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CLUB NO. 23126

33<sup>rd</sup>  
Souvenir

Rotary Year 2018-19

३३ औं स्थापना विशेषाङ्क

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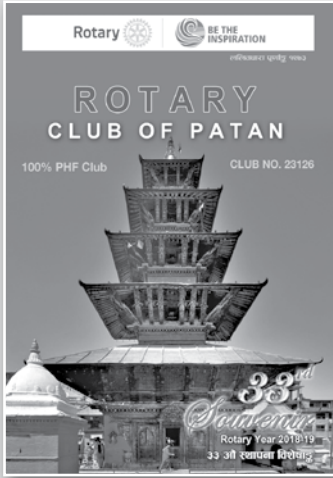
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RI District 3292 Club No. : 23126



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August, 2018

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# हाम्रो चाहना तपाईंको सुस्वास्थ्य

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सम्पर्क

७:०० - ९:३० बिहान

आइतबार देखि शुक्रबारसम्म

विशेष राय सल्लाह

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Bharat N. Joshi



Kiran Shrestha



Preeti Khemka



Shiva K. Pradhan

## Editorial

---

Dear Fellow Rotarians

**O**n behalf of President Rtn. Gabriele Mallapaty and the Lalitdhara Souvenir Team of the Rotary Club of Patan, I am honoured to present the 33rd Lalitdhara Souvenir Issue. We, the Rotary Club of Patan family have the privilege to follow the Rotary motto of “Service above Self”.

Immediate Past President Rtn. Chandralekha Kayastha, first lady President of RC Patan, can look back with justifiable pride in the remarkable achievements and manner in which she conducted herself during her term. We sincerely appreciate her and her team for the selfless service and dedicated work. This Souvenir tries to provide all the information on the Club’s activities during the year 2017-2018, including the activities of the Rotaract Club of Patan and the Inner Wheel Club of Patan.

This issue of Lalitdhara Souvenir also marks the beginning of a new leadership in RC Patan under President Rtn. Gabriele Mallapaty. With her dedication and competence, we are all confident that she will add vigour and galvanize her team to bring the Rotary Club of Patan to greater heights in keeping with Rotary ideals.

I would like to extend my gratitude to all my colleagues in the editorial board for their time and effort in bringing out this edition of Lalitdhara. We would also like to thank all the authors for precious articles provided, advertisers and everyone involved in bringing this Souvenir to this stage through their valuable support, guidance, encouragement and help. All suggestions and comments are highly appreciated.

Thank you !

Yours in Rotary Service



**Rtn. Jeevan K. Shrestha**

*Coordinator*

Souvenir Publication Committee (2018-2019)

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**ROTARY CLUB OF PATAN**

**On its 33rd Charter Day**

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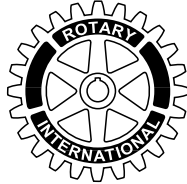


# Message From RI President

**Barry Rassin**  
President, 2018-19

T +1-847-866-3235  
barry.rassin@rotary.org

## Rotary



**Gabriele Mallapaty**  
Bhainsepati Abash  
Sainbu 4  
Lalitpur  
Bagmati Anchal  
NEPAL

Dear fellow Rotarian,

I want to congratulate you on your installation ceremony to the office of 2018-19 as club President.

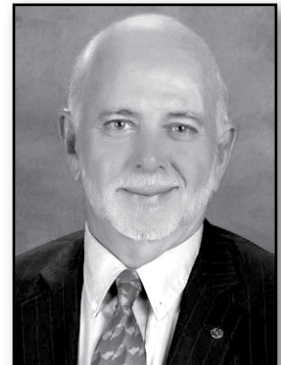
Although the details of each position differ from year to year and place to place, your ultimate responsibility is the same as mine. We work to move Rotary forward, doing whatever we can do to make the part of Rotary that we're responsible for as effective and efficient as it can be. We make sure that we are transparent and accountable while changing the lives of as many people as possible. And we ensure that Rotary provides the best possible experience to its members and continues to grow, all while remaining useful to the world.

It's only by coming together that we're able to accomplish so much. Without active members like you, Rotary wouldn't be the organization it is today. As our new vision statement says: Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves.

Congratulations again on your appointment as club President. I look forward to having you join me to "*Be the Inspiration*".

Sincerely,

**Barry Rassin**  
2018-19 President, Rotary International



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Our Best Wishes  
for the Grand Success  
of*

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**CLUB OF PATAN**

*on its 33rd*

**CHARTER DAY**

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Rtn. Bajracharya Piyush B.

Rtn. Basnyat Krishna B.

Rtn. Baniya Lila B.

Rtn. Gyawali Lochan

Rtn. Joshi Bharat N.

Rtn. Kayastha Chandralekha

Rtn. Kayastha Matsyendra L.

Rtn. Khemka Preeti

Rtn. Khemka Shiv P.

Rtn. Maharjan Kamala

Rtn. Maharjan Padam L.

Rtn. Mallapaty Bijaya

Rtn. Mallapaty Gabriele

Rtn. Maskey Ramesh L.

Rtn. Mathema Keshab B.

Rtn. Nyachhyon Kamal B.

Rtn. Pandey Rabendra R.

Rtn. Pradhan Shiva K.

Rtn. Pradhanang Nirmal

Rtn. Prasai Sharada

Rtn. Rajbhandary Siba B.

Rtn. Rawal Mahendra S.

Rtn. Regmi Prakash R.

Rtn. Shakya Pushkar M.

Rtn. Shakya Tritha M.

Rtn. Sharma Bishwa B.

Rtn. Shrestha Ganesh R.

Rtn. Shrestha Jeevan K.

Rtn. Shrestha Kedar B.

Rtn. Shrestha Kiran

Rtn. Shrestha Mukti N.

Rtn. Shrestha Santa K.

Rtn. Shrestha Yagya B.

Rtn. Tamrakar Jamuna K.

Rtn. Tamrakar Madan R.

Rtn. Thapa Kiran

Rtn. Thapa Lalita

Rtn. Thapa Mahendra

Rtn. Uprety Aruna

# District Governor's MESSAGE



## ROTARY INTERNATIONAL District 3292

Rtn. Gabriele Mallapaty  
President 2018-19  
Rotary Club of Patan

Dear Fellow Rotarians,

My wife Lelina joins me in congratulating you and your team for assuming a responsible position of a Club President for the year 2018/19. In the meantime, we would like to congratulate the outgoing President and her team for the wonderful work they have done for the community and the club during the year 2017/18, and for successfully completing their assignments.

Friends, Rotary, a renowned international humanitarian organization today, started with fellowship. With the passage of time, service was considered as its value. Today service is considered as prime core value, and fellowship, diversity, integrity and leadership as other important core value of Rotary. Rotary's Image today is because Rotarians around the world practice these values in their daily life. Therefore, it is our responsibility to promote and practice these values in our communities and within ourselves.

As a Rotarian, we understand the importance of working together and its scope which knows no limits of achievement.

Rotary always believes in action and in teamwork, obtaining first hand response from those we work with and with those we work for, which are essential in making teamwork more effective. Hence "Reach out" will be our priority for the year 2018/19 in RI District 3292.

Relevance of Rotary is ever increasing and it is even greater in our area. We have numerous expectations and needs in the clubs, communities and many untouched areas in the fields of disease prevention and treatment, water and sanitation, maternal and child health, basic education and literacy, economic and community development and peace and conflict resolution. We need to work hard to use Rotary network, our experience, and 360 degree "Reach-out" to inspire, explore, invent, connect, serve and set an example for a positive change that benefits the communities in all those areas. Our belief as a Rotarian is that a genuine desire to serve above self and persistent efforts will surely take us to our goal and "Be The Inspiration".

I urge the President and club officials of your club to be prepared for making some sacrifices in terms of your time, treasure and talent, because the joy of achieving your goal will be well worth the sacrifices.

Let us use the wisdom as prioritized by Rotary International in supporting and strengthening Clubs, focus on and increasing humanitarian services, enhancing public image and awareness of Rotary, and thus inspiring a positive change.

Let us "Be The Inspiration".

Thank you and best wishes.

Yours in Rotary



**Chintamani Bhattarai**  
District Governor (2018-19)



**Rtn. Gabriele Mallapaty**  
*President*

## *President's Message*

Dear Fellow Rotarians,

It is my honor to extend my best wishes to the entire Rotary Club of Patan family on the occasion of our 33rd Charter Day. We are proud to have a vibrant club with a long and outstanding history of service. It gives me great pleasure and pride to serve as the 33rd President and the second female President.

What are the characteristics of a vibrant club? The new Rotary 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", is so fitting to what our club has stood for and is known for.

Our members have joined hands and taken action together since three decades. This has not only given strategic direction to 'Serve', but also created lasting change within many communities in Nepal while creating strong bonds of friendship and positive energy in our club.

Let me iterate a few examples of what the 32 earlier teams have achieved through their dedicated service and visionary thinking – establishment of Nepal Orthopedic Hospital as a founding member; completion of numerous Matching Grants; completion of 3H grant for differently abled; continuation of Prajapati Education Endowment Fund (PEEF) scholarship project, now in its 28th year, providing scholarships to thousands of students from economically deprived families; and successful completion of four large Rotary global grant projects with another five currently being implemented.

Finally, on behalf of the RC Patan family, I take this opportunity to thank our Coordinator Rtn. Jeevan Kumar Shrestha, the editorial team, and contributors of articles and advertisers for their efforts and contributions for this year's Lalitdhara Souvenir.

Let us all join hands to 'Be the Inspiration' and continue the outstanding work done with commitment to pursue the challenges that lie ahead.

Sincerely,



**Gabriele Mallapaty**  
President (2018-2019)

# Past Presidents of Rotary Club of Patan



Late Rtn. S.R. Sharma  
1985-87



Rtn. M.L. Kayastha  
1987-89



Rtn. B. R. Prasai  
1989-90



Late Rtn. P. P. Prasai  
1990-91



Late Rtn. H.R. Bajracharya  
1991-92



Rtn. B.K. Mainali  
1992-93



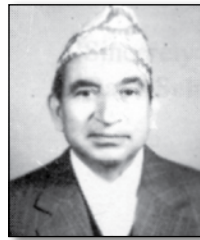
Rtn. B. B. Bajracharya  
1993-94



Rtn. S. SJB Rana  
1994-95



Rtn. T. M. Sakya  
1995-96



Late Rtn. B.P. Dhital  
1996-97



Rtn. R.R. Pandey  
1997-98



Rtn. T. Neupane  
1998-99



Rtn. Kamal Nyachhon  
1999-2000



Rtn. Pushkar M. Shakya  
2000-2001



Late Rtn. Narayan G. Halwai  
2001-2002



Rtn. Yagya B. Shrestha  
2002-2003



Rtn. Siba B. Rajbhandary  
2003-2004



Rtn. C.P. Maskey  
2004-2005



Rtn. Gyanu R. Shakya  
2005-2006



Rtn. Ganesh R. Shrestha  
2006-2007



Rtn. Keshab B. Mathema  
2007-2008



Rtn. Santa K. Shrestha  
2008-2009



Rtn. Kedar B. Shrestha  
2009-2010



Rtn. Prakash R. Regmi  
2010-2011



Rtn. J. K. Tamrakar  
2011-2012



Rtn. Krishna B. Basnyat  
2012-2013



Rtn. Jeevan K. Shrestha  
2013-14



Rtn. Khruschev Shrestha  
2014-15



Rtn. Matsyendra L. Kayastha\*  
2014-15



Rtn. Piyush B. Bajracharya  
2015-16



Rtn. Bijaya Mallapaty  
2016-17



Rtn. Chandralekha Kayastha  
2017-18

\* President a.i.

# Rotary Club of Patan

RI District 3292

Club No. 23126

Chartered on 29th August 1985

## Executive Board 2018-19



**Rtn. Gabriele Mallapaty**  
*President*



**Rtn. Chandra L. Kayastha**  
*IP President*



**Rtn. Lalita Thapa**  
*President Elect*



**Rtn. Bishwa B. Sharma**  
*President Nominee*



**Rtn. Mahendra B. Thapa**  
*Vice President*



**Rtn. Shiva K. Pradhan**  
*Secretary*



**Rtn. Ganesh R. Shrestha**  
*Joint-Secretary*



**Rtn. Kiran Thapa**  
*Director/Chair-Club Adm.*



**Rtn. Mahendra Rawal**  
*Director/Chair-Membership*



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



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



**Rtn. Siba B. Rajbhandary**  
*Director-Youth Services*



**Rtn. Nirmal K. Pradhanang**  
*Director- The Rotary Foundation*



**Rtn. Bharat N. Joshi**  
*Treasurer*



**Rtn. Preeti Khemka**  
*Joint Treasurer*



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





**Rtn. Chandralekha Kayastha**  
President  
Rotary Year 2017-18

## **CLUB ACTIVITIES OF THE ROTARY YEAR 2017-18**



**Rtn. Mahendra B. Thapa**  
Secretary  
Rotary Year 2017-18

We would like to thank all the members of Rotary Club of Patan (RCP family), for their valuable contributions and continued support and we do realize the strength of the club is its members and through their support, the Rotary philosophy of 'Fellowship' and 'Service' can be achieved. We also appreciate the teamwork, efficiency and professionalism of all the members of Rotary Club of Patan. We very much appreciate the contribution of your valuable time and financial support / fund that you all have provided to achieve the following activities:

### **1. CLUB SERVICE**

#### **TWO KEY AREAS OF FOCUS:**

Rotary Club of Patan shares a key mission: to serve the community and those in need. By participating in club service projects, members learn about their club's involvement in local and international projects and can volunteer their time and talents, where it is most needed. Club service focuses on strengthening fellowship and ensuring the effective functioning of the club.

The RCP's established a Club Service Fund Account of the year July 2017 – June 2018 reached NRs 3,038,560.00 from 1,484,763.00 an increase of NRs. 1,553,797.00 of which contributions are NRs 401,000.00 from members, NRs. 1,071,117.00 from the family of late Rtn. Kamal Mani Dixit and interest income.

President Rtn. Chandralekha Kayastha & Rtn. Matsyendra Lal Kayastha had also pledged that they would match contributions made to the Club Service Fund during this Rotary Year until a total of NRs. 300,000 is raised.

### **Family of Rotary/Fellowship Activities:**

#### **Fellowship:**

Service and fellowship are the two pillars of the Rotary. It is through the fellowship that we are encouraged & motivated to serve our community and society. As we all are aware that Rotary clubs consist of members who have achieved success and gained reputation in their respective field of calling - be that as doctors, engineers, business professionals, technicians, bureaucrats, lawyers or else. To bring all these multi-faceted talents together and motivate them in the common objective of service, fellowship acts as glue that binds them together.

Some of the fellowship we have organized during RY 2017-2018 are Birthday Fellowships, Annual Outing, Annual Picnic, Past President's Fellowship, Charter Night Celebration and Joint Board Meeting.

#### **Birthday Fellowships**

Three lively birthday fellowship programs were organized during RY 2017-2018. For the celebration program, the members of Rotary Club of Patan were grouped in three groups. Accordingly, the three birthday fellowship programs were organized on 28 October 2017, 12 January 2018 and 16 May 2018.





*Group photos of the Birthday fellowship.*

Other fellowship/events involving all club members with spouses were Joint Board Meeting organized on 30th June 2018; Annual outing with 16 members including spouses was organized from 15-16 December 2017 at Bhaktapur Guest House & Resort and Annual Family Outing on 1-3 April 2018 at Bandipur, Tanahun.



*RCP Charter Day Celebration on 29 August 2017.*



*Handover of the Cheque by Sarswati Govinda Foundation to President Rtn. Chandralekha Kayastha on Charter Day in the presence of DG Rtn. Sanjaya Giri.*

### ***Charter Day Celebration and DG's official Visit:***

This year we celebrated the Charter Day in the presence of District Governor Rtn. Sanjaya Giri during his official Club visit. This function was also attended by many district dignitaries & special guests.

### ***Club Administration***

#### ***Installation of 2017-2018 Team on 3 July 2017***

On July, 3 2017, Rotarian Chandralekha Kayastha was formally installed as the First Female President of Rotary Club of Patan along with her entire Team of fifteen Club Officials, Chairpersons / Directors and Board Members.



*First Club Meeting after the Installation of Club Officials.*

RI President's Theme of the year 'Rotary: Making a Difference' with three strategic priorities to achieve this goal: (i) Support and strengthen clubs, (ii) Focus and increase humanitarian service, and (iii) Enhance Rotary image and awareness was insured with specific program every week.



*Classification Talk by Rtn. Siba Bhakta Rajbhandary.*

Altogether 51 meetings were held which included one meeting at Bandipur, Tanahun; 2 joint meetings one with three clubs of Lalitpur (RC Jawalakhel and RC Jawalakhel Manjushree) and other with Rotaract Club of Patan; 5 Club Assemblies; 8 Classification Talks; 14 Guest Speakers and fifth Monday Entertainment Program besides 12 Board Meetings.



*Guest Speaker Mr. Narayan Bhattarai.*



*Guest Speaker Ms Jabina Rajbhandary.*



*Guest Speaker Mr. Ishwor R. Balami.*



*Guest Speaker Dr. Sudan Raj Panthi.*



*Guest Speaker Dr. Siraya Chunekamrai from Thailand.*



*Guest Speaker Mr. Rishi Shah.*



*Entertainment Program on 5th Monday "Singing a Song" by Ms. Shivana Shrestha.*



*Receiving the Prize in the event of 5th Monday Entertainment Program.*



*Joint Club Meeting with Rotaract Club of Patan.*



*Joint Club Meeting with Rotary Club of Jawalakhel and Rotary Club of Jawalakhel Manjushree with Guest Speaker Dr. Kapendra Shekhar Amatya.*



*President Rtn. Chandralekha Kayastha and President Elect. Rtn. Gabriele Mallapaty at Joint Board Meeting.*

The main Important events of the year being Charter Day Celebration; Signing of MOU with Saraswoti Govinda Foundation; KEEA Program; Interaction Program on 'Heart Health' with eminent Cardiologists and Vocation Service Award Program.

The average percentage of the attendance rate of the members during this year was 70.73% & the average no. of members who attended the RWM were 27 This figure is considered as quite high compared to other clubs of the district. Over 71% of our members are registered at My Rotary as of the end of RY 2017- 2018.

### **Club Bulletin:**

Lalitdhara, the weekly Bulletin of RCP is published and circulated to members both in hard copies & electronic copies and posted every week on the Facebook page which has over 2600 followers. During the RY 2017-2018 number of issues published during July, 2017 to June, 2018 is 51.

### **Annual Lalitdhara Souvenir:**

32nd Souvenir of the RY 2017-2018 was published by a Souvenir Publication Committee consisting of Rtns. Mahendra B. Thapa as Coordinator, Bharat N. Joshi, Lalita Thapa & Preeti Khemka as members.

### **Award, Recognition & Appreciation Received from the District 3292:**

- First Prize: For Rota Quiz 2017-2018
- First Runner-up: For the club exhibit at the district conference 2017-2018
- First Runner-up: For Service Project of GG1635438 Holistic Community Development project-uplifting a Deprived Community (Economic & Community Development ) at Chandibhanjyang
- Second Runner-up: For Service Project of GG1418219 Primary Prevention of Acute Rheumatic Fever and Rheumatic Heart Disease (Disease Prevention & Treatment)
- 2nd National Conference on Literacy and WASH in Schools at Biratnagar.



*Rota Quiz Team with District Officials.*



*Recipients of Vocational Service Award.*

**Recognition awarded to individuals for their outstanding Contributions:**

- PHF 'Pin' and certificate awarded to Mr. Govinda Das Shrestha, President of Sarswati Govinda Foundation
- PHF 'Pin' and certificate awarded to Mr. Sanjeeb B. Shrestha
- PHF 'Pin' and Certificate awarded to Ms. Jabina Rajbhandary in the USA.

**2. VOCATIONAL SERVICE**

**VOCATIONAL SERVICE AWARD:**

Rotary Club of Patan has always given priority to vocational service award to deserving individuals on an annual basis by focusing the problems and needs of the community. The committee of Rtn. Dr. Prakash R. Regmi as its Coordinator with membership of Rtns. Nirmal K. Pradhanang and Mahendra Thapa had selected two individuals for the Award.

The Annual Vocational Service Award Programme was held on 15 January 2018 & the following individuals were awarded with vocational service award for 'Outstanding Service' in their vocations in the Media and Health Sector.

- Mr. Anmol Maharjan for Outstanding Contribution in Social Service through Health Awareness with cash prize of Rs. 11,000
- Ms. Babita Basnet for Outstanding Contribution in Humanitarian Service through Journalism, with cash prize of Rs. 11,000

**3. COMMUNITY SERVICE**

**Community Services**

Community service covers the projects and activities the club undertakes to improve lives in the community. The Prajapati Education Endowment Fund (PEEF) established in 1991 is the club owned Flagship/Scholarship Project of the Rotary Club of Patan which serves 27 public schools in the Lalitpur district. One of the global grant projects is also implemented in PEEF supported schools to improve the WASH in these public school.

During the RY 2017-2018, 365 students from grades 7 to 10 in 27 public Schools were awarded scholarship. Out of 365 students, 282 Students were awarded with NRs. 3000 and 83 students were awarded additional amount of scholarship of NRs. 1000 each for their merit. Total amount of scholarship distributed was NRs. 1,178,000. Rotary Club of Patan has planned to Award PEEF Scholarship to grade 11 with NRs. 5,000 per student.





*WASH in school project at Kitini School.*



*Recipients of PEEF Scholarship.*

**Signing of Memorandum of Understanding (MOU) with Sarswati Govinda Foundation**

Mr. Govinda Das Shrestha, President of Sarswati Govinda Foundation and President Rtn. Chandralekha Kayastha signed the Memorandum of Understanding (MOU) on 12th March 2018 between Sarswati Govinda Foundation and the Rotary Club of Patan for a long-term collaboration.

The Sarswati Govinda Foundation will be contributing NRs. 10 Lakh (1 Million) every year to the PEEF educational support programme of the RC Patan. Annual contribution



*Signing of MOU with Sarswati Govinda Foundation.*

received from 'Sarswati Govinda Foundation is allocated 70 % for the PEEF Operational Fund and 30 % for Trust Fund respectively.

**Kamalmani Educational Excellence Award (KEEA) / Annual Kamalmani Education Excellence Awards to 10 outstanding students**

The Kamalmani Educational Excellence Award (KEEA) started in 2012 with a donation of NRs. 100,000 by late Rtn. Kamalmani Dixit to establish a "Fund" to honor the best-performing student among those receiving scholarships from the RCP's Prajapati Education Endowment Fund (PEEF). The ten top-scoring students in the final examination of grade IX from 10 different schools supported by the PEEF are selected for the Award. The 10 students are categorized as one best all-round student, three second-best students and six third-best students through interviews for cash awards and certificates.

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

**Award Ceremony:**

The award ceremony, which is also an advocacy event to enhance the public image of Rotary/Rotary Club of Patan, is held every year. 5th Award Ceremony was held on 18 September 2017 at Summit Hotel Kopundole Lalitpur in the presence of all the Headmasters from the PEEF supported schools.



*KEEA Award recipients.*

The award consisted of cash prize and certificates with NRs. 12,000, 5,000 and 3,000 to First, Second and Third prize winner. In view of the additional contributions received, it was decided to increase award amounts to NRs. 25,000 as the 1st Prize, NRs. 15,000 as three 2nd Prizes and NRs. 5,000 six 3rd Prizes.



*Ms. Sandoma Sherpa receives First Prize of KEEA Award.*

**Distribution of 100 bedside chairs/stools to the Kirtipur Hospital with the contribution of NRs. 120,400 by Rtn. Kamal Nyachhyon.**

A hand over event was conducted on Thursday, 30 November, 2017 at Kirtipur hospital in the presence of the Mayor of Kirtipur - Mr. Ramesh Maharjan, Director of Kirtipur Hospital - Dr. Shanker M. Rai and hospital staff, President Rtn. Chandralekha Kayastha, Mr. Sanjeeb Shrestha and 10 additional RCP members.



*Distribution of Bedside Stools to Kirtipur Hospital.*

### Contribution to Flood Relief Fund:

On 29 August 2017, President Rtn. Chandralekha Kayastha presented a cheque of NRs. 200,000 as RCP and its members contribution through the District to the District Governor Rtn. Sanjay Giri to support the recent flood victims.

### 4. INTERNATIONAL SERVICE

International service encompasses actions taken to expand humanitarian reach around the workplace and to promote world understanding and peace through Global Grant Projects with our international partners.

### Summary Status of RCP's Global Grants:

In Rotary year 2017-2018, The Rotary Club of Patan had managed seven global grants (five ongoing & two successfully closed) with International Partners.



*RCP Member with International Partner from Italy.*

### Global Grants in the Implementation Phase

GG1637020 Micro-Hydro Power Project for Community Development, Chepel, Solukhumbu (\$100,000) - Primary Contact Rtn. Bijaya Mallapaty.



*Field Trip to Chepel, Solukhumbu under GG1637020*

**GG1640569 Providing drinking water to earthquake affected communities in two villages of Lalitpur district and in Chandibhanjyang, Chitwan (\$36,669) – Primary Contact Rtn. Lochan Gyawali.**

**GG1641893 School refurbishing and providing drinking water to earthquake affected community in Mirge Village Dolakha (\$58,500):- Primary Contact Rtn. Nirmal K. Pradhanang**



*Computer Lab Established in Mirge Village Dolakha under GG1641893.*



*Upgrading of WASH Facilities in School in Mirge Village Dolakha under GG1641893.*



**GG 1746726 Creating Income opportunities for women from earthquake-affected communities in Khokana village and surrounding areas (\$58,000)-** Primary contact Rtn. Lochan Gyawali.

### **New Global Grant Approved in RY 2017-18**

**GG 1860104 Sustainable WASH improvement in Public Schools of Lalitpur District (\$80,938) -** Primary contact Rtn. Mahendra S. Rawal

**Project Overview:** To improve the water and sanitation facilities in the RCP's PEEF supported public schools in Lalitpur District, Nepal. Many of these schools have established toilets, often separate facilities for boys and girls. However, a regular water supply system for the toilet facilities is missing in several schools. Regular drinking water supply and rainwater harvesting are also lacking. Students are often not well aware about simple preventive health care practices such as hand washing and use of clean drinking water. The global grant project intends to improve the Water, Sanitation, and Hygiene facilities in about 13 of these schools in a comprehensive and sustainable manner by not only improving the WASH facilities, but also engaging the school management and student body for the long-term sustainable of the interventions.

**Activities conducted at Champi Secondary School – Champi , Kitini Secondary School – Taukhel, Harisidhhi Secondary School – Harisidhhi, Lubhoo School & Balkumari School as of 30 June 2018 are:**

- Self Analysis of the Infrastructure at the Schools by the respective Stake holders.
- Wash activities in three Pilot Schools, & training events held in Kitni & Harisiddhi Schools on 9-10 May 2018, WHO advisor also participated to conduct the training. The comprehensive training program was very well participated by the schools
- 7 FATS Orientation Program for the Students and the Teachers by WHO Representative
- Grading by the Students regarding the WASH Infrastructure of the Schools
- Situation Analysis Observation of the Children behavior regarding health and Hygiene Awareness
- Self Assessment of the Infrastructure at the School

- 7 FATS Orientation Program for the Students and the Teachers
- Baseline Survey for the assessment of the health and hygiene practice of students at the School.
- MHM Day Awareness Program at the 2 Schools (Kitini and Harisidhhi School) wherein 7 FATS Orientation Program have already been conducted.
- Baseline Survey for assessing the current status of the School students on health and hygiene related practices like hand washing at critical times, MHM Awareness, cleanliness and environment friendly activities for all the 13 School
- Sanitation Conference at Kitini School and Harisidhhi School

### **Global Grants closed during the RY 2017-2018**

**GG 1418219 Primary Prevention of Acute Rheumatic Fever and Rheumatic Heart Disease (\$31,000):-** Primary Contact Rtn. Gabriele Mallapaty. The project was started in November 2014.

**Major Activity:** The objectives for this global grant were to i) treat bacterial throat infection with oral antibiotics to needy children of school going age (5 – 16 years) through health posts and sub-health posts and school based clinics; ii) to conduct epidemiological studies on streptococcal infection, rheumatic fever and RHD; and iii) to develop a national strategy for primary prevention of Acute Rheumatic Fever in Nepal. Implementation status - Program ended on March 20, 2018 with the progress report been reviewed by the Foundation has now marked the grant successful closed by RI.



*Training Events conducted for Health Professionals by Prof. Dr. Prakash Raj Regmi and cardiologists.*



*Student's attending the Orientation Program*



*Training Events*



*Hoarding Board Displayed at different school*

**GG1635438 Holistic Community Development project-  
uplifting a Deprived Community (\$68,270):**

Primary Contact Rtn. Mukti Narayan Shrestha. Program started Jan. 2016 and ended Jan., 2018. Main Activities were goat raising, improving animal sheds, developing and strengthening market systems in the village of

Chandibhanjyang, Chitwan, Nepal. With the support of Diyalo Pariwar, around 496 castrated male goats were sold with targeting Dashain festival (October) through cooperatives. Income from goat was NRs. 6,126,470 in the same period of time.

**Fund raising and Contribution to the Rotary Foundation:**

The major activities conducted during the RY 2017-2018 are to increase the number of PHF/MPFH/MD in the club, encourage for Paul Harris Society membership, encourage Polio Plus contributions, encourage EREY contributions \$50 onward, encourage other donations in annual TRF fund and New Global Grant Projects. The annual goal for the RY 2017/18 was \$6000. However, RCP made a total contribution \$4750 to the Rotary Foundation which included 2 Paul Harris Society Members.

**5. YOUTH SERVICE**

Youth service recognizes the positive change implemented by youth and young adults through leadership development program, service projects/joint projects, and exchange programs. The Rotary Club of Patan (RCP) has sponsored & supported a very active Rotaract Club Patan by providing the joint projects, financial and technical support & two Interact Clubs. RCP also sponsored leadership development program for both Rotaract Club and the Interact Clubs.

**Concluding Remarks:**

It has been a good opportunity to serve as the Officials of RCP for RY 2017-2018. We would like to thank all the members of RCP for the contribution of their time, financial support / funds, and expertise to implement all the activities of RCP during the Rotary Year 2017-2018.



## Rotary Club of Patan 2018-19

### Grouping of Rotarians for Birthday Fellowship Dinner

#### Group 1 (1st July to 14th December)

1.	Mukti N. Shrestha	July 1
2.	Keshab B. Mathema	July 2
3.	Tirtha M. Sakya	July 21
4.	Mahendra S. Rawal	Oct 5
5.	Madan R. Tamrakar	Oct 12
6.	Preeti Khemka	Nov 3
7.	Santa K. Shrestha	Nov 5
8.	Ganesh R. Shrestha (GC)	Nov 22
9.	Aruna Uprety	Dec 1
10.	Piyush B. Bajracharya	Dec 12
11.	Rabendra R. Pandey	Dec 14

#### Group 2 (17th December to 19th March)

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

#### Group 3 (29th April to 30th June)

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

The groups will have fellowships as follows:

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

Other Fellowship/events involving all club members with spouses:

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



*“Never take in a man for whom you will later have to make excuses, and never take in a man merely for his bigness in material success unless it be sure that he is a Rotarian at heart. It is better to have 15 good members than 75 members who are Rotarians in name only.”*

~Albert S. Adams

Rotary Club of Atlanta, Georgia, USA  
1919 Rotary convention

Best Wishes For the Grand Success of  
**ROTARY CLUB OF PATAN**  
**On its 33<sup>rd</sup> Charter Day**



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*Rtn. Matsyendra L. Kayastha*  
Major Donor



*Rtn. Siba B. Rajbhandary*  
Major Donor



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



*Rtn. Tirtha M. Sakya*  
Major Donor



*Rtn. Prakash R. Regmi*  
PHF +8



*Rtn. Bijaya Mallapaty*  
PHF +8 & PHS Member



*Rtn. Ganesh R. Shrestha*  
PHF +8



*Rtn. Gabriele Mallapaty*  
PHF +7



*Rtn. Chandralekha Kayastha*  
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*Rtn. Kedar B. Shrestha*  
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*Rtn. Bishwab B. Sharma*  
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*Rtn. Santa K. Shrestha*  
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*Rtn. Nirmal K. Pradhanang*  
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*Rtn. Keshab B. Mathema*  
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*Rtn. Jamuna K. Tamrakar*  
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*Rtn. Padam L. Maharjan*  
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*Rtn. Bharat N. Joshi*  
PHF +1



*Rtn. Shiva K. Pradhan*  
PHF +1



*Rtn. Sharda Prasai*  
PHF +1



*Rtn. Jeevan K. Shrestha*  
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*Rtn. Mahendra Thapa*  
PHF +1



*Rtn. Shiv P. Khemka*  
PHF +1



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**The foundation upon which  
Rotary is built is friendship;  
on no less firm  
foundation could it  
have stood.**

**--- Paul P. Harris ---**

# Committees for 2018-2019

**Club Administration - Rtn. Kiran Thapa, Director/Chairperson**

## Rotary Info/Bulletin

Co-ordinator - Rtn. Bijaya Mallapaty  
Members - Rtn. Chandralekha Kayastha

## Club Activities/Events

Co-ordinator - Rtn. Jamuna K. Tamrakar

## Information

**Technology/Social Media**  
Co-ordinator - Rtn. Shiv P. Khemka

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

Fellowship Co-ordinator- Rtn. Kedar B. Shrestha, Member- Rtn. Ganesh R. Shrestha

**Membership - Rtn. Mahendra S. Rawal, Director/Chairperson**

## Club Mentor:

PDG. Rtn. Tirtha Man Sakya  
Rtn. Matshendra Kayastha

## Growth & Development

Rtn. Preeti Khemka  
Rtn. Kamal B. Nayachhyon

## Orientation and Training:

Rtn. Mahendra B. Thapa  
Rtn. Lalita Thapa

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

## Media/Rotary Image:

Rtn. Tirtha Man Sakya  
Rtn. Siba B. Rajbhandary

## Lalitdhara Souvenir:

Co-ordinator - Rtn. Jeevan K. Shrestha  
Members - Rtn. Bharat N. Joshi  
- Rtn. Kiran Shrestha  
- Rtn. Preeti Khemka  
- Rtn. Shiva K. Pradhan

## Special Events (incl. 4 way test)

Rtn. Yagya B. Shrestha  
Rtn. Piyush B. Bajracharya  
Rtn. Bishwa B. Sharma

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

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

**Service Projects - Rtn. Bijaya Mallapaty, Director/Chairperson**

## PEEF:

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

## Nepal Orthopedic Hospital Representatives

Rtn. Bijaya Mallapaty  
Rtn. Chandralekha Kayastha

## Community Development

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

## TEACH Committee

Chair - Rtn Padam L. Maharjan  
Secretary - Rtn Mahendra B. Thapa  
T-Teacher Support - Rtn Nirmal K. Pradhanang  
E- Learning - Rtn Rabendra R. Pandey  
A- Adult Literacy - Rtn Ganesh R. Shrestha  
C-Child Dev. - Rtn Kamala Maharjan  
H-Happy School - Rtn Piyush B. Bajracharya

## Earthquake Committee:

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

## Disability Awareness:

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

## Vocational Award:

Coordinator - Rtn. Prakash R. Regmi  
Members - Rtn. Nirmal K. Pradhanang  
- Rtn. Mahendra B. Thapa

## Health Projects & Polio Plus:

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

**Youth Service - Rtn. Siba B. Rajbhandary, Director**

**Interact:** Rtn. Preeti Khemka & Rtn. Kamala Maharjan

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

**Rotaquiz Committee - Rtn. Chandralekha Kayastha, Team Leader**

Members: Rtn. Preeti Khemka, Rtn. Lalita Thapa, Rtn. Gabriele Mallapaty

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

***The Rotary Club of Patan was sponsored by  
The Rotary Club of Kathmandu in 1985***

***The Rotary Club of Patan sponsored  
the following Clubs:***

***Rotary Club of Chitwan on 22 April 1991***

***Rotary Club of Patan West on 11 December 1995***

***Rotary Club of Yala on 28 June 1996***

***Rotary Club of Patan South on 3 September 1997***

***Rotary Club of Kopundol on 27 June 2001***

***Rotary Club of Mahabouddha on 25 June 2003***

***Rotary Club of Bhaktapur on 25 June 2003***

***Rotary Club of Jawalakhel on 25 June 2003***

***Rotary Club of Chandragiri on 25 November 2008***

***Rotary Club of E-club on 31 May 2013***

## ***Special Rotary Month Observances 2018-2019***

**July:** Non Specific

**August:** Membership and Extension Month

**September:** Basic Education and Literacy Month

**October:** Economic & Community Development  
Month

**November:** Rotary Foundation Month

**December:** Disease Prevention & Treatment Month

**January:** Vocational Service Month

**February:** Peace & Conflict Prevention/Resolution  
Month

**March:** Water & Sanitation Month

**April:** Maternal Health & Child Health Month

**May:** Youth Service Month

**June:** Rotary Fellowships Month



# Members of Rotary Club of Patan



Past President

**Bajracharya Bijay**  
 Classification: Gemologist  
 Gems Jewellery Industries (P) Ltd.  
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Treasurer

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Past President

**Bajracharya Piyush B.**  
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Past President

**Kayastha Chandralekha**  
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Member

**Baniya Lila B.**  
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 Join: 2018  
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Past President

**Kayastha Matsyendra L.**  
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 Born: 25 May; Wed: 7 July  
 Join: 1984  
 Spouse: CHANDRALEKHA  
 E-mail: mlkayastha@gmail.com



Past President

**Basnyat Krishna B.**  
 Classification: Insurance  
 Res: Manbhawan, Jawalakhel  
 Ph: (R) 5533341  
 (M): 9851024313  
 Born: 8 July  
 Join: 2000  
 E-mail: krishnabasnyat@gmail.com



Member

**Khemka Shiv P.**  
 Classification: Elect. & Electronics Business  
 Anand Bhairab Marg, Gyaneshwor  
 Ph: (R) 4436305, (O) 4110860  
 Cell: 9801025886  
 Born: 12 Feb; Wed: 11 Dec  
 Join: 2016  
 Spouse: PREETI  
 E-mail: spkhemka@gmail.com



Member

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



Joint Treasurer

**Khemka Preeti**  
 Classification: Homemaker  
 Anand Bhairab Marg, Gyaneshwor  
 Ph: (R) 4436305  
 Cell: 9840050781  
 Born: 3 Nov; Wed: 11 Dec  
 Join: 2016  
 Spouse: SHIV PRAKASH  
 E-mail: preeti.khemka@gmail.com



# Members of Rotary Club of Patan



Member



**Mahajan Kamala**

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



Past President



**Nyachhyon Kamal B.**

Classification: Heavy Textile Manufacturer  
Himal Tents (P.) Ltd.  
Ph: (R) 5590495, (O) 5522202  
Cell: 9851023354  
Born: 15 Jan; Wed: 15 Feb  
Join: 1986  
Spouse: SULOCHANA  
E-mail: kamal@himaltents.com



Member



**Mahajan Padam L.**

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



Past President



**Pandey Rabendra R.**

Classification: Airline GSA  
Central Park, Orchid Tower, No. 701, Bishal Nagar  
Ph: (O) 4220759, 4009087  
Cell: 9851020174  
Born: 14 Dec; Wed: 18 Feb  
Join: 1990  
Spouse: CHANDRA LEKHA  
E-mail: ramjeep2003@yahoo.com



Past President  
Chair-Service  
Projects



**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



Secretary



**Pradhan Shiva K.**

Classification: Photo Lab  
Tulsi Home, Samakhusi, Kathmandu  
Ph: (R) 4357784  
Cell: 9851046308  
Born: 2 May; Wed: 19 Fagun  
Join: 2009  
Spouse: TIKA  
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President



**Mallapaty Gabriele**

Classification: Health Services Management  
Bhainsepati, Lalitpur  
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Born: 17 Dec; Wed: 14 May  
Join: 2008  
Spouse: BIJAYA  
E-mail: gabriele.mallapaty@gmail.com



Chair-The Rotary  
Foundation



**Pradhanang Nirmal K.**

Classification: Communication/Navaid/ Surveillance Engineer  
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Ph: (R) 5524956, 5554965  
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Born: 18 Feb; Wed: 5 March  
Join: 2014  
Spouse: BIJAYA  
E-mail: nirmal.pradhanang@gmail.com



Member



**Maskay Ramesh L.**

Classification: Aeronautical Engineer  
Vinayak Colony, Bhainsepati, Lalitpur  
Ph: (R) 5114120  
Cell: 9851030200  
Born: 12 June; Wed: 6 March  
Join: 2015  
Spouse: SHOBHA  
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Member

**Prasai Sharada**

Classification: Travel Agent  
Natraj Tours & Travel (P) Ltd.  
Ph: (R) 4229277, (O) 5261111  
Born: 14 June; Wed: 1 Feb  
Join: 1999  
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Past President



**Mathema Keshab B.**

Classification: Social Development  
2/128 Dhokadol, Sanepa, Lalitpur  
Ph: (R) 5529385  
Cell: 9841282851  
Born: 2 July; Wed: 30 Nov  
Join: 1998  
Spouse: SHANTI  
E-mail: keshab.mathema@gmail.com



Past President  
Director-Youth  
Services



**Rajbhandary Siba B.**

Classification: Social Development  
Imperial Court, Sanepa, Lalitpur  
Ph: 5526856  
Cell: 9841214856  
Born: 11 June; Wed: 8 Mar  
Join: 1998  
Spouse: MITHILA;  
E-mail: sibabr@gmail.com

# Members of Rotary Club of Patan



Chair- Membership

**Rawal Mahendra S.**  
 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



Past President

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



Past President  
 Chair: Public Image

**Regmi Prakash R.**  
 Classification: Cardiologist  
 Lalitpur Heart Clinic  
 Res: Dhobighat, Lalitpur  
 Ph: (R) 5525536, (O) 5530126  
 Cell: 9851051170  
 Born: 21 Ashad; Wed: 2 Baisakh  
 Join: 1990  
 Spouse: UPASANA  
 E-mail: pregmi68@yahoo.com



Past President  
 Sergeant-at-Arms

**Shrestha Kedar B.**  
 Classification: Past Service  
 Kopundole Height, Lalitpur  
 Ph: (R) 5522207, 5524605  
 Cell: 9849850226  
 Born: 18 Jan; Wed: 15 Feb  
 Join: 2006  
 Spouse: SHANTA  
 E-mail: kaybeeshan11@gmail.com



PDG  
 Past President

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



Member

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



Past President

**Shakya Pushkar M.**  
 Classification: Carpet Export  
 Man Bhawan, Lalitpur  
 Ph: (R) 5523492  
 Cell: 9851074020  
 Born: 14 Jan; Wed: 27 Feb  
 Join: 1993  
 Spouse: RITA  
 E-mail: pushkarsakya@gmail.com



Member

**Shrestha Mukti N.**  
 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



President Nominee

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



Past President

**Shrestha Santa K.**  
 Classification: Liquor Manufacturer  
 Island Jungle Resort  
 Ph: (R) 5521745 (O) 4229116, 4225615  
 Born: 5 Nov; Wed: 3 May  
 Join: 1992  
 Spouse: NIRMALA  
 E-mail: island@mos.com.np



Past President  
 Jt. Secretary

**Shrestha Ganesh R.**  
 Classification: Rubber Recycling  
 Pashupati Rubber Industries  
 Res: Sinchahity, Lalitpur  
 Ph: (R) 5003780, Cell: 9851021440  
 Born: 22 Nov; Wed: 7 Jan  
 Join: 1993M (CLC), CT  
 Spouse: BIJAYA LAXMI  
 E-mail: ganeshrshrestha@hotmail.com



Past President

**Shrestha Yagya B.**  
 Classification: Revenue Consultant  
 Chakupat, Lalitpur  
 Ph: (R) 5260853  
 Cell: 9849674267  
 Born: 29 April; Wed: 19 Feb  
 Join: 1993  
 Spouse: MARY  
 E-mail: yagyamary@yahoo.com

## Members of Rotary Club of Patan



Past President



**Tamrakar Jamuna K.**  
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



President Elect



**Thapa Lalita**  
Classification: Management Specialist  
Civil Home-1, Bhaisepati, Sainbu-4  
Ph: (R) 5592259  
Cell: 9851072937  
Born: 19 March; Wed: 29 April  
Join: 2012  
Spouse: KIRAN  
E-mail: lalitathapa1949@gmail.com



Member



**Tamrakar Madan R.**  
Classification: Banker  
Pako Tole, Gwarko-7 "ka", Lalitpur  
Ph: (R) 5202533  
Cell: 9851179766  
Born: 12 Oct; Wed: 13 Feb  
Join: 2017  
Spouse: KRISHNA  
E-mail: madantamrakar@gmail.com



Vice President



**Thapa Mahendra B.**  
Classification: Agriculture Economist  
Shrutinagar, Bagdole, Lalitpur-4  
Ph: (R) 5190100  
Cell: 9841580576  
Born: 15 Jan; Wed: 14 April  
Join: 2008  
Spouse: LALITA  
E-mail: mahendra.thapa2@gmail.com



Chair: Club Administration



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



Member



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



**Basant Ale Magar**  
Office Assistant, RC Patan  
Cell: 9813268214  
E-mail: basant.magar77@gmail.com

हामी



सबै सक्षम

we are all able





## Rotary Club of Patan

### Current Members: 2018-19

SN	Rotarian	85/86	86/87	87/88	88/89	89/90	90/91	91/92	92/93	93/94	94/95	95/96	96/97	97/98	98/99	99/00	00/01	01/02	02/03	03/04	04/05	05/06	06/07	07/08	08/09	09/10	10/11	11/12	12/13	13/14	14/15	15/16	16/17	17/18	18/19	Yrs. in RCP	Date of Birth				
1	Bajracharya Bijay	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	34	23 Aug			
2	Bajracharya Piyush Bajra																				1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	15	12 Dec			
3	Basnyat Krishna Bahadur																1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	19	8 July			
4	Baniya Lila Bahadur																																			1	1	2	Feb		
5	Gyawali Lochan	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	34	12 Nov			
6	Joshi Bharat Narsing																		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	17	16 June		
7	Kayastha Chandralekha																								1	1	1	1	1	1	1	1	1	1	1	1	1	11	4 May		
8	Kayastha Matsyendra Lal	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	34	25 May		
9	Khemka Preeti																																			1	1	2	3 Nov		
10	Khemka Shiv Prakash																																		1	1	1	3	12 Feb		
11	Maharjan Kamala																																		1	1	1	5	29 May		
12	Maharjan Padam Lall																			1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	15	13 Feb			
13	Mallapaty Bijaya																								1	1	1	1	1	1	1	1	1	1	1	1	1	11	9 May		
14	Mallapaty Gabriele																								1	1	1	1	1	1	1	1	1	1	1	1	1	1	11	17 Dec	
15	Maskey Ramesh Lal																																			1	1	1	4	12 June	
16	Mathema Keshab Bhakta													1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	22	2 July			
17	Nyachhyon Kamal Bahadur	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	34	15 Jan		
18	Pandey Rabendra Raj					1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	30	14 Dec		
19	Pradhan Shiva Kumar																									1	1	1	1	1	1	1	1	1	1	1	1	1	10	2 May	
20	Pradhanang Nirmal																																			1	1	1	5	18 Feb	
21	Prasai Sharda															1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	20	14 June			
22	Rajbhandary Siba Bhakta														1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	21	11 June			
23	Rawal Mahendra Singh																																			1	1	1	3	5 Oct.	
24	Regmi Prakash Raj					1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	26	30 June		
25	Shakya Pushkar Man								1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	27	14 Jan		
26	Shakya Tritha Man		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	33	21 July		
27	Sharma Bishwo Bandhu																											1	1	1	1	1	1	1	1	1	1	1	9	2 June	
28	Shrestha Ganesh Raj								1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	27	22 Oct		
29	Shrestha Jeevan Kumar																								1	1	1	1	1	1	1	1	1	1	1	1	1	1	13	6 May	
30	Shrestha Kedar Bhakta																																						16	18 Jan	
31	Shrestha Kiran																								1	1	1	1	1	1	1	1	1	1	1	1	1	1	11	10 July	
32	Shrestha Mukti Narayan																									1	1	1	1	1	1	1	1	1	1	1	1	1	1	11	1 July
33	Shrestha Santa Kumar							1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	28	5 Nov		
34	Shrestha Yagya Bahadur									1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	24	29 April		
35	Tamrakar Jamuna Krishna															1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	20	17 Feb		
36	Tamrakar Madan Raj																																				1	1	12	Oct	
37	Thapa Kiran																																			1	1	3	2 March		
38	Thapa Lalita																												1	1	1	1	1	1	1	1	1	8	19 March		
39	Thapa Mahendra																									1	1	1	1	1	1	1	1	1	1	1	1	1	8	14 April	
40	Uprety Aruna																																				1	1	6	1 Dec	

## **Rotary Club of Patan (RCP)**

### **PRAJAPATI EDUCATION ENDOWMENT FUND (PEEF)**

#### **ANNUAL REPORT AS OF 30 JUNE 2018**



- Rtn. Bijaya Mallapaty  
PP & PEEF Finance Manager

#### **Introduction:**

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

As of 30 June 2018, its Trust Fund has reached Nepalese Rupees (NRs.) 12.07 million with an Operational Fund balance of NRs. 0.56 million.

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

In August 2017, President of Sarswati Govinda Foundation, Mr. Govinda Das Shrestha contributed one million Nepalese Rupees to the PEEF, and subsequently signed a MOU with the Rotary Club of Patan pledging to contribute this amount annually. In the history of Rotary in Nepal, this is the largest long-term commitment of annual contribution made by a Nepali through a Rotary Club in Nepal, and the RCP is proud of this trust bestowed upon it.

A key to the continued success of this flagship programme of the RCP is that the entire RCP family takes ownership of it. In addition to a dedicated committee managing this programme, the RCP family volunteers its valuable time and resources during the annual student selection and funds distribution in the assisted schools throughout the Lalitpur District.

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

This annual report captures key actions taken during the reporting period 1 July 2017 to 30 June 2018, and provides a summary, together with an attachment, showing all PEEF contributors and contributions

#### **Key Actions:**

(i) **Status of implementation of PEEF Management Review done in March 2016:** In March 2016, the year of PEEF's 25th anniversary, the RCP conducted a situation analysis of this programme. The analysis investigated the programme's successes and strengths, as well as challenges. It pointed out that a long-term mechanism was needed to deal with the PEEF's

dependence on fluctuating interest rates and that reporting to its expanding donor base needed to be simplified. The Operational Fund had been decreasing due to reduced interest rates while the scholarship amounts needed to support students had been increasing due to continuing inflation.

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

- (a) Expanded investments of the 'Trust Fund' from 'Commercial Banks only' to national-level 'Development Banks' and Financial Companies, which are controlled by the policies of the Central Bank of Nepal.
- (b) Raised permanent contribution for the sponsorship of a student to NRs. 50,000.
- (c) Continued efforts to increase contributions to the PEEF Operational Fund to have a good reserve – balance as at 30 June 2018 reached NRs. 564,064.
- (d) Towards qualitative support of a student, gradually increased the annual scholarship amount, while reducing the number of students and schools supported based on affordability. This year, the scholarship amount per student was increased from NRs. 2,000 to NRs. 3,000, with an additional NRs. 1,000 (increased from NRs. 500) given to meritorious students obtaining 70% (B+) or more marks in their final prior year examination
- (e) After a thorough review of the 27 schools, it was decided to reduce the number of schools to 24. However, due to the commitment to continue to support selected students until they complete grade 10, the reduction to 24 schools will only be attained by 2020.
- (f) This PEEF Annual Report, which is provided to donors, indicates original contributions and number of students sponsored by each donor.



- (g) PEEF operations continue to be entirely managed by volunteers in the RCP family, which ensures that the PEEF incurs **zero** administrative cost.
- (ii) With the inclusion of grades 11 and 12 in secondary education system in Nepal, and the expansion of its donor base, the RCP is providing scholarship support to continuing grade 11 students, and plans to continue this support to grade 12 next year subject to affordability.
- (iii) **Kamalmani Educational Excellence Award (KEEA) to meritorious students receiving PEEF scholarships:** The RCP established the 'KEEA' in 2013 with the initial sponsorship of late Rtn. Kamalmani Dixit. The award fund has since been expanded with annual support from several other members of the RCP. The KEEA currently recognizes top ten meritorious students in grade 9 from among the PEEF scholarship recipients with certificates and cash awards. The RCP held last year's KEEA function on 18 September 2017 in the presence of headmasters of recipient schools, award-receiving students and the RCP family.

In March 2017, Ms. Munu Rajkarnikar, spouse of late Rtn. Narayan G. Halwai, contributed NRs. 100,000 in the name of her husband. In November 2017, Messrs Kunda Dixit and Kanak Dixit contributed NRs. 10,71,117.12 in the name of their father late Rtn. Kamalmani Dixit.

The above new contributions, together with annual contributions from RCP members, have enabled the RCP to increase the award amounts from this year to - NRs. 25,000 to the first, NRs. 15,000 to three second, and NRs. 5,000 to six third best students.



President of Sarswati Govinda Foundation Mr. Govinda D. Shrestha (3rd from left) handing over the cheque of NRs. 1 million to the President of the RCP in the presence of his family, DG and other RCP officials.

- (iv) **Rotary Year 2017-2018 student selection and distribution:** In the Rotary Year 2017-2018, 365 public school students from lower-income families in 27 schools of Lalitpur District received scholarships totalling NRs. 1,178,000 to support their education from grade 7 to 10. As mentioned under (ii) above, once the school enrolments are complete, the RCP will support the scholarship recipients in grade 10 continuing their studies in grade 11 in the same school this year. There are 61 eligible students and the RCP plans to provide NRs. 5,000 to each student.
- (v) **2017-2018 Income and Expenditures:** During this Rotary Year, total contributions of NRs. 450,000 was received in the Trust Fund. In the Operational Fund, contributions of NRs. 680,670 were received together with an interest income of NRs. 882,644. Total expenditure on scholarship support would reach NRs. 1,507,330.

**Balances as of 30 June 2018 (Statement in annex):**

Trust Fund	NRs. 12,067,358
Operational Fund	NRs. 564,064
<b>Total PEEF</b>	<b>NRs. 12,631,422</b>

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

The PEEF Committee Members for 2018-2019 in the RCP are: Rtn. Lalita Thapa, President Elect; Coordinator, Rtn. Padam L. Maharjan; Programme Manager, Rtn. Bijaya Mallapaty; Finance Manager, Rtn. Ganesh R. Shrestha; Distribution Manager, Rtn. Siba B. Rajbhandary; Member - Resource Mobilization, Rtn. Matsyendra L. Kayastha & Rtn. Sharada Prasai; Members. **Ex-Officio Members:** President, Treasurer, and Chairperson of Service Projects.



Example of a group of students in a school supported by the PEEF (Shree Krishna HSS Dhapakhel) after receiving their scholarship funds with the RCP representatives.



**Ms. Samdoma Sherpa  
The First Prize Winner**

**A**t the KEEA awards ceremony, the first prizewinner, Ms. Samdoma Sherpa, made an outstanding speech thanking the RCP and all the sponsors of the PEEF and KEEA, on behalf of all PEEF-supported schools and recipients of KEEA. She represented all the students when she spoke about how grateful they have been for the recognitions. She cited her own example as a success story – coming from illiterate and economically poor but determined parents who facilitated all their five daughters' education, she mentioned that the RCP support has been truly inspirational and has indeed changed her life.

## Prajapati Education Endowment Fund Contribution as of June 30, 2018

in NRs.

S.No.	Contributors	2017-2018 Receipts		Totals as of 30 June 2018			Original Students#
		Trust Fund	Operational Fund	Trust Fund	Operational Fund	Total	
<b>A. Contributors with Sub-Totals under the RCP Initiators</b>							
1.	Rtn. Piyush B. Bajracharya		5,700	75,000	51,700	126,700	4
2.	Mr. Mandar Bajracharya, USA			24,860	-	24,860	2
3.	Ms. Sabita R. Bajracharya, USA			15,000	-	15,000	1
	<b>Sub-Total Rtn. Piyush Bajracharya</b>		<b>5,700</b>	<b>114,860</b>	<b>51,700</b>	<b>166,560</b>	
4.	Rtn. Krishna B Basnyat			15,000	5,000	20,000	1
5.	Late Yasodhara Basnet			15,000	-	15,000	1
	<b>Sub-Total Rtn. Krishna B. Basnyat</b>			<b>30,000</b>	<b>5,000</b>	<b>35,000</b>	
6.	Former Rtn. Chandra S. Gyawali ***		32,640	5,000	147,080	152,080	
7.	Mrs. On Oswin. Bachan & David's friends			75,000	-	75,000	5
8.	Mr. Takashi Kawasaki, Japan			60,000	-	60,000	4
9.	Dr. iur.Karl-Heinz Loderle, Austria			82,386	-	82,386	5
	<b>Sub-Total former Rtn. Chandra S. Gyawali</b>		<b>32,640</b>	<b>222,386</b>	<b>147,080</b>	<b>369,466</b>	
10.	Late Rtn. Kamalmani Dixit			108,500	-	108,500	7
11.	Late Spouse Anju Dixit			-	20,000	20,000	
	<b>Sub-Total Late Rtn. Kamal M. Dixit</b>			<b>108,500</b>	<b>20,000</b>	<b>128,500</b>	
12.	Late Rtn. Narayan G. Halwai		12,200	70,250	22,700	92,950	5
13.	IW Munu Rajkarnikar			15,000	-	15,000	1
14.	Mrs. Neeru Shakya			15,000	-	15,000	1
15.	Rtn. Prahlad Manandhar			15,000	-	15,000	1
16.	Rtn. Suresh + Dr. Indira Satyal			30,000	-	30,000	2
17.	Late Harkha M. Rajkarnikar			100,000	-	100,000	5
18.	Mr. Manish Rajkarnikar, USA			57,500	-	57,500	4
19.	Mrs. Heema Rajkarnikar Joshi, USA			15,000	-	15,000	1
20.	Mr. & Mrs. Manish & Smrity Rajkarnikar, USA			30,000	-	30,000	2
21.	Mrs. Shubha R. Shrestha, Australia			15,000	-	15,000	1
22.	Saurav, Anju & Melbourne friends			30,000	-	30,000	2
23.	Mr. Darshan Shrestha, Australia			15,000	-	15,000	1
24.	Mrs. Smrity Tuladhar and friends, USA			15,000	-	15,000	1
25.	Mr. S. Muramoto, Japan			10,000	-	10,000	1
26.	Rtn. Jim Sinclair, USA			14,497	-	14,497	1
	<b>Sub-Total Late Rtn. Narayan G. Halwai</b>		<b>12,200</b>	<b>447,247</b>	<b>22,700</b>	<b>469,947</b>	
27.	Rtn. Matsyendra L. Kayastha			205,000	45,000	250,000	12
28.	Rtn. Chandralekha Kayastha			15,000	15,000	30,000	1
29.	Late Krishna L. Kayastha			15,000	15,000	30,000	1
30.	Late Amrit K. Kayastha			15,000	15,000	30,000	1
31.	Mr. Manish Kayastha			60,000	15,000	75,000	4
32.	Late Nanda L. & Chiniya D. Kayastha			15,000	15,000	30,000	1
33.	Late Mr. & Mrs. Singha B. Kayastha			15,000	15,000	30,000	1
34.	Mrs. Prathana S. Kayastha			15,000	10,000	25,000	1
35.	Mr. & Mrs. Kanhaiya & Rohini Kayastha, USA			15,000	15,000	30,000	1
36.	Mrs. Mousam K. Adcock, USA			32,725	27,275	60,000	2
37.	Dr. Bruce Adcock, USA			17,700	12,300	30,000	1
38.	Mr. Rayhan K. Adcock, USA			15,000	15,000	30,000	1
39.	Late Krishna B Gongol			20,000	10,000	30,000	1
40.	Late Bhumati D. Gongol			20,000	10,000	30,000	1
41.	Mrs. Megha K. Joshi			20,000	-	20,000	1
42.	Rtns. Matsyendra & Chandralekha Kayastha			50,000	10,000	60,000	2
43.	Ms. Diya K. Adcock			20,000	10,000	30,000	1
44.	Mr. Pranish L. Kayastha			30,000	20,000	50,000	1
45.	Mr. Jitendra & Deepa Amatya			30,000	-	30,000	1
46.	Late Mr. Ananda L. Kayastha family	50,000		50,000		50,000	1
	<b>Sub-Total Rtns. Matsyendra &amp; Chandralekha Kayastha</b>	<b>50,000</b>		<b>675,425</b>	<b>274,575</b>	<b>950,000</b>	
47.	Rtn. Padam L. Maharjan			20,000	-	20,000	1
48.	Late Sanu Maharjan			15,000	-	15,000	1
49.	Late Mrs Lanthakuwn Maharjan			15,000	-	15,000	1
50.	Mr. Pascal Maharjan, USA			15,000	-	15,000	1
51.	Mr. Pankaj Maharjan, USA			15,000	-	15,000	1

## Prajapati Education Endowment Fund Contribution as of June 30, 2018

in NRs.

S.No.	Contributors	2017-2018 Receipts		Totals as of 30 June 2018			Original Students#
		Trust Fund	Operational Fund	Trust Fund	Operational Fund	Total	
52.	Mrs. Poonam Maharjan, USA			15,000	-	15,000	1
53.	Ms. Ayumi I. Maharjan			20,000	-	20,000	1
54.	Mrs. Emi I. Maharjan, USA			15,000	-	15,000	1
55.	Ms. Mijuki I. Maharjan			20,000	-	20,000	1
56.	Mr. & Mrs. Michael & Kristine			52,880	-	52,880	2
57.	Ms Anye Mae Maharjan			30,000		30,000	1
	<b>Sub-Total Rtn. Padma L. Maharjan</b>			<b>232,880</b>	<b>-</b>	<b>232,880</b>	
58.	Rtns. Bijaya and Gabriele Mallapaty			-	100,000	100,000	
59.	Rtn. Gabriele Mallapaty			30,000	-	30,000	2
60.	Rtn. Bijaya Mallapaty		8,400	55,000	58,400	113,400	3
61.	Ms. Smriti Mallapaty, USA			15,000	15,000	30,000	1
62.	Mr. Ajaya Mallapaty, USA			30,000	30,000	60,000	2
63.	Mrs Ilse Hahn, Germany			15,000	15,000	30,000	1
64.	Mrs. Manuela Mucke, Germany			15,000	-	15,000	1
65.	Late Dilli R. Uprety			15,000	-	15,000	1
66.	Mr. Roraj Pradhananga, USA			62,750	-	62,750	4
67.	Mr. Bhawani Sapkota, USA			30,000	-	30,000	2
68.	Mrs. Sujala Pant, USA			15,000	-	15,000	1
69.	Mangala and (Late Shive) Pradhananga, USA			105,000	57,876	162,876	6
70.	Mrs. Surabi Bhattarai, USA			15,000	-	15,000	1
71.	Ms. Katherine Piedra, USA			15,000	-	15,000	1
72.	Mr. Jorgen Andersen, Denmark		3,370		3,370	3,370	
	<b>Sub-Total Rtns. Bijaya &amp; Gabriele Mallapaty</b>		<b>11,770</b>	<b>417,750</b>	<b>279,646</b>	<b>697,396</b>	
73.	Rtn. Keshab B. Mathema			66,000	-	66,000	4
74.	Mr. and Mrs. Chris & Kathleen Davis, USA			126,902	-	126,902	8
75.	Nick Simons Foundation			366,000	-	366,000	20
76.	Mr. Barun Mathema			30,000	-	30,000	2
	<b>Sub-Total Rtn. Keshab B. Mathema</b>			<b>588,902</b>	<b>-</b>	<b>588,902</b>	
77.	Rtn. Rabendra R. Pandey			15,000	-	15,000	1
78.	Khagendra Piyush Education Guthi***		18,360	15,000	83,880	98,880	1
79.	Rtn. Robert Rose & Anne Gina, USA			15,000	-	15,000	1
	<b>Sub-Total Rtn. Rabendra R. Pandey</b>		<b>18,360</b>	<b>45,000</b>	<b>83,880</b>	<b>128,880</b>	
80.	Rtn. Krishna (Late) & IW Sulochana Pradhan			15,000	-	15,000	1
81.	Mr. & Mrs. Mahesh & Sandhya Pradhan			15,000	-	15,000	1
82.	Mr. Mrs. Sarosh & Rajshree Pradhan			15,000	-	15,000	1
83.	IW Sulochana Pradhan			20,000	-	20,000	1
	<b>Sub-Total Rtn. Krishna (Late) &amp; IW Sulochana Pradhan</b>			<b>65,000</b>	<b>-</b>	<b>65,000</b>	
84.	Prajapati Foundation			-	100,000	100,000	
85.	Rtn. Sharda Prasai			150,000	-	150,000	10
86.	Late Rtn. Prajapati Prasai			14,000	-	14,000	1
87.	Mr. Andre Gilloz, Switzerland			453,290	-	453,290	30
88.	Mr Georges A. Cuendet, Switzerland			381,227	-	381,227	25
89.	Ms Veera & Mr C. Trachaz, Switzerland			573,473	-	573,473	38
90.	Mrs. Ines Ramaut, Belgium			28,488	-	28,488	2
91.	Mr Patric & Mrs Martine, Belgium			13,972	-	13,972	1
	<b>Sub-Total Rtns. Prajapati (Late) &amp; Sharda Prasai</b>			<b>1,614,450</b>	<b>100,000</b>	<b>1,714,450</b>	
92.	Rtn. Siba B. Rajbhandary and family			163,795	10,000	173,795	11
93.	International Ladies Bridge Club			30,000	-	30,000	2
94.	Dr. Sushila Pradhan			30,000	-	30,000	2
95.	Mrs. Mary Pradhan, USA			38,290	-	38,290	3
96.	Mrs Deepa H. Rustum, USA			46,920	-	46,920	3
97.	Mr. Yakshya B. Malla, USA			15,094	-	15,094	1
98.	Mr. & Mrs. Obi & Vibha Joshi, USA			14,400	-	14,400	1
99.	Mr. Dillon Lal, USA			12,010	-	12,010	1
100.	Mr. Prayog M. Pradhan, Australia			15,000	-	15,000	1
101.	Mr. Grijesh M. Shrestha			15,000	-	15,000	1
102.	Mr. Jarod Lal, USA			15,000	-	15,000	1
103.	Mr. Everest B. Rajbhandary, USA			34,501	-	34,501	2

**Prajapati Education Endowment Fund Contribution as of June 30, 2018**

in NRs.

S.No.	Contributors	2017-2018 Receipts		Totals as of 30 June 2018			Original Students#
		Trust Fund	Operational Fund	Trust Fund	Operational Fund	Total	
104.	Dr. Roji Rajbhandary, USA			15,000	-	15,000	1
105.	PDG Rtn. Amitav Mukerjee, India			39,500	-	39,500	3
106.	PDG Rtn. Shekhar Mehta, India			25,000	-	25,000	2
107.	Rtn. Susan Sola, USA			35,248	-	35,248	2
108.	Mr. Keith Smith, Australia			95,525	-	95,525	6
109.	Ms. Linda Starodub, USA			17,033	-	17,033	1
110.	Mr. Richard C. Goldman, USA			7,547	-	7,547	1
111.	Dr. Prabhu Prabhakar, USA			2,364,202	421,970	2,786,172	98
112.	Ms. Maiti Mithila Rajbhandary			30,000	-	30,000	1
	Through Rtn. Dr. Tulsi L Maharjan, USA:						
113.	Rtn. Dr. Tulsi L Maharjan			40,709	-	40,709	2
114.	Late Shailendra K. Upadhyay			15,000	-	15,000	1
115.	Late Mohan N. Shrestha			15,000	-	15,000	1
116.	Late Kul Narayan Maharjan			139,625	-	139,625	10
117.	Late Krishna Manandhar			455,950	-	455,950	30
118.	Late Hari B. Dongol			148,000	-	148,000	10
119.	Friends of Nepal, New Jersey, USA			232,550	-	232,550	9
120.	Late Laxmi M. Maharjan			37,550	-	37,550	2
121.	Wen Chinan Yang Mem. Scholarship			148,000	-	148,000	10
122.	Mr. John Person			30,000	-	30,000	1
123.	Ms Sulochana			110,924	-	110,924	3
	<b>Sub-Total Rtn. Siba B. Rajbhandary</b>			<b>4,432,373</b>	<b>431,970</b>	<b>4,864,343</b>	
124.	Rtn. Prakash R. Regmi			45,000	-	45,000	3
125.	IW Upasana Regmi			15,000	-	15,000	1
126.	Ms. Jigyasa Regmi			30,000	-	30,000	1
	<b>Sub-Total Rtn. Prakash R. Regmi</b>			<b>90,000</b>	<b>-</b>	<b>90,000</b>	
127.	Rtn. Pushkar M. Shakya			-	20,000	20,000	
128.	Mrs. Teresa Cruz, Portugese Consular			112,767	-	112,767	7
129.	Ms. Rita J. Weber, Switzerland			11,000	-	11,000	1
130.	Mr. Andre De Jonckheere, Belgium Consular			10,000	-	10,000	1
	<b>Sub-Total Rtn. Pushkar M. Shakya</b>			<b>133,767</b>	<b>20,000</b>	<b>153,767</b>	
131.	Rtn. Ganesh R. Shrestha			78,000	15,000	93,000	5
132.	Mr. Yadav Kunwar			75,000	-	75,000	5
133.	Mr. Bijaya N. Bhattarai			15,000	-	15,000	1
134.	IW Bijaya Shrestha			15,000	-	15,000	1
135.	Ms. Ujala Shrestha			15,000	-	15,000	1
	<b>Sub-Total Rtn. Ganesh R. Shrestha</b>			<b>198,000</b>	<b>15,000</b>	<b>213,000</b>	
136.	Rtn. Kedar B. Shrestha			15,000	20,000	35,000	1
137.	Indra-Jawahar Sahyog Guthi			15,000	-	15,000	1
138.	Mrs. Jawahar D. Shrestha			15,000	-	15,000	1
139.	Mr. Season Shrestha, USA			10,388	-	10,388	1
140.	Mr. Prem R. Mahat, USA			10,388	-	10,388	1
141.	Mr. Rajendra Shrestha, USA			10,388	-	10,388	1
142.	Dr. & Mrs. Sanjib & Soni Shrestha, USA			25,158	-	25,158	2
143.	Dr. Sanjib Shrestha, USA			60,000	-	60,000	4
144.	Mr. & Mrs. Keshav & Ram S.Shrestha, USA			15,000	-	15,000	1
145.	Mr.& Mrs. Shreedhar & Sudeshna Shrestha, USA			18,773	-	18,773	1
146.	Mr. & Mrs. Bharat & Baijanti, USA			14,770	-	14,770	1
147.	Mr. & Mrs. Anuva & Kraig Bonzek, USA			14,770	-	14,770	1
148.	Mr. Raj Shrestha			14,770	-	14,770	1
149.	Mr. & Mrs. Nabin & Agnes Shrestha, USA			14,770	-	14,770	1
150.	Mr. & Mrs. Bikash & Bijaya Shrestha, USA			7,161	-	7,161	
151.	Mr. & Mrs. Pankaz & Monika Shrestha, USA			14,770	-	14,770	1
152.	Dr. Sabin Shrestha, USA			14,770	-	14,770	1
153.	Sarswati Govinda Foundation	400,000	600,000	400,000	600,000	1,000,000	
	<b>Sub-Total Rtn. Kedar B. Shrestha</b>	<b>400,000</b>	<b>600,000</b>	<b>690,876</b>	<b>620,000</b>	<b>1,310,876</b>	
154.	Rtn. Mukti N. Shrestha			20,000	-	20,000	1
155.	IW Prabina Shrestha			45,000	-	45,000	3
	<b>Sub-Total Rtn. Mukti N. Shrestha</b>			<b>65,000</b>	<b>-</b>	<b>65,000</b>	

## Prajapati Education Endowment Fund Contribution as of June 30, 2018

in NRs.

S.No.	Contributors	2017-2018 Receipts		Totals as of 30 June 2018			Original Students#
		Trust Fund	Operational Fund	Trust Fund	Operational Fund	Total	
156.	Rtn. Lalita Thapa			30,000	1,000	31,000	1
157.	Ms. Rupa Chitrakar			90,000	10,000	100,000	3
	<b>Sub-Total Rtn. Lalita Thapa</b>			<b>120,000</b>	<b>11,000</b>	<b>131,000</b>	
	<b>Total of A</b>	<b>450,000</b>	<b>680,670</b>	<b>10,292,416</b>	<b>2,082,551</b>	<b>12,374,967</b>	
	<b>B. Individual RCP Contributors</b>						
1.	Rtn. Bijaya Bajracharya			1,000	-	1,000	
2.	Rtn. Kamal B. Nyachhyon			15,000	-	15,000	1
3.	PDG Rtn. Tirtha M. Sakya			15,000	-	15,000	1
4.	Rtn. Biswa B. Sharma			15,000	10,000	25,000	1
5.	Rtn. Jeevan & IW Gunu Shrestha			20,000	4,000	24,000	1
6.	Rtn. Kiran Shrestha with Arti, Usha, Abha			15,000	-	15,000	1
7.	Rtn. Santa K. Shrestha			25,111	-	25,111	2
8.	Rtn. Jamuna K. Tamrakar			79,500	6,000	85,500	5
9.	Rtn. Nirmal Pradhanang (Memory:Kieth Smith)			-	5,000	5,000	
10.	Rtn. Shiv P. Khemka			50,000	-	50,000	1
11.	Rtn. Tulsi Neupane (Former RCP)			15,000	-	15,000	1
12.	Mr. Suresh C. Lakhey (Former RCP)			77,000	-	77,000	5
13.	Mr. Shreedhar Shumsher JBR (Former RCP)			15,000	-	15,000	1
14.	Mr. Khruschev & IW Kalpana Shrestha (Former RCP)			20,000	10,000	30,000	1
15.	Mr. Som Paneru (Former RCP)			20,000	-	20,000	1
16.	Late Mr. Shreedhar Acharya (Former RCP)			71,000	-	71,000	5
17.	Mr. Chirinjibi Acharya (Former RCP)			15,000	-	15,000	1
18.	Dr. Chandra P. Maskey (Former RCP)			15,000	-	15,000	1
19.	Dr. Prachanda Pradhan (Former RCP)			30,000	-	30,000	2
20.	Mr. Bhisma R. Prasai (Former RCP)			15,000	-	15,000	1
21.	Mr. Madan Rai (Former RCP)			15,000	-	15,000	1
22.	Mr. Gyanu R. Shakya (Former RCP)			15,000	-	15,000	1
23.	Mr. Karna B. Shakya (Former RCP)			15,000	-	15,000	1
24.	Mr. Moti L. Shilpakar (Former RCP)			13,000	-	13,000	1
25.	Late Mr. Ram S. Thapa (Former RCP)			15,000	-	15,000	1
26.	Former RCP Members: Late Rtn. Vishnu P. Dhital-6000, Mr. Om Rajbhandary-6000, Rtn. Siddhi B. Shakya-3000, Mr Sagar Shumshere JBR-5000, & Mr. Dhruva Thapa-1000			21,000	-	21,000	
	<b>Total of B</b>			<b>622,611</b>	<b>35,000</b>	<b>657,611</b>	
	<b>C. Other Contributors</b>						
1.	Alan Cope, Isle of Man, UK - 1000; Rtn. Denik Jrak, Belgium - 1000; Rtn. Shiyo Kaju Netsu, Japan - 5000; & Mr. Dhruva B. Raut - 1000			8,000	-	8,000	
2.	Govinda Pratistham			15,000	-	15,000	1
3.	Inner Wheel Club of RCP			240,000	-	240,000	16
4.	Rtn. Gale Jones, USA			14,807	-	14,807	1
5.	Late PDG Rtn. T. Manekshaw			25,001	-	25,001	2
6.	Saheed Dharma B. Mathema			15,000	-	15,000	1
7.	IW Brinda Rana			20,000	-	20,000	1
8.	Rotary Club Fukui, Japan			35,449	-	35,449	2
9.	RCP including Vocational Fund			439,074	-	439,074	29
10.	Samjhouta Nepal			340,000	-	340,000	22
	<b>Total of C</b>			<b>1,152,331</b>	<b>-</b>	<b>1,152,331</b>	
	<b>Grand Total A+B+C (All Contributions to TF and OF)</b>	<b>450,000</b>	<b>680,670</b>	<b>12,067,358</b>	<b>2,117,551</b>	<b>14,184,909</b>	

\*\*\* Cumulative annual contributions of former RCP Rtn. Chandra S. Gyawali and Khagendra Piyush Edu. Guthi, c/o Rtn. Rabendra R. Pandey, have been included in the Operational Fund since its reporting in this format from 2014.

Balance as of	30 June 2017	30 June 2018
Trust Fund	11,617,358	12,067,358
Operating Fund	508,080	564,064
<b>Total</b>	<b>12,125,438</b>	<b>12,631,422</b>

## ***INSPIRE YOUTH, GAIN ROTARIANS AND FORM A BETTER SOCIETY***



- Rtn. Preeti Khemka

Rotary is a service organization and Rotarians are its members who meet regularly, in their clubs, and donate their time, money and talent to help those in need and contribute to a better world. When Margaret Mead, an American cultural anthropologist, said, "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has". I think that she might have been thinking about Rotarians.

Rotary International needs more and more individuals to join Rotary to contribute to sustainable, long-term projects in local communities across the globe, focusing on important issues like peace and conflict resolution, disease prevention and treatment, water and sanitation, maternal and child health, basic education and literacy, economic and community development. However, Rotary faces a challenge in finding people, especially youth, to join and stay on with Rotary.

Youth is the energetic group of society who want positive change in their own family, community, society, state with the aim of an overall development of the country. They are the change agents of society, who have the capacity to transform it. They give new energy to Rotary to achieve its goals. Therefore, it is not only important, but also crucial to convince and inspire youth to join Rotary.

The Rotary International has Rotaract Clubs, which are formed especially to help young adults in our communities to develop leadership skills, build lasting friendships and create positive change in the society. Rotaract Clubs have been running various youth programmes such as Rotary Youth Leadership Awards (RYLA), Rotary Youth

Exchange, Group Study Exchange etc. that show that there are people who are interested and are serious in pursuing Rotary's vision. They have proven to be very successful and encouraging young people to join in. There is always room for improvements! Therefore, through this article, I am sharing some views on how we can encourage young people to join Rotary Clubs.

Firstly, the Rotary club has to come in the eye of the public, especially the youth, and the best possible way to do so in today's world is through different social and print media. Rotary clubs have to stress all the positives of joining Rotary, including all the good that Rotary is doing in the community, and create stories about how their members are gaining meaning in their own lives by working through Rotary. Clubs can also stress upon all the good things Rotary does around the world, including its flagship 'End Polio Now' campaign. Along with these, what Rotary clubs can initiate is the growth of the Rotaract clubs and encourage more and more non-Rotarians to take part in various Rotary programmes.

'Fellowship' is another equally important aspect of Rotary. Rotarians are top-notch people, and it is a true pleasure to meet many and become friends with them. It is essential to make today's youth understand that joining Rotary is not only for service, but also for the company of fellow Rotarians and others who share similar values. When they get together, they can learn from each other, exchange ideas, have fun and a good time. It is a doorway to fun and adventure.

Secondly, the Rotary clubs can work towards increasing current members' comfort and participation. It should make its members active and productive by making club

activities interesting for voluntary participation. This could be done through service projects, which need to be meaningful for members to be joining happily. Clubs should also encourage activities that are more fun. If members are happy, they will introduce new ones. This is a very effective way to attract and retain new members.

Often targeted youth are unaware of what Rotary clubs do and how club members work as a close-knit family. They consider Rotary as an old-fashioned club with regular meeting and rituals. This is only myth! Therefore, when someone shows interest, the club should invite him or her to club meetings. This will help one to understand more about the club. It will give them an opportunity to mix with members. Let one realize that it is also a real opportunity to experience and learn from members who have been very successful. Public speaking, running meetings, introducing and associating with new people - are some of the skills one can pick up being part of a Rotary club. This will help one in his/her professional life too.

Many times people wish to do something in their lives for the community. However, they do not know, how they can approach and how they can give back to the society. Here Rotary is one of the best options since it acts as a platform for people to serve. Therefore, inviting a prospective member in project visits and letting him/her interact with beneficiaries will help one to understand how Rotary provides them this opportunity. This would inspire him/her to join Rotary.

By doing some of the things suggested above, Rotary clubs could 'Be the Inspiration' - the theme of Rotary International President for 2018-2019. The inspiration would awaken the soul of individuals and youth to join hands to do 'Good' through Rotary. In short, the clubs should let people know the real meaning of Rotary and its clubs, let them inspire themselves to come to join. Believe me, when they come with an awakened soul, the clubs will have real, meaningful, vibrant and diverse Rotarians who together will form a better world to live in. Passion comes from within and passionate youth will change the world.



### **ROTARY'S '4 WAY TEST'**

*Of the things we think, say or do:*

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

### **रोटरीका चार सूत्रे कसी**

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

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



- Rtn. Prakash Raj Regmi

## **Rotary Club of Patan (RCP)**

### **VOCATIONAL SERVICE AWARDS**



- Rtn. Nirmal K. Pradhanang

#### **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.

Since many years, the Rotary Club of Patan has recognized individuals who have demonstrated high ethical professional standards, and through their vocations, made outstanding contributions to society.

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 during Rotary's Vocational Service Month, which is now observed during the month of January.

The vocational awards carry a cash award and a certificate. The cash awards are covered by funds from the Rotary Club of Patan and members of the club. Rtn. Prakash Raj Regmi has been contributing since 2010-2011 and Rtn. Nirmal Pradhanang joined since 2014/15. Following the latest Rotary Club of Patan Board decision of 6 Oct. 2017, the award amount has been raised to NRs. 11,000 each to two awardees with Rotary Club of Patan providing NRs. 8,000 and Rtns. Prakash Raj Regmi and Nirmal K. Pradhanang providing NRs. 7,000 each.

#### **Historical Record Since 2010-2011**

Rotary Year	Date	Recipients of Award	Service Area	Work Place	Award Amount NRs.
2010/11	1 Nov. 2010	Ms. Srijana Rajopadhyaya	Health	Bir Hospital	5000
		Ms. Aarati Chataut	Media	Nepal Television	5000
		Mr. Narayan Shrestha	Media	Nepal Television	5000
2011/12	24 Oct. 2011	Ms. Samjhana Maharjan	Media	Sagarmatha FM	5000
		Ms. Bina Tamang	Health	Medicare Hospital	5000
2012/13	29 Oct. 2012	Ms. Nanda K. Maharjan	Education	Janasewa HSS, Kirtipur	5000
2013/14	02 Dec. 2013	Mr. Dharma G. Maharjan	Education	Harisiddhi HSS, Lalitpur	5000
2014/15	27 Oct. 2014	Ms. Rita Thapa	Social Service	Founder of TEWA	5000
		Ms. Dil K. Chaudhary	Social Service	Activist, Free Kamlari	5000
		Ms. Gita Banjara	Health	Health Worker Mental Hospital	5000
2015/16	22 Feb. 2016	Mr. Babu Kaji Khatri	Education	Adarsha HSS, Lalitpur	5000
		Ms. Sudha Vaidya	Health	Kath Medical College	5000
		Ms. Srijana Duwal Shrestha	Media	Sub-editor NARI	5000
2016/17	23 Jan. 2017	Ms. Grishma Rajbhandary	Media	Image Channel TV	5000
		Mr. Keshav P. Dhakal	RHD Educator	Health Educator	5000
		Mr. Uddhav B. Khatri	Education	Udaya Kharka HSS	5000
2017/18	15 Jan. 2018	Ms. Babita Basnet	Media	Chief Ed. Ghatna-Ra-Bichar	11000
		Mr. Anmol Maharjan	Health	Male Nurse, PC RHD Project	11000



# KAMALMANI EDUCATIONAL EXCELLENCE AWARD (KEEA) HISTORY



- Rtn. Bijaya Mallapaty

## Background:

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

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

In October 2015, the RCP further expanded the awards to reward 10 students based on merit among the students sponsored by the PEEF. The additional 9 prizes would be given through annual contributions from RCP members - three second prizes of NRs. 5,000 each were contributed by Rtns. Ganesh R. Shrestha, Bijaya Mallapaty and Matsyendra L. and Chandralekha Kayastha; and six third prizes of NRs. 3,000 each were contributed by Rtns. PDG Tirtha M. Sakya, Lalita Thapa, Sharada Prasai, Gautam Shakya (replaced by Jamuna K. Tamrakar from 2017), Siba B. Rajbhandary and Nirmal K. Pradhanang. The third award ceremony in April 2016 awarded 10 students for the first time.

In June 2016, late Rtn. Kamalmani Dixit contributed additional NRs. 30,000 making a total contribution of NRs. 155,000 to the RCP's Club Service Fund, which covered the first prize of NRs. 12,000 annually.

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

In November 2017, Messrs Kunda Dixit and Kanak Dixit contributed NRs. 10,71,117.12 in the name of late Rtn. Kamalmani Dixit to the RCP's Club Service Fund for the KEEA.

## Award Modalities:

Annually, ten top-scoring students in the final examination of grade IX from 10 different schools supported by the PEEF are pre-selected. The RCP calls all 10 students for interview and categorise - one best all-round student, three second-best students and six third-best students for cash awards and certificates.

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

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

Taking into account the last two contributions received in 2017 to the RCP Club Service Fund and the annual contributions pledged by members, from the sixth award ceremony in 2018, the revised awards/sponsors would be as follows:

Category	Sponsor	Amount (NRs.)	T. Prize Amount (NRs.)
1st Prize	Late Rtn. Kamalmani Dixit	25,000	25,000
2nd Prize(1)	Late Rtn. Kamalmani Dixit	6,000	
	Rtn. Ganesh R. Shrestha	5,000	15,000
	Late Rtn. Narayan G. Halwai	4,000	
2nd Prize (2)	Late Rtn. Kamalmani Dixit	6,000	
	Rtns. Matsyendra L. and Chandralekha Kayastha	5,000	15,000
	Late Rtn. Narayan G. Halwai	4,000	
2nd Prize (3)	Late Rtn. Kamalmani Dixit	10,000	15,000
	Rtn. Bijaya Mallapaty	5,000	
3rd Prize (1)	Late Rtn. Kamalmani Dixit	2,000	5,000
	PDG Rtn. Tirtha M. Sakya	3,000	
3rd Prize (2)	Late Rtn. Kamalmani Dixit	2,000	5,000
	Rtn. Lalita Thapa	3,000	
3rd Prize (3)	Late Rtn. Kamalmani Dixit	2,000	5,000
	Rtn. Sharada Prasai	3,000	
3rd Prize (4)	Late Rtn. Kamalmani Dixit	2,000	5,000
	Rtn. Nirmal K. Pradhanang	3,000	

3rd Prize (5) Late Rtn. Kamalmani Dixit	2,000	5,000
Rtn. Siba B. Rajbhandary	3,000	
3rd Prize (6) Late Rtn. Kamalmani Dixit	2,000	5,000
Rtn. Jamuna K. Tamrakar		3,000
<b>Grand Totals:</b>		<b>100,000*</b>

\*Summary of distribution of NRs. 100,000: NRs. 59,000 in the name of late Rtn. Kamalmani Dixit, & NRs. 8,000 in the name of late Rtn. Narayan G. Halwai, and NRs. 33,000 annual contributions from current members.

#### **Award History:**

##### **1st Award Ceremony – 16 December 2013**

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

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

##### **2nd Award Ceremony – 8 December 2014**

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

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

##### **3rd Award Ceremony – 10 April 2016**

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

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

##### **4th Award Ceremony – 20 February 2017**

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

- 1st Ms. Mandira Shrestha – Tri Padma Vidyashram Higher Sec. School, Pulchowk, NRs. 12,000
- 2nd Ms. Renuka Shrestha Mahanta – Shree Mahendragram Sec. School, Tikathali, NRs. 5,000

- 2nd Mr. Krishna Bahadur Pahadi – Shree Path Pradarsak Secondary School, Badikhel, NRs. 5,000
- 2nd Mr. Subarna Maharjan – Shree Rudrayani Secondary School, Khokana, NRs. 5,000
- 3rd Mr. Sushan Dulal – Shree Udaya Kharka Secondary School, Chapagaon, NRs. 3,000
- 3rd Mr. Suwash Guragain – Madan Smarak Higher Secondary School, Pulchowk, NRs. 3,000
- 3rd Ms. Sindhu Jayaswal – Pragati Sichhya Higher Secondary School, Kopundole, NRs. 3,000
- 3rd Ms. Purnima Maharjan – Shree Saraswati Higher Secondary School, Thecho, NRs. 3,000
- 3rd Ms. Gyanu Kala Rai – Shree Balkumari Secondary School, Sunakothe, NRs. 3,000
- 3rd Ms. Ambika Sunwar – Adarsha Kanya Higher Secondary School, Mangal Bazar, NRs. 3,000

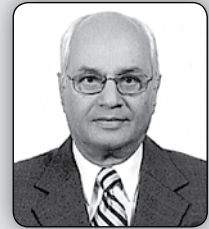
##### **5th Award Ceremony – 18 Sept 2017**

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



*Group photo with Kamalmani Educational Excellence Awardees 2017-2018*

## ***FELLOWSHIP ACTIVITIES OF THE RCP***



- Rtn. Kedar Bhakta Shrestha  
PP & Fellowships Co-ordinator

Service and fellowship are the two pillars of Rotary. It is through the medium of fellowship that we are encouraged and enabled to serve our community and society. Rotary clubs consist of members who have achieved success and gained reputation in their respective field of callings - be that as doctors, engineers, business professionals, technicians, bureaucrats, development managers, lawyers and so on. To bring all these multi-faceted talents together and motivate them in the common objective of service, fellowship acts as a glue that binds them together.

The great joy of being a Rotarian is the opportunity to meet, intermingle and interact with fellow members coming from different backgrounds and pursuits. These members are united by the common purpose of service and this is made possible with the medium of fellowship, which we avail of every time we meet at the regular meetings. This fellowship is further extended and strengthened through various additional activities like fellowship dinners, outings, visits to project sites and the like.

Let me give two examples of how I have benefited from being a Rotarian. I have served and worked in our country's diplomatic field for forty years taking me to all nooks and corners of the world with opportunities to mingle and rub shoulders with the high and mighty of the world. However, it was only when I joined the Rotary that I got to know and act closely with fellow members of different vocations and professions. The weekly meetings and the fellowship that precede them provide

an excellent opportunity to exchange news and views about events, topics and matters of common interest. This, I must say, has helped enhance my knowledge and understanding of many issues and events.

Second, I view Rotary as a great level playing field. Members coming from different background and status can and do come together as equals in the common objective of service. Although one's background cannot be totally forgotten or ignored, you are equal to all the other members of the club and your status in the club is determined by the position you hold in the club. Here also fellowship, I feel, has an important role to play.

### ***Fellowship defined***

I feel fellowship is not properly understood by everyone and often subjected to misinterpretation. There are several definitions of the word "fellowship". I give two of them:

- a) a friendly association, especially with people who share common interests; and
- b) a group of people that join for a common purpose or interest.

From the above, it is clear that fellowship connotes group of people coming together with common interests. However, the narrow interpretation of the word tends to equate it with reveling in partaking alcoholic beverages. This is not true at all. Fellowship can be conducted with a simple breakfast, afternoon tea, an elaborate dinner with/without alcoholic drinks, picnics, outings, site

visits and so on. Viewed from this angle, RCP has a host of fellowship activities, some of them unique, all round the year. Key regular events are listed below.

### **RCP Fellowships**

- **Birthday Fellowship:** The entire membership is divided into three groups (currently of 10/11 members each). Three times a year, each group holds a dinner at different venues. The birthday boys/girls are feted with garlands/thangkas. Occasionally, they are also given Newari style 'Shagun' consisting of eggs, fish, bara, reinforced by home-brewed Rakshi. All the members of the club with spouses join this event and it is a favorite fellowship happening. Fixed annual contributions are raised from all members at the beginning of each Rotary year.
- **Annual outing:** This is an annual one or two nights' outing with members and spouses to various locations in the country. We have had outings in Tatopani, Chitwan National Park areas, Bandipur, Dhulikhel and so on. This event, while providing an excellent opportunity for fellowship, also let members get to know different parts of the country with its flora and fauna, wild life, Himalayan vistas and village life.
- **Annual picnic:** Our club also arranges a one-day picnic inside the valley.
- **Past President's Fellowship:** Every three to four months, the Club holds a PP Fellowship Dinner hosted by one of the Past Presidents by rotation. During the event, informal discussions are held about the club's overall activities, its strong

and weak points and suggestions are made for improvements in areas, where needed. To ensure that the views of the Past Presidents are conveyed to the general membership, the practice has been to include in the event the sitting President of the Club.

- **Joint Board meeting:** This is held at the end of the Rotary year hosted by the President Elect and all the members and spouses are invited to the fellowship dinner after the Board meeting.
- **Charter Night celebration:** All members and spouses are invited and can have a rewarding fellowship event among themselves and invited district officials and guests.
- **Platinum Group:** This is a group of elders of the club who are 75 or more years of age. This group meets every 3 months for dinner hosted by one of the members in order of seniority. They reminisce about olden days, their family, neighborhood and personal memoirs.

Lately, to offset, even though partly, the rising costs of meals and other items, an informal and voluntary group has been formed. Known as TED (Thirty Rupees everyday) Group, members pledge thirty rupees a day - rounded up to Rupees 1,000 per month - towards the Members' Fellowship Fund.

On top of these activities, we also have some informal groupings, which are kind of offshoot groups.

From the above, one can notice that RCP has a varied and innovative list of fellowship activities round the year giving true meaning to the cause of fellowship.



***If you want to change the world, go home & love your family***

***- Mother Teresa***

# AVIATION FACTS AND FIGURES



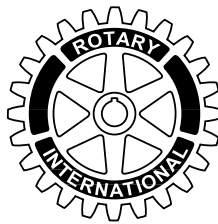
- Rtn Mahendra S. Rawal

- **Would you have known that:**
  - **Father of Aviation:** In 1799, English aviator George Cayley (1773 – 1857) built the first glider that could go short distances. His early work helped inventors understand the dynamics of flight, and the Wright Brothers acknowledged his importance.
  - **First Successful Flight:** The Wright Brothers (Orville and Wilbur Wright) invented and flew the first plane in 1903. It is considered the world's first "sustained and controlled heavier-than-air powered flight." The aircraft, the Wright Brothers, flew about 120 feet.
  - KLM of The Netherlands stands for "Koninklijke Luchtvaart Maatschappij" meaning Royal Dutch Airlines. It is the oldest airlines in the world established in 1919.
  - QANTAS – is Australia's airline, originally stood for "Queensland and Northern Territories Air Services". It is the second oldest airlines in the world formed in 1920, also has the best safety records with no fatal crashes in their history.
  - The largest passenger plane is the Airbus A-380 nearly 240 feet long, almost 80 feet high, and has a wingspan of 260 feet. This double-decker plane has a standard seating capacity of 555 passengers.
  - The Russian cargo plane Antonov An-225 is the largest plane in the world with 6 engines.
  - Flights longer than 8 hours require 3 pilots (one captain and two first officers) to rotate flight duties. Flights longer than 12 hours require 4 pilots (one captain and three first officers). They usually fly 3-4 hours shifts.
- Most pilots and co-pilots on major airlines are not allowed to eat the same food to avoid the possibility of food poisoning sickening the entire flight crew.
- Air travel is the second safest form of travel. The first safest method is the elevator/escalator, although you will not get very far.
- The oxygen mask in an airplane holds enough oxygen to last approximately 15 minutes, which is long enough for the plane to reach a low enough altitude to have breathable air.
- Research shows that the first 3 minutes after take-off and the final 8 minutes before landing are when 80% of plane crashes happen.
- The International Civil Aviation Organization (ICAO), a UN body says that the "global air transport network" doubles in size at least once every 15 years, and that it is expected to do so again by 2030.
- There are approximately 200,000 flights everyday around the world.
- In 2012, 1715 airlines operated a fleet of 23,000 air crafts, serving through a route network of several million kilometers, managed by 160 air navigation service providers.
- An aircraft takes off and lands every 37 seconds at Chicago O'Hare International Airport.
- A commercial aircraft flies at an average speed of 800 kilometers per hour.
- The airport with the longest runway in the world is Qamdo Bangda Airport in the Peoples Republic of China.
- King Fahd International Airport in Dammam, Saudi

Arabia is the largest airport in the world. It sits on 192,000 acres of land, which is bigger than the entire country of Bahrain.

- Thailand's Suvarnabhumi International Airport has the world's tallest air traffic control (ATC) tower standing 132.2m (434ft).
- An air traveller can lose approximately 1.5 liters of water in the body during a three-hour flight. So drink as much water as possible to keep dehydration at bay.
- Air pressure conditions in the flying plane reduce our ability to taste properly. Salt and sugar all taste weaker when in the air while our smell and taste detection thresholds are higher under the low pressure on the ground.

- In an aeroplane bathroom door is not really locked when you are inside. Lavatory doors can be locked and unlocked from the outside for a multitude of reason.
- Cabin crew dim the lights during landing phase as a precautionary measure for passengers. Dimming the lights allows passengers eyes to adjust the darkness as well as make emergency path lighting and signs more visible.
- Mercury is not allowed on a flight. Even a small amount of mercury can seriously damage aluminium, which is what most planes are made from.



## OBJECT OF ROTARY

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

### **First**

*The development of acquaintance as an opportunity for service;*

### **Second**

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

### **Third**

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

### **Fourth**

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

# कुपोषणबाट बच्न पत्रु खाना वहिष्कार



- रो. डा. अरुणा उप्रेती

जब १५ वर्ष अघि मैले अमेरिकामा धेरै जवान केटा र केटीहरू धेरै मोटा पाएँ र मैले सोचें कसरी आमाबुवाहरू आफ्नो छोराछोरीको स्वास्थ्यमा यसरी बेवास्ता गरिरहेका छन् । मलाई त्यो बेलामा थाहा थिएन कि यो समस्या नेपालमा पनि चाँडै देखिने छ । केही समय अगाडि काठमाडौंको सडकमा, विद्यालयमा र बाटोमा मोटो बालबालिका, मान्छे देखिदैन थिए तर अहिले यो कुरा सामान्य भइसकेको छ । यो आमाबुवाको सन्तान प्रतिको अधिक प्रेम वा वेवास्ता (अज्ञानता) को परिणाम हो ?

केहि हप्ता अगाडि जब म सिन्धुपाल्चोक जिल्लामा गएको थिएँ । केही सामुदायिक विद्यालयमा पुगेर विद्यालयका विद्यार्थीहरूको खाजाको बारेमा छलफल गर्ने क्रममा अधिकांश बच्चाहरूले र शिक्षकहरू पैसा ल्याएर पसलमा पाईने पत्रुखाना खाने गरेको पाएँ । जब मैले पत्रुखानाले गर्ने नराम्रो असरका बारेमा उनीहरूलाई बताएँ, तब उनीहरू सबै छक्क परे । शिक्षकहरूले पत्रुखानामा पोषण हुँदैन भन्ने त बुझेका रहेछन् तर त्यसले स्वास्थ्यमा यति धेरैसम्म नकारात्मक असर गर्छ भन्ने कुरामा भने ज्ञान थिएन ।

मैले सुदूर पश्चिममा प्याकेट चाउचाउ, कुरमुरे र बिस्कुटको अत्यधिक सेवनका कारणले भन्डै मृत्युको मुखमा पुगेकी एक ३ वर्षे बालिकाको घटना सुनाए । जब उनलाई आमाले अस्पतालमा लगिन्, उनको अवस्था देखेर सबै स्वास्थ्यकर्मीहरू डराएका थिए । उनलाई नेपालगंजको पोषण सुधार केन्द्रमा पठाए पछि जब घरमा बनाएको स्वस्थकर खान दिइयो, तब मात्र उनी बाँच्न सफल भईन् । ती छोरीको कुपोषण हुँदाको पहिलेको फोटो र ४० दिनपछिको फोटो शिक्षकहरूलाई देखाइसकेपछि शिक्षकहरूले त्यो प्याकेटको खानाले यतिसम्म खराब हुन्छ भन्ने बुझेको भए आफ्ना छोराछोरीलाई खान दिदैनौ थिए भनेर बताए । उनीहरूले त चाउचाउ, कुरमुरे त राम्रो खाजा हो भन्ने सोचेको भने । "हिजो मात्र मेरी श्रीमतीले २० प्याकेट ल्याउन भनेपछि ल्याएको" भनेर बताएका थिए एक शिक्षकले ।

"मेरी श्रीमतीलाई खाजा बनाउन अल्छी लाग्ने र छोराछोरीलाई पनि प्याकेटको खानेकुरा ज्यादै मिठो मान्ने भएकोले भनेर एक जना शिक्षकले स्वीकारे ।"

एकजना चाउचाउ, नुडल्सको कारखानामा काम गर्ने इन्जिनियरले मलाई भनेका थिए- "चाउचाउ कारखाना नै मेरो काम

गर्ने ठाउँ हो, तर म त्यो चाउचाउ कहिले खाँदिन किनकी तिनीहरू धेरै नै अस्वस्थकर छन् । त्यसमा प्रयोग गरिने तेल दिनभर तताएको कारणले क्यान्सर गराउन सक्ने भएकोले छोराछोरीलाई पनि खान दिन्न । अफ भन्ने नै हो भने चाउचाउ त चाउचाउकै फ्याक्ट्रीका मालिकहरूले समेत नखाने र आफ्ना छोराछोरीलाई समेत खुवाउँदैनन् । तिनीहरू त आफ्ना छोराछोरीलाई त स्वस्थकर खाना दाल, हरियो सागसब्जी खुवाउँछन् तर सर्वसाधारणहरूलाई जुनसुकै समयमा, जहाँसुकै सजिलै खान सकिने जस्ता विज्ञापन गरेर बुद्धिलाई भुटी दिन्छन् र विज्ञापनहरूको भ्रममा पारेर सामान्यजन चाउचाउजन्य खानेकुरा किन्न बाध्य पार्दछन्" भन्ने तितो वास्तविकता समेत इन्जिनियरले बताए । "यसले गर्दा मानीसहरू मोटोपन, उच्च रक्तचाप र कुपोषणको सिकार भएका छन् ।"

बालबालिका किन प्याकेटका चाउचाउ, कुरमुरे जस्ता खानेकुरा खान्छन् भन्ने प्रश्नमा सिन्धुपाल्चोकका सामुदायिक विद्यालयका विद्यार्थीका आमाहरूले पत्रुखाना खान पाँउदा छोराछोरी धेरै खुसी हुने, किन्नलाई सजिलो, आफ्नो समयको पनि वचत र सस्तो हुने कुरा बताए । जब मैले पत्रुखानाको कारणले उत्पन्न हुने समस्या र खतराको बारेमा बताएँ, सबैजनाले छक्क परेर जिब्रो नै टोके । मैले उनीहरूलाई पत्रुखाना पनि धुम्रपान र मद्यपान जत्तिकै घातक हुने, छोराछोरी बिरामी भएपछि उनीहरूलाई ठिक पार्न धेरै खर्च हुने, मानसिक र शारीरिक समस्या समेत हुने बताएपछि मात्र आमाहरूको मानौँ आँखा खुलेको थियो ।

मैले आमाहरूलाई कुपोषणबाट पीडित बच्चाहरूको तस्बिर देखाएर उनीहरूलाई घरमा बनाएको स्वस्थकर खानाले कसरी बच्चामा परिवर्तन आयो भन्ने कुरा समेत बताएँ । उनीहरूले यदि पत्रुखाना यति खराब हो भने "किन त्यस्ता राम्रा-राम्रा विज्ञापन गरेर टि.भी.मा देखाउछन्" भन्ने प्रश्न गरे । मैले "यो सत्य हो, सरकारलाई हाम्रो स्वास्थ्यको बारेमा समय दिन फुर्सद भएको छैन, तर यसबाट हाम्रो छोराछोरीलाई पत्रुखाना खानबाट बचाउने समय आएको छ । यदि हामीले यस्तो कार्य गर्न सकेनौ भने केही समय पछि हामीले हाम्रा छोराछोरीलाई विभिन्न रोगबाट हुने मानसिक वेदना र पैसा पनि बचाउन सक्दैनौ । त्यसैले हामीले आफैँले सोच्ने र सचेत हुने समय आएको छ ।" यो सुनेर शिक्षक र आमाहरूले अबदेखि छोराछोरीलाई घरबाट नै खाजा पठाउने प्रतिबद्धता देखाए ।

हामीले ६०० जना सामुदायिक विद्यालयका विद्यार्थीहरूसँग छलफल गर्दा ९८% ले पत्रुखाना खराब हुन्छ भनेर बुझेको पाईयो । तर यो एकदम स्वादिलो हुने, आमाहरूले खाजा बनाउने समय नहुने, घरमा बनाएको खाजा ल्याएमा साथीहरूले गिज्याउने कुरा पनि भने । “आमाले आफ्नो छोराछोरीलाई खाजा बनाउन नभ्याउने कुरा साँच्चै दुःखदायी कुरा हो । तर जब छोराछोरी बिरामी पर्छन् उनीहरूको उपचार गर्ने समय चाहिँ कसरी पाउँछन्”, मैले आमाहरूलाई बारम्बार प्रश्न गरिरहे ।

धेरै सर्वसाधारणहरूले उनीहरूलाई कुन खाना राम्रो र कुन नराम्रो भन्ने कुरा थाहा नै नभएको र कसरी बनाउनुपर्छ भन्ने समेत ज्ञान नभएको बताउँछन् । नेपालीको प्रत्येक समुदायमा धेरै नै स्वस्थकर खाना तयार हुने गरेको छ । यस्तो अवस्थामा त्यसरी भन्नु भनेको साँच्चै नै दुःखदायी कुरा हो । हामीले विज्ञापन र पत्रुखानाको पछाडि लागेर हाम्रो खानाहरूलाई यसरी बिर्सने र बेवास्ता गर्ने गरेका छौं ।

नेपाली खाना पोषणयुक्त हुन्छ, कार्बोहाईड्रेट, प्रोटीन र प्राय मौसम अनुसारको सूक्ष्म पोषकतत्व हुन्छ र त्यसमा पनि सिजन अनुसारको खाद्यान्न हुन्छ ।

घ्यू र तेलमा स्वास्थको लागि चाहिने चिल्लो पदार्थ राखेर तयार गरिएको र साथै स्वास्थलाई फाइदा पुऱ्याउने खालका मसलाहरूको पर्याप्त प्रयोग गरिएको हुन्छ ।

तरकारी, अचारहरू ताजा जडिबुटी पनि मिसाएर तयार गरिने भएकोले अझ पोषणयुक्त हुन्छ ।

यस्तो राम्रो खाना हुँदा पनि कतिजनाले खोई छोराछोरीलाई के खाजा दिने भनेर अन्यालमा परेको पनि देखिन्छ ।

### केही पोषणयुक्त खाजाहरू:

- चिउरा, जौ, फापर, कोदोबाट बनेका रोटी, हलुवा, मकै, अण्डा, तरकारी र कुखुराको मासु मिसाएर भुटेको भात ।
- मुङ्ग र मासको बारा, उसिनेको आलु, सख्खरखण्ड, तरुल, पिडाँलु ।
- ताजा अचार, जाउलो र खिचडी, केराउ, गेडागुडीहरू, उसिनेको हरियो मकै ।
- गहुँको आटा र फापरको कोदोबाट तयार गरेको रोटी, मःम ।
- घरमा बनाएको चटपटे ।
- सेलरोटी, खीर, तीलको लड्डु, यमरी ।
- मौसम अनुसारको फलफुल ।
- दही, मोही, सिकर्नी आदि ।

घरमा बनाइने नेपाली खाजाहरू सजिलो, साधारण र चाँडै बनाउन सकिन्छ । अझ धेरै क्षेत्रीय र जातिगत विविध खानेकुरा पनि छन् । जस्तै सन्धेवजीलाई एउटा नेवारी समुदायको उत्कृष्ट खाजाको उदाहरणको रूपमा लिन सकिन्छ ।

तिनीहरूले पत्रुखाना र उच्चस्तरीय प्रशोधित खानाहरूलाई प्रतिस्थापन गराउन सकिन्छ तर हामीले हाम्रो घरमा बनाएका खानाको महत्वको बारेमा विभिन्न संचार माध्यमबाट प्रचार-प्रसार गर्न सक्नु पर्छ । पोषणयुक्त परम्परागत खानाहरूलाई शहरी जीवनशैलिले गर्दा बिर्सदै गइरहेका छन्, जस्को कारण रोगहरू बढ्दै छन् ।

२००६ मा रक्तअल्पता भएका ३६% महिलाहरूको संख्या १० वर्षपछि बढेर ४९% पुग्यो, २००६ मा बालबालिकामा रहेको रक्तअल्पता ४८% बाट बढेर २०१६ मा ५३% पुग्यो, १३% उच्च रक्तचाप भएका पुरुष र १८% महिलाको संख्या बढेर क्रमशः १७% र २३% भएको तथ्याङ्कले स्पष्ट रूपमा बुझ्न सकिन्छ कि नेपालीहरूको स्वास्थ्य राम्रो छैन र पत्रुखाना र खराब जीवनशैलीले गर्दा यसो भएको छ । भर्खरै भएको एक अध्ययनले २५ लाख नेपालीहरूमा २ प्रकारका मधुमेह रहेको पाईन्छ । जुन तथ्याङ्क कुल जनसंख्याको ८.९% हुन आउछ । जुन ग्रामीण इलाकामा ९% र शहरी इलाकामा १४% छ । जस्को कारण भनेको शारीरिक व्यायामको कमि, चिनी जन्य पदार्थ, सोडा, प्रशोधित पत्रुखानाको अत्यधिक प्रयोग नै हो ।

नराम्रो खानालाई भ्रामक र भुटो विज्ञापनद्वारा वढावा गरेको कारण नै पत्रुखाना राम्रो हो भन्ने भ्रम आम नेपालीमा परेको हो । नियम बनाउने र कार्यान्वयन गराउनेहरूको लागि पहिलो चुनौती भनेको नै भ्रामक र भुटो विज्ञापनलाई रोक्ने र गलत सूचनालाई घटाउदै लाने नीति लागू गर्नु हो ।

मातापिताले समयमै सन्तानको खानेकुरामा विचार गरेनन् भने कि त कुपोषण हुने कि त १२ वर्षको बालक जस्तो मोटोपन हुन सक्छ ।

मेरो एक परिचित छन्, उनको १२ वर्षको नाती ५४ किलोको छ । उसको खाना र नास्तामा धेरैजसो पत्रुखाना हुन्छ । उसलाई घरमा बनाएको खाना पटककै मनपर्दैन । उनको काकाले उनलाई चिसो पेयपदार्थ माया गरेर दिन्छन् । १२ वर्षको केटा पहिले देखि नै पिठ्यु दुख्ने समस्याका कारण दौडिन सक्दैनन् साथै तेस्रो तल्लामा उक्लिन समेत धेरै नै गाह्रो हुन्छ । यो केटा २५ वर्षको हुँदा नै उच्च रक्तचाप र मधुमेहको सिकार हुन सक्छ र उनको बाँकी जिन्दगी नै धेरै समस्यामा पर्न सक्छ । यो कुराले उनकी हजुरआमा ज्यादै चिन्तित छिन् । उसले हजुरआमाले भनेको केही मान्दैन । उ चिसो पेय पदार्थ, पत्रु खाना र अल्छी जीवनशैलीको आदतमा डुबी सकेको छ । उसलाई पैसाले खुसीको सट्टा समस्या नै समस्या दिएको छ । यो कुरा काठमाडौँका मध्यमवर्गीय परिवारको लागि दुःखको कारणहरूमध्ये एउटा हो । उसले कहिलेकाहीँ आफ्नो तौल घटाउने भनेर डाइट कोक पिउने गर्छ ।

तपाईँको सन्तानले के खान्छन् भनेर विचार गर्नुपर्छ है !







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# रोटरि र म



- रो. जमुना ताम्राकार

म सन् २००० मा रोटरि क्लब अफ पाटनको सदस्य भएपछि बल्ल रोटरिका बारेमा बुझ्न थालें, हुनत सन् १९७४ मा म सरकारी कर्मचारिको हैसियतले राष्ट्रिय निकुञ्ज कार्यालयमा कार्यरत छंदा प्रचार-प्रसार अधिकृतको नाताले म र पीसकोर स्वयंसेवक थापाथलीस्थित रोटरि क्लबमा राष्ट्रिय निकुञ्ज तथा वन्यजन्तु संरक्षण बारे जानकारी दिने कार्यक्रम अनुसार स्लाइड प्रोग्राम गर्न गएको थिएँ, तर यसले त्यतिबेला रोटरि के हो भन्ने बारे केही थाहा थिएन ।

मलाई रोटरिमा आउने प्रेरणा दिने मेरो कान्छा मामा स्व. नारायण गोविन्द हलवाईजी थिए । उहाँले मलाई बरोबर रोटरिमा आउनु पन्यो भन्ने कुरा उठाउँदा, त्यही बेला मेरो नोकरी उपत्यका बाहिर भएकोले मैले त्यति इच्छा गरिन । तर जब मेरो सरुवा काठमाडौंमा नै भयो तब मैले रोटरि क्लबको सदस्यता लिएँ ।

रोटरियन भएपछि रोटरिका विभिन्न क्रियाकलापमा संलग्न भएँ । मलाई त रोटरिको सिद्धान्त Service Above Self ले प्रभावित पान्यो । रोटरिका सदस्य भएपछि आफैँले सबैसंग चिनजान गरी सबै साथीहरूसँग घुलमिल हुँदै गएँ । धेरैजसो पुराना रोटरियनहरूले म नयाँ सदस्य भनेर बोल्न आएको मलाई थाहा थिएन । सबै आफू आफू मात्र कुरा गर्ने गर्थे । सायद रोटरि क्लब अफ पाटनको विशेषता नै हो कि त्यतिबेला । तर अहिले स्थिति धेरै फरक भएको मैले पाएँ । त्यतिबेला मेरो व्यक्तिगत रूपमा चिनेका रोटरियनहरू सन्त कुमार श्रेष्ठ, कमल न्याछ्यो, चन्द्र शेखर ज्ञवालि र नारायण गोविन्द हलवाईजी मात्र थिए ।

रोटरिका कामहरूमा संलग्न भएपछि समय-समयमा रोटरिका प्रोजेक्टहरूमा पनि जानुपर्ने रहेछ । त्यहि सिलसिलामा उपत्यका बाहिरका प्रोजेक्ट साइटहरू चण्डिभन्ज्याड, चितवन, मीर्ग, दोलखा जिल्ला र चेपेल, सोलुखुम्बु हेर्न जाने मौका पाएँ । तीनवटा प्रोजेक्ट साइटमध्ये सोलुखुम्बुको चेपेल सा-है विकट लाग्यो । हुनत सोलुखुम्बु जिल्ला प्रवेश मेरो लागि पहिलो चोटि भने होइन । म सन् १९८१ मा सगरमाथा राष्ट्रिय निकुञ्जको वरिष्ठ वार्डेन हुँदा एभरेष्ट वेश क्याम्पसम्म पुगेको थिएँ । चेपेल प्रोजेक्ट साइटमा पुग्न काठमाडौंबाट काँग्रेसमम्म प्लेनमा र त्यहाँबाट करिब पन्ध्र घण्टा उकालो-ओरालो गरी जानु पर्थ्यो । त्यहाँ एउटा शेर्पा र राइहरूको बस्तीमा बिजुलीको सुविधा पुन्याउन एउटा १५ के.वि.को हाइड्रोपावरको प्रोजेक्ट लिएर गएका थियौं । करिब दुई वर्षमा प्रोजेक्ट सम्पन्न भई गाउँमा बिजुली पुगेको खबर थाहा भएपछि रोटरिबाट गरेको कार्यक्रमको ठूलो उपलब्धि भएको मैले महसूस गरेँ ।

क्लबमा रोटरियन मात्र हुनुभन्दा कुनै कामको जिम्मेवारि लिएर विभिन्न कार्यक्रममा संलग्न भएपछि आफूले पनि केही गरेँ जस्तो

अनुभव हुन्थ्यो । रोटरिमा काम गर्दा Sergeant at Arms, Director, Secretary, Vice President, PN, PE हुँदै २०११/१२ मा क्लबको President भएँ । यसरी काम गर्दा रोटरि बारे र साथीहरूसँग आत्मीयता बढेको मैले महसूस गरेँ ।

रोटरि एउटा निःस्वार्थ भावले काम गर्ने संस्था भएकोले कुनै पनि प्रोजेक्ट गर्न स्वदेश तथा विदेशबाट सहयोगको कमी भएको महसूस भएन । यस क्लबले PEEF (Prajapati Education Endowment Fund) कार्यक्रममा सबै क्लबका सदस्यहरूको सहयोग र सदस्यहरू मार्फत् विदेश तथा स्वदेशमा रहेका आफन्त तथा नातेदारहरूका सहयोगबाट ललितपुर जिल्लामा वार्षिक करिब ४५० जना कक्षा ७ देखि १० सम्मका विद्यार्थीहरूलाई छात्रवृत्ति दिँदै आएको पनि यस क्लबको ठूलै उपलब्धिका रूपमा लिनु पर्छ । यस क्लबबाट PEEF कार्यक्रम वाहेक वर्षेनी ७, ८ वटा प्रोजेक्टहरू संचालन गरेर विभिन्न क्षेत्रमा जस्तै शिक्षा, स्वास्थ्य, खानेपानि, सिपमूलक तालिम तथा अन्य कार्यक्रमहरू गरेर प्रायः सबै जसो रोटरियन साथीहरू सहभागी भएको मैले पाएँ । कहिलेकाहिँ रोटरियन साथीहरूले कुरा उठाउने गर्थे कि हामीहरूले त्यत्तिका काम गरेर पनि प्रचार-प्रसारमा प्रभाव राम्रोसँग आएन । तर मेरो विचारमा हामी रोटरियनहरूले आफ्नो कर्म मात्र गर्ने हो र हामीले गरेका कार्य अथवा कामको फलको आशा नगरौं । हामीले गरेका काममा हामी रोटरियनहरूको आत्माले सन्तुष्टि भयो भने त्यति नै पुग्छ ।

रोटरि क्लब अफ पाटनका सदस्यहरूको एउटा आकर्षण भनेकै फेलोसीप पनि हो । क्लबमा प्रोजेक्टको साथसाथै फेलोसीपमा जोड दिएको पाइन्छ । यस क्लबमा साविकको कार्यक्रम वाहेक पनि Birthday Fellowship, Past President Fellowship, Family Picnic र Family Outing भनेर एक रात बाहिर क्याम्प गर्ने पनि कार्यक्रम छन् । वास्तवमा यस क्लबमा अधिकांश सदस्यहरू जेष्ठ नागरिक भएकाले पनि फेलोसिपमा बढि जोड दिएको पाइन्छ ।

रोटरियनको नाताले District Convention, International Convention र अन्य रोटरिका विभिन्न कार्यक्रमहरूमा भाग लिने मौका पाएको थिएँ ।

अन्त्यमा, हामी रोटरियनहरू फोर वे टेष्टका बारे कुरा गर्छौं तर दैनिक जीवनमा सो बारे व्यवहारमा लागू भएको छ कि छैन भन्ने पनि सोच्नु आवश्यक भएको मैले महसूस गरेको छु ।



## ***Inner Wheel Club of Patan Report for the year 2017-2018 Chartered on 6th June 1994 Club No. 4363***



*IW Mithila Rajbhandary  
President, Inner Wheel Club  
2017-2018*

Being President of the Inner Wheel Club of Patan, for the second time, was a fabulous honor and experience for me. I became the president when the chartered president of Inner Wheel Club of Patan Mrs. Chandra Lekha Kayastha become the President of the Rotary Club of Patan.

The theme for the year 2017-18 of International Inner Wheels "Leaving a Lasting Legacy", and I hope in this year, we have also been able to leave a little bit of a legacy in the lives of some of the poorest women and children in Patan. This year we focused on support to women and children, particularly their health, education and access to water. Our Club activities which were held this year are detailed below.

Our water project which started almost 3 years ago came to completion this year. We also completed the fixing of the water tanks which were destroyed by the earthquake. For this project, the Inner Wheel Club of Strasburg, France provide support. We had also collaborated with the local community for this project. Members of the inner wheel club of Strasburg had come to monitor the project two times. The water tank of Tallo Goth, Godamchaur of Lalitpur were also damaged by the earthquake. Through Jhaylumtar drinking water committee our clubs provided support of 2lakhs 50,000.



*Visit to drinking water project*

Our Club provided different support to Mudita Sewa Griha. Mudita Sewa Griha is a home opened in early 2009. MUDITA -means to be willingly serving and be merry in successful achievements of others. This included support of Nrs. 4000 for one year was provided to a child named Shrisiti. 8 older women were supported at Mudita for Dashain provided with sari, shawls, petticoats, socks distribution and a meal equivalent of 3600. We also provided Nrs. 10 lakh support to build Mudita Sewa Griha building.



*Handover of funds to Mudita Sewa Griha*

In August 2017 in collaboration with Sichahity Mahila Vidhyalaye (Adult Education for Women), we held a heart awareness program where over 200 women participated in the talk held by Rotarian of Rotary Club of Patan, Dr. Prakash Regmi. We provided NRs. 32,500 for the event.

In December 2017 handed over one Microscope made by BOUSCH & LOMB which was gifted by Prof. Micheal Lynne, who is the Dean of Micro Biology Dept., University of Connecticut, one book shelf, supporting educational books at Shree Taudaha Rastriya Higher Secondary School, Taudaha.



*Health awareness program*

On Buddha Jayanti, in March 2018, at Daubahal, Lalitpur, our clubs supported breakfast at the eye camp for Nrs 8000. This was done in collaboration with the Tripureswor eye hospital. The event was organized by Moti Shanti Shakya also co-sponsored by Tilganga Nepal eye donation society, and the Curio Gallery. The event was honored by the participation of Centennial Satya Mohan Joshi.

In addition, we also made contribution to several other projects. This includes support of NRs. 2,30,000 to support drinking water project in ward no 4 of Godavari Municipality Bhakunde Chuar.



*Eye check up of Satya Mohan Joshi*

In June, we distributed cholo, bhoto, topi and Rs. 20 each to 74 new born infants at Patan hospital.

At the district assembly our club contributed Rs. 5000 to support the medical costs of a child named Jamuna, one of the conjoined twins who were born in Nepal in 2000.

We also worked closely with other parts of the Rotary family. In partnership with Rotract Club of Patan we provided NRs. 10000 to support a health camp. 32 people donated blood at the health camp

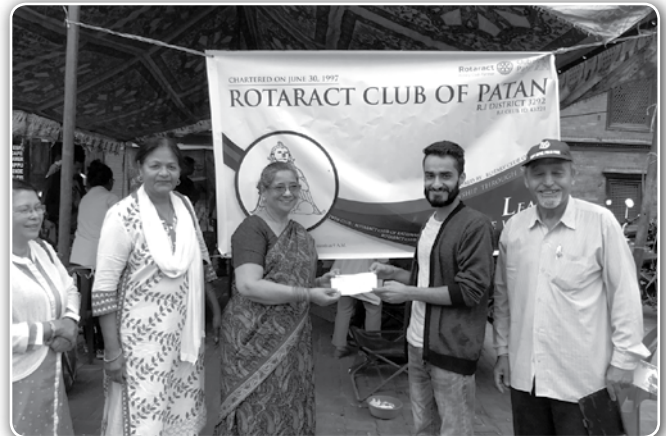


*Clothing handover for new born infants*

**Our club also participated in several events including:**

- A fun and Talk program of the Rotary Club of Patan.
- Inner Wheel District 350 Nepal organized events including International Inner Wheel Day, District Conference, District Assembly / International Peace Day.

Our meetings were held on every first Monday of the month at 6 Hotel Summit, but we started with a fellowship at 5:30. We were also very lucky to have several meetings hosted in the homes of some of our members. To date we have completed 295 meetings, with 13 meetings held this year.



*Fund handover to Rotaract Club of Patan*

As part of my final words I would like to thank all the members of our Club and to the Rotary Club of Patan for all the support and collaboration. It is because of everyone's joint efforts that we had a successful year. Finally I would like to congratulate Mrs. Gunu Shrestha, our incoming President, and her team for her successful tenure.



## Executive Members for 2018-2019



*Gunu Shrestha*  
President  
Tel: 9841401076



*Brinda Rana*  
Vice-President  
Tel: 9841309385



*Mithila Rajbhandary*  
Immediate Past President  
Tel: 9841758531



*Meena Shakya*  
Secretary  
Tel: 9849137520



*Rajya L. Bajracharya*  
Treasurer  
Tel: 9851098264



*Sulochana Pradhan*  
ISO  
Tel: 9849036722



*Kamala Maharjan*  
Editor  
Tel: 9841348337



*Shanta Shrestha*  
Executive Member  
Tel: 9849850226



*Shanti Mathema*  
Executive Member  
Tel: 9841188955



*Mary Shrestha*  
Executive Member  
Tel: 9849671500



*Nirmala Shrestha*  
Executive Member  
Tel: 9841627645

## General Members



*Bijaya Laxmi Shrestha*  
Tel: 9851050963



*Sulochana Nyachhyon*  
Tel: 9851023354



*Chhaya Juwa*  
Tel: 9841735804



*Moti Shanti Shakya*  
Tel: 9841254782



*Meera Tamrakar*  
Tel: 9851001408



*Shova Maskay*  
Tel: 9808962595



*Manju Piya*  
Tel: 9841267852



*Bijaya Laxmi Pradhanang*  
Tel: 01-5524956/5554965



*Praveena Shrestha*  
Tel: 5260846





Rtr. Rubina Shakya  
President

## **Rotaract Club of Patan**

### **Sponsored by Rotary Club of Patan**

### **Chartered on 30th June 1997**

## **Summary Report of the 2017-18**



Rtr. Sajal Khadka  
Secretary

#### **22<sup>nd</sup> Charter-day and 21<sup>st</sup> Installation Ceremony**

Rotaract Club of Patan celebrated the 22<sup>nd</sup> Charter day and 21<sup>st</sup> Installation on July 1, 2017 at Sunrise Café, Kupondole. Chief Guest IPP Rtn. Bijaya Mallapaty, Zonal Rotaract Representative Rtr. Subin Ratna Shakya, Rotarians, Past Presidents of the Rotarct club, and fellow club Rotaractors graced the program. Rtr. Mohini Maharjan handed over the Presidency to Rtr. Rubina Shakya, who called off the meeting and introduced her Board.

#### **Club Assembly**

Regular Club Assemblies were organized by Rotaract Club of Patan throughout this year. The directors presented their planning for 4 months. The club assemblies were held quarterly.

#### **Internal Club Officer's Training**

Organized a Club Officers Training for next Rota Year preparation on June 1-2 at Grand Summer Palace Resorts. The program was facilitated by past president Rtr. Sudeep Shakya.

#### **Fellowship Program**

- 27/09/2018: Annual Good Morning Dashain Party at Blue Bird College in presence of parent club Rotary Club of Patan, twin club members, fellow Rotaractors from different clubs.
- 27/09/2018: Fellowship Dinner at Salim's residence.
- 26-30/10/2018: Ghandruk trip- A fellowship trip to Pokhara and Ghandruk with RAC Hemja.
- 20/11/2018: Bhogatey party jointly with RAC Mount Everest hosted the Bhogatey party in Rtr. Samir Pahari residence.
- 21/11/2018: We hosted our new twin club Rotaract club of Hemja at Café Aamu during the Rotaract Futsal Tournament.
- 28/01/2018: Hosted IDYEP team from RID 3142 along with RAC Sainbhu Bhainsepati touring Boudhanath and Pashupatinath with fellowship dinner at Café Aamu.
- 19/05/2018: Futsal match with Rotary E-club of District 3292.

#### **Health Camp & Awareness/Blood donation/ Competition/ Setup**

- 2/07/2017 and 24/07/2017: Started the tenure with Eye Check-up and ENT check-up with twin club Rotaract

club of Kathmandu Metropolis at Hope Rising Nepal, Tikathali with support of Nidan Hospital.

- 24/08/2017: Teej Health Camp- Rotaract club of Patan in support of Nidan Hospital organized Teej Health Camp at Banglamukhi.
- 9/9/2017: First Aid Program- Organized jointly with RAC Patan Durbar Square, Jawalakhel, Mount Everest and Yala coordinating RAC Itahari and facilitated by the technical support of Sanjit Sah and his whole team (PSRN team) at Interact club of Pragati Siksha Sadan.
- 16/06/2018: Rotaract club of Patan and Rotary club of Patan jointly organized Annual Blood Donation program at Mangalbazaar, Lalitpur supported by Nepal Red Cross Society.
- 6/03/2018: Menstrual Health workshop- Rotaract club of Patan, Rotary club of Patan jointly with Rotary club of Himalaya Patan organized Menstrual Health workshop facilitated by Rtn. Sonu Shakya Bajracharya at Amarkanti School, Lele.
- 6/05/2018: Suicide Prevention Class- Rotaract club of Patan along with Rotaract club of Patan Durbar Square initiated Interaction on Suicide Prevention at Nesfield College.
- Library Setup -We participated in the setup of the "Rotaract Library In Jhumka Prison" started by RACs of Itahari, Dillibazar-Kathmandu Yala.
- 20/01/2018: 1st Interact Essay and Handwriting Competition-Jointly with Rotaract club of Mount Everest, Lalitpur. Interact from Kathmandu, Bhaktapur and Lalitpur participated in the program. They were sponsored by their respective Rotary clubs.

#### **Zonal/District/Participation**

- 05/08/2017: Participation in Zonal COTS at Kist Medical.
- 24/08/2017-28/08/2017: Participation in IDYEP, RID 3142 by Rtr. Peshal Bhattarai.
- 16/09/2017: Participation in 1st PS Meet 2017.
- 11/11/2017: 4th Late Nationwide Blood Donation Camp.
- 24/12/2017: Participation in 1st Mr & Miss Rotaract - Rtr. Rujen Shakya won the 1st Runner up and Mr. Intelligent.

- 19/01/2018-21/01/2018: Rtr. Rubina Shakya, President participated in RYLA 2018 organized by RID 3012 at OP Jindal Global University, Sonapat, India.
- 23/02/2018: Participation in 113th Rotary Day.
- 30/04/2018: Participation in 2nd PS Meet 2018.
- 21/04/2018: Volunteered at Mega Health Camp.
- 26/05/2018: Participation in Zonal Class painting.

#### **Joint Meeting with talk program**

- 12/08/2017: Rotaract club of Patan with twin club RAC Patan South celebrated World Youth Day by conducting discussion program on drug related youth issues.
- 13/01/2018: Joint talk program on Sexual Reproductive Health with RAC Kathmandu Metropolis and RAC Balaju.
- 6/05/2018: Joint Meeting with Rotary club of Patan and Rotaractors shared experience of RYLA, next Rota Year planning.

#### **Professional Development**

- 29/07/2017: Ms-Office making professionalism easier (Part -1)-Past President Rtr. Sudeep Shakya and Professional Development director Rtr. Rujen Shakya facilitated the Ms-Office Word.
- 26/08/2017: Presentation Skills and Facilitation Techniques - Season 4- Rotaract club of Patan jointly with Rotaract club of Jawalakhel and Kathmandu Midtown hosted Presentation skills facilitation techniques-Season 4 at Future Star School, Kumaripati which was facilitated by Rtn. Prafulla Man Singh Pradhan.

- 8/09/2017: Career Counselling- RAC Patan and RAC Mount Everest supported by RAC Mahabouddha and RAC Patan South organized Career Counselling at Amar Kanti Secondary School, Lele.
- 24/03/2018-25/03/2018: Rotaract Youth Leadership Camp-"Finding the Hero within"- We have been joined by Rotaract club of Kathmandu Metropolis sponsored by Rotary club of Patan and Rotary E-club District 3292 respectively and along with other renowned institute. Formal closing ceremony of RYLC was conducted April 7, 2018. Sponsors were appreciated for their assistance.
- Public Speaking: Rotaract club of Patan, Jawalakhel Manjushree, Patan South and Kathmandu West conducted public speaking every 1st Saturday of the English month. There were featured speaker, on-spot speakers and guest for the public speaking.

#### **World Day Celebration**

- 5/08/2017: Friendship Day "Mero Mitra" with RACs of Jawalakhel Manjushree, Himalaya Patan and Patan South with musical fun and games.
- 21/09/2017: World Peace day "Peace is my religion" with 19 different clubs national and internationally.
- 12/10/2017: Global Hand washing Day jointly hosted global washing day at Shree Shanti School under the multiple venue and single banner organized by RAC Patan Durbar Square.



## **Board Members of Rotaract Club of Patan for the Rota Year 2018-19**

S.N.	Name	Designation	E-mail	Tel (Mob)
1.	Rtr. Peshal Bhattarai	President	rtrbperial@gmail.com	9801084772
2.	Rtr. Rubina Shakya	IPP	rtr.shakya@gmail.com	9849871429
3.	Rtr. Sajal Khadka	Vice President	sajalkhadka@gmail.com	9849134951
4.	Rtr. Bibeem Shakya	Vice President	bibeem12@gmail.com	9803360253
5.	Rtr. Rujen Shakya	Secretary	shakyarujen1@gmail.com	9849702525
6.	Rtr. Shraddha Shakya	Treasurer	shraddha_shakya123@gmail.com	9808361130
7.	Rtr. Sapna Maharjan	Joint Secretary	maharjan@hotmail.com	9808806922
8.	Rtr. Panika Shakya	Club Service Director	panika_me@hotmail.com	9843165572
9.	Rtr. Salina Amatya	Community Serv. Director	amatya02salina@hotmail.com	9808567217
10.	Rtr. Susmita Baskota	Professional Serv. Director	susmitaa.baskotaa@gmail.com	9849932965
11.	Rtr. Kritika Sharma	Int. Service Director	creet.ka@gmail.com	9840012457
12.	Rtr. Ravi Shakya	Editor	ravi@cniinfotech.com	9849196363
13.	Rtr. Raprasta Shrestha	Sergeant At Arms	raprasthashrestha@gmail.com	9869074077

**Interact Club of Patan  
Pragati School  
Kopundole-10, Lalitpur**

*Club ID 86246, Chartered Date: 11 Nov. 2014  
Sponsored by: RC Patan Club No. 23126  
RID 3292, Nepal - Bhutan.*

**Current Members 2018-2019**



President  
**Itr: Dikshya Chaudhary**  
Grade: 9



Secretary  
**Itr: Aman Tullah Ansari**  
Grade: 9

- IPP: Itr. Sebi Yadav
- Vice President: Itr. Janak Giri
- Treasurer: Itr. Lajisha Hamal
- Director, Finance Committee: Itr. Mamta Jaiswal
- Director, Service Committee: Itr. Kritika Khadka
- Director, Int. understanding: Itr. Rajita Thapa
- Director, Board: Itr. Sabitri Bohora, Itr. Shila Jaiswal, Itr. Mahesh Shah
- Members:  
Itr. Nirjala Rana Magar, Itr. Rabina Shah, Itr. Khusboo Shah, Itr. Surichi Karki, Itr. Kiran Jaiswal, Itr. Shweta Bhattra, Itr. Anira Jaiswal, Itr. Nibha Jaiswal, Itr. Mamta Jaiswal, Itr. Sanjana Rawat, Itr. Sanjana Agrahari, Itr. Monica Shrestha, Itr. Kashish Dalami, Itr. Aakash Gems Pal, Itr. Ajamullah Ansari, Itr. Suman Thapa, Itr. Reshav Yadav

**Interact School Coordinator:**

Mr. Bishwa Raj Sharma - Cell 9841409629

**Head Master:**

Mr. Surya Prasad Ghimire - Cell 9851135244

**Interact Club of  
Shree Balkumari School  
Sunakothi, Lalitpur**

*Club ID 208051, Chartered Date: 29 Nov. 2011  
Sponsored by: RC Patan Club No. 23126  
RID 3292, Nepal - Bhutan.*

**Current Members 2018-2019**



President  
**Itr: Rahul Tamang**  
Grade: 9



Secretary  
**Itr: Barsha Raskoti Magar**  
Grade: 9

- IP President: Itr. Bicky Lama
- Vice President: Itr. Menuka Chand
- Treasurer: Itr. Nunam Limbu
- Treasurer: Director, Club Committee: Itr. Dikshya Aryal
- DIrector, Service Committee: Itr. Rabina Gole
- Members:  
Itr. Bipana Giri, Itr. Isha Rai, Itr. Ishor Tamang, Itr. Amrit Tamang, Itr. Manisha Tamang, Itr. Sanjay Gurung, Itr. Arpan Mote, Itr. Bhim Tamang, Itr. Yubraj Majhi, Itr. Bhawendra Chimjang, Itr. Pramila Blon, Itr. Prasant Rai, Itr. Anita Limbu, Itr. Manju Shrestha, Itr. Sunita Tamang

**Interact School Coordinator:**

Mr. Ratna Bahadur Maharjan - Cell: 9841988761

**School Head Master:**

Mr. Surya Kumar Rai - Cell: 9849188362

## ***Rotary Club of Patan***

### ***Strategic Plan 2016 - 2017 to 2020 - 2021***

#### **Purpose:**

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

#### **Vision:**

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

#### **Mission:**

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

#### **Strategic Goals:**

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

#### **Goals / Strategies:**

##### **Goal 1 : Effective Functioning of the Club**

#### **Key Actions:**

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

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

##### **Goal II : Motivated Club Membership, with Leadership Potential**

#### **Key Action:**

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

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

#### **Key Action:**

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

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

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

**Key Action:**

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

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

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

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



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

*- New Rotary Vision Statement*

## Rotary Foundation Areas of Focus

Rotary is dedicated to six areas of focus to build international relationships, improve lives, and create a better a world to support our peace efforts and end polio forever.



**PEACE AND CONFLICT PREVENTION/RESOLUTION**



**DISEASE PREVENTION AND TREATMENT**



**WATER AND SANITATION**



**MATERNAL AND CHILD HEALTH**



**BASIC EDUCATION AND LITERACY**



**ECONOMIC AND COMMUNITY DEVELOPMENT**

### Global Grants History of the Rotary Club of Patan

Global Grants Ongoing							
Global Grant Title	GG #	International Partner	Funding Partner	Collaborating Agency	Beneficiaries	Primary & Secondary Contacts	Grant Amount in US\$
Micro-Hydro Power for Community Development, Chepel, Solokhumbu	GG1637020	RC Rüsselsheim-Mainspitze, Germany	RC Rüsselsheim-Mainspitze, Germany US\$12763; RC Rugby US\$ 4354; District 1820 - US\$ 11971; RC Patan US\$ 1001; World Fund Match US\$21030.	Chepel Community Development Committee	Community of Chepel about 114 households	Rtn. Bijaya Mallapaty (Primary) & Rtins. Jamuna Tamrakar, Jeevan Shrestha, Rtn. Gabriele Mallapaty	51,119 Global Grant 37,500 Gov. of Nepal 14,333 Community
Providing drinking water to earthquake affected communities	GG1640569	RC Mississauga-Meadowvale, Canada	RC Mississauga Meadowvale US\$4,761.90; RC Burlington Lakeshore US\$3,571.43; District 7080 US\$ 8,333; RC Patan US\$5002; World Fund Match US\$15,000.67	Bhattedhanda; Dhukuchhap, Chandibhanjyang - Community	Bhattedanda 62 households, 280 people; Dukuchhap 70 households 300 person; Chandibhanjyang 31 households 200 people	Rtn. Lochan Gyawali (Primary) & Rtins. Nirmal Pradhanang, Lalita Thapa, Gabriele Mallapaty, Jeevan Shrestha, Mahendra Rawal	36,669
Quality Education and improved Water Supply, Mirge Village, Dolakha	GG1641893	RC Wollaton Park, UK	RC Wollaton Park US\$17,400; District 1220 (DDF) US\$ 8,700; RC Patan US\$10,000 World Fund Match US\$17,900	Mirge Village	Water Supply, 120 families; 250 school children and 40-50 additional each year	Rtn. Nirmal Pradhanag (Primary) & Rtins. Shiva Pradhan, Gabriele Mallapaty, Ramesh Maskay	58,500
Creating income opportunities for women from earthquake-affected communities.	GG1746726	RC Mississauga-Meadowvale, Canada	RC Mississauga Meadowvale \$1905; RC Patan \$5820; RC Burlington Lakeshore \$2,100; D-7080 \$4005; RC Montreal \$750; RC Branchburg Township \$1,500; D-7510 \$1,500; Gov of Canada \$8,760 World Fund Match \$15,923.	Khokana - Women Awareness Society	150 women in Khokana and surrounding areas	Rtn. Lochan Gyawali (Primary) & Rtins. Shiv Prakash Khemka, Kiran Thapa, Gabriele Mallapaty	42,263
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 \$1,170; RC Cervia-Cesenatico \$1,170; RC Forli \$1,170; District 2072 \$8,775; District 2071 \$8,775 in Italy; RC Patan \$1,500; World Fund Match \$32,829	Prabhav Nepal (SPALSH)	13 Public schools in the Lalitpur District	Rtn. Mahendra Rawal (Primary) & Rtins. Jamuna Tamrakar, Lalita Thapa Rtn. Ramesh Maskay, Gabriele Mallapaty	80,938
<b>Total</b>						<b>Total</b>	<b>\$ 321,322</b>
Club to Club Grants with International Partners ongoing							
Support to Mental Health Self-advocates	Club to Club	Club to Club grant with RC Lakewood		Partner KOSHISH Nepal	Beneficiaries Self-Advocates	Contacts Rtins. Gabriele Mallapaty & Mahendra Rawal	\$ 2,450 till June 2019
<b>Total</b>						<b>Total</b>	<b>\$ 2,450</b>

## Global Grants History of the Rotary Club of Patan

Global Grants Closed							
Global Grant Title	GG #	International Partner	Funding Partner	Collaborating Agency	Beneficiaries	Primary & Secondary Contacts	Grant Amount in US\$
Primary Prevention of Acute Rheumatic Fever and Rheumatic Heart Disease	GG 1418219	RC Delhi Chanakyapuri, India	D-3292 \$4000; D-3690 \$ 10000; Patan \$1900; Delhi Chanakyapuri \$ 100; WF Match \$15000	Nepal Heart Foundation & Lalitpur District Public Health Office	150000 children in the Lalitpur District	Rtn. Gabriele Mallapaty (Primary) & Rtms. Lalita Thapa, Ganesh Shrestha	31,000 Closed Feb 2018
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) & Rtms. Aruna Upreti, Kamala Maharjan	54,099 5,850 Closed June 2017 NYF
Improved Intensive Care Facilities for Burn Victims from Deprived Communities.	GG1529621	RC Bologna, Italy	D-2072 \$10000; Interplast \$11,000; Famiglia Seafredo \$16500; RC Bologna Valle dell'Idice \$1100; RC Bologna Valle del Savena \$2500; Bologna Valle del Samoggia \$1100; Bologna-Sud \$3300; Bologna Nord \$2750; Bologna \$10522; Vignola-Castelfranco E.-Bazzano \$5500; RC Patan \$100; WF Match \$36951	Phect Nepal, Cleft and Burnt Centre, Kirtipur	4000 patients annually at Kirtipur hospital	Rtn. Kedar Bhakta Shrestha (Primary) & Rtms. Padam Lal Maharjan, Lalita Thapa	101,323 Closed May 2017
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) & Rtms. Prakash Raj Regmi, Gabriele Mallapaty, Kiran Shrestha	69,270 106,570 15,670 Closed Jan 2018 Heifer Nepal Community
<b>Total</b>						<b>\$</b>	<b>383,782</b>
Rotary Club of Patan Earthquake Funds since April 2015 closed							
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. Matsyendra Kayastha (Chair) & Rtms. Lochan Gyawali, Gabriele Mallapaty, Ganesh R. Shrestha, Siba B. Rajphandary, Piyush Bajracharya, Bijaya Mallapaty, Lalita Thapa			\$ 56,000 closed July 2018
<b>Total</b>						<b>\$</b>	<b>56,000</b>

## *Contributions to the Club Service Fund as of 30 June 2018*



*Rtn. Bharat N. Joshi  
Treasurer*

Name	Amount NRs.
Late Rtn. Kamalmani Dixit (including from 'Rotary Ka Kura')	1,433,217
Rtns. Matsyendra L. & Chandralekha Kayastha	308,300
Late Rtn. Narayan G. Halwai	110,000
Rtn. Santa K. Shrestha	110,000
Rtns. Bijaya and Gabriele Mallapaty	97,000
Rtn. Dr. Prakash R. Regmi	80,000
Rtn. Lalita Thapa	43,000
Rtns. Bishwa B. Sharma & Aruna Uprety	40,000
Rtn. Piyush B. Bajracharya	35,000
Rtn. Kiran Shrestha	30,000
Mr. Som Paneru	27,500
Mr. Chandra S. Gyawali	25,000
Rtn. Rabindra R. Pandey	25,000
Rtn. Siba B. Rajbhandary	23,000
Rtn. Sharada Prasai	20,000
Rtn. Ganesh R. Shrestha	20,000
Rtn. Jamuna K Tamrakar	20,000
Rtn. Jeevan K. Shrestha	17,000
Dr. Amina Shrestha	16,000
Rtn. Kedar B. Shrestha	15,000
Rtn. Krishna B. Basnyat	15,000
Mr. Khruschev Shrestha	10,000
Rtn. Bijaya Bajracharya	15,000

Name	Amount NRs.
Rtn. Tirtha M. Sakya	15,000
Rtn. Padam L. & Kamala Maharjan	15,000
Rtn. Ramesh Lal Maskey	15,000
Rtn. Nirmal Pradhanang	15,000
Late Maj. Bishwa N. Rai	10,000
Mr. Khruschev Shrestha	10,000
Rtn. Bharat N. Joshi	10,000
Rtn. Tulasi Neupane	10,000
Mr. Gautam Shakya	10,000
Rtn. Yagya B. Shrestha	10,000
Rtn. Pushkar Shakya	10,000
Rtns. Shiv P. and Preeti Khemka	10,000
Rtn. Keshab B. Mathema	8,000
Leni & Marie c/o Mallapaty	6,400
Rtn. Mahendra Thapa	5,000
Mr. Bhim B. Kshetry	5,000
Rtn. Shiva K. Pradhan	5,000
Rtn. Kamal Nyachhyon	5,000
From RCP - PHF Fund	106,000
<b>Sub Total - Contributions to Club Service Fund</b>	<b>2,805,417</b>
<b>Sub Total - Other income (Last year balance 155,962+77,181 from this year)</b>	<b>233,143</b>
<b>Grand Total in Club Service Fund</b>	<b>3,038,560</b>

*The measure of life is not its duration, but its donation.*

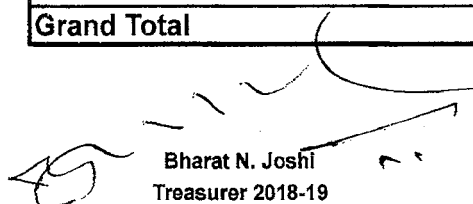
*- Peter Marshall, Scottish Clergyman*



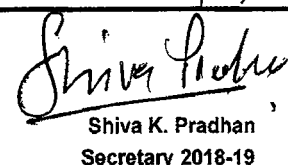
## Rotary Club of Patan

### Annual Budget For Year 2018-2019

Rotary Club of Patan Annual Budget for the Rotary Year 2018-19			
Income		Expenditure	
	(in NRs)	Description	(in NRs)
<b>Membership</b>		<b>R.I and District Dues</b>	
Membership Fee 38x25000	950,000	RI dues	268,800
		District Dues, Rotary news	110,200
		<b>Sub-Total RI and District Dues</b>	<b>379,000</b>
<b>Club Operation</b>		<b>Club Operational Expenses</b>	
Attendance	125,000	Tea/Snacks	480,000
Advertisement Souvenir	200,000	Charter Night	150,000
<b>Sub-Total: Club Operation</b>	<b>325,000</b>	Printing - Lalitdhara Souvenir	110,000
		Club Renewal	32,000
		Fees Office Assistant	195,000
		Fuel	24,000
Club Accounts Interest Income	20,000	Auditor Fees	25,000
Club Service Fund Interest Income	180,000	District Contributions	30,000
<b>Sub-Total: Interest Incomes</b>	<b>200,000</b>	Unallocated	50,000
		<b>Sub-Total Club Operational</b>	<b>1,096,000</b>
<b>Total Operational Income</b>	<b>1,475,000</b>	<b>Total Operational Expense</b>	<b>1,475,000</b>
		<b>Social Activities/Projects</b>	
		Health Camp	20,000
		Blood Donation Camp with Rotaract	10,000
		Support to Rotaract/ Interact/Ryla	50,000
Sunshine Contributions	280,000	Vocational Award	22,000
Blood Donation to Rotaract	10,000	Network of RC Lalitpur	10,000
Vocational Service Award	15,000	Monitoring of Projects	25,000
KEEA share from members	33,000	Contingencies	25,000
		KEEA Award Prizes	100,000
		Other Social Projects/Unallocated	76,000
<b>Total: Social Activities/Projects</b>	<b>338,000</b>	<b>Total: Social Activities/Projects</b>	<b>338,000</b>
<b>Grand Total</b>	<b>1,813,000</b>	<b>Grand Total</b>	<b>1,813,000</b>

  
 Bharat N. Joshi  
 Treasurer 2018-19

  
 Gabriele Mallapaty  
 President 2018-19

  
 Shiva K. Pradhan  
 Secretary 2018-19

## Leaders Beyond Club Level 2018/2019

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

S.No	Name of the RCP Rotarians	Position	Description
1	PDG. Rtn Tirtha Man Sakya	Fiscal Agent	RI Fiscal Agent for Nepal
		Coordinator	RI Cadre Technical Coordinator for Water & Sanitation 2016-19
		Member	District Council of Governors
		Member	District Administrative Council
		Chair	Rotary Nepal Literacy Mission
		Chair	Earthquake Relief Reconstruction and Rehabilitation Programme Committee (ERRRP)
2	Krishna Bahadur Basnyat	Member	District Advisory Council
3	Matsyendra Lal Kayastha	Member	District Advisory Council
4	Rabendra Raj Pandey	Member	District Advisory Council
5	Bijaya Mallapaty	Asst. Governor	Region 1, Zone 5
		Member	District Administrative Council
		Member	District Regional Coordination Committee, Region 1
6	Ganesh Raj Shrestha	Chair	TRF, Regional Coordination Committee, Region 3
		Member	District Fundraising Sub Committee
7	Mahendra B. Thapa	Member	District Regional Coordination. Committee Region 3 - Training
8	Kedar Bhakta Shrestha	Chair	Rotarian Non-Rotarian Relation Sub Committee
		Member	Public Image Committee
9	Keshab B. Mathema	Member	Rotary & Govt. Relation Promotion Sub Committee
10	Siba Bhakta Rajbhandary	Chair	Grant Sub Committee
		Member	District Rotary Foundation Committee
11	Prakash Raj Regmi	Chair	Disease Prevention & Treatment Sub Committee
		Member	Community Service Committee
12	Gabriele Mallapaty	Cadre	RI Project Development Advisor - Rotary Grant Advisor RI Area of Focus Advisor -Disease Prevention and Treatment Advisor

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in the service to others'***

***- Mahatma Gandhi***

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**SHAPING THE NATION**  
TOWARDS **SELF-SUSTENANCE**

**Pioneering :**

launch of domestic **cardiovascular, diabetes, neuropsychiatry** and **veterinary products**

**Producing technical human resource :**

founding **Matrix College** - "A practice based total learning approach"

**Industrial-academic collaboration:**

Signed **MOU** with **Kathmandu University** to develop formulation & pharmaceutical technology & manpower

**Establishing most advanced research lab :**

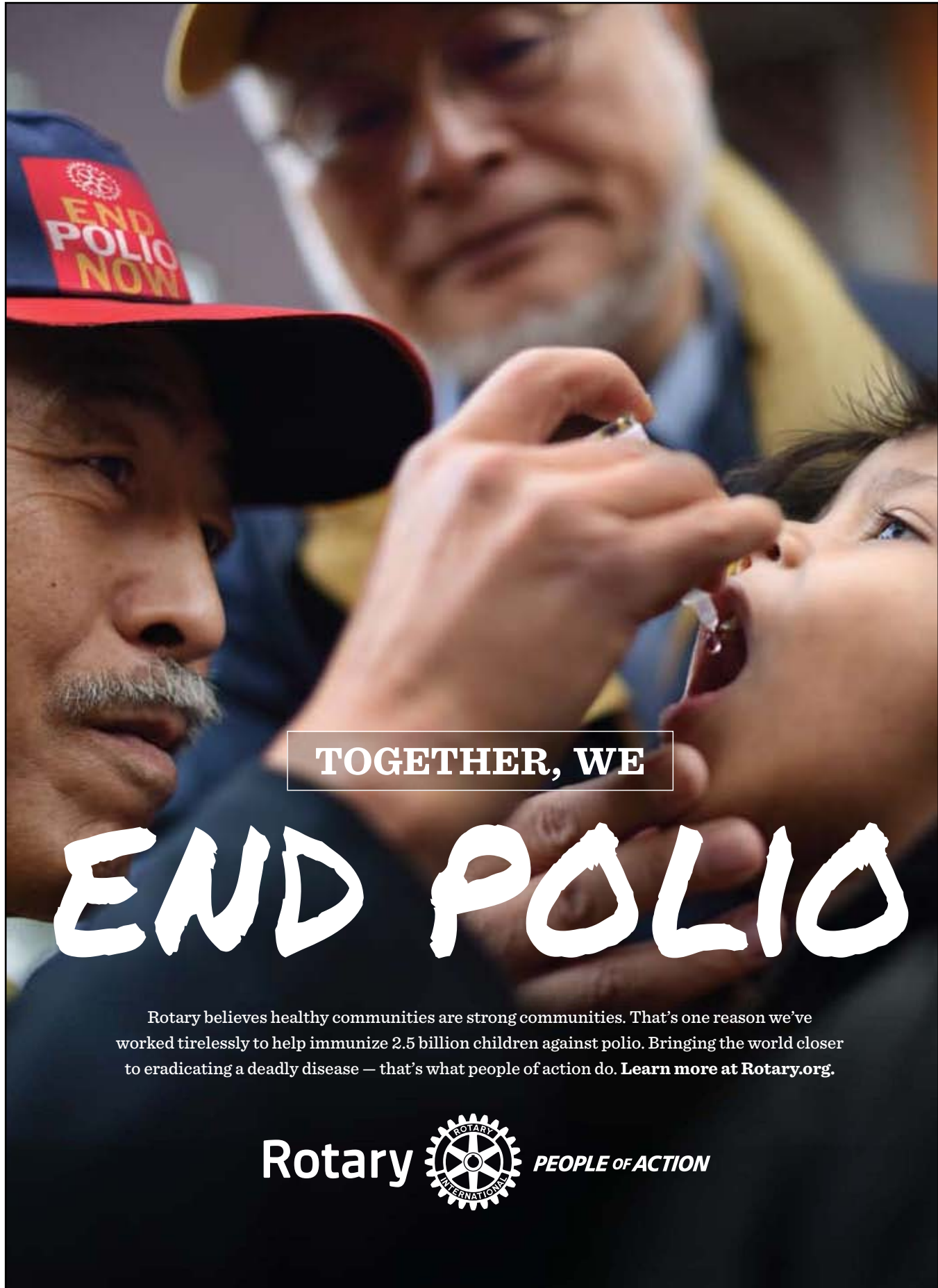
**Nepal Research Foundation (NRF)** - the most sophisticated lab to provide analytical services, clinical / biotechnological research

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