment income while preserving the principal fund ensures that KPAD will continue to provide sustainable support for generations to come. More than a funding mechanism, KPAD represents a long-term commitment to dignity, inclusion, equal opportunity and empowerment for persons with disabilities throughout Nepal.

Motto “We Are All Able.”



Rotary Club of Patan Vocational Service Awards

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.

Starting with the Rotary Year 2022/23 the RC Patan Board decided to confer two awards in the amount of NRs. 25,000 each and honor awardees in the six areas of focus for outstanding social services. The cash awards are covered by funds from the Rotary Club of Patan (NRs.20,000) and Rtn. 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.

Historical Record since 2010-2011

	Rotary Year	Date	Recipients of Award	Service Area	Work Place	Amount NRs.
1 st	2010/11	1 Nov. 2010	Ms. Srijana Rajopadhyaya	Health	Bir Hospital	5,000
			Ms. Aarati Chataut	Media	Nepal Television	5,000
			Mr. Narayan Shrestha	Media	Nepal Television	5,000
2 nd	2011/12	24 Oct. 2011	Ms. Samjhana Maharjan	Media	Sagarmatha FM	5,000
			Ms. Bina Tamang	Health	Medicare Hospital	5,000
3 rd	2012/13	29 Oct. 2012	Ms. Nanda K. Maharjan	Education	Janasewa HSS, Kirtipur	5,000
4 th	2013/14	02 Dec. 2013	Mr. Dharma G. Maharjan	Education	Harisiddhi HSS, Lalitpur	5,000
5 th	2014/15	27 Oct. 2014	Ms. Rita Thapa	Social Service	Founder of TEWA	5,000
			Ms. Dil K. Chaudhary	Social Service	Activist, Free Kamlari	5,000
			Ms. Gita Banjara	Health	Health Worker Mental Hospital	5,000
6 th	2015/16	22 Feb. 2016	Mr. Babu Kaji Khatri	Education	Adarsha HSS, Lalitpur	5,000
			Ms. Sudha Vaidya	Health	Kath Medical College	5,000
			Ms. Srijana Duwal Shrestha	Media	Sub-editor NARI	5,000



	Rotary Year	Date	Recipients of Award	Service Area	Work Place	Amount NRs.
7 th	2016/17	23 Jan. 2017	Ms. Grishma Rajbhandary	Media	Image Channel TV	5,000
			Mr. Keshav P. Dhakal	RHD Educator	Health Educator	5,000
			Mr. Uddhav B. Khatri	Education	Udaya Kharka HSS	5,000
8 th	2017/18	15 Jan. 2018	Ms. Babita Basnet	Media	Chief Ed. Ghatna-Ra-Bichar	11,000
			Mr. Anmol Maharjan	Health	Male Nurse, PC RHD Project	11,000
9 th	2018/19	14 Jan. 2019	Dr. Mahendra Bista	Journalism	Executive Chair, Nepal TV	11,000
			Mr. Bashudev Adhikari	Health	President, Bright Star Society	11,000
10 th	2019/20	27 Jan. 2020	Ms. Bhagawati Nepal	Health	Chair Mahilako Haat	11,000
			Dr. Nimananda Rijal	Education	Lamjung Skill Dev. Foundation	11,000
11 th	2021/22	6 June 2022	Dr. Suresh P Acharya	Media	Media Activist	15,000
			Ms. Sita Gyawali	Education	ADSoN	15,000
			Ms. Durga Sapkota	Health	KARMA HEALTH / YoSHAN	15,000
12 th	2022/23	27 Feb. 2023	Dr. Shanker M. Rai	Health	Kirtipur Hospital	25,000
			Ms. Sangita Pant	Disability	Shanti Sewa Griha	25,000
13 th	2023/24	15 April 2024	Ms. Prakriti Bhattarai	Disability	Lalitpur Metropolis Women D.S.	25,000
			Mr. Min B. Achami	Education	Siddhimangal HSS, Lalitpur	25,000
14 th	2024/25	17 March 2025	Dr. Rabindra Bhakta Timala	Health	Shahid Gangalal National Heart Center	25,000
			Ms. Sirjana (Sizzu) Oli	Social Media	YouTube and Blogger	25,000
15 th	2025/26	1 June 2026	Dr. Dikshya Joshi	Health	Bir Hospital	25,000
			Mr. Rishi Ram Dhakal	Disability	Spinal Injury Rehabilitation Centre	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.

“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



Celebrating Lives of Late Rotarians (CLLR)

Established in 1985 as one of Nepal's first four Rotary Clubs, the Rotary Club of Patan (RCP) was built through the invaluable contributions of its Rotarians. Many legendary members have since passed away, leaving behind rich legacies and remarkable contributions to humanity that deserve to be cherished with pride. To honor them and uphold their values, the RCP Board, under the leadership of senior Rotarian Rabendra Raj Pandey, made a historic decision to start a tradition of celebrating the lives of late Rotarians and to rejuvenate their memories, values and legacy. The RCP takes pride in pioneering this initiative in Nepal's Rotary history, and perhaps beyond.

To advance this initiative forward, a six-member committee was formed comprising Rtms. Kedar B. Shrestha, Rabendra R. Pandey, Ganesh R. Shrestha, Khadak S. Bisht, Sandhya Regmi and Lalita C. Thapa. Its objectives are: (i) to honor and recognize the contributions of the late Rotarians; (ii) to celebrate their achievements across all spheres of life; and (iii) to gain deeper insights into their lives through their families, friends, professional colleagues, and communities. Additionally, the initiative seeks to offer emotional support, care, and compassion through Metta,

contributing to the healing process while strengthening relationships among family members, friends, and the wider community.

Accordingly, the RCP has dedicated two events annually to celebrate the lives of late Rotarians. These events could cover: (i) tribute speeches highlighting their contributions in specific fields; (ii) exhibitions featuring photographs, videos, art, and music; (iii) the release of souvenirs, journals, books, and biographies; and (iv) awards and scholarships. All events will be organized in close collaboration with families and friends of the late Rotarians. Funding is expected from their families, friends, and fellow Rotarians. RCP has already initiated its first event celebrating lives of late Rotarian PDG Tirth Man Sakya and his spouse, Nani Shova Sakya, on 22 June 2026.



RCP with family members of late Rotarian PDG Tirth Man Sakya and guests (Yalamaya Kendra, 22nd June 2026)

Tips for Rotarians to enjoy Rotary and fellowship

Stay healthy to enjoy Rotary

Rtn. Prof. Dr. Prakash Raj Regmi MD FACC



Are you a Rotarian? If yes, you need to take care of your health more than other people in society. You may 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 society and to ENJOY ROTARY. These are two clear-cut objectives of becoming a Rotarian. You should be well prepared to meet these objectives. Health, wealth and wisdom are the three important factors that can guide you successfully through the ROTARY WORLD.

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

ENJOY ROTARY - do you really know what this means? You can enjoy Rotary through FELLOWSHIP and SERVICE. I have already shared some thoughts about service. Now, let's talk about FELLOWSHIP. This is a Rotary word that means meeting friends, talking about different issues, eating, drinking, laughing and enjoying life. It is believed that ideas and ways to serve can be generated during healthy fellowship. So, Rotary came up with the famous words: SERVICE THROUGH FELLOWSHIP. Do you know what you need to have good fellowship? Again, it is good health. If you have uncontrolled blood pressure, blood sugar, cholesterol, uric acid, stomach problems and so on, then you are in trouble! You cannot enjoy fellowship at all. These days, many Rotarians have high blood pressure, diabetes, high cholesterol, high uric acid and heart problems. So, what should we do? Stay away from fellowship? Then what is the charm of being a Rotarian without participating in fellowship programmes?

Diseases come with age, unhealthy lifestyles, heredity, infections, etc. More than 80% of the world's population has one or more diseases. We Rotarians are no exception. Many of us have several health problems. Some of us have serious heart problems - heart attacks, bypass surgery, stents, pacemakers, strokes and so on. So, how can we enjoy Rotary? How can we enjoy fellowship? I can give you some tips for dealing with these problems. By following these tips, you can enjoy fellowship even if you are a heart patient or have conditions such as high blood pressure, diabetes or high cholesterol. But this advice is 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. Promise me that you will donate NPR 1,000 to the Sunshine Fund, and 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 one of the world's greatest health hazards and the number one killer, as it kills 50% of its users.
2. Eat a healthy diet with at least five servings of fruits and vegetables per day. (One serving is equal to a medium-sized fruit, such as an apple or banana; a handful of grapes or berries; a slice of melon or papaya; a small plate of green salad; or cooked vegetables.)
3. Develop healthy eating habits. Have a good breakfast, a medium-sized lunch and a very small dinner. DO NOT OVEREAT. Avoid a high-carbohydrate diet and foods high in saturated fats. Avoid junk food. It contains high levels of trans fats, sugar and salt.
4. Exercise daily, walk briskly for 30 minutes, or practise yoga daily.
5. Keep your bad cholesterol (LDL cholesterol) below 100 mg/dL. Take cholesterol-lowering medicine if your LDL level does not come down through diet and exercise. Don't be afraid of taking these medicines. They can save your life and keep you fit to enjoy fellowship. High cholesterol can be easily controlled with medicines. You can help prevent a possible heart attack or stroke by keeping your LDL level below 100.

Please remember that everyone with diabetes who is over 40 years of age **MUST TAKE CHOLESTEROL-LOWERING MEDICINE** to prevent heart attack and stroke. Enjoy eating lean meat and fish even if you have high cholesterol. You can eat a whole 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 130/80 mmHg. Check your BP regularly. Keep a BP-measuring instrument at home for self-use. If your BP is above 130/80, you are always at risk of developing a stroke. In this condition, even a PEG OF WHISKEY may rapidly raise your BP and cause a stroke. In 50% of people with high BP, alcohol is the cause of stroke. A stroke may cause death. If you want to enjoy whiskey, you need to keep your BP below 130/80 by any means. The best way is to take BP-lowering pills regularly. Don't be afraid of these pills. They can save your life.
7. Keep fasting blood sugar below 100 mg/dL, two-hour postprandial blood sugar below 140 mg/dL and HbA1c below 6.5%. If your blood sugar level is under control, you can enjoy potatoes, rice, cheesecake, and even ice cream and sweets. But don't forget to walk for one hour daily if you have diabetes. You should also take your pills regularly. By 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 a high dose. Excessive drinking is very harmful. If your doctor has given you the green light, you can enjoy up to 60 mL of good whiskey five days a week. Yes, 60 mL, five days a week, for adult males. Don't be surprised! This is exactly what scientists used to say a couple of years ago. They are now saying, 'Don't drink alcohol at all.' I have a different opinion. First, go to your doctor and have your health checked. If your doctor gives you the green light, then go and buy a bottle. If you follow a healthy lifestyle, with a healthy diet and exercise, then no one can stop you from enjoying a couple of pegs of single malt. You can also enjoy healthy snacks with your drink. Don't eat deep-fried items or junk food. Enjoy salads, fruits, and grilled, steamed or roasted items. They are delicious. Enjoy the taste of the snacks. Eat the snacks in small amounts as well. 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 THE ROCKS**. Drink slowly, sip by sip. Enjoy the taste. You are at a **ROTARY FELLOWSHIP**, not at a crowded wedding party in a party palace. Know your limit. Don't get drunk.

9. Go to bed before 11 p.m. and wake up before 6 a.m. After you wake up, drink 500 mL of warm water. This habit will help you stay healthy, and you will be able to enjoy Rotary.
10. Maintain a healthy weight. Do you know what this means? It means that your body weight is proportionate to your height. To calculate your ideal body weight, take your height in centimetres and subtract 100. The resulting number should be your body weight in kilograms. If your height is 170 cm, your ideal weight is 70 kg. If you have a normal body weight, you have less chance of developing diabetes, high BP, a heart attack, a stroke and many other diseases. A low-carbohydrate diet combined with sufficient exercise is the key to losing weight for those who are obese. Eating less and walking more is another formula for staying slim and fit. Rotarians look smart with a small, fatless belly. And don't forget that you are a true **ROTARIAN**.
11. An annual health check-up is compulsory. Fix the date of your annual check-up and do it without delay. Non-communicable diseases such as heart disease, diabetes, high BP, high cholesterol, cancer, etc., may have no symptoms at all. Don't wait until you develop symptoms. When you have symptoms, it may already be late. You need to treat these conditions before you develop any symptoms. This is what wise Rotarians do. 'I have no symptoms; I feel great, so why should I go for a health check-up, and why should I take treatment?' This is foolishness. Yes, I call it foolishness. This attitude causes heart attacks, strokes and sudden deaths that could be easily prevented. This foolish attitude towards 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 emotions, but increase your donations. Strong emotions can cause a rapid rise in BP, leading to a stroke. They can also contribute to a heart attack or sudden death. Say **NO TO STRONG EMOTIONS**. On the contrary, making a donation may decrease BP, blood sugar and even blood cholesterol. The habit of donating can reduce your stress level and have a positive impact on your overall health. So, develop the habit of donating to The Rotary Foundation and other causes. Those who donate more live more and enjoy more. Don't believe it? Just try and feel the joy. **ENJOY ROTARY, ENJOY FELLOWSHIP**. To do this, **STAY HEALTHY**. Rotary needs healthy Rotarians. Rotary needs you.

My Rotary Journey: Fourteen Years with the Rotary Club of Patan

PP Rtn. Lalita Chitrakar Thapa



I never had an opportunity to join a club of any nature, and my understanding of such groups was quite limited. I vaguely assumed that a club was a place where people from the so-called upper class gathered regularly to pursue shared interests and enjoy leisure activities. Most of the clubs I had heard about were related to sports, music, dance, or literature, such as book clubs. When I first learned about the Rotary Club, I carried the same perception. The members appeared to come from a privileged background, and I believed that a club of this nature was not my cup of tea.

I knew Rtn. Padam Lal Maharjan since my tenure as President of RUNVAN (Returned United Nations Volunteer Association in Nepal) in the mid-2000s. He often encouraged me to join Rotary, but I kept making excuses—partly due to my preconceived notions about Rotary, and mainly because its weekly meetings were held on Mondays. At that time, I could rarely leave my UNDP office before 7 p.m.

Another person who introduced me to Rotary was the late Rtn. Tulasi Neupane. I knew him from my work at UNDP, where he served as my counterpart at the Ministry of Finance. My husband, late Rtn. Kiran Thapa, and I were invited to a fellowship dinner hosted by Rtn. Tulasi at Tamarind Restaurant in Jhamsikhel, Lalitpur. We both thoroughly enjoyed the warm hospitality and friendly gestures of the members. I still vividly remember the humorous anecdotes shared by late Rtn. Krishna Bahadur Basnyat and the graceful vote of thanks delivered by the elegant Rtn. Chandralekha Kayastha ji, who, I believe, was the Vice President at that time.

In 2012, I finally attended a weekly meeting of RCP at the International Club, Sanepa, Lalitpur, upon the invitation of Rtn. Padam Lal Maharjan. During my second meeting, I was asked to register as a member by paying the membership dues. Unfortunately, I was not carrying cash or a debit card. To my surprise, Rtn. Ganesh R. Shrestha kindly offered to pay on my behalf and asked me to reimburse him in the next meeting. That thoughtful gesture—from a member I had just met—left a lasting first impression of the Rotary Club

of Patan.

It took some time for me to adapt to Rotary's culture, service, and fellowship traditions. My earlier professional interactions at UNDP were mostly limited to government officials and donor communities. Rotary, however, introduced me to people from diverse professional backgrounds—doctors, engineers, diplomats, and members of the international community. This broadened my understanding of national and global issues at various levels.

There are many aspects of RCP I could reflect upon, but based on my recollections, I would like to highlight the following:

Club Assemblies: When I joined RCP, club assemblies were conducted in a rather ad hoc and unstructured manner. At times, even the presenters seemed unsure about what they were expected to report. Gradually, with the efforts of senior Rotarians, a structured reporting format was introduced for thematic chairs and directors. This significantly improved the organization and substance of the presentations. Although some felt that individual creativity was constrained, it is true that every system has two sides.

Social Services: At the time, the PEEF (Prajapati Education Endowment Fund) scholarships were the primary service project I was familiar with. These scholarships supported economically disadvantaged students in government schools across Lalitpur district. A few other ad hoc services existed, such as participation in NOH (Nepal Orthopedic Hospital) board meetings at Jorpati and blood donation programs. There were several global grant projects, but very few members had a clear understanding of their status. I recall that after the Mallapaty duo—Bijaya and Gabriele—joined the club, the global grant projects gradually became more streamlined. Over the past 14 years, RCP has expanded its services across almost all priority areas of District 3292. This growth has been possible due to the diverse professional expertise of RCP members. Many service projects are led by experts in their respective fields. For example, in the health sector, doctors like

Dr. Prakash R. Regmi (in Rheumatic Heart Disease); Dr. Mukti Narayan Shrestha and Dr. Khadak S. Bisht (in Animal Health); and Dr. Bishwa B. Sharma and Aruna Upreti (in Mental and Physical Well-being) have made tremendous contributions, invaluable in shaping RCP's impactful service projects.

It is not just professionalism but also passion and interest that can drive an unimaginable moment. Another flagship project of RCP is KPAD (Khagendra Raj and Piyush Priya Ability Development Endowment Fund)—the brainchild of our senior Rotarian and Past President, Rabendra Raj Pandey. His passion and dedication in empowering people with disabilities (PWD) created history in RCP's fundraising efforts. In a single meeting, Rotarians committed over NPR 20 lakhs to the project—each donation matched personally by Rtn. Rabendra Raj Pandey. His vision and determination made the KPAD fundraising initiative almost viral.

Fellowships: For me, one of RCP's greatest strengths has always been its fellowship events. In earlier days, fellowship gatherings after board meetings were hosted at board members' residences. Unlike today's catered events with similar menus, those fellowships offered unique cuisines from different cultures. Some memorable hosts included Rtms. Bharat Narasingh Joshi, Kedar Bhakta Shrestha, Bijaya and Gabriele Mallapaty, late Matsyendra Lal and Chandralekha, Siba Bhakta Rajbhandary, Keshav Mathema, and Ganesh and Bijaya Shrestha. The flavors lingered in our minds for days. Birthday celebrations were also organized with a touch of the unique culture of a certain ethnicity. I fondly remember Past Presidents' dinners, annual picnics, and overnight outings—Patale Ban, Lapsiphedi, Dhampus

Pokhara, Bandipur, and more. One particularly unique event was "Rotary on the Wheel." These fellowships strengthened bonds among Rotarians, sparked creativity, and generated resources for new service ideas.

"Commitment is what transforms a promise into reality." — Abraham Lincoln. The true lifeline of RCP is its members and their unwavering commitment. RCP is often referred to as an "old" club—not only because of its establishment but also because many of its members are above 70. Yet they remain active, dedicated, and regular attendees. Regardless of age, distance, or natural challenges, RCP members have consistently demonstrated exemplary commitment to serving communities. I take this opportunity to express my heartfelt gratitude to all RCP members for their quality of service and generous financial support in materializing their unwavering commitments.

In recent years, RCP has also faced moments of profound sadness. We lost some of our respected and beloved Rotarians, as well as their family members. Sooner or later, every one of us encounters such losses in life, yet we must find the strength to move forward. As the saying goes, "If you never heal from what hurt you, you will bleed on people who did not cut you." Healing is essential—not only for ourselves but also for those who care about us. As part of our healing process, a new and innovative idea has been introduced in RCP. We have begun organizing an event dedicated to cherishing the memories of our late Rotarians and celebrating their contributions and achievements. They may be out of our sight, but they are never out of our minds. Their presence continues to live in our hearts.

रोटरी गीत

रचनाकार : हरिभक्त बुढाथोकी

निस्वार्थ सेवा गर्नु पहिचान हो रोटरी
सबैलाई माया गर्नु अभियान हो रोटरी
स्वास्थ्य, शिक्षा, विश्वशान्ति रोटरीका चाहना
मित्रता, विविधता, नेतृत्व रोटरीकै साधना
मानवीय सेवा गर्न जुटिरहोस् रोटरी
राम्रो गर्न युगौयुग बाँचिरहोस् रोटरी
Paul Harris ले जन्माएको, Arch Klumph ले प्राण भरेको
चक्र हो पहिचान रोटरी 4 Way Test को अनुशासन, स्वाभिमान हो रोटरी
रो . . . ट. . . री ।

नेपालका विद्यालयहरूमा “साइबर सुरक्षा जागरूकता” शिक्षाको महत्त्व

रोटेरियन महेन्द्र रावल



परिचय :

विगत एक दशकमा नेपालमा इन्टरनेट, मोबाइल बैंकिङ र सामाजिक सञ्जालको तीव्र विस्तारले जनताको सञ्चार, शिक्षा र व्यापार गर्ने तरिकालाई नै परिवर्तन गरिदिएको छ। देशको इन्टरनेट पहुँच भन्दा ९९ प्रतिशत जनसंख्यासम्म पुगिसकेको छ, र फेसबुक, टिकटक तथा ह्वाट्सएप जस्ता प्लेटफर्महरू बालबालिकासहित लाखौं नेपालीहरूको दैनिक जीवनको अभिन्न अंग बनिसकेका छन्। तर यो डिजिटल विस्तार डिजिटल साक्षरतामा समान लगानी नभई नै भएको छ, जसको परिणामस्वरूप साइबर अपराधमा निरन्तर र तीव्र वृद्धि देखिएको छ – जसले विशेष गरी नयाँ र कमउमेरका इन्टरनेट प्रयोगकर्तालाई प्रभाव पारेको छ। यदि नेपालले आफ्नो आगामी पुस्तालाई अनलाइन सुरक्षित राख्ने हो भने साइबर सुरक्षा जागरूकता शिक्षा [Cyber Security Awareness Education] विद्यालयको पाठ्यक्रमको अभिन्नअंग बनाउनु पर्ने देखिन्छ।

समस्याको आकार :

नेपालमा साइबर अपराध असाधारण गतिमा बढेको छ। नेपाल प्रहरी साइबर ब्यूरोका अनुसार, दर्ता भएका साइबर अपराध उजुरीहरू आर्थिक वर्ष २०७७/७८ मा करिब ३,९०६ वटा रहेकोमा २०८१/८२ मा बढेर १६,१३९ पुगेको छ, जुन बीचमा २०८०/८१ मा १९,७३० वटासम्म चुलिएको थियो – यसरी पाँच वर्षभित्रै चार गुणाभन्दा बढी वृद्धि भएको देखिन्छ। सबैभन्दा हालसालै समाप्त भएको आर्थिक वर्षमा साइबर ब्यूरोले जम्मा १८,९२६ वटा साइबर अपराधका घटना दर्ता गरेको थियो, जुन औसतमा दिनको करिब ५२ वटा घटना हुन आउँछ। ब्यूरो स्थापना भएको २०१८ देखिका उजुरीहरूको प्रवृत्ति केलाउने केही विश्लेषणहरूले त यो वृद्धिलाई हजारौं प्रतिशतसम्म पुगेको देखिन्छ।

यी अपराधहरूको प्रकृति पनि उल्लेखनीय छ। फेसबुक र मेसेन्जर मात्रैले दर्ता भएका अधिकांश घटनाहरूमा संलग्न देखिन्छ—एउटा बहुवर्षीय अध्ययनअनुसार यो प्लेटफर्म कुल घटनाहरूको ७० प्रतिशतभन्दा बढीमा संलग्न

रहेको पाइएको छ – त्यसपछि टिकटक, ह्वाट्सएप र इन्स्टाग्रामको स्थान रहेको छ। अपराधका प्रकारहरूमा ह्याक गरिएका खाताहरू (हरेक वर्ष हजारौंको संख्यामा), नक्कली वा भेषधारी प्रोफाइलहरू, अनलाइन बुलिङ र उत्पीडन, फौजदारी मानहानि, घृणास्पद भाषण, आर्थिक ठगी (इसेवा र खल्लीजस्ता सेवामार्फत ओटीपी र मोबाइल बैंकिङ ठगीसहित), र दिनप्रतिदिन बढ्दो सेक्सटर्सन तथा बदला-अश्लील सामग्री [Revenge Pornography] समावेश छन्, जसले विशेष गरी महिला र किशोरीहरूलाई असमान रूपमा असर पुऱ्याउँछ।

यस लहरको सामना गर्नुपर्ने प्रणाली भने अत्यन्त स्रोतको अभावमा जेलिएको छ। प्रतिवेदनहरूअनुसार साइबर ब्यूरोमा ऐतिहासिक रूपमा करिब १०० जना मात्र कर्मचारी रहेका छन्, जसमध्ये सूचना प्रविधिमा दक्ष जनशक्ति एकदमै न्यून छ, जसले दैनिक दर्जनौं उजुरी सम्हाल्नुपर्ने बाध्यता छ – जसका कारण अनुसन्धानकर्ता र उजुरीको अनुपात यति असन्तुलित छ कि केही अनुमानअनुसार कुल उजुरीको आधा प्रतिशतमात्र कानुनी कारबाहीसम्म पुग्छ। नेपालको मुख्य साइबर कानून, विद्युतीय कारोबार ऐन, २०६३ [Electronic Transactions Act, 2008], आधुनिक जोखिमहरू जस्तै डिपफेक, क्रिप्टोकरेन्सी ठगी र एआई-सञ्चालित ठगीसँग तालमेल मिलाउन संघर्ष गरिरहेको छ।

बालबालिका बढ्दो रूपमा पीडित बन्दै :

सबैभन्दा चिन्ताजनक कुरा भनेको यी तथ्याङ्कमा बालबालिकाको बढ्दो संलग्नता हो – पीडितको रूपमा मात्र होइन, कहिलेकाहीँ आफूले गरेको कामको परिणाम नबुझी अपराध गर्नेको रूपमा पनि समावेस छ। बाल संरक्षण संस्थाहरूले उद्घृत गरेको नेपाल प्रहरी साइबर ब्यूरोको तथ्याङ्कअनुसार, एउटै आर्थिक वर्षमा १७,००० भन्दा बढी साइबर अपराध घटना दर्ता भएका थिए, जसमध्ये भन्दा ५०० घटनामा प्रत्यक्ष रूपमा बालबालिका संलग्न थिए। टेर दे होम्स [Terre des Hommes] र युनिसेफका अनुसन्धानकर्ताहरूले छुट्टाछुट्टै रूपमा औल्याएअनुसार, नेपाली

विद्यालय र शिक्षकहरूमा अनलाइन सुरक्षाबारे सामान्यतया जागरूकता अत्यन्त न्यून छ, र राष्ट्रिय पाठ्यक्रममा अनलाइन सुरक्षालाई समावेश गर्नेकार्य पनि न्यून रहेको छ। नेपाली विद्यार्थीहरूको साइबर सुरक्षा जागरूकतासम्बन्धी सन् २०२३ को एक अध्ययनले विद्यालयहरूमा साइबर समस्या भोग्ने विद्यार्थीका लागि हेल्प डेस्क वा तालिम प्राप्त शिक्षक जस्ता आधारभूत सहयोग संरचना समेत उपलब्ध नरहेको अवस्था विद्यमान छ।

नेपाली विद्यालयका बालबालिकाले सामना गर्ने सामान्य जोखिमहरूमा निम्न समावेश छन् :

- क. साइबर बुलिङ – सामाजिक सञ्जाल वा म्यासेजिङ एपमार्फत गरिने उत्पीडन, गिज्याइ वा धम्की, प्रायः गुमनाम रूपमा।
- ख. अनलाइन ठगी – नक्कली जागिरको प्रस्ताव, लटरी ठगी, वा एसएमएस वा सामाजिक सञ्जालमार्फत आउने फिसिड लिंकहरू जसले व्यक्तिगत जानकारी वा पैसा माग्छन्।
- ग. पहिचान चोरी – बालबालिकाको फोटो र व्यक्तिगत विवरण प्रयोग गरी नक्कली प्रोफाइल सिर्जना गर्ने कार्य।
- घ. यौन शोषण तथा ब्याकमेल – बढ्दो चिन्ताको विषय, जसका कारण नेपालको शिक्षा मन्त्रालयले सन् २०२५ को शैक्षिक सत्रदेखि कक्षा ९ को कम्प्युटर विज्ञान पाठ्यक्रममा अनलाइन ड बाल यौन शोषण रोकथामसम्बन्धी सामग्री थपेको छ, जुन टेरे दे होम्स जस्ता संस्थाहरूको सहकार्यमा विकास गरिएको हो।
- च. गोप्य जानकारी चुहावट – जोखिम नबुझी ओटीपी, पासवर्ड वा व्यक्तिगत फोटो अरूसँग साझा गर्ने कार्य।

विद्यालयका लागि साइबर सुरक्षा जागरूकता शिक्षा किन आवश्यक छ:

यो अवस्थालाई हेर्दा, साइबर सुरक्षा शिक्षालाई अब वैकल्पिक विषयका रूपमा राख्न मिल्दैन; यसलाई सडक सुरक्षा वा स्वास्थ्य शिक्षा जस्तै एउटा आधारभूत जीवनोपयोगी सीपका रूपमा लिनुपर्छ। नेपालका लागि यो विशेष रूपमा किन जरूरी छ, भन्ने केही कारणहरू निम्न छन्:

१. बालबालिका सबैभन्दा छिटो बढ्दो इन्टरनेट प्रयोगकर्ता समूह हुन्। ग्रामीण घरपरिवारमा समेत स्मार्टफोन सामान्य बन्दै गएपछि, नेपालका बालबालिका प्रायः आफ्नो परिवारमा डिजिटल अगुवा बन्ने गरेका छन्, जसले अफलाइन जोखिमको तुलनामा धेरै कम मार्गदर्शनसहित इन्टरनेट चलाउन सिक्छन्।

२. पछि अभियोजन गर्नुभन्दा पहिले नै जागरूकताले पीडित बन्नबाट रोक बढी प्रभावकारी हुन्छ। यति न्यून अभियोजन दर र अत्यधिक बोझमुनि रहेको साइबर व्युरोलाई हेर्दा, धेरैजसो परिवारका लागि शिक्षामार्फतको रोकथाम नै सबैभन्दा यथार्थपरक सुरक्षा रणनीति हो – साइबर व्युरोसँग सम्बन्धित केही तथ्याङ्कअनुसार नेपालका करिब ६२ प्रतिशत पीडितले अघि कुनै पनि साइबर सुरक्षा जागरूकता तालिम पाएका थिएनन्।
३. शिक्षक र अभिभावकहरू प्रायः बालबालिकाभन्दा नै कम जानकारी हुन्छन्। युनिसेफले समर्थन गरेको अनुसन्धान र नेपालमा बाल संरक्षणमा काम गर्ने व्यक्तिहरूसँगको अन्तर्वार्ताले देखाएअनुसार अभिभावक र शिक्षकहरू प्रायः बालबालिकाभन्दा डिजिटल प्रवीणतामा पछाडि पर्छन्, जसले जोखिम सबैभन्दा बढी हुने उमेरमा नै मार्गदर्शनको ठूलो खाडल छाडिदिन्छ।
४. सानै उमेरदेखि दिइने शिक्षाले जीवनभरका डिजिटल बानी निर्माण गर्छ। जसरी सानैदेखि सिकाइएको आर्थिक साक्षरताले पछि राम्रो आर्थिक बानी बनाउँछ, त्यसैगरी कक्षा ६-१० मा सिकाइने साइबर स्वच्छता – बलियो पासवर्ड, फिसिड प्रयासको पहिचान, गोपनीयता सेटिङको बुझाइ, र दुर्व्यवहार भएमा कहाँ र कसरी उजुरी गर्ने भन्ने ज्ञान – ले त्यही विद्यार्थी वयस्क भएपछि, जब उनीहरू अनलाइन बैंकिङ, जागिर र आफ्नै सन्तान हुर्काउने काममा संलग्न हुनेछन्, त्यतिबेला पनि कायम रहने बानी निर्माण गर्छ।
५. स्थानीय पहलहरूले काम गर्छ भन्ने देखाएका छन्, तर व्यापकता अभै न्यून छ। केही उत्साहजनक उदाहरणहरू पहिले नै अवस्थित छन्: कपिलवस्तु जिल्लाका विद्यालयहरूमा साइबर अपराध र सामाजिक सञ्जालको सुरक्षित प्रयोगसम्बन्धी सामग्री समावेश गरिएको प्रहरी-समर्थित पाठ्यपुस्तक पाइलट गरिएको थियो र सन् २०२५ को कक्षा ९ कम्प्युटर विज्ञान पाठ्यक्रम अद्यावधिकले अनलाइन शोषणसम्बन्धी सामग्री समावेश गर्‍यो। तथापि, यी पहलहरू राष्ट्रव्यापी र व्यवस्थित कार्यक्रमभन्दा बरु छिटपुट प्रयासका रूपमै सीमित छन्, र यस विषयमा शिक्षक तालिम अभै न्यूनतम नै रहेको छ।

सिफारिसहरू :

नेपाली बालबालिकालाई साइबर सुरक्षा जागरूकताले साँच्चै अर्थपूर्ण ढंगले सुरक्षा दिन सक्नका लागि निम्न कदमहरू आवश्यक छन्:



- ▶ उपल्लो कक्षास्तरमा उमेर-अनुकूल साइबर सुरक्षा पाठ्यक्रम [Cyber Security Awareness Education] समावेश गर्ने ।
- ▶ शिक्षकहरूलाई समेत व्यवस्थित रूपमा तालिम दिने, किनभने फिसिड वा सेक्सटर्सन नबुझ्ने शिक्षकले विद्यार्थीलाई प्रभावकारी रूपमा मार्गदर्शन गर्न सक्दैन।
- ▶ विद्यालयभित्रै सरल र पहुँचयोग्य उजुरी संयन्त्र स्थापना गर्ने – जस्तै तोकिएको कर्मचारी सम्पर्क वा हेल्पलाइन – ताकि विद्यार्थीहरूले साइबर ब्यूरोको उजुरी प्रक्रिया एकलै भोग्नु नपरोस् ।
- ▶ अभिभावकहरूलाई जागरूकता कार्यक्रममार्फत संलग्न गराउने, किनकि घरमा दिइने मार्गदर्शन पनि कक्षाकोठामा जत्तिकै महत्त्वपूर्ण हुन्छ ।
- ▶ नेपालको कानुनी ढाँचालाई अद्यावधिक गर्ने ताकि डिपफेक र एआई-सञ्चालित ठगी जस्ता आधुनिक जोखिमहरू स्पष्ट रूपमा समेटिऊन्, जसले विद्यालयलाई पढाउनका लागि स्पष्ट कानुनी आधार दिन्छ ।

निष्कर्ष :

नेपालको साइबर अपराध तथ्याङ्कले एउटा स्पष्ट देखिन्छ: डिजिटल पहुँच डिजिटल साक्षरताभन्दा छिटो विस्तार हुँदा, सामान्य प्रयोगकर्ता – विशेष गरी बालबालिका – यसको मूल्य चुकाइरहेका छन्। केही वर्षभित्रै साइबर अपराध उजुरी

धेरै गुणा बढेको र हजारौं घटनामा बालबालिका संलग्न रहेको अवस्थामा, कानून कार्यान्वयन निकाय एकलैले भ्याउँछ भनी कुर्नु र भरपर्दोदिगो रणनीति होइन। विद्यालयमा नै निरन्तर र सानै उमेरदेखि सिकाइने साइबर सुरक्षा जागरूकता [Cyber Security Awareness] शिक्षा नेपालले आफ्ना बालबालिकाको सुरक्षाका लागि राष्ट्रव्यापी रूपमा फैलाउन सक्ने थोरै व्यवहारिक उपायमध्ये एक हो । नेपालको डिजिटल साक्षरता अभियानहरूमा बढ्दोरूपमा प्रयोग हुने भनाइले भनेजस्तै, “सुरक्षित इन्टरनेट, सुरक्षित भविष्य” – र त्यो भविष्यको सुरुवात कक्षाकोठाबाटै गरिनुपर्छ ।

यसै परिप्रेक्षमा रोटरी क्लब अफ पाटन [Rotary Club of Patan] ले गत रोटरी वर्ष २०२५/२६ मा आफुले अपनाएका [RCP-adopted] चार मध्ये तीन सामुदायिक विद्यालयहरूमा नेपालप्रहरी प्रधान कार्यालय, साइबर ब्यूरोको सहयोगमा प्रयोगात्मकरूपमा साइबर सुरक्षा जागरूकता [Cyber Security Awareness] कार्यक्रम संचालन गरिएकोमा सम्बन्धित विद्यार्थीहरू तथा शिक्षकहरूले अत्यन्तै सान्धर्भिक र आवश्यक भनी प्रतिक्रिया दिएको पाइयो । यस सन्धर्वमा रोटरी क्लब अफ पाटनले यो कार्यक्रमलाई निरन्तरतादिदै अगामि रोटरीवर्ष २०२६/२७ मा पनि उपरोक्त चार विद्यालयाहरूमा र यदी सम्भाव भएमा थप विद्यालयहरूमपनी Rotract/Interact हरू समेतको सहयोगर सहकार्यमा उक्त कार्यक्रमलाई निरन्तरता दिने कार्यक्रम रहेको छ ।

Congratulations!

*Hearty congratulations to the
 Rotary Club of Patan on your 41st Anniversary!
 Four decades of dedicated, compassionate, and
 sustainable service is truly inspiring.
 Your unwavering commitment has touched countless
 lives and strengthened communities.*

Mr. Ramesh Lal Maskay and Mrs. Shobha Maskay

How Rotary International Manages its Funds

Rtn. Nirmal K. Pradhanang



Many of us must be wondering how Rotary International manages its approximately US\$ 500 million of huge annual funds. This article is not based on an audited report of the organization, but on various articles published and found on the net that may not give accurate figures but would provide a rough idea of RI expenditures.

Rotary International (RI) and the Rotary Foundation (TRF) are two separate financial entities. Therefore, their operating expenses are also separate. RI income mainly comes from the membership fees, whereas TRF funds are mostly generated through voluntary contributions.

During RY 2024–25, an approximate overall funding raised by The Rotary Foundation exceeded US \$406 million. Out of which, the Indian districts alone collectively contributed over US\$38.2 million to TRF. District 3141 (Mumbai) became the highest donating district in the world. This district has 126 clubs with 6500 wealthy and kindhearted Rotarians. There are several other donors who donate extremely large amounts to TRF, but due to privacy policy the Rotary International does not disclose their identities except for those who have contributed through the Arch Klumph Society (AKS). The approximate funds raised for TRF during the year 2024/25 were:

- Annual Fund : ~\$146.4 million
- Polio-Plus Fund: ~\$132.8 million
- Endowment Fund: ~\$64.0 million
- Other Contributions: ~\$63.3 million
- Total: US\$ 406.5 million

Besides the above, Rotary International also collects membership dues from its approximately 1.2 million members that generate roughly US\$ 95-100 million annually. Therefore, the Rotary Organization handles a huge sum of approximately US\$500 million every year.

Spending Areas:

Rotary distributes its annual funds across two distinct operational arms: Rotary International (which handles administrative support and member network operations) and The Rotary Foundation (which manages global grants, humanitarian spending, and educational programs). The Rotary Foundation programs and the humanitarian spending are organized through Polio-Plus and Global Grant, covering seven core areas of focus. The funds are allocated mostly as indicated below.

1. Polio Eradication (Polio-Plus) – Approximately US\$ 151million

Eradicating polio remains Rotary's top organizational priority. This includes purchasing vaccines, funding surveillance networks, mobilizing teams, and partnering with global health initiatives (including a 2-to-1 match from the Bill & Melinda Gates Foundation).

2. Global and District Grants – Approximately US\$ 130 – 140 million

a) Global Grant Spending

Within the Global Grants budget (which funds sustainable, long-term humanitarian work), funds are divided across the 7 Areas of Focus in the following typical distribution:

Disease Prevention & Treatment

[██████████] ~30-35%

Water, Sanitation & Hygiene [██████] ~20-22%

Community & Economic Dev. [██████] ~12-15%

Basic Education & Literacy [██████] ~9-11%

Maternal & Child Health [██████] ~7-9%

Peace building & Conflict Prev. [██████] ~5-7%

Supporting the Environment [██████] ~4-6%

b) District Grant – US\$ 25-30 million (For small scale Projects within the Districts)

c) Programs of Scale & Disaster Response

Programs of Scale: Large, multi-year competitive

grants (typically \$2M+ each) awarded to high-impact, evidence-based projects designed to solve major systemic problems.

Disaster Response Fund: Emergency funds disbursed to local Rotary districts responding to natural disasters, conflict zones, and humanitarian crises.

d) Educational & Youth Programs

Rotary Peace Fellowships: Fully funded master's degree and certificate fellowships at partner universities globally.

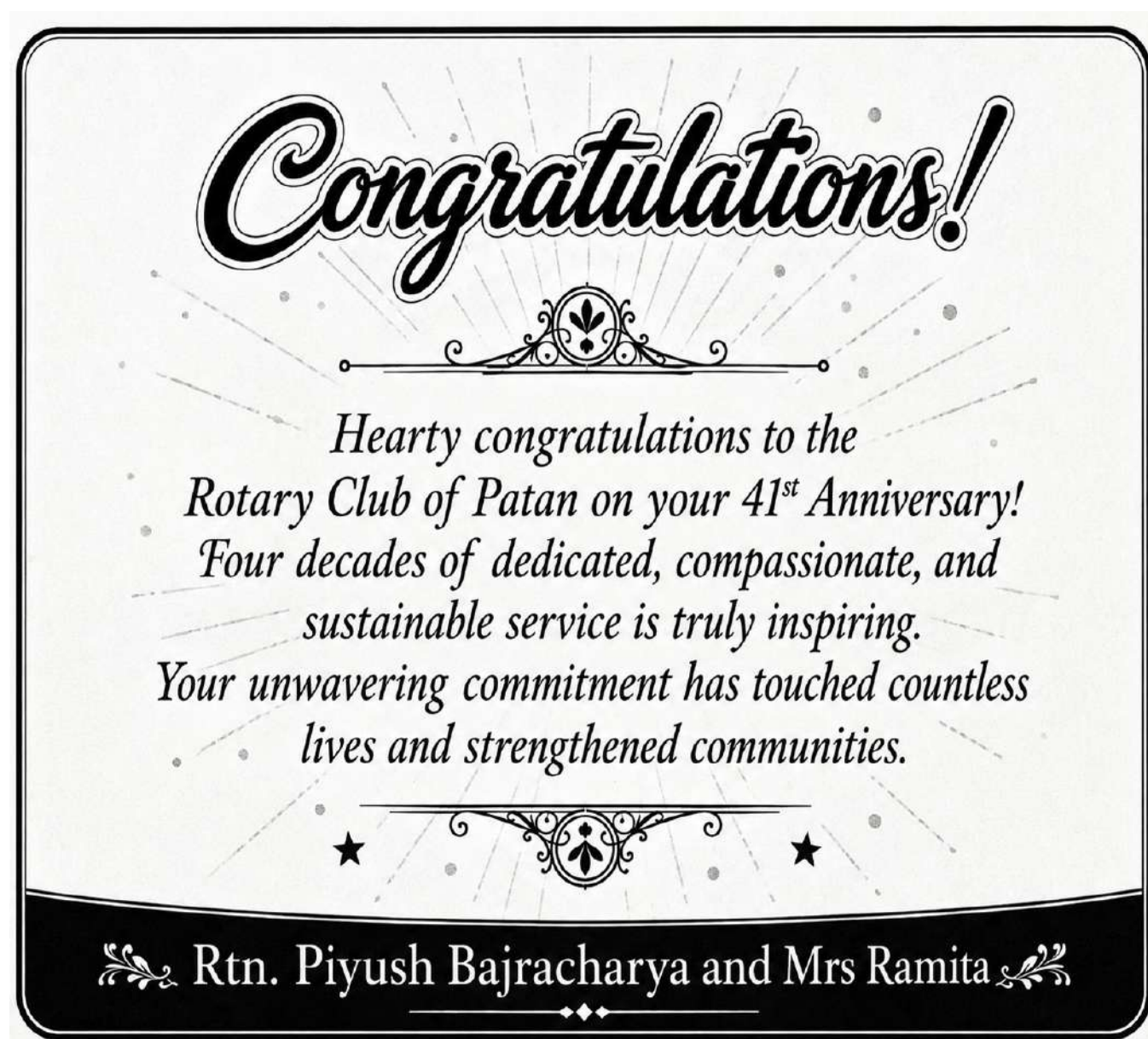
Youth Programs: Administrative and operational spending for Youth Exchange, Interact, and Rotaract networks.

3. Operational & Organizational Expenses

A large portion of Rotary International's budget also goes toward running the office expenditures and maintaining the global network. These include office expenditures, staff salaries and logistics, technology, language translation, global convention, club administration, member support, stewardship, etc,

During the year 2024/25, the following expenses were made;

- a) Rotary International - US\$114.5 million (mostly met through membership fees collected worldwide)
- b) The Rotary Foundation – US\$ 29.5million (5% additional costs levied on GG fundraising)



Early Detection and Diagnosis of Intellectual and Developmental Disorders

Rtn. Sunil Gupta



Emerging frontiers intellectual disability diagnosis



Genome sequencing

Reanalysis of exome or genomes can uncover new diagnosis



Newborn screening

Targeted early detection enables timely intervention



Digital phenotyping

Remote assessment broader access to evaluation



Gene-directed therapies

Molecular diagnosis informs targeted treatment

Emerging frontiers in intellectual disability diagnosis

Intellectual and Developmental Disorders

Intellectual and developmental disorders (IDDs) are disorders that begin in childhood and affect a child's learning, communication, behaviour or ability to handle daily tasks. Some children may have difficulties with speech, learning, social interaction, movement or problem solving. Common developmental disorders include intellectual disability, autism spectrum disorder (ASD), attention-deficit/hyperactivity disorder (ADHD), cerebral palsy and several genetic conditions.

Why the Early Years Matter?

The first five years of life are an incredible period of growth. During this time, a child's brain develops rapidly, laying the foundation for learning, language, emotions and social relationships.

When developmental challenges are identified early, children can receive therapy and educational support while their brains are especially responsive to learning. Children who receive support at an early age are more likely to improve their communication, independence, learning, and social skills than those whose needs are

recognized much later.

Knowing the Signs

Parents usually know their children best. Small observations at home can be the first hints that a child needs extra help. Some signs to look out for include:

- Limited or delayed speech
- Difficulty making eye contact
- Not responding consistently to their name
- Delayed walking or poor balance
- Difficulty interacting with other children
- Repetitive movements or unusual play patterns
- Trouble following simple instructions
- Difficulty learning everyday skills such as feeding, dressing, or using the toilet

One or two of these signs do not necessarily mean a child has a developmental disorder. Every child grows differently. However, if several concerns continue over time, it is wise to seek professional advice rather than

waiting and hoping the problem will disappear.

Parents Are Partners in Early Detection

Parents and caregivers spend more time with their children than anyone else. Their observations are invaluable. Simple activities such as reading together, playing games, talking during meals, and watching how a child responds to everyday situations can provide important insights into development.



How Doctors Find Answers

Doctors begin by asking about the child's medical history, pregnancy and birth details, family history, and developmental milestones. They observe how the child communicates, plays, learns, moves, and responds to others.

Depending on the child's needs, specialists such as developmental pediatricians, psychologists, neurologists, speech therapists, occupational therapists, physiotherapists, or special educators may also be involved. Sometimes hearing tests, vision tests, or genetic tests are recommended to better understand the child's condition.

New Advances Bring New Hope

Routine developmental screening during child health visits helps doctors recognize possible concerns before they become more noticeable. Parents may be asked to complete simple questionnaires about their child's communication, movement, learning, and social development.

Genetic testing can now identify many inherited conditions that affect development, allowing families to better understand the cause and plan future care.

Early Support Makes a Big Difference

Receiving a diagnosis can feel overwhelming for families. However, it is also the beginning of finding the right support.

Children may benefit from speech therapy, occupational therapy, physiotherapy, behavioral therapy, special education services, or individualized learning programs. These interventions help children build communication, movement, social, and daily living skills.

Creating an inclusive society begins with understanding that every child has value and deserves opportunities to participate, learn, and succeed.

A Shared Responsibility

Supporting children with developmental disorders is not only the responsibility of parents. Teachers, healthcare professionals, neighbors, community organizations, and policymakers all have important roles to play.

Schools can create inclusive classrooms. Communities can organize awareness programs. Healthcare services can improve access to developmental screening. Governments can strengthen early intervention services and family support programs. When communities work together, children receive the encouragement they need to thrive.

Sunil Gupta
Founder and Chairperson
Aasha Kiran Kendra

Strengthening Collective Action Against Cancer: Reflections from World Cancer Day 2026 at Patan Academy of Health Sciences (PAHS)

Rtn. Sandhya Regmi



Background

Cancer is no longer viewed solely as a life-threatening disease; today, it is increasingly recognized as a condition that can often be prevented, detected early, treated effectively, and, in many cases, survived. Remarkable advances in medical science, public health, and community engagement have transformed the global fight against cancer, offering renewed hope to millions of patients and their families. According to the World Health Organization (WHO) and the International Agency for Research on Cancer (IARC), although cancer remains one of the leading causes of mortality worldwide and approximately 20.6 million new cancer cases and 9.8 million cancer deaths occurred worldwide in 2024, and though in Nepal alone, recent national health data show that cancer is the third leading cause of death among all diseases and the second leading cause among non-communicable diseases after cardiovascular disease, claiming thousands of lives every year, improvements in early detection, precision medicine, immunotherapy, targeted treatment, and supportive care have significantly increased survival rates for many cancers. These advances remind us that the fight against cancer is not a battle of despair but a journey of courage, innovation, and hope.

World Cancer Day 2026 at PAHS and My Participation Representing RC Patan

Every year, World Cancer Day, observed on 4 February, unites people across the globe under a common vision: creating a world where fewer people develop cancer, more cancers get detected early, every patient receives quality care, and every survivor lives with dignity. The 2025–2027 global campaign, “United by Unique,” emphasizes that while every person’s cancer journey is unique, no one should face it alone. Together, healthcare professionals, researchers, policymakers, volunteers, caregivers, survivors, and communities can build a future where cancer care is more equitable,

compassionate, and accessible.

This spirit of solidarity was beautifully reflected during the World Cancer Day Celebration held on 4 February 2026 at Patan Academy of Health Sciences (PAHS), Lalitpur, Nepal. The programme brought together clinicians, oncologists, researchers, celebrities, government officials, public health experts, students, development partners, cancer fighters, survivors, volunteers, and community organizations committed to strengthening Nepal’s response to cancer. I was deeply honored to participate in this meaningful event as a representative of the Rotary Club of Patan, reaffirming Rotary’s enduring commitment to disease prevention, health promotion, and humanitarian service.

Insightful Sessions & Interaction at PAHS — Sharing on Cancer and MAX Foundation

The program featured keynote remarks by PAHS Vice Chancellor Prof. Dr. Buddhi Prasad Poudel, Oncologists Dr. Arun Shahi and Dr. Rajani Jha, and the President of Nepal Cancer Survivor’s Society (NeCASS), along with a panel discussion and experience-sharing by cancer fighters, including those affected by breast, blood, and lung cancers. Presentations also highlighted the reality of men facing breast cancer, a fact that may still seem surprising to many. A major highlight was a drama performed by PAHS MBBS students, in which each student represented a different type of cancer and raised awareness about how early signs and symptoms vary from one cancer to another. The Chief Guest, former Chief Justice Mr. Gopal Parajuli, himself a cancer survivor, inspired the audience by sharing his experience of undergoing advanced robotic surgery in England for stomach cancer and emphasizing that knowledge and strong willpower can help overcome cancer. Senior Oncologist Dr. Rajendra Baral noted that 50% of cancers are fully curable and that treatment is very much possible in Nepal. The session became emotional when candles were lit in memory of Max,

who died of chronic myeloid leukemia (CML) in 1991 at the age of 17, and in whose memory his stepmother, Ms. Garcia-Gonzalez, established The Max Foundation. Since 1997, The Max Foundation has supported more than 100,000 people living with cancer worldwide by providing free access to life-extending medication in over 80 countries.

As the representative of RC Patan, my interactions

with PAHS organizers including Senior Oncologists, members of NeCASS, representatives of The Max Foundation, PAHS MBBS students, and the Chief and Special Guests highlighted the value of collaboration. The event created an environment where institutions like PAHS and service organizations like Rotary can achieve meaningful progress when scientific expertise and community engagement work hand in hand.



Celebrating World Cancer Day Together at PAHS: Feb 4, 2026:
 Author standing at far right representing RC Patan



The Max Foundation
<https://themaxfoundation.org>



Max's Enduring Legacy: Service to People with Cancer



**Author Representing RC Patan amidst Oncologist, NeCASS,
Max Foundation Representative & Organizers of PAHS**

Conclusion: Toward a Cancer-Free Future – Together

World Cancer Day 2026 at PAHS reminded us that hope, science, compassionate care, and community partnership are essential in the fight against cancer. Representing RC Patan, I witnessed the dedication of healthcare professionals, researchers, educators, volunteers, and community leaders united by a shared purpose that

defeating cancer requires not only medical treatment, but also unity, compassion, education, and collective responsibility. Let us move forward with confidence, compassion, and determination, working together to reduce the burden of cancer and help every individual not only survive, but thrive. Together, we are stronger than cancer. Together, we inspire hope. Together, we can save lives.

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**



Beyond the Pin

Rtn. Shikha Prasai



Rotary's Legacy of Service, Creating Lasting Impact

When I took the oath as a Rotarian a year ago, I was joining one of the world's largest service organizations and stepping into a legacy that had shaped me long before I wore the Rotary pin. My first year was guided by the inspiring leadership of Immediate Past President Rtn. Khadak Singh Bisht and enriched by the wisdom of senior Rotarians whose humility and generosity continue to inspire me.

For me, Rotary began as a legacy. My parents were among the founding members of our club, and I grew up watching service in action. I saw how Rotary was not just about projects, but about people — friendships, communities uplifted, and lives transformed. That legacy became my foundation.

I was especially inspired by pioneering women who expanded the space for others to lead. Nepal's first woman architect and our Past President, Rtn. Chandralekha Kayastha, alongside my mother, Rtn. Sharda Prasai, a pioneering tourism entrepreneur, showed me that Rotary is also a space where women break barriers and pave the path for future generations. Their leadership inspired me to become a Rotarian, proving Rotary is about service and empowerment — opening doors for marginalized voices and sharing leadership across generations.

Through Rotary, I found a space for learning — where collaboration is essential, voices unite to solve problems, mentorship flows naturally, and every generation adds strength. I remember accompanying my parents to Rotary events, fascinated by conversations that turned

ideas into lasting service. A defining moment came in 1995 at the Rotary International Convention in Nice, France. Standing among thousands of Rotarians from every corner of the world, I realized Rotary was far more than a club — it was a global family united by purpose. That experience opened my eyes to the scale of Rotary's impact and the depth of its fellowship, reminding me that Rotary is not only about where we come from, but about who we become through service.

With that understanding, today I proudly introduce myself as a Rotarian — not because of the pin I wear, but because of the values I strive to live by: service, integrity, fellowship, lifelong learning, and the belief that each of us can make a meaningful difference. I joined Rotary thinking I would contribute my time. Instead, Rotary gave me purpose, friendships, and a global family.

The impact of Rotary is not measured only in projects completed or funds raised. It is seen in the lives touched — the child who gains access to education, the community that receives clean water, the friendships that cross cultures and continents. It is reflected in leaders shaped by service, in the courage of women who lead, and in the resilience of communities that thrive because Rotary stood beside them.

That, perhaps, is Rotary's greatest gift. It is not just an organization — it is a journey of service, friendship, and transformation. A journey I am proud to embrace, and one I invite others to join. Join to create lasting impact — impact that transcends borders, generations, and lifetimes.

“महिला सँग रोटरी” रेडियो कार्यक्रमः आवश्यकता र महत्त्व

रोटेरियन महेश्वरी बिष्ट रावल



“यदि कुनै महिलाले सही सूचना, गुणस्तरीय शिक्षा र निर्णय गर्ने अवसर प्राप्त गर्छिन् भने त्यसको प्रभाव केवल एउटी महिलामा सीमित रहँदैन; त्यसले परिवार, समुदाय, राष्ट्र र भावी पुस्ताको जीवनमा सकारात्मक परिवर्तन ल्याउँछ।”

माथिको निष्कर्ष संयुक्त राष्ट्रसंघ, विश्व बैंक, युनेस्को आदि अन्तर्राष्ट्रिय संस्थाहरूले दशकौं देखि गरेका अनुसन्धानहरूले निकालेको हो। यीनै अध्ययनले सूचना र शिक्षामा पहुँच भएका महिलाहरू आत्मनिर्भर हुन्छन् भनेको छ। उद्यमशीलतामा उल्लेखनीय रूपमा सहभागी हुन्छन्। संयुक्त राष्ट्र विकास कार्यक्रम [UNDP] २०२३ प्रतिवेदनले महिलाको सशक्तीकरणको सबैभन्दा प्रभावकारी माध्यम शिक्षा, सूचना र डिजिटल पहुँचलाई मानेको छ। संयुक्त राष्ट्रसंघको महिला संस्था [UN Women] प्रतिवेदन २०२३ ले सूचना तथा आर्थिक अवसर प्राप्त गरेका महिलाहरू घरेलु हिंसाविरुद्ध आवाज उठाउन तथा आवश्यक सेवा लिन बढी सक्षम हुन्छन् भनेको छ।

अन्तर्राष्ट्रिय प्रतिबद्धताहरूमा सूचनाको पहुँचलाई महत्त्व

महिलाको अधिकार संरक्षणका लागि पारित अन्तर्राष्ट्रिय प्रतिबद्धताहरू महिला माथि हुने सबै प्रकारका भेदभाव उन्मूलनसम्बन्धी महासन्धी [CEDAW], बेइजिङ कार्यमञ्च [BPFA], दिगो विकास लक्ष्य [SDGs] लक्ष्य नं. ५ ले महिला सशक्तीकरणका लागि सञ्चार माध्यम र सूचनामा पहुँच महत्त्वपूर्ण आधारको रूपमा स्वीकार गरेको छ।

रोटरी इन्टरनेसनल र महिला सशक्तीकरण

विश्वभर शान्ति, शिक्षा, स्वास्थ्य, सामुदायिक आर्थिक विकास तथा नेतृत्व विकास मार्फत समाज रूपान्तरणका कार्यक्रम सञ्चालन गर्दै आएको रोटरी इन्टरनेसनलले पछिल्ला वर्षहरूमा लैङ्गिक समानता, विविधता, समावेशिता र महिला नेतृत्व विकासलाई विशेष प्राथमिकतामा राखेको छ।

नेपालमा महिलाको अवस्था

नेपाल मानव विकास प्रतिवेदन २०२५ तथा नेपाल बहुसूचक सर्वेक्षण [MICS] २०२२ ले ग्रामीण, विपन्न तथा सीमान्तकृत

महिलाहरू अझै सूचना, प्रविधि, वित्तीय सेवा, सीप विकास तथा रोजगारीका अवसरबाट पूर्ण रूपमा लाभान्वित हुन नसकेको अवस्था औल्याएको। नेपालको कुल जनसंख्या मध्ये महिलाको संख्या ५१.०४ प्रतिशत छ। संख्यामा पुरुषभन्दा बढी भएपनि शिक्षा, आर्थिक अवसर, सेवा सुविधामा, स्रोत-साधनमा पहुँच तथा निर्णय प्रक्रिया र नेतृत्वमा सहभागिताका दृष्टिले महिलाको अवस्था अझै निकै पछाडी रहेको विभिन्न प्रतिवेदनले देखाएको पाइन्छ।

‘महिलासँग रोटरी’ रेडियो कार्यक्रमको महत्त्व

रोटरी क्लब पाटनले विगत देखिनै महिला सशक्तीकरणका लागि विविध कार्यक्रम सञ्चालन गर्दै आइरहेको थियो। रोटरी इन्टरनेसनलको महिला सशक्तीकरणलाई प्राथमिकतामा राख्दै गएको र स्थानीय आवश्यकता पनि भएकोले रोटरी क्लब पाटनले ३ वर्ष अगाडी नै महिला सशक्तीकरणको क्षेत्रमा केही ठोस कार्यगर्ने सोचले महिला सशक्तीकरण कोष नै स्थापना गरेको थियो। समस्या विश्लेषण गर्दा महिला सशक्तीकरण अभियानका लागि राज्यले बनाएको नीति, कानून, कार्यक्रम तथा सेवा सुविधा र ती सेवा सुविधा उपलब्ध गराउन व्यवस्था गरिएका प्रशस्तै संरचनाहरू रहेका तर राज्यले उपलब्ध गराएका सेवा सुविधा र संरचनाको विषयमा जानकारी समेत नहुँदा महिला र सरोकारवाला परिवारले सेवा सुविधामा उपभोग गर्न नसकी अप्ठेरोमा बाँच्न बाध्य हुने साथै निरन्तर विभेद र हिंसा खेप्न बाध्य भई रहँदा भनै जटिल समस्यामा पर्ने गरेको देखिनेगरेको छ।

महिला सशक्तीकरणको बाधाका रूपमा देखिएका उल्लेखित सूचनामा पहुँचको कमीलाई आत्मसात गर्दै रोटरी क्लब पाटनले सूचनामा महिलाको पहुँच बढाउनु नै महिला सशक्तीकरणको लागि महत्त्वपूर्ण र प्रभावकारी कदम हुने ठहरगरी महिलाहरूको सहज पहुँच हुने रेडियो कार्यक्रम ‘महिलासँग रोटरी’ शुरू गरिएको हो। ‘महिलासँग रोटरी’ कार्यक्रम २०२६ जुन २९ देखि रेडियो सगरमाथा एफ.एम. १०२.४ मेगाहर्जबाट प्रसारण हुँदै आएको छ। कार्यक्रम रोटरी क्लब पाटन र रेडियो सगरमाथाको सहकार्यमा हरेक

सोमबार बिहान ७:३० बजेदेखि ८:०० बजेसम्म प्रसारण भइरहेको छ ।

अहिले सम्मका प्रसारित एपिसोडहरू

हालसम्म देहायनुसारका चारवटा एपिसोड प्रसारण भइसकेका छन् ।

पहिलो एपिसोड

कार्यक्रमको उद्देश्य बारे जानकारी दिन पाटन रोटरी क्लवका रोटरी वर्ष २०२५/२६ का अध्यक्ष डा. खडक सिंह विष्टज्यू तथा रोटरी क्लव पाटनकी रोटरी क्लव पाटनको रोटरी वर्ष २०१९/२०२० का अध्यक्ष ललिता थापाज्यूसँगको सम्वादबाट शुभारम्भ गरिएको थियो । उहाँहरूले सूचनामा महिलाको पहुँच विस्तार नै महिला सशक्तीकरणको प्रमुख आधार भएकोले 'महिलासँग रोटरी' कार्यक्रमलाई प्रभावकारी ढंगले अगाडी बढाउने रोटरी क्लव पाटनको योजना रहेको जानकारी दिनुभयो ।



दोस्रो एपिसोड

हिंसाबाट आफूलाई उम्काएर सफल युवा उद्यमीको रूपमा उभ्याउन सक्षम एकल महिला सुष्मा फुयाल "आसिका"सँग गरिएको संवाद जनकपुरमा जन्मी हुर्की विवाह पश्चात घरेलु हिंसामा परी काठमाडौँमा आफ्नो सपना पुरा गर्न आउनु भएकी र आज आफूलाई सफल युवा उद्यमीको रूपमा उभ्याउन सक्षम एकल महिला सुष्मा फुयाल "आसिका"सँगको संवादले आँट गरे कठिन परिस्थितिलाई अवसरमा रूपान्तरण गर्दै आत्मनिर्भर बन्न सकिन्छ" भन्ने सन्देश दिएको छ ।



तेस्रो एपिसोड

उद्यमी तथा समाजसेवीका रूपमा परिचय बनायन सफल सरस्वती महर्जनसँग संवाद विद्यालय कहिल्यै टेक्न नपाए पनि आफ्नो इच्छा, सीप, मेहनत र लगनशीलताबाट सफल उद्यमी तथा समाजसेवीका रूपमा परिचित सरस्वती महर्जनसँगको संवादले इच्छाशक्ति, सीप उहाँको जीवनले शिक्षा मात्र सफलताको आधा सहीज्ञान र निरन्तर प्रयास पनि सफलताको महत्वपूर्ण आधार हुन् भन्ने सन्देश दिएको छ ।



चौथो एपिसोड

दुई वर्षको उमेरमा नै शारीरिक अपांगता (दुवै खुट्टा नचल्ने) भएरपनि आत्मविश्वास र आत्मसम्मानका साथ आफ्नो जीवन बाँच्ने रीता शाक्यसँगको प्रेरणादायी संवादले दृढ इच्छाशक्ति, शिक्षा र आत्मविश्वासले जुनसुकै शारीरिक अपाङ्गता पनि सफलताको बाधा नभई उदाहरणीय जीवन बनाउन सकिन्छ, भन्ने प्रेरणा दिन्छ ।



A Personal Journey Through Rotary Club of Patan

Bhawana Lama Moktan, Ullens School, Lalitpur.



When I first came across the Rotary Club of Patan in Grade 7, Shrees Krishna Secondary School, Patan, I never imagined that it would become such an important part of my educational journey. What began with a simple hope of receiving a scholarship gradually turned into an opportunity that changed my life, built my confidence, and opened doors I never thought would be possible for me. When I was in Grade 7, the Rotary Club of Patan came to our school and selected a group of students for an interview. When I finally found out that I had been selected, I was extremely happy and proud. That was the beginning of my journey with Rotary.

Rotary's support gave me the motivation to work harder and take my education seriously. I also received the Kamalmani Education Excellence Award based on my academic performance in Grade 9. I was especially happy when I received the first position at the award ceremony and a prize of NPR 35,000. I still remember seeing the happiness and pride on my father's face. He even had tears in his eyes, which made that moment even more special for me. We had been told that students who performed exceptionally well in the SEE could get an opportunity to study Grades 11 and 12 at Ullens School on a full scholarship.

However, getting an A+ was not the only requirement. Students also had to go through a selection and interview process. I worked hard because I wanted to grab that opportunity. During the selection process, Khadak Sir, one of the Rotary mentors, supported and encouraged us and was one of the people involved in the interview process. I was amazed by how carefully Rotary observed and understood each student. Their attention to even the smallest details made me realize how seriously they cared about the students they supported. Eventually, I was given the opportunity to study at Ullens School with a full scholarship. For me, this was something I had never imagined. Ullens is one of the most well-known and expensive schools in Nepal, so studying there without having to worry about the fees felt almost unbelievable. At first, I was nervous. I wondered whether I would be able to fit in, whether the students would accept me as a scholarship student, and what the teachers would be like. But my worries disappeared much sooner than I expected. I found the students and teachers incredibly friendly,

supportive, and down-to-earth.

One of the things I appreciate most about Ullens is that education is not limited to textbooks and examinations. The idea of "learning beyond the boundary" has given me opportunities to experience things I never thought I would as a school student. We regularly work on projects, give presentations, participate in different activities, and learn through practical experiences. As someone who used to be very shy and nervous while speaking in front of others, these experiences have gradually helped me build my confidence. I still get nervous sometimes, but I can clearly see how much I have grown since Grade 7. One of my most memorable experiences in Grade 11 was getting the opportunity to conduct research on a topic of our own interest. Research is something we usually associate with university students, but Ullens gave us the opportunity to experience the process while we were still in school. It taught me how to explore a question, collect information, analyze ideas, and present my findings. Experiences like this have made my education much more meaningful and have encouraged me to explore beyond what is written in a textbook. I am also excited about the upcoming STEM exhibition and the opportunity to learn through another hands-on experience.

Looking back, my journey from Grade 7 to Grade 12 feels almost unbelievable. I entered this journey as a student simply hoping to receive some financial support for my education. Today, I am a Grade 12 student who has had opportunities to study at a school I once thought was far beyond my reach, participate in research and projects, meet inspiring people, and gradually become more confident in myself. I am deeply grateful to the Rotary Club of Patan for believing in students like me and giving us opportunities that can change the direction of our lives. Their support has helped my family, but more importantly, it has shown me what can happen when someone believes in a student's potential. I hope Rotary continues this work and reaches many more students who have dreams but may not always have the resources to achieve them. My journey with Rotary has taught me that sometimes, one opportunity is all a student needs to discover how far they can go.

Essay Competition on Heart Health and Community Service



The Rotary Club of Patan (RCP), in collaboration with Heart Club Nepal, organized an Essay Competition on Heart Health and Community Service for students of schools supported through RCP's Prajapati Education Endowment Fund (PEEF). The initiative aimed to encourage young students to think critically about heart health, healthy lifestyles, prevention of heart disease and the importance of community service.

All 24 RCP-PEEF supported schools were invited to nominate two students, preferably one boy and one girl from Grades 9–10. Five themes were shared in advance: Healthy Lifestyle, Healthy Heart; My Role in Preventing Heart Diseases; Junk Foods – Taste Good but Damage Your Health; Don't Damage Your Heart with Vaping (E-cigarette); and Rotary Clubs and Community Services.

The competition was held on Friday, 10 July 2026, at Tri-Padma School, Pulchowk, Lalitpur, which kindly provided the venue for the programme. A total of 37 students participated. Students selected their essay topics through a lottery draw and were given one hour to write. With the support from RCP, paper and pens, refreshments and transportation support were arranged for the participants.

To ensure fairness and confidentiality, the essays were identified by code numbers during evaluation. A structured 100-mark rubric assessed relevance to the topic, content and ideas, organization and structure, language and expression, and creativity and originality. From the 37 entries, eight were initially shortlisted. Dr. Ganga Ram Gautam reviewed the shortlisted essays and proposed the final ranking, which was endorsed on 10

August 2026 by a committee comprising Rtn. Mahendra S. Rawal, Rtn. Nirmal K. Pradhanang, Rtn. Lalita C. Thapa and Mr. Dev Bir Basnet of Heart Club Nepal.

Rtn. Mahendra S. Rawal coordinated with the participating schools and host school, while Rtn. Khadak S. Bisht, Dr. Ganga Ram Gautam, Rtn. Lalita C. Thapa, Rtn. Nirmal K. Pradhanang, Dr. Prakash R. Regmi and Rtn. Shiv Prakash Khemka contributed at different stages of planning, coordination, evaluation and programme support.



The final results placed Sushmita Syangtan of Sree Udayakharka Secondary School first, Kyarol B.K. of Sree Lubhu Secondary School second, and Chandra Sunar of Kitini Secondary School third. Prabin Tamang of Bishankhu Narayan Secondary School and Prestroika Mahat of Lele Secondary School received consolation awards.

We congratulate all five students for their achievement. The essays of the first-, second- and third-place winners are reproduced in the following pages of Lalitdharma.

RESULTS

FIRST PLACE



Sushmita Syangtan
Shree Udayakharka
Secondary School

SECOND PLACE



Kyarol B.K.
Shree Lubhu
Secondary School

THIRD PLACE



Chandra Sunar
Shree Kitini Secondary
School

CONSOLATION AWARD

Pravin Tamang
Bishankhu Narayan
Secondary School

CONSOLATION AWARD

Pestroika Mahat
Lele Secondary
School

रोटरी क्लब र यसको सामुदायिक भूमिका

सुस्मिता स्याङतान, श्री उदयखर्क माध्यमिक विद्यालय



समाज सेवा नै धर्म हो । यस भन्ने भनाइलाई आफ्नो व्यवहारमा लागु गर्ने संस्था रोटरी क्लब हो । यस संस्थाको स्थापना २३ फ्रेब्रुअरी १९०५ मा भएको थियो । सुरुमा व्यावसायिक सम्बन्ध राम्रो बनाउने उद्देश्यले खोलेको संस्था अन्तिम मानव सेवालाई आफ्नो लक्ष्य बनाए । यस संस्थाले स्वास्थ्य, शिक्षा, सरसफाइ, वातावरण संरक्षण, शान्ति कायम राख्ने, विपद व्यवस्थापन जस्ता महत्त्वपूर्ण कार्यहरू गर्दछ । विश्वमा २०० भन्दा बढी देशमा रोटरी क्लब रहेको छ । यस संस्थाको प्रमुख उद्देश्य प्रत्येक दुःख परेका मानिसहरूलाई सहयोग गर्नु हो । नेपालमा पनि विभिन्न जिल्लाहरूमा रोटरी क्लब सञ्चालन वा सुरुवात छ ।

नेपालमा यस क्लबले विशेष गरी शिक्षा, मानव सेवा, स्वास्थ्य, वातावरण संरक्षण, महिला सशक्तीकरणमा भूमिका खेल्दै आएका छन् । यस क्लबले शिक्षा क्षेत्रमा विभिन्न ठाउँमा भएका गरिब विद्यार्थीलाई सहयोग गर्दै आएका छन् । ग्रामीण क्षेत्रमा स्वेच्छे विद्यालय निर्माण, पुस्तकालयको निर्माण, आर्थिक रूपले कमजोर रहेका बालबालिका निम्ति छात्रवृत्ति प्रदान गर्दै आएको छ । साथै विद्यालयको उत्कृष्ट विद्यार्थीहरू भए तर कमजोर वि आर्थिक अवस्था रहेका विद्यार्थीहरूलाई निःशुल्क पढाउँदै आएको छ । यस क्लबले शिक्षा नै सबैभन्दा ठुलो विजय हो भन्ने अनुभव गराएको छ ।

रोटरी क्लबको शिक्षा क्षेत्रमा जस्तै स्वास्थ्य क्षेत्रमा पनि महत्त्वपूर्ण भूमिका रहेको छ । यस संस्थाले विपद्मा परेका व्यक्तिहरूलाई निःशुल्क स्वास्थ्य सेवाको प्रवन्ध लिने व्यवस्था मिलाउने कार्य गरेको छ । साथै विभिन्न ठाउँमा गएर आँखा र कानका पनि परीक्षण गर्दै आएको छ । बालबालिकाकालाई खोपको सेवा पनि प्रदान गर्दै आएको छ । ग्रामीण क्षेत्रमा स्वास्थ्य चौकीको अभाव हुनुको कारण स्वास्थ्य चौकी निर्माण कार्यमा पनि महत्त्वपूर्ण भूमिका खेल्दै आएको छ ।

वातावरण संरक्षणका लागि यस क्लबले जनचेतनामूलक कार्यक्रमहरू सञ्चालन गर्दै आएको छ । जस्तै : सरसफाइ कार्यक्रम, वृक्षरोपण, विभिन्न स्थानमा सरसफाइको सामग्री वितरण आदि । यस क्लबले जातीय, धार्मिक, सांस्कृतिक सद्भाव बढाउने कार्यहरू पनि गर्दै आएको छ । विभिन्न देशहरू विच राम्रो सम्बन्ध बनाउने, शान्ति स्थापना गर्ने जस्ता कार्यहरू पनि गर्दै आएको छ ।

यस रोटरी क्लबहरूले वि. सं. २०६२ सालमा गएको भुकम्पले गोरखामा धेरै मानिसको मृत्यु, घरहरूको क्षति गएको थियो । यस अवस्थामा रोटरी क्लबले स्वास्थ्य सेवा, आर्थिक सहयोग, घरको क्षति भएका व्यक्तिहरूको लागि अस्थायी बासस्थान, खानापानको व्यवस्था मिलाएका थिए । यस समयमा ती व्यक्तिहरूका लागि रोटरी क्लब एउटा साथीका रुमा साथ दिएका थिए । ती व्यक्तिहरूलाई बस्ने ? मिले को थियो ।

यसरी रोटरी क्लबले व्यक्तिलाई बाँच्ने हिम्मत प्रदान भरे गर्दै आएको छ । विद्यार्थीहरूका लागि अधि बढ्ने साहस प्रदान गर्दै आएको छ । आर्थिक रूपमा कमजोर रहेका व्यक्तिहरूले पनि उच्च कार्य गर्ने अवसर प्राप्त भएको छ । जीविका जीउन आधार नभएको व्यक्तिहरूका निम्ति एउटा देवता भै भएर सहयोग गरेका छन् । देशलाई वातावरण प्रदूषण, अशान्ति बाट बचाउँदै आएको छ । यस क्लबले विद्यार्थीहरूका निम्ति, चित्र प्रतियोगिता, निबन्ध प्रतियोगिता, वादविवाद जस्ता प्रतियोगिता सञ्चालन गर्दै आएको छ । यसले संस्थाले जनताका लागि काम गर्नु सरकारको मात्र कार्य होइन विभिन्न संस्था तथा जनताका पनि कार्य हो भन्ने कुरा पुष्टि गरेको छ ।

यस संस्थाले गरेको सहयोगले म आफु स्वयंमलाई महत्त्वपूर्ण सहयोग पुगेको छ । मेरो यस संस्थाले गरेको सहयोगले गर्दा मैले मेरो शिक्षालाई निरन्तर दिन सकेको छु । साथै आवश्यक शैक्षिक सामग्रीहरू किन्न सके । यसरी नै यस संस्थाले धेरै विद्यार्थीको लागि महत्त्वपूर्ण कार्य गर्दै आएका छन् । पढ्न नपाएका विद्यार्थीहरूले पढ्न पाएका छन् । राम्रो अड्क ल्याउन प्रेरित गरेका छन् । यसै संस्थाका प्रेरणाका कारण नगरपालिका कै सर्वोत्कृष्ट विद्यार्थी भए । यसै सहयोगका कारण मैले ध्यान दिएर पढ्न प्रेरित भए । यसरी मेरा जीवनमा सबैभन्दा महत्त्वपूर्ण योगदान शिक्षा क्षेत्र रहेको छ ।

विभिन्न कार्य गर्नका लागि सरकारको सहयोगले मात्र पुग्दैन । यसमा कार्यहरू सम्पन्न गर्नका लागि देशको नागरिक तथा विभिन्न संस्थाहरूको स्थापना गर्दै आएको छ । सरकारको कार्यमा सहयोग गर्ने एक संस्था रोटरी क्लब पनि हो । यस क्लबले शान्ति कायम राख्ने व्यक्तिहरूविच सद्भाव, मेलमिलाप, सहकार्यक्रम गर्न प्रेरित गरेका छन् । साथै यस यसै क्लबका कार्यको कारण हरियाली, स्वच्छ वातावरणको सिर्जना भएको छ । देश, दस, अपांगताशिल, सिर्जनात्मक विद्यार्थी निर्माणमा पनि महत्त्वपूर्ण भूमिका खेलेको छ ।

अन्तिममा आफ्नो लागि मात्र बाँच्नु जीवन होइन, अरुको जीवनमा सकारात्मक परिवर्तन ल्याउनु जीवन हो । यस भनाइलाई सत्त रूपमा रोटरी क्लबले पुष्टि गरेको छ । हामी पनि मानव सेवा नै जीवनको ठुलो कुरा हो भन्ने विचयलाई लियर हिड्नु पर्छ । हामीले शिक्षा नपाएको, आर्थिक स्थिति कमजोर रहेको व्यक्तिहरूलाई सहयोग गर्नुपर्छ । सेवाले नै मनलाई शान्ति प्रदान गर्दछ । आफुलाई भन्दा धर्म माथि सेवालालाई लियर हिड्नु पर्छ । यसरी नै रोटरी क्लबले स्वास्थ्य, शिक्षा, वातावरण संरक्षण, शान्ति स्थापना, वातावरण संरक्षण सरसफाइ, विपद्का समयमा हामी नागरिकले पनि कार्य गर्दै पर्दछ । सामुदायमा हुने साना साना कार्यक्रमहरूमा सहभागिता भई संस्थाहरूको कार्यलाई राम्रो सँग सम्पन्न गरी सहयोग पुऱ्याउनु पर्दछ ।



“My Role in Preventing Heart Diseases”

Kyarol B.K., Shree Lubhu Sec. School



Imagine a psychological engine which works tirelessly, from the very first breath until your very last breath. pumping blood, oxygen and important nutrients with precise vitallity to each and every parts of your cells. That extraordinary engine is none other our heart. Quietly sustaing life with precision. Yet that very incredible engine is facing a lot of sophisticated threats.

Many young youths and even adults have the misconception that heart-diseases only occurs to the older, elderly people, which is a huge misunderstanding. A heart diseases can occur to anyone at any age, Especially if they don't take care of themselves properly, Heart diseases start when your cardiovascular gets severely damaged or when you are not careful with your health. Furthermore the chances of children, Especially teenagers and adolescence have a higher Chance of getting a heart disease because of the problematic prouducts, and vast consumption as well as marketing of dangerous products, which are mostly shown as harmless, fun and trendy activities like; Vapes, Alcohol, Cigrattes, tabacco, Unhealthy diet and a vast consumption of extremly unhealthy junkfoods.

Products like Vapes (E-cigrattes), Cigrattes, Alcohol are very problematic and the major reasons on youths getting heart diseases at a very young age. Lots of Content-Creators or Adve Advitizors Falsely mask vapes (specifically) as a clean, harmless vaporized water with candy-like flavours which can be consumed normally, Creating a huge false delusions and Influnce the youngsters widely. These kind of products contain a vast amount of nicotien which not only damages the consumers cardiovascular but also works as a neurological hijack to our minds and prefer crvies.

As a youth, myself. The role i can play to atleast spread awareness and degrade the vast numbers of growing heart-disease patients even by a fraction is by doing awarness programs and letting others known just how harmful Vapes, Cigrattes, Alcohol and Unhealthy amount of food consumptions really are. I would use the helps of social media, Make specific content or awarness posts and promote only healthy diets, Preventing the vast and widely used products from being used and so-so. I would recommend young youths to not get influenced by false or made up information of the hazardous products, aswell as to not listen to the people who falsely promote such kind of activities.

As a socety society we should only promote things that is good and beneficial for our health, To prevent youths from having a habit or addiction of doing bad activities or even getting involved in such problematic degrading things, I would recommend parents to not neglect their activities and stop bad infulence from getting to them, As a adult we should create a safe healthy enviroinent where kids can grow up peacefully, Not a place where they get a heart diseases before even finishing School life.

To prevent the massive amount of heart diseases which are increasing in patients, We must stop having a unhealthy addiction to bad activities, Prevent ourselves from influencing who little kids who are innocent and will imitate any action we do as childrens mostly learn from their elders, Parents themselves should not engage in activities like smoking, drinking, Consuming drugs and many-more. If any parents have addiction to such activities i would recommend them to slowly try to quit and create a safe haven for themselves and their kids.

To prevent heart-diseases as a community and society we must try our best to get rid of indegious threats towards our heart & health it self.

We should engage in various healthy activities such as Excercisi Excersing, doing yoga, pilates and having a consistent aswell as healthy diet. If anyone is seen influencing young ones in bad habits, they should be punished accordingly to their actions. To keeps a Healthy, Warm, society and to prevent heart diseases from increasing, we, We, as a community shall try our best and only engage in good, benefical activities for both our heart and body, Timely check-ups should be done optionally for extra carefulness.

जंक फुड: स्वादिलो तर स्वास्थ्यलाई हानि पुऱ्याउने

चन्द्र सुनार, श्री कितिनी माध्यमिक विद्यालय



जड्क फुड भनेको शरीरलाई अस्वस्थ राख्ने विषादीयुक्त खाने कुरा हो जसको प्रयोगले मानिसलाई बिरामी पार्ने तथा असन्तुलित राख्ने कार्य गर्दछ। जड्क फुड खाँदा राम्रो र स्वादिलो भएता पनि यसले शरीरको अवस्थालाई एकदमै नाजुक बनाउँछ। जड्क फुड प्राय बालबालिकाले खाने गर्दछन्। जसले गर्दा बालअवस्थामा वृद्धि हुने सबै क्षमताको ह्रास हुने सम्भावना बढी भएको पाइन्छ। जड्क फुडमा विभिन्न खालका क्यामिकलहरूको प्रयोग गरिएको हुन्छ। जसका कारण यसले शरीरलाई नकारात्मक असर पुऱ्याउँछ। तर अहिलेको समयमा जड्क फुड सबैका लागि प्यारो भएको छ। जड्क फुडका उदाहरणका रूपमा भन्नु पर्दा धेरै छन् जस्तै :- चाउचाउ, विस्कुट, कुरकुरे, नुडलस, चकलेट, पिज्जा, आदि।

विश्व स्वास्थ्य संगठनका अनुसार जड्क फुडले मानिसहरूको शारीरिक, मानसिक र सामाजिक अवस्थामा नकारात्मक प्रभाव पार्दैन। यो कहिले दोहोरो chemical प्रयोग गरी तयार पारिएको र धेरै समयसम्म प्याकेजिङ गरेर ? शरीरको हुनाले त्यति उपयुक्त मानिँदैन। जड्क फुडको स्वाद एकदमै स्वादिलो हुने भएकाले सबै

मानिस यसको पक्षमा अभिव्यक्त हुन्छन्। मेरो नि विचारका अनुसार खानेकुराको स्वाद मात्र ? हुँदैन त्यो स्वास्थ्य लागी पनि खानयोग्य हुनुपर्छ। स्वादिलो खानु मात्र व्यक्तिका लागी त्यति उचित हुँदैन उसले आफ्नो स्वास्थ्यका लागी पनि विचार पुर्याउनुपर्छ।

अहिलेको बढ्दो आलस्य, आधुनिक अवस्था, शारीरिक कमजोरता र असन्तुलनीय खानाले गर्दा पनि विभिन्न रोगबाट सङ्क्रमण हुनुपर्ने अवस्था दोहोरिन्छ। धेरै त बालबालिकाको जिद्दीपन र परिवारको सम्भौताका कारण मलन्युट्रेसन [Malnutrition], क्यान्सर, मुटुसम्बन्धीका रोगहरूको लक्षण जताततै देख्न परेका छन्। यस्तो अवस्थामा आफ्नो स्वास्थ्यको ख्याल राख्नु प्रत्येक नागरिकको पहिलो जिम्मेवारी हो। जड्क फुड खानुको साटो नियमित व्यायाम गर्ने, स्वस्थ खानापानको सेवन गर्ने, आफ्नो स्वास्थ्यको विशेष ध्यान दिने, धूम्रपान र मद्यपानको सेवन नगर्ने जस्ता कार्यहरू गर्नुपर्छ। यसो गर्नाले विभिन्न रोगबाट सङ्क्रमित अवस्थालाई नियन्त्रण गर्न सहज हुन्छ।

चिकित्सक, स्वास्थ्यकर्मी र स्वयंसेवकको सल्लाहा बमोजिमका स्वस्थ खानेकुराको सेवन गर्नुपर्छ। विद्यालय, कलेज तथा स्थानीय समुदायमा पनि जड्क फुडको प्रतिबन्ध गर्नुपर्छ। जसले गर्दा स्वस्थ समाज निर्माण हुन्छ। बालबालिकालाई सकेसम्म त्यसको सेवन गर्न नदिने र त्यसबाट टाढै राख्ने गर्नुपर्छ। अहिलेको समयमा प्राय व्यक्तिको भनाइ “जड्क फुड त स्वास्थ्यका लागी नराम्रो छ, भने पसलहरूमा किन र राख्ने त ?” भन्ने हुन्छ। त्यसलाई गहिरोर हेर्दा र यदि हामीले ति पसलहरूबाट जड्क फुड मानिएको हो भने ति पसले/व्यापारीले पनि अस्वस्थ खानेकुराको विक्रि गर्न छाड्नुहुन्छ। यो सम्पूर्ण कुरामा व्यापारीको कुनै दोष हुँदैन दोष त केवल हाम्रो मात्र हो। उनिहरूलाई त सामान बेचेर

नाफा कमाउनु छ, र त्यसैमा हामिलेसम्म भन नाफा बनाईदिरहेका हुन्छौं।

जड्क फुडको प्रयोगले मानिसको immunity power घटाउँछ, dehydration बनाउँछ, Excretory system मा नकारात्मक प्रभाव पार्छ, र हाम्रो यो स्वस्थ शरीरलाई अस्वस्थ बनाउँछ। बालबालिकामा सानै उमेरमा हुनुपर्ने वृद्धिविकासमा समेत यसले चुनौती दिन्छ। अहिलेको समयमा बच्चा जन्मन बित्तिकै त्यसलाई power ड्रिङ्कको सेवन गराइन्छ, जसले गर्दा उ जन्मन बित्तिकै दीर्घ रोगको शिकारी भइसकेको हुन्छ। जड्क फुड केवल जिब्रोका लागी मात्र स्वादिलो हो यसले हाम्रो स्वास्थ्यलाई पूर्ण विनाश गरिदिन्छ। त्यो chemical मिसाएर तयार पारिएको अपौष्टिक खानेकुरा खानुको साटो फलफुल, तरकारी जस्ता स्वस्थ खानेकुराको सेवन गर्नुपर्छ। बजारबाट किनेर ल्याएका प्याकेजिङ खानेकुराको साटो घरमै आमाले आफ्नो हातले बनाएको गुन्द्रुक, ढिँडो, दाल, भात त कति नि मिठो र कति स्वस्थ हुन्छ ?

मानिसको स्वास्थ्यमा नकारात्मक पार्ने त्यो जड्क फुडको सेवन गर्न आजै देखि छोडौं। त्यसबाट शिक्षित व्यक्तिले प्रत्येक विद्यालय तथा सङ्घसंस्थाहरूमा यसको कि असरबारे विशेष पहल गर्नुपर्छ। हामी आफै देख्न सक्दछौं किन कि जड्क फुडको प्रयोगले कति धेरै मानिसको ज्यान जोखिममा रहेको छ।

त्यति देखा देख्दै पनि यसको सेवन गर्नु भनेको त्यसको ठुलो भूल हुन्छ। दृढ इच्छाशक्ति र सङ्कल्प राख्ने हो भने स्वस्थ समाज निर्माण कुनै असम्भव लक्ष होइन।

निष्कर्ष :

“स्वस्थ खानेकुराको सेवन नै स्वस्थ जीवनको एउटा प्रभावकारी माध्यम हो”। स्वस्थ खानेकुराको सेवन नगर्नाले धेरै मानिसमा नकारात्मक असरहरू फैलिरहेका छन्। मानिसको स्वस्थ स्वास्थ्य भन्दा ठुलो उसको लागी अरु केही बहुमूल्य वस्तु हुँदैन। जड्क फुड त केवल जिब्रोको स्वाद मात्र हो। आफु स्वस्थ रहनु छ भने उसले आफ्नो जिब्रोको स्वादमा ध्यान नदिई हरेक आफ्नो शारीरिक अवस्थाका बारेमा समेत उचित ध्यान दिनुपर्छ। आफु आफ्नो शरीरलाई स्वस्थ राख्ने जिम्मेवारी आफ्नो भएकाले सबैले हातेमालो गर्दै यसको प्रयोगलाई प्रतिबन्ध लगाउनु पर्छ। “एकतामा बल हुन्छ” भन्नेभै एकलैले नसक्नु हुनाले य सबै राष्ट्र, विद्यालय, परिवार, समाज, र व्यक्तिसबैको संयुक्त सलंगनता हुन आवश्यक छ। स्वस्थ स्वादिष्ट खानेकुराको सेवन गरेपछि स्वस्थ व्यक्ति, स्वस्थ समाज र समृद्ध राष्ट्र निर्माणमा टेवा पुग्छ। त्यसर्थ “रोग लागेपछि उपचार गर्नुभन्दा रोग लाग्ने नदिनु बुद्धिमानी हो” यस भनाई अनुसार रोकथाम उपचारभन्दा प्रभावकारी रहेको कुरालाई प्रष्ट्याउन सकिन्छ। धन्यवाद।



Rtn. Khadak S Bisht
Immediate Past President

From Plantation to Urban Forest: The Miyawaki Approach in Lalitpur



Durga Karki
Forest Officer

A growing Rotary partnership for science-based urban greening

Rapid urbanization in the Kathmandu Valley is reducing open and green spaces while increasing pressure on the urban environment. Tree plantation has therefore become an important strategy for improving urban greenery and environmental activity. However, planting trees alone does not necessarily create a forest; effective forest development requires appropriate site selection, diverse species, and long-term protection, maintenance and management.

The establishment and ecological development of urban forests depend on the selection of appropriate species, suitable sites, and effective plantation techniques, which together enhance seedling survival and long-term growth. In this context, a collaborative approach involving diverse stakeholders can strengthen participation, build a sense of ownership, and promote shared responsibility for seedlings protection and management. Such partnerships are essential for ensuring the long-term sustainability and ecological benefits of urban forests.

In this context, the Miyawaki method offers a promising approach for restoring small or mini-patch forests in degraded urban and peri-urban spaces through the establishment of dense, diverse, and predominantly native vegetation. When implemented using appropriate species, suitable sites, and scientifically sound plantation techniques, the method can enhance plant survival and accelerate ecological development. Moreover, a collaborative approach involving different stakeholders can foster ownership, shared responsibility, and long-term commitment to plantation protection and management. Such integrated efforts can contribute to the sustainable restoration of urban and peri-urban green spaces while enhancing biodiversity, environmental quality, and ecosystem services.

Miyawaki plantation method:

The Miyawaki plantation technique is developed by Japanese botanist **Dr. Akira Miyawaki**, is an urban afforestation approach that emphasizes the dense planting of native tree species in nutrient enriched soil, typically at a density of 3-5 saplings per square meter as the close spacing promotes rapid vertical growth and the development of multilayered forest structure. Whereas Miyawaki forests establish considerably faster than conventional plantations, becoming largely self-sustaining within approximately three years.

The Miyawaki plantation process begins with a systematic assessment of the site, followed by the identification and selection of suitable native species. The site is then prepared by improving soil quality and planted at high density and the planted area is covered with mulch as locally available materials to conserve soil moisture and suppress competing vegetation, while appropriate protection measures and regular watering, weeding, replacement of seedlings if needed, and other maintenance activities are carried out during the first 2-3 years to support successful establishment and accelerated the development of self-sustaining mini forest.

The fundamental principle of the Miyawaki technique is that the objective is **not merely to plant a large number of trees**, but to establish a diverse, multilayered, and site-appropriate forest ecosystem. Various scientific studies reported that use of **locally suitable native species, high-density mixed planting, and soil improvement** supports in recreating the natural vegetation structure and accelerate ecological succession as a restoration tools. Through appropriate site preparation, dense planting, mulching, protection, and regular maintenance during the early establishment phase, the technique aims to develop a resilient and self-sustaining forest ecosystem faster rather than a conventional tree plantation.

Our experience in Hattiban, Lalitpur: 2025–2026

A Collaborative Miyawaki Initiative at Kirat Religious Forest, Hattiban, Lalitpur

During Rotary Year 2025–2026, five Rotary clubs, in collaboration with government and community partners, implemented a Miyawaki-based plantation at the Kirat Religious Forest, Hattiban, Lalitpur. The initiative was designed as a collaborative environmental programme rather than a one-day plantation event, bringing together technical guidance from forest authorities, volunteer support from Rotary clubs, and local government and participation from the Kirat Manghim management committee members.

A total of 655 tree saplings and 500 vetiver plants were planted at the site. Vetiver was incorporated in soil erosion areas to stabilize the soil, reduce surface runoff, and strengthen the site against further erosion while the tree plantation followed the principles of the Miyawaki approach, emphasizing suitable species, dense planting and ecological diversity. Importantly, the partners continued protection, maintenance and monitoring throughout the year to support successful establishment.

Follow-up observations recorded an encouraging survival rate of approximately 95 percent, indicating the positive contribution of appropriate site selection, planting materials, technical support, early maintenance and community participation. While this survival rate represents an early establishment indicator rather than proof of long-term forest success, it provides a strong foundation for continued management, monitoring and ecological development of the site

From five clubs to ten: expansion in 2026–2027

The encouraging results of the first year created an opportunity to continue the programme rather than starting a completely new plantation elsewhere.

In Rotary Year 2026–2027, the initiative was expanded in the same area with participation from ten Rotary clubs, along with the government and community partners. The expanded programme included a total of 2,000 plants—1,000 tree saplings under the Miyawaki plantation and 1,000 vetiver slips for soil stabilization.

This continuity is one of the strongest aspects of the programme. Instead of viewing plantation as an annual ceremonial activity, the approach is gradually developing the same landscape over several years. Earlier plantations can be monitored and protected while additional areas are restored.

The **Division Forest Office, Lalitpur**, local government

and forest management committee has responded positively to the initiative and expressed its interest in supporting the continued expansion and management of the plantation site. The emerging vision is to restore and enrich the religious forest through the establishment of diverse native vegetation, thereby strengthening **biodiversity, ecological resilience, and green spaces within the urban landscape which** gradually develop into a demonstration and learning site. This collaborative effort aims to transform the site into a healthy and biodiverse urban forest that provides long-term ecological and social benefits to the surrounding community.

The way forward

Miyawaki approach as a complementary tool for urban forest restoration rather than a substitute for protecting existing natural forests. Its wider application should focus on suitable degraded and open urban spaces, with priority given to native species, site specific technical guidance, regular maintenance, monitoring and strong community ownership.

The Kirat Religious Forest, Hattiban, Lalitpur experience is particularly encouraging because the programme is gradually moving through a logical sequence:

Plantation → Survival → Monitoring → Expansion → Mini- Urban Forest

The approximately **95 percent survival recorded from the first-year plantation** has provided confidence to continue. Expansion from **five clubs to ten clubs** demonstrates growing institutional ownership. Continued collaboration among government agencies, local communities, and other stakeholders can help transform plantation sites into diverse, resilient and ecologically functional urban forests.

If this momentum is maintained over the coming years, the Kirat Religious Forest plantation at Hattiban could evolve into an important **urban forest restoration model for the Kathmandu Valley**.

The real success of the programme will ultimately not be measured by how many trees were planted on a particular day, but by **how many survive, how the forest develops, how biodiversity responds, and whether the partnership remains strong enough to protect it for the future**.

Strategic Plan of the Rotary Club of Patan

2024-25 to 2029-30

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 Rotary International website's '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 the Rotary Club of Patan is to service diverse communities, to promote integrity, to embrace diversity, to demonstrate leadership and advance world understanding, goodwill and peace through fellowship and service of business, professional and community leaders.

AREAS OF FOCUS:

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

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

PRIORITY AREAS:

Within the five Avenues of Services (Community Service, Vocational Service, International Service, Club Service and Youth Service), 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 a diverse set of communities, considering all "Areas of Focus" of Rotary International.
- Improve educational standards of the communities through RCP's flagship Prajapati Educational Endowment Fund (PEEF) scholarship programme and other expanded educational activities including, the District's educational programmes (RNLM/TEACH).
- Serve the underserved communities, particularly people with mental and physical disabilities through our second flagship project Khagendra Piyush Ability Development (KPAD) Fund and other programmes.
- Improve Animal Welfare for the benefit of Public Health.
- Expand community service projects in various areas like education, health and drinking water and sanitation.
- Conduct activities in all five Avenues of Service with particular focus on Youth Services.
- Encourage all members to contribute to the Rotary Foundation and the Club's priority programmes and activities.

STRATEGIC PRIORITY II: EXPAND OUR REACH

- Increase our membership by attracting quality members (with priority to females, legal, media, young professionals, and spouses of members), and, more importantly, by retaining them.
- Interact with Non Rotarians, various partners of our joint collaborations and 'speakers' to weekly club meetings.
- Maintain regular and effective communication channels, such as the weekly newsletter (Lalithdharma Bulletin), RCP's website, and social media presence. Send stories/articles to District and Rotary International publications and website (GML, Rotary Showcase and Rotary News) along with periodic press releases to foster transparency, engagement, and community involvement. Such a comprehensive approach ensures stakeholders are informed, connected, and supportive of the RCP's initiatives, enhancing visibility, credibility, and ultimately, Impact.

STRATEGIC PRIORITY III: ENHANCE PARTICIPANT ENGAGEMENT

- Encourage members to-participate in all club service projects and programmes.
- Use a member-centered approach for motivation, development and retention of members.
- Maintain a vibrant club through engaging fun social activities and fellowship programmes.
- Offer learning activities at club meetings for members using learning facilitators and encourage all members to make use of the resources available through Rotary International's online Learning Center.
- Motivate and collaborate with Partners-in-Service, including Rotaract, Interact, Inner Wheel and RCC, and other Rotary clubs especially, 'New clubs' to maximize quality in the delivery of service projects.

STRATEGIC PRIORITY IV: INCREASE OUR ABILITY TO ADAPT

- Ensure sound financial management and oversight mechanism for good financial health of the club, including timely club registration.
- Maintain good historical records of the club's activities, conduct periodic reviews of the relevance and effectiveness of the club's operations, and ensure smooth handover mechanism during annual leadership transition.
- Conduct meetings according to the changing environment (in person or virtually).

ROTARY CLUB OF PATAN

MEMBER PAYMENTS

A convenient way for members to make Club payments.

-  Membership Fee
-  Club Contribution
-  Happy News
-  Attendance / Meeting Payments

We accept

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ROTARY CLUB OF PATAN

A/c No. 2222400013109350

Gwarko Branch



Please verify the payee name as **ROTARY CLUB OF PATAN** before confirming payment.

Keep this page handy for Club payments throughout the Rotary year.



Bylaws of the Rotary Club of Patan

(Amended: July 2025)

Article 1 Definitions

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, with the Financial Year following the Nepali Fiscal Year.
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, secretary, joint-secretary, treasurer, joint-treasurer, 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/chair – 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: Joint-Treasurer. The joint-treasurer performs the duties of the treasurer when the treasurer is absent.
- Section 7: 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 8: Joint-Secretary. The joint-secretary performs the duties of the secretary when the secretary is absent.
- Section 9: 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 10: 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 11: 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 12: 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 13: 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 14: 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 15: Director/Chair – 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

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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.

Section 6: An Annual General Meeting is held by the end of September.

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 strategic goals. This club has the following committees:

- Club Administration
- Membership
- Public Image
- The Rotary Foundation
- Service Projects
- Youth Services
- Events and 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 approve an annual budget of



estimated income and expenditures.

Section 2: The treasurer shall deposit club funds in reputable financial institution(s) and accounts, for club operations and service projects.

Section 3: Bills are paid by the treasurer with the approval of any two of the bank signatories of the club, based upon requests made by club officers.

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 during the Annual General Meeting.

Section 7: The fiscal year is from 1 Shrawan to 30 Asadh. (Nepali fiscal year)

Section 8: The tenure of the treasurer will follow the Nepali fiscal year (mid-July to mid-July).

Article 10 Method of Electing Members

Section 1: A member of this club or a member of another club proposes a candidate for membership to the membership committee chair along with the duly completed membership proposal form.

Section 2: The membership committee ensures that the candidate meets all of Rotary's and the club's membership requirements and recommends the candidate to the board.

Section 3: The board approves or rejects the candidate's membership within 30 days. ,

Section 4: If the decision of the board is favorable, the club is notified of its decision and the proposer is requests to educated the prospective member about Rotary and membership requirements.

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.



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Rotary Club of Patan Financial Management Plan



The Rotary Club of Patan's financial management plan is to provide guidelines and outline processes for handling of all funds – both funds utilized by the club and grant funds received by the club. Key elements include budget process, established financial management procedures and controls, maintaining proper records, and adhering to Rotary Foundation guidelines for managing grant funds.

BUDGETING

- Prior to each fiscal year the club, under the guidance of the treasurer and incoming president, shall prepare an annual budget of its estimated income and expenditures, separating the operational and social activities budget.
- The budget is approved by the club board.
- The budget serves as a planning tool and guides expenditures during the year.
- The board reviews monthly that actual expenditures are within the budget lines.

FINANCIAL RESPONSIBILITY / REPORTING

The treasurer manages the club's finances and ensure good financial stewardship. Specifically, he/she:

- Manages club, project, and Rotary grant funds
- Collects and pays dues and fees
- Reports on the club's finances
- Oversees Rotary Foundation contributions
- Develops and monitors the club's budget in consultation with the incoming president
- Oversees the preparation of the annually audited financial statement
- Prepares the incoming treasurer
- The treasurer may delegate the administrative responsibility as deemed fit.

ACCOUNTING PERIOD

- The Rotary Year is from July to June
- The fiscal year of the Rotary Club of Patan is from 1 Shrawan to 30 Asadh. (Nepali fiscal year) as per government accounting practices
- The tenure of the treasurer follows the Nepali fiscal year (mid-July to mid-July).

BANK ACCOUNTS

- The treasurer deposits club funds in reputable financial institutions
- All bank accounts shall be in the club's name. i.e. Rotary Club of Patan
- New bank accounts shall be opened with written approval from the board
- Any two of the following shall be signatories to the club's bank accounts: Generally, the Treasurer, the Secretary, the President and/or a designated officer of the account
- The board must approve all new signatories to the accounts managed by the club

ACCOUNTING SYSTEM

- The Rotary Club of Patan uses the online Odoo accounting system that streamlines processes like invoicing, billing, bank reconciliation and financial reporting
- The Rotary Club of Patan uses the CorporatePay platform to initiate digital payments for most financial transactions
- The Rotary Club of Patan has also FonePay facility to allow members to make smartphone QR transactions
- As much as possible payments via cheque and cash transactions should be avoided

ACCOUNTS RECONCILIATION/ AUDIT

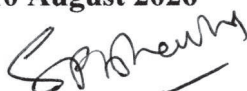
- A qualified person conducts a thorough annual review of all financial transactions.
- The audited financial report of the previous Year and the selection of the auditor for the current year will be presented to the house for approval annually during the Annual General Meeting.

SPECIFIC ACCOUNTING REQUIREMENTS OF THE ROTARY FOUNDATION

- The club will adhere to all Rotary Foundation financial management requirements.
- Grant Bank Accounts are to be established for each grant in low or non-interest-bearing accounts.
- The name on the account will be "Rotary Club of Patan GG (Grant number)
- Signatory to the Bank Account will be the President, the Treasurer, and the primary contact of the Global Grant, with a minimum of two 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 primarily by online transfer or cheque.
- 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 treasurer will make available to the President and the Rotary Foundation Chair, the general ledger, income statements, 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.
- 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:

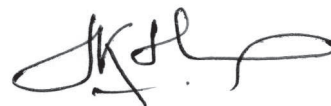
Date: 10 August 2026



Shiv Prakash Khemka

Club President:

RY 2026-27

Jeevan Kumar Shrestha

Club President-Elect

RY 2026-27

Rotary Club of Patan

Annual Budget For Year 2026-2027

Rotary Club of Patan Annual Budget for Rotary Year 2026-27			
Income		Expenditure	
2026/27		2026/27	
Description	Budget	Description	Budget
Operational Income		Operational Expenditure	
Membership Fee 41*35000	1,435,000	RI Dues annual \$85.5+\$1=13062@151, \$24 Magazine	539,166
Attendance	140,000	District dues (41*2400) & Rotary News 38*1000,	136,400
Advertisement Souvenir	300,000	Tea snacks @NRs16,000/week * 35	560,000
		Charter Night	260,000
Miscellaneous	5,000	Souvenir & other printing	110,000
Sponsor of meetings, others (i.e. Vocational Awards, Heart Day, CLLR)	200,000	Club Renewal	15,000
Potential operational Deficit to be reviewed after 6 Months	87,416	Fees Office Assistant 13*25,000	325,000
		Auditor Fees	34,000
(25K BS) (20K BBS) operations	45,000	Misc. including petty cash.	20,000
(5K KSB) CLLR	5,000	Zoom charges	12,850
		Bank charges	5,000
		Sponsor of meetings, others (i.e. Vocational Awards, Heart Day, CLLR)	200,000
Sub Total: Operational	2,217,416	Sub Total: Operational	2,217,416
Description	Budget	Description	Budget
Social Activities/Projects Income		Social Activities/Projects Expenditure	
Vocational Awards (NP,PR,RR 30K)** (RCP 20K) *	50,000	Vocational Awards (Awards 50K)	50,000
Environment (RCP 20K) * (10K RRP) (10K KSB) **	40,000	Environment	40,000
Teachers Training (RCP 50K) *	50,000	Teachers Training	50,000
Health Camp with RHD NCD screening (RCP 40K) (100K PRR) **	140,000	Health Camps Health Camp with NCD screening	140,000
MoU with Ganga Lal Hospital (RCP 40K)	40,000	MoU with Ganga Lal Hospital	40,000
RHD District Grant Carried forward (RHD 148060)	148,060	RHD District Grant Carried forward	148,060
Public Image (RCP 20K) *	20,000	Public Image	20,000
Blood Donation with Rotaract (20K LT) **	20,000	Blood Donation with Rotaract	20,000
Youth Service (RCP 30K) *	30,000	Youth Service	30,000
District Events (RCP 20K) *	20,000	District events	20,000
Contingencies (RCP 30K) *	30,000	Contingencies	30,000
Animal Health (RCP 30K) * (25K SPK) (25K BLM) (50K RRP) **	130,000	Animal Health Project	130,000
Women Empowerment (RCP 20K)* (CSF 5K) ***	25,000	Women Empowerment	25,000
KEEA Awards from members (Members 157K) **	157,000	KEEA Awards from members	157,000
KEEA Awards from CSF interests (CSF 43K) ***	43,000	KEEA Awards from CSF	43,000
GSSA Awards from (CSF 112K) ***	112,000	GSSA Awards from CSF	112,000
KEEA/GSSA Function from CSF interest (CSF 100K) ***	100,000	KEEA/GSSA Function from CSF	100,000
Social Service (adhoc requests) (200K to raised) #	200,000	Social Service (adhoc requests)	200,000
Sub Total: Social Activities	1,355,060	Sub Total: Social Activities	1,355,060
Grand Total	3,572,476	Grand Total	3,572,476

Notes on Social Activities Projects Incomes

Notes on Social Activities Projects Incomes		RC Patan Trust Fund Accounts	
* through RCP Sunshine Fund Account	NPR 320,000	PEEF Programme Fund estimated	NPR 2,110,000
* through RCP Sunshine Fund carry over RHD District Grant	NPR 148,060	KPAD Programme Fund estimated	NPR 1,500,000
** through Member Contributions	NPR 427,000		
*** through Club Service Fund - Programme Fund	NPR 260,000		
# Adhoc requests expected to be raised	NPR 200,000		

g. dillapay
Rtn. Gabriele Mallapaty
Treasurer 2026-2027

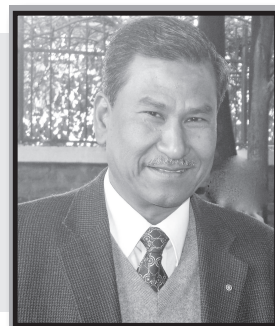


Shiv Prakash Khemka
Rtn. Shiv Prakash Khemka
President 2026-2027

Krishna
Rtn. Krishna Hachethu
Secretary 2026-2027

PEEF Contributions as of 16 July 2026 (In Nepalese Rupees)

Compiled by Rtn. Bijaya Mallapaty



PEEF Contributions as of 16 July 2026 (In Nepalese Rupees) Compiled by Rtn. Bijaya Mallapaty					
Contributors	2025-2026 Receipts		Totals as of 16 July 2026		
	Trust Fund	Prg.Fund	Trust Fund	Prg.Fund*	Total
A. Contributors with Sub-Totals under the RCP Initiators					
Rtn. Piyush B. Bajracharya			75,000	51,700	126,700
Late Mr. Autar Krishin Raina, c/o Rtn. Piyush Bajracharya	60,000		90,000		90,000
Mr. Mandur Bajracharya, USA			24,860	-	24,860
Ms. Savita Raina Bajracharya, USA			15,000	-	15,000
Sub-Total Rtn. Piyush Bajracharya	60,000		204,860	51,700	256,560
Rtn. Krishna B Basnyat			15,000	5,000	20,000
Late Yasodhara Basnet			15,000	-	15,000
Sub-Total Rtn. Krishna B. Basnyat			30,000	5,000	35,000
Late Rtn. Kamalmani Dixit			108,500	-	108,500
Late Spouse Anju Dixit			-	20,000	20,000
Sub-Total Late Rtn. Kamal M. Dixit			108,500	20,000	128,500
Former Rtn. Chandra S. Gyawali	67,360	32,640	476,520	475,560	952,080
Mrs. On Oswin. Bachan & David's friends			75,000	-	75,000
Mr. Takashi Kawasaki, Japan			60,000	-	60,000
Dr. iur.Karl-Heinz Loderle, Austria			82,386	-	82,386
Rtn. Lochan Gyawali		8,000	-	8,000	8,000
Sub-Total former Rtn. Chandra S. Gyawali & Rtn. Lochan Gyawali	67,360	40,640	693,906	483,560	1,177,466
Late Rtn. Narayan G. Halwai			70,250	22,700	92,950
Mrs. Munu Rajkarnikar			15,000	10,000	25,000
Mrs. Neeru Shakya			15,000	-	15,000
Rtn. Prahlad Manandhar			15,000	-	15,000
Rtn. Suresh + Dr. Indira Satyal			30,000	-	30,000
Late Harkha M. Rajkarnikar			100,000	-	100,000
Mr. Manish Rajkarnikar, USA			57,500	-	57,500
Mrs. Heema Rajkarnikar Joshi, USA			15,000	-	15,000
Mr.& Mrs. Manish & Smrity Rajkarnikar, USA			30,000	-	30,000
Mrs. Shubha R. Shrestha, Australia			15,000	-	15,000
Saurav, Anju & Melbourne friends			30,000	-	30,000



PEEF Contributions as of 16 July 2026 (In Nepalese Rupees) Compiled by Rtn. Bijaya Mallapaty					
Contributors	2025-2026 Receipts		Totals as of 16 July 2026		
	Trust Fund	Prg.Fund	Trust Fund	Prg.Fund*	Total
Mr. Darshan Shrestha, Australia			15,000	-	15,000
Mrs. Smrity Tuladhar and friends, USA			15,000	-	15,000
Mr. S. Muramoto, Japan			10,000	-	10,000
Rtn. Jim Sinclair, USA			14,497	-	14,497
Sub-Total Late Rtn. Narayan G. Halwai			447,247	32,700	479,947
Rtn. Matsyendra L. Kayastha			215,000	75,000	290,000
Rtn. Chandralekha Kayastha			15,000	22,400	37,400
Late Krishna L. Kayastha			15,000	15,000	30,000
Late Amrit K. Kayastha			15,000	15,000	30,000
Mr. Manish Kayastha			60,000	15,000	75,000
Late Nanda L. & Chiniya D. Kayastha			15,000	15,000	30,000
Late Mr. & Mrs. Singha B. Kayastha			15,000	15,000	30,000
Mrs. Prathana S. Kayastha			15,000	10,000	25,000
Mr.& Mrs.Kanhaiya & Rohini Kayastha, USA			15,000	15,000	30,000
Mrs. Mousam K. Adcock, USA			32,725	27,275	60,000
Dr. Bruce Adcock, USA			17,700	12,300	30,000
Mr. Rayhan K. Adcock, USA			15,000	15,000	30,000
Late Krishna B Gongol			20,000	10,000	30,000
Late Bhumati D. Gongol			20,000	10,000	30,000
Mrs. Megha K. Joshi			20,000	-	20,000
Rtns.Matsyendra & Chandralekha Kayastha			50,000	10,000	60,000
Ms. Diya K. Adcock			20,000	10,000	30,000
Mr. Pranish L. Kayastha			30,000	20,000	50,000
Mr. Jitendra & Deepa Amatya			30,000	-	30,000
Late Mr. Ananda L. Kayastha family			50,000	-	50,000
Dr. Jabina Ramde family			100,000	-	100,000
Sub-Total Rtns. Matsyendra & Chandralekha Kayastha			785,425	311,975	1,097,400
Rtn. Padam L. Maharjan			20,000	-	20,000
Late Sanu Maharjan			15,000	-	15,000
Late Mrs Lanthakuwn Maharjan			15,000	-	15,000
Mr. Pascal Maharjan, USA			15,000	-	15,000
Mr. Pankaj Maharjan, USA			15,000	-	15,000
Mrs. Poonam Maharjan, USA			15,000	-	15,000
Ms. Ayumi I. Maharjan			20,000	-	20,000
Mrs. Emi I. Maharjan, USA			15,000	-	15,000
Ms. Mijuki I. Maharjan			20,000	-	20,000
Mr. & Mrs. Michael & Kristine			52,880	-	52,880
Ms Anye Mae Maharjan			30,000	-	30,000
Sub-Total Rtn. Padma L. Maharjan			232,880	-	232,880

PEEF Contributions as of 16 July 2026 (In Nepalese Rupees) Compiled by Rtn. Bijaya Mallapaty

Contributors	2025-2026 Receipts		Totals as of 16 July 2026		
	Trust Fund	Prg.Fund	Trust Fund	Prg.Fund*	Total
Rtns. Bijaya and Gabriele Mallapaty			407,500	196,030	603,530
Ms. Smriti Mallapaty, USA			15,000	15,000	30,000
Mr. Ajaya & Mrs. (Dr.) Anu Mallapaty, USA	137,000		724,000	40,000	764,000
Mrs Ilse Hahn, Germany			65,000	37,000	102,000
Mrs. Manuela Mucke, Germany	25,800		165,800	-	165,800
Late Dilli R. Uprety			15,000	-	15,000
Mr. Roraj Pradhananga, USA			62,750	-	62,750
Mr. Bhawani Sapkota, USA			30,000	-	30,000
Mrs. Sujala Pant, USA			15,000	-	15,000
Mangala and (Late Shive) Pradhananga, USA			105,000	57,876	162,876
Mrs. Surabi Bhattarai, USA			15,000	-	15,000
Ms. Katherine Piedra, USA			15,000	-	15,000
Mr. Jorgen Andersen, Denmark				3,370	3,370
Mr. Rob McDevitt & Ms. Mala Singh			100,000	-	100,000
Mr. J. Schneiders, Germany			28,000	-	28,000
Dr. Subarna Malla Singh and Ms. Pratibha Sampeur			1,000,000	-	1,000,000
Mr. & Mrs. Surendra & Geeta Pradhananga			51,000	-	51,000
Mr. & Mrs. Sumir & Sapana Rimal				20,000	20,000
Ms. Lakshyata Twanabasu (d/o Dr. Sujata Dongol)			15,700	-	15,700
Rtn. Ewerhard Engels, Ms. Mueke Engels, Werner Thiess, Ines Huss, Sabine Albig, Gisela Gruenbeck, & Guenter Ernst from Germany	180,260		180,260	-	180,260
Sub-Total Rtns. Bijaya & Gabriele Mallapaty	343,060		3,010,010	369,276	3,379,286
Rtn. Keshab B. Mathema			166,000	-	166,000
Mr. and Mrs. Chris & Kathleen Davis, USA			126,902	-	126,902
Nick Simons Foundation			366,000	-	366,000
Mr. Barun Mathema			30,000	-	30,000
Mrs. Gail Bates				110,000	110,000
Sub-Total Rtn. Keshab B. Mathema			688,902	110,000	798,902
Rtn. Rabendra R. Pandey			15,000	-	15,000
Khagendra Piyush Education Guthi		18,360	15,000	230,760	245,760
Rtn. Robert Rose & Anne Gina, USA			15,000	-	15,000
Sub-Total Rtn. Rabendra R. Pandey		18,360	45,000	230,760	275,760
Rtn. Krishna (Late) & IW Sulochana Pradhan			15,000	-	15,000
Mr. & Mrs. Mahesh & Sandhya Pradhan			15,000	-	15,000
Mr. Mrs. Sarosh & Rajshree Pradhan			15,000	-	15,000
IW Sulochana Pradhan			20,000	-	20,000
Sub-Total Rtn. Krishna (Late) & IW Sulochana Pradhan			65,000	-	65,000



PEEF Contributions as of 16 July 2026 (In Nepalese Rupees) Compiled by Rtn. Bijaya Mallapaty					
Contributors	2025-2026 Receipts		Totals as of 16 July 2026		
	Trust Fund	Prg.Fund	Trust Fund	Prg.Fund*	Total
Former Rtn. Som and Sajani Paneru (In memory of Olga Murray)			120,000	-	120,000
Former Rtn. Som and Sajani Paneru			50,000	-	50,000
Sub-Total former Rtn. Som and Sajani Paneru			170,000	-	170,000
Prajapati Foundation	100,000		100,000	100,000	200,000
Late Rtns. Prajapati and Sharda Prasai			264,000	-	264,000
Mr. Andre Gilloz, Switzerland			453,290	-	453,290
Mr Georges A. Cuendet, Switzerland			381,227	-	381,227
Ms Veera & Mr C. Trachaz, Switzerland			573,473	-	573,473
Mrs. Ines Ramaut, Belgium			28,488	-	28,488
Mr Patric & Mrs Martine, Belgium			13,972	-	13,972
Sub-Total Late Rtns. Prajapati & Sharda Prasai	100,000		1,814,450	100,000	1,914,450
Rtn. Siba B. & Mithila Rajbhandary and family			198,795	18,500	217,295
International Ladies Bridge Club			30,000	-	30,000
Dr. Sushila Pradhan			30,000	-	30,000
Mrs. Mary Pradhan, USA			38,290	-	38,290
Mrs Deepa H. Rustum, USA			46,920	-	46,920
Mr. Yakshya B. Malla, USA			15,094	-	15,094
Mr. & Mrs. Obi & Vibha Joshi, USA			14,400	-	14,400
Mr. Dillon Lal, USA			12,010	-	12,010
Mr. Prayog M. Pradhan, Australia			15,000	-	15,000
Mr. Grijesh M. Shrestha			15,000	-	15,000
Mr. Jarod Lal, USA			15,000	-	15,000
Mr. Everest B. Rajbhandary, USA			34,501	-	34,501
Dr. Roji Rajbhandary, USA			15,000	-	15,000
PDG Rtn. Amitav Mukerjee, India			39,500	-	39,500
PDG Rtn. Shekhar Mehta, India			25,000	-	25,000
Rtn. Susan Sola, USA			35,248	-	35,248
Mr. Keith Smith, Australia			95,525	-	95,525
Ms. Linda Starodub, USA			17,033	-	17,033
Mr. Richard C. Goldman, USA			7,547	-	7,547
Dr. Prabhu Prabhakar, USA			2,994,501	421,970	3,416,471
Ms. Maiti Mithila Rajbhandary			30,000	-	30,000
Through Rtn. Dr. Tulsi L Maharjan, USA:					
Rtn. Dr. Tulsi L Maharjan			40,709	-	40,709
Late Shailendra K. Upadhyay			15,000	-	15,000
Late Mohan N. Shrestha			15,000	-	15,000
Late Kul Narayan Maharjan			139,625	-	139,625

PEEF Contributions as of 16 July 2026 (In Nepalese Rupees) Compiled by Rtn. Bijaya Mallapaty

Contributors	2025-2026 Receipts		Totals as of 16 July 2026		
	Trust Fund	Prg.Fund	Trust Fund	Prg.Fund*	Total
Late Krishna Manandhar			455,950	-	455,950
Late Hari B. Dongol			148,000	-	148,000
Friends of Nepal, New Jersey, USA			232,550	-	232,550
Late Laxmi M. Maharjan			37,550	-	37,550
Wen Chinan Yang Mem. Scholarship			148,000	-	148,000
Mr. John Person			30,000	-	30,000
Ms Sulochana			110,924	-	110,924
Sub-Total Rtn. Siba B. Rajbhandary			5,097,672	440,470	5,538,142
Rtn. Prakash R. Regmi			45,000	-	45,000
Mrs. Upasana Regmi			15,000	-	15,000
Ms. Jigyasa Regmi			30,000	-	30,000
Sub-Total Rtn. Prakash R. Regmi			90,000	-	90,000
Rtn. Pushkar M. Shakya			-	20,000	20,000
Mrs. Teresa Cruz, Portugese Consular			112,767	-	112,767
Ms. Rita J. Weber, Switzerland			11,000	-	11,000
Mr. Andre De Jonckheere, Belgium Consular			10,000	-	10,000
Sub-Total Rtn. Pushkar M. Shakya			133,767	20,000	153,767
Rtn. Ganesh R. Shrestha			78,000	15,000	93,000
Mr. Yadav Kunwar			75,000	-	75,000
Mr. Bijaya N. Bhattarai			15,000	-	15,000
Rtn. & IW Bijaya Shrestha			15,000	-	15,000
Ms. Ujala Shrestha			15,000	-	15,000
Sub-Total Rtn. Ganesh R. Shrestha			198,000	15,000	213,000
Rtn. Kedar B. Shrestha			15,000	20,000	35,000
Indra-Jawahar Sahyog Guthi			15,000	-	15,000
Mrs. Jawahar D. Shrestha			15,000	-	15,000
Mr. Season Shrestha, USA			10,388	-	10,388
Mr. Prem R. Mahat, USA			10,388	-	10,388
Mr. Rajendra Shrestha, USA			10,388	-	10,388
Dr. & Mrs. Sanjib & Soni Shrestha, USA			285,158	500,000	785,158
Mr. & Mrs. Keshav & Ram S.Shrestha, USA			15,000	-	15,000
Mr.& Mrs. Shreedhar & Sudeshna Shrestha, USA			18,773	-	18,773
Mr. & Mrs. Bharat & Baijanti, USA			14,770	-	14,770
Mr. & Mrs. Anuva & Kraig Bonzek, USA			14,770	-	14,770
Mr. Raj Shrestha			14,770	-	14,770
Mr. & Mrs. Nabin & Agnes Shrestha, USA			14,770	-	14,770
Mr. & Mrs. Bikash & Bijaya Shrestha, USA			7,161	-	7,161
Mr. & Mrs. Pankaz & Monika Shrestha, USA			14,770	-	14,770
Dr. Sabin Shrestha, USA			14,770	-	14,770



PEEF Contributions as of 16 July 2026 (In Nepalese Rupees) Compiled by Rtn. Bijaya Mallapaty					
Contributors	2025-2026 Receipts		Totals as of 16 July 2026		
	Trust Fund	Prg.Fund	Trust Fund	Prg.Fund*	Total
Sarswati Govinda Foundation	150,000	350,000	1,600,000	3,400,000	5,000,000
Late Mr. Lunkaran Das. Chaudhary & Mrs. Ganga Devi Chaudhary c/o Mr. Arun Chaudhary				1,500,000	1,500,000
United Ajod Insurance Ltd. c/o Rabi B. Shrestha				440,000	440,000
Soaltee Hotel c/o Rabi B. Shrestha		1,700,000		1,700,000	1,700,000
Sub-Total Rtn. Kedar B. Shrestha	150,000	2,050,000	2,090,876	7,560,000	9,650,876
Rtn. Mukti N. Shrestha			20,000	-	20,000
IW Prabina Shrestha			45,000	-	45,000
Sub-Total Rtn. Mukti N. Shrestha			65,000	-	65,000
Rtn. Lalita C. Thapa			30,000	6,550	36,550
Ms. Rupa Chitrakar			90,000	10,000	100,000
Sub-Total Rtn. Lalita Thapa			120,000	16,550	136,550
Total of A	720,420	2,109,000	16,091,495	9,766,991	25,858,486
B. Individual RCP Contributors					
Rtn. Bijaya Bajracharya			1,000	-	1,000
Rtn. Kamal B. Nyachhyon			15,000	-	15,000
PDG Rtn. Late Tirtha M. Sakya			15,000	-	15,000
Rtn. Bishwa B. Sharma			15,000	10,000	25,000
Rtn. Jeevan & IW Gunu Shrestha			20,000	4,000	24,000
Former Rtn. Kiran Shrestha with Arti, Usha, Abha			15,000	5,000	20,000
Rtn. Santa K. Shrestha			25,111	-	25,111
Rtn. Jamuna K. Tamrakar			79,500	6,000	85,500
Rtn. Nirmal Pradhanang (Incl. in memory of Kieth Smith 5K)			-	22,400	22,400
Rtn. Shiv P. & Preeti Khemka		3,000	100,000	3,000	103,000
Rtn. Mahendra B. Thapa				38,600	38,600
Rtn. Tulsi Neupane (Former RCP)			15,000	-	15,000
Rtn. Shiva K. Pradhan				17,500	17,500
Mr. Suresh C. Lakhey (Former RCP)			77,000	-	77,000
Mr. Shreedhar Shumsher JBR (Former RCP)			15,000	-	15,000
Mr. Khruschev & Mrs. Kalpana Shrestha (Former RCP)			20,000	10,000	30,000
Late Mr. Shreedhar Acharya (Former RCP)			71,000	-	71,000
Mr. Chirinjibi Acharya (Former RCP)			15,000	-	15,000
Dr. Chandra P. Maskey (Former RCP)			15,000	-	15,000
Dr. Prachanda Pradhan (Former RCP)			30,000	-	30,000
Mr. Bhisma R. Prasai (Former RCP)			15,000	-	15,000
Mr. Madan Rai (Former RCP)			15,000	-	15,000
Mr. Gyanu R. Shakya (Former RCP)			15,000	-	15,000

PEEF Contributions as of 16 July 2026 (In Nepalese Rupees) Compiled by Rtn. Bijaya Mallapaty					
Contributors	2025-2026 Receipts		Totals as of 16 July 2026		
	Trust Fund	Prg.Fund	Trust Fund	Prg.Fund*	Total
Mr. Karna B. Shakya (Former RCP)			15,000	-	15,000
Mr. Moti L. Shilpakar (Former RCP)			13,000	-	13,000
Late Mr. Ram S. Thapa (Former RCP)			15,000	-	15,000
Rtn. Mahendra S. Rawal		5,500		9,000	9,000
Rtn. Khadak S. Bisht	15,000	-	15,000	-	15,000
Former RCP Members: Late Rtn. Vishnu P. Dhital-6000, Mr. Om Rajbhandary-6000, Rtn. Siddhi B. Shakya-3000, Mr Sagar Shumshere JBR-5000, & Mr. Dhruba Thapa-1000			21,000	-	21,000
Total of B	15,000	8,500	667,611	125,500	793,111
C. Other Contributors					
Alan Cope, Isle of Man, UK - 1000; Rtn. Denik Jarak, Belgium - 1000; Rtn. Shiyo Kaju Netsu, Japan - 5000; & Mr. Dhruva B. Raut - 1000, Prof. Chandika Bhatta c/o Rtn. G.R.Gautam - 2,000 (PF), Govinda Pratisthan - 15,000, Rtn. Gale Jones, USA - 14,807, Late PDG Rtn. T. Manekshaw - 25,001, Saheed Dharma B. Mathema - 15,000, IW Brinda Rana - 20,000, Rotary Club Fukui, Japan - 35,449, RCP including Vocational Fund 439,074 & 100100 (PF), Samjhouta, Nepal 340,000, and IW Club of Patan 290,000		20,550	1,202,331	102,100	1,304,431
Adjustment for bank charges	- 300		- 300	-	- 300
Total of C	- 300	20,550	1,202,031	102,100	1,304,131
Grand Total A+B+C (All Contributions to TF and PF)	735,120	2,138,050	17,961,137	9,994,591	27,955,728

* Cumulative annual contributions have been recorded in the Programme Fund, which is Rs. 9,994,591 since its reporting in this format from 2014. The Programme Fund contributions received plus interest earned in both TF & PF, minus scholarship support expenses is the actual Programme Fund Balance mentioned below.

Balances as of:	16 July 2025 &	as of: 16 July 2026
Trust Fund:	17,226,016	17,961,136
Programme Fund:	5,485,419	6,910,097
Totals	22,711,435	24,871,233

Rotary Club of Patan (RCP) (KPAD) Annual Report

Annex I:

RCP KPAD Trust Fund Contributors as of 16 July 2026	Amount (Rupees)
Rtn. Piyush B. Bajracharya	20,000
Late Mr. Avatar K. Rana	30,000
Sub-total c/o Rtn. Piyush B. Bajracharya	Rs. 50,000
Late Rtn. Krishna B. Basnyat	25,000
Rtns. Matsyendra & Chandralekha Kayastha	225,000
Rtn Shiv P. & Preeti Khemka	185,000
Ms. Sarita Kedia, c/o Rtn. Preeti Khemka	10,000
Late Ms. Krshni Devi (Grandmother of Rtn Shiv P. Khemka)	50,000
Mr. Giridhari L. Kedia (Father of Ajay and Sarita Kedia)	10,000
Sub-total c/o Rtns. Shiv P. & Preeti Khemka	NRs. 255,000
Rtns. Padam L. & Kamala Maharjan	10,000
Rtns. Gabriele & Bijaya Mallapaty	600,000
Rtn. Ramesh L. Maskay	20,000
Rtn. Keshab B. Mathema	55,000
Rtn. Kamal B. Nyachhyon	100,000
Rtn. Rabendra R. Pandey	2,877,500
The Rose International Fund for Children (TRIFC, USA)	1,614,248
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	NRs. 5,485,748
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	NRs. 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	Rs. 158,500
Rtn. Mahendra S. Rawal	10,000
Rtn. Prakash R. Regmi	150,000
Rotaract Club of Patan	10,000
Rtn. Pushkar M. Shakya	10,000
Late Rtn. PDG Tirtha M. Sakya	50,000
Rtn. Bishwa B. Sharma	60,000
Rtn. Ganesh R. Shrestha	10,000
Rtn. Jeevan K. Shrestha	10,000
Rtn. Kedar B. Shrestha	400,000
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 USA	200,000
Ms. Nirmala Maskey, Mrs. Shanta Shrestha's aunt	1,000,000
Sub-total c/o Rtn. Kedar B. Shrestha	Rs. 1,850,000
Rtn. Santa K. Shrestha	200,000
Rtn. Yagya B. Shrestha	30,000
Rtn. Lalita C. Thapa and late Kiran Thapa	355,000
Ms. Anu Rao	13,000
Sub-total c/o Rtn. Lalita C. Thapa	Rs. 368,000
Rtn. Mahendra B. Thapa	35,000
Rtn. Khadak S. Bisht	15,000
Total:	10,032,248

Contributions to the Club Service Trust Fund as at 16 July 2026

- PP & Treasurer Rtn. Gabriele Mallapaty



Club Service Trust Fund as at 16 July 2026			
Name	Amount (Rs.)	Name	Amount (Rs.)
I. Club Service Fund General (Including KEEA)			
Late Rtn. Kamalmani Dixit and Family	2,676,317	Rtn. Kedar B. Shrestha	15,000
Rtns. Matsyendra L. & Chandralekha Kayastha	308,300	Late Rtn. Krishna B. Basnyat	15,000
Rtns. Shiv P. and Preeti Khemka	134,000	Rtn. Bijaya Bajracharya	15,000
Late Rtn. Narayan G. Halwai	110,000	Late Rtn. Tirtha M. Sakya	15,000
Rtn. Santa K. Shrestha	110,000	Rtns. Padam L. & Kamala Maharjan	15,000
Rtns. Bijaya and Gabriele Mallapaty	97,000	Rtn. Nimal Pradhanang	15,000
Rtn. Prakash R. Regmi	90,000	Late Maj. Bishwa N. Rai	10,000
Rtn. Lalita & Late Kiran Thapa	53,000	Mr. Khruschev Shrestha	10,000
Rtn. Bishwa B. Sharma & Aruna Uprety	40,000	Mr. Bharat N. Joshi	10,000
Rtn. Ramesh Lal Maskey	40,000	Late Rtn. Tulasi Neupane	10,000
Rtn. Piyush B. Bajracharya	35,000	Mr. Gautam Shakya	10,000
Kiran Shrestha	30,000	Rtn. Yagya B. Shrestha	10,000
Rtn. Som Paneru	27,500	Rtn. Pushkar M. Shakya	10,000
Mr. Chandra S. Gyawali	25,000	Rtn. Keshab B. Mathema	8,000
Rtn. Rabindra R. Pandey	25,000	Leni & Marie c/o Mallapatys	6,400
Rtn. Siba B. Rajbhandary	23,000	Rtn. Mahendra Thapa	5,000
Late Rtn. Sharada Prasai	20,000	Late Mr. Bhim B. Kshetry	5,000
Rtn. Ganesh R. Shrestha	20,000	Rtn. Shiva K. Pradhan	5,000
Rtn. Jamuna K. Tamrakar	20,000	Rtn. Kamal Nyachhyon	5,000
Rtn. Jeevan K. Shrestha	17,000	From RCP - PHF Fund	106,000
Dr. Amina Shrestha	16,000		
Sub-total I: CSF General including KEEA			4,217,517
II. RCP's Graduate Studies Programme			
Rtns. Matsyendra L. & Chandralekha Kayastha	516,278	Rtn. Prakash R. Regmi	530,222
Rtn. Ganesh R. Shrestha	300,000		
Sub-total II: GSSA			1,346,500
III. Women Empowerment			
Rtn. Maheswari Bisht Rawal	101,000	Rtn. Prakash R. Regmi	100,000
Rtns. Ganesh & Bijaya Shrestha	78,000	Rtn. Lalita Thapa	100,000
Sub-total: III Women Empowerment			379,000
Total in Club Service Trust Fund as of 16 July 2026			5,943,017
Summary of CSF Trust and Programme Funds			
	As of 16 July 2025	As of 16 July 2026	
Contributions in Club Service Trust Fund	5,911,017	5,943,017	
Club Service Programme Fund	1,144,050	1,149,163	
Total Funds in Club Service Fund	7,055,067	7,092,180	





History of Rotary Club of Patan's International Grant Projects since the Rotary Year 2014/15									
Global Grants					Status: Closed				
#	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 & 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 PH 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	Closed June 2017
3	Improved Intensive Care Facilities for Burn Victims from Deprived Communities.	GG1529621	RC Bologna, Italy	D-2072 \$10000; Interplast \$11,000; Famiglia Saffredo \$16500; RC Bologna Valle del Lido \$1100; RC Bologna Valle del Savena \$2500; Bologna Valle del Savena \$1100; Bologna-Sud \$3300; Bologna-Nord \$2750; Bologna E-Club of Sogamoso Global Colombia \$1,000; RC Vaison-la-Romaine, France \$560; and the Rotary Foundation \$25,571.	Phect Nepal, Cleift 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	Closed Jan 2018
5	Micro-Hydro Power for Community Development, Chepel, Solokhumbu	GG1637020	RC Russelsheim-Mainspitze, Germany	RC Russelsheim-Mainspitze, Germany US\$12763; RC Rugby US\$4354; District 1820 - US\$11971; RC Patan US\$1001, World Fund Match US\$21030.	Chapel Community Development Committee	Community of Chepel about 114 households	Rtns. Bijaya Mallapaty (Primary) Jamuna Tamrakar, Jeevan Shrestha, Gabriele Mallapaty	106,570	Heifer Nepal Community
6	Providing drinking water to earthquake affected communities	GG1640569	RC Mississauga-Meadowdale, Canada	RC Mississauga Meadowdale US\$4,761.90; RC Burlington Lakeshore US\$3,571.43; District 7080 US\$8,333; RC Patan US\$5002; World Fund Match US\$15,000.67	Bhattedhanda; Dhukuchap, Chandibhanyang - Community	280 people; Dukuchap 70 households 300 person; Chandibhanyang 31 households 200 people	Rtn. Lochan Gyawali (Primary) & Rtns. Nimal 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. Nimal 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-Meadowdale, Canada	RC Mississauga Meadowdale \$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 Savena \$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
11	Ambulance to Rural Hospital	GG2129083	RC Altadena, USA	RC Altadena (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. Nimal Pradhanang, Gabriele Mallapaty,	42,980	Closed 2023
12	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	Closed April 2025
Total Value: Global Grants								\$	836,283

History of Rotary Club of Patan's International Grant Projects since the Rotary Year 2014/15									
Projects: International Support for Disaster Responses									
#	Grant Project Title	#	International Partner	Beneficiaries			Grant Amount in US\$		
1	Lebonon - Beirut Explosion		RC Beyrouth	Contribution towards the rebuilding of a Pediatric Hospital damaged by the disastrous blast in Beirut			\$ 1,000	Sept. 2020	
2	Sri Lanka - Economic Crisis		RCColombo & RC Mannar	The funds were used to distribute Dry Rations Packages at Mannar District and Trincomalee District in Sri Lanka in collaboration with the RC Colombo and RC Mannar			\$ 2,403	May 2022	
3	Pakistan - Flood victims		RC Karachi, District 3271	The funds contribute together with RC Karachi towards food supplies to 3,300 families with daily essentials for one month for a family of 6. Tents distributed to 162 families. Tarpaulins distributed to 100 families, 5 free medical camps conducted treating around 1,900 patients. 500 mosquito nets distributed, 500 cooking utensils distributed, RCK distributed 17,600 ready to eat food items like biscuits and bun. Water bottles to 1,900 families.			\$ 3,240	Oct. 2022	
Total Value: International Disaster Support									\$ 6,643
#	Grant Project Title	#	International Partner	Funding Partner	Collaborating Agency	Beneficiaries	Primary & Secondary Contacts	Grant Amount in US\$	
District & Club-to-Club Grants									
1	Rheumatic Heart Disease Heart Screening of school children	DG-2025-26-286	District Grant	RC Patan \$ 1,000, District 3292 \$1,000	Nepal Heart Foundation	130 students and 500 community members	Rtns. Prakash Raj Regmi, Khadak Bisht, Shiv P. Khemka	\$ 2,000	closed Aug 2026
2	WASH in school, Madan Ashrit Basic School, Maskarkhat, Solukhumbu	District Grant 2225682-05	RC Bingen, Germany	RC Bingen (US\$1,700) & District 1860 (US\$ 3,000)	Splash Nepal (Prabav Nepal)	130 students and 500 community members	Rtns. Gabriele Mallapaty and Bijaya Mallapaty	\$ 5,200	closed
3	WASH in school, Sotang Adharbhut School, Sotang, Solukhumbu District	Club to Club	RC Bingen 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
4	KOSHISH Peer support & 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 \$ 6,500	closed 2019 closed 2021 closed 2017
5	Refurbishing of second transit home of KOSHISH	District Grant 1742182	RC Mound-Westonka, Rtns. Ritterspach & 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
Total Value: District and Club-to-Club Grants									\$ 46,918
Rotary Club of Patan - Major Donations-In-Kind									
1	Disinfectants to the Ministry of Health and Population		Rtn. Corrado Baranti, Chairman of Barchemicals & PP of RC of Vignola, RC Vignola; & D2072, 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
Total Value: Major Donations-In-Kind									\$ 147,500
Rotary Club of Patan - Earthquake Funds									
1	Earthquake Relief and Rehabilitation		Various Donors through friends and family of the RC Patan	Contribution towards 4 Global Grants \$28,500; Immediate relief supplies \$6,350; Sweaters to children in Dolakha \$4,000; Drinking water supply rehabilitation in Khokana; \$3,100; Chepang Community in Chandibhanjyang in the area of WASH in school and community development \$14,050		Earthquake Committee, Rtn. Maisyendra Kayastha (Chair) & Rtns. Lochan Gyawali, Gabriele Mallapaty, Ganesh R. Shrestha, Siba B. Rajbhandary, Piyush Bajracharya, Bijaya Mallapaty, Lalita Thapa		\$ 56,000	closed July 2018
Total Value: Earthquake Funds									\$ 56,000
Grand Total, since RY 2014/15, excluding RCP's regular locally managed Trust Funds and projects									\$ 1,093,344

Rotaract Club of Patan Report

Rotaract Club of Patan, the fourth Rotaract club in Nepal, was established on 30 June 1997 through the initiative of Past District Governor Rtn. Jagdish Shamsher Rana and Past President Rtn. Tirtha Man Sakya. Sponsored by the Rotary Club of Patan, the club continues to provide young people with opportunities for leadership, learning, fellowship, and meaningful service while addressing the social and physical needs of communities. Presented below are major highlights of Rotary Year 2025-26.









BOARD OF DIRECTORS RY 26/27

 RTR. NIRDESH SUBEDI IMMEDIATE PAST PRESIDENT	 RTR. DEEPA LAMICHHANE PRESIDENT	 RTR. PRAMOON SHRESTHA VICE - PRESIDENT
 RTR. RIDAM BASNET JOINT - SECRETARY	 RTR. RIYA BASNET SECRETARY	 RTR. SUBODH DAHAL TREASURER
 RTR. BIDHYA YADAV SERGEANT AT ARMS	 RTR. FIONA MAHARJAN CLUB SERVICE CHAIR	 RTR. DIWASH PAUDEL PROFESSIONAL SERVICE CHAIR
 RTR. RASHI SHRESTHA SERVICE PROJECT CHAIR	 RTR. SUPRIYA ACHARYA INTERNATIONAL SERVICE CHAIR	 RTR. AASHAMSA DHAKAL SPECIAL AREA PROJECT CHAIR
 RTR. DINESH LAMICHHANE MEMBERSHIP CHAIR	 RTR. SAGAR SUNCHEURI PUBLIC IMAGE CHAIR	 RTR. NABINA PANDEY THE ROTARY FOUNDATION CHAIR

Self-Defense Training at Adson Nepal, August 22, 2025

The Rotaract Club of Patan conducted a self-defense training session for visually impaired students of Adson Nepal at Pension Vasana Hotel. The initiative focused on practical personal-safety techniques, confidence building, and empowerment through inclusive learning. The session was facilitated by Community Service Director Rtr. Aashutosh Singh, whose hands-on guidance encouraged active participation. The program concluded with greater awareness, confidence, and a shared commitment to inclusive community service.



Teej Health Camp, August 26, 2025

On the auspicious occasion of Teej, the Rotaract Club of Patan successfully conducted its signature Teej Health Camp at Banglamukhi Temple, Patan. The project reflected the club's continuing commitment to accessible community health and service during one of Lalitpur's most significant cultural gatherings. With the dedicated involvement of Rotaractors, the camp was managed smoothly and concluded with a strong sense of fulfillment and pride in serving the community.

World Peace Day, September 21, 2025

The Rotaract Club of Patan observed its annual signature World Peace Day program at Krishna Mandir, Patan, in collaboration with the Rotary Club of Patan and Rotaract Club of Kathmandu Midtown. Continuing a tradition maintained since 2003, the program brought members together to reflect on peace, harmony, and social responsibility. The initiative also paid tribute to the young martyrs who sacrificed their lives for peace in Nepal, reaffirming a collective commitment to compassion, unity, and peacebuilding.



Rotaract Club of Patan Report

World Food Day Visit to Veluvanaram Vihar Old Age Home, October 16, 2025

Marking World Food Day, members of the Rotaract Club of Patan visited Veluvanaram Vihar Old Age Home, Thecho, to spend meaningful time with the residents and extend support through food donation. Members joined the elders in interactive activities, assisted in preparing kheer, shared meals, and exchanged heartfelt conversations. The visit created a warm atmosphere of companionship and concluded with gratitude, compassion, and a renewed commitment to caring service for senior members of the community.



Deusi Bhailo Celebration, October 21, 2025

The Rotaract Club of Patan celebrated its signature Deusi Bhailo event at Civil Home Phase-1, Bhaisepti, Lalitpur, embracing the festive spirit of Tihar through music, dance, tradition, and fellowship. Rotaractors came together to share cultural joy, laughter, and vibrant performances while strengthening the bonds of friendship within the club. The celebration concluded with memorable moments and a renewed sense of unity, reflecting Rotaract's spirit of fellowship through Nepal's living cultural traditions.

Inter-School Futsal Friendly Tournament 2025

November 15, 2025

In collaboration with the Rotary Club of Patan, the Rotaract Club of Patan successfully conducted the Inter-School Futsal Friendly Tournament 2025 at Royal Friends Sports Center, Mahalaxmi Municipality-6. The tournament drew enthusiastic participation and was supported by Rotaractors who volunteered across coordination and event management. Beyond competition, the program promoted sportsmanship, teamwork, discipline, and positive youth engagement, concluding with energetic participation and memorable moments both on and off the field.



Rotaract Club of Patan Report

Panel Discussion on Gender-Based Violence, December 1, 2025

The Rotaract Club of Patan collaborated with SETU Nepal, Lalitpur Metropolitan City, and Leo Club of Kathmandu Sunrise to conduct a panel discussion on Gender-Based Violence at Himalaya College of Engineering, Chyasal, Lalitpur, marking World AIDS Day. Centered on the role of institutions and stakeholders in reducing GBV, the discussion gave special attention to violence faced by people living with HIV/AIDS and marginalized communities. Representatives from governance, health, law, community rights, and development sectors contributed to an accountability-focused dialogue that strengthened awareness and commitment toward an inclusive, violence-free society.



30th Charter Day Celebration, June 30, 2026

The Rotaract Club of Patan celebrated its 30th Charter Day at Amore Bar & Restaurant, Lalitpur, marking a significant milestone in the club's journey of service, leadership, and fellowship. The commemorative gathering honored the club's longstanding legacy, celebrated the contributions of members and well-wishers, and reflected on its continuing impact. As the club prepared to transition into a new Rotary Year, the evening served as both a tribute to its past and a confident toast to the future.

Annual Blood Donation Program

February 28, 2026 (Falgun 16, 2082)

The Rotaract Club of Patan, together with the Rotary Club of Patan, Inner Wheel Club of Patan, and Interact Club of St. Xavier's School, Godavari, conducted the annual Blood Donation Program at Mangalbazar, Patan Durbar Square. Supported by the Nepal Red Cross Society as medical partner, the initiative responded to the continuing need for safe blood supply. Local residents, Rotary-family members, and youth participated actively, demonstrating the shared humanitarian commitment of the collaborating organizations toward saving lives and strengthening community health.



Interact Club of St. Xavier's School, Godavari - Annual Review— Rotary Year 2025–26

A YEAR IN SERVICE Rotary Year 2025–26 — Annual Review

ltr. Ugain Raut.

Interact Club 2026 Executive Committee

President

Drishya Ratna Ghale

Vice President

Ava Baskota

Secretary

Yimanshi Ghimire

Joint Secretary

Pari Khadka

Treasurer

Bidushi Mahat

IT Head

Pratistha Neupane

Dipika Pyakurel

Director of Club Service

Aahana Karna

Director of Public Relations

Atithi Pokhrel

Sergeant-At-Arms

Aaditya Raj Dulal

International Relations Chair

Palak Tamrakar

Committee Head

Justina Nagarkoti

The Rotary Year 2025–26 began with the Installation Ceremony, which formally inducted the incoming board and set the tone for a term defined by consistent, wide-ranging service. Over the months that followed, the club undertook initiatives spanning humanitarian aid, sport, health, education, environment, and technology, reflecting a deliberate effort to ensure that service remained both visible and sustained throughout the year.

Humanitarian Outreach

The year's service activities opened with an Open Donation Drive, through which the club collected clothes, food, blankets, and monetary contributions to support individuals and families in need. This spirit of direct, tangible aid carried through to one of the club's most significant undertakings: a fundraiser organised for a patient suffering from kidney failure.

The initiative raised a total

of NPR 100,000 and, notably, also resulted in the successful identification of a kidney donor for the patient — a rare instance of a service project translating directly into a life saved. The club further supported community health through a blood donation drive conducted at Techspire College.

Sport and Fellowship

The club represented itself with distinction at the District Sports Meet 2025, held from October 25 to 27, where members competed across multiple disciplines while strengthening ties with Interactors from across the district. This was followed by the Inter-School Futsal Tournament, organised in collaboration with the Rotary and Rotaract clubs, which brought member schools together through competitive sport and shared fellowship. In July, the club co-hosted Rota

Cheers — World Cup Edition, a Final Live Screening event held at Dokodeli Revisited, Jhamsikhel, with all proceeds contributed directly to Rtr. Liza Adhikari. The year also included a hike to Sundarijal on 14 June 2026, organised around the themes of fitness, fellowship, and adventure.

Health and Environmental Initiatives

Among the year's most impactful projects was the WWN Road Run 2026, '10KM for 1K Women,' held on 16 May at Patan Durbar Square in observance of Menstrual Hygiene Day. The event raised awareness around menstrual health and supported the distribution of reusable menstrual pads to over 1,000 women and girls in underserved communities across Nepal. The club also led The Awakening 2026, a community run from Patan Durbar Square to Dhapakhel, and Roots for Tomorrow, a plantation initiative reflecting the club's commitment to environmental sustainability. From Jeans to Dreams, conducted in partnership with Chakravai, collected denim for upcycling, with proceeds directed toward funding children's education in Upper Dolpo.

Identity and Fellowship

Interact Week 2025 was observed as a dedicated celebration of the club's identity and values, while Hearts in Harmony and Resolve and Rise served as projects centred on connection, compassion, and resilience within the membership. A bakery workshop offered members a lighter, skill-building complement to the year's service calendar.

Community Collaborations

The club's standing as a trusted community partner was affirmed through two notable collaborations this year. In partnership with SHE-CODES, the club supported an initiative bringing together individuals passionate about technology, contributing to a shared mission of empowering women in the field. The club also partnered with the AI Bootcamp, joining efforts to inspire, educate, and empower young minds through technology. Both collaborations reflect the club's broader commitment to leadership, innovation, and the creation of meaningful opportunities for students to learn and grow.

Closing Note

From the Installation Ceremony to a fundraiser that helped save a life, from district sports fields to a run supporting a thousand women, the Interact Club of St. Xavier's School, Godavari sustained a year of service marked by both breadth and depth. Above all, the year stands as evidence of what a school-based club can achieve when it commits, consistently and collectively, to the ideal of Service Above Self.

Inner Wheel Club of Patan

President's Report (2025–2026)

IW Tika Pradhan



There is a well-known Nepali proverb: “A single drop dries up, but together, many drops form a river.” In this same spirit, we have continued to strengthen our bonds of friendship and serve society by extending a helping hand to underprivileged communities.

Whatever success we have achieved this year is a direct result of the hard work, dedication, and unwavering commitment of every single member of Inner Wheel Club of Patan.

Guided by the International Inner Wheel theme for 2025–2026, “Step Up & Lead by Example,” introduced by IIW President Kay Morland, it has been my utmost privilege to lead our club in executing a wide range of meaningful service projects across different sectors.



Major Community Initiatives:

1. Snehi Kaksha: Distributed snacks and clean clothing to 104 beneficiaries.
2. Visually Impaired Educational Center, Tarakeshwar: Donated Braille notebooks, school sweaters, caps, and fresh fruits to 24 visually impaired children.
3. Gender-Based Violence Awareness: Sponsored refreshments for 140 participants during the awareness bicycle rally.
4. Primary Health Center, Godawari (Ward No. 5):

Organized a free cervical cancer screening and health camp, providing tests, medicines, and vitamins to 133 women.

5. National Cancer Hospital: Conducted a free health screening program benefiting 43 individuals.
6. Alongside our community outreach, we stepped up to host impactful awareness programs covering critical topics such as Burn Awareness, Safe & Efficient Use of Electricity, Mental Health, and other educational initiatives.



Fellowship and Growth:

Our club remained equally committed to nurturing our internal bonds. We deepened our friendships through travel, shared fellowship, and cherished moments. Each month, we celebrated our members' birthdays together, sharing joy and building lifelong memories.

We were also delighted to expand our Inner Wheel family this year with the induction of three new members: Babita Shrestha, Anjana Shrestha, and Diya Kafle—who holds the distinction of being the youngest member in Inner Wheel District 350, Nepal. We are thrilled to welcome their dynamic energy and fresh perspectives to our club.



Looking Forward

Reflecting on these experiences fills me with immense pride and gratitude. I carry deep affection and respect for the Inner Wheel Club of Patan. May our unity, friendship, and shared passion for service continue to remain unbreakable.



I extend my heartfelt congratulations and a warm welcome to incoming President Maya Devi Nagarkoti and her executive team for the Inner Wheel year 2026–2027. You have my full support and encouragement as you take the helm.

As we look forward, I express my wholehearted support for the International Inner Wheel theme for 2026–2027, “Grow and Flourish,” introduced by IIW President Ingelog Wyndham.

May we continue to grow, flourish, and serve humanity together with compassion and dedication.



Blood Donation Program
Date: 28 February 2026

The joint program of the inner wheel club of patan and the Rotaract Club of patan has been successfully completed.



INNER WHEEL CLUB OF PATAN MEMBERS LIST

Board Executive Committee



IW Maya Nagarkoti
President



IW Mahima Rimal Bhattarai
Vice president



IW Tika Pradhan
Immediate past president



IW Tara Pradhan
Secretary



IW Rajani Rajbhandari
Treasurer



IW Usha Shrestha
ISO



IW Rosy Adhikari
Editor



IW Amita Joshi Amatya
Executive Member



IW Bibha Pradhan
Executive Member



IW Bishnu Kumari Khatri
Executive Member



IW Rejina Shrestha
Executive Member

Inner wheel of Patan Member



IW Bijaya Laxmi Shrestha
(Major Donors)
Past National Representative



IW Brinda Rana
Past President



IW Nirmala Shrestha
Past President



IW Mithila Rajbhandari
(Major Donor)
Past President



IW Mary Shrestha
past President



IW Shanti Mathema
Past President



IW Shanta Shrestha
Past President



IW Kamala Maharaj
Past President



IW Praveena Shrestha
Past President



IW Sulochana Pradhan
Past President



IW Gunu Devi Shrestha
past President



IW Kalpana Pradhan
Past President



IW Vijaya Laxmi
Shakya



IW Sulochana
Nyachhyon



IW Rajya Laxmi
Bajracharya



IW Meera Pradhan



IW Shobha Maskey



IW Reeta Shakya



IW Moti Shanti Shakya



IW Chhya Juwa



IW Bijaya Laxmi
Pradhanang



IW Meera Tamrakar



IW Min Kumari Magar



IW Neera Amatya
Vaiday



IW Babita Shrestha



IW Anjana Shrestha



IW Diya Kafle

Rotary Club of Patan 2026-27

Grouping of Rotarians for Birthday Fellowship Dinner

Group 1

Group Coordinator:

Preeti Khemka

1. Mukti N. Shrestha	July 1
2. Keshab B. Mathema	July 2
3. Khadak S. Bisht	Aug 19
4. Krishna Hachhethu	Sept 27
5. Mahendra S. Rawal	Oct 5
6. Preeti Khemka (GC)	Nov 3
7. Santa K. Shrestha	Nov 5
8. Ganesh R. Shrestha	Nov 22
9. Piyush B. Bajracharya	Dec 12
10. Rabendra R. Pandey	Dec 14
11. Gabriele Mallapaty	Dec 17
12. Pushkar M. Shakya	Jan 14
13. Kamal B. Nyachhyon	Jan 15

Group 3

Group Coordinator:

Shiva Pradhan

1. Ganga Ram Gautam	Apr 15
2. Bishnu Sigdel	Apr 23
3. Yagya B. Shrestha	Apr 29
4. Shiva Pradhan (GC)	May 2
5. Chandralekha Kayastha	May 4
6. Jeevan K. Shrestha	May 6
7. Bijaya Mallapaty	May 9
8. Bishwa B. Sharma	June 2
9. Siba B. Rajbhandary	June 11
10. Ramesh L. Maskay	June 12
11. Bharat Narsingh Joshi	June 16
12. Prakash R. Regmi	June 30

Group 2

Group Coordinator:

Shikha Prasai

1. Kedar B. Shrestha	Jan 18
2. Shikha Prasai (GC)	Jan 20
3. Gopal Dawadi	Jan 29
4. Shiv Prakash Khemka	Feb 12
5. Jamuna K. Tamrakar	Feb 17
6. Nirmal K. Pradhanang	Feb 18
7. Lila B. Baniya	Feb 22
8. Sunil Gupta	Mar 1
9. Sandhya Regmi	Mar 7
10. Lalita Thapa	Mar 19
11. Bijaya L. Shrestha	Apr 4
12. Maheswari Bisht Rawal	Apr 13

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

Rotary Club of Patan 2026-27 Member Profile

No#	Member ID	Full Name	Original Admit Date	Club Admit Date	Years as a Rotarian	Member Status
1	1366453	Bijay Bahadur Bajracharya	29-Aug-1985	29-Aug-1985	41	Charter Member
2	1366464	Lochan Gyawali	29-Aug-1985	29-Aug-1985	41	Charter Member
3	1366487	Kamal Bahadur Nyachhyon	29-Aug-1985	29-Aug-1985	41	Charter Member
4	1845896	Prakash Raj Regmi	22-Apr-1991	01-Sep-2002	35	85 Rule apply
5	2041380	Santa Kumar Shrestha	01-Mar-1992	01-Mar-1992	34	85 Rule apply
6	2107470	Ganesh Raj Shrestha	01-Nov-1992	01-Nov-1992	34	85 Rule apply
7	2107627	Pushkar Man Shakya	01-Mar-1993	01-Mar-1993	33	85 Rule apply
8	2248952	Yagya Bahadur Shrestha	01-Jul-1993	01-Jul-2010	32	85 Rule apply
9	3453428	Keshab Bhakta Mathema	31-Dec-1998	31-Dec-1998	28	85 Rule apply
10	3453433	Siba Bhakta Rajbhandary	31-Dec-1998	31-Dec-1998	28	85 Rule apply
11	5310947	Jamuna Krishna Tamrakar	01-Sep-2000	01-Sep-2000	26	85 Rule apply
12	1786993	Rabendra Raj Pandey	30-Jun-2002	30-Jun-2002	24	85 Rule apply
13	5838106	Kedar Bhakta Shrestha	01-Sep-2002	01-Jul-2006	23	85 Rule apply
14	5912595	Bharat N. Joshi	03-Feb-2003	01-Jul-2026	23	85 Rule apply
15	6339318	Piyush Bajra Bajracharya	25-Apr-2005	25-Apr-2005	21	85 Rule apply
16	6190096	Padma Lal Maharjan	05-Jul-2004	05-Jan-2012	21	85 Rule apply
17	6460750	Jeevan Kumar Shrestha	06-Mar-2006	06-Mar-2006	20	85 Rule apply
18	6804510	Mukti Narayan Shrestha	10-Mar-2008	10-Mar-2008	18	Active
19	6909971	Chandralekha Kayastha	05-Aug-2008	05-Aug-2008	18	Active
20	6981421	Bijaya Mallapaty	10-Dec-2008	10-Dec-2008	18	Active
21	6981422	Gabriele Mallapaty	10-Dec-2008	10-Dec-2008	18	Active
22	8195478	Shiva Kumar Pradhan	01-Jul-2010	01-Jul-2010	16	Active
23	8195482	Bishwa Bandhu Sharma	13-Sep-2010	13-Sep-2010	16	Active
24	8435998	Lalita Chitrakar Thapa	06-Feb-2012	06-Feb-2012	14	Active
25	8942627	Kamala Maharjan	28-Jul-2014	28-Jul-2014	12	Active
26	8968533	Nirmal Kumar Pradhanang	08-Sep-2014	08-Sep-2014	12	Active
27	9204886	Ramesh Lal Maskay	16-Mar-2015	16-Mar-2015	11	Active
28	6609297	Sunil Gupta	02-Jan-2007	01-Jan-2023	11	Active
29	9661760	Mahendra S. Rawal	11-Jul-2016	11-Jul-2016	10	Active
30	9694473	Shiv Prakash Khemka	15-Aug-2016	15-Aug-2016	10	Active
31	9819358	Preeti Khemka	19-Dec-2016	19-Dec-2016	10	Active

No#	Member ID	Full Name	Original Admit Date	Club Admit Date	Years as a Rotarian	Member Status
32	9084827	Lila Bahadur Baniya	13-Aug-2018	13-Aug-2018	8	Active
33	10521809	Maheswari Bisht Rawal	08-Apr-2019	08-Apr-2019	7	Active
34	10642433	Bijaya Laxmi Shrestha	05-Aug-2019	05-Aug-2019	7	Active
35	10746044	Khadak Singh Bisht	11-Nov-2019	11-Nov-2019	7	Active
36	11492910	Ganga Ram Gautam	11-Jun-2022	11-Jun-2022	4	Active
37	11732971	Sandhya Regmi	05-Apr-2023	05-Apr-2023	3	Active
38	11816007	Bishnu Prasad Sigdel	01-Jul-2023	01-Jul-2023	3	Active
39	11837339	Krishna Hachhethu	14-Aug-2023	14-Aug-2023	3	Active
40	12237183	Gopal Prasad Dawadi	01-Jan-2025	01-Jan-2025	2	Active
41	12419115	Shikha Prasai	01-Aug-2025	01-Aug-2025	2	Active
42	10554937	Anuradha Shrestha	01-Sep-2019	01-Sep-2019	7	Honorary

रोटरीका चार सूत्रे कसी

हामीले गर्ने र भन्ने हरेक कुरामा 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 ?

Rotary Club of Patan Charter Members

No#	Full Name	Original Admit Date	Club Admit Date
1	Bajracharya Bijay Bahadur	29-Aug-1985	29-Aug-1985
2	Gyawali Lochan	29-Aug-1985	29-Aug-1985
3	Kayastha Matsyendra Lal	29-Aug-1984	29-Aug-1985
4	Nyachhyon Kamal Bahadur	29-Aug-1985	29-Aug-1985
5	Giri Ashish	29-Aug-1985	29-Aug-1985
6	Leuntel Basudev	29-Aug-1985	29-Aug-1985
7	Prasai Bhisma R.	29-Aug-1985	29-Aug-1985
8	Mainali Biswa K.	29-Aug-1985	29-Aug-1985
9	Deep Dhruba K.	29-Aug-1985	29-Aug-1985
10	Gyawali Chandra S.	29-Aug-1985	29-Aug-1985
11	Thapa Dhruba	29-Aug-1985	29-Aug-1985
12	Shrestha Dinesh	29-Aug-1985	29-Aug-1985
13	Poudyal Hari Prasad	29-Aug-1985	29-Aug-1985
14	Bajracharya Hom Raj	29-Aug-1985	29-Aug-1985
15	Dixit Kamal Mani	29-Aug-1985	29-Aug-1985
16	Pradhan Madhav Lal	29-Aug-1985	29-Aug-1985
17	Shipakar Moti Lal	29-Aug-1985	29-Aug-1985
18	Pradhan Mahesh Lal	29-Aug-1985	29-Aug-1985
19	Thapa Nagendra	29-Aug-1985	29-Aug-1985
20	Prasai Prajapati	29-Aug-1985	29-Aug-1985
21	Rana Sagar SJB	29-Aug-1985	29-Aug-1985
22	Shakya Siddhi B.	29-Aug-1985	29-Aug-1985
23	Sharma Surendra Raj	29-Aug-1985	29-Aug-1985
24	Lakhe Suresh Chandra	29-Aug-1985	29-Aug-1985
25	Upadhya Sushil	29-Aug-1985	29-Aug-1985
26	Neupane Tulsi	29-Aug-1985	29-Aug-1985
27	Dhakal Yogendra P.	29-Aug-1985	29-Aug-1985

Membership Development 1985/86-2025/26

[illegible]

In Memory of the RCP Family Member Who Left Us During the Past Rotary Year



Late Matsyendra Lal Kayastha

Charter Secretary, Rotary Club of Patan

"The Rotary Club of Patan remembers with deep respect our esteemed member, Late Matsyendra Lal Kayastha, who passed away on 28 Dec. 2025. His legacy of service and commitment to the community will always be remembered and cherished."

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on its **41st**
Anniversary and Charter Day Celebration



Rtn. Ganesh R. Shrestha MD



Rtn. Bijaya L. Shrestha MD

Sinchahity, Lalitpur
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Rajbiraj (031-590240), Itahari (025-590668), Dhankuta (026-523399), Terathum (026-460444),
Pokhara (061-520679), Butwal (071-536125), Bhairawa (071-520444), Narayanghat (056-490715),
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- पोखिने भन्फटबाट मुक्ति, र हातले दल्लुपर्ने भन्फटबाट पनि छुटकारा ।



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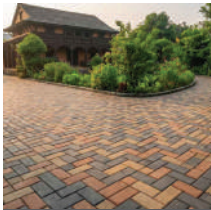


RICH
COLOURS

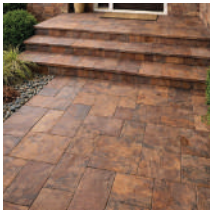


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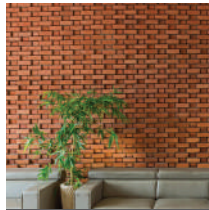
PAVERS



TILES



PERMEABLES



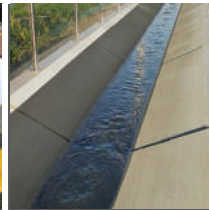
BRICKS



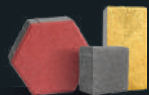
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