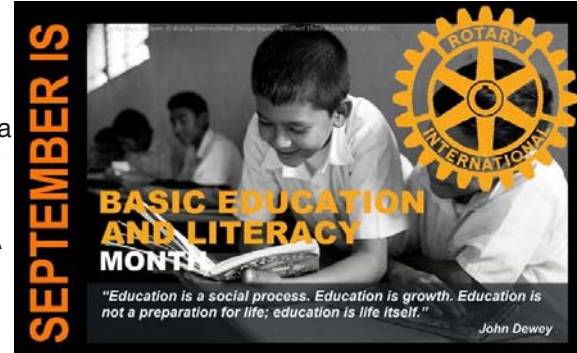




Digital Video Colposcopy Machine Handover

On behalf of Rotary Club of Yala, President Rtn Gautam Shrestha handed over Digital Video Colposcopy machine to the Chairman of Nepal Cancer Relief Society Mr. Shailendra Lal Pradhan. President Rtn Gautam Shrestha gave special thanks to Rtn Surendra Govinda Joshi and his Spouse Badri Laxmi Joshi for supporting amount Rs. 2,50,000 and Nepal Cancer Relief Society for supporting amount worth Rs. 1,00,000. A Colposcopy is a microscope fitted with a light and used for examining the uterine cervix, particularly for warning signs of cancer. Using the device, abnormal tissue or blood

vessel development in the vagina and around the cervix can be identified and tissue samples taken for biopsy, if necessary. A team of skilled doctors and skilled technicians from Nepal Cancer Hospital and Research Center (NCHRC) will be available for assist to use of this machine. In addition, with the aim of serving the treatment of cancer which is being operated by the NCRS, to provide breast cancer surgery and other free treatment, Rotary Club of Yala, NCRS, Nepal Cancer Support Group and Helping Hands for Treatment, MOU was signed between NCHRC. President of NCHRC,



Rtn Dr Sudip Shrestha, in his speech, expressed that the treatment of cancer should not only be done within the city but also reach the remote areas and serve the people there. [August 16 2022]



Mataya Foot Massage, Health Camp, Water and Juice Distribution

Mataya is one of the most important festivals in the Newar community in Lalitpur. Celebrated normally in the month of August in the Gregorian Calendar. It is celebrated the day after the festival of Gai Jatra.

During Mataya individuals walk to almost all the temples, stupas, chaitye in and around the old city of Lalitpur. Thousands of individuals carrying candles and torches, traditional musicians playing instruments, and men and women who dress in comical

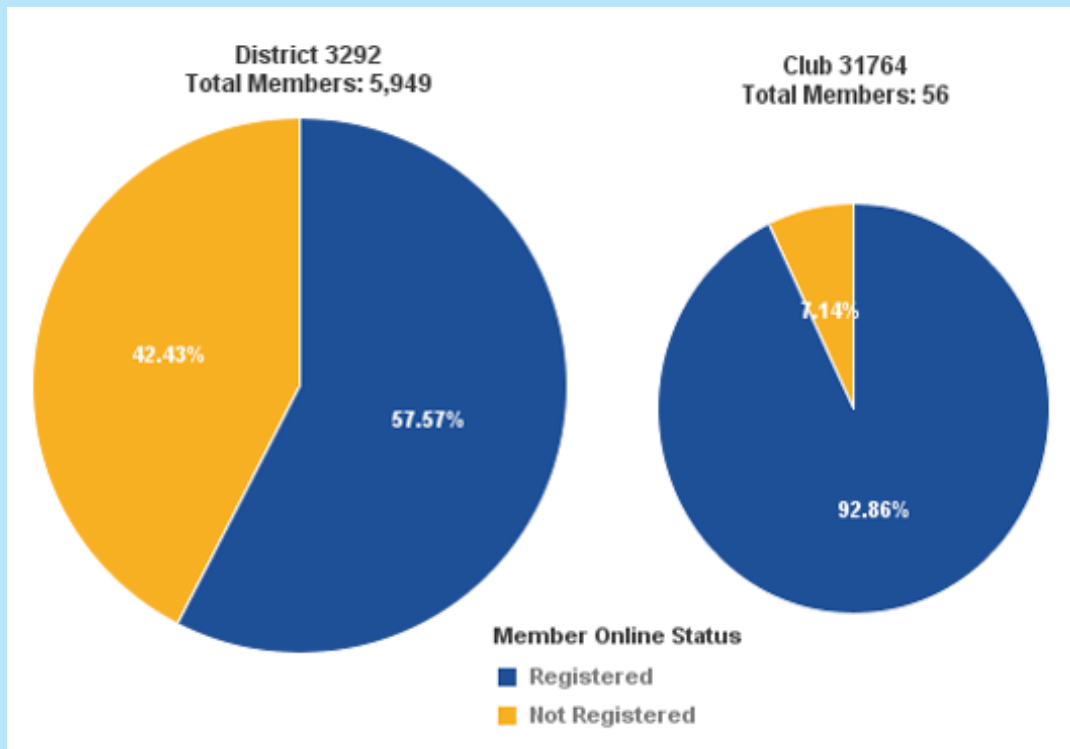
attire. During the day of Mataya individuals gather at the lead locality from where Mataya is to begin and start their journey. They walk the entire route in one day, and some choose to make the journey bare foot.

Rotaract club of Yala in associated with Rotary Club of Yala organized health camp and free foot massage at Saugal, Lalitpur. Provided medical support and foot massage to 100+ devotees in 2 different places Tangal and Nagbahal,

Lalitpur. Rtn Sushil Bajracharya contributed Rupees 5,000, Rtn Anju Shrestha contributed Rupees 5,000 and 30 pieces of Real Juice, President Rtn Gautam Shrestha provided medical accessories like gloves, bandage, etc, Rtn Kanti Shrestha provided 365 Pieces of Real Juice, Rtn Rasu Shrestha from RC Gyaneshwor provided 500 masks, Ann Badri Laxmi Joshi contributed Rupees 1,000 and other services was provided by Rotaractor.



My Rotary Registration



Talk Program on Osteoporosis

Dr Rupesh K Vaidya presented talk program on Osteoporosis disease. Osteoporosis has been called “silent disease” because bone mass is lost over many years with no signs or symptoms.

Osteoporosis is a disease that weakens bones to the point where they break easily—most often, bones in the hip, backbone (spine), and wrist. Osteoporosis is called a “silent disease” because you may not notice any changes until a bone breaks. All the while, though, your bones had been losing strength for many years. 33 people attended during this talk program.



Free Health Camp in Mangalbazaar

On Friday 19 August 2022, a free health camp was organized by Nepal Cancer Hospital and Research Centre, and supported by Rotary Club of Yala, Rotary Club of Yala Anns Group, where 100+ people were registered and examined.



Classification Talk by Rtn Kanti Shrestha

As a regular part of classification talk, on 19th August 2022 newly inducted member Rtn Kanti Shrestha shared her information about her and family.

Kanti Shrestha completed her Bachelors in Arts from Loreto College, Darjeeling and then graduated with a Masters in Public Administration degree from Jana Prashashan Campus, Kathmandu in 1996. Kanti believes in equality in education for all the students. Since her late teenage years, she has been actively participating in voluntary activities to teach Ethics and Human Value classes to children in Sri Sathya Sai Balvikas Program, held in the neighborhood. Having been a

Balvikas student herself, has helped her attain character development and spiritual knowledge.

Patience being one of her most regarded virtue, Kanti worked for about four years as a primary school teacher in Pineridge Academy, Baluwatar. She worked with various teachers to bring out efficient learning techniques for primary school children and was honorably recognized as the 'Youngest Nurturer' in her days.

Since then, Kanti has been a homemaker and helped cultivate the atmosphere of comfort, security and peace at home. She observes and maintains the

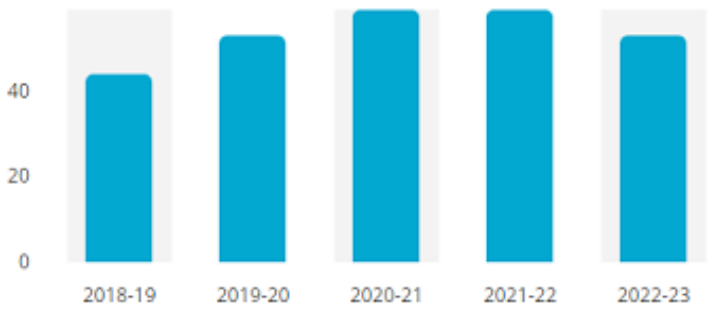
family culture. Her spouse, Mr.. Upendra Pradhan is the Director and the Sales Head of Dabur Nepal. He has been heading the domestic business for about a decade now.

She has two children, an elder daughter and a younger son, both of whom are students. Devyani Pradhan, completed her Biotechnology from Vellore Institute of Technology, Vellore and Vikrant Pradhan, is a high school student in St Joseph's School, North Point, Darjeeling.

Her personal interest lies in gardening and looks after her plants with utmost care and Knitting.

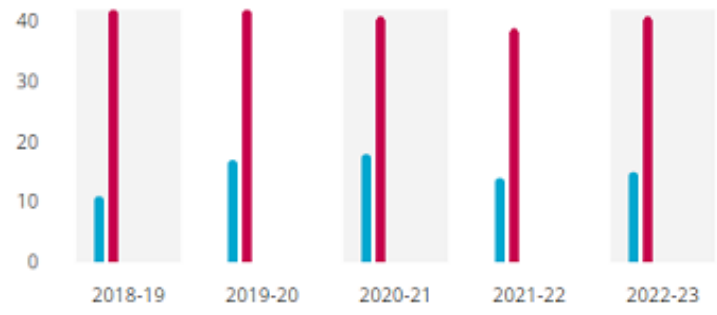


Membership Trends



July 1	2018-19	2019-20	2020-21	2021-22	2022-23
● July 1	44	53	59	59	53

Gender Trends



	2018-19	2019-20	2020-21	2021-22	2022-23
● Female	11	17	18	14	15
● Male	42	42	41	39	41

Fruit Tree Seedling Plantation at Basuki School

Each year, Rotary Club of Yala works with a variety of community to provide and plant trees. This year, we have decided to plant Fruit Tree into the community based schools in Lalitpur, Nepal. School Tree Planting projects help connect students to the benefits of trees and foster environmental stewardship. This school tree seedling planting program is a learning opportunity to get kids involved in the environment and

conservation of our natural resources.

We have chosen varieties of Avocado and Lemon and planted them with the help of students and few teachers. In the month of July we have had planted 40 Fruit Trees in Bal Binod Secondary School, Tika Vidyasaram, and Clark Himalaya School. This month we had planted 20 Avocado and Lemon Tree

Seedling in Basuki School, Lamatar.

President Rtn Gautam Shrestha along with PP Rtn Surendra Gopal Shrestha, Rtn Shobha Shrestha, Rtn Manjari Tamrakar, Ann Nirmala Shrestha, family members of RC Yala was participated in this project

4 Rotarians, 1 Ann, and 7 Guest planted 20 different types of tree with the help of students of School.



Financial Support and Stationery Items Distribution

Rotary Club of Yala and Anns Group of Yala jointly handed over Rs. 10,000 for Channel Gate and Copies, Pencils and Juice worth Rs 7,550 for Basuki School, Lakuri Bhanjyang on 9th August 2022.



Scholarship for Sakcham

Financial support worth Rs 82,000 for low income parents for education of their kid Mr Sakcham Basnet. Cheque handed over to principal of World- Class School on 28th August 2022. Trio Rtn Kiran Shrestha, Rtn Deepak Kumar Shrestha and Rtn Gautam Shrestha financed Sakcham for this year.



Happy Hour



August So Far So Good

Sn	Activity	Date	Location	Total Attended
1	Guest Speaker <u>Dr Rupesh K Vaidya</u>	5 th August	<u>Bagaicha</u>	33
2	Fruit Tree Seedling Plantation	9 th August	<u>Basuki School, Lakurebhyanang</u>	8
3	Business Meeting & AGM	12 th August	<u>Bagaicha</u>	15
4	<u>Mattya</u> Foot Massage, Health Camp, Juice and Water Distribution with <u>Rotaract Club of Yala</u>	13 th August	<u>Lalitpur Core Area</u>	29
5	Classification Talk by <u>Rtn Kanti Shrestha</u>	19 th August	<u>Bagaicha</u>	23
6	Health Camp	19 th August	<u>Mangal Bazaar</u>	3
7	2 nd Board Meeting hosted by <u>Rtn Dharmendra Shakya</u>	20 th August	Quick Bites	6
8	Happy Hour	26 th August	<u>Bagaicha</u>	29
9	Service Committee Meeting	26 th August	<u>Bagaicha</u>	6
10	Scholarship for <u>Sakcham Basnet</u>	28 th August	World Class School	4

September Plans

September 2022 - Basic Education & Literacy						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Kidney Patient Support	2. Talk program on Retinoblastoma by Dr Purnima Rajkarnikar Sthapit Kartik Nach Mask Maintenance Support	3. Kshamawati School & Kartik Nach Program Feliciation
4	5	6. Rtn Dr Sudarshan Pradhan Bday	7	8. Maheshwar (Rtn Sangita) Bday	9. Sumitra M Gurung Sharing Experience of RC Lincon Wheelchair Handover Indrajatra	10. Board Meeting by Rtn Sanjaya Shrestha
11. Rtn Twinkle Nyachhyon Bday	12. Ann Radha Shrestha Bday	13	14 Temple Cleaning	15	16 Exhibition Meeting	17
18. Rtn Narahari Das Bday	19	20	21. Talk Program David Gellner	22. Ann Nirmala Shrestha Bday	23. Ann Prathana Joshi Bday	24 Exhibition for Cause
25	26 Ghatasthapana	27. Rtn Dilendra Shrestha Bday	28. Rtn Sushil Bajracharya Bday	29	30. Happy Hour Ann Sushila Joshi Bday	

