



CHITLANG CALLING!

In the month of January, IPP Rtn Dr Sumitra Manandhar Gurung organized 7th Board Meeting and Rotary Meeting #1353 somewhere in Chitlang. Chitlang is a new destination near by the Kathmandu valley, 22 km in the southwest direction. It offers an amazing experience with the combination of natural beauty and cultural heritage. Altogether 22 Rotarians, 11 Anns, and 4 Guests were participated this program.



Breast Cancer Screening & PAP Smear Test in Surunga, Saptari

Nepal Cancer Hospital and Research Center Ltd. (NCHRC) in collaboration with (NCSG) Nepal Cancer Support Group, Upachar ko lagi Sahyogi Haat, and Rotary Club of Yala. The targeted population for the camp was local

people of Surunga Municipality, Saptari. Under the supervision and coordination with Mayor Geeta Chaudhary and Surunga Nagarpalika Swasthya Sakha. 205 participants participate the program for the test and among

them 128 did their pap-smear test and 135 did their breast examination. We did all the test and collected the samples for the report. Not only that we also provided free medicines to the patients during the check-up.



Breast Cancer Screening & PAP Smear Test in Kanchanrup, Saptari

Nepal Cancer Hospital and Research Center Ltd. (NCHRC) in collaboration with (NCSG) Nepal Cancer Support Group, Upachar ko lagi Sahyogi Haat, and Rotary Club of Yala. The targeted population for the camp was local people of Kanchanrup Municipality, Saptari. Under the supervision and coordination with Mayor Lalan Parsad Gupta and Kanchanrup Nagarpalika Swasthya Sakha.

This camp was organized for the breast examination and pap-smear test for the local people. There was a very positive response from the participants in the camp as well as mayor, deputy mayor, doctors of Kanchanpur health post all were delighted by the services that was provided by NCHRC during the camp. 435 participants participate the program for the test and among them 171 did their pap-smear test and 190 did their breast examination. We did all the test and collected the samples for the report. Not only that we also provided free medicines to the patients during the check-up.



Hiking Chandragiri Deurali to Chitlang

On 14th January 2023, Rotarians, friends and family member of Rotary Club of Yala enjoyed 2-3hrs short hike from Chandragiri Deurali to Chitlang Village.



Oxygen Concentrator to Mental Hospital, Patan

Rotary Club of Yala on Friday has handed over oxygen concentrator to Mental Hospital, Patan. President of Rotary Club of Yala, Rtn Gautam Shrestha handed over oxygen concentrator to a senior officials and doctors of hospital at the Mental Hospital, Patan. A representative of hospital and Rotary Club of Yala was present on the occasion. This oxygen concentrator was provided by Ms Lalita Kumari Pradhan.



Tracksuits for Students of Shree Janaki Primary School, Chitlang

Rotary Club of Yala handover Nrs 60,000 to buy Winter Tracksuits for 60 Students of Shree Janaki Primary School, Chitlang on 14th January 2023. The amount was funded by IPP Rtn Dr Sumitra Manandhar Gurung. The students from underprivileged community were benefited from this project. The project is expected to reduce absence rates of school going children of Shree Janaki Primary School.



Braille Papers, Books, Tiffin & Financial Support for differently-abled Children

The Rotary Club of Yala and its Anns Group have been supporting Disabled Service Association, Bungmati Lalitpur since 2010 for the educational development and general well-being of differently-abled children living in the Centre. A few weeks earlier, Mr. Dayaram Maharjan of Disabled Service Association formally requested RC Yala for urgently needed Braille Papers for blind children studying at Adarsa Saula School at Karyabinayak, Bungmati. The Braille books are essential but expensive for the school to purchase on its own. On 13th January 2023 Rotary Club of Yala visited the Centre to handover Braille papers worth Nrs. 25,600, Tiffin worth Nrs 5,520, Financial Support Nrs 10,000 (5,000 each by Rtn Gautam Shrestha & Deewa Shrestha) and Braille Books for Class 7.



Talk Program on Stock Market

During Meeting #1354, Rotary Club of Yala organized Talk Program on Stock Market. Guest Speaker Technical Analystist Ajay Singh Thapa presented stock market investments, plans and some technical analysis on Nepse. 26 Participants participated the program.



If I had an opportunity to restart my life from its turning point in the past, I wouldn't grab this opportunity



This is a story of a very shy, introverted, passive, under confident and naive yet talented and helpful girl who was a dreamer since her childhood. This unquestioning, never fighting back nature made her feel inferior deep down and clouded her brain with negative thoughts and the comparisons she drew between her and others. As a byproduct during the first lockdown of Covid-19, locked up into the four walls of the room with the overthinking brain, she suffered from depression.

This was the turning point of her life. Even to wake up from her bed and to do daily chores she used to gather a lot of courage. Because her brain was drained out, battling with her own thoughts and own self and she had zero energy. Many sleepless nights passed by, many mental breakdowns she faced, many a whole day long stress headaches she experienced, many self-harms she caused to herself and many suicidal thoughts messed up her mental peace.

But with her family's undying love and support, faith on her and with multiple medications at Patan Hospital and therapy sessions at Teaching hospital, she graduated from Little Angels' School with 3.80 GPA, for whom it was difficult to attend online classes as well. Then her life transformed completely when she joined A levels at Little Angels' college. She heard about Interact Club of Little Angels' School (ICLAS) through her senior in online welcome program and decided to join it on knowing about a beautiful concept behind the event Ashirwaad.

Then she got to showcase her hidden treasure of potentials and skills without any fear. She did duet emceeing at the installation of ICLAS and at international event MITHAK. She gave duet dance performance at Deusi Bhailo program. She became a part of organizing committee for many events and volunteered too. She attended every possible meetings, both formal and informal, where she kept forward her ideas. By indulging in all these, she slowly overcame her insecurities one by one.

She had found a family connected by hearts here. She got showered by tremendous love, support, care, praisings, appreciation and had become a special member. Her performance let her get the title of most dedicated and enthusiastic member in the club. At this moment, she could now communicate unhesitantly, make people comfortable around her, be there for others and herself, motivate and influence others, endorse into event management and public speaking. She now got entitled as "Social Butterfly" by her friends.

"She" is me. "Do you believe in a second life?", yes I do cause Interact gave me one. As Interact gave birth to Itr. Sumana Bajracharya who has never learnt to give up upon anything, who is positive, resilient, bubbly, workaholic, passionate and strong. Thank you Interact for everything, for transforming me into almost an extrovert.

Awareness: Depression and any other mental disorder should be normalized and mental health should equally be prioritized as physical health.