

ROTARY CLUB OF YALA

बाद्राबी ज्ञाव यवा





Celebrating
42 years
of excellence in
education....



- >> Strong focus on Academics
- >> STEAM programs for grades 1 to 9
- >> School's own revised ICT curriculum
- Year round collaborative projects with Int'l Partner Schools
- Enrichment classes for Performing Arts, Fine Arts, Community Service & Sports

Whitefield School

Chhetrapati/Nayabazaar, Town Planning, Kathmandu



More Info call us

4251733, 4249538, 5137052

























Hearty Congratulations!!! Rotary Club of Yala

on the occasion of its 26th Anniversary

RTN. SAJAL MASKEY ROTARY CLUB OF PASHUPATI

Director (Asian Life Insurance Co Ltd)
Coordinator & Promotor (Mabilung Energy Ltd)
Promotor (Trust Energy Ltd)

We wish all the best to ROTARY CLUB OF YALA on the occasion of its 26th Anniversary



www.garageinc.com.np

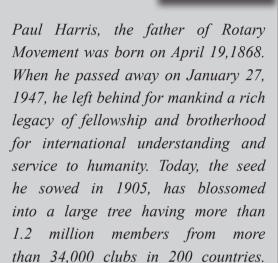
9851219269/9851242139





FOUNDER OF Rotary

Paul P. Harris 1869-1947



Souvenir Publication Committee

Editor: Rtn. Jeetendra Nakarmi

Member: Rtn. Sanjaya Shrestha Rtn. Lucky Nyachhyon Rtn. Om Krishna Shrestha

Advisors: Rtn. PP Kiran Shrestha



Published by:
ROTARY CLUB OF YALA,
Rotary Club of Yala meeting venue:
Le Bagaicha Restaurant,
Jawalakhel, Lalitpur, Nepal.
Meets on Friday at 17:30 Hrs.
President's cell No.: 977-9851068909
email: shresthakgautam@gmail.com
website: www.rotaryclubofyala.org.np

Contents

RI President's Message 2022-23	7
DG Message 2022-23	8
DGE Message 2022-23	9
AG Message 2022-23	10
President's Message 2022-23	11
President's Message 2021-22	12
Anns President's Message 2021-22	15
Anns President's Message 2022-23	15
Rotaract President's Message 2022-23	16
Editorial	17
RC Yala Board of Directors and Roster	19
RC Yala Anns Board Committee:	30
Rotaract Club of Yala BOD	30
Interact Club of Yala BOD	30
मेरो छतबारीः मेरो विश्रामस्थल	31
Service Above Self is what was	33
के तपाई पाठेघरका मुखको क्यान्सर	35
First Global Grant	39
Rotary Year 2021/22 Activities	41
मानसिक तनाव	46
ROTA Year 2021/22 Anns Activities	50
Strategic Plan of RC Yala	52



Hearty Congratulations!!!

Rotary Club of Yala

on the occasion of its 26th Anniversary





ROTARY INTERNATIONAL

Rotary





2 May 2022 Rtn. Gautam Shrestha Rotary Club of Yala Dear Gautam Shrestha,

I congratulate you on your installation to the office of club President at Rotary Club of Yala, Nepal.

The upcoming year promises to be one of the most joyful and rewarding years of your life.

As club and district leaders, you have such an important role to play. You can do so much to help create club experiences that are welcoming, inclusive and enjoyable for each and every member – and you can extend that same warmth and belonging to every participant who wishes to engage with our clubs.

If we serve our members, we serve our communities. And if we provide comfort and care for our members, they will truly come to understand the power of Rotary.

We all feel the impact that Rotary service and Rotary values have on us ... now it's our opportunity to share that feeling with others. This is a year to Imagine Rotary by envisioning a world that deserves our best, where we get up each day knowing we can make a difference. We don't imagine yesterday, we imagine tomorrow.

We imagine a world without polio, with clean water for everyone. We imagine a world free of disease and where every child learns to read. We imagine kindness, hope, love, and peace.

It is honor to work beside you as we guide our fellow Rotary members to another successful year. I am relying on you as we commit ourselves to Imagine Rotary.

Warmest regards,

Jennifer Jones

President, Rotary International 2022-23



IMAGINE ROTARY INTERNATIONAL ROTARY RI DISTRICT 3292

Jitendra B. Rajbhandary DG 2022-23





Message from District Governor 2022-23

Rtn. Gautam Shrestha President 2022-2023 Rotary Club of Yala

Dear President Yala and Rotarian Friends from Rotary Club of Yala

My best wishes and hearty congratulations to President 2022-2023 Rtn. Gautam Shrestha, Board members and all friends from Rotary Club of Yala for upcoming Rotary Year 2021-2022.

We have just now completed Rotary Year 2021-2022. Rotary International, our District 3292 and Rotary Clubs have done our best to the communities by providing humanitarian services, and working in partnership with the Government of Nepal and Local Authorities to serve the communities at times of global crisis, which is indeed the true spirit of Rotary.

In the year 2022-2023, Rotary International President Jennifer Jones has given the theme "Imagine Rotary". Our district has our Theme "Together for a better world". True to its spirit, I am confident Rotary Club of Yala under the able leadership of Club President Rtn. Gautam will support the society by serving the community.

Once again my best wishes and congratulations to Rotary Club of Yala and wishing you the very best in the year 2022-2023 and years to come. I look forward to your club's support and working closely with your club in the Rotary Year 2022-2023 to serve the Communities.

Rotary District Office,
Thapathali, Kathmandu Yours in Rotary
Nepal

Cell: Rtn. Jitendra B. Rajbhandary
District Governor 2022-2023
1st July 2022



ROTARY INTERNATIONAL RI DISTRICT 3292



Message from DGE 2022-23

Dear Fellow Rotarians Greetings to you all !!!

I would like to congratulate you for taking the responsibility of the leadership of your club. Leadership in Rotary is interesting and enjoyable and equally challenging and one need to be committed for performance and leading the team. We need to take up the responsibilities and put in our best efforts to achieve the goals of our respective clubs and district at the same time.

Rotary changes lives of people and including our own. Any Rotarian, when asked where he goes every week will say that she/he go to meet with friends to change the world. Rotarians are 'people of action' to change a person, community and the world. It happens because we do good in the world. Rotary connects all the peoples of the world in one umbrella of humanitarian service. Rotary is forever changing, yet it is an organization which has been built on enduring principles which enable Rotarians around the globe to connect for the good of the whole world.

We Rotarians all over the world have passed through the very difficult times since past two years due to COVID 19 pandemic. But we have been serving the humanity in need with our unique motto 'Service above Self' even during pandemic and we will continue to do forever. In Nepal too, we have been able to reach out to the people and communities to combat pandemic and during the difficult times.



The Rotary year 2022-23 with the theme 'Imagine Rotary' is going to be a beautiful year of service for all of us and we are looking forward to again connecting with the people and community in putting ourselves to their service and change the lives. In Rotary every year there is a change of leadership, but core values of Rotary, Four way test and Objects of Rotary do not change. But we do things differently rather than do different things. Rotary Club of Yala is a vibrant club with leaders beyond the club and doing great work in our district 3292. I request all of our members to adopt to new normal environment after the pandemic and take up the opportunities to do good for community. Let us try bringing more Rotarians, more resources, more brains with commitments and do better for the people and community in need.

As a District Governor for Rotary year 2023-24, I urge you all to be committed a true Rotarian and continue your service to Rotary as always and together we can.

I wish all of you a successful Rotary year 2022-23.

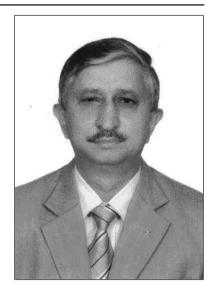
Jai Rotary Rajendra Prasad Dhoju District Governor Elect, 2022-23



IMAGINE ROTARY INTERNATIONAL ROTARY RI DISTRICT 3292



Message from AG 2022-23



Dear President Rtn. Gautam Shrestha,

Congratulations for assuming a prestigious position in your club as a President for RY 2022-23. I want to congratulate your team as well for their installation as the officers of the club. We all have joined Rotary for one simple reason, to serve the needy community with a MOTO "service above self". Let's carry on good works through Rotary by being good leaders. As per RI Theme for RY 2022-23, let's Imagine Rotary in a positive way for making a better world. Wish you and your team all the best for successful tenure.

I would also like to congratulate the President and his team for RY 2021-22 for their achievements.

As an Assistant Governor, I will always be there to support you as well as your team and be the connection between your club and the District. Try to achieve the goals you have set, based on RI and District goals and do the good works that will make you proud of.

With Best Wishes,

Rtn. Kumud Tripathy Assistant Governor 2022-23 Zone 16, RID 3292





Message from President 2022-23

To my fellow Rotarians, Rotracts and friends of Rotary -

It is such a wonderful experience being a Rotarian and being part of the change Rotary is bringing about in the world. So proud and honored to serve as the president of the Rotary Club of Yala. I look forward to working with the board and each individual member as we all move forward together and open new opportunities.

Helping people has been my basic trait and being a part of Rotary has empowered me to collaborate with a vast network of knowledgeable minds and resources across the world working hard to build a better tomorrow.

Rotary could mean different things to people of different countries and communities, however, we all are connected to each other through our core values and each year driven by a new theme. I would like to share this year's theme "Imagine rotary" by RI President Jennifer Jones.

It had increasingly become very difficult for us to function as usual during the initial months of the Covid-19 pandemic. We all have had a great time connecting with each other virtually and now It is the time for us to get back to our previous normal and show that we value each other through fellowship and physical meetings.

Ever since our inception we have demonstrated extraordinary teamwork and overcome impossible challenges, particularly in fighting diseases. My responsibility in this fight will be one of the key areas of work for the Rotary year.

Clean water will be emphasized as a major working area for our club this year through programs, participation and projects.



Global warming and its impact on livelihoods has been alarming in recent years. It is high time that we work towards protecting the environment while maintaining economic growth at the same time and show a greater degree of responsibility towards the next generation.

It's deeply saddening to see destruction, suffering, atrocities and loss of lives due to geopolitical conflict and civil war. We Rotarians serve to bring peace and comfort to those who are suffering and lead to create an environment to build strong communities. We need to look back at history and learn lessons from the role Rotary has played for peace during the two great wars.

Our club has always supported education through various programs and this year will be no different. Let us all continue with our efforts in supporting education in areas and communities that are in need of it the most.

We are a membership club and members being our greatest asset, I believe that our club can only be as good as our members. As we work hard towards building a better and brighter future we need to consolidate our efforts through extended participation so let us shape a terrain suitable to welcome more wonderful individuals like you to be a part of our club.

I would like to congratulate President Rtn. Dr. Sumitra Manandhar Gurung, for a wonderful year 2021-2022 and lets us all join hands to welcome a new exciting and fun and adventure filled year 2022-2023.

Gautam Shrestha President Rotary Year 2022-23



IMAGINE ROTARY INTERNATIONAL ROTARY RI DISTRICT 3292

Message from President 2021-22



As the year comes to a close, on June 30, 2022, it is only to set the motion for a new Rota Year IMAGINE ROTARY with new vigour and commitment by new board of directors enriched by the past years' experiences and learnings. This trend makes Rotary Yala more of a professional institution than a voluntary organization. The new President and the directors carry the baton of a vibrant, lively and a highly credible club! Calendar is always packed with events ...! my best wishes are there to the new President and its team in all its endeavors!

deserves attention. Truly the Club has

CHANGE LIVES.

reached to many people and SERVED TO



As I write these lines my mind is filled with gratitude to all the members, Anns, Rotaracts and Interacts who joined to make the events meaningful and take own initiatives to SERVE TO CHANGE LIVES! By the same token, my mind is also filled with the faces of people whose lives have been touched by multitude of service programs. It is with the effort of all members, Anns and support by the families that we have the memory of a wonderful year. It paves the way to IMAGINE ROTARY by each one of us to welcome a new Rota Year. Congratulations to the new team and a new year!

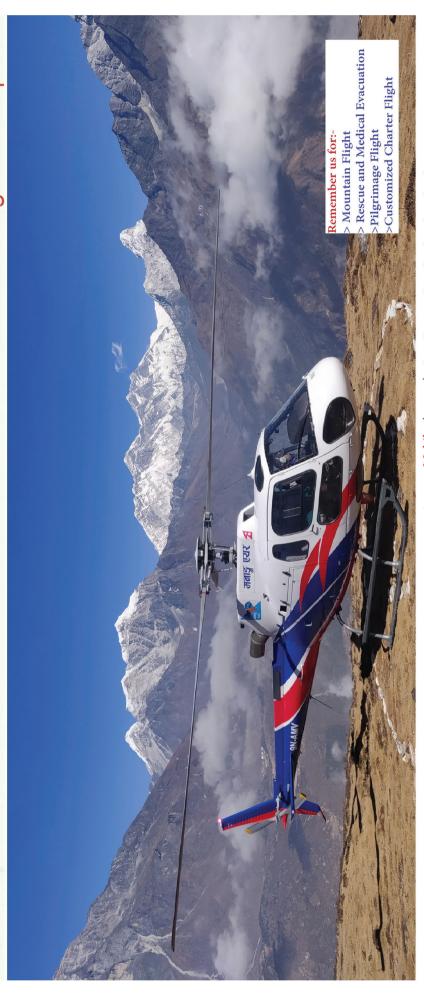
Sumitra Manandhar Gurung President 2021-22 Rotary Club of Yala



MANGAGE ATE

Experience your flight with us...
Safety is our Priority... !!!

www.manangair.com.np



106 N K Singh Marga, Arnikobhawan, Minbhawan, Kathmandu, Nepal.

operation@manangair.com.np marketing@manangair.com.np

Mobile: (+977) 9801180502, 9801180461, 9801180462 Kathmandu Airport: (+977) 9801180463, 9801180464 Hunting Line: (+977 1) 4115985, 4115986

Lukla station: (+977) 9801177088, 9851177088

Hearty Congratulations!!!

Rotary Club of Yala

on the occasion of its 26th Anniversary



Maheswor Shrestha CEO



Everest Fashion

Khumaltar Height-15, Lalitpur, Nepal Tel: 977-1-5525187, 5541013, Fax: 977-1-5525906 URL: www.everestfashion.com







First Fair Trade-USA Certified Company in Nepal World Fair Trade Organization Guaranteed Member





शुभकामना सन्देश



नयाँ रोटरी वर्ष ०२२।०२३ को शुभकामना ।

जुन महीनाको आगमन संगै रोटरी क्लबमा एक रोटरी वर्ष भित्रको कार्यक्रम र नयाँ वर्षको कार्य योजना बारे छलफल शुरु हुन्छ । वर्ष ०२९।०२२ को रोटरी क्लब यलको अध्यक्ष,डा.सुमित्रा ज्यू को उत्साह उमंग कार्य जागरुकताले गर्दा मलाइ पनि सामाजिक सेवा गर्न सहज भयो ।

कोभिड १९ का महामारीमा भौत्तिक रुपमा उपस्थिति भै सामाजिक सेवा सहयोग गर्न सहज थिएन। खाने मुखलाइ जुंगालाइ छेक्दैन भने भौ भौत्तिक दूरी कायम गर्दै माक्स र स्यानीटाइजर लगाएर भएपिन बिभिन्न बृध्द आश्रम, मानब सेवा आश्रम, बाल आश्रम र बिद्यालयहरुमा आर्थिक सहयोग गर्ने मौका मिल्यो। बिस्तारै कोभिड १९ का महामारीको अन्त्य पछि बिभिन्न मनोरन्जनका, स्वास्थ्य सेवा कार्यक्रम गर्न पायौ। साथै सुस्तमनस्थित्त स्कुलका बच्चा हरुलाइ शैक्षिक सामग्रीहरु बितरण गर्न पाएकोमा खुसी भयौं। भौत्तिक उपस्थिति नभएपिन अनलाइन बाट आयनका केही सदस्यहरुलाइ गायन कक्षा लिइ गायन कला निखार्न मौका मिल्यो।

यसरी सम्भव भएका कामहरुको लागी आर्थिक तथा भौतिक रुपमा सहयोग गर्ने सबैलाइ हार्दिक घन्यबाद दिन चाहन्छु।

मलाइ बिश्वाश छ की आउँदो वर्षमा पिन आयन समुहको यस्तै समाजसेवाका परीणाम उन्मुख कार्यहरु अगाडी बढोस् तथा आयन समुहमा एकता आपिस सम्मान सहभागीताका साथ समाजसेबाका कामहरुमा सफलता मिलोस ।

रोटरी वर्ष ०२२।०२३ का रोटरी क्लब यल, आयन समुह तथा रोटराक्टका बोर्ड सदस्यहरुलाइ हार्दिक बधाइ र कार्य सफलताको लागी शुभकामना ब्यक्त गर्द छु!

कुमुद मास्के प्रधान अध्यक्ष, आयन समुह वर्ष ०२९।०२२

Message from Ann President 2022-23



It is indeed my honor to get this opportunity to congratulate our new team of RC yala under the leadership of Rtn Gautam Shrestha. I wish him and his team to continue the legacy of our club with a history of being the most active clubs with dedicated members. I wish his enthusiastic leadership will attract special emphasis on girls empowerment so young women can have improved opportunities worldwide as perceived by our Rotary International president 2021-22 and I assure that our Ann's community will extend our hand towards your commitment to help grow Rotary and serve our communities to change lives. I would like to thank all our fellow Ann members for bestowing this opportunity of believing me with the responsibility of Ann's presidency also. As per our outgoing President Kumud Maskey's belief as "no role is small in the rotary club" we shall manage a few of our valuable free time to keep Ann's legacy of RC Yala towards the achievement of new heights or at least keep its consistency to make our predecessors proud.

I hereby humbly disseminate my hope, that all our ann members who have had so much experience, enthusiasm and devotion for volunteering in serving the society will help this new team to attain new heights, from their respective places. I am confident President Gautam will lead our historical club with a high reputation full of compassion and zeal and urge all Ann members to contribute as usual with the same zeal and support to serve the society and bring changes in people's lives.

After quoting what the great Einstein has stated "only a life lived for others is a life worthwhile", i'd like to cap it off.

Thanking again,

Purna Laxmi Shrestha President Ann's group, 2022-23





Message from Rotaract President 2022-23

Rtn.Gautam Shrestha President RY 2022/23 Rotary Club of Yala

On behalf of the Rotaract Club of Yala, I would like to congratulate all the Board of Directors and President Rtn. Sumitra Manadhar Gurung for their remarkable work and effort and best wishes for upcoming President Rtn. Gautam Shrestha and the board for their successful tenure in 2022/23.

It has been a privilege to be part of a Yala family. In these 4 years of Rotaract journey, it helped me to develop personally and taught how you can make a long lasting impact in the community with team effort. Rotaract has been the organization that I can go to and find people who are passionate as I am. When I am feeling overwhelmed or in need of some renewed energy and motivation, individuals get me pumped and ready to continue doing the same things.

Rotaract has been a partner in service with Rotary Club of Yala and member of Rotary family. Rotaract is also a place where people can share their ideas, knowledge and can display skills through Rotary service. I liked meeting and hearing from



several entrepreneurs, company owners, and dedicated community people in the area. These knowledgeable individuals taught me a lot. In addition, I was made to feel like a grownup and was treated as such. My communication and social skills improved, and it was fun to see other people from the neighborhood there. The warm atmosphere at Rotary made me feel very welcome. Rotary also represents learning and caring, which I appreciate.

At last I would like to congratulate you for being President of the club and wish you best for your tenure.

Yours in Rotaract Rtr. Situ Tamrakar President-Elect 2021/22 Rotaract Club of Yala



EDITORIAL

Dear Readers.

Jojolappa! Namaste!! Heartily Greetings!!!

Thanks to the seniors and the board (2021/22), giving me the opportunity to serve as an editor (2022/23). On behalf of editorial team, first of all, I'd like to thank heartily: fellow Rotarians - providing interesting articles and contents to read, the sponsors - providing advertisements regularly, direct and indirect supporters and of course, the entire editorial team who made this issue a memorable and worth enough to publish.

Here-in, it depicts precisely how the Board (2021/22) kept alive and active during the pandemic period of Corona, serving the needy ones, and the society under the successful leadership of Rtn Dr Sumitra Manandhar Gurung.



The group have a right to be honoured and cherished. Let's cheers! and congratulate her and the team, furthermore, I'd personally like to thank her supporting editorial team thoroughly.

Finally I'd like to congratulate and wish incoming dynamic and enthusiastic President Rtn Gautam Shrestha and the board members (2022/23) for their successful tenure.

Yours in Rotary Rtn. Jeetendra Nakarmi Editor 2022/23







We wish all the best to ROTARY CLUB OF YALA

on the occasion of its 26th Anniversary

PURE NATURAL HONEY ORIGINAL TASTE

Different kind of pure honey available at

N. STONE BEE CONCERN STONE BEE CONCERN

Satdobato, Lalitpur, Nepal. email: purehoney44@hotmail.com purehoney444@gmail.com Tel: 977-1-5523853

Cell: 9851064935

रोटरी क्लव यलको २६औ वार्षिक समारोहको उपलक्ष्यमा हार्दिक मंगलमय शुभकामना



नकःमि समाज सेवा पुच (संघ)

क्षेत्रपाटी, काठमाडौं ।



ROTARY CLUB OF YALA Board OF DIRECTORS Rotary Year 2022-23



President Rtn. Gautam Shrestha



Immediate Past President



President Elect Rtn. Dr. Sumitra Manandhar Gurung Rtn. Shobha Devi Shrestha



President Nominee Rtn. Dharmendra Raj Shakya



Vice President Rtn. Deepak Das Tamrakar



Secretary Rtn. Lucky Nyachhyon Pradhan



Treasurer Rtn. Om Krishna Shrestha



Director Rtn. Sanjay Shrestha



Director Rtn. Sworupa Shrestha



Director Rtn. Om Shanker Shrestha



Director Rtn. Anju Shrestha



Director Rtn. Twinkle Nyachon



Sergeant-at-Arms Rtn. Surendra Gopal Shrestha

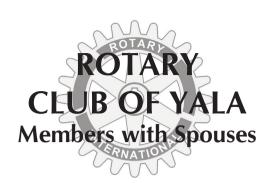


Editor Rtn. Jeetindra Nakarmi



Club Trainer Rtn. PP Dilendra Raj Shrestha







RTN. AMRIT R. SHAKYA (PHF)

Classification: Gold Silver Handicrafts (1995-96), (O) A4 Trade Concern, Hakhatole, Lalitpur 12; (R) Hakhatole, Lalitpur 12; Email: shakyaamritraj@gmail.com; Tel 5525949 (R) 5521558 (O) Cell: 9841295292; Spouse: AJANTA. Ser: Dir, Tr, SA, VP; B: Apr 6; W: Mangshir 22



RTN. ANJU SHRESTHA

Classification: Share Investor (2018-19) New Baneshwor, Kathmandu. Tel: (R) 4466048 Cell: 9841383835 email: anjusth.prem@gmail.com B: 2 March W: 15 Falgun Spouse:PREM



RTN. DR. ANJU SHRESTHA,

Medical Doctor (2019-20), (O) NCHRC, Harisiddhi, Lalitpur, (R) Kumaripati, Lalitpur, Email: anjushr2002@ yahoo.co.in, Cell: 9851010838, B: Spouse: SUJIT GOPAL



RTN. ANITA SHRESTHA

Classification: Hardware (O) A.B. Trade Concern, Satdobato, Lalitpur. (R) Mount View Residency Phase 2, Harisiddhi, Lalitpur Tel:015537792 (Shop) Cell: 9841616313 anietashrestha@gmail.com

B: 15 Bhadra W: 17 Magh Spouse:BIKASH MAN



RTN. BASANTA RAJ. SHRESTHA (PHF+1)

Classification: Computer Engineering (2007-08), (O) ICIMOD, Dhapakhel, Lalitpur; (R) Dholahity-9, Sunakothi, Lalitpur; Email: basanta.shrestha@icimod.org; Tel 5572072 (R) 5003222 (O) Cell: 9801068733; Spouse: MINU.Ser: Dir; B: Jun 30; W: Apr 16



RTN BEKHA KRISHNA SHRESTHA (PHF+1)

Classification: Metal Handicrafts (2010-11),; (R) Jhatapole, Ward no. 16, House No. GA/412, Lalitpur; Email: bekhas74@gmail.com; Tel 5534450 (R) Cell: 9851138679; Spouse: SARASWOTI; B: Jun 28; W: Falgun 1



RTN. BHABANI SHRESTHA (PHF)

Classification: Social Security (2018-19) Civil Homes, House No 54 Khumaltar Height, Lalitpur-15. Cell: 9803105427 email: bhawanishrestha55@gmail.com

Ser: Editor, Ch B: 25 June W:01 Feb Spouse: DILENDRA



ROTARY



RTN. BHUBANESHWOR PRASAD JOSHI

Classification: Auditing (2007-08),; (R) 25 Kwako, Lalitpur 11; Email: bhuban60@gmail.com; Tel 5535414 (R) Cell: 9851034467; Spouse: SUSHILA. Ser: Tr; B: Dec 12; W: Baisakh 19



RTN. DEEPAK K. SHRESTHA (PHF+2)

Classification: Banking (2007-08), (O) Nepal Investment Bank Ltd., Durbarmarg, Kathmandu; (R) Chakupat, Ward No. 11, (oppMitra School), Lalitpur; Email: deepakyala@gmail.com; Tel 5260488 (R) 4242530 (O) Cell: 9851119063; Spouse: Rtn. SHOBHA .Ser: Dir, Sec, VP, PE, P (2016-17); B: Jul 28; W: Feb 24



RTN.BIRENDRA SHRESTHA

Classification: Restaurant (2016-17),; (R) Momadu Galli,

Mangal Bazaar, Lalitpur;

Email: bontonbs@gmail.com Cell: 9851151599;

Spouse: JYOTSNA; Ser: SA B: 26 Jun, W: Asar 8



RTN. DEEPAK DAS TAMRAKAR (PHF)

Classification: Civil Engineer (2018-19) Senior Hydropower Specialist in NEA Engineering Company Limited, Trade Tower, Thapathali. (R) Mount View Residency - II, Harisiddhi, Lalitpur - 28.Tel: (R) 5250740 (O) 5111024 Cell: 9851213335, 9841224835 email: deepak.tamrakar@gmail.com Ser: Dir B: 25 July W: 1 Magh Spouse: MANJAREE



RTN CHANDRA MAHARJAN

Classification: Food Grain Farming (1995-96),; (R) BholaDhoka, Lalitpur; Email: cmaharjan13@gmail.com; Tel 5522496 (R) Cell: 9851031916; Spouse: CHANDESHWORI. Ser: Dir; B: Oct 17; W: Feb 8



RTN. DHARMENDRA RAJ SHAKYA

Classification: Monitoring & Evaluation (2018-19) Chakupat, Lalitpur - 10. Street Child of Nepal, Bakhundol. Tel: (O) +977-1-5260776 (R)

Cell: 9860802032 email: dhshakya2003@gmail.com B: 2 Nov W: 16 Magh Spouse:RATNA DEVI



RTN. CHANDRA BAHADUR MAHARJAN (PHF)

Classification: Advocate (2014-15), (O) Jawalakhel-20, Lalitpur; (R) Jawalakhel-20, Lalitpur;

Email: advocatechandrabm@gmail.com; Tel 5546415 (R) Cell: 9851075231; Spouse: HIRASHOVA. Ser: Tr; Dir B: April 10; W: Baisakh 21



RTN. DHARMA R. SHILPAKAR

Classification: Travel Agency (1996-97),; (R) DipabaliMarg, Satdobato 15/281, Lalitpur;

Email: dharmaratna_san@hotmail.com; Tel 5525386 (R) Cell: 9851034318; Spouse: NIRMALA. Ser: Dir, JSec, SA; B: Aug 5; W: Jan 16



IMAGINE ROTARY



RTN.DHRUBA M. PRADHAN (PHF)

Classification: Accounting (Freelance Consultant) (1995-96),; (R) Punbachhen, Mangalbazar, Lalitpur; Email: dmpradhan@gmail.com; Tel 5521016 (R) Cell: 9851032792; Spouse: MEENU. Ser: Dir, Sec, Tr, VP, P (2004-05); B: Aug 25; W: Apr 21



RTN. DR. DINESH LAL SHRESTHA (PHF)

Classification: Disaster Management and Humanitarian Emergency (O) UNHCR, Pakistan; (R) The Comfort Housing, Thaiba; Email: dinesh_s50@hotmail.com; Tel 5014808 (R) Cell: 9818143527; Spouse: MITA; B: Jul 30; W: Mar 12



RTN. DILENDRA R. SHRESTHA (PHF+1)

Classification: Restaurant (1995-96), (R) Civil Homes, House No 54, Khumaltal Height, Lalitpur-15 Email: dilendras@gmail.com; Cell: 9851060654; Spouse: BHABANI.

Ser: Sec, VP, P(1999-2000), ADS, DCh, DS, AG, DT, Ch. Coord, DG(2013-14); COL Rep. B: Sep 27; W: Feb 1



B: Apr 30

RTN. GOPAL M. SHRESTHA

Classification: Social Service (1999-00), (O) Council of Former Public Servants (CFPS), Shankhamul, Lalitpur; President: Lalitpur Centre for Culture Conservation (R) Kumaripati, Lalitpur, W. No. 19; Email: g_m_shrestha@hotmail.com; Tel 5538393 (R) Cell: 9841343323. Ser: Dir, Sec, VP, P, Dch, AG;



RTN. JEETENDRA NAKARMI (PHF)

Classification: Handicraft (2018-19) Kuti Saugal - 11, Lalitpur. JN Enterprises Cell: 9849000900 email: jnakarmi56@gmail.com B: 8 Mangsir W: 1 Baisakh Spouse: GYANU



RTN. DR. JEEVAN L. AMATYA (PHF)

Classification: Veterinary Practice (1995-96), (O) Serene Pharmaceuticals (P) LTD, Kharibot, Thankot, Kathmandu; (R) Nahiti, Lalitpur, Nepal; Email: jeevanlalamatya@ hotmail.com; Cell: 9851025329; Spouse: Rtn. URMILA. Ser: Dir, JSec, Sec, PE, P(2008-09), DCm, AG; B: Mar 15; W: Apr 20



RTN. GAUTAM SHRESTHA (PHF)

Classification: Software Architect (2016-17), (O) GAPSCO, Kupondol, Lalitpur; (R) Gairidhara, Kathmandu; Email: shresthakgautam@gmail.com; Cell: 9851068909; Spouse: PRATHANA; Ser: Sec, Dir, PE, B: Dec 1; W: Jan 29



RTN. JIBAN BAHADUR PRADHAN

Classification: Civil Engineer (Freelance consultant); (R) Kanibahal, Lalitpur-6; Email: jibanbpradhan@gmail.com Tel 5535679 (R) Cell: 9841348378; Spouse: KUMUD. Ser: Dir; B: Oct 14; W: Baisakh 27

We wish all the best to ROTARY CLUB OF YALA on the occasion of its 26th Anniversary

गुणस्तरीय निदान र उपचार : हाम्रो प्रतिबद्धता

NEPAL
CANCER
HOSPITAL
ARGONIC Content ALL
ARGONIC CONTENT A







































नेपालीको क्यान्सर उपचार नेपालमानै



Samihana Laboratory Clinic Pvt. Ltd.

Membership Facilities (सदस्यता सुविधाहरू)ः

- LIFETIME MEMBERSHIP (आजीवन सदस्यता)
- Blood Sugar Fasting र PPBS गराउँदा PPBS Free
- ल्याब परिक्षणमा २०% (प्रतिशत) छट
- ECG,USG,ECHO,X-Ray,MRI २०% (प्रतिशत) छुट
- सामाजिक सुरक्षा भत्ता रातोकार्ड (जेष्ठ नागरिक, विकलांग) पाउने साथै क्यान्सरका बिरामी, अंग प्रत्यारोपण र Dial ysis बिरामीलाई नेपालमा हुने ल्याब परिक्षणमा ५०% (प्रतिशत), बिदेशमा परिक्षण गर्नुपर्नेमा १५% (प्रतिशत) छुट तथा ECG, USG, ECHO, X-Ray, MRI मा २५% (प्रतिशत) छुट

" जीवनको हरेक मोडमा सम्झना ल्याब तपाईको साथमा "

We wish all
the best to
ROTARY
CLUB OF YALA
on the occasion
of its
26th Anniversary

Contact : 01-5546684 Haugal Mangalbazar,Lalitpur

"सुरक्षित भविष्यको लाଠा निवृत्तभरण र सञ्चय कोष"

कर्मचारी सञ्चय कोषबाट सञ्चयकर्ताहरूलाई आ.व. २०७८/०७९ मा उपलब्ध सेवाहरू :

- (क) सञ्चय कोष र निवृत्तभरण कोष रकममा व्याज प्रदान : २०७९ श्रावण १ जाते देखि c:00 प्रतिशत
- (ख) मुनाफा प्रदान : सञ्चय कोषका सञ्चयकर्ता तथा निवृत्तभरण कोषका योगदानकर्तालाई आर्थिक वर्ष २०७७/७८ को शुरू मौज्दात रकममा ०.९० प्रतिशत ।
- (ग) सापटी सुविधाहरू:
- विशेष सापटीमा : ब्याजदर ९.१० प्रतिशत,
- सञ्चयकर्ता घर सापटी, शैक्षिक सापटी र घर मर्मत सापटीमा : ब्याजदर ९.७५ प्रतिशत,
- सञ्चयकर्ता ज्ञा खरिद सापटी र सरल चक्रकर्जा : ब्याजदर १०.२५ प्रतिशत,
- (च) धितोमा आधारित कर्जाको ब्याज त्रैमासिक रूपमा भुक्तानी जारी नियमित जार्ने सञ्चयकर्ताको हकमा सम्बन्धित त्रैमासमा तोकेको ब्याजमा ०.२५ प्रतिशतले रिवेट (खुट) दिने ।
- (ङ) सामाजिक सुरक्षा सुविधाहरू :
- 🔳 दुर्घटना क्षतिपूर्ति : सेवाकालमा सञ्चयकर्ताको दुर्घटनामा परी मृत्यु भएमा वा पूर्ण अंग्रामंग भएमा रु २ लाख ।
- काजिकरिया अनुदान योजना : सेवाकालमा सञ्चयकर्ताको मृत्यु भएमा रु.४० हजार ।
- सञ्चयकर्ता स्वास्थ्योपचार योजना : सञ्चयकर्ता अस्पताल भर्ना भई उपचार ठारेको साधारण रोठामा
 रू.१ लाख सम्म र घातक रोठामा रु.१० लाखसम्मको औषधोपचार खर्चको शोधभर्ना कोषबाट हुनेछ ।
- सुत्केरी तथा शिशु स्थाहार सुविधा : प्रति प्रसुति रु.७ हजार ५ सथका दरले बढीमा दुई पटक गरी रु.१५ हजार ।



ROTARY CLUB OF YALA | 26th Anniversary Souvenir 2022-23





RTN. KIRAN N. SHRESTHA (PHF)

Classification: Forestry (1999-00), (O) Maxlee Traders Pvt. Ltd., Kopundole, Lalitpur; (R) Machaghaga Pulchowk Lalitpur; Email: shreskiran@gmail.com; Tel 5543266 (R) 5530337, 5541014, 016221876 (O) Cell: 9841329935; Spouse: MEENA. Ser: JSec, Sec, VP, P(2012-13), Dir; B: Nov 28; W: Falgun 26



RTN. KIRAN SHRESTHA (PHF+1)

Classification: Publishing (1995-96), (O) Hand Made Souvenir Shop/Lalitpur. (R) Moneyplant Namuna Basti, House No. 71 Hattiban, Lalitpur 15.
Email: kiranshrestha1959@gmail.com;
Cell: 9851031220; Spouse: SRIJANA. Ser: E, Dir, Sec, VP, P (2007-08), DSch; B: Oct 15; W: Marga 15



RTN. MOHAN BYANJANKAR

Classification: Choreographer (2018-19)
Chyasal - 9, Lalitpur. Academy of Dance and Music
Tel: (R) 5532446 Cell: 9841291385
email: thebyanjankar@gmail.com
B: 13 April W: 7 Falgun

Spouse: RITA



RTN. NARAHARI DAS JOSHI (PHF+2)

Classification: Electrical Engineering (Freelance Consultant) (2001-02),; (R) Milijuli Shanti Chowk, New Baneshwor -34, Shanti Nagar, Kathmandu; Email: joshi_nd@hotmail.com; Tel 4621044 (R) Cell: 9851083344; Spouse: BINU. Ser: Dir, E, Sec, P(2010-11); B: Sep 18; W: Jan 12



RTN. LUCKY NYACHHYON PRADHAN

Classification: Management (2019-20), (O) Lucky Finance, Dhalko; Punarjeevan Hospital, Shankhamul, (R) Mount View Residency Lalitpur,

Email: luckynyachhyonpradhan@gmail.com, Tel. 5250353 (R), Cell: 9841295379, Spouse: Dr. SUDARSHAN, B: Jan 25, W: Mangsir 12



RTN. OM KRISHNA SHRESTHA (PHF)

Classification: Human Resource Management (2016-17), (O) Pulchowk, Lalitpur; (R) Koteshwore, Kathmandu; Email: okshrestha2013@gmail.com; Tel 4600593 (R) 5010165 (O) Cell: 9851193777; Spouse: SUNMAYA; Ser: Dir, B: Dec 18; W: Magh 25



RTN. MANJAREE TAMRAKAR

Classification: Management (2019-20), (O) Biswo Niketan, Tripureswor, (R) Mount View Residency, Harisidhhi, Lalitpur; Email: manjareetamrakar@gmail.com, Tel 5250740 (R), Cell 9841248737, Spouse: DEEPAK, B: Magh 21, W: Magh 1



RTN. OM SHANKER SHRESTHA (PHF)

Classification: Accounting & Auditing. (2016-17), Registered Auditor (R) 16/208 KhachhenTole, Lalitpur; Tel: 5537746, 5542403 (R); Cell: 9841291142; Email: omshrestha4@gmail.com Spouse: RADHA; Ser: Dir,Sec, Tr. B: Nov 29; W: Ashadh 24



IMAGINE ROTARY



RTN. PADAM K. SHRESTHA (PHF) Classification: Trekking (1995-96), (R) Indrayani, Balkhu, Sanepa, Lalitpur W. No. 2; Email: padams1617@gmail.com; Tel 5520466, 5526785 (R) Cell: 9851034857; Spouse: Rtn. URMILA S. Ser: Tr, Dir; B: Nov 23; W: Baisakh 16



RTN. PRERANA JOSHI Classification: Business (2018-19) (R) Dhobighat - 3, Lalitpur. (O) Kalpvriksha Company Pvt. Ltd. email: jjprena@gmail.com Tel: (O) 5529908 (R) 5153575 Cell: 9818136361 B: 18 April W: 11 July Spouse: MANISH JUNG



RTN. PRAMOD S. PRADHAN (PHF+4) Classification: Geo-informatics (1998-99), HN 701, Civil Homes, Sunakothi, Thecho, Lalitpur. Email: pramodssp@gmail.com; Tel 5574746 (R) Cell: 9851026566; Spouse: USHA. Ser: Dir, JSec, Sec, VP, P (2009-10), GSE Team Leader (2012) DCm, AG; B: Nov 6; W: Dec 24



RTN. PURNA LAXMI SHRESTHA Classification: Teaching Office- Siddhartha Vanasthali Institute, (R) Mount View Residency Phase 2, Harisiddhi, Lalitpur Tel: 015251585 Cell: 9843113013 email:shresthamangala18@gmail.com B: 22 Feb W: 9 Baisakh Spouse: SANJAY



RTN. PREM KUMAR SHRESTHA Classification: Banker (2018-19) Baneshwor, Kathmandu. Agricultural Development Bank Ltd. Tel: (O) 4222297 (R) 4466048 Cell: 9841202309 email: prem sth@hotmail.com B: 19 Dec W: 15 Falgun Spouse: ANJU



RTN. RAJANA SHRESTHA JOSHI, (PHF) Director (2019-20), (O) Samihana Lab, Mangal Bazaar, (R) Purna Chandi 20, Lalipur, Email: rajana@samjhanalab.com, Tel 5546684 (O), Cell: 9851190020, Spouse: URDEEP, B: Dec 22, W: May 6



RTN. PREM SINGH (PHF) Classification: Bee Keeping Business (2002-03), (O) N. Stone Bee Concern, Sinchahity, Lalitpur, Nepal; (R) Sinchahity, Satdobato, Lalitpur, Ward no. 6. Lalitpur; Email: purehoney44@hotmail.com; Tel 5523853 (R) 5523853 (O) Cell: 9851064935; Spouse: DEENA. Ser: Dir, Tr, JSec, SA; B: Jun 17; W: Falgun 23



RTN. RAJENDRA M. SHRESTHA (PHF) Classification: Taxation (2005-06),; (R) Chakupat, KholchaPokharitole, Lalitpur, H. No. 31, Ward No 11; Email:shrestharajendra123@gmail.com; Tel 5260309 (R) Cell: 9808980129; Spouse: RAMUNA. Ser: Sec, Dir, VP, P (2014-15); B: Apr 19; W: Falgun 8





RTN. RAM PRASAD SHRESTHA (PHF)

Classification: Professor (Retired); (R) Viju Niwas, Mahalaxmi Sthan, Lalitpur; Email: rpshrestha1949@gmail.com; Tel 5554052 (R) Cell: 9851008258; Spouse: BIJAYA. Ser: Dir, VP; B: Jan 27; W: Mangshir 12



RTN. DR. SANTOSH SHAKYA (PHF)

Classification: Endocrinology (2011-12),; (R) Thado Dhunga, Jhamsikhel, Lalitpur-3; Email: drshakyanp@yahoo.com; Tel 5536776 (R) 5530203 (O) Cell: 9801030370, 9851030370; B: Dec 26



RTN. ER SANJAYA SHRESTHA, Col (retd)
Director:.Nepal Cancer Hospital & Resarch Center
(R) Mount View Residency Phase 2, Harisiddhi, Lalitpur
Tel: 015251585 Cell: 9851195503,9841325888
email:sanjayashrestha43@gmail.com
B: 23 April W: 9th Baisakh Spouse: PURNA LAXMI



RTN. SHANTI SHRESTHA THAKURI (PHF)

Classification: Hotel Management (2016-17), (R) Satungal, Kathmandu;

Email: sushma.thakuri@yahoo.com Cell: 9841252804; Spouse: PARAS BHATTACHARYA; B: Dec 23; W: Jan 13



RTN. SARITA SHRESTHA (PHF)
Classification: M&E (2011-12),; (R) Jwagal, Lalitpur;
Email: sarita.shrestha@gmail.com; Tel 5540551 (R) Cell:
9851082223; Spouse: Rtn. Dr. CHANDRA LAL.
Ser: Tr, Sec; VP, PE, P B: Dec 1; W: Feb 17



RTN. SHAILENDRA BAJRACHARYA (PHF+1)

Classification: Jewelry Business (2001-02), (O) Menak Jewelary ,Pulchowk, Lalitpur; (R) Pulchowk, Lalitpur; Email: sailendrabajracharya@hotmail.com; Tel 5529464 (R) 5529464 (O) Cell: 9851012613; Spouse: RASMILA. Ser: Dir; B: Aug 6; W: Mar 5



RTN. SANGITA AMATYA SHRESTHA,

Trainer/Policy Maker, Health and Safety Officer (2019-20), (O) - (R) Khumaltar Height - 15, Lalitpur. Email: sangita@everestfashion.com, Tel: 5540963 (R) 5525187 (O), Cell: 9841592647, Spouse: MAHESWOR, B: Mangsir 8, W: Baisakh 26



RTN. SHOBHA DEVI SHRESTHA (PHF)

Classification: Business Information
System, Smart Telecom P. Ltd., Kumaripati, Lalitpur;
(R) Chakupat, Lalitpur;
Email: shobhadevishrestha@gmail.com; Tel 5260488 (R) 5008588 (O) Cell: 9841343792; 9611020010
Spouse: Rtn. DEEPAK; Ser: Sec, E; VP B: May 25; W: Falgun 12.



IMAGINE ROTARY



RTN. SOFI RAGHUBANSH SHRESTHA

Classification:Montessori Teacher Bhotebahal - 21, Kathmandu. Sunshine Daycare Pre-School Tel: (R) 4268685 Cell: 9841658024 email: mmdigitalphotostudio@gmail.com Spouse: MOHAN B: 10 Kartik W: 24 Baisakh



RTN. SUBHAKAR BAIDYA (PHF)

Classification: Program Development and Management (1998-99), (R) Shubhakuti, Sapa Jarhun, Satdobato, Lalitpur-14; Email: subharenu@hotmail.com; Tel 5151544 (R) Cell: 9818569595; Spouse: Renu. Ser: Dir, J.Sec; PE; B: Mar 14; W: Falgun 21



RTN. DR. SUDARSHAN NARSING PRADHAN

Classification: Psychiatry (2021-22), Kathmandu Medical College and B & B Hospital. Purnajeevan Hospital. (R) Mount View Residency Phase 2, Harisiddhi, Lalitpur, Email: drsudar@yahoo.com Tel. 5250353 (R), Cell: 9851037004



RTN. DR. SUDIP SHRESTHA (PHF)

Classification: Oncology (O) Nepal Cancer Hospital and Research Center, (R) Khumaltar Height, Lalitpur; Email: sudipsh@hotmail.com; Tel 5533493, 5535513 (R) Cell: 9801141004; Spouse: Rtn. SWORUPA; B: Nov 7; W: Feb 2



RTN. DR. SUMITRA MANANDHAR GURUNG (PHF)

Classification: Microfinance (2006-07), (O)
MahilaSahayatra Microfinance BittiyaSanstha Ltd.,
Chitlang, Makawanpur; (R) 598 KimdolMarga, Kathmandu,
Nepal; Email: sumitramgurung@gmail.com; Tel 4275198
(R) 057-693941 (O) Cell: 9851041075; Spouse: Dr.
Chandra Prasad Gurung (Late). Ser: Dir;
B: Oct 25; W: May 25



RTN. SURENDRA G. JOSHI (PHF+3)PHS M.

Classification: Civil Engineering (Freelance Consultant) (1995-96), (R) Morning glory, Shree Tole 2556, Man Bhawan, Lalitpur 5; Email: ersgjoshi@gmail.com; Tel 5534328, 5534491 (R)

Email: ersgjoshi@gmail.com; Tel 5534328, 5534491 (R) Cell: 9860999303; Spouse: BADRILAXMI. Ser: Dir, P (2001-02) AG, SA; B: Feb 20; W: Falgun 19



RTN. SURENDRA G. SHRESTHA (PHF+1)

Classification: Wooden Furniture Manufacturing (2004-05), (O) Shree MahalaxmiKasthaUdyog, Satdobato, Lalitpur, Nepal; (R) Satdobato, Lalitpur; Email: surendraniru_shrestha@hotmail.com; Tel 5551425, 5151800 (R) Cell: 9841566522;

Tel 5551425, 5151800 (R) Cell: 9841566522; Spouse: NIRMALA. Ser: Tr, Dir, Sec, SA, PE, P; B: Falgun 19; W: Baisakh 12



RTN. SUSHIL BAJRACHARYA

Classification: Insurance (2007-08), (O) Himalayan General Insurance Company Ltd., HGI House, Babarmahal, Kathmandu; (R) BodhigramTole, Satdobato, Lalitpur 17, Nepal; Email: sushil.ujjwol@gmail.com; Tel 5201591 (R) 4231788 (O) Cell: 9851051758; Spouse: UJJWOL. Ser: E, Sec, VP, P; B: Sep 28; W: Mar 9





RTN.SWORUPA SHRESTHA (PHF)

Classification: Social Worker/Director, (O) Nepal Cancer Hospital & Research Center, Harisiddhi, Lalitpur; (R) Khumaltar Height, Lalitpur; Email:sworupaz@hotmail.com; Tel 5533493(R) 5251495/96/98/99 (O) Cell:9851041004; Spouse: Rtn. Dr. SUDEEP; Ser: Dir,TRF,MC,PR, AC B: Nov 26; W: Feb 2



RTN. Prof. DAVID GELLNER

Honorary Member

Classification: Anthropology (O) School of Anthropology and Museum Ethnography, 51 Banbury Rd. Oxford OX2 6P; Spouse: DOLORES MARTINEZ



RTN. TWINKLE NYACHHYON RAJBHANDARY,

Classification: Airport Service Management (2019-20), (O) Oman Air, Airport, (R) Mount View Residency, Lalipur, Email: 2iinkle@gmail.co; ktm.asm@omanair.com, Cell: 9851057684, B: Sep 11



RTN. URDEEP JOSHI,

Classification: Chairman, Samjhana Lab (2019-20), (O)
Mangal Bazaar, Lalitpur, (R) Purna Chandi 20, Lalitpur,
Email: urdeep@samjhanalab.com, Tel: 5546684,
Cell: 9841346006, Spouse: RAJANA, B: Mar 28, W: May 6



Club ID : : 31764

Chartered : 28.06.1996

No. of Members : 60 (Active -59; Honorary -1)

Meeting Day : Friday
Meeting Time : 5:30 PM

Venue : Bagaicha Restaurant,

Jawalakhel

Area Code : 01
Rotaract : 1
Interact Club : 1
RCC : 4
PHF : 22

MPHF : 11, Major Donor Level 1

PHS Member : 2



RTN. URMILA SHRESTHA (PHF+1)

Classification: Microfinance (1995-96), (O)
MahilaSahayatra Microfinance BittiyaSanstha, Sanepa,
Lalitpur; (R) Indrayani, Balkhu, Sanepa, Lalitpur W. No. 2,
Lalitpur; Email: urmilashrestha09@gmail.com;
Cell: 9851021539; Spouse: Rtn. PADAM .Ser: Dir, JSec,
VP, P(2006-07), DCh; SA
B: Apr 12; W: Baisakh 16



ROTARY CLUB OF YALA









Secretary Rtn. MANJARI TAMRAKAR



President Rtn. PURNA LAXMI SHRESTHA





Treasurer
GYANU NAKARMI







INTERACT CLUB OF YALA BOARD OF DIRECTORS 2022/23



President AASHIKA PUN MAGAR



IP President GARIMA RAY



Secretary RAPSHREE TANDUKAR



Treasurer AAKRITI THAPA



मेरो छतवारी : मेरो विशामस्थल

- अञ्जु श्रेष्ठ

आजभोली मेरो दैनिकी विहानको नित्य काम पछि छतवारीमा रहेको विभिन्न तरकारी, फलफूल तथा फूलहरुको स्याहार संभार र तिनीहरुमा पानी हाल्ने, गोडमेल गर्ने, काँटछाँट गर्ने, आवश्यक परेमा मल हाल्ने, खान लायक भएका तरकारी टिप्ने आदिबाट शुरु हुन्छ र गर्मी र पानी नपरेको दिनको साँभ पनि करिव विहान कै उपक्रम दोहोरिन्छ।

२०५६ साल मंसिरमा श्रीमान्को जागिर कृषि विकास बैंकमा भए पश्चात काठमाडौंको नयाँ बानेश्वरमा भाडाको घरमा करिव ४ बर्ष विताए पछि २०६० सालमा काठमाडौंको नयाँ बानेश्वरमा नै आफ्नो घर बनाउने हाम्रो सपना पिन आधा आधी पुरा भयो। आधा आधी यस अर्थमा की नक्सा बमोजिमको घर पुरा भएको थिएन। २ तला मात्रै पुरा गिरएको थियो, बाँकी काम भने २०६४ सालमा मात्रै पुरा भयो।



आफुलाई फुलहरु फुलेको ज्यादै मन पर्ने भएकोले घर बनाउने क्रममा नै घरको छतमा फुल रोप्नको लागि छट्टै क्यारी पनि बनाउन लगाएको थिएं। त्यस पछि आफुनो घरको बरण्डा तथा छतमा विभिन्न किसिमका र मौसम अनुसारको फुलहरु रोप्न शुरु गरियो । नित्य पुजा गर्न कहिल्यै फुलको दःख भएन । आफुनो छतमा मौसम अनुसारका विभिन्न प्रजातिका फुलहरु फुल्दै गर्दा दइटा जित क्यारीमा साग, लसन, धनिया आदी तै पनि हन्छ की भन्ने आशामा लगाउन शरु गरियो। श्रुमा राम्रो जस्तो भए पनि संतोषजनक उत्पादन भने लिन सिकएन। एक त किनेको माटो त्यसमाथि विषादी धेरै प्रयोग भएको ठाउंको भएर हो वा पोषकतत्वको किम भएर हो वा अन्य कारणहरुले हो त्यतिबेला खट याउन सिकएन तर जाँगर भने मरेको थिएन को शिष जारी राखियो । कषिको अध्ययन नभएको र विहे अघिसम्म व्यापार व्यवसायको माहौलमा हर्किएको ले पनि होला माटोको उर्वरापन र यसलाई आवश्यक पर्ने पोषकतत्वको वारेमा केहि जानकारी नभएकोले छतवारीमा गरेको परिश्रम अनुसारको नितजा निश्किरहे को थिएन । छतबारीमा तरकारी लगाएका केही साथीहरुसंग करा गर्दा मल नप्गेको, माटो चिम्ट्याइलो भएको, विउ राम्रो नपरेको, स्याहार र संभार नप्गे को आदी धेरै कारणहरु बताए । द्इटी छोरीहरु स्क्ल र श्रीमान् पनि अफिस गइसकेपछि दिउसोको समय सदपयोग गर्न मैले छतवारी सम्वन्धी थप जानकारी लिने अठोट गरें। यसऋममा का.म.न.पा. वडा नं. १० ले आयोजना गरेको कौशिखेति सम्वन्धी आधारभूत तालिम पनि लिएं। त्यस तालिमका ऋममा उपलब्ध गराइएको प्राविधिक ज्ञान जस्तै: माटोलाई कसरी तयार गर्ने, मलको व्यवस्था कसरी गर्ने, आफ्नो भान्सामा जम्मा हुने र गल्ने चिजविजबाट कसरी मल बनाउने, किराबाट तरकारीलाई कसरी जोगाउने आदीलाई व्यवहारमा उतार्न थालें। यसो गर्दा केही सकारात्मक र थप उत्प्रेरित गर्ने खालका उत्पादनहरु छतवार ीमा हुन थाले । अब भने केहि होला की भन्ने आशा पलाउन लाग्यो । घरमा उत्पादन हुने फोहोरहरुलाई गल्ने (कृहिने) र नगल्ने (नकृहिने) मा छुट्टयाएर गल्ने फोहोर जितलाई कम्पोष्ट बिनमा वा डुममा राख्न थालियो त्यसमा भ भोल र माटो मिलाउदै लगेर राम्रो मल बनाउन पनि सिकियो । यसका साथै कलेज पढ दाको साथी अभ भन्न पर्दा दिदी विष्णु थकालीले गड



ROTARY थालियो ।

IMAGINE यौला दिन् भए पछि Vermi compost पनि बनाउन

अव भने मेरो छतवारीमा साग, लसन र धनिया मात्रै होइन अन्य तरकारीहरु जस्तै करेला. गोलभेंडा भिण्डी, घिरौला, चिचिण्डा, फर्सी, लौका, काक्रो, बोडी, विभिन्न प्रजातीका सीमि, बकल्ला, भन्टा, सलाद साग (भिततगअभ), पृदिना, काउली, बन्दागोवी, ब्रोकाउली, स्क्स, मुला, गाजर, गान्टेम्ला, अद्वा, आल्, पिडाल् दे खि तरुलसम्म पनि फल्न थाले । खुर्सानीको उत्पादनले करिब ९ महिना जितलाई धान्ने भयो, लसन (पात र पोटी दबै। निकनेको करिव २ बर्ष भयो । आफनै उत्पादनले पुग्ने भएको छ । दैनिक जसो विहानै छतबारीमा विरुवाको स्याहार संभार र पानी, मलको व्यवस्थापन गर्दै तरकारी टिपेर पकाएर खाँदा र परिवार का सदस्यलाई ख्वाउन पाउदा बेग्लै आनन्दको अनुभृति हुन्छ । अभ श्रीमान् लगायत परिवारका सदस्यको यस्तो तरकारीको स्वादको बयान गर्दा त त्यसको उत्पादन गर्दा गरिएका सबै दःख बिर्सिन्छ । आजभोली मेरो भान्सामा प्रायजसो आफ्नै छतवारीमा उत्पादित तरकारीहरु मात्र पाक्ने गर्छ । बजारबाट आल र प्याज बाहेकको तरकारी निकनेको महिनौ भैसक्यो।

तरकारी संगसगै केही फलफुलहरु पनि मैले छतवार ीमा लगाएको छ । जसमध्ये अम्बा, कागती, सुन्तला, म्न्तला, अनार, अंग्र, Strawberry, Blackberry, Pepinomelon आदी प्रमुख छन्।

विभिन्न प्रजातिका फुलहरुको सोख बाट शुरु भएको मेरो छतवारीप्रतिको मोहमा तरकारीका लागि २ वटा कौशी प्रयोग भए पनि बाँकी एउटा कौशिमा भने प्रै र बरण्डाहरुमा विभिन्न प्रजातीका फुलहरु मध्ये बाह्रै महिना क्नै न क्नै फुल फुलिरहेकै हुन्छ । मेरोमा विशे ष गरी गुलाफका धेरै प्रजाति रहेको छ । चमेली फुल देखि इन्द्रकमल हदै लाहरे फूलसम्म पनि मेरो छतबार ीमा फुलेका हुन्छन् भने अनेक प्रकारका क्लमययच एबिलत को संकलन पनि मेरो घरभित्र देख्न सिकन्छ भने Lemon Grass तथा घ्यक्मारी (aloe vera) ले पनि छतवारी स्थान पाएका छन्।

छतबारीमा यसरी फूल, तरकारी तथा फलफूल सफलता पूर्वक उत्पादन गर्न सजिलो भने पक्कै छैन। निर न्तर लागि रहनु पर्दछ । एकदिन पानी राख्न विर्सियो भने महिनौको मिहेनत खेर जान बेर लाग्दैन। छतबारीमा मैले गरेको मिहेनतको कारणले पनि होला मलाई काठमाडौं उपत्यकाको समेत प्रतिनिधित्व गर्दै गत बर्ष भारतको हरियाणमा महाराणा प्रताप वागबानी विश्वविद्यालयमा बेमौसमी तरकारी र च्याउ उत्पादन सम्बन्धी २ हप्ते तालिम लिने मौका पनि मिलेको थियो



र त्यहाँबाट फर्के पछि घरैमा इथभकतभच च्याउ समे त उत्पादन गर्न सफल भइयो जसको स्वाद ज्यादै मिठो र अतुलनीय हुने रहेछ । यस वर्ष पनि विउ खो जेर लगाउने विचारमा छ।

मैले आफ्ले छतबारीमा गरेको काम र त्यसको नितजा बारम्बार मेरो बअभदययप र ग्रुपमा पनि लगातार ग्उयिबम गरि राखेको हुन्छु । म पनि अरुले राखेका यस्तै सामाग्रीहरु र केही थ्यगतगदभ ऋजबललभ मार्फत् पनि जानकारी लिइ राखेको हुन्छ जसले मलाई छतवारीमा काम गर्न केही न केही ज्ञान प्राप्त हुन्छ र त्यसलाई प्रयोगमा पनि ल्याउछु । जसले मलाई फाइदा नै गरेको छ । मलाई पनि धेरैजनाले यधि गरेर आफ नो छतवारीमा तरकारी खेति श्रु गर्न् भएको छ । म पनि त्यस्ता साथीहरुलाई आफूसंग भएका विभिन्न तर कारीका बेर्ना पनि उपलब्ध गराउदै थप उत्प्ररित गर्दै आएको छ । केही ख्यातिप्राप्त व्यक्तित्वहरु पनि मसंग छतवारीमा तरकारी खेति सम्बन्धी परामर्श लिने गर्न हुन्छ । यसले गर्दा मलाई छतवारीमा काम गर्न अभौ उत्प्रेरित गराएको छ र मेरो यो काममा परिवारका सदस्यहरुको पनि उत्तिकै सहयोग प्राप्त भइ राखेकै छ । जसले गर्दा मलाई छतवारीमा काम गर्ने थप हौसला मिलेको छ । दिनभरी कामको थकाइ छतवारीमा गएर विचरण गर्दा मेटिन्छ । अभ विहानको :यचलष्लन धबपि पनि छतवारीमा नै गर्दा त पुरै शरिर हल्का भएको महशस हन्छ । त्यसैले पनि मेरो छतवारी मेरो विश्रामस्थल पनि भएको छ । अस्त् ।



"Service above self is what we as Rotarians follow and is a moral that we encourage others to live by "

Twinkle Nyachhyon Public Image – Director 2021-2022

As Rotary is a Brand and we Rotarians are the Brand Ambassador's. We know that making a good first impression is always very important, we share our success stories in simple way which will be easy to help our communities to understand what we really do and how effects our community in positive way such that we can inspire others to get involved and join us in this philanthropy.

I was lucky enough to witness the wonderful event called District Conference 3292 at Jhapa, where got an opportunity to meet with highly influenced people promoting Rotary in district level and helping each one of us to develop Public Image. Every day in every corner of our communities and around the Globe we all are going through some kind of challenges, could be disease like Cancer, Pillio, covid-19 etc, lack of clean water, health care, save environment, save heritage and the most important is to



Service Above Self

Paul P. Harris

- The first service project was public restrooms in downtown Chicago, IL.
- Rotary became the world's first "service club" organization.
- Formulated the Object of Rotary in 1910





educated people in need . hence, here we mobilize our experienced experts , leaders in every sector , as we Rotarian's knows as PEOPLE OF ACTION.

We really need media support to spread the awareness and cover our projects and plate them n social media platforms, newspapers, TV, Magazine of Rotary could it be by sponsoring special event as we do many for cancer awareness events, and we have started a project called Temple cleaning event, We want this project to name as Temple cleaning Movement.

I Twinkle Nyachhyon am the Public Image – Chair for the year 2021-22 . It was undoubtedly a beautiful year. And I would like to extend my gratitude to Rotary Club of Yala Family for having trust in me to lead this position and grow big.

"Service above self is what we as Rotarians follow and is a moral that we encourage others to live by"









Momadu Galli, Behind Krishna Temple

Patan Durbar Square, Lalitpur. 9851151599, 9861289932



Le Bagaicha Grill & Bar Pot. Ltd.
Jawalakhel, Lalitpur

Tel: 01-5548148

email: lebagaichagb@gmail.com newsbagaicha@yahoo.com



के तपाइ पाठेघरको मुखको क्यान्सरबाट बाँच्न र बचाउन चाहनहुन्छ



डा. अन्जु श्रेष्ठ

नेपाल तथा अन्य विकासोन्मुख देशमा महिलाहरुमा देखिएका क्यान्सर रोगहरु मध्ये पाठेघरको मुखको क्यान्सर (Cervical Cancer) प्रमुख रहेको छ । अज्ञानता, समयमा उपचार गरे निको हुन्छ भनेर थाहा नहुनाले, ग्रामिण क्षेत्रमा उपचार सुविधा नहुनाले र महिला स्वास्थलाई न्युन प्राथिकता दिनाले पाठेघरको मुखको क्यान्सरबाट वर्षेनी थुप्रै महिलाहरुको मृत्यु हुने गरेको छ । विभिन्न अनुसन्धानहरुका निचोड अनुसार ९९ प्रतिशत पाठेघरको मुखको क्यान्सरमा HPV भाईरसको संक्रमण देखिएको पाईएको छ ।

पाठेघरको मुखको क्यान्सरको मुख्य कारण ह्युमन प्यापिलोमा भाईरस (HPV) को संक्रमण हो ।

(HPV) Human Papilloma Virus को संक्रमण हुनु सामान्य हो। यो यौन सम्पर्कद्वारा सर्छ । यो संक्रमण उपचार नगरिकनै हाम्रो शरीरको प्रतिरक्षा प्रणालीले (रोगसंग लड्ने क्षमता) निको पारिदिन्छ । तर यो (HPV) को संक्रमण भएको लामो समयसम्म शरीर को प्रतिरक्षा प्रणालीले यसलाई हटाउन नसकेमा पाठेघरको मुखको क्यान्सर हुने सम्भावना बहुछ ।

लगातार Human Papilloma Virus को संक्रमण वढी हुने सम्भावना कसलाई हुन्छ ?



- कलिलै उमेरमा विवाह भएका महिलाहरु।
- कम उमेरमा नै यौन सम्पर्कमा सिक्रय हुने महिलाहरु ।
- एक भन्दा धेरै प्रुषसंग सम्पर्क राख्ने महिलाहरु ।
- धेरै सन्तान जन्माउने महिलाहरु ।
- प्रतिरक्षा प्रणाली (रोगसंग लड्ने क्षमता)
 कमजोर भएका महिलाहरु ।
- धम्रपान गर्ने महिलाहरु ।
- अरु यौन सम्पर्कद्वारा सर्ने रोग लागेमा ।
 यी महिलाहरुमा पाठेघरको मुखको क्यान्सर हुने वढी सम्भावना देखिन्छ ।

ह्यमन प्याप्लोमा भाईरस (HPV) विरुद्धको खोपहरु

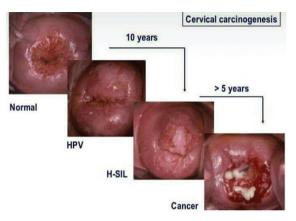
अहिलेसम्म १३० प्रकारका ज्युष्ट पत्ता लगाई सके का छन्। त्यसमध्ये ९० प्रतिशत पाठेघरको मुखको क्यान्सर आठ प्रकारका HPV: १६, १८, ३१, ३३, ३४, ४४, ४२ र ५८ बाट हुने देखिएको छ। जसमध्ये ज्युष्ट १६ र १८ प्रकारको संक्रमण वढी जोखिमपुर्ण देखिन्छ। त्यस कारण ज्युष्ट भाईरस विरुद्ध खोप पत्ता लागि सकेको छ। यो लगाएर सुरक्षित हुन सिकन्छ। विभिन्न प्रकारका ज्युष्ट विरुद्धको खोपहरु उपलब्ध छन्।

Cevarix : Bivalent Vaccine And Gardesil : Quadrivalent Vaccine

यस खोपले दुई प्रकारको भाईरस टाईप १६ र १८ विरुद्ध सुरक्षा प्रदान गर्दछ । टाईप १६ र १८ विश्वमा ७० प्रतिशत पाठेघरको मुखको क्यान्सरको कारकहरु हुन् । तसर्थ यो खोप लगाएमा ७० प्रतिशतले पाठेघरको मुखको क्यान्सर रोकथाम गर्न सिकन्छ । बांकी ३० प्रतिशतपाठेघरको मुखको क्यान्सर अरु प्रकारको HPV भाईरसले गर्दछ । तसर्थ, HPV



IMAGINE ROTARY



विरुद्धको खोप लगाउंदैमा १०० प्रतिशत सुरक्षा हुदै न । खोप लगाएता पनि नियमित रुपले प्याप स्मेयर अनिवार्य गराउन पर्दछ ।

यो खोप कसका लागि प्रभावकारी हुन्छ?

- ९-२६ उमेरका सबै महिलाहरु ।
- यौन जीवनमा आबद्ध नभएका किशोरीहरुलाई यो खोप दिन् प्रभावकारी हुन्छ।
- यो खोप तीन पटक पाखुरामा वा तिघ्रमा लगाईन्छ ।
- पहिलो खोप दिएको एक महिना पछि दोश्रो खोप र पहिलो खोप दिएको ६ महिना पछि तेश्रो खोप दिन्पर्दछ।

SCREENING TEST

9. गर्भाशयको श्राव परिक्षण (PAP Smear) पठेघरको म्खको श्राव परिक्षण (PAP Smear) ले असामान्य कोषिकाहरु पत्ता लगाउने हुनाले तिनीहरुलाई क्यान्सर हुन पहिले नै उपचार गर्न सिकन्छ ।

२.Human Papilloma Virus को जांचले HPV DNA Test ह ले क्यान्सर गराउने भाईरस पाठेघरको मुखमा भए नभएको निक्यील गर्दछ । जसबाट क्यान्सर हुन् सक्ने सम्भावनाको बारे पूर्वज्ञान हुनेछ।

- ३० वर्ष भन्दा मुनिका महिलाहरुले HPV DNA जांच गराउन आवश्यक छैन ।
- तपाई २१ वर्ष प्ग्न् भएको छ र विवाहित ह्न्ह्न्छ भने हरेक ३ वर्षको अन्तरमा PAP SMEAR जांच गराउन्होला ।
- तपाई यदि ३० वर्ष प्ग्नुभएको छ भने PAP SMEAR जांच संगै जए म्ल्ब जांच पनि गराउन् हो ला। यी द्वै Test Negative आएमा हरेक ५ वर्षको अन्तरमा मात्र जांच गराए पुग्छ।
- यदि यी जांचहरुमा क्नै किसिमको खराबी दे खिएमा त्रुन्तै चिकित्सिकको सल्लाह लिन्होला।

With best compliments from



Remember us for:

Prosthesis (artificial Limbs) Orthosis (Supportive device and braces) Lumbar Corset (Back Pain Belt) Arch Support for foot related pain Hellux valgus (Bunion splint)

ORTHOPEDICA

House number 137 - Kumari Margh Kopundole, Lalitpur Phone 5180349 / 5436022 e-mail - info@orthopedica.com.np

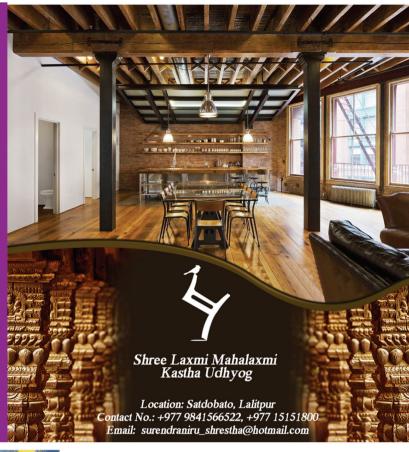
We wish all the best to ROTARY CLUB OF YALA

on the occasion of its 26th Anniversary



We wish all
the best to
ROTARY
CLUB OF YALA
on the occasion
of its

26th Anniversary





















Handmade Products, Made in Nepal ≥ 980-105-7684
twinklesbusinesses@gmail.com
Follow us for exciting products and delicious deli

Follow us for exciting products and delicious delicacies

Find us at





TWINKLE_TREATSS



First Global Grant of Rotary Club of Yala



Pramod Pradhan, PHF+5

Since the beginning of 2020, the COVID-19 had been wildly spreading in all continents. While most developed countries were equipped with modern laboratories, many countries like Nepal were lacking proper testing equipment. This prompted Rotary Club of Yala to explore the possibility of equipping Nepalese hospitals with modern PCR machines. A fruitful meeting between RC Yala and Rotary Club of Jindalee, Brisbane-Australia, lead to development of this first Rotary Global Grant Project of RC Yala, and being implemented in 2021. The project, Grant Number GG2118291 and titled "Providing PCR (Polymerase Chain Reaction) machine to fight COVID-19", has equipped the Nepal-Korea Friendship Municipality Hospital, Madhyapur-Thimi, with modern PCR testing facilities. The equipment include, one set Real-Time PCR machine with 96-Well Cycler, one set Automated Nucleic Acid Extraction system with 96 deep-well plates, 3000 PCR detection kits and 2560 DNA & RNA extraction kits.



[Real-Time PCR machine, Nucleic Acid Extraction machine, PCR detection kits and DNA & RNA extraction kits]

The total project cost of US\$ 70,500 was sponsored by Rotary Clubs and Districts of Nepal, Australia and Taiwan.

The Host Club, Rotary Club of Yala, included Pramod Pradhan (Primary Contact), Deepak Tamrakar, Dharmendra Shakya, Urdeep Joshi, Om Shanker Shrestha (finance management), Presidents Subhakar Baidya (20/21) and Sumitra M. Gurung (21/22), and Surendra Govinda Joshi (equipment decision). Besides managing the funds during project implementation, Subhakar Baidya and Om Shanker Shrestha together with club members, played an instrumental role in raising funds from Rotary Club of Kathandu Mid-Town, RID 3292 (Nepal & Bhutan), Centre for Molecular Dynamics - Nepal, Madhyapur Municipality, Yadav & Basundhara Dhungel from Sydney-Australia, RC Yala members (Basanta Raj Shrestha, Dinesh Lal Shrestha, Surendra Gopal Shrestha, Padam Krishna Shrestha, Urmila Shrestha, Sumitra Manandhar Gurung.

[PCR equipment handover program in presence of Madhyapur-Thimi Mayor, Hospital Doctors, Rotarians and Guests] The project team of International Sponsor, Rotary Club of Jindalee, included Soo Choong (Primary Contact), Gregory Killoran, Elizabeth Main, Josh Odlum, Presidents John Palmer (20/21) and Terry White (21/22). Soo Choong, supported by her team members, played an instrumental



IMAGINE ROTARY



[PCR equipment handover program in presence of Madhyapur-Thimi Mayor, Hospital Doctors, Rotarians and Guests]

role in mobilizing funds from RC Jindalee, RID 9630 (Brisbane) and RID 3462 (Taiwan).

[Presentation on Global Grant Project in RC Jindalee - Brisbane-Australia (12th April 2022): Pramod Pradhan, Terry White - President of RC Jindalee, Ann Usha Pradhan and Soo Choong - International Sponsor's Primary Contact] With its enhanced Covid-19 molecular testing facility in its laboratory, the Hospital has been providing diagnostic services to the local community as well as has been serving other municipalities in the Kathmandu Valley. A number of lab personnel and related health staff have been trained to operate and maintain the machines for sustainable operations and community surveillance. During peak periods, the hospital is testing more than 500-600 persons every day. To date, more than 5000 people have benefitted under this project. Once the pandemic recedes, this PCR machine will be used for other tests such as upper respiratory tract infections and gastro-intestinal tract infections.



[Presentation on Global Grant Project in RC Jindalee – Brisbane-Australia (12th April 2022): Pramod Pradhan, Terry White - President of RC Jindalee, Ann Usha Pradhan and Soo Choong - International Sponsor's Primary Contact]

We express sincere thanks and appreciation to The Rotary Foundation, RID 3292 – Nepal & Bhutan, Rotary Club of Jindalee – Brisbane, RID 9630 – Brisbane, RID 3462 – Taichung-Taiwan, RC Kathmandu Mid-Town and Dr. Roop Jyoti, Arch C. Klumph Society Member, Madhyapur Thimi Municipality-Nepal, Center for Molecular Dynamics Nepal, and RC Yala Family.





ROTARY CLUB OF YALA Rotary Year 2021-22 Activities

CLUB ADMINISTRATION

May 28 2021 District training Assembly participated

May 29 2021 DTA EDRR participated June 5 2021 District Grant Management training, Gary Huang, Virtual

June 12 2021 Joint Board to review Strategic Plan for 2021-24

June 15 2021 District Rotary Strategic Plan session on virtual

June 23 2021 Joint Board Meeting with the Rota 2020/2021

June 24 2021 1st Club Assembly: work session to finalize Strategic vision for 3 yrs

June 25 2021 Charter day Celebration with all Rotarians

July 1 2021 District Governor's Installation Hybrid physical and virtual, participated July 9 2021 Classification talk by Dr. Sudarshan on Psychiatry

July 11 2021 Admin Committee Meeting hosted by Chair, Sworupa

July 17 2021 NRCL Handover to Sarita, Past president of Yala

July 17 2021 1st Board Meeting, Sponsored by Shobha Shrestha

July 19 2021 Global Grant Committee Meeting on acquiring PCR and equipments from Singapore

July 26 2021 RI zoom for all South Asian Presidents

July 28 2021 NRCL Preparatory Meeting
July 31 2021 Rotaracts Installation. NRCL
preliminary ideas for plans, programs, webinar
August 6 2021 Dr Sampurna TULADHAR talk
on cardiology on zoom (weekly meeting)
August 7 2021 DPIC zoom meeting
August 20 2021 Classification talk by Er.
Sanjaya Shrestha

August 23 2021 2nd Board Meeting sponsored by Club Admin Director, Sworupa August 27 2021 Joint Meeting with NRCL with guest speaker Ravi Shehagal on selection of RI President Jennifer Jones for 2022-23 August 28 2021 2nd Club assembly August 30 2021 Interact installation on zoom September 4 2021 NRCL meeting on Diplomacy of Nepal by Madan Bhattarai at Dhokaima Cafe

September 24 2021 Physical meeting at Squash Hall after Covid lockdowns

October 2 2021 3rd Board and fellowship program at Matoghar/earth house hosted by Basanta Shrestha attended by 35 participants. District Award program for 2020-21 at Soaltee Hotel Attended by 6

October 11 2021 Health camp and Lunch to mentally retarded people

October 22 2021 Mayor of Madhyapur Thimi Municipality on heritage of Thimi Municipality participated by 38 people

October 23 2021 District Rotary organized Ethics Symposium about 3

October 29 2021 Dr. Jeevan Lal Amatya presents nutrition and spices

November 11 2021 Club admin Committee meeting hosted by Chair, Sworupa

November 12 2021 Swonti Video on zoom on occasion of swonti nakha

November 19 2021 Joint Birthday celebration with 45 participants with the presence of Past district Governors

November 26 2021 Nugal Vaidya gives presentation on waste management in medical institutions

November 27 2021 4th board meeting sponsored by Lucky Nyachhyon at recreational center, Mahalaxmi sthan



IMAGINE ROTARY

December 17 2021 Frances Klatzel, Int'l speaker on Living Experiences in Solukhumbu (weekly meeting)

December 25 2021 5th board meeting at Dhokaima café sponsored by PE Gautam shrestha

December 31 2021 3rd Club assembly held with happy hour

January 3 2022 Club Admin committee meeting, hosted by Chair

January 14 2022 Dr. Ashish Lakhye gave presentation on Omicron virus and how to safeguard oneself.

January 29 2022 DG Santosh Rijal visits to Yala on zoom to review the Club status and while Club managed to deliver cake in Itahari as surprise to him and family.

February 4 2022 District Zoom program on cancer treatment by Dr. Sudip and number of other doctors for all clubs to join hands.

February 11 2022 Int'l speaker Ravi Pradhan gave presentation on Lifestyles approach to ageing, health and longevity attended by 35 people

February 18 2022 Presentation on Lumbini Buddhist University and its programs and call for support to the Library.

February 26 2022 6th Rotary Board meeting sponsored by Twinkle at the Ambience restaurant

March 8 2022 Int'l Women's day – RC Patan and NRCL had Hybrid meeting

March 11 2022 Weekly meeting with speaker Indra Bajra and Nima Bal talked on Thanka art and language of symbol and insights to Tibet where importance of art and sustenance is remarkable

March 12 2022 Rotaracts 25th Charter day observed and rotarians participated with tickets (Sponsored Rs 25000)

March 22 2022 7th Board meeting hosted by president at resident in Kimdol

March 30 2022 Public Image presentation by Rabi Baral at Bagaincha

April 1-3 2022 Rotary District conference, Birtamod Participated by 5 rotarians April 8 2022 Sunil Khyaju Solo rider Cycling in high and untrodden places and making own video (weekly meeting) (Rs 25,000)

April 15 2022 Sagendra Shrestha gives talk on the history, progress and status of Bhanodaya school and future plans (weekly meeting)
April 21 2022 9th Board Meeting sponsored by
Deepak Das Tamrakar at Quick bites
April 29 2022 5th Club assembly review
of the progress and what needs to be done
suggestions by AG for Citation
May 16 2022 Dental Chair by Basu Fund and
Compressor by Rotarians to Nag Bahal Clinic
on occasion of Buddhajayanti (Dental Chair Rs
200,000 and Brick Machine Rs 500,000)
May 28 10th Board meeting Hosted by Kiran
Shrestha Khumaltar house
May 31 2022 NRCL joint meeting with
Chandragiri for selection of Chair for 2022-23
and confirmed

MEMBERSHIP

August 28 2021 District Membership Seminar at Aloft Hotel attended by president and 3 members

SERVICE PROJECTS

June 4 2021 Women Entrepreneur on Solid Waste, Webinar

June 20 2021 Melamchi Disaster relief discussion virtual

July 9 2021 Tree plantation in Chitlang, Tupikhel

July 16 2021 Art of Living and basic music classes by Anns groups

August 2 2021 Smart phone, laptop and data card for Bhanodaya School for online teaching (Rs 15,000-20,000.)

September 11 2021 PCR Global Grant Committee meeting on the process of getting the machine and equipment from Singapore September 19 2021 Service Projects documents handover to Chair, Dharmendra by past committee chair

September 23 2021 Nepal Disabled Women Association and Rotary Signed MOU for entrepreneurship training with support from Prime commercial bank

September 25 2021 Cooking training to 15 Rotarians By Birendra and Dr. Anita Manandhar

October 6 2021 PCR and accessories handover to Nepal Korea Friendship Thimi Municipal Hospital through Global Grant

October 10 2021 Nagarhope School children provided sports materials, lunch and food

ROTARY CLUB OF YALA | 26th Anniversary Souvenir 2022-23



by Cancer survivors and cancer awareness program to the school team.

October 23 2021 Manav Sewa Ashram provided of lunch food provided by Admin Director 's Chair

November 8 2021 Service Committee meeting December 4 2021 Disabled care institution provided 45 white canes to the blind (Rs 15,000 provided.)

December 6 2021 Sunakothi Boudha Jana bihar, 12 th anniversary celebration attended by Anns and Rotarians 6-7 and provided lunch December 11 2021 Service Committee meeting (Rs 40,500 worth of White canes.)

December 23 2021 Lunch provided to Ashram of old people with Anns groups (10,000) January 7 2022 Lalit Kalyan Kendra school held sports day program and attended by 4-5 Rotarians and provided funds (Rs 10,000 given)

February 22 2022 Lunch to the old aged group at Boudha Jana Bihar (Rs 30,000 provided by Yala and Anns)

March 1 2022 Shiva Ratri Health camp and blood donation with support by Rotary Yala with Nepal cancer Hospital and Research center and Anns. Some 12 members visited the camp

March 11 2022 Bhanodaya School children @200 taken to zoo for with support by Yala club (Estimated 15000)

March 18 2022 NDWA (Nepal Disabled Women Association) disabled girls given scholarship to study medicines, charter accountance, Business etc with scholarship from Yala (NDWA Rs 130,000)

March 26 2022 Rotary and NCHRC and Cancer relief Society organised health camp and cancer screening in Ward 20 lalitpur (Rs 25,000)

April 9 2022 Cancer screening of uterus, breast, prostate in Ward 16, Nag Bahal (Rs 10,000)

April 16 2022 Rotary Yala NCHRC cancer screening camp Jawalakhel (Rs 30,000)
April 20 2022 Utensils and food stock etc handed over to mentally retarded people and provided lunch at Chakrabahil (Rs 30000)
April 29 2022 Sneha ko Kakhma materials and luch provided, Sampang Chowk (Rs 30,000)
May 25 2022 Rotary and NCHRC donate Rs 15,000 each to SonuMaya Tamang and Buddha

Laxmi Ranjitkar cancer patients. Donated stationaries for deprived children from Club Himalaya through Rotary Yala (Rs 30,000 Rs 60,000 from Club Himalaya and Amanda) May 28 2022 Khokana cancer screening health camp with NCHRC (Rs 25,000)

THE ROTARY FOUNDATION

June 16 2021 TRF Committee strategic Plan preparation

September 12 2021 Rotary Yala's endowment Fund management at Dhokaima café October 8 2021 Classification talk by Purna Laxmi Shrestha

December 24 2021 Silent auction for fund raising preparatory meeting January 7 2022 Silent auction held for fund raising for the club with materials donated by Rotarians.

PUBLIC IMAGE

May 30 2021 DTA Public Image participated June 11 2021 Addictive Prevention Community Prevention: Social Media

July 5 2021 Yande Phalcha: consultation with the community to build public shelter forum July 9 2021 Public Com Meeting, hosted by Twinkle Nyachhyon July 6.

July 16 2021 Newa Ethno Botany talk by Dr. Dharma Raj Dangol with rotarians and non-rotarians

July 30 2021 Min Bajracharya Photographerpresentation and coaching Photography to Rotarians (Weekly meeting) August 8 2021 Rotary 7th Area Environment – Urban Tree plantation and ground water recharge

August 13 2021 Nizgadh Activists team presents the case on Airport construction and millions of tree cutting (weekly meeting)
September 3 2021 Dolly Gurung talk program – Cancer Survivor Bold and beautiful with

rotarians and non-rotarians. September 10 2021 SURESH KIRAN Manandhar talk on Indra Jatra, Kathmandu's

unique heritage for rotarians and non-rotarians attended by 43 participants.

September 13 2021 Environment Webinar-Climate change in the Himalaya by Dr. Arun Shrestha on Zoom organized by District 3292 October 5 2021 Public Image Webinar by District



ROTARY

IMAGINE October 9 2021 RC Bhainsepati's Award ceremony attended by President and secretary October 23 2021 Heritage walk in Madhyapur Thimi by Rotarians 40 and guests from Thimi October 24 2021 Polio walkathon and cycling with women

> November 4 2021 Basu Vocational Award at Patan Durbar square to Siri Siri phasan jita musical group of Rs Lakh..with audience of 4-500 in the durbar square

December 4 2021 Rotary District Image Interaction at Aloft Hotel with 12 participants from Rotary

December 23 2021 District organized talk program by Nugal Vaidya on waste and Wash Management in health institutions for public awareness and concrete actions

January 21 2022 Shirin Barakzai, from UK gave presentation on: Devadharma Mahavihar at Swoyambhu

February 22 2022 RC Thamel organized talk program on Public Litigation at Hotel Shankar attended by President, PE Gautam.

March 4 2022 Chandeswori temple cleaning with Patan HERITAGE and Women's group of Pimbahal with pot luck samay baji held meeting RWM 1312 at the pond 'Jug madu Pukhu" with the presence of all public around. March 8 2022 Cancer Hospital and Rotary had plantation and awareness on cancer on occasion of women's day

March 22 2022 Souvenir of Rota year 2020-21 launched

March 26 2022 Futsal friendly match with the rotaracts on occasion of Int'l women's day March 28 2022 Bhanodaya Golden Jubilee observed and Rotary Yala Felicitated. recognizing continuous support

April 9 2022 Heritage walk for Women by RC Himalaya from Patan Durbar to Kirtipur joined by thousands

May 16 2022 Brick Compress Machines 2 to ICIMOD's Demonstration park in Godawari







































भानिशिक तिनाल

डा. स्दर्शन प्रधान

जिन्दगीमा कुनै पिन मानिसले भोग्नु पर्ने एउटा चिज हो तनाब मान्छेले जन्मे देखि नमरुन्जेल सम्म समयको गित संगै विभिन्न प्रकारका तनाबहरुको सामना गर्नु पर्दछ । तनाब वा मानिसक तनाब प्राय सबै मिनषहरुले अनुभव गर्नु पर्छ वा भनौ सबैलाई हुन्छ । केहि मानिसहरु तनाबलै आफ्नो नियन्त्रणमा राख्न जानेको हुन्छन त कसैले आफ्नो वशमा राख्न सिक्दनन् तनाब विभिन्न प्रकारका हुन्छन ।

भर्खरै जन्मेको बच्चाले समयमा दुध खान पाएन भने रुन्छ, त्यो समयमा उसलाई तनाब भएर रुने हो। अलिक ठुलो भए पछि स्कूलमा पदाइ राम्रो संग गर्न सिकएन भने अर्को किसिमको तनाब हुन्छ। बयस्क भए पछि सहपाठीहरु संग मिलेर बस्न सकेन भने आफ्नो किसिमको तनाब हुन्छ। बिस्तारै जीवन साथी बनाउने क्रममा जीवन साथी संग मिलो मतो नहुदा वा विछोड हुदा वा मृत्यु भएमा छुट्टै किसिमको तनाब वहन गर्नु पर्ने हुन्छ।

आफ्नो कामको सिलसिलामा वा व्यापार ब्यवसाये मा किहले किहँ पैसा को अभाव भएमा तनाब हुन्छ । बुढेस्कालमा छोरा छोरीहरु टाडा भएर वा संगै बसे पिन उनीहरुले बेवास्ता गर्दा पिन आफ्नै किसिमको तनाब हुन्छ । जिन्दगीको काल खण्डमा विभिन्न किसिमको अवरोधको सामना गर्नु पर्ने हुन्छ, जस्ले समाधान गर्न सकेन भने बिस्तारै मानसिक रोगले च्यापदै जान्छ ।

प्राय जसो जब कुनै पिन बिषयमा मानिसलाई तनाबले जरा गाड्दै जान्छ तब मनमा नकारात्मक भावनाहरु आउन थाल्छ। जस्तै डर, रिस, भिवस्यमा के हुन्छ भन्ने चिन्ता, अनि उदासीपन आदि हुन थाल्छन्।

मानसिक तनाब हुने कुराहरूमा मुख्यत आफ्नो वा परिवारको कारण सिर्जित तनाब, आफ्ना पेशा वा व्यवसायका कारण भएमा तनाब र सामाजिक समस्याहरु पर्दछन आफ्नो जिन्दगीमा बितेका दुखदायी घटनाहरु बारम्बार सम्भना आएर पनि मानसिक तनाब हुने गर्छ। उदाहरणको लागि आर्थिक कठिनाई, बैबाहिक जीवनमा आइपर्ने विभिन्न कठिनाइहरु, छोराछोरीको समस्याका कारण हुने तनाब, मिदरा सेवन तथा लागु पदार्थ दुव्यर्सन मुख्य मानिन्छन् त्यस्तै आफ्नो व्यवसाय वा पेशा बाट हुने असन्तुस्टी, समुदायमा गरिने भेदभाव पूर्ण व्यवहार तथा चरम गरिवीले पनि मानसिक तनाब बेहर्नु पर्ने हुन्छन।

अतः सामाजिक कारणहरु जस्तै लडाई तथा आन्तिरिक द्वन्धका कारण भोग्नु पर्ने विभिन्न किठनाई हरु, प्राकृतिक प्रकोपहरु जस्तै भूकम्प, बादी, पिहरो, हावाहुरी आदिका कारण भोग्नु परेका किठनाइहरु, यौ न शोसन तथा बलात्कारका शिकार हुन पुगेकाहरुमा मानिसक तनाब अत्यिधक हुन्छन । मानिसक तनाब व्यवस्थापन गर्ने तिरिका मानिसक तनावलाई घटाउन र नियन्त्रण गर्ने केही तिरिकाहरु छन । तिनिहरु मध्ये कुनै तिरिका अपनाउने हो आफुलाई कुन तिरिकाले फाइदा गरेको अनुभव हुन्छ त्यिह तिरिका रोजेमा राम्रो हन्छ ।

- 9) विस्तारै लामोस्वास लिने र छोड्ने गर्नु पर्छ । स्वास लिने र छोड्न नाकबाट गर्नु गर्दछ । राम्रो संग सास लिनु र छोड्नु ज्यादै महत्वपूर्ण छ त्यसैले सबै खाले योगहरु र ध्यान गर्ने तरिकामा यस्तै तरिकालाई जोड गरेको पाईन्छ । विस्तारै लामो स्वास लिंदा शरिरको मध्तिष्क देखी सबै अङ्गहरुमा अक्सीजनको प्रवाह राम्रो हुन्छ र फलस्वरुप मनलाई शान्त पार्न सहयोग गर्छ ।
- २) दैनिक आधा घण्टा छिटो छिटो हिड्ने वा साईकल चढने गर्दा भएपनि तनाव कम गर्न सहयोग हुन्छ ।

We wish all the best to **ROTARY CLUB OF YALA**

on the occasion of its 26th Anniversary



YOUR SECURITY IS OUR MOTTO





Hattisar, Kathmandu, Nepal

Phone: 01-4443944 / 4445644 / 4445844 Email: info@generalinsurance.com.np Website: generalinsurance.com.np



Neema eLearning

The must-enroll platform to kick-off your eLearning Journey

Start your eLearning Journey TODAY & be a global competent.









150+









Tel:- +977- 4247866, 9810210952 Email:- rajani@saralink.edu.np, Info@saralink.edu.np Url: www.saralink.edu.np

HEATROCK
KEEN KIDDIES
KEEN KIDIES
KEEN KIDDIES
KEEN KIDDIES
KEEN KIDDIES
KEEN KIDDIES
KEEN KIDIES
KEEN KIDDIES
KEEN KIDDIES
KEEN KIDDIES
KEEN KIDDIES
KEEN KIDIES
KEEN KIDDIES
KEEN KIDDIES
KEEN KIDIES
KEE



त्यस्तै कुनैपनि खेलकुदमा सहयोगी गर्न पनि सिकन्छ जस्तै बैडमीन्टन, टेबल टेनिस, फुटबल, बास्केटबल वा भिलबलमा सिरक हुँदा पनि आफुलाई ताजा महसुश हुन्छन । कुनै फुलवारी वा बगैचामा घुम्ने या केही समय काममा अलमल गर्न आफुलाई मनपर्ने गीत सुनेर आनन्द लिने आफुलाई मनपर्ने किताबहरु पढ्ने गर्दा पनि आफुलाई सन्तोष महशुश हुन्छ ।

३) Relaxation exercises

जब मानसिक तनाव हुन्छ त्यसको असर हाम्रो शरिरको मासपेशीहरुमा परेको हुन्छ र यही भनिएको तरिका अपनाउदा मासपेशीहरु रिल्याक्स हन्छ र तनाव कम हन्छ ।

- क) उत्तानो परेर सुत्ने र दुबै हातको मुठि कस्ने र विस्तारै मुठि खोल्ने र कस्ने । १० पल्ट यो दोऱ्याउने । मुठि खोल्दा एक किसिमको आनन्दको अनुभव हुन्छ ।
- ख) यस्तै गरेर शरीरका विभिन्न भागहरु कस्ने र खुकुलो पार्ने काम फैसित गर्दै जाने । जस्तै औलाहरु, तिघ्रा, पेट, छाती, हात आदी ।

ग) घाँटीलाई विस्तारै दाया र वाँया तर्फ १० प्लल्ट घुमाउने ।

४) सन्त्लित आहार

स्वास्थ जीवनको लागी हामीलाई खानाको ज्यादै महत्व रहनछ । फलफुल, सागपात, चिल्लो कम भएको द्ध, दही आदी खानु राम्रो हुन्छ । गुलिया तथा न्न सकभर कम खाने राम्रो हन्छ । बोसो बढी भएको मास्, भ्टेको खानेक्राहरु ग्लियो चकलेट, आईाक्रिम आदि नखान् नै बेश हुन्छ । त्यस्तै च्रोट, सर्ती, मादक पदार्थ को सेवनले स्वास्थलाई राम्रो असर नगर्ने हनाले चटक्कै छोडेमा राम्रो हन्छ । तनावलाई कम गर्नमा सबैभन्दा पहिले तनाव क्न कारणले भएको हो आफुले नै खोजीनीती गर्नु राम्रो हो । आफुले के आशा गरिएको थियो र वास्तवमा के भई रहेछ भनेर विचार गरेमा तनावको कारण चिन्न सिकन्छ । कहिले काही मानसिक तनाव दिन सक्ने सबै कारणहरुलाई एक एक गरेर मिलाउन पर्ने हुन्छ । त्यति गर्दा पनि समस्या समाधान भएन भने मानसिक विशेषज्ञको सहयोग लिन सिकन्छ ।

विचाः हाय्का



रोटरी क्लब यलया पुल्हाम्ह (१९९८-९९) नायो भाजु ठाकुर मान शाक्य आकाभाकाँ मदुगुलिं जिपिं रोटरी क्लब यलया जःपिं तसकं नुगः मिछंका च्वनागु दु । जिपिं सकल क्लबया जःपिंसं वय्कः सुखावित भुवनस बास लाय्मा धका कामना यासे दुनुगलंनिसें श्रद्धा सुमन देखाना च्वना । लिसें वयकः या छेंजःपिन्सं थज्यागु दुःखया इलय् धैर्य धारण याय् फय्मा धका बिचाः हाय्का च्वना।

रोटरी क्लब यल या जःपिं:



Rotary Club of Yala Anns Group Activities Report 2021/22

- Donated Rs 5,000 by Badri Laxmi Joshi for foods to Manav Sewa Ashram on 32nd Shrawan 2078
- Donated Rs 10,000 by Ramuna Shrestha for foods to Manav Sewa Ashram on 7th Bhadra 2078
- Donated Rs 15,000 by Sworupa shrestha for foods and conducted health check-up program by doctor of Nepal Cancer Hospital to Manav Sewa Ashram on 25th Aswin 2078
- Donated Rs 15,000 by Badri Laxmi Joshi and Ramesh Narsingh Amatya for foods to Manav Sewa Ashram on 9th Mangsir 2078
- Rs 10,000 donated under Happy School program and provide Laptop ,mobile to Bhanodaya School on Bhadra 2078
- Participated in Music class and Yoga class of Art of Living conducted by Instructor Mrs. Laxmi Shrestha and also gifted a Laptop to the instructor worth Rs. 80,000 by Ann group
- 7. Participated Music class and Yoga class of Art of Living conducted by Instrutrutor Mrs. Laxmi Shrestha also gifted a Lap top to the instructor worth Rs .80000 donated by Ann group .
- 8. Particiated in E Banking Training conducted by official of NIB which is coordinated by Rotarian Deepak shrestha
- Distributed food and Games Sanitary goods woth Rs 16000,donated by Rajana Joshi ,Kumud and Ratnadevi on 24th Aswin 2078.
- Participated in welcome to the Distinguished guest and sirpa rewarded fellow and conducted tika karyakaram on 4th November 2021
- 11. Participated in joint birthday celebration and welcome to the Distinguished guest and conducted tika and Swann Karayakarm on 19th

- November 2021
- 12. Ann Badri Laxmi transferred Rs 10,000 to Rotaract lub for distribution of warm cloths on 19th November 2021
- 13. Donated Rs 15,000 jointly by Rotary and Anns for Jalpan program in Baudha Jana Bihar Jestha Nagarik Dewa Sewa Kendra, Sunakothi in 6th December 2021.
- Donated Rs 15,000 by Sworupa Shrestha for foods to Rima Sewa Samaj Bridha Ashram Galfutar on 9th December 2021
- 15. Distributed white cane worth Rs 7,200 and donated Rs 1,800 by Usha Pradhan on 3rd December 2021
- 16. Donated Rs 3000 including cash Rs 1000, donated by Kumud Maskey Pradhan to cancer patient on 28th December 2021.
- 17. Donated Rs 4900 .00 for ticket fee and khaja expenses while visiting Zoo with Bhanodaya School Students on 11th March 2022
- 18. Visited Susta Mansthiti Kalyan Kendra to identify problem and prepare welfare program on 25th March 2022
- Donated Educational and stationary material worth Rs 8,465 and khaja distribution including sponsored cash by Jiban,Sumitra,Bhabani and Binu to Susta Manasthiti School on 20th April 2022
- Participated in health camp for cancer screening test in collaboration with National Cancer Hospital on 16th April 2022.
- Donated Rs 10600 by Badri laxmi for foods to Manav Sewa Ashram, Tuadaha on 21st April 2022
- 22. Donated baby food and sanitary worth Rs.7000 to Snehiki kakahma on 29th April 2022





ROTARY CLUB OF YALA 1 26th Anniversary Souvenir 2022-23

- :0:
- IMAGINE Rotary

- 23. Donated food and khaja worth Rs.12000 sponsored by Friend of Urmila Shrestha to Manjushree Old house on 29th April 2022
- 24. Donated Rs 30000 to cancer patient on 25th May 2022
- 25. Participated in Health check Program to cancer patient at Sano Khokna on 28th May 2022. Program jointly conducted by Rotary club of yala and cancer hospital etc.
- 26. Donated food and khaja and school bag worth Rs.1,80,000 and cash Rs. 9000 sponsored by Indu Manandhar (Friend of Kumud maskey) on 2nd June 2022 to Naya Nepal Bal Ashram.

















ROTARY CLUB OF YALA

Rotary International District 3292 Nepal Bhutan

Strategic Plan for 2022/23 - 2024/2025

The strategic plan of RC Yala for 2022/23 – 2024/25 was drafted at the Club Assembly held on 11th June 2022 Saturday. In two parts. The incoming chairs of Standing Committees led various working groups reviewed the strategic plan and proposed annual plan activities for 2022/23 into the current form. 48 participants participated in the Club Assembly. AG Rtn Kumud Tripathy graced the plenary with his presence and gave valuable inputs. The next exercise will develop detailed action

Strengths, Weaknesses, Opportunities and Challenges (SWOC) analysis:

1. Where are we now?

Club Strengths (internal)

- Active participation of Anns, Rotractors and Interactors in club activities,
- Excellent family values and relationship
- Many new and enthusiastic members are engaged in club activities
- Diverse fellowship events
- Diverse skills and experiences of members
- Extensive Rotary knowledge among growing members of the club
- Better Size of Members in the club
- 35 % of Women members (a very good proportion compared to District average)
- District Media Award to Journalists (for Good Governance) sponsored by Yala Rotary Member PP Surendra Govinda Joshi
- Annual recognition program and specific awards established by RC Yala
- Quality Weekly Club Bulletin
- Club members are interviewed by media
- Good image within the district
- Club with PHS, PHF and MPHF etc.
- 100% Contribution Club
- Projects and activities related to community needs
- Flagship projects (cancer diagnosis and awareness, water and sanitation, support for elderly, special needs children and students, school support, girl child scholarship)
- Capable in responding to emergencies
- Good Fellowship
- Women Leadership

Club Weaknesses (internal)

• Inadequate attendance in RWM and district events

Today's date: 11 June 2022

- Only few members visit other clubs
- Knowledge about rules and procedures not up to the mark
- Sub-optimal use of expertise available in the club
- Club calendar not yet followed strictly.
- Defunct RCCs
- Inadequate number of international speakers in RWM
- Club committees not adequately active and effective
- Inadequate mentoring of new members
- Humanitarian service of the club not promoted or reflected in media
- No members from print and electronic media houses
- Weak in Public Relation and creating Public Image
- Underutilization of social/media to publicize awards and activities of the club
- Contribution and participation in TRF not as desired (Members can afford but not motivated to contribute)
- Involvement of members in service projects not to the mark
- Inadequacy in proper documentation archiving
- Link with potential international partners not up to the mark
- Not being able to translate relation with international partners into service projects
- Club with Major Donor
- Lack of participating of partner in service
- Reporting and documentation
- Improper use of communication tools
- New member orientation
- Making optimum use of knowledge and skills of all members including Past Presidents
- Fully utilizing skills and capacity of club members, Anns and partners in service in club programs

ROTARY CLUB OF YALA | 26th Anniversary Souvenir 2022-23



IMAGINI ROTARY

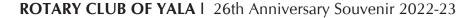
Club Opportunities (external)

- Strengthening working relationship with Anns Group and Rotaract Club and Interact Club
- Support from District Committees and officials
- Participation in District and RI events and host district event
- Possibility to make best use PP Council
- Creating RC Yala Endowment Fund
- Possibility to make best use of new members
- Possibility to enhance Rotary knowledge (putting Rotary in members)
- Partnership with print and electronic media (local and National)
- Introduce media and other awards for culture and heritage exemplary humanitarian service works
- Interact with media houses
- Participation in municipal events
- Participation in social and cultural events
- Partnership with institutions RC Yala has already worked with
- Recognition of Club and Members for contributing to RF
- Partnership with other Rotary Clubs for joint projects
- Access to Global and District grants
- To become a model club in the District (strong and united team, improved image, projects with high impact, effective partnerships, new leaders
- Interaction with media house

Club Challenges (forthcoming)

- Retaining club prestige and credibility
- Finding inspiring and exciting external speakers (international)
- Attracting members from media
- Raising funds for club projects
- Finding diversified International Partners for Global Grant Projects
- Declining Club Attendance
- 2. Where do we want to be (anticipated scenario if the strengths are utilized, weaknesses minimized, opportunities chased and challenges overcome) Target date: 30 June 2025
- 1. Good partnership and working relationship with international clubs; at least 5 sister clubs with effective joint program
- 2. Effective Regular Weekly meetings with attractive programs
- 3. At least 60% members actively participate in RWMs and club events regularly

- 4. Hosting three district events and co-hosting at least 9 district events annually
- 5. At least 25% members active in various important District roles
- 6. RC Yala Endowment Fund of at least Rs. 5 million established and operationalized
- 7. Initiation of the process to have its own club building
- 8. Membership growth of 20 (at least 50% women, 25% younger generation below 40)
- 9. 100% members registration at My Rotary every year and at least 50% using it at and 25% sharing in RWMs
- 10. Improved quality of membership (participation & contribution) in the club (indicators of quality members will be in place)
- 11. Improved skill amongst members and Anns to use digital systems (online meetings, apps, software, web)
- 12. At least 20 % members will take online courses in Learning Center
- 13. All new members to take online courses on Rotary Basics in the Learning Center
- 14. RC Yala recognized as a credible, vibrant and notable service organization.
- 15. Continuation of effective projects including their proper documentations
- 16. Enhanced image of Club and Rotary in the community and district level
- 17. Wider Distribution of Club Bulletin and Annual Souvenir
- 18. Continuation of the RC Yala recognition and awards and establish at least one new award
- 19. Contribution of US \$20,000 to TRF and Annual Fund
- 20. 50% members are Paul Harris Fellow (PHF) and 30 % Multiple Paul Harris Fellow
- 21. At least 3 Paul Harris Society (PHS) members
- 22. At least 2 club members are major donors
- 23. Documentation of past projects
- 24. Two villages adopted and supported through new RCCs and/or revival of existing RCCs
- Continued relation with past sponsored schools and communities.
- 26. At least 3 Global Grant projects implemented or under-implementation
- 27. Three schools adopted and supported to become child friendly (aligned with TEACH)
- 28. Projects implemented to support communities related to "Living with COVID"
- 29. Continue projects on
- a. support for senior citizens,
- b. cancer prevention, treatment,
- c. diabetes prevention and treatment
- d. water and sanitation at households and schools
- e. Educational support to girl students and children with special needs
- f. extra-curricular activities (in schools)
- g. Disease Prevention and Treatment





IMAGINE ROTARY

Vision statement:

RC Yala is recognized locally and in District 3292 as a strong and vibrant club with its members actively participating in high-impact service projects and club development with the support of Anns, Rotaract Club, Interact Club, partner Rotary Clubs, national and international and local authorities.

3. How do we get there?

To reach our vision, the following goals and actions are proposed for the year 2022/23. The proposed goals and actions fall within three strategic priorities of RI namely (a) Support and Strengthen Clubs; (b) Focus and Increase Humanitarian Service, and (c) Enhance Public Image and Awareness

Club Administration Committee

Goals: (a) Make club meetings interesting and effective; (b) establish good external relationship beyond club; (c) Maintain good governance in the Club

Actions

- Organize minimum 48 Regular Weekly Meetings
- Explore ways to digitally connect members who cannot physically attend meetings for health reason and/or for being out of station
- Organize Know-your-member (KYM) events at RWMs with fellowship program
- Develop a club calendar for Rota Year 2022/23
- Produce monthly quality Club Bulletins (news worthy for Rotarians and other clubs)
- 12 Board Meetings, 6 Club Assemblies, 4 Admin Committee meetings, One Annual Meet
- 12 guest speakers including 3 international speakers at RWM
- 6 classification talks with priority to new members
- Provide greetings and congratulatory cards to members and Anns
- Achieve 60% attendance; recognize make-ups
- Sister relationship with 2 International Rotary Clubs
- 2-4 joint meetings with other clubs
- Felicitation program for family members of Rotarians (SEE, +2, Bachelors, Masters) in collaboration with Anns Group
- Installation Program, DG Visit, Women's day celebrations
- Monthly happy hour
- 1 heritage tour
- One Futsal or Table Tennis Tournament
- At least one events tour/picnic/hiking outside Kathmandu valley
- Publish Club Souvenir that captures club activities and Rotary Information
- Review and amendment of club bylaws and bidhan (if required)
- Ensure timely payment of club dues
- Make up cards
- Internal Rotary Quiz contest
- Data achieving
- Encourage members to participate in other club's meeting
- Arrangement of telephone tree to make effective communication among members

Membership Committee

Goals: (a) Increase members to 57+ from current from unfilled classifications; women and youth (b) Retain minimum 95% of members, (c) enhance capacity, knowledge and skills of members

Actions

- Conduct classification survey and update classification roster
- Induct at least 5 new members
- Organize one Rotarian non-Rotarian interaction
- Achieve over 95% membership retention
- Assign mentors for new members with mentor and mentees orientation
- Engage new members in club committees and activities
- Hold at least 4 Membership Committee meetings
- One pre-induction orientation program for potential new members
- 3 training/orientation events to Rotarians/Anns/ Rotaractors on leadership and skill development such as IT, communication skills, Master of Ceremony. etc. (based on need assessment)
- Organize continued education to update Rotary knowledge (4 panel discussions)
- Conduct a membership feedback session using membership satisfaction survey and club health check forms
- Minimum 15% members participate in various district events including district membership seminar
- At least 20 % members take on line courses in the Learning Center of Rotary
- At least 3 members participate in RI Membership Webinar (online participation)
- Encourage members to make best use of RI website
- Introduce wide range of membership such as corporate members, family members, and associate members etc.
- Explore to sponsor a new Rotary club
- Happy hour once a month to motivate and for retention of members
- Award for members on basis of Attendance

Service Projects Committee

Goals: (a) Apply for at least 1 Global Grant projects; (b) implement wide range of humanitarian service projects in collaboration with Anns, Rotaractors and Interactors (c) engage in Environment protection

Global Grant Projects

 Submit applications for 1 Global Grants project (Using Toilets for Disease Surveillance and an early warning system for viral bacteria outbreak detection)

Disease prevention and treatment

- Support "Stand Up for Breast Cancer Patients" (6-12 patients) with Nepal Cancer Hospital and NCRS, Lalitpur.
- Support 12 cancer patients especially children.
- One event of blood donation, vision test,

ROTARY CLUB OF YALA | 26th Anniversary Souvenir 2022-23



- diabetes, oral health, heart diseases, hearing impairment test and physiotherapy
- Health camp in associated with Syssa Samaj and PP Rtn Surendra Govind Joshi in Ward No 6,7,8,9,11,12,16, and 18.
- Cancer Awareness Program

TEACH in adopted schools (3 schools)

- Five events of school support healthy Lifestyle, environment/mindful learning etc.(with Anns)
- Scholarship for at least 30 children of deprived families (with Anns)
- Computers and training for E-learning
- School Meal Project with Anns: 50 students at one primary school for one academic year [Rs 25/meal; 180 days + operational expenses]
- All for Ball support
- Online training program

Senior Citizens and Children with special needs

- At least 4 events to support senior citizens (day care and Old Age homes with Anns and Rotaracts)
- At least four events to support to special needs children (with Anns and Rotaracts)

Economic promotion

 Vocational training (for income generation) for 200 potential women entrepreneurs (Try GG)

Environment Protection

- Two water and sanitation (WASH) projects
- One event on traffic awareness with Rotaract
- Tree plantation
- Adopt 2 wards for zero waste promotion
- Engage international volunteers (VTT) for capacity building of local hospitals
- Temple Cleaning in collaboration with other clubs, ward, toles, guthi, etc
- Fruit Tree Plantation in schools, health center, and public places
- Clean schools for health and safety
- Hold atleast 4 Service Committee Meeting

The Rotary Foundation Committee

Goals: (a) Contribute US\$ 7000 in cash to TRF; (b) Enhance knowledge on Rotary Foundation and Grants Management

Actions

- Contribute US\$ 6,650 to TRF
- Become 100% contribution club \$25 each
- Contribute through PHF (8 members), MPHF (6 members)
- Maintain EREY
- Target for 100 % contribution club banner
- Target for other presidential citations
- 1 PHS contributions
- 1 additional major donor
- In collaboration with Club Service Project

- Committee, implement at least 1 Global Grant project
- Motivational event for club members to contribute to TRF
- Co-Host 1 TRF event of District 3292
- Organize 4 Committee meetings
- All TRF Committee Members takes on line courses in the Learning Center
- Participate in district Grants Management Seminar (at least 2 members)

Public Relation Committee:

Goals: (a) Contribute to build public relations; (b) Widely distribute Rotary publicity materials; and (c) celebrate important and dedicated days to enhance public image and visibility and (d) organize fund raising program (e) maintain, update and publish club website, social media.

Actions

- One event to felicitate and award (vocational) non-Rotarians in the community
- Explore to add one award; sign MoU with sponsor
- Regular website maintenance and updates
- Regular social media updates
- Post Rotary logo and information in the project area and communities
- Encourage to plant Fruit tree and Rudraksha at health center, School, Bihar and Public places
- Invite leaders from different walks of life at club programs
- Bipasna meditation for mentally retarded group
- Distribute club's annual souvenir magazine to school/college library
- Provide Rotary magazine to clubs, clinics, libraries and schools
- Send activity reports for GML regularly
- Visible participation in two events of culture program/tour wearing t-shirt and caps with Rotary logo
- Club participation in polio rally, World Cancer Day and other relevant events
- One family based product exhibition
- Sale of T-shirt and caps with Rotary logo
- Promote household waste management and rooftop gardening for; Eat organic and be Healthy campaign
- Hold atleast 4 Public Image committee meeting

To monitor our progress, following steps will be taken.

Detailed Annual plan and budget for 2022/23 will be prepared based on the tentative Actions indicated above.

Monitoring and Evaluation: Past President Council will assist the Board for monitoring and evaluation of the Strategy Plan



सामान्य निराशापन की डिप्रेशन?

हिप्रेशन वा उदासिनता मानिसलाई हुने प्रमुख रोगमध्य एक हो । हिप्रेशन भनेको खाली मन उदास हुनु मात्र नभई यो रोगले हाम्रो सोचाई, भावना तथा व्यवहारमा पनि असर गरी निम्न लक्षणहरू देखा पर्दछ ।

डिप्रेशनका लक्षणहरू :

- उदास हुने, चिनितत रहने
- थकान महशुस हुने, शरीरमा उर्जा नभएको जस्तो हुने
- आफूलाई महत्वहीन मान्ने, पश्चातापमा रहने
- सोट्ने शिक्तमा कभी आउने, ध्यान केन्द्रित नहुने वा निर्णय क्षमता घट्ने
- निन्दा नलाउने वा धैरै निदा लाउने
- खान मन नलाउने
- टाउको अथवा मांसपेशीमा पिडा हमे
- आफूलाई दु: ख दिने वा आत्महत्या गर्नेजस्ता सोच आउने

हाम्रो सेवाहरुः

- १८ सै घण्टा मानिसक रोगको इमर्जेन्सी सेवा ।
- विद्युतीय माध्यमबाट उपचार गरिन्छ ।
- मनोवैज्ञानिक परामर्श सेवा ।
- ओ. पि. डि. सेवा (शनिबार बाहेक ।

"Dedicated in Mental Health"



पुनर्जीवन हस्पिटल

PUNARJEEVAN HOSPITAL

Balkumari, lalitpur. tel: 01-5186115



थ्ध वर्ष सम्मको यो साथ विश्वास अनि भरोसाको सम्मान स्वरूप NCC Bank प्रस्तुत गर्दछ

सिल्मर सेमिङ्ग खाता



विशेष सुविधा*

- रू. ५ लाख सम्मको दुर्घटना बीमा
- रु. ३ लाख सम्मको घातक रोग बीमा
- रू १० हजार सम्मको औषधोपदार बीमा
- ३ वर्ष सम्म नि:शुष्क इन्टरनेट बैंकिङ्ग- सेवा
- लकर सुविधामा ५०% छुट
- नि:शुल्क डेबिट कार्ड
- निःशुल्क DEMAT, Meroshare खाता





Your Business Bank



विदेशी मुद्राको खाता

NRN Saving Account **NRN** Fixed Deposit Account



- 0 गैइ आवासीय नेपालीले खोल्न मिल्ने।
- 0 विदेशी पर्यटकले खोल्न मिल्ने।
- 0 विदेशबाट फर्केका नेपालीहरूको लागि।
- 0 विदेशी मुद्राको आयश्रोत भएका स्वदेशी नागरिकले खोल्न मिल्ने।
- 0 स्वदेश तथा विदेशबाट अनलाइन माध्यमबाट खोल्न मिल्ने।

* शर्तहरू लागू हुनेछन् ।



Agricultural Development Bank Ltd.





Mountain Flight



Rescue Operation



Adventure Flight



Customized Flight



Pilgrimage / Holy Tour



Aerial Photography / Filming



Long Line Rescue



Sling Operation

Simrik Air is the leading helicopter company in Nepal with superior track record in high altitude services, recreational / holy tours and adventure tourism. Fly to your destination in the comfort and safety of Simrik Air's latest helicopters.



Head Office

P.O.Box: 10288, Subidhanagar, Teenkune, Kathmandu, Nepal **Tel:** +977 1 4155341 / 42 / 43 **Fax:** +977 1 4155345 / 46

Kathmandu Airport: Tel: +977 1 4483233

Pokhara Airport : Tel: 061 467544 Mobile: 9851010694/9851203498/9858020684

Lukla Airport: Mobile: 98510 10695 | 9801123824 / 825

Marketing

Tel: +977 1 4155340 **Mobile:** +977 98510 10696

+977 98510 10697 / 98512 03493



Take your

Next Leap

Technology is best when it brings people together.

Join our team and be immersed in the world of technology. Get a chance to work on the next big innovation.

Connect with us



谓/lftechnology

(c)@lftechnology

\$√@lftechnology

@lifeatleapfrog



www.lftechnology.com