



## Sister Club Agreement with Rotary Club of Jindalee, Brisbane

Today 14th February 2023, Rotary Club of Yala signed sister club agreement with Rotary Club of Jindalee, Brisbane, Australia during rotary meeting of RC Jindalee. On behalf of Rotary Club of Yala, Rtn Dr Dibesh Karmacharya exchange MOU and flags with the President of RC Jindalee Rtn Irene Lategan.



## Mid Day Meal for Clark Memorial Himalaya Primary School

Rotary Club of Yala took initiative jointly with Anns Group of Yala to feed mid-day meal for Clark Memorial Himalaya Primary School at Bungamati, Lalitpur. School Principal Yagya Ratna Shakya said that the filling rate has been increased mid day meal. The amount worth rupees 55,000 was provided by Rtn Dr Sumitra Manandhar Gurung (27,000), Rtn Surendra Gopal Shrestha (23,000) and Ann group (5,000).





## Give Life

Rotaract Club of Yala, jointly with Rotary Club of Yala and Hamro Life Bank organized a Blood Donation Camp: "Give Life" on February 11 (Saturday) at Patan Durbar Square.

"Give Life" is a blood donation drive is an international initiative by Rotaract Club of Yala (RID 3292, Nepal and Bhutan), Rotaract Club of Colombo Heritage, Rotaract Club of Trincomalee, Rotaract Club of ACBT Kandy, Rotaract Club of Nallur Heritage, Jaffna (RID 3220, Sri Lanka and Maldives), Rotaract Club of Chittagong South (RID 3282, Bangladesh) and Rotaract Club of KGF (RID 3190, India) whereby the clubs organized a simultaneous blood donation camps in Nepal, India, Sri Lanka, and Bangladesh.



## "Pearlies are more precious than Diamonds"

Rotary Club of Yala organized a talk program on dentistry by Dr Rita Singh. The talk program featured some of the aspects of dentistry about how to clean our teeth in a proper way, how to keep ourselves free from dental problems and how to be safe dentists. During her presentation she focused on 5 different myths

1. Sugar is the only cause of cavities.
2. You only need to brush your teeth to keep it clean.
3. Use toothpick when food is stuck.
4. You only need to visit the dentist if you are in pain.
5. Teeth are only needed to chew.







## Talk on Stress Management by Rtn Dr Sudarshan Narsingh

Rotary Club of Yala organized Talk Program on STRESS MANAGEMENT BY RTN DR SUDARSHAN NARSINGH PRADHAN. 39 people participated the program. During the talk Rtn Dr Sudarshan more focused on following points.

Introduction to Mental Health, Stress and coping with stress

Helping self

Self care and coping with stress

Helping others

Mental Health consequences of COVID 19

Early identification of MH problems

Psychological First Aid

## Rupees 25,000 Support to 2 years old Blood Cancer Patient

Cheque Amount of Nrs 25,000 handover to the family of 2 years old Blood Cancer Patient Mr Riyansh Budha. Amount supported by

Anns Fund (Rs. 6,00), Rtn Gautam Shrestha (Rs. 2,000), Rtn Shobha Shrestha (Rs. 2,000), Rtn Amrit Shakya (Rs. 1,000), Rtn Sushil Bajracharya (Rs. 5,000), Rtn Pramod Pradhan (Rs. 1,000), Rtn Surendra G Shrestha (Rs. 1,000), Rtn Dhruva Pradhan (Rs. 1,000), CP Rtr Rabindra Lal Shrestha (Rs. 5,000), and Rtn Dibesh Karmacharya (Rs. 1,000)







## Maha Shivaratri Free Health Camp

On the occasion of Maha Shivaratri, Rotary Club of Yala collaborated with Health Nepal to provide free health camp. Various activities like Dental, General Health Check-up, Sugar / Pressure Check, First Aid, and Consultation with Doctor.

## PAP-Smear Test and Breast Examination

Nepal Cancer Relief Society and Kalyan tatha Surakshya Samiti (Patan Industrial Area) jointly organized PAP-Smear and Breast Examination Test in collaboration with Nepal Cancer Hospital and Research Center, Nepal Cancer Support Group, Upachar ko lagi Sahyogi Haat, and Rotary Club of Yala. The targeted population for the camp was worker of Patan Industrial Area and local people. More than 100 participants participate the program for the test.



## Food Items Distribution Program

Rotary Club of Yala, distributed Food Items to Navakiran Orphanage Home, Hattiban. 4 Rotarians and 4 Rotaract were participated during the event. The program was initiated by Rotary Club of Yala and Rotaract Club of Yala. Financial Support by Rotary Club of Yala 6,725, Rotaract Club of Yala 3,000, Rtn Jitendra Nakarmi 4,800, Rtn Gautam Shrestha 1,200 and Rtn Twinkle Nyachhyon 3,000







## Joint Meeting with Anns, Rotaract and Interact Club of YALA

Rotary Club of Yala Big Fat Family (Rotarian, ROTARACT, Interact and Ann's) Joint meeting held on 24 February 2023. With the successful completion of seven months of RY 2022-23, Rotary Club of Yala, Anns group of Rotary Club of Yala, Rotaract Club of Yala and Interact Club of Yala have reached new heights in their own way. For this, the presidents of the respective clubs were given the floor to present on the club and project updates.

Firstly, President of Anns Group Ann Purna Laxmi Shrestha took the stage whereby she presented on the meeting status and club projects conducted in RY 2022-23. Moving forward, the floor was then passed on to Rtr. Situ Tamrakar, President of Rotaract Club of Yala whereby she presented on the club demographics, project status and upcoming joint projects. Then, Itr. Aashika Pun Magar, President of Interact Club of Yala talked about the club meeting updates and project updates for RY 2022-23. Lastly, President of Rotary Club of Yala, Rtn. Gautam Shrestha shared the club updates and project updates of Rotary Club of Yala of RY 2022-23 till February 2023.

To increase fellowship among the Rotarians, Anns, Rotaractors and Interactors, a fun game of bingo was played. The game was hosted by proposed member Nupur Pant, guest Omi Shrestha of Rotaract Club of Yala and Itr. Aashika Pun Magar. The winners were categorized into: four corners, first row, second row, third row and full house. The winners of four corners, first row, second row, third row were to receive a cash prize of Rs. 200 each and the winner of full house was to receive a cash prize of Rs. 500 and a sidebag.

After a competitive round of bingo, the winners of the bingo were:

Four Corners: Rtr. Ujjwal Maharjan | First Row: Itr. Abik Acharya | Second Row: Rtn. Kiran Nath Shrestha | Third Row: Ann Purna Laxmi Shrestha | Full House: Rtn. Deepak Kumar Shrestha





## 8th Board Meeting

On Saturday 25th February 2023, Rtn Jitendra Nakarmi hosted 8th Board Meeting.



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