

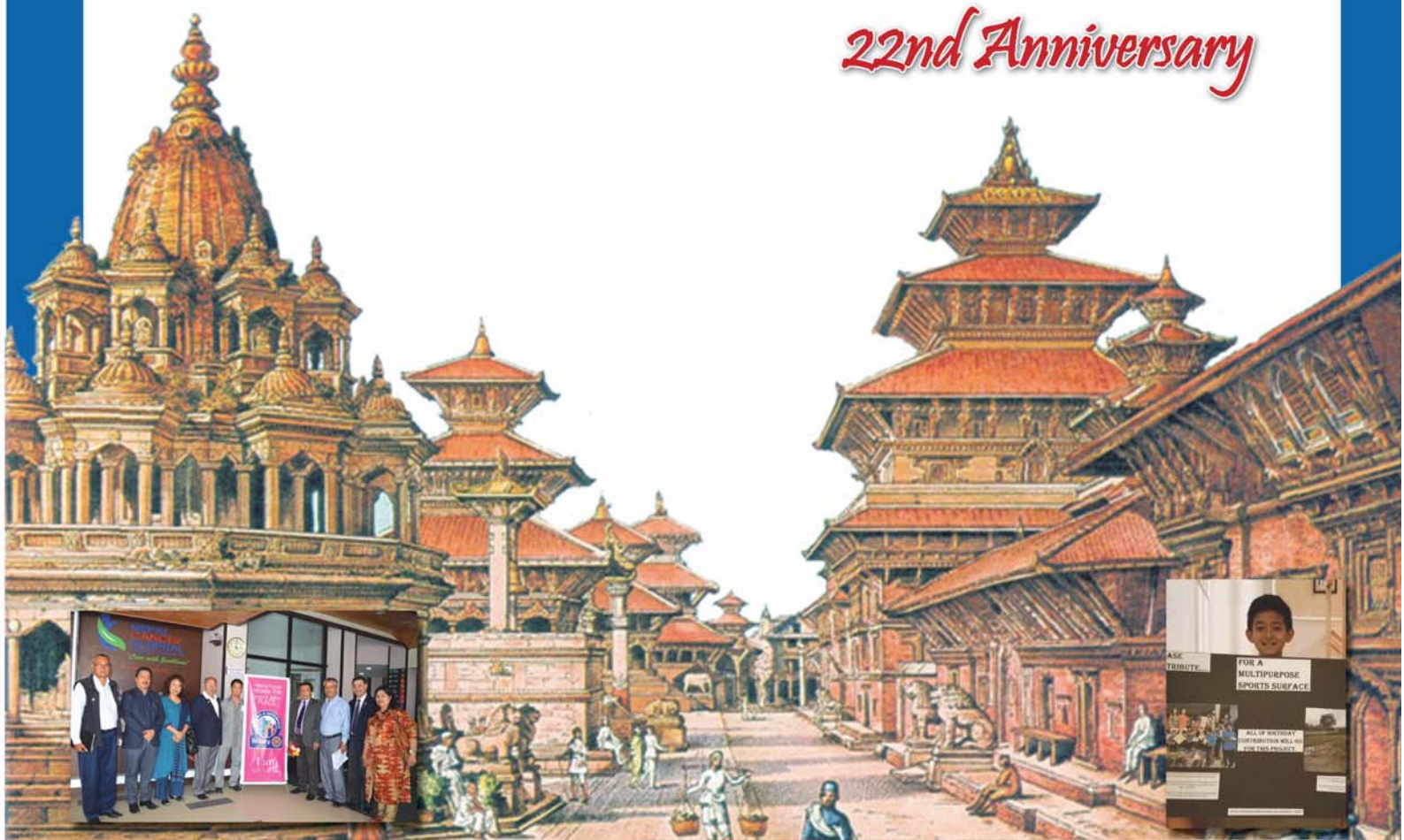


ROTARY INTERNATIONAL DISTRICT 3292 NEPAL-BHUTAN

ROTARY CLUB OF YALA

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Souvenir 22nd Anniversary



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FOUNDER OF ROTARY

Paul P. Harris
1869-1947



Paul Harris, the father of Rotary Movement was born on April 19, 1868. When he passed away on January 27, 1947, he left behind for mankind a rich legacy of fellowship and brotherhood for international understanding and service to humanity. Today, the seed he sowed in 1905, has blossomed into a large tree having more than 1.2 million members from more than 34,000 clubs in 200 countries.

Souvenir Publication Committee

Editors: Rtn. Kiran Shrestha
Rtn. Shobha D. Shrestha



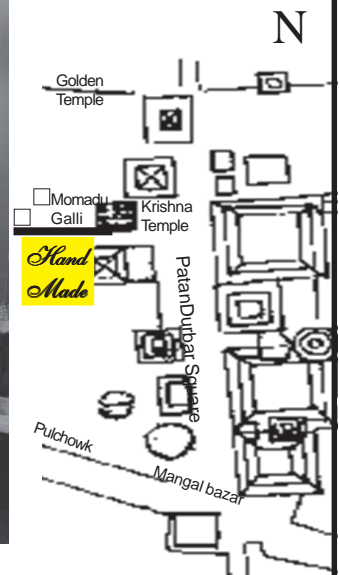
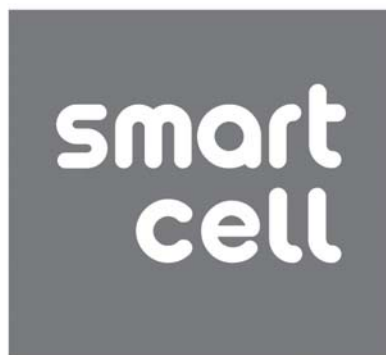
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*We wish all the best
to
ROTARY CLUB OF YALA
on the occasion of its 22nd Anniversary*



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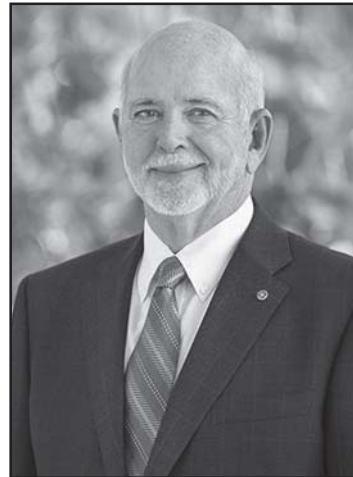
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Barry Rassin

President, 2018-19

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18 May 2018

Rtn. Surendra Shrestha
The Third World Rest.
Patan, Durbar Square
Mangalbazar
Nepal

Dear fellow Rotarian,

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

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

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

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

Sincerely,



Barry Rassin,
2018-19 President, Rotary International



**ROTARY INTERNATIONAL
District 3292**



May 27, 2018

Rtn. Surendra Gopal Shrestha
President 2018/19
Rotary Club of Yala

Dear Fellow Rotarians,



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

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

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

Rotary always believes in action and in a team work obtaining first hand response from those whom we work with and with those who we works for is an essential part for making the teamwork more effective. Hence "Reach out" will be our priority for the year 2-18/19 in RI District 3292.

Relevance of Rotary is ever increasing and it's even greater in our area. We have numerous expectations and needs in the clubs, communities and many untouched areas in the field of, disease prevention and treatment, water and sanitation, maternal and child health, basic education work hard to use Rotary network, our experience and 360 degree "Reach-out" to inspire, explore, invent, connect, serve and set the example for positive change that benefits the communities in all efforts will surely take us to our goal and "be the inspiration".

I urge president and club officials of your club to be prepared for making some sacrifices in term of your time, treasure and talent as the key player of Team 2018/19 because the joy of achieving your goal will be well worth the sacrifices.

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

Let us "Be The Inspiration".

Thank you and best wishes.

Yours in Rotary



Chintamani Bhattarai
District Governor (2018/19)

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Message from DGE 2018-19

ROTARY INTERNATIONAL RI DISTRICT 3292



Rtn. Surendra Shrestha
President RY 2018/19
Rotary Club of Yala
District-3292
Rotary International

My dear Surendra ji

Greetings from Pokhara.

Me and my spouse Gita wish you for your successful leadership year 2018/19 .
In Rotary, leadership means fellowship & friendship, and serving the needy
community through our service, with a touch of love.

We all know Rotary Club of Yala is one of the outstanding clubs of our District 3292.
I'm very confident that you will add another milestone in your leadership year but
enriching ourselves is not enough without enriching others.

To see the better tomorrow we have to enrich others too. Hope you and your club
will support another clubs, nourish them for better humanity.

As we all know “ The sun challenges us to shine, the clouds remind us to move, the
birds tell us we can fly and the sky tells us that there is no limit to our dreams and
goals.” So, as a leader you have to motivate your club members, your Rotaractors &
the community to do good things and inspire them for fellowship, to bring harmony
for a better world.

I am also confident that your club will be actively involved in making 100% Literate
Nepal under your dynamic leadership.
Wishing you and respected members Happy Rotary Year 2018/19.

Regards with Jay Rotary.

Rtn. Kiran Lal Shrestha
DGE
District 3292
Rotary International.

Message from Assistant Governor 2018-19

ROTARY INTERNATIONAL
RI DISTRICT 3292



Dear President Surendra Ji,

I am delighted to know that your club is bringing out a souvenir to commemorate installation program of the club and I feel proud to be assigned as an Assistant Governor to your club. I am sure, We will learn many things from each other during your tenure as a President in the Club in the coming days.

This Year RI President gave theme INSPIRATION, so we need to be an inspiration to the community. We need to enhance our image by organizing various programs within our area of focus. I am sure you and your team will be able to organize such programs with support from the club members and I assure you that District is always behind you to assist in any of your programs, whenever required.

District Governor Chintamani Bhattarai urges all the Rotarians by saying "REACH OUT" so we should reach to the place and people where we can do the different program for the betterment of the community. I believe that during the year 2018 /2019 you and your Club will be able to do so. All the club members should lend the hand to achieve target of your club and club members were the one who can make the club success in all the program and projects of the club because the members they do not belong to the club, club belongs to the members.

Finally, I congratulate you for being the President of the club and my best wishes for you and your club to make a great success through commitment and team spirit,

Prakash Chandra Pradhan.
AG. 2018/19
District 3292
Rotary International.

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FEATURES

View of the Himalayas

Vastu design

Energy backup

24/7 Security gated community

Beautifully landscaped open spaces

Maximum sunlight penetration and energy efficiency

Rainwater harvesting and water recharge system

Well planned community with 68 individual homes

Contemporary house design

Earthquake resistant technology

Solar panels for all houses

Community hall

Children play area



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Message from President 2018-19



I would like to express my sincere gratitude to all fellow Rotarians for entrusting me with the responsibility to lead the club for Rotary Year 2018-19. It gives me and my family immense pleasure to have this opportunity to celebrate 22nd Installation Ceremony of Rotary Club of Yala as President for 2018-19.

I have been associated with RC Yala by attending regular weekly meetings since November 2003 during the tenure of then President Rtn Krishna Das Tamrakar but joined as a full-time member in RY 2004-05 during the term of PP Rtn Dhruba Man Pradhan.

Involvement in this prestigious organization has motivated me towards doing whatever is possible to bring about positive changes in the society. This includes serving humanity through support to the needy and spreading fellowship and development, at the same time making some efforts to conserve the environment for all living beings on earth.

Ever since Rotary was founded in 1905, it has been continuously involved in humanitarian works, one example of which is its initiative for global polio eradication through the mass vaccination of the children. Following the Rotary International theme for 2018-19 “Be the Inspiration”, given by RI President Barry Rassin, I urge all fellow Rotarians to be inspired and motivated to light the path of “service above self”.

As we all are aware, RC Yala has been serving the society through its various activities. The coming year will see continuation of such activities with focus on reconstruction and maintenance of earthquake damaged school buildings and renovation of damaged water sources to provide for easier access to water in the schools and communities. Likewise, students in the reconstructed schools will be provided with computers as well as sports and learning materials. “Stand up for breast cancer patients”, a project run in collaboration with Nepal Cancer Hospital and Research Centre, Harisiddhi, Lalitpur will be continued.

In coordination with RC Yala Anns Group, Cancer awareness programs, health camps and various other programs will be organized as in previous years.

As always, RC Yala will join hands to encourage and support various projects of Rotaract Club, for example, providing books to school libraries, organizing blood donation programs and providing medicine and treatment support to the needy patients. Programs to enhance rotary image such as walkathon, bicycle rally and candle walk on various occasions will be organized, along with serving religious pilgrims during Matyaa festival and Mandala making competition during Laxmi Pooja.

With the goodwill and support of all Rotarians, Anns, Rotaracts, RCCs, friends and well-wishers, I am very confident that the year will be a great success.

Let us all ***be the inspiration*** to make 2018-19 another great year.

With best regards,
Yours in Rotary,
Rtn Surendra Gopal Shrestha
President 2018-19
Rotary Club of Yala
RI District 3292

Message from President 2017-18



I became a Rotarian in 2010 inspired by the Rotary motto “Service above Self. Connecting with Rotary has enabled me to do just that. I have always wanted to help people and make a positive difference in people’s lives. For me, true Rotary spirit is about volunteerism, kindness, and the ability to give what you can when you can to others who need help. We give our time, talent and treasure to improve the lives of others. Rotary enables people come together to make a greater difference than a single individual could. There is much power in unity.

The past year (2017-18), when I was at the helm of the Rotary Club of Yala, has been a good learning experience for me. Honestly I started with big hopes, but ended with modest output. I learnt that we have a diverse team, not only for their professional background, but also for their interest, dedication and commitment to club growth. It was indeed difficult to cater to the needs of all members. At times, it was difficult, but we sailed through. We made progress both inside and outside the club. For that I am grateful to all club officials, members, Anns and Rotaract Club of Yala for the support I received during my tenure. RC Yala continued to contribute to our local communities and beyond. It was an honor to serve as the 22nd President of the Rotary Club of Yala.

We are starting Rotary year (2018-19) with new spirit and hopes. As I said at the beginning of last year, time is changing and we ought to change accordingly in order to remain relevant and continue serving our communities. I wish President Surendra Gopal Shrestha and his team success. I look forward to a productive year that combines both service and fun.

IPP Rtn. Dr. Laxman Joshi
Rotary Club of Yala
RI District 3292

शुभकामना



सर्वप्रथम रोटरी वर्ष २०१७/१८ आन्स समुहको उच्च पद अध्यक्ष जस्तो गरिमामय पदमा जिम्मेवार दिनु भएको साथै मलाई वर्ष भरै सहयोग गर्न भएकोमा सबै आन्स साथीहरु प्रति हार्दिक आभार व्यक्त गर्दछु ।

साथीहरुको सहयोगबाट strategy planning को वार्षिक योजना अनुसार यसपालि पनि रोटरी क्लब अफ यलका आन्स समुहबाट विभिन्न कार्यक्रमहरु संचालन गरी विभिन्न संघ संस्थाहरुमा गई महिलाहरु, विद्यार्थी भाईवहिनहरु, वृद्धावृद्धीहरुको सेवा गर्न मौका पाएका छौं । एक हातले तालिम नबज्ने साथीहरुको सल्लाह बिना काम सम्पन्न नहुने भएकोले हामीले बेला बेलामा बैठक, छलफल, सरसल्लाह आदि गरेको कारणले योजना अनुसार सम्पुर्ण कामहरु संचालन गर्न समयमै सम्पन्न भएका छन् । यसवर्ष १४-१४ वटा क्यान्सर क्याम्प साथै क्यान्सरको पाप्मेर टेस्ट, स्कीनिङ क्यान्सर विभिन्न टेस्ट आदि हामिहरु भापाको भद्रपुर, चन्द्रगढी सम्म पनि गएर क्याम्प व्यवस्था गरि कार्य सफलतासाथ संचालन गरेर आएको छौं । स्कूलहरुमा सहयोग गर्ने जस्तै श्री भानोदय स्कूल, सिद्धिपुरमा सामाग्रि विद्यार्थीहरुको ड्रेस आदि वितरण, ब्रम्हानि स्कूलमा ड्रेस र अन्य सामाग्रि आदि वितरण कार्यहरु गरेका छौं । विभिन्न वृद्धावृद्धि आश्रममा गएर खाजाको व्यवस्था गरि खाजा खाउने देखि लिएर विभिन्न हेल्थ क्याम्पको व्यवस्था गरि स्वास्थ्य सम्बन्धि सामग्रिको व्यवस्था समेत गरेका छौं । काभ्रे पनौटी सम्बन्धि जानकारी लिन पनौटीमा रोटेरीयन् र आन्सहरु मिलेर हेरिटेज भ्रमणको व्यवस्था गरि उक्त ठाउँ सम्बन्धि जानकारी लिईयो । बाङ्गमति अपाङ्ग सेवा सेन्टरमा औषधी उपचार को लागी कोष खडा साथै ब्रेल किताबहरु वितरण गरेका छौं । यी सम्पुर्ण कार्यहरु सम्पन्न गर्न आन्स समुहको सहयोग बिना सम्भव नहुने आन्स समुहको सहयोगले नै सबै कामहरु सम्पन्न भएको जानकारी गर्दछु । सुरुमा मलाई पद सम्हाल्न र काम गर्न सक्ने कि नसक्ने डर पनि लागेको थियो तर आन्स साथीहरु सबैले मलाई सहयोग गरेकोमा योजना अनुसार काम सम्पन्न भयो । रोटरी वर्ष २०१७/१८ को योजना अनुसार कार्य सम्पन्न भएकोमा आन्स समुहका सम्पुर्ण आन्स साथीहरुलाई मेरो हार्दिक धन्यवाद विषेश गरी बोर्डका साथीहरु उपाध्यक्ष आन्स वद्री लक्ष्मी जोशी, सचिव आन्स उमा जोशी र कोषाध्यक्ष आन्स जोत्स्ना श्रेष्ठहरुलाई धेरै धेरै धन्यवाद दिन चाहन्छु । हरेक काममा रोटरीयन्ज्यूहरुको सहयोग, सरसल्लाह सुभाबको कारणले आन्स समुहको तरफबाट रोटरीयन्ज्यूहरु विषेशगरी रोटरी क्लब अफ यलका अध्यक्ष डा. लक्ष्मण जोशीज्यूलाई धेरै धेरै धन्यवाद दिन चाहन्छु । हरेक कार्यक्रममा रोट्याक्ट भाई वहिनिहरुले पनि साथ दिनु भएकोमा भाईवहिनहरुलाई धेरै धन्यवाद दिन चाहन्छु ।

अन्तमा आउने रोटरी वर्ष २०१८/१९ का रोटरीयन् टीम अध्यक्ष रो. सुरेन्द्र गोपाल श्रेष्ठज्यू, आन्स समुहको टीम अध्यक्ष

शुभकामना



आदरणीय रोटरीयनस, आयन्स र रोट्याक्ट सबैलाई हार्दिक नमस्कार

सबभन्दा पहिले मलाई योग्य ठानी वर्ष २०१८/१९ को लागि आयन्स समूहको अध्यक्षको अभिभारा दिनु भएकोमा अग्रजहरुलाई धन्यवाद दिन चाहन्छु । यो पद त निमित्त मात्र हो काम गर्ने त सबैसंग हातेमालो गरेर सबैको सहमति र सहकार्यमा मात्र हुन्छ । रोटरी क्लब यल २२ वर्षमा प्रवेश गरेकोमा रोटरी क्लब यलका सबै रोटरी परि वारलाई बधाई दिन चाहन्छु साथै वर्ष २०१८/१९ का निमित्त चुनिनु भएका अध्यक्ष रो. सुरेन्द्र गोपाल श्रेष्ठज्यूलाई पनि उत्तरोत्तर प्रगतिको कामना गर्दै शुभकामना दिन चाहन्छु । Anns Group स्थापना गर्ने आदरणीय अग्रजहरुलाई पनि धेरै धेरै धन्यवाद दिन चाहन्छु । यसको स्थापनाले साना ठूला समाज कल्याणका कामहरु रोटरी क्लबका सदस्य रोटरीयनज्यूहरुको सल्लाह र सहयोगमा रोटरीको नियम र परिधी भित्र रहेर समाज सेवा गर्ने मौका Anns Group ले पाएको छ र यो हाम्रो लागि ठूलो गौरवको कुरा हो । यो वर्षको अन्तरराष्ट्रिय रोटरीको Theme "Be the Inspiration" अन्तर्गत वातावरणीय प्रभावबाट स्वास्थ्यमा पर्ने नकारात्मक असरलाई न्यूनीकरण गर्ने र आफुमा परिवर्तन ल्याई सामुदायिक विकासमा टेवा दिने र बिगतमा गर्दै आएका सम्पूर्ण कामहरुलाई निरन्तरता दिनुको साथै नयाँ कामहरु गरेर उदाहरण बन्ने भरसक Anns Group को कोशिश हुनेछ । तर कुनै पनि काम सबैको सहयोग बिना चल्न नसक्ने हुँदा सम्पूर्ण रोटरीयनहरु, आयन्स साथीहरु र रोट्याक्टको भाइवहिनीहरुबाट सधैं भैं आर्थिक, प्राविधिक सहयोग एवम सल्लाह सुभाब दिएर निरन्तर सहयोग दिनु हुनेछ भने अपेक्षा गर्दछु । जय रोटरी क्लब अफ यल आयन्स ग्रुप, धन्यवाद ।

वद्रीलक्ष्मी जोशी

अध्यक्ष २०१८/१९,

रोटरी क्लब अफ यल आयन्स ग्रुप ।

वद्री लक्ष्मी जोशीज्यू र रोट्याक्ट टीमहरुलाई आन्स समुह र मेरो व्यक्तिगत तरफबाट आउने वर्षको सम्पूर्ण कार्य सफलताको हार्दिक शुभकामना व्यक्त गर्दछु । **धन्यवाद**

मिना श्रेष्ठ

अध्यक्ष २०१७/१८,

रोटरी क्लब अफ यल आयन्स ग्रुप ।

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Editorial

Dear All,

First of all I would like to take this opportunity to extend my sincere thanks to Rotary Club of Yala for entrusting me and appointing me as the editor for the Rota Year 2017-18. I would like to appreciate all who have contributed in bringing out this souvenir.

On behalf of the editorial team, I would like to congratulate all the outgoing Presidents of RID 3292 and their team for their remarkable work and wish the best to incoming Presidents of all Rotary Clubs and their teams for taking the responsibly in their respective clubs for Rota Year 2018-19.

The souvenir serves as the overview of all the club activities and also the roster of members of Rotary Club Yala. The articles and other matters add value to the souvenir whereas advertisements support to bring out the publication. I would like to inform that our team did our best to collect and collate correct information to the extent possible. In spite of our efforts, if there are any errors or omissions, I do apologize for it.

Last but not the least, I would like to thank all the contributors of advertisements and articles for this souvenir.

Thank You!

Yours in Rotary
Rtn. Kiran Shrestha
Editor 2017-18

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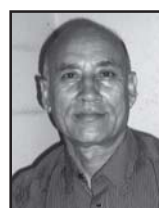
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Meets on Friday at 17:30 Hrs.

President's cell No.: **977-9841566522**

email: surendraniru_shrestha@hotmail.com

website: www.rotaryclubofyala.org.np

Club ID : 31764

Chartered : 28.06.1996

No. of Members : 45

Area Code : 01

Rotaract: 1

PHF: 16

Interact Club: RCC: 3

MPHF: 10 MD: 1

ROTARY CLUB OF YALA MEMBERS WITH ANNS



RTN. BHUBANESHWOR PRASAD JOSHI

Classification: Auditing (2007-08),; (R) 25 Kwako, Lalitpur 11; **Email:** bhuban1617@gmail.com; **Tel** 5535414 (R) **Cell:** 9851034467; **Spouse:** Sushila. **Ser:** Tr; **B:** Dec 12; **W:** Baisakh 19



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RTN. BEKHA KRISHNA SHRESTHA (PHF)

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RTN. CHANDRA BAHADUR MAHARJAN

Classification: Advocate (2014-15), (O) Jawalakhel-20, Lalitpur; (R) Jawalakhel-20, Lalitpur; **Email:** advocatetchandrabm@gmail.com; **Tel** 5546415 (R) **Cell:** 9851075231; **Spouse:** HiraShova. **Ser:** Tr; Dir **B:** April 10; **W:** Baisakh 21

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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



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RTN. GOPAL M. SHRESTHA

Classification: Social Service (1999-00), (O) Council of Former Public Servants (CFPS), Shankhamul, Lalitpur; (R) Kumaripati, Lalitpur, W. No. 19;
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RTN. DR. JEEVAN L. AMATYA (PHF)

Classification: Veterinary Practice (1995-96), (O) Serene Pharmaceuticals (P) LTD, Kharibot, Thankot, Kathmandu; (R) Nahiti, Lalitpur, Nepal;
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RTN. LAXMAN JOSHI (PHF)

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RTN. DR. KEDAR L. SHRESTHA

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Classification: Trekking (1995-96), (O) Sherpa Expedition and Trekking P. Ltd., Kathmandu, Nepal; (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. Capt. PURNA LAL SHRESTHA

Classification: Aviation (Retired) (2004-05),; (R) Kanibahal, Lalitpur; **Email:** capt.pls01@gmail.com; **Tel** 5523562 (R) **Cell:** 9841241171; **Spouse:** Jayanti. **Ser:** Dir ; **B:** Apr 26; **W:** Dec 12



RTN. PRAFULLA M.S. PRADHAN (MD+1,PHSM)

Classification: Urban Planning (Freelance Consultant) (1995-96),; (R) 1A Westar Residency, Balkumari, Lalitpur,; **Email:** pradhan.prafulla@gmail.com; **Tel** 5553550 (R) **Cell:** 9801088522; **Spouse:** Sarojini. **Ser:** Tn, DCm, VP, P(2011-12), District Trainer 2013/14, District Secretary 2017/18, PHS Member and Major Donor Level 1; **B:** Oct 8; **W:** Mar 3



RTN. RAJENDRA M. SHRESTHA (PHF)

Classification: Taxation (2005-06),; (R) Chakupat, KholchaPokharitole, Lalitpur, H. No. 31, Ward No 11; **Email:** rajendra47000@yahoo.com; **Tel** 5260309 (R) **Cell:** 9808980129; **Spouse:** Ramuna. **Ser:** Sec, Dir, VP, P (2014-15); **B:** Apr 19; **W:** Falgun 8



RTN. PRAMOD S. PRADHAN (PHF+2)

Classification: Geo-informatics (1998-99), (O) AITM, Khumaltar, PO Box 25, Lalitpur, Nepal; (R) HN 701, Civil Homes – Sunakothi-Thecho, Lalitpur; **Email:** pramodssp@gmail.com; **Tel** 5574746 (R) 5552376 (O) **Cell:** 9851026566; **Spouse:** Usha. **Ser:** Dir, JSec, Sec, VP, P(2009-10), GSE Team Leader, DCm, AG; **B:** Nov 6; **W:** Dec 24



RTN. RAM PRASAD SHRESTHA (PHF)

Classification: Professor (Retired); (R) Maha Laxmi Sthan, Lalitpur ; **Email:** ramprashadshrestha@yahoo.com; **Tel** 5552310 (R) **Cell:** 9851008258; **Spouse:** Bijaya. **Ser:** Dir, VP; **B:** Jan 27; **W:** Mangshir 12



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. 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 **B:** Dec 1; **W:** Feb 17



RTN. DR. SANTOSH SHAKYA

Classification: Endocrinology (2011-12),; (R) ThadoDhunga, Jhamsikhel, Lalitpur-3;
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RTN. SUBHAKAR BAIDYA (PHF)

Classification : Child Centered Community Development (1998-99), (O) Plan International, Nepal, Shree DarbarTole, Pulchowk, Lalitpur; (R) Shubhakuti, SapaJarhun, Satdobato, Lalitpur-14;
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Ser: Dir, JSec; **B:** Mar 14; **W:** Falgun 21



RTN. SHANTI SHRESTHA (PHF)

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B: Nov 7; **W:** Feb 2



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Spouse: Rasmila. **Ser:** Dir; **B:** Feb 26; **W:** Mar 4



RTN. SUMITRA MANANDHAR GURUNG (PHF)

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Spouse: Dr. Chandra Prasad Gurung (Late). **Ser:** Dir; **B:** Oct 25; **W:** May 25



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Spouse: Rtn. Deepak; **Ser:** Sec.
B: May 25; **W:** Falgun 12.



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Honorary Member
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Stand Up For Breast Cancer Patient

A program in which Rotary Club of Yala (District 3292 Nepal-Bhutan) supports NCHRC to treat poor breast cancer patients

- PP Rtn Kiran Shrestha



In Nepal, around 5000 patients are diagnosed with breast cancer annually. Among 5000 newly diagnosed patients, hardly 1000 patients are getting treatment from Cancer Hospital in Nepal. Most of the patients are forced to die though cancer is curable because of their socio-economic condition. The statistics clearly indicates a big gap between dire need and access to treatment of breast cancer. Therefore it is extremely important to address the majority of poor women who has to die unnatural death. Many of them do not go to seek help for the fear of surgery and its cost. In this context **Rotary Club of Yala** (RID 3292) together with Nepal Cancer Hospital and Research Center undertook small initiative with an objective of early diagnosis of the breast cancer patient and taking care of diagnosis and surgical service.

Stand Up For Breast Cancer is a yearlong charity program initiated in October (Breast Cancer Awareness month) of by Nepal Cancer Hospital and Research Center (NCHRC) in collaboration with Rotary Club of Yala RID 3292 Nepal Bhutan. The program provided free surgical treatment to a poor breast cancer patient per month for a year. NCHRC provided free surgery to the breast cancer patient with support from many well wishers and partners in service. NCHRC provided 50% discount on pathology, radiology and other investigations 100% discount on surgery charges, bed charges and medical consultations. The estimated cost of medicines and consumables (Rs 25,000) was covered through the generous support of Rotary Club of Yala (Rotary International, District 3292), as a part of its MOU with NCHRC to pay for treating 12 breast cancer patients within a year.

Contributors: District Governor Sanjay Giri and District Secretary Prafulla Pradhan of RID 3292 Nepal Bhutan contributed Rupees 50,000 each and Rotarians Sushil Bajracharya, Ram Prasad Shrestha, Purushottam Shrestha, and E club of RID 3292 contributed Rs 25,000 each. Other contributors of Rs 25,000 each were Ms. Subhadra Shrestha and Ms. Sushila Shrestha, 50,000 from Upacharko Lagi Sahayogi Hatharu, and 25,000 from Nikhil Joshi.

The recipient: The patients who benefitted were namely: Insert names photos. This is not the first and last joint initiative of NCHRC and Rotary, rather a beginning to address the majority of poor women who has to die unnatural death due to a curable breast cancer.

1. Ms. Dhan Kumari Adhikari

Ms. Dhan Kumari Adhikari, 34yrs/ F, resident of Dhangadi, diagnosed case of Carcinoma Left Breast, Ductal Carcinoma, Post MRM, pT3N3a, Triple Negative, Post Radiotherapy, post 3 monthly follow-up. The patient is doing good and is under regular follow-up. The patient undergone has surgery on Mangsir 19, 2073.



2. Mitra Kumari Dhimal

(PR: 1612000378) Ms. Mitra Kumari Dhimal, 45yrs/F, resident of Dangihat, Morang, diagnosed case of Ca. Right Breast with left breast fungating mass, undergone toilet mastectomy and is under follow-up. The patient has undergone surgery on Poush 21, 2073



3. Ms. Rohini Chaudhary

(PR: 170200101) Ms. Rohini Chaudhary, 50yrs/F, resident of Ganga Parespur, Danga, diagnosed case of Ca. Lt. Breast, post MRM, pT3N3aM0, Triple negative, Post adjuvant chemotherapy, post radiotherapy now with brain metastasis and under palliative supportive care. The patient was diagnosed during the preventive camp of Bhairahawa organized by Nepal Cancer Support Group in technical association with NCHRC. The patient has undergone surgery on Falgun 17, 2073.


4. Durga Maya Thakuri

(PR: 170600503) Ms. Durga Maya Thakuri, 30yrs/F, resident of Terathum, Morang, diagnosed case of Ca. Rt. Breast with Liver, Lung and Bone Mets, Post Toilet Mastectomy, IDC pT4N3aM1 now with brain mets, post WBRT under Line3 palliative Chemotherapy. The patient has undergone surgery on Shrawan 8, 2074.


5. Laxmi Devi Bista

(PR: 170700511) Ms. Laxmi Devi Bista, 64yrs/f, resident of Jhapa, diagnosed case of Ca. Left Breast, Invasive Carcinoma, Grade II, Post Surgery, pT2N0, Triple Positive, Post 6 cycle adjuvant chemotherapy. The patient has undergone surgery on Shrawan 12, 2074. As per the post 6 cycle evaluation report of 27th Poush 2074, the patient is on CR.


6. Pramila Kumari Shrestha

(PR: 170300211) Ms. Pramila Kumari Shrestha, 46yrs/F, resident of Dhapakhel, Lalitpur is a diagnosed case of Left Ca. Breast, Post MRM with Right Ca. Breast, Post Right Lumpectomy (metaplastic carcinoma) pT2N0 now post MRM with level II ALND, ER/PR negative now under Adjuvant Chemotherapy. The patient has undergone surgery on Bhada 2, 2074.


7. Mekh Kumari Kharel (PR:

171000376) Ms. Mekh Kumari Kharel, 71yrs/F, resident of Gongabu, Kathandu is a diagnosed case of Left Breast Ca. with LNs involvement, Post Surgery, invasive Ca. Grade III, pT2N3a, Triple negative Ki67:30% now under adjuvant chemotherapy. The patient has under gone surgery on Kartik 16, 2074.


8. Ms. Sumari Kumari Thakur

(PR: 171200041) Ms. Sumari Kumari Thakur, 36yrs/F, resident of Mahotari, Sundarpur-4, diagnosed case of Ca. Left Breast, Post Left MRM with LND, infiltrating carcinoma of no special type, NST, grade III, pT3N3a, triple negative, Post RT under adjuvant chemotherapy. The patient undergone surgery on Mangsir 22, 2074.


9. Ms. Pabitra Sunar

(PR: 171200167) Ms. Pabitra Sunar, 57yrs/F, resident of Baglung is a diagnosed case of Ca. Rt. Breast (DCIS), ER/PR +ve now under Harmon Therapy. The patient undergone surgery on Poush 3, 2074. As per the report of March 29, 2018, the patient is on complete remission.


10. Ms. Shanti Dhungana

(PR: 171000750) Ms. Shanti Dhungana, 57yrs/F, resident of Birgunj, diagnosed case of Ca. Rt. Breast, Invasive Ductal Cell Ca. T4N2Mx, ER, PR: negative, Her2neu: Positive, Post Neo-adjuvant Chemotherapy, Post Surgery. The patient underwent surgery on Chaitra 27, 2074.


11. Ms. Indra Maya Subedi

(PR: 171200382) Ms. Indra Maya Subedi, 35yrs/F, resident of Bhimeshwor, Dolakha, diagnosed case of Ca. Rt. Breast (Ductal Ca.), Post MRM, Invasive Carcinoma of NST, DCIS Present, EIC Negative, pT3N1a, ER Positive, PR Negative, Her2neu Positive, Ki67 30%, Luminal B under Adjuvant Chemotherapy. The patient undergone surgery on Poush 24, 2074.


12. Mrs. Chandra Kala Karki

(PR: 180400946) Mrs. Chandra Kala Karki, 37yrs/F, resident of Shivasatasi, Jhapa, diagnosed case of Ca. Rt. Breast, Invasive Carcinoma of No special type. The patient undergone surgery on Baisakh 11, 2075.



necessary support to properly treat women with breast cancer. He stressed that there is a need and possibility of expanding the Rotary-NCHRC partnership to treat many more patients for and after surgery.

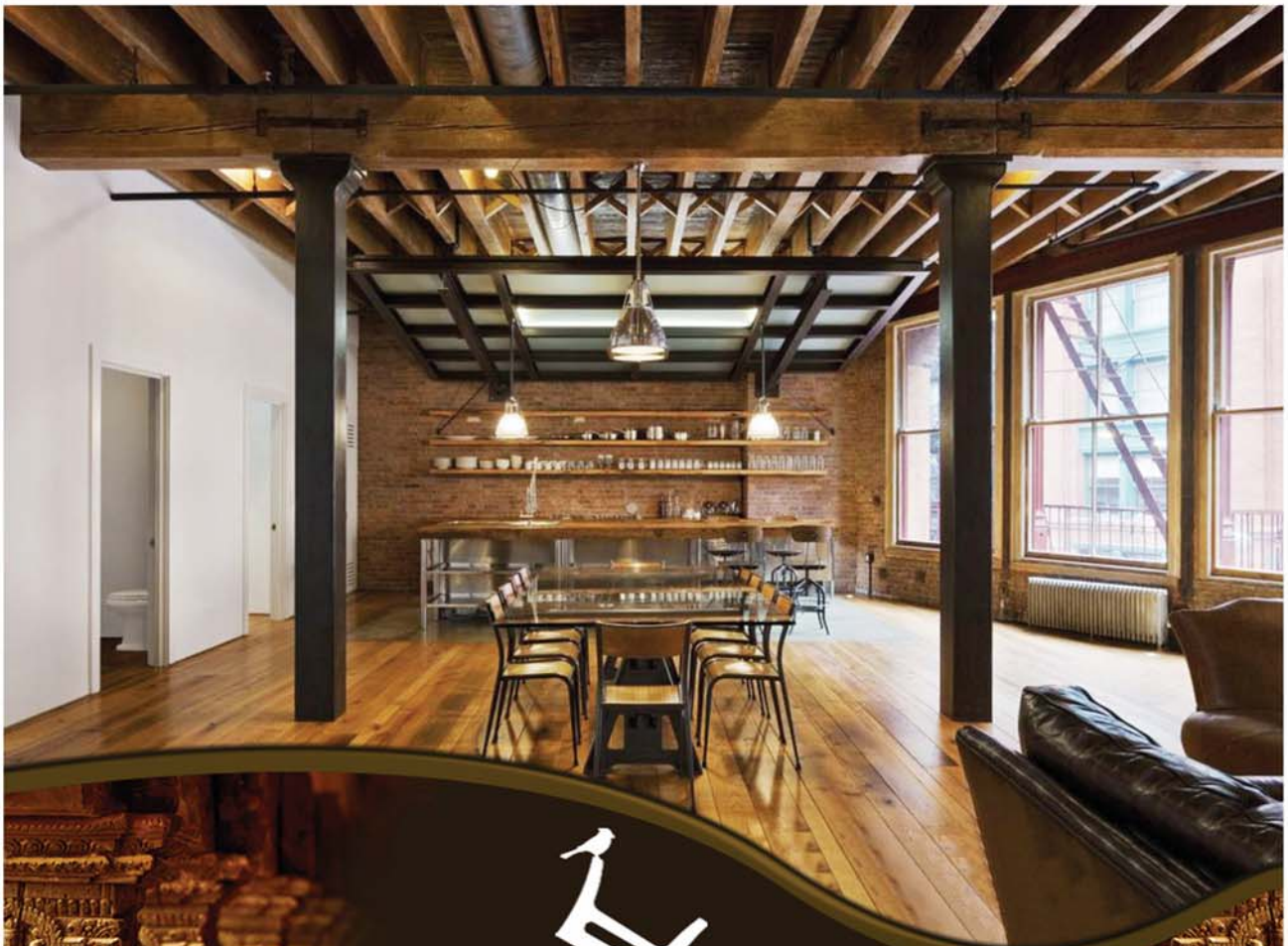
Rotarian. Dr. Sudip Shrestha, Executive Chairman of NCHRC, thanked DG Sanjay Giri for Rotary support in the Stand up for Breast Cancer Program. He also informed the District Governor that the hospital plans to become a training center and model hospital for controlling infections in hospitals, which is serious problem in almost all hospitals in Nepal. Dr. Sudip said financial support from Rotary International in the infection control program and acquiring much needed equipment in the hospital will increase benefits to patients.

Visit of District Governor:

During a visit to the hospital by District Governor Sanjay Giri of RI 3292 Nepal Bhutan appreciated the collaboration between RC Yala and NCHRC in providing



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on the occasion
of its 22nd Anniversary



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My Understanding on Rotary International Theme of 2017/18 “Rotary Making a Difference”

*Prepared by Prafulla Man Singh Pradhan
District Secretary 2017/18
Major Donor Level I
Paul Harris Society Member
Past President: RC Yala*



1. Background: Since 1949, Rotary International has had an annual theme, which focuses our activities as Rotarians for that year. This is more for **internal use** than for the general public. According to RI President Ian Riseley, the 2017/18 theme of Rotary: Making a Difference represents what Rotary is and Rotary does, every day and in many ways. All those people who benefit from our great programs appreciate that Rotary exists to make a difference. Further, Rotary makes a **difference to ourselves as Rotarians**. We are **improved as people** by following the guiding principles that come from our mission statement and the Object

2. My Understanding: The 2017-18 theme logo symbolizes diversity (people from all races and backgrounds) and the circle shows that Rotary is in almost all parts of the globe. It also symbolizes all of us striving to do better, reaching ever higher to do good in the world, in the name of Rotary. Even with modest achievements can, we can join 1.2 million colleagues in making a difference.

My understanding is that Rotary making a difference is a very well thought theme and it **implies making a difference within Rotary and impacting beyond Rotary**.

3. Within Rotary International:

□ Without making a difference within Rotary we cannot think of making a difference outside Rotary in the lives of the people. There is a

general notion that making a difference implies making a difference beyond rotary in the lives of the people, but it also encompasses within Rotary World as well. **And the main challenges ahead are making a difference within Rotary.**

- In his theme address President Ian Riseley said Our service will be guided, as it should be, by the three strategic priorities our Rotary International Board has set for all of Rotary in our current strategic plan: i.e. (a) to support and strengthen our clubs (b) to focus and increase our humanitarian service((c) and to enhance Rotary's public image and awareness (So how do we support and strengthen our clubs? It also clearly indicates making a difference within and beyond
- **Example what Riseley gives to change within Rotary includes but not limited to:** (a) Only 22 percent of Rotary's members are women, up from 13 percent 10 years ago. At that rate, Riseley said, it will take another three decades for Rotary to achieve gender parity. And he adds, "Three decades is far too long to wait to achieve a Rotary that reflects the world in which we live. We need to make it a priority now. We know that we can do more together than we could ever hope to do alone. (b) Today only 5 percent of reported members are under 40, and a majority of members are over 60, Riseley told the audience. "Consider what Rotary stands to look like 10 or 20 years from now if we don't get very serious, very soon, about bringing

in younger members (c) Noting that 103 of the 539 incoming governors are women, Riseley said they are the type of women we need in Rotary, "leaders who will help Rotary connect.

- ❑ Since more than a decade our membership remained at 1.2 million. Every year 150,000, members are added and equal number leaves. This is area where we need to make a difference (**add more and retain more and make a difference in Rotary**).

2. Making Difference within RID 3292 and Clubs:

- ❑ The issue of Gender equality, reducing the average age of Rotarians, women taking leadership, adding and retaining members etc. are equally valid for our District too. In addition our other issue to make a difference is in the quality membership and **true leadership, not divided leadership**. Ian Riseley said, "We know that we can do more together than we could ever hope to do alone," he told incoming governors. "I ask you to keep that spirit of **teamwork** and cooperation always in your minds and to take it back with you to your districts."
- ❑ Each and every club has different culture different priorities, different strengths, weakness and challenges. Not a single formula can help making a difference within a club, as it has to be dealt individually.
- ❑ However it is a fact that unless our clubs and district can make a difference we cannot make a difference in the lives of the people. Therefore if we really wish to make a difference we need **to make a difference within our District and clubs first**.
- ❑ A sick club or a sick district cannot make a difference in the lives of the people. Club Health Check up is an excellent tool to make a difference within a club.
- ❑ Even a small change can make a difference in a club or District. Examples could be (a) add members in general and female in particular (b) fill unfilled classifications (c) Enhance Rotary knowledge and have quality members (d) improve attendance (e) improve retention (f) make meetings interesting (g) engage members in service projects (h) make Rotary

visible know to the community (i) bring women at club and district leadership positions: **One DG so far** out of 12 (j) bring women in training faculty (so far we have no women trainers in our District: Say if we can 5 trainer in training faculty we are making a difference) and (j) Strengthen District in various ways (adequate staff, own building, adequate resources and operational efficiency) etc.

3. Beyond Rotary

- ❑ Beyond Rotary can be understood easily by providing humanitarian service within the six areas of focus. However the challenge is to making a difference within Rotary.
- ❑ President Ian Riseley said: **What about our second strategic priority of focusing and increasing our humanitarian service?** This is what we are talking about making a difference beyond Rotary in the lives of the people.
- ❑ He adds we have six areas of focus in Rotary. In all of them, one essential element is sustainability. We don't dig wells and walk away: We make sure communities can maintain and repair those wells. If we build a clinic, we make sure that clinic has a way to keep running. Eradicating polio is the ultimate in sustainable service. It is an investment that will yield not just a long lasting but also a permanent benefit, on a global scale. It implies that whatever we do it has to be sustained and that how we make a difference

4. Modality of Implementation of the Rotary Theme:

The **charm of the theme** is that there is no watertight instruction to clubs and Districts on Rotary making a difference. Each District and Clubs is being given liberty to make a difference this year through their own decisions. This short of liberty is required as each District and Clubs under their Jurisdiction are not the same. One of the reasons why the governor has to visit the entire club is that all the clubs are different and there is no single formula to suggest clubs in making a difference within and beyond.

Contemplating participation data from **CANCER** screening camps

- IPP Rtn. PhD Laxman Joshi

Cervical uteri cancer is the most common type of cancer in females in Nepal, estimated to be 5.5 per 100,000 women followed by breast cancer with 4.6 per 100,000 women, including young girls affected. Both cancers among women are on the rise. Lack of knowledge about cancer and early cancer detection facilities are considered a major problem. The RC Yala and the Anns Group have been actively supporting cancer awareness and cancer (breast and cervical) screening activities for over a decade.

The Anns Group had organized 12 cancer awareness and screening camps for women in one year (Mar 2017-Feb 2018). Medical professionals and volunteers participated in these events. The camps were mostly held in Lalitpur, but some were held in Banepa and as far as Bhadrapur, East Nepal. Ann Uma Joshi presented the following data from the cancer awareness program of the Anns Group of RC Yala. I looked at the data and started wondering.

Women examined for breast/cervical cancer at camps organized by Anns Group of RC Yala (Mar 2017-Feb 2018)

No. of camps organized	12
No. of women examined	1,095
No. of suspicious cases	79
Financial cost for Anns Group	Rs. 152,600

The statistics is quite mesmerizing - 79 of 1095, i.e. about 7.2% women were identified as possible cases of cancer, though not confirmative. Considering published data of 5.5 cervical cancer per 100,000 and 4.6 breast cancer per 100,000 cases, 7.2% (or 7,200 per 100,000) suspicious cases according to Anns data is extremely high and worrying.



Within a year, the Anns helped in early detection of 79 possible cancer cases, some of whom can be assumed to become cancer patients in future. Without the Anns initiatives, some of them may never know they are in the high risk group. Obviously, there is still a vast number of women in our communities who have not had a chance to be examined. The financial cost of awareness raising and screening was about Rs. 139 (152,000/1095). Identifying a suspicious case cost about Rs 1932 (Rs. 152,000/79).

The data also indicate that over seven percent women are at risk of cancer, breast and cervical combined. While some of these women will go for confirmative tests and treatment, it is also possible that some of them will just carry on with their lives as usual. What can be done to prevent cancer among them? What can be done with those identified as suspicious cases and the confirmed cases? What about the vast majority of women in our societies who do not go for cancer screening? What can be done for them? They are many questions but few answers.

The government is providing some financial support to cancer patients. Some other organizations, including RC Yala, are providing financial support to cancer patients. The gravity of the problem is so serious that a larger and concerted effort from all concerned, including the Rotarians, is warranted.

‘सुरक्षित भविष्यका लागि सञ्चय कोष’

सञ्चयकर्ताको सन्तुष्टि प्रति दृढ संकल्प सहित कोषले प्रदान गर्ने सेवा र सुविधालाई
प्रभावकारी बनाउने प्रण गर्दछौं ।

१. कोषबाट सञ्चयकर्तालाई उपलब्ध सेवाहरु :

- (क) **सञ्चित रकमा व्याज प्रदान** : हलको व्याजदर ८.०० प्रतिशत २०७४ श्रावण १ गते देखि (आर्थिक वर्ष २०७२/७३ मा ६.७५ प्रतिशत)
- (ख) **मुनाफा** : ०.७५ प्रतिशत (आर्थिक वर्ष २०७३/७४को सञ्चयकोष शुरु मौज्जातमाप्रदान गरी सञ्चयकोष, विद्युतप्राधिकरण, विद्युतउत्पादन कम्पनीबाट प्रवर्द्धित बेतन कर्णाली सञ्चयकर्ता हाईड्रोपावर कम्पनी लिमिटेडमा सञ्चयकर्ताको ४० प्रतिशत शेयर लगानीगर्ने उद्देश्यले छुट्टै राखिएको ।
- (ग) **सापटी सुविधाहरु** :
- विशेष सापटी : कोषकटीखातामा जम्मा भएको रकमको ९० प्रतिशत सम्म,
 - घर सापटी : घर निर्माण गर्न वा घर खरिद गर्न घर जग्गाको धितोमा अधिकतम १५ वर्षको तलब वा बढीमा रु.१ करोड
 - शैक्षिक ऋण : घर जग्गाको धितोमा सञ्चयकर्ता वा निजको श्रीमान्/श्रीमती/छोरा/छोरीको उच्चशिक्षा अध्ययन गर्न स्वदेशका लागि अधिकतम रु.१० लाख र विदेशका लागि अधिकतम रु.२० लाख सम्म र एम.बी.बी.एस./एम.डी.को लागि रु.२५ लाख सम्म,
 - सञ्चयकर्ता सरल चक्रकर्जा : घर जग्गाको धितोमा न्यूनतम रु.५ लाख र अधिकतम रु.३० लाख,
 - घर मर्मत सापटी : घर मर्मत गर्न घर जग्गाको धितोमा अधिकतम ५ वर्षको तलब वा रु.२५ लाख सम्म ।
- (घ) **सामाजिक सुरक्षा सुविधाहरु** :
- दुर्घटना क्षतिपूर्ति योजना: सेवाकालमा सञ्चयकर्ताको दुर्घटनामा परी मृत्यु भएमावा पूर्ण अंगभंगभएमा रु.१ लाख २५ हजार
 - काजकिरिया अनुदान योजना : सेवाकालमा सञ्चयकर्ताको मृत्यु भएमा रु.३० हजार,
 - सञ्चयकर्ता औषधोपचार सहयोग कार्यक्रम : साधारण उपचारमा रु. २५ हजार र कडा रोगको उपचारमा रु.५० हजार सम्म,
 - सुत्केरी तथाशिशु स्याहार सुविधा : प्रति प्रसुति रु.७ हजार ५ सय का दरले बढीमा दुई पटक गरी रु.१५ हजार ।
- (ङ) **अन्य सुविधा** :
- कोषले ऋण लगानी गरेका कम्पनीहरुको शेयरमा सञ्चयकर्तालाई सहभागीता गराइएको (अपर तामाकोशी हाईड्रोपावर लिमिटेड, सान्जेन जलविद्युतकम्पनि लिमिटेड र रसुवागढी हाईड्रो पावर कम्पनि लिमिटेडमा शेयर प्रदान भईसकेको र अन्य कोषले ऋण लगानी गरेका/गर्ने परियोजनामा शेयर प्रदानगर्ने जाने) ।

२. कोषको प्रतिबद्धता :

- कोषको दीर्घकालीन वित्तीय स्रोतलाई पूर्वाधार विकासको क्षेत्रमाउ पयोग गरी राष्ट्रको आर्थिक विकासमा योगदानगर्ने,
- प्रभावकारी स्रोत व्यवस्थापन र मितव्ययी कार्य सञ्चालनको माध्यमबाट कार्यकुशलता अभिवृद्धि गर्ने,
- सूचना तथा सञ्चार प्रविधिमा आधारित गुणस्तर ीय तथा प्रभावकारी सेवा प्रदान गरी सञ्चयकर्तालाई सन्तुष्ट पार्ने,
- सामाजिक सुरक्षा कार्यक्रम र दायरा विस्तार गरी सामाजिक सुरक्षाको क्षेत्रमा कोषको पहुँच र योगदानमा विस्तार गर्ने,
- दक्ष एवं उच्च मनोवलयुक्त कर्मचारीहरुको सहकार्य र सरोकारवालाहरुको सामूहिक प्रयासबाट कोषलाई उत्कृष्ट सामाजिक सुरक्षा संस्थाको रुपमा विकास गर्ने ।

३. कोषको भावी कार्यक्रम :

- योगदानमा आधारित निवृत्तिभरण योजना,
- बेतन कर्णाली सञ्चयकर्ता हाईड्रो पावर परियोजना निर्माण,
- बैदेशिक रोजगारीमा रहेका नेपाली कर्मचारी/कामदारको सञ्चयकोष योजना,
- योगदानमाआधारित वृहत सामाजिक सुरक्षा योजना,
- असंगठित तथा स्वरोजगारमा रहेका व्यक्तिका लागि सञ्चयकोष योजना ।
- मुलुकको पूर्वाधार क्षेत्र सडक, जलविद्युत तथा अन्यराष्ट्रिय महत्वका आयोजनाहरुमा लगानी ।



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ACCESS TO WATER AND SANITATION IN BAGDEVI SCHOOL

- PP Rtn. Pramod Sagar Pradhan

“Clean water, sanitation, and hygiene education are basic necessities for a healthy environment and a productive life.” Rotary International.

“When people have access to clean water and sanitation, waterborne diseases decrease, children stay healthier and attend school more regularly, and mothers can spend less time carrying water and more time helping their families.” Rotary International.

In recent years a large number of local and central organizations, individuals and donor agencies have been involved in providing access to water and sanitation in Nepal. Nepal, though blessed with a massive volume of fresh water resources, has faced severe problems in providing access to water and sanitation to its populace. Moreover, the major Earthquake of 12th April 2015, has devastated a large number of traditional water sources like wells and water spouts in the urban as well as the rural areas. Sri Bagdevi Higher Secondary School at Jyamdi Madan Village of Kavre district was also one of hundreds of school that suffered severe disaster and lost all buildings and water source.

Right after the Earthquake, RC Yala decided to provide building construction, water and sanitation support

to a number of schools in Lalitpur, Kavre, Sindhupalchok, Dolkha, Gorkha, Kathmandu, Makwanpur districts. Bagdevi School was one of many selected schools for RC Yala's service projects. The idea was shared with partner rotary clubs in US, Japan and many other countries to raise funds for these water and sanitation projects, which was thankfully supported by their clubs, districts and The Rotary Foundation, and also the local governments in Nepal.

Shree Bagdevi Higher Secondary School in Jyamdi Madan Village of Kavre District.

The first time we went to visit Bagdevi School, we had to stop our vehicle on the freshly-wet and muddy road after an unexpected rain in the morning. To reach the school it was an excruciating 1.5 hours uphill walk on hilly roads and fragile trails for four of us (PE Surendra Gopal Shrestha, Rtn. Dr. Dinesh Lal Shrestha, PP Pramod Pradhan, Ann Usha Pradhan and Kamal Dai who was our local contact). We had simple but delicious rural lunch at Kamal Dai's makeshift residence which he had built after his house got totally flattened by the Earthquake. After lunch, we had one hour steep uphill walk to reach the school which is located at top of the hill and the views of surrounding



Leaving the Jeep in the middle of the road



Walking on muddy Hill Roads to School

hills from there is marvellous to forget all our difficulties faced in reaching there.

The school buildings were totally unusable, however, the classes were run in some rooms that had not fully collapsed. Almost all walls between classes had collapsed and there were rubbles everywhere. However, students were happily taking classes in those classrooms and were full of smiles to greet us.

After inspecting and assessing the damages due to Earthquake, walking down the fragile trails was quite exciting and took almost an hour to reach the vehicle, which really tested PE Surendra's driving skill in turning it back on the muddy, wet-slope and narrow road.



Damaged School Building

The water and sanitation project has been completed by RC Yala in the Bagdevi school, which is located 5KM North-East of Dolalghat, is serving 1000 students (nursery to grade 12) and 55 teachers and staff. The school, based at the hilltop, serves not only 4500 populaces and 848 households of Jyamdi Madan Village but also attracts children walking up to 2-hours to the school from surrounding villages that are densely populated by Tamangs community.

This water project is supported by RC Yala and RID 2700 Fukuoka – Japan, which has been our constant WCS (ICS) partner for more than 15 years. With their



Walking down on hilly trails

fund support and visits by Rotarians from Fukuoka led by Rtn. Takuro Manabe San and RC Yala Rotarians and Anns dedication to provide service to rural poor, this water and sanitation project has helped the students drink clean water, use clean toilets, remain healthier and excel in their studies. RC Yala extends hearty thanks to all partners who have helped in this project that has definitely made a positive impact on humanity.



Gutter for Rain Water Harvesting



Drinking Water Storage & Distribution

Progress needs change



- IPP Laxman Joshi, PhD

It is true that the majority of people want a stable life to avoid unpleasant surprises. That might be one reason why we look for a well-paid job in a stable company. However, the fact is nothing in the world is fixed and stable. Change is the only constant in nature and even in our lives. Environments change. New species emerge, old species die out when they are unable to keep up with change outside. All species, including humans, constantly change themselves to fit in the ever changing environment. One of life's constants is change. Ready or not, it happens. We grow. We age. Technology reinvents each new day. Some relish change; others resist.

We normally prefer stability because of fears of unknown consequences of change. Nonetheless, our lives are changing. Think of our childhood; think how time has changed since then. Think how we have changed. Imagine life without your smart phone, TV, Facebook, Google and the internet. Today is different from yesterday; tomorrow will certainly be different from today. Stability often leads to stagnation and dissatisfaction. This is when we look for change. Even small variations can bring more joy and satisfaction in life.

In Rotary we talk about change. The Rotary ecosystem has changed immensely since the four founders met in Chicago in February 1905 and established Rotary. They then did not foresee that Rotary will become the oldest and one of the largest service organizations in the world. It is now a vast network of over 35,800 clubs in 200 countries and 1.237 million business and professional leaders.

Looking back over the past century of Rotary, there have already been many changes. The history of Rotary in Nepal is an excellent testament to change. Change is continuous and it should accommodate everyone's needs, interests and ideals. We as Rotarians need to be progressive and embrace this as a positive move for the future of Rotary. We need to change from what "was" to what "can be".

Some members question the need for change within Rotary. Simply, if we do not start changing there is a limited future for our organisation. The number of Rotarians quitting globally is rising. Attracting new members to Rotary remains a challenge. The ratio of active members and total members in most clubs is quite worrying. Rotary clubs need to be thinking of the future and begin to embrace change. Members need to recognise there is a need for change within their clubs. They also need to have an understanding of why it is important to embrace change, not just for the future of their own club but for the future of Rotary. Change is progress and Rotary needs to be seen as being progressive, keeping up with our changing society and be known as a flexible, adaptive and innovative organisation.

We in our clubs must admit that we have to change the way do things in our clubs to make our clubs vibrant and relevant. We need to work harder to attract new young members and to retain them in our clubs. We need to rethink about how we function, conduct meetings, make decisions, develop ideas and projects, implement projects and celebrate success. We need to be flexible and nourish innovation and new ideas. All members should be allowed to voice their opinion and to be engaged in what they are interested in. This is important to make clubs truly "owned by all members". We may not need to do different things, but we need to do things differently.

Change is inevitable. Change can force us out of old and obsolete habits. Nonetheless, it can also be hard and stressful. It is important that we anticipate change and to embrace it to strengthen our club so that we are prepared for a better future. Change can teach us to adapt, develop resilience and to perform better as individuals, as a club and as an organization. Progress is not possible without change.

We wish
all the best
to
ROTARY CLUB OF YALA
on the occasion of its
22nd Anniversary

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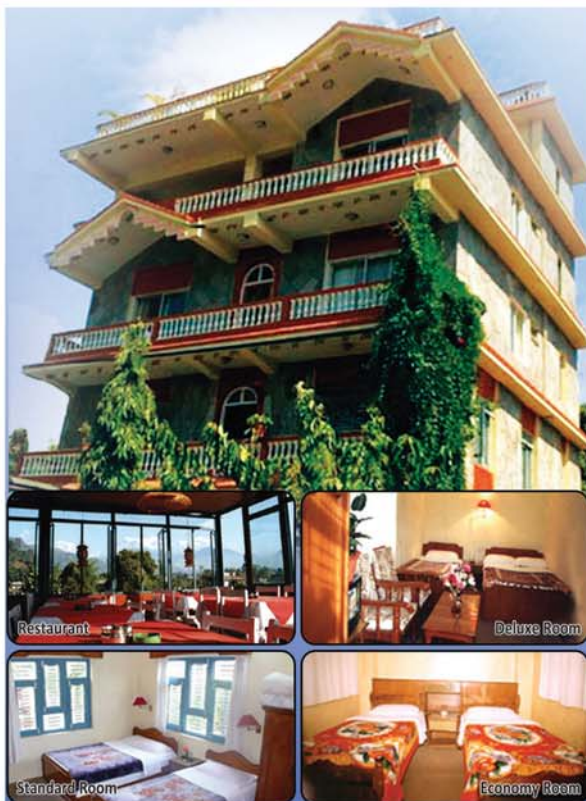
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District Awards and Recognitions to Rotary Club of Yala

In an annual event of District Award Distribution and Recognition of Rotary District 3292 on 2nd June 2018 held at Heritage Gardens, Sanepa, hundreds of awards were distributed to Rotary clubs and individuals for their service and support to Rotary cause and advancement. Once in a year, clubs and members are awarded and recognized for creating positive change within Rotary and in communities for their unselfish “Service Above Self”. Rotary Club of Yala received the following awards and recognition:



**District Award
BEST CLUB ADMINISTRATION**



**District Award
1ST RUNNER UP FOR
WEEKLY CLUB BULLETIN “THE BELL”**

On behalf of the club I thank all members, Anns and Rotaractors and congratulate individual recipients of different awards for 2017-18. We have good reasons to be proud and congratulate ourselves for the achievement. While getting awards and recognition is not our only motive, these awards and recognitions are indeed an inspiration to do more in coming days. Let us strive to do more.

RECOGNITION:

1. Anns Group of RC Yala for Outstanding Humanitarian Services.
2. Rtn. Prafulla Man Singh Pradhan: Meritorious Award from Rotary Foundation Trustees (second Rotarian from Nepal to receive the award); also served as the District Secretary.
3. PDG Dilendra Raj Shrestha: served as District Trainer.
4. Rtn. Kiran Shrestha: served as Chair of District Publication Sub-Committee.
5. Rtn. Surendra Govinda Joshi: served as Assistant Governor (Zone 10).



*IPP Rtn. Laxman Joshi, PhD
Rotary Club of Yala*

*We wish
all the best to
ROTARY CLUB OF YALA
on the occasion of its
22nd Anniversary*

C.B.M. Associates

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उत्सवको उपलक्ष्यमा
हार्दिक शुभकामना
त्यक्त गर्दछौ ।

सुपथ मूल्यमा
ढोका चौकोस



- काठको चौकोस खापा
- डिजाइनदार बलियो ढोकाहरू
- मुलढोकाहरू (डबल पल्ला)
- काठको पार्केट, रेलिङ
- लेमिनेट पार्केटहरू

स्वागत सप्लायर्स
सातदोबाटो चोक, NIC Bank Building
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Mushroom cultivation as a sustainable income source for Intellectual Disabilities Service Centre (IDSC) in Bajrbarahi, Lalitpur.

BACKGROUND

Intellectual disability (ID), also known as mental retardation, is a neurodevelopmental disorder that impairs intellectual (ability to learn, reason, make decisions, and solve problems) and adaptive (skills necessary for day-to-day life, such as being able to communicate effectively, interact with others, and take care of oneself) functioning. Symptoms of ID usually appear during childhood and persist throughout the life span. There is no “cure” for ID, but with appropriate support and teaching, most individuals can learn to do many things. In Nepal, information about ID is sparse; superstitious beliefs about the causes of ID are widespread. Key issues are raising awareness and understanding about ID; development of care and rehabilitation programs and a system to provide support and belongingness for the ID people. While the government has a policy of inclusive education, its support on the ground is non-existent. A handful of shelters, usually managed by local people, exist in some towns that provide day care for small numbers of people with ID. One such shelter is the Intellectual Disabilities Service Centre (IDSC, *Bouddhik Apang Sewa Kendra*) near Bajarabarahi Temple in Godavari Nagarpalika, Lalitpur established in BS 2065 (2008). It is managed by Bajrabarahi Parents’ Association of Intellectual Disabilities and operated by three dedicated women volunteers. The association has rented a two bedroom flat in a nearly house. On a daily basis, 20 ID boys and girls are brought to the Centre by their parents in the morning and collected in late afternoon. A day meal is provided with donations from various sources. The volunteers also serve addition 15 ID children with regular home visits.

Parents of most ID children in the Centre work as laborers are economically poor and unable to pay for



the services. The three volunteer teachers look after the children. Some teachers also go out for home visits to support ID children who cannot come to the Centre. With the need to provide daytime meal for ID children, rent for the rooms, there is a constant pressure on the volunteer teachers and the parents’ association to raise funds through irregular donations; it is not an easy and pleasant task.

PROCESS

In September 2017, officials from IDSC approached the Anns Group of RC Yala for financial support to the centre. A visit to the centre led to the possibility of developing a long term solution to the never ending issue of seeking funds to keep the centre running.

There are many mushroom farmers in Bajrabarahi area and their produce is sold around Lalitpur and Kathmandu. The parents’ association and volunteer teachers showed confidence and determination to cultivate mushroom regularly for a regular income to sustain the ID Centre. Initial investment was requested from RC Yala. Several rounds of discussion with Rotary Club of Yala led to the agreement that the Club will provide funds for the initial stage of mushroom cultivation, the association and the volunteer teachers will seek additional financial support and technical support (local) on their own. The Mushroom Producers Association agreed to provide free technical support to the project.

35 ID children (girls and boys) of age 3 to 22 years are the target beneficiaries, while their parents, teachers and wider community are the secondary beneficiaries. More ID children in future will benefit from regular income of the IDSC.

The estimate cost of the project in year one was Rs 363,000. RC Yala agreed to provide Rs 206,000 with



the suggestion to IDSC to seek local support as well (this is important to ensure local ownership of the project). Calculation of income and expenses indicated a surplus of Rs 10,000 per month in the first year. From Year 2 onwards, the surplus income will be about Rs 18,000 per month which is sufficient to cover all expenses at IDSC making it financially self-sufficient. The project was considered financially feasible to proceed. A proposal was developed with plan to seek funding from District 3292, RC Yala and local stakeholders. Request for District Grant was soon approved.

The following outputs were planned:

- A financially viable mushroom production and marketing system managed by IDSC.
- Sufficient capital/funds for repeating future cultivation of mushroom.
- Substantial income from mushroom production for funding IDSC to support intellectually disabled children looked after by IDSC.

An MOU was signed between RC Yala and IDSC on 24th. A Mushroom Sub-Committee, led by Ms. Kamala Humagain, the Manager of IDSC, was formed to undertake all ground work and regular reporting. RC Yala's Anns Group with support of Club Rotarians conducted regular monitoring and evaluation of the progress of planned activities.

All preparation, cultivation and sales of mushroom were conducted by the Mushroom Sub-Committee, led by Ms. Kamala Humagain and her colleagues at IDSC. Necessary insurance was arranged to help recover unanticipated loss (mainly diseases). Rotarians and Anns made several monitoring visits to the mushroom cultivation site. The project (support) duration was set from November 2017 to February 2018. The pledged financial support from RC Yala was disbursed in three phases, as specified in the MOU.

Source of fund	Amount US\$	N/C Rs
1. District 3292 Grant	1000	103,000
2. Rotary Club of Yala	1000	103,000
3. IDSC (local contributions, mostly in-kind)	1525	157,000
Total financing	3525	363,000

Note: Exchange rate used Rs 103 per US\$

RESULTS

All work proceeded as planned. Ms. Humagain and her colleagues of IDSC worked hard to make the project a success. Mr. Chitra Raj Timilsina (Mushroom Producers Association, also the husband of Ms. Humagain) was instrumental in making sure that all work was done in a technically appropriate manner. Harvested mushroom were sold



to mushroom whole sellers, some were sold directly to customers from the field. The ID children of the Centre also enjoyed eating mushroom during the season.

The last batch of the first crop of mushroom cultivation was harvested in March 2018, the end of the project. A net saving of around Rs 250,000 was made by the end of the first season. This was slightly less than expected due to lower market price of mushroom when sold through middle-men. Nonetheless, the money available was considered sufficient to continue mushroom cultivation by IDSC. The field was put to rest for some time before growing the second crop of mushroom.

CONCLUSIONS

- There is ample evidence to suggest that a regular income from mushroom cultivation by IDSC is possible with initial seed money provided by RC Yala and additional support from local well-wishers.
- IDSC now has confidence to generate sufficient income from mushroom cultivation for supporting ID children in future.
- Appropriate technical knowledge is required for a successful mushroom cultivation project.
- Family support of key personnel at IDSC was crucial in the success of the project.
- The project is a good example of local long-term income generation activities for funding local social services.



CONTACTS FOR ADDITIONAL INFORMATION

RC Yala IPP Dr. Laxman Joshi
Anns Group President Mina Shrestha
Ms. Kamala Humagain (9841115254)

Highlights of ROTARY CLUB OF YALA of ACTIVITIES in Rota Year 2017-18

- Compiled by Secretary Rtn. Shobha Devi Shrestha
and President Dr. Laxman Joshi

CLUB ADMINISTRATION

- Joint Board Meeting RY 2016/17 and RY 2017/18 followed by fellowship dinner (16 Jun 2017).
- 1st Club Assembly of RY 2017/18 to prepare a 3-year (2017/18 to 2019/20) strategic plan and set annual goals for 2017/18, 17 Jun 2017.
- Six Club Assemblies (17 Jun 2017, 1 Jul 2018, 17 Aug 2018, 25 Aug 2018, 19 Jan 2018 and 22 Jun 2018).
- Board Meetings: Total 12 Board Meetings (1 Jul 2017, 5 Aug 2017, 9 Sep 2017, 7 Oct 2017, 10 Nov 2017, 16 Dec 2017, 20 Jan 2018, 24 Feb 2018, 3 Apr 2018, 12 May 2018, 9 Jun 2018 and 22 Jun 2018).
- Regular Weekly Meetings: Total 50 RWMs (every Friday except during Dashain and Tihar).
- Regular Weekly Bulletins: Total 48 bulletins published.
- Business Meeting: One Business Meeting on 2 March 2018.
- Heritage Tour: 30 Dec 2017, Panauti Heritage Tour with 28 Rotarians and Anns; RC Panauti officials provided support.

MEMBERSHIP

New members:

May 18: Rotarian-non-Rotarian interaction program, 20 interested guests attended; 9 indicated interest to become members.
June 2: Pre-induction orientation for nine prospective members.

PUBLIC IMAGE

Vocational Award Ceremony:

Mangal Bazaar on Oct 19 (Laxmi Puja) participated by around 200 participants



(Rotarians, Anns, invited guests including children of Disabled Service Association and Rakchya nepal and many "drop-in" guests. Three locally well-known citizens were felicitated for their long time service to the local community.

1. ENT Specialist Dr. Ram Chaya Man Amatya.
 2. Barber Sundar Lal Napit felicitated with *Basu Sirpa* and cash prize.
 3. Carpenter Tej Man Shakya felicitated with *Puspa Sirpa* and cash prize.
- Children of Rakchya Nepal and DSA (Bungmati Apanga Sewa Sangha) performed with songs and dances.
Club exhibit banner: displayed at 10th Rotary District Conference in Birgunj, Feb 16-18.

Reusable Shopping Bags: 300 bags produced with RC Yala logo; nsgs distributed to friends and family through club network.

SERVICE PROJECTS

- Earthquake damaged school reconstruction (Kshamawati School in Dolakha and Baghdevi School in Kavre) with financial support of Nepalese Association of Houston.
- Bajrabarahi mushroom production as a sustainable income to support Intellectually Disabled children (managed by Anns Equipment for Birthing Centre at Gotikhel Health Post, Lalitpur – Baby warmer, suction/cleaning machine, placenta pit and room heater.
- Solar Water Heater Upgrade at Manjushree Briddhashram, Khumaltar (managed by Anns Group).





- Blind Student Support Project – Khokana, Lalitpur: Braille books provided; hand over program held on 25 Nov 2017 (managed by Anns Group).
- The Dance Training Center Project- a District Grant Project inaugurated by RIVP Hendreen Rohrs on Feb 14, 2014.
- Stand up for Breast Cancer Campaign: treatment of breast cancer patients (1 patient per month for 1 year): financial contributions received from DG Sanjay Giri, and DS Prafulla MS Pradhan; Rtn. Sushil Bajracharya, Rtn. Ram Prasad Shrestha, Rtn. Dr. Sudip Shrestha, Rtn. Sworupa Shrestha, AG Purusottam Man Shrestha, Nikhil Joshi (s/o Ann Uma and Rtn. Laxman Joshi).
- Breast and cervical cancer awareness and screening camps: Anns organised 12 camps in Lalitpur, Banepa and Bhadrapur in partnership with Nepal Cancer Care Foundation, National Cancer Research Centre Hospital, Nepal Cancer Hospital and Research Centre, Karmachari Sanchaya Kosh and numerous Rotary clubs. Total 1095 women examined, 72 cases diagnosed as suspicious; financial cost Rs. 152,600.

FELLOWSHIP

- Installation program: 11 Jul 2017: Installation of new officials in presence of DG Sanjay Giri and district officials; fellowship with Newari Bhoj, attended by 132 Rotarians, Anns and guests.



- DG's club visit: 25 Aug: Meetings with President, Anns and Rotaractors. Meetings preceded by field visit and followed by fellowship dinner. Event included entertainment with dance and song performance from Anns and Rotarians.
- Dashain greetings, Sep 22: Ann group organized greetings exchange (*MOHANI YA BHINTUNA*) including Tika and Sagun for all attendants.
- Joint Birth Day Celebrations: 3 joint celebrations (27 Oct 2017, 23 Mar 2018 and 22 Jun 2018): Rotarians and Anns celebrate birthdays of Rotarians and Anns every four months followed by fellowship dinner and entertainment.
- Felicitations of the graduate children of Rotarians: 5 youths who have completed SEC, undergraduate and post-graduate degrees were felicitated on 16 Mar 2018.

PANEL DISCUSSION

- Leadership in organizations: 21 Jul 2017: A new initiative for fellow Rotarians and family members to share their learning and experience from professional and social undertakings. The first panel discussion on leadership was led by President Dr. Laxman Joshi (Co-founder, Chair and Managing Director, Eco Concern Pvt. Ltd.) and included tn. Pramod SS Pradhan (Director, AITM), Rtn. Dr. Sudip Shrestha (Sr. Consultant Medical Oncologist and Executive Chairman, Nepal Cancer Hospital and Research Centre) and Rtn.

Sushil Bajracharya (CEO, Himalayan General Insurance).

- Pre and post retirement – the good and not-so-good: 8 Dec 2017: PP Rtn. Gopal Man Shrestha and several senior Rotarians presented their views of their retirement experience.

CLASSIFICATION TALKS

TALK PROGRAM

Participation in joint club meetings:

Talk programs

- Mr. Sahadev Mahat, 15 Sep 2017: Joyful Living – importance of positive attitude and approach in life.
- Guest Speaker Rtn. Madan Krishna Shrestha, 6 Oct 2017: Autobiography "Mahako Ma", his personal background and experience.
- Dr. Anju Shrestha (Gynaecologist, NCHRC Harisiddhi), 10 Nov 2017: Cervical cancer, Human Papilloma Virus (HPV) and DNA testing.
- Yog Guru Purushottam Adhikari, 22 Dec 2017: Yoga and its benefits.
- Dr. Jaswan Shakya, 23 Mar 2018: Plastic Surgery, Reconstruction Surgery and Cosmetic Surgery
- Rtn. Peter Hall, 27 Apr 2018: Teachers' training project in Myagdi District.
- Rtn. Surendra Govinda Joshi and Ann Badri Joshi, 1 Jun 2018: UK visit experience.
- Rtn. Sumitra Manandhar Gurung: 8 Jun 2018: Greenland visit experience.

CONTRIBUTIONS

- RC Yala contribution for flood victims in Terai: Rs. 50,000.
- Funds for treating 13 breast cancer patients under the "Stand up for Breast Cancer" patients.
- Financial support (JPY 845,000) from ICS Japanese Rotarians from Fukuoka District 2700 used to support numerous schools and service projects.
- Rtn. Pramod Sagar Pradhan donated Rs. 100,000 cash to support Kirtipur Vipassana Centre.

- President Laxman Joshi and Ann Uma Joshi provided Rs 30,000 for scholarship to 10 students (children of financially poor parents) at Harisiddhi Secondary School, Lalitpur (from endowment fund set up in the name of their late mothers Jamuna Devi Joshi and Juliya Pradhananga).
- Cash contributions from many friends and family of Rotarians and Anns to support RC Yala and Anns Group projects.

ROTARY RECOGNITIONS

- Rtn. Sarita Shrestha received "Avenues of Service Citation" award for outstanding efforts in each of the Avenues of Service.
- Rtn. Prafulla MS Pradhan received the meritorious award from Rotary Foundation Trustees (the only second Rotarian in Nepal to receive the award).

PARTICIPATION IN ROTARY DISTRICT AND RI EVENTS

- District Training Assembly, 1 May 2017 at Heritage Garden, Jhamsikhel. RC Yala was a co- host.
- New Member Orientation, 26 May 2017 at Heritage Garden, Jhamsikhel. RC Yala was a co-host.
- DG Sanjaya Giri installation Program, 1 Jul 2017 at Radisson Hotel, Lazimpat.
- District Membership Seminar, 5 Aug 2017.
- 2nd National Conference on Literacy and WASH in Schools in Biratnagar, 26-27 Jan 2018.
- Orientation and visit at Rotary District 3292 Lalitpur Community Heart Care Centre, Manidol, Lalitpur, 1 Aug 2017.
- Rotary Foundation Seminar and recognition at Hotel Yak and Yeti, 10th Dec 2017.
- ActAsia program at DAV School, Jawalakhel, 8-11 Dec 2017.
- District Rota Quiz Contest at Bagaicha Restaurant, 31 Dec 2017.
- 10th District Conference on Birgunj, Feb 16-18. 12 RC Yala members participated, co-hosted the event and also sponsored participation of 14 children and staff of DSA, Bungamati.



- Inter-club interaction with visiting Rotarians from Branchburg and Florida and five Rotary Clubs of Lalitpur, 12 Feb 2018 at 8-Degrees Restaurant. President Laxman Joshi made a presentation on the past and on-going service projects of RC Yala.
- ICM on Rotary Public Image, at Hotel Shanker, Lazimpat, 26 May 2018. PDG Rtn. Dilendra Raj Shrestha was a speaker.
- District Award Ceremony on 2 June 2018 at at Heritage Garden, Sanepa.
- Rtn. Bekha Krishna Shrestha attended RI Conference in Toronto, Canada, 23-27 Jun 2018.



MAJOR ACTIVITIES OF THE ANNS GROUP OF RC YALA

- 12 breast and cervical cancer awareness and screening camps in Lalitpur, Banepa and Bhadrapur (195 women examined with 72 suspicious cases).
- Jhula program and health camp at Swasthya Sewa Shanti Ashram, Sankhamul.
- Regular visits, meals, material and financial support to elderly people at Day Care Centre (Sunakothi), Swasthya Sewa Shanti Ashram (Sankhamul), Manjushree Briddhashram (Khumaltar) and Jestapur Buddha Bihar (Harisiddhi).
- Braille books provided to Adarsha Soul Madhyamik Vidyalaya, Bungamati.
- Provided toys, blankets, mattress, water filter, stationary items handed over at Children Day Care Centre at *Samudaik Bal Bikash* (Community Child Development Centre), Chabahal, Lalitpur.
- Stationary and snacks distributed at Brahmayani Primary School in Lalitpur
- Provided sports items donated by relative of Rtn. Urmila Shrestha at Bhanodaya School in Thasi.
- School uniform and donation for snacks for students (Nursery to Grade 3) at Bhanodaya Primary School, Siddhipur (Thasi).
- Implemented the mushroom project at Intellectual Disabilities Service Centre in Bajrabarahi.
- Rs 30,000 (from RC Yala) provided to Manjushree Briddhashram in Khumaltar for renovation of solar water heater system.

- Meals provided at Imadole Boudhik Apang Sangh, Imadole.
- Several Anns volunteered at the Mega Health Camp jointly organized by 15 Rotary Clubs of Lalitpur at Manidole, Lalitpur.
- Organized heritage tour in Panauti for RC Yala.
- Visits to Dhamma Kittu Bipassana Centre in Kirtipur to know more about the centre and possible support from RC Yala and Anns.
- Scholarship to 10 students at Harisiddhi Secondary School from Ann Uma Joshi and RCY President Laxman Joshi (from endowment fund setup in the name of their late mothers Jamanu Devi Joshi and Juliya Pradhananga).





उपचार

सजिलै टर्ष

१००० भन्दा बढी प्रकारका रोगहरुको
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Rotary Club of Yala

at a glance







We wish
all the best
to
**ROTARY
CLUB
OF
YALA**
on the occasion
of its
22nd Anniversary



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ग्वार्को, ललितपुर

मो. नं.: ९८४१४६०४४२

साख: टोरस्टील बिक्री डिपो	५००७६३३ (ग्वार्को)
हिमाल टोरस्टील बिक्री डिपो	५००७८०८ (ग्वार्को)
CM ईट्टा	५२००२५२ (इमाडोल)

हाम्रा सेवाहरू:

उच्च स्तरीय डण्डी, सिमेन्ट, जस्तापाता तथा अन्य निर्माण
सामग्रीहरूको लागि हामीलाई सम्पर्क राख्नुहोस् ।

Rotary Club of Yala Anns Group Activities: Rota Year 2017-18

SN	Date	Activity	Remarks
1	2074-4-04	Jhula program at Swasthya Sewa Shanti Ashram, Sankhamul; snacks provided to 120 participants	Rs 6,250
2	2074-4-21	Cervical and breast cancer screening camp with VIA test of Manidol; 61 women examined; 17 positive and 15 with infection; 14 referred for mammogram	Rs 10,300
3	2074-4-27	Cervical cancer screening camp with VIA test in Banepa in collaboration with RC Banepa and Rotaract Club of Banepa; 99 women examined; 6 positive and 3 with infection	Rs 20,000
4	2074-5-04	5 Anns participated in meal program sponsored by Ann Badri Laxmi Joshi's cousin (in memory of her late father) to 45 senior people at Bouddha Janabihar, Sunakothi	Rs 4,000
5	2074-5-06	Numerous Rotarians and Anns attended a program to hand over various toys, blankets, mattress, water filter, stationary items handed over at Children Day Care Centre at Chabahal Ward 20 office.	Rs 24,490
6		Anns handed over cups at Bouddha Janabihar, Sunakothi	Rs 1,930
7	2074-5-14	2 fans handed over at Swasthya Sewa Shanti Ashram, Sankhamul	Rs 6,025
8	2074-5-14	Awareness program for cervical and breast cancer at Karmachari Sanchaya Kosh, Pulchowk. 101 participants	
9	2074-5-15	Screening of 54 women for cervical and breast cancer at Karmachari Sanchaya Kosh, Pulchowk, Sponsored by Karmachari Sanchaya Kosh	
10	2074-5-25	Meal provided by Ann Urmila Shrestha and sari, shawl and cash donation from several Anns for the senior women residents at Manjushree Briddhashram at Khumaltar. Total cost	Rs 32,400
11	2074-5-30	Free health camp and medicine distribution for 85 senior citizens at Health Service Centre, Shanti Ashram, Sankhamul	Rs 14,165
12	2074-6-04	Handing over of various sports items donated by relative of Rtn Urmila Shrestha at Bhanodaya School at Thasi	Rs 10,000
13	2074-6-06	Dashain greetings exchange program at RC Yala RWM with contributions from RC Yala, Ann President Meena Shrestha and Anns Fund	Rs 8,435
14	2074-6-22	Anns Board members and RC Yala President Dr. Laxman Joshi visited Intellectual Disabilities Service Centre in Bajrabarahi to explore for a Service Project on mushroom cultivation	
15	2074-6-27	Cheque of Rs 30,000 (from RC Yala) handed over to Ms. Manju Thapa Magar for renovation of solar water heater system at Manjushree Briddhashram in Khumaltar (Rs 10,000 advance paid at an earlier date) total cost of solar water heater system renovation	Rs 40,000
16	2074-6-30	VIA camp with 104 women at Khokana, Lalitpur in collaboration with Digo Samudayik Bikas Abhiyan Nepal and National Hospital and Cancer Research Centre; None positive but 41 with infection	Rs. 10,400
17	2074-7-09	Several Anns and RC Yala President Dr. Laxman Joshi visited Bajrabarahi for signing project agreement (mushroom production to support Intellectual Disabilities Service Centre); first payment of Rs 1 lakh handed over to Mrs. Kamala Humagain. Construction of 4 sheds and procurement of input materials had already been completed by the Parents Association of disabled children. RC Yala project for Disabilities Parents' Association; Joint Co-ordinator Ann President Meena Shrestha	
18	2074-7-18	Cervical and breast cancer screening camp at Ward 13 office of Lalitpur Municipality; 51 women examined	Rs. 5,100

19	2074-7-24	Cheque of Rs 96,000 (RC Yala) handed over to Mrs. Kamala Humagain as the second payment for mushroom project in Bajrabarahi, Lalitpur	
20	2074-8-02	Mammogram and pap smear program at National Cancer Hospital, Jawalakhel. 97 women examined with pap smear (5 suspicious cases); 51 for breast cancer.	Rs. 25,000
21	2074-8-09	Braille books handed over at Adarsha Soul Madhyamik Vidyalaya, Bungamati. Snacks, individual donations also handed over. (for books)	Rs. 81,500
22	2074-9-05	Heritage tour in Panauti	
23	2074-9-23	Physiotherapy camp at Saraswoti Madhyamik Vidhyalaya at Imadole; 62 people benefitted. (for certificate for doctors)	Rs 1,000
24	2074-9-07	Cancer awareness program in Kupondole Ward 10.	
25	2074-9-08	Cancer screening program (pap smear and mammogram) in Kupondole Ward 10 (57 women for pap smear and 12 women for mammogram)	Rs. 9300
26	2074-10-13	Cancer awareness and screening camp at Sinchahiti. 100 women examined, 19 positive cases. from Sinchahiti Tol Sudhar Samiti Morning Group	Rs. 10,010
27	2074-10-16	VIA and menopause awareness program at Tikhidewal, Lalitpur. 101 women examined, 3 cases suspicious.	Rs. 10,100.
28	2074-10-25	Stationary and snacks distributed at Brahmayani Primary School in Lalitpur	Rs. 26,300
29	2074-10-27	Several Anns volunteered at cancer screening program at National Cancer Hospital program in celebration of World Cancer Day; 230 women examined.	
30	2074-11-05	Cancer awareness program at Sanepa (collaboration with Himalayan General Insurance, Sahasi Mahila Samuha, volunteers of Lalitpur Maha Nagarpalika Ward 2 Health Committee; 75 women examined	Rs 7,500
31	2074-11-15	Meal provided to elderly at Day Care Centre of Bouddha Jestha Nagarik Kendra.	Rs. 3,700
32	2074-12-02	Felicitation of 5 graduating children of RC Yala members	Rs. 2,250
33	2074-12-10	Menopause awareness program at Adarsha Kanya Niketan in collaboration with the school alumni; 48 women participated. Registration fee Rs 100 per participant collected.	
34	2074-12-17	Cancer awareness and screening (VIA and breast test) camp at Bhadrapur (Jhapa) in collaboration with RC Bhadrapur, Marwadi Mahila Samuha and Bhadrapur Apanga Sangh. 273 women examined, 7 positive cases.	Rs 45,000
35	2074-12-28	Food distributed at Imadole Boudhik Apang Sangh, Imadole	Rs. 9,000
36	2074-12-30	Rs 100,000 cash received from Rtn. Pramod SS Pradhan at RC Yala's RWM for repair work at Dhamma Kitti Bipassana Centre in Kirtipur	Rs. 100,000
37	2075-1-19	Meal and donation provided to elderly at Jestapur Buddha Bihar, Harisiddhi	Rs. 8,000
38	2075-1-23	School uniform and donation for snacks for students (Nursery to Grade 3) at Bhanodaya Primary School, Siddhipur (Thasi)	Rs. 62,352
39	2075-1-08	Several Anns and Rotarians volunteered at the Mega Health Camp jointly organized by 15 Rotary Clubs of Lalitpur at Manidole, Lalitpur. 15 Rotary Clubs of Lalitpur	
40	2075-2-13	Ann Uma Joshi and RCY President attended the morning assembly at Harisiddhi Secondary School, Lalitpur and handed over a cheque of from RC Yala for Rotary scholarship (from endowment fund setup in the name of their late mothers Jamanu Devi Joshi and Juliya Pradhananga) for 10 students in the school.	Rs 30,000 Rs. 30,000
41	2075-2-17	4 Anns and 3 Rotarians visited Dhamma Kltti Bipassana Centre in Kirtipur to know more about the Centre.	

ROTARY BASICS

Need to Know by Rotarians

- Rtn. Prafulla Man Singh Pradhan
District Secretary 2017/18

There is no end to learning about Rotary, however as a Rotarian there some need to know about Rotary on which Rotary knowledge can be build upon. An attempt has been made to compile some need to know information about Rotary as a Rotarian.

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

- **First:** The development of acquaintance as an opportunity for service. Rotarians have the opportunity to create relationships with many businesses, professional, and community leaders.
- **Second:** High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society. Being a Rotarian authenticates the person and their business or profession.
- **Third:** The application of the ideal of service in each Rotarian's personal life, business and community life. Rotarians nurture this personal characteristic; the cornerstone of building and sustaining relationships. And
- **Fourth:** The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service. Rotarians become better world citizens and often build lasting international relationships.

2. Mottos and Mission of Rotary International:

- **Mottos:** "Service Above Self." And "One Profits Most Who Serves Best",
- **Mission:** The mission of Rotary International is to provide service to others, promote integrity, and advance world understanding, goodwill, and peace through its fellowship of business, professional, and community leaders.

3 Moto and Mission of the Rotary Foundation:

- **Motto:** Doing Good in the World
- **Mission:** The Mission of The Rotary Foundation is to enable Rotarians to advance world understanding, goodwill, and peace through the improvement of health, the support of education, and the alleviation of poverty

4. Elevator Speech: It implies that if you some one asks you what is Rotary this is one can say while travelling together in an elevator or a lift.

- Rotary is a leadership organization.
- We are made up of local business, professional, & civic leaders.
- We meet regularly, get to know each other, form friendships, & through that,
- We are able to get things done in the community.
- Rotarians provide humanitarian service,
- Encourage high ethical standards in all vocations, and
- Help build goodwill & peace in the world.
- We change the lives of those who are members and of those we charitably serve!

5. The 4-Way Test of Rotary International: Of the things we think, say or do we need to ask four questions: (a) Is it the truth? (b) Is it fair to all concerned? (c) Will it build goodwill and better friendships? And (d) will it be beneficial to all concerned? The Four-Way Test of the things we think, say or do is a test used by Rotarians worldwide as a moral code for personal and business relationships. The test can be applied to almost any aspect of life. Four Way test has been very well elaborated in a book Character Counts Bringing the Four Way Test to Life Rotarian writer Corinne A Gregory.

6. Rotarian Code of Conduct: As a Rotarian, I will:

- Act with integrity and high ethical standards in my personal and professional life
- Deal fairly with others and treat them and their occupations with respect
- Use my professional skills through Rotary to: mentor young people, help those with special needs, and improve people's quality of life in my community and in the world and
- Avoid behavior that reflects adversely on Rotary or other Rotarians

7. Avenues of Service of Rotary International: Rotary Clubs organize their efforts into 5 Avenues of Service:

- **Club Service:** This Avenue focuses on Rotarian education and social activities for Rotarians and their families. Whether it be listening to excellent speakers talk at each Rotary meeting, going out on a mystery dinner trip, putt-putt golfing, getting together at a race track, or having a gathering at a local brewery, the end result is having FUN so you can “Enjoy Rotary”!
- **Community Service:** This Avenue focuses on Rotarians serving their local community charitably through worthwhile projects that impact lives and make a difference. It could be through monetary donations and/or manual labor. Whether it be serving food at a shelter, cleaning up the highway, constructing a park, building a wheelchair ramp for a WWII veteran, or cleaning up the city’s Welcome signs the end result is TOUCHING THE HEART of someone in need!
- **International Service:** This Avenue focuses on Rotarians becoming true citizens of the world by serving their international community charitably through sustainable worthwhile projects that save lives and make a difference. They concentrate on the Areas of Focus. This is where Rotarians work outside their normal comfort zone in the far stretches of the world to help people you would never have had a chance otherwise to ever know. Whether it be delivering needed heart surgeries to the poor, supplying computers and books to disadvantaged

students, digging a well, reconstructing homes after an earthquake, or supplying Polio inoculations, end result is BRINGING HOPE to someone in need while BRIDGIN CULTURAL gaps!

- **Vocational Service:** This Avenue focuses on Rotarians helping others in business both economically and instructionally. Whether it be re-educating local community members who lost their job in a new trade, combining seasoned business professionals with emerging leaders for mentoring, or recognizing local law enforcement, the end result is ECONOMIC DEVELOPMENT and INCREASED STANDARDS OF LIVING!
- **Youth Service:** This Avenue focuses on Rotarians helping our youth with leadership, education, and their career. it be handing out scholarships to graduating high school seniors, hosting foreign exchange students, giving a poor child his first computer, or conducting a youth leadership training camp, the end result is INVESTING IN OUR FUTURE!

8. Areas of Focus of Rotary International: Rotary and Its Clubs Support Projects in 6 Areas of Focus: (a) Peace and Conflict Prevention & Resolution (b) Disease Prevention & Treatment (c) Water & Sanitation (d) Maternal & Child Health (e) Basic Education & Literacy and (f) Economic & Community Development



SHRESTHA PASAL

Maharajgunj, Narayan Gopal Chowk
Tel: 01-4373289

Business and sustainable water and sanitation services

- IPP Rtn. Laxman Joshi, PhD
Rotary Club of Yala

BACKGROUND

Water and sanitation are at the very core of sustainable development, critical to the survival of people and our planet. The UN adopted SDG 6 addresses the issues relating to drinking water, sanitation and hygiene as well as the quality and sustainability of water resources worldwide. As one of the least developed countries, Nepal suffers from poor infrastructure and inadequate funding for community development including water, sanitation and hygiene (WASH) for the general public.

BUSINESS TO PROMOTE SUSTAINABLE WASH SERVICES

Hundreds of millions of dollars have been spent in Nepal over the last several decades by NGOs and government agencies in innumerable water and sanitation projects. While the impact may be significant at project level, the expected scaling-up and scaling-out beyond project has been less than satisfactory. Access to safe water and proper sanitation remains elusive to millions of people in the country. While national and international commitment to help communities to adopt WASH technologies is strong, a long-term delivery mechanism to ensure sustainability is virtually non-existent. The sustainable supply chain of WASH products and services is weak. There is growing consensus among WASH professionals that universal access to water, sanitation and hygiene (WASH) cannot be achieved without the private sector. In the past, business support in WASH for communities was viewed as a philanthropic activity. With growing need for rapidly urbanizing communities around the work, there is growing opportunity for business to invest in WASH and also to provide social service simultaneously.

Appropriate innovative technologies promoted with a strong business model can address environmental concerns of our people. Appropriate WASH products and services can serve as a synergy of business opportunity and environmental responsibility. Business entrepreneurs are taking up the challenge to demonstrate the need, the potential and positive role social business can play in promoting sustainable water and sanitation services. There is a strong business case for this.

WASH FOR BUSINESS AND GROWTH

Rapid urbanisation and population growth there is intense competition for a limited supply of water. A real or perceived mismanagement of water resources adds to the risk of conflict with local communities. For example, in 2014, authorities in Northern India ordered the closure of a Coca-Cola bottling plant accused of extracting too much groundwater. Water issues pose a substantive risk to many businesses. This is most obvious in case of bottling companies.

Providing clean water to staff has the potential to reduce absenteeism and the turnover among company workers. According to the World Health Organisation, every \$1 invested in sanitation can yield \$3.10-\$16.60 worth of economic benefits by keeping people healthy and productive.

More companies are working to manage their water discharge and understand the impact they have locally. The on-going debate of beer, hotel and other industry polluting river and lake water in Nepal highlights the growing unease among local communities and professionals alike. Many companies are signing up for Sustainable Development's WASH at the workplace with pledges to develop the right internal processes to ensure better

WASH. With the formal recognition of the human right to safe water in the constitution of Nepal in line with the adoption of the UN guiding principles on business and human rights in 2011, there are increasing expectations from companies to perform better than in the past. Companies must have better wastewater, solid waste and faecal sludge treatment plants in place.

ECO CONCERN PVT. LTD. – BUSINESS TO SCALE WASH INNOVATIONS

Eco Concern Pvt. Ltd. (ecoconcern.com.np) is a relatively new entrepreneur with an environmental conscience (“Ecopreneur”). It is a social enterprise set up in Nepal to fill the gap between innovation and wide scaling up of WASH services in Nepal and beyond. The company is founded with a strong premise that innovative technologies promoted with a strong business model can address environmental concerns of our people and planet. Sustainable WASH products and

services can serve as a synergy of business opportunity and environmental responsibility.

EcoConcern provides following WASH services:

- Environmental analysis services: Comprehensive laboratory analysis services for microbial, chemical and physical analysis of water, waste-water, soil, food and air.
- Produce and market water and sanitation technologies: Chlorine solutions (Piyush, Piyush+), water test kits, body belt incubators, colloidal silver water filters, biosand filters.
- Design and deliver innovative water and sanitation systems: drinking water treatment, rain water harvesting, water storage, water recharge and waste water and faecal sludge management.
- Provide sustainable operation and management services for water and sanitation systems.

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हाम्रा सेवाहरू

- थाइराइड तथा क्यान्सर सम्बन्धि रोगको रक्त परिक्षण ।
- मिटामिन डि, मिटामिन बि टुबेल सम्बन्धि रक्त परिक्षण ।
- मधुमेह, मृगौला, कलेजो, मुटु, फोक्सो, पेट छाति, हार्डजोर्नि, नशा तथा बाथ सम्बन्धि रोगको रक्त परिक्षण ।
- शरिरमा लाग्ने बिभिन्न सरुवारोग सम्बन्धि रक्त परिक्षण ।
- माईक्रोबायोलोजि सम्बन्धि सम्पूर्ण परिक्षण ।
- हिस्टोप्याथोलोजि तथा साइटोलोजि सम्बन्धि सम्पूर्ण परिक्षण ।
- खाना तथा वातावरणीय तत्वबाट हुन एलर्जि सम्बन्धी रक्त परिक्षण ।
- महिला र पुरुषमा हुन बाँझोपन सम्बन्धि रगत परिक्षण ।
- नेपालमानै पहिलो पटक फोक्सो, मुटु, थायरायड र सेफ्टीसेमिया सम्बन्धि बिषेश प्रकारका (साइप्रा २१.१ एन्टि प्रो बिष्टनपि, एन्टि टिएसएचआर र प्रोकेलिसटोनिन) र रक्त परिक्षण ।



सम्पर्क

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गिरी कम्प्लेक्स, न्यूरोड पोखरा

(पोखरा सभागृहहल भन्दा १०० मिटर उत्तर तर्फ)

फोन: ०६१-५२०५०३, ५४०५०३, मो: ९८५६०२५९५२

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Strategic Plan of Rotary Club of Yala (3 years)

2018/19 – 2020/21

The strategic plan (SP) of RC Yala for 2017-2020 was prepared in June 2017 along with annual goals for Rota Year 2017/18. Considering the progress made in 2017/18, the SP was revised at a club assembly on Saturday 16th June 2018. The current and incoming Chairs of Standing Committees led various working groups. A draft plan for 2018/19 was also prepared. A work plan with detailed time-bound activities, budget and coordinator for Rotary Year 2018-19 will be prepared in the coming days.

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

1. Where are we now?

Today's date: 16th June 2018

Club Strengths (internal)

- Active participation of Anns and Rotaracts in club activities
 - Diverse skills and experiences of members
 - Excellent family values and relationship
 - 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)
 - Extensive Rotary knowledge among some members in the club
 - 100% members registered at "MyRotary"
 - Enhanced visibility (revived club website and Facebook)
- Improved communication among members and Anns (Viber, emails)

Club Weaknesses (internal)

- Low attendance at RWM (~60%) and club events
- Sub-optimal use of expertise available in the club
- Only few members visit other clubs
- Club management system not robust and not effectively used
- Club committees not sufficiently active and effective
- Many new members are less involved in decision making and club activities
- Reluctance to adopt change (e.g. for planning and documentation)
- Defunct RCC and Interact
- Ignorance about what other clubs are doing
- Declining club representation/presence at district level.
- Diverse fellowship events
- Under Utilization of Strengths of Rotaracts
- Lack of collaboration with partners in service
- No Global Grants project with RC Yala.

Club Opportunities (external)

- Partnership with local authorities (newly formed Municipality and Village Development Councils)
 - Partnership with other Rotary Clubs for joint projects
 - Using NRLM recommendation to adopt a public/community school, enhance Rotary image, knowledge and partnership at public schools with "Rotary-in-mind students (Grade 8-10)"
 - Strengthen working relationship with Anns Group and Rotaract Club of Yala
 - Access to Global and District grants
 - Support from District Committees and officials
 - Participation in District and RI events
- To become a model club in the District (strong and united team, improved image, projects with high impact, effective partnerships, new leaders)

Club Challenges (forthcoming)

- Retaining club prestige and credibility
- Fully utilizing skills and capacity of club members, Anns and partners in club programs
- Recruiting young and quality members, especially women
- Raising funds for club projects
- Motivating members to attend RWMs and other club events
- Convincing all members to accept change for better future
- Finding inspiring and exciting external speakers
- Make best use of Past Presidents

2. Where do we want to be (anticipated achievements)

Targetdate:30th June 2021 In 3 years (goals)

1. Good partnerships and working relationship with clubs within and outside Kathmandu; at least two sister clubs with effective joint programs. E.g. Bhadrapur and Damauli clubs, Rexham, Brandenburg, Fukuoka. Continue existing partnership and build new relation with others.
2. RC Yala Endowment Fund of at least 5million Nepalese Rupia (1crore) with clear fund management plan to sustain priority activities of the club
3. Maintain at least four strategically focused vocational awards to be given annually
4. Effective Regular Weekly meetings with attractive programs
5. Membership growth of 15(at least 50%women), i.e. 60 active members by end of 2019/20.
6. At least 50% members actively participate in RWMs and club events.
7. 100% members registration at My Rotary every year and at least 50% using it at least once a month.
8. Improved quality of membership (participation & contribution) in the club (indicators of quality members to be developed)
9. Adoptionof 3 villages with supporting development activities through RCC– (possibly Chitlang, Lankure Bhanjyang and Jyamdi) – Continue relation with RC Yala past sponsored schools, communities. This can be done by holding ROTARY Yala events in their location e.g birthday, other interactions. Also with the schools supported so far introduce Healthy lifestyle program or TEACH TYPE WHERE THE SCHOOL CHILDREN learn about kitchen garden and organic food production, as an example.
10. Contribution of US\$ 20,000 to TRF
11. 50% members are Paul Harris Fellow (PHF)
12. At least 2Paul Harris Society (PHS) members
13. At least 3club members are major donors
14. Co-hosting at least 15district events
15. At least 20% members active with various important District roles
16. At least 3 Global Grant projects in action– e.g. Cancer awareness, women's entrepreneurship for @ 200 members, Schools' software program like mindful learning, kitchen gardening training, growing own vegetables.
17. Active projects on (a) support for education of girl students, special needs children and elderly; (b) cancer prevention; (c) water and sanitation at households and schools
18. At least one school with Rotary-in-heart students in Lalitpur – Bhanumadhyamic. Exchange visit to Shrijanalaya after our own visit to explore introducing such program to other schools/communities.
19. RC Yala recognized as a key community service organization (demonstrated credibility, salience and legitimacy) . Continue the effective projects but ensure proper documentation to disseminate widely.
20. Enhanced image of Club and Rotary in the community and District 3292
21. Information dissemination through regularly updated web and other social media
22. Improved knowledge amongst members and Anns to use digital systems (apps, software, web)
23. RC Yala will have its own building (now skeptical)

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 and partner Rotary Clubs and local authorities.

3. How do we get there?

To reach our vision, the following goals and actions are proposed for the year 2018/9. 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) enhance Rotary Knowledge among members.

Actions:

- Review and revise club bylaws if required
- 48 Regular Weekly Meetings of RC Yala
- Produce Club Bulletins from each RWM
- 12 Board Meetings
- 6 Club Assemblies
- 12 guest speakers including 3 international speakers at RWM
- 12 classification talks with priority to new members
- 12 panel discussions on contemporary issues
- Achieve 70% attendance; recognize makeups

- Sister relationship with 2 Rotary Clubs
- 1 joint meeting with other clubs
- 1 joint meeting with Anns
- 1 joint meeting with Rotaract Club of Yala
- Felicitation program for family members of Rotarians (S.L.C, +2, Bachelors, Masters) in collaboration with Anns Group
- Dashain and Tihar greetings event in collaboration with Anns Group
- 3 joint birthday celebrations
- 1 fund raising program (exhibition and sales)
- Ensure 100% registration at My Rotary
- 1 heritage tour
- 1 futsal match between Rotary and Rotaract members
- 1 tour/picnic outside Kathmandu valley
- Publish Club Souvenir that captures club activities and Rotary Information.

Membership Committee Goals:

(a) Add 5 new members from diverse and unfilled classification;(b) retain minimum 90% of current members; (c) effectively engage members in club activities; and (d) enhance capacity, knowledge and skills of members.

Actions:

- Conduct classification survey and update classification roster
- Induct at least 10 new members (5male and 5 female)
- Organize one Rotarian non-Rotarian interaction
- Achieve over 90% membership retention
- Assign mentors for new members with mentor orientation
- Hold at least 4Membership Committee meetings in a year.
- 1 induction orientation program for potential new members
- Rotary knowledge sharing (talk program) at RWMs, at least once every 3 months (quarter by members, priority to new members).
- Each standing committee chair (Director) presents progress of his/her committee activities at RWM every two months (one Director at one RWM).
- 6 training/orientation/capacity development events to improve IT, MS Word, Excel, social media apps and communication skills of members and family members
- Conduct a membership feedback workshop following members' feedback with satisfaction feedback form and club health check forms
- Minimum 25% members participate in various district events including district membership seminar
- Encourage members to make best use of RI website – at least 50% members access My Rotary at least once a month.

Service Project Committee Goals:

(a) Apply for at least 3Global Grant projects;(b) implement a range of humanitarian service projects;and (c) engage in earthquake reconstruction and rehabilitation projects.

Actions:

- Scholarship for at least 30school children of deprived families
- One event each of blood donation, vision test, diabetes, oral health, heart diseases and physiotherapy
- Cancer awareness and test camps to cover all wards of LMC
- 2 water and sanitation (WASH) projects
- 5 events of school support – healthy Lifestyle, environment/mindful learning etc.
- 2 events to support Senior citizens (day care & old age home)
- 1 school reconstruction projects continue (global Grant)
- 2 events to support to special needs children
- 1 event on traffic awareness
- Vocational training (for income generation) for 200 women entrepreneurship

- Engage international volunteers (VTT) for capacity building of local social organizations
- 2 projects in partnership with Rotaract Club of Yala
Design and implementation of Anns projects jointly by RC Yala.

The Rotary Foundation Committee Goals:

(a) Contribute US\$ 8000 in cash to TRF; (b)co-host TRF events of the District; and (c) Participate in all the events of District on TRF.

Actions:

- ContributeUS\$ 8000to TRF
- Become 100% contribution club
- In collaboration with Club Service Project Committee, develop at least 2 Global Grant projects with minimum 10% contribution of club's major donors; potential projects: health and education, special needs children or water and sanitation
- Motivational event for club members to contribute to TRF
- Co-host 1 TRF event of District 3292(preferred in November which is the Rotarian month)
- Add one PHS member
Monthly committee meeting

Public Relation Committee:Goals:

(a)Organize events that contribute in building public relations;(b) maintain and update club website; (c) widely distribute Rotary publicity materials; (d) celebrate important and dedicated days to enhance public image and visibility, and (e) organize fund raiser program.

Actions

- 1 event to felicitate and award(vocational) non-Rotarians in the community
 - Visible participation in at least two municipal events
 - Regular website maintenance and updates
 - 1 family based product exhibition
 - 1 culture program/tour carrying bags and caps with Rotary logo
 - Produce materials to highlight Rotary image in the community
 - Install city/tourist map at a strategic location
 - Club participation in polio rally, World Cancer Day and other relevant events
- 1 Fund Raise Program

To monitor our progress, following steps will be taken.

Prepare the annual plan and budget for 2018-19 based on the 3-year strategic goals.

Monitoring and Evaluation: (a) A Strategic Planning Committee, comprising of President Rtn. Dr. Laxman Joshi, Rtn. Prafulla MS Pradhan and Rtn Pramod SS Pradhan, has been formed to help with developing budgeted action plans for 2018-19, assign Rotarians and Anns to facilitate different activities and to provide guidance as required.

*We wish
all the best
to
ROTARY CLUB OF YALA
on the occasion of its
22nd Anniversary*



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