

Rotary

बाह्यबी झाव यल
CLUB OF YALA

ROTARY INTERNATIONAL DISTRICT 3292 NEPAL-BHUTAN

Souvenir
29th Anniversary
2025-26

Rotary 
**UNITE
FOR
GOOD**



Francesco Arezzo
RI President 2025-26



Binod Koirala
DG 2025-26



Om Shanker Shrestha
President 2025-26



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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 1.4 million members from more than 46,000 clubs in 220 countries.

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ROTARY INTERNATIONAL
RI DISTRICT 3292

Binod Koirala
DG 2025-26



Message from District Governor 2025-26



Rtn. Om Shrestha
President
Rotary Club of Yala

Dear President Om,

Let me congratulate you being appointed as the club president for the year 2025-26. I also congratulate your entire team, entering into new Rotary Year 2025-26 with full of enthusiasm to unite for good. I wish you all the best for a successful and remarkable Rotary year.

I am delighted to know that your club is publishing an annual book at the start of the Rotary year 2025-26. Congratulations and all the best to the publication team. I trust, such endeavor creates opportunities to express our feelings and transfer ideas in written. It will bond Rotarians together and also disseminate our positive experiences to others.

Fellow Rotarians,

Rotary International President for 2025-26, Francesco Arezzo has asked member to unite for good by embracing growth, service, and connection. Unite for Good is more than a theme – It is the spirit of Rotary. Francesco Arezzo has emphasized membership growth. If we are strong in membership, we get more hands to support, more resources to serve and get large network to friendship. Building peace in the World is the core interest of every Rotarians and we believe it could be achieved by addressing humanitarian needs such as education, improving health, providing safe water, and reducing poverty. Environment is another global issue that we must work together to keep our planet safe and healthy for the generation to come. Let us unite to continue our ongoing best practices and take new initiations. Remember, unity is the foundation for any impactful work that we envisioned.

Yours in Rotary,

Binod Koirala
District Governor 2025-26

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ROTARY INTERNATIONAL
RI DISTRICT 3292



Bishnu Karki
DGE 2025-26



Message from DGE 2025-26

Rtn Om Shanker Shrestha
Club President (2025/26)
Rotary Club of Yala

Dear Om Shanker Jee,

I would like to extend my warmest and heartfelt best wishes to you as you take on the role of President. Congratulations on this significant appointment and thank you for stepping up to lead your club to even greater heights.

Your dedication and commitment to our organization are truly commendable, and we are fortunate to have someone as capable and passionate as you leading the way. We believe in your ability to guide us towards success and create a thriving environment for all members.

As President, you have the opportunity to shape the future of the club, implement new initiatives, and foster a sense of unity among the members. Your vision, leadership, and ability to inspire others will play a crucial role in the continued growth and achievement.

Team of District stands behind you, ready to offer our support and assistance whenever needed. We have every confidence that you will excel in this role and leave a lasting impact on your club. May you have the wisdom to make sound decisions, the strength to overcome challenges, and the passion to make a positive difference.

Congratulations once again, and we look forward to witnessing the great accomplishments that lie ahead under your exceptional leadership creating a magical year in Rotary.

With best wishes,

Rtn Vishnu B. Karkee
District Governor Elect
Cell: 9851035000

ROTARY INTERNATIONAL
RI DISTRICT 3292



Message from AG 2025-26



Dear President Om Shanker Shrestha,

Warm Rotary greetings!

Congratulations on your leadership of the Rotary Club of Yala for RY 2025/26! As your Assistant Governor, I am truly excited to work alongside you and your dedicated team to advance Rotary's mission of "Service Above Self."

This Rotary year offers a great opportunity to bring positive change through Rotary's seven areas of focus—from promoting peace and fighting disease to supporting education and growing local economies. Your leadership will be key to achieving meaningful and lasting impact.

I would also like to share that I have accepted additional responsibility of your club as Assistant Governor due to some unavoidable circumstances, and I have done so in a spirit of support and goodwill, with the sincere intention to serve collaboratively and effectively.

Under the inspiring leadership of District Governor Rtn Binod Koirala and Rotary International President Rtn Francesco Arezzo, and with the global theme "Unite for Good," I'm confident we can work together to strengthen the Rotary movement and uplift our communities.

Please count on my full support throughout the year. Let's make this Rotary year truly memorable, impactful, and united in purpose.

With best wishes and warm regards,

Rtn Naresh Man Tuladhar
Assistant Governor 2025/26,
Region 3, Zone 17
Rotary International
District 3292, Nepal-Bhutan
Home Club: Rotary Club of Mount Everest, Lalitpur



Message from President 2025-26



It is with great pleasure that I'm writing today as the President of Rotary Club of Yala of Rota Year 2025-26. I would like to express my gratitude to all fellow Rotarian for entrusting me as the president of Rotary Club of Yala. The Rotary Club has always been a beacon of service and goodwill in our community, and I am committed to upholding and furthering these ideals during my tenure with honesty and selflessness.

I had the opportunity to join this club in 2017 and to broaden my experience in community service through this club since then. Being a Rotarian for almost a decade now, I can proudly say this club has enhanced my personal traits through serving the disadvantaged and needy people and actively participating in the upliftment of community as a good Samaritan.

The motto of Rotary International, "Service Above Self," encapsulates the organization's core principles and aspirations. By prioritizing service above personal gain, we the members of Rotary have always strived to put others over ourselves. I firmly believe the dedication towards this motto is what connects us in a global level.

This year, we're not just executing a project—we're committed to adopting it long-term to drive positive change in the community. The Club's focus and priority will be health, education, water & sanitation (WASH). Projects on cancer and mental health awareness will continue. On the top of that, we will continue providing healthcare services along with financial aid to socially deprived members of the community. We will focus on construction of toilet, other infrastructures and facilities at schools as well to promote education.

This tenure will successfully mark conclusion of the Global Grant Project "Teaching at The Right

Level" where the final reporting of the project will be done. Under this, more than 180 teachers of 29 community schools of Lalitpur and Kavre districts were provided training to improve fundamental education level. By this project, we expect more than 3000 students at primary level grades 3-5 are benefited and their quality of education will be up to satisfactory level in the following years.

The theme for the Rota Year 2025-26 as endorsed by Rotary International President Francesco Arezzo is **"Unite for Good"** which encourages us Rotarians to come together in service, collaboration, and compassion. At RC Yala, we hope to bring this to life by coming together and launching impactful community projects. By working hand in hand, we create lasting change and uphold Rotary's commitment to doing good in the world.

I encourage all the fellow Rotarians, Rotaractors, Anns and Interacts to support one another, and to elevate our club to new height. I am confident that our collective strength and determination will continue to make a positive impact.

I would like to congratulate President Rtn. Dharmendra Raj Shakya and the entire team for carrying out his tenure (Rota Year 2024-25) successfully. Thank you once again for your dedication and service.

It is an honor to serve you as the President for this tenure and I assure you that I will put my utmost effort to make it successful and memorable.

Together, let's unite for good to make a difference in the world.

Om Shanker Shrestha,
President,
Rotary Club of Yala,
2025-26



Message from President 2024-25

Dear Fellow Rotarians and RC Yala Family,

First and foremost, I want to express my gratitude to all the esteemed Rotarians, Anns, Rotaracts, and Interacts specially my Board of Directors for their genuine support, time, resources, commitment, encouragement, and active involvement in helping me make the year 2024–25 a success as president. Being president of the club, which has committed and caring members, and adhering to the year's theme of "The magic of the Rotary," makes me incredibly proud. The journey was amazing, leaving a wealth of memories for the members of the club's dedicated and tenacious team as well as for the communities. These involvements have enriched the lives of those involved and inspired others to join our Rotary mission of "Service above Self."

This year's greatest focus was on intervening in the children's education sector on foundational literacy and numeracy. One of the year's main highlights was the implementation of the Global Grant Project: Teaching at the Right Level (TaRL) in Nepal. The outcomes of the project intervention were excellent results with benefitted 1549 students of grades 3 to 5 across 13 community schools.

We are proud to have received special recognition from the District Governor for robotics and coding projects completed at Kitini Secondary School, as well as a second runner-up position in the district



award ceremony for partner in services for 2024-25. This was our hard work done on a partnership program with community schools, ward 16 of Lalitpur, Athletics Pariwar Nepal, and the Patan Tourism Development Board. We take pride in it. The cancer awareness and screening, including health checkup and blood donation program executed successfully on health sector for this year intervention.

As I am ending my tenure of president in this club, I am delighted to extend my best wishes to incoming President Rtn. Om Shanker Shrestha and his team for a successful tenure in Year 2025-26. I am sure that the new team will make successful year of RC Yala serving humanity, in line with the theme **"UNITE FOR GOOD"** given by Rotary International President Francesco Arezzo, Year 2025-26.

Thank you once again for the opportunity to serve as your president. I am satisfied with the projects accomplished this year. Rotary's motto remains **"Service above Self."** Yours in Rotary Service,

Rtn. Dharmendra Raj Shakya
President,
Rotary Club of Yala
2024-25

आयन्स अध्यक्षाको सन्देश २०२५-२६



सर्व प्रथम रोटरी वर्ष २०२५/२६ को लागि रोटरी क्लब यलको अध्यक्ष हुनु भएकोमा मेरो श्रीमान रो. ॐ शंकर श्रेष्ठलाई हार्दिक वधाई दिन चाहन्छु र वहाँको कार्यकालको सफलताको शुभकामना दिन चाहन्छु। यसैगरी मलाई आइन्स समूहका अध्यक्षमा मनोनयन गर्नु भएकोमा सबै आइन्स सदस्यहरूलाई हार्दिक धन्यवाद दिन चाहन्छु।

विगत धेरै वर्षदेखि रोटरी क्लब यलको आइन्स समूह सामाजिक सेवामा सक्रिय भएर लागि रहेको सर्वविदितै छ। यस सन्दर्भमा रोटरी वर्ष २०२४/२५ मा आयन्स समूहले विभिन्न मानव सेवाका कार्यक्रमहरू सफलतापूर्वक सम्पन्न गर्नु भएकोमा गत वर्षका आयन्स अध्यक्ष रत्नदेवी शाक्य, कार्य समितिका सदस्यहरू लगायत सम्पूर्ण सदस्य महानुभावहरूलाई हार्दिक वधाई दिन चाहन्छु। आशा छ आगामी वर्ष २०२५/२६ मा पनि हामी रोटरीको service above self भन्ने नारालाई शिरोधर गरी विगतमा जस्तै सामाजिक सेवामा सक्रिय भई हाम्रो सेवाभावलाई प्रकट गर्न सफल हुनेछौं।

आगामी वर्ष हामी विगतमा जस्तै समाजका असहाय र निर्बल नागरिकहरू, आर्थिक रुपले विपन्न भई आफ्नो भविष्य अन्यौलमा राख्न बाध्य भएका बालबालिकाहरू, विभिन्न कारणले पछाडि परेका महिलाहरू, शारिरिक रुपले अशक्त व्यक्तिहरू, आश्रममा आश्रय लिन बाध्य भएका बृद्धबृद्धाहरूलाई सक्दो सहयोग गर्ने जस्ता कार्यहरूमा सक्रिय हुने छौं नै। साथै, रोटरी क्लबद्वारा संचालन हुने विभिन्न सामाजिक कार्यहरू तथा परियोजनाहरूमा पनि क्रियाशील सहभागिता जनाई ती योजना सफलापूर्वक सम्पन्न गर्न सहयोगीको भूमिकामा विगतमा भै यस आयन्स समूह रहि आउने छ। समाजसेवाका यस्ता उदाहरणीय कार्यमा सबै आयन्स सदस्यहरूलाई सक्रिय सहभागिता जनाउन म हार्दिक आग्रह गर्न चाहन्छु।

रोटरी क्लब यलमा समुदायको हितमा समर्पित यस आयन्स समूहको सक्रियता उदाहरणीय रही आएको छ। हामी हाम्रो यो छविलाई अक्षुण्ण राख्न सक्दो प्रयास जारी राख्न प्रतिवद्ध छौं। यसका लागि हामी सबै रोटरीयन तथा आयन्स सदस्यहरूसँग पनि उत्तिकै सहयोगको अपेक्षा गरेका छौं।

अन्तमा निस्वार्थ भावले सेवा गरौं भन्ने रोटरीको पवित्र नारालाई सफल बनाउन हाम्रा प्रयासहरूले थोरै भएपनि सहयोग पुर्याउनेछ भन्ने आशा राख्दै यसमा सबैले आ-आफ्नो तर्फबाट हामीलाई सहयोग गर्नु हुनेछ भन्ने विश्वास व्यक्त गर्दछु।
धन्यवाद।

राधा श्रेष्ठ,
अध्यक्ष आयन्स समूह
२०२५-२६

आयन्स नायोया नुग खँ २०२४-२५



सकल रोटरियन् व आयन्स भाजु मयजु, ज्वजलपा, नमस्ते

दकसिबे न्हापाला: जित: रोटरी वर्ष २०२४-२५ रोटरी क्लब अफ यलया आयन्स पुच:या नाय: ल्यया: विश्वास यानान दीपिं सकल आयन्स भौउजु व पासापिन्त भिन्तुना देछाया च्वना। न्हापाला ज्या याय फौला मफौला धका ग्याचिकु थे ता:गु ख:। तर पासापिं सकसिन ग्वाहालीया:गुलिं वर्ष २०२४-२५ थी थी ज्या त सुथौं लाक्क न्हायाके फयावन। उकिंयात ग्वाहालीयाना व्युपि सकसित: नं यक्को यक्को भिन्तुना वियाच्वना नापं ज्या बाँलाकसिधगु जुयाजिनं तसकं लय्ता:। ज्या यायवले सकले छप्प छधि जुलधासा छुन: थाकु मजु धैगु नं मने लुल।

धायेहें धायगु ख:सा न्हापा न्हापा यानां वयाच्वंगु ज्या ख:त हे थुगुसिन अप्पोयानां न्हायाकागु जुल। ज्याथ जिथि (बुहा बुहि) त लहिनातगु वृद्धाश्रमे वनाईमित: मा:गु कथं नसात्वसा -खाध्यान्त) व हलज्वल (सामान) त विइगु ज्या, भोजन व खाजा नकेगु ज्या, इमित फुचा:गु ध्येवा त तयाविइगु ज्या यानागु जुल। रोटरी यल यापिं आयन्स पिं वलधालकि ईपि नं लय्ता:। अथेहे अपाईपिं तयातगु संस्था लि वनां इमित नं भोजन याकेगु, खाध्यान्त, पत्ति भुल इनेगु अले व्वनिपिं मस्तयत: मा:गु कापिकलम व ब्वेल पेपर, छात्रवृत्ति वियागु जुल। अले खुसी वा:वया दुवानजुया दु:खजुया नयगुहे मदयका च्वपिन्त: नसा नकेगु, हलज्वल (सामान) त वियागु जुल। नापनाप रोटरी क्लब अफ यल याइगु थी थी ज्या भुवले आयन्स पिं न नापनाप व्व:तिकयागु जुल। उके धायगु खसा स्वनिग:या कलाजा:गु ऐतिहासिक थायचा हिला म्हसिकागु, सुर्यविनायके च्वंगु छगु रिजोर्टलि होली मेलाह्याइपुगागु, तिब: नेवा: सकिपा क्यनेत: यानागु ग्वाहालि, हरिवंश मदन कृष्णयागु बुदिं हनावना व हिं दानया ज्या, सिंमा पिइगु ज्या, देग: यचुपिचु यायगु ज्या अले विभिन्न अवसरे मुनां न्हायाइपुकेगु ज्या त जूगु जुल। मस्तेत: यानागु ज्या धायगु ख:सा निगु स्कूले चिकुलायागु वस: स्वीटर, टपुलि व कपि कलम आदि सहयोग यानागु जुल। हेटौंडालि वनां मुज्या यावनागु लुमन्कि बह:जु। अन मुज्यालि व्वति कयागु, थी थी थायलि चा:हिलागु कुलेखानी मोटरदुइलि चाहिलागु, मनकामना देग:, शहिद पार्क, मकवानपुर गहि, पशुपतिमन्दिर, अले मिखायागु अस्पताल स्वयागु चाहिलागु लुमन्किबहजु।

थ्वहे भुवले जित: थ्व जिम्मेवारी ल:लहाना: व्युपिं व ज्यायायेत पला:पला: पतिक ग्वाहालीयाना व्युपिं जिगु कार्य समितिया सचिव मञ्जली ताम्राकार व कोषाध्यक्ष राधा श्रेष्ठ यात: दुनुगलनिसें शुभाय वियाच्वना। अले नापनाप आयन्सयु ज्याय मदिकक वया विभिन्न थ:थितिपाखें ग्वाहालिब:गु (सहयोग) आयन्स पाखे स्वाका ज्यायाना दिम्ह आयन्स ज्ञानु नकर्मि यात: यक्को सुभाय। नापनाप आयन्स यागु ज्याय ग्वाहाली व सहभागि जुयादीपिं सकल आयन्स भौउजु पि व पासापिं अले रोटरियन व आयन्स या थ:थिति पिन्त न त:जिक शुभाय वियाच्वना।

अले आ वैगु रोटरी दै २०२५/२६ या नाय: भाजु रो. ओम शंकर श्रेष्ठजु अले आयन्स नाय:जुइम्ह वेक:या तिरिमयजु राधा श्रेष्ठजु यात: वयक् पिनिगुज्या त बाँलाक न्हायवनेफय्मा व सुथालाय्मा धका भिन्तुना वियाच्वना।

ख:क्वचायके न्ह्यो, जित: मदिकक तिब:विया ग्वाहालीवियादिम्ह जिम्ह: मिज:भाजु धर्मेन्द्र राजशाक्यजु यात: दुनुगलनिसे भिन्तुना देछाया च्वना। लिसें थ्य ज्याखँय जिम्मेवारी कयाज्यायानागु भुवल्य सुंयातन:मने तिकमिक छुं धायलात वा छुंयायेलात धासा क्षमाफवना, जिगु मनयागु ख:थनहे क्वचायके। सुभाय।

मयजु आयन्स रत्न देवीशाक्य

नायो २०२४-२५

EDITORIAL

Dear Esteemed Readers,
Warmest Greetings!

It is with great pleasure that I extend my heartfelt congratulations to our newly elected President for Rota Year 2025/26, Rtn. Om Shanker Shrestha, and his dynamic team of board members. I am confident their leadership will further elevate the Rotary Club of Yala to new heights.

At the same time, I would like to express my sincere appreciation to President 2024/25 Rtn. Dharmendra Raj Shakya and his dedicated team for their outstanding contributions and the successful completion of their tenure.

With immense pride and joy, I present to you the 30th edition of our Souvenir, commemorating the 30th Installation Ceremony of the Rotary Club of Yala. It is indeed an honor to serve as the Editor for this significant milestone.

My deepest gratitude goes to President Rtn. Om Shanker Shrestha and the board for entrusting me with this esteemed responsibility. On behalf of the Editorial Team, I have given my utmost effort to make this publication meaningful and representative of our vibrant Rotary family.

This Souvenir captures the diverse activities, valuable insights, and heartfelt contributions from our fellow Rotarians, Anns, and their families. We



hope it serves as a rich source of inspiration and information for all.

Publishing this edition on time would not have been possible without the unwavering support of our President-Elect, President, Secretary, the Publication Committee, and especially our respected advisors PP Rtn. Kiran Shrestha and PP Rtn. Deepak K. Shrestha, along with all members of RC Yala.

As the Editor for Rota Year 2025/26, I extend my heartfelt thanks to everyone who played a role in making this Souvenir a reality. My special gratitude goes to PP Rtn. Kiran Shrestha for his relentless efforts in overseeing its publication.

Lastly, sincere thanks to all the Rotarians, Anns, and family members who contributed advertisements, articles, and unwavering support.

Yours in Rotary,
PP Rtn. Shobha Devi Shrestha
Editor 2025/26

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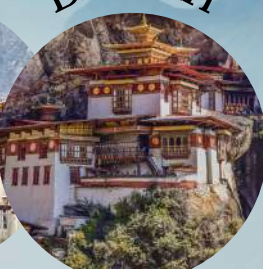
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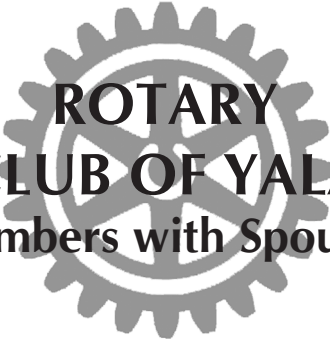
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ROTARY CLUB OF YALA

Club ID	: 31764	Area Code	: 01
Chartered	: 28.06.1996	Rotaract	: 1
No. of Members	: 47 (Active – 46; Honorary – 1)	Interact Club	: 2
Meeting Day	: Friday	RCC	: 4
Meeting Time	: 5:30 PM	PHF	: 15
Venue	: Goodwill Hotel, Kanibahal, Lalitpur.	MPHF	: 18,
		Major Donor Level: 1	
		PHS Member	: 2

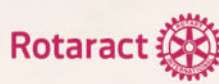
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Artificial Intelligence and Mental Peace: Finding Balance in a Digital Age



- Minu Pradhan Shrestha

With Human Intelligence, few innovations have generated as much excitement—and anxiety—as **Artificial Intelligence (AI)**. From revolutionizing industries to redefining how we live, learn, and connect, AI is no longer a distant dream; it is our present reality.

But amid this rapid technological transformation, an important question emerges:

Is AI enhancing our mental peace—or quietly eroding it?

AI: A Tool with Two Faces

Like all great inventions, AI is a double-edged sword. To better understand its impact, let us revisit the story of electricity.

When electricity was first introduced, it sparked awe and fear in equal measure. Some saw it as dangerous; others, as miraculous. Over time, society learned to harness its power responsibly. Today, electricity lights our homes, powers hospitals, fuels innovation—and yet, when mishandled, it can shock, destroy, or even kill.

AI is no different.

Used wisely, Artificial Intelligence can be a remarkable ally for mental peace.

AI brings efficiency and comfort by providing quick and accurate results, which greatly aids in decision-making processes. It reduces the burden of repetitive tasks and saves us from hours of hard work.

This saved time can then be redirected toward creativity, personal growth, entertainment, and relaxation — all of which are essential for a peaceful and fulfilling life.

In a world full of noise and pressure, AI can offer structure, balance, and even moments of mindfulness — if we choose to use it with awareness and discipline. Likewise, many mental health apps powered by AI now offer guided meditation, stress management tools, and even conversational support for those battling anxiety or loneliness. Intelligent assistants remind us to take breaks, promote healthy habits, and can personalize routines to reduce pressure and burnout.

Yet, when misused or consumed without awareness, AI can quietly become a source of mental strain.

AI-driven social media platforms, for instance, feed users with highly targeted content that keeps them endlessly scrolling. This often amplifies anxiety, comparison, and insecurity. Digital overexposure disturbs sleep, increases isolation, and subtly robs people of presence and peace. Add to that the fear of job displacement by AI, and it's clear that technology, when unmanaged, can fuel inner unrest.

The Path Forward: Awareness, Balance, and Purpose

The solution does not lie in rejecting AI. Instead, the key lies in **conscious and balanced use**. Much like electricity, AI should serve us—not overpower us. Likewise, we shall be the master of it, not slave to AI. Following can be some set of principles for cultivating mental peace in the age of AI:

1. Reconnect with Our Humanity

Let machines handle data, analysis, and repetitive tasks. But let **us, human lead with empathy, creativity, wisdom, and compassion**. AI may simulate intelligence, but it cannot replicate human consciousness or emotion.

2. Balance Use and Dependence

AI can be a powerful tool—but not a substitute for presence or connection. Setting healthy boundaries for screen time, practicing “digital detoxification”, and being mindful about tech use are essential for protecting inner calm.

3. Educate for Meaning, Not Just Skills

As AI takes over technical roles, education systems must focus on emotional intelligence, ethical reasoning, and personal development. Mental peace arises not just from productivity, but from purpose.

4. Create, Connect, and Contribute

Machines can perform, but they cannot find joy in giving or meaning in community. Human connections, acts of service, and creative expression help preserve the soul of society.

We wish all the best to
ROTARY CLUB OF YALA
on the occasion of its
29th Anniversary



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5. Cultivate Inner Awareness

While AI expands outward, we must turn to inward journey. Practices like meditation, mindfulness, and self-reflection reconnect us to our inner peace—ensuring that technology supports, not distracts from, our spiritual journey.

Finally: Light or Darkness—the Choice is ours

Let us remember that AI is a tool—like fire or electricity for us human to do things efficiently and with comfort. Whether it becomes a source of **calm or chaos** depends entirely on how we choose to engage with it.

Let us remember that AI may make life easier, but it is up to **us** to make life meaningful.

Let AI serve us—not replace. Let us not lose ourselves in the machines we created, but rise above them in **wisdom, unity, and peace.**

As we move forward into this new digital age, the challenge is not to stop progress, but to guide it with mindfulness, compassion, and purpose. That is how we will ensure a future where **Artificial Intelligence supports us in work and give us time to find mental peace—not just mental speed.**

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प्राइम सुप्रिम बचत खाताहरू

आकर्षक व्याजदर

रु. १० लाख सम्मको दुर्घटना बीमा

रु. ७५ हजार सम्मको अस्पताल भर्ना बीमा

जहाँ यस बैंकको नजिकको शाखा कार्यालयमा सम्पर्क गरी बचत खाता खोल्न अधिकतम प्रतिफल लिनुहोस् ।

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Be a Hero

- Om Shanker Shrestha



In a world that often celebrates grand gestures, world records, and remarkable moments, we sometimes forget the quieter kind of greatness; the one that happens in everyday acts of kindness, service, and compassion. The truth is, you don't have to be a hero to the whole world. Sometimes, all it takes is being a hero to one person. And for that person, your action might mean the world.

This idea sits at the heart of Rotary's mission. As Rotarians, we don't always set out to solve the world's largest problems overnight. We start where we are, with what we have, doing what we can. A scholarship to an underprivileged child in a rural school. A medical camp in a rural village. A blood donation event in the middle of a busy city. At first glance, these efforts might feel small especially when compared to the big breaking news that make global headlines but for the lives they touch, they are monumental.

To the person who gets their cataract removed through the medical camp, you're not just an organizer. You are the beacon of light that reentered their lives.

To the school that finally has safe, proper toilets, you are not just a benefactor you are the reason students stay in class and dreams stay alive.

To the child that once carried laborer's tools on his back and now carries a school bag, you are not just a well-wisher. You are the one that swapped the weight of surviving with the freedom of simply learning and growing.

To the child who receives her first pair of shoes, you're more than a donor. You are her first step into the long life they have ahead.



To the farmer whose village now has access to clean water, you are not just an engineer or planner. You are a lifeline.

To the student who gets a scholarship to continue education, you are not a stranger you are a turning point towards a brighter future.

To the person with disability who finally received an artificial limb, you're not just another person looking at them with pity. You are the support with which they could stand up and navigate their lives again.

Rotary teaches us that impact is not always measured in numbers but in meaning. And that meaning is often deeply personal. One act of service can lift someone out of despair. One encouraging word can restore someone's self-worth. One small effort can start a ripple effect of hope that carries on for years.

This year, as we reflect on our journey, let us take pride not only in the number of projects completed but, in the lives, quietly transformed. The beauty of Rotary is that it brings together people from all walks of life with a shared belief, that service to others is the most rewarding kind of success.

We may never know the full impact of what we do. The grateful eyes of a parent, the letter from a student years later, or the improved health of a stranger we never met; these moments may come and go quietly, but they remind us that service matters. Every drop counts. Every effort leaves a mark.

So, let us not wait to be heroes in history books. Let us be everyday heroes in our neighborhoods, our clubs, our communities. Let us keep showing up, keep giving, and keep caring. Because the world doesn't always need more celebrities or saviors it needs more people who are simply willing to help.

You don't have to save the whole world. Just be there for one person who needs you and make their world a place they enjoy living rather than place they are forced to survive. Be a Hero to one person.

नेवाः भाय् छत्वाःचा खँ

नेवाः भाय्

ध्वनि, शब्द व वाक्यया माध्यमं याइगु विचार विनिमय हे भाषा खः । अथेजुयाः थ्व अर्थपूर्ण जुइ । नेपालय् चर्चिं नेवाः खः । नेवाः भाय् नेवाःजातिनापं स्वापु दु । नेवाःजातिया नेपाःगाः (उपत्यका) लिसे सम्बन्ध दु ।

नेपाःगाः

क) नेपाःगाः न्हापां छगू दह खः । क्वथ्याः थाय् न्हसिकापं भचाभचा यायां लः पिहांवन । लखं चानायंकूगु न्हसिकापं बागमती पिहांवनीगु छगु खुसि जुल । उपत्यकाया लः छक्कलं पिहांवंगु मखु । नेपाःगाः चाया छगू हे तह मखु वरु थीथी कथंया चाया पत्र खः । उगु छगू पत्र तयार जुइत १० हजार दँ मालीगु धैगु धापू जापानी भुगर्भ अन्वेषक टोलीया दु । थुकथं ताःई लिपा लः पिहांवनाः बागमती खुसिजक ल्यनाचंगु खः ।

ख) नेपाःगालं लः म्ह जुइवं क्वयलाःगु चा नाइसे च्वनाः बुज्याया लागि वरदान जुल । अले थ्याःथाय् मनु च्वनेगु यात ।

ग) लिखित इतिहासकथं नेपाःगाः ६ हजार दँ पुलांगु खने दु । भारतया सामापिंधक धार्मिक ग्रन्थय् नेपाः देया नां उल्लेख यानातगु दु ।

घ) भारतया नाग जाति कृषि ज्याय् नीपुणपिं खः । थुपिं हाकुसे चर्चिं मनुत खः । दकले न्हापां थ्वहे नागजाति नेपालय् वया कृषि ज्या यानाः च्वंवल धैगु समाज विकासया विद्वानपिनि धापू दु ।

ङ) न्याद्रः दँ पुलांगु भारतया धार्मिक ग्रन्थ अथर्व वेदय् नेपाःया नां उल्लेख जुयाचंगु दु । नेपाःया प्राचीन भाय् गथे नेपाःदे प्राचीनकालं निसें दु अथे हे नेवाः जाति नेवाः भाय् नं प्राचीन हे जुल । छाय्की नेपालय् दुने ल्हाइगु भाय् हे नेवाःभाय् खः । सम्मिश्रण नेवाः जाति - नेपाः गाःया दुने थी थी जातित दुहांवःगु खनेदु । इविद जाति, मंगोल जाति व आर्यन जाति । थुपिं फुक्क जातिया सम्मिश्रण हे नेवाः जाति खः । थुमिसं ल्हाइगु भाय् नेवाःभाय् खः । थीथी थासं वःपिं जुयाः अले नेपाःया थीथी थासय् च्वंगु जुयाः थुमि संस्कृति, भाषा भचाभचा पाःगु खनेदु । जयस्थिति मल्लं ज्या अनुसार थर तय्गु प्रचलन न्ह्याकाविल । थुगु इलनिसें नेवाःतय् थर वा जाति यक्व दत । करिब २०१ नेवाःतय् थर दु । जयस्थिति मल्लं नेपाःया राजधानी खपय् तल । उवलय् खपय् जयस्थिति मल्लं न्यातपौ देगः खुलाया दुने दय्का गजू छगू खः ।

भुवनेश्वर जोशी, यल



ऐतिहासिक काल विभाजन

१) प्रान काल - नेपालसंवत छयले न्ह्यः ।

२) माध्यमिक काल - पृथ्वीनारायण शाहं नेसं.८८८ सालय् नेपाः त्याके न्ह्यः ।

३) आधुनिककाल - नेसं.८८८ साल लिपाया ई ।

नेपाःया लिखित इतिहास

क) नेपालय् लिखित इतिहास नेपालभाषा, संस्कृतभाषा व मैथिल भाषा लिच्छविकालं निसें दु ।

ख) लिच्छविकाल न्ह्यः वंशावलि जक दु । दकलय् पुलांगु वंशावली गोपालराज वंशावली खः ।

ग) वंशावलिकथं दकलय् न्हापालाक गोपाली अर्थात सा लहीपिं सापुतय्सं राज्य यात । थ्व इलय् थुपिं टिष्टुंग, थक्वाः (थानकोट) च्वनीगु । गोपाली जातित थुगु थासय् आःतक नं दनि ।

घ) पूर्वी भारतपाखें वःपिं महिषपाल मेय् लहीपिं मेपु जातितय्सं गोपालवंशीयात त्याका राज्य यात । थुपिं मेय् ला नइगु व मेय्या दुरु त्वनीपिं खः । मेपु जातितय्थाय् येया नरदेवी पाखे दु धाइ ।

किरात राज्यया शासन

जंगलजंगल चाचाहुलाः जंगलय् शिकार यानाः जंगली जीवया ला नयाः जीवन हनीपिं लडाकु जातित, सल गय्गु, धनुष बाण कय्केगु शीपय् निपुणपिं किरातीतय्सं सापु राज्य कब्जा यात । सापुतय् थःगु हे राज्यय् ज्यामिया रुपय् छयल । थुकथं न्हापांम्ह किराती जुजु एलम्बर जुल । किराती जुजुं राजधानी यलय् दय्कल । जुजु एलम्बरया नामय् थुगु थाय्थात यल धाय्गु यात । यलया च्यासः त्वालय् आःतकनं किरातीया सन्तान धाईपिं त्यपय् वा व्यन्जनकारत दनि । थ्व इलय् थुमिसं छयलीगु भाषा एकाक्षर परिवारया भाय् खः ।

लिच्छवी कालया उदय

किरातीतय्गु राज्यकालय्, भारतया पूर्वपाखें कृषि ज्याय् निपुणपिं नाग जाति नेपालय् दुहां वल । नाग जाति व किराती नापं मिलय् जुयाः कृषि उत्पादन याय्गु ज्या बांलाक न्ह्याकल । थ्व

नाग जातितयत् यलया ज्यापु वा महर्जनतयत् नं किराती धाय्गु यानाहल । किराती राज्यया दकलय् लिपाम्ह जुजु गस्तीयात बुकाः लिच्छवी जुजु अरी मल्लं राज्य यात । लिच्छवीत भारतय् वैशाली राज्य बांलाक न्ह्याका च्वपिं खः । थ्व जुजु कुस्ती म्हितीम्ह जुयाः नांया लिउने मल्ल तय्गु यात । तसकं ल्वापु याय वःलाम्ह जूसां अजातशत्रु नापं जूगु ल्वापुइ थः बूगुलिं पितिता हःपिं लिच्छवीतय्सं नेपाः हमलायानाः त्याकूगु खः ।

स्वर्ण युगया नेपाः

लिच्छवीकालय् नेपाःया कलाकौशल, संस्कृति, संगीत, साहित्य, वित्तीय व्यवस्थापन व व्यापारया धनी कालखण्ड खः । लिच्छवीतय्सं थननं थःपिनिगु पुलांगु थाय् वैशाली थें राज्य न्ह्याकल । देवालय, शिवालय फुक्क कलात्मक रुपं दय्कल । थुमिगु भाय् संस्कृत जूसा स्थानीय भाय् नेवाः भाय्यात नं थाय् बिया साहित्य च्वकेगु, च्वयेगु यात । जुजु अरी मल्लं इंसं १२०० निसं १२९६ तक राज्य यात । अर्नलिपा यक्ष मल्ल नेपाःया जुजु जुल । थ्व इलय् नं नेपाःया कलाकौशल, साहित्य, कलासंस्कृति व बाणिज्य ख्यःया भरपुर विकास जुगुजुल । नांजाःपिं मल्ल जुजुपिं मध्ये जुजु प्रताप मल्ल नं खः । गुम्हसिनं रानी पुखू दय्कावन । थ्व जुजु साहित्य व संगीतया तसकं पारखि खः । जुजु प्रताप मल्ल संस्कृत व नेवाःभाय्या नापं मेगु १५ गू भाय्या ज्ञाता धाइ । थ्व इलय् नेपालभाषाया आपालं धार्मिक साहित्यया श्रृजना जुल । नापं थीथी भाय्या धार्मिक ग्रन्थ नेवाः भाषं भाय् हिलेगु जुगु दु । थीथी भजन हालेगु, थीथी द्योया प्याखं हुलेगु संस्कार हे दय्कल ।

शाहकालया उदय

नेपाल संवत् ८८८ सालय् गोरखाया राजा पृथ्वीनारायण शाहं नेपाःगाः हमला यात । उबलय् नेपाःगालय् येय् जयप्रकाश मल्ल, यलय् तेजनसिंह मल्ल व ख्वपय् रणजीत मल्ल जुजुपिं खः । पराजय लिपा थुमि सन्तानत देशपिने थीथी थासय् बिस्युवन । नेवाः जाति, नेवाः संस्कृति, नेवाः भाय् फुक्क हे संकतय् लात ।

राणा काल

जंगबहादुर राणां कोत पर्व यानाः राजपात फुक्कं थःगु ल्हातय् कया शासन यात । राणातय्सं विसं.२००७ सालतक १०४ वर्ष शासन यात । नेपालभाषा, नेपालसंवत्, नेवाः परम्पराकथं छ्यला च्वंगु जात्रा पर्व फुक्कफुक्क हे चीकाः भारतीय बेलायतया परम्पराकथं न्ह्याकेगु यात । थ्व इलय् नेवाःभाषं च्वइपिं, स्यनीपिं, सभा समारोह याइपिन्त ज्वनीगु, कुनीगु, सफु च्वइपिं, प्रकाशन याइपिनिगु सर्वस्व हरण याइगु । थुकथं एकभाषा एकभेष नीति चरम अवस्थाय् ब्वलन । खसभाय् छगु बाहेक मेगु फुक्क भाय्यात दमन यायां न्हंकेगु कुतः जुल ।

दलीय व्यवस्था काल

विसं. २००७ सालय् प्रजातान्त्रिक आन्दोलनं राणातय् च्ठीकाः दलीय व्यवस्था १० दैतक न्ह्याकल । नेवाः भाय्यात दमन याय्गु नीति भच्चा हिउपाः वल । ब्वनेगु, च्वय्गु अधिकार बियाहल । नेवाः भाषं समाचार बीगु नापं जीवन दबू ज्याभ्व रेडियो नेपालं

प्रशरण यात । थ्व इलय् नेपालभाषां च्वय्गु, सफुपिकाय्गु नापं ज्वनातःपिन्त त्वःतेगु ज्या नं जूगु खः ।

पंचालत काल

विसं. २०१७ सालय् जुजु महेन्द्र शाहं दलीय व्यवस्था खारेज यानाः निर्दलीय शासन व्यवस्था ३० दैतक न्ह्याकल । थ्व इलय् हाकनं एक भाषा एक भेषया नारा थ्वयेकाः नेवाः भाय्यात नं दमन यात । विसं. २०२२ सालय् नेवाः भाषं समाचार बीगु नापं रेडियो नेपालं प्रशरण यानाच्वंगु जीवन दबू ज्याभ्वः लिक्काः बिल । थ्व इलय् नेवाःतय्सं थीथीकथंया आन्दोलन न्ह्यज्याकल । स्कुल, कलेजय् नेवाः भाषं साहित्य सम्मेलन, नाटक मंचन, धेंधेबल्ला कासा याय्गु यात । थुगु इलनिसं थ्व च्वसुया पंक्तिकार नं भाषा आन्दोलनय् ल्हाःतया पाःकयाः न्ह्यज्याना च्वंगु जुल । नेवाः भाषं साहित्य सम्मेलन नाटक मंचन, धेंधेबल्ला कासा स्कुल, कलेजय् जक मखु येँ, यल, ख्वपया थीथी त्वालय् नं ज्याभ्व यानाहल । नेवाःभाषं न्ह्यसः लिसः कासा, थीथी पर्वय् सफू ब्वज्या याय्गु यात । सफुकुथि, ब्वनेकुथि चाय्केगु नं यात । नेवाः भाय्या आन्दोलनया भ्वलय् नेवाः नां तय्गु, नांया लिउने नेवाः ताइतल वा कुनां (उपनां) तय्गु, छैय् लहीपिं पशुपछिया नां नेवाःभाषं छयलेगु अभियान यानाहल । नापं नेवाःभाय् ल्यंकेत राजनैतिक आन्दोलन ब्वतिकाय्गु तकनं जुल । अथेसां थ्व इलय् नेपाःगालय् जक मखु नेपाः न्यंकनं प्रजातन्त्रवादी, वामपन्थीतय्गु संयुक्त आन्दोलन पंचायती व्यवस्थायात चीकाछ्वत । जनताया अधिकारकथं फुक्क भाषा जातितयत् अधिकार बिस्तारं बियाहल ।

संघीय लोकतान्त्रिक गणतान्त्रिक व्यवस्था

समाज विकासकमकथं, जगलीयुग लिपा कविलायुग, कविलायुग लिपा सामन्ती युग न्ह्यात । सामन्तीयुगया नायो जुजुं थम्ह ज्या याय् म्वायक च्यःत लहीगु, कुट काय्गु, कर काय्गु यानाः राज्य संचालन याइगु व्यवस्था यात । जुजुया एकाधिकार राज्यया जनता तसकं आक्रान्त, तसकं पीडित जुल । उकें जुजु हे ल्यथनेकथं विसं. २०५२ सालं शसस्त्र संघर्षया तयारी याय्त जंगलय् च्वनाः सैनिक तालिमयानाः शसस्त्र संघर्ष शुरु यात । उबलय् प्रजातन्त्रवादीपिन्सं भच्चाभच्चा शहर केन्द्रित सडक संघर्ष यानाच्वंगु इलय् मधेशया जनतां नेपाःया तराइ क्षेत्रय् बृहत् आन्दोलन न्ह्याकल । विसं.२०६२ सालय् दक्व पार्टीत जानाः संयुक्त आन्दोलन यासं पूर्ण उपत्यका घेराउ यात । जुजु राजगद्दी त्वःतेगु घोषणानापं संघीय लोकतान्त्रिक गणतान्त्रिक व्यवस्था न्ह्याकाः चुनावपाखें कार्यकारी प्रधानमन्त्री ल्यय्गु जुल । थुगु व्यवस्था वय्धुंकातिनि नेवाःभाय्यात थाय् बियाहःगु खः । थौकन्हे विद्यालय, क्याम्पस नापं विश्वविद्यालय नं नेवाः भाय् ब्वनेगु, ब्वंकेगुकथं स्थानीय निकायनं स्थानीय भाषानीति दय्केफुगुया कारण उपत्यकाय् नेपालभाषा ब्वनेगु ब्वंकेगु जक मखु बागमती प्रदेशय् सरकारया कामकाजी भाषाया रुपय् छयले दत । उकें थ्व इलय् फुक्क नेवाःत छप्पं जुयाः न्ह्याःवनेगु विकल्प मदु । सुभाय् ।

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Our Youth Abroad, Dreams, Doubts, and the Silent Struggles

- Twinkle Nyachhyon
Rajbhandari



Recently, during a visit to the United States, I had the chance to meet dozens of Nepali students studying and working there. Bright, polite, and full of potential, but behind their smiles, I saw something heartbreaking: uncertainty, pressure, and silent suffering.

Nearly 85% of them were confused about their future. Should they stay in the U.S. and keep struggling for any job that allows them to remain legally? Or should they return to Nepal, unsure of what waits for them back home?

Many of them opened up to me like I was a family member, not out of comfort, but out of desperation. They said, "Auntie, we don't know what to do anymore." Some had tears in their eyes. And what hurt me the most was this: they weren't just dealing with visa issues or academic pressure. They were fighting emotional battles on two fronts, abroad and at home.

Pressure from Home, Judgment from Society

If they return to Nepal, people don't say, "Welcome back." Instead, they ask, "Visa पाएनौ र ?" Friends compare. Relatives whisper. "My son is working in America and sending money every month."

"तिमी त फर्कियौ, तिमीले त केही गरिनौ ।"

Even their own parents, who once sent them off with love and sacrifice, sometimes speak only of remittance and reputation. "We sent you abroad so you could build a future, send us money, and make us proud." But who asks these young souls how they are coping, how they are feeling, or whether they're okay?

Caught Between Two Worlds

In the U.S., they juggle studies, part-time jobs, legal paperwork, and emotional isolation. Many can't even afford mental health support. They are homesick, overworked, and constantly fearful of visa rules.

Back in Nepal, they don't feel welcomed either. The system doesn't support returning youth with meaningful opportunities, and society doesn't understand their trauma. They are educated but exhausted. Hopeful but heartbroken.

So, Where Are Our Youth Heading ?

They are not just heading abroad , they are heading into confusion, pressure, and identity crises. We say our youth are the future, but are we doing anything to protect their present?

It's time to stop judging. It's time to start listening. Let them come back without shame. Let them go abroad without unrealistic expectations. Let's support them if they want to build something in Nepal. And most importantly — let's treat them as humans, not investments.

To every student abroad struggling silently: you are not a failure. You are brave. And you are not alone.

Let us, as a society as Rotarians, offer understanding instead of pressure and maybe then, our young generation will truly find their way.

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तर आइए हाम्रो अक्सफाइट पार पाउन शिखर इन्स्युरेन्सको यात्रा बीमा,
जसले बिभिन्न तपाईंको धुमफिरेको जिम्मा ।



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Rotary in the Landscape of International and National NGOs in Nepal



- Subhakar Baidya

An International Non-Governmental Organization (INGO) is a foreign-based non-profit entity that operates in the country to address various development, humanitarian, and social welfare needs. In Nepal, these foreign-based non-profit entities are engaged in various critical sectors, including education, healthcare, water sanitation and hygiene, poverty alleviation, women empowerment, child protection, etc. Their involvement extends to addressing humanitarian needs in the emergency situation, making them key actors in the country's overall development.

According to the most recent available data, 230 INGOs were affiliated with the Social Welfare Council as of 2023. The number had gone up in the years 2015-16, following the earthquake. However, it appears that the number of active INGOs has currently decreased to around a hundred. The cessation of US foreign aid is one of the reasons contributing to the decline of active INGOs in Nepal, that is, those with active project agreements with SWC.

Like INGOs, the national or local NGOs in Nepal operate across different sectors, addressing diverse social, economic, and environmental issues. According to the available estimates, there are over 40,000 NGOs in Nepal. The NGOs flourished in Nepal, particularly after the political change in 1990.

In Nepal, there are 160 Rotary Clubs spread across various municipalities. The Rotary clubs serve the communities within the seven focal areas of Rotary International, namely (1) basic education and literacy, (2) disease prevention and treatment, (3) maternal and child health, (4) water, sanitation and hygiene, (5) economic and community development, (6) peace and conflict resolution, and (7) environment. Most INGOs operating in Nepal have multi-sectoral programmes, but a few are involved in as many program areas as Rotary in Nepal. The Rotary's focal areas are aligned with the national development priorities as well as global sustainable development goals.

Rotary's Structure: Is it an INGO or NGO?

With its headquarters located in Evanston, Illinois, USA, and with a global network of Rotary clubs, Rotary International is undoubtedly an international organisation. However, unlike other INGOs, Rotary International does not function as an INGO in Nepal. Rotary clubs in Nepal are registered as non-governmental organisations (NGOs) at the District Administration Offices in their respective districts and are affiliated with SWC.

The majority of INGOs in Nepal have country offices responsible for all program operations within the country. Most country offices are branch offices of their international headquarters. Unlike those INGOs, Rotary is not single entity. It is made of three parts: the Rotary Club and district, Rotary International and The Rotary Foundation. The Rotary District 3292 and Rotary Clubs in Nepal are independent entities that are not line-managed by Rotary International headquarters. They, however, must adhere to the compliances of the Rotary International.

Majority of NGOs in Nepal are dependent upon INGOs for their project funding. The NGOs are not allowed to bring in funds from outside sources directly without SWC's consent. But the Rotary clubs have the privilege to access grants from Rotary Foundation and other international Rotary clubs for major project funding. For club operation and smaller community services, the Rotary clubs primarily rely on their members' donations. However, they also obtain funding from various other local sources such as local Palikas, etc for their service projects.

Operational Environment for I/NGOs and Rotary in Nepal

INGOs are regulated by the Social Welfare Council (SWC) and must comply with Nepalese laws and regulations. As required by Foreign Aid Mobilisation Policy 2025, the foreign assistance

for development, including those brought in by INGOs, must align closely with national and local development priorities.

INGOs are allowed to operate in the country only after they enter into the general agreements with SWC specifying the program areas, amount of foreign aid and the time frame. In addition, the INGOs must sign separate project agreements with SWC within the framework of their general agreements prior to beginning the project implementation.

The SWC directives and guidelines require the INGOs to implement the projects in collaboration with local partners. The local NGOs are often their preferred partners, although they do channelize their assistance through local governmental bodies and service providers as well.

As has been mentioned above, Rotary clubs in Nepal are registered as NGOs at concerned District Administration Offices. They obtain affiliation with SWC so that the path opens for them to seek approval of SWC whenever they have projects financed with grants from Rotary Foundation or any international clubs or partners. The process however is cumbersome and time-consuming. More often than not, the Rotary clubs' experience with SWC in this regard has been a frustrating one.

Unlike other INGOs, Rotary International has not signed a General Agreement with SWC. Therefore, Rotary is not legally recognized as an INGO in Nepal. Had the Rotary District, acting on behalf of Rotary International, signed a general agreement with SWC, Rotary clubs might find it easier to get SWC approval for the global grants.

External Grants Received Through Rotary

In 2017-18, the total foreign aid received by the government including loans stands at Rs 111 billion, according to the Finance Ministry. The SWC data showed that Rs18.51 billion was received by INGOs in the same year. There is a lack of reliable annual time series data of the external funds routed through INGOs in Nepal. It is however estimated that INGOs in Nepal contribute close to one-fifth of the all grants the nation receives.

In the case of Rotary, most of the external funding comes from Rotary Foundation. The table below depicts the Rotary's global grants received in Nepal 2020-21 to 2023-24.

Year	Number of Grants	Total Funding (US \$)
2020-21	48	4,242,825
2021-22	24	1,651,191
2022-23	21	1,249,511
2023-24	31	2,939,432
	124	10,082,959
Source: RID 3292		Rs 1,401,531,301

The total external grants received through Rotary will exceed these amounts, as the Rotary District and Clubs, apart from the global grant, also receive designated funds from Rotary Foundation, and direct funding from international Rotary Clubs and other donors. Sadly, the information about these figures are not easily available. The external grants received through INGOs are not reflected in the national annual budget, nor are these amounts properly maintained by SWC. Likewise, a centralized database is much needed at Rotary District also in order to maintain the information about the Rotary projects, the local and external funds, and project achievements.

Concluding remarks

Although Rotary shares many similarities with other I/NGOs in Nepal, it has some distinct structural features and core values that set it apart from others. Rotary is a non-profit organisation. One of its core values is Service- above-the self. In essence, Rotary runs on donations from club members.

Rotary is an organisation of volunteers who do not charge for their time and professional contributions, in contrast to other I/NGOs that employ paid staff and incur overhead costs equal to at least 25% of the project budget. Rotary projects therefore have lower overhead expenses compared to other I/NGOs. Therefore, the government ought to give Rotary clubs a preferential treatment. The SWC should help create a favourable operating environment for the Rotary clubs rather than exerting control over them.

The Rotary clubs collectively received approximately US \$11 million as Rotary's Global Grants between 2020-21 and 2023-24. After accounting for members' contributions and funding from other sources, the total amount invested by Rotary clubs in various projects would be significantly higher. Rotary is, therefore, a crucial partner of Nepal's national development.

We wish all
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The TaRL Project in Public Schools of Nepal –

A Review TaRL Global Grant Project Team, Rotary Club of Yala



- Pramod Sagar Singh Pradhan

Introduction

The Teaching at Right Level (TaRL) Project, initiated by the Rotary Club of Yala, has successfully completed its first year (Phase 1) of implementation in Nepal's public schools. Designed to address foundational learning gaps, the project has made significant strides in improving literacy and numeracy among students in grades 3 to 5.

Project Overview

The TaRL approach, developed by Pratham – India, focuses on assessing students' learning levels and tailoring instruction accordingly. The first phase of the project was implemented in 13 public schools in Lalitpur district, with training sessions conducted for Nepali, English, and Mathematics teachers. The training was supported by Street Child of Nepal, with international collaboration from Rotary Club of Aachen Frankenburg, Germany, and Rotary Club of Hilversum West, Netherlands.

Key Achievements

- **Orientation Program:** Altogether 65 school principal, SMC chairpersons, local government officials and Rotarians-Anns-Rotractors of Rotary Club of Yala participated in the orientation program, and were enlightened about TaRL methodology and its effectiveness in building foundation education of primary students.
- **Teacher Training:** A total of 89 teachers participated in the training sessions, equipping them with skills to effectively implement TaRL methodologies.
- **Student Learning Recovery:** The project aimed to build foundational literacy in Nepali and English and enhance numeracy skills, helping students recover from learning losses due to COVID-19.
- **International Collaboration:** The involvement of international Rotary clubs strengthened the project's impact and ensured the adoption of best practices.

Challenges Encountered

The first year of the Rotary TaRL Project in Nepal's public schools faced several challenges, including:

- **Teacher Adaptation:** Some educators found it difficult to shift from traditional teaching methods to the TaRL approach, which focuses on assessing

students' learning levels and tailoring instruction accordingly.

- **Building Awareness:** Many schools lacked prior knowledge of TaRL, requiring extensive orientation programs to familiarize teachers and stakeholders.
- **Resource Constraints:** Limited availability of teaching materials, learning aids and classrooms posed difficulties in effectively implementing the program.
- **Impact of COVID-19:** The lingering effects of pandemic-related learning losses, and the migratory parent's children turnout, made it harder to assess students' actual learning levels and implement recovery strategies.

Addressing the Challenges

Despite these obstacles, the project successfully navigated its first year (Phase 1), laying a strong foundation for improving literacy and numeracy in Nepal's public schools. The Rotary TaRL Project in Nepal tackled its challenges through several strategic approaches:

- **Teacher Support & Extensive Teacher Training:** To help teachers transition to the TaRL methodology, extensive training sessions were conducted. Workshops, role play, educational games and interactive sessions helped them to assimilate the TaRL methodology, ensuring they were comfortable with the new approach.
- **Resource Development:** The project collaborated with Street Child of Nepal and other partners to provide essential customized teaching materials and learning aids to support effective implementation.
- **Student-centred Learning:** Interactive learning techniques were introduced to make lessons more engaging, helping students actively participate and



Participants of Phase 1 Review Program



President Dharmendra Raj Shakya, TaRL Project - Technical Director, presenting the progress of Phase 1.

improve their foundational skills. Teachers were trained to use formative assessments and group students by ability levels, making learning more engaging and effective. This ensures that students actively participate in the new learning model requiring additional efforts, especially for those struggling with foundational literacy and numeracy.

- **Collaboration with NGOs & Local Government:** Partnerships with Street Child of Nepal, Lalitpur Metropolitan City, Godawari Municipality and Mahalaxmi Municipality has helped to integrate TaRL into the public education system, ensuring sustainability. The TaRL pedagogy is one of the teaching and learning methodologies introduced by the Government of Nepal under its Recovery and Accelerated Learning (ReAL) Plan (2023-28). The long-term sustainability TaRL project depends on its integration into the government education system, which remains a challenge until TaRL gains wider recognition.
- **Continuous Feedback & Support:** Daily feedback sessions and peer mentoring allowed teachers to refine their techniques and address implementation challenges. Frequent visits by Mentors and Rotary Focal Persons have helped in easing difficulties faced by the TaRL teachers and project schools.

These strategies have significantly contributed to the project's success (Phase 1), and has enhanced the club's project service capability, paving the way for continued expansion and impact in additional 16 public schools (Phase 2) of Nepal.

Evolving Best Practices

The Rotary TaRL Project in Nepal has demonstrated several best practices that can be valuable for similar educational initiatives:

- **Tailored Learning Approach:** The TaRL methodology ensures that students receive instruction based on their actual learning levels rather than their grade levels, leading to more effective learning outcomes.
- **Teacher Training & Mentorship:** Providing continuous training and mentoring for teachers helps them adapt to new teaching methods and ensures sustained impact.
- **Community & Stakeholder Engagement:** Involving

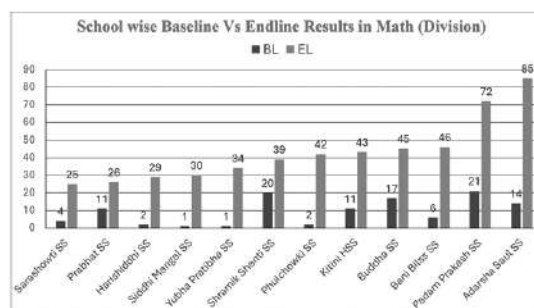
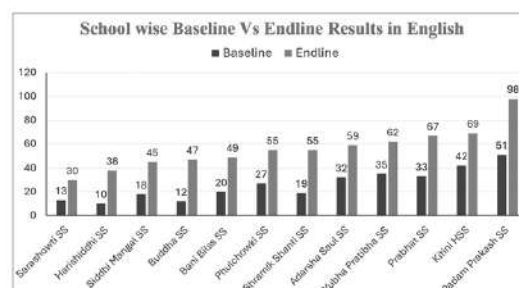
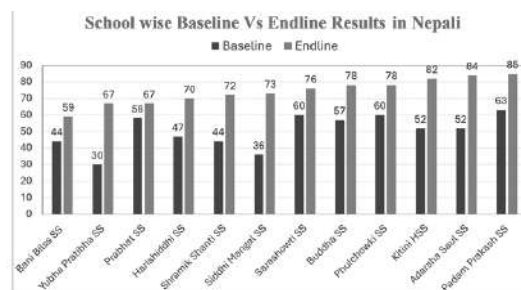


Officials of Street Child of Nepal and Rotary Club of Yala participating in review program.

parents, school management committees, and local organizations fosters a sense of ownership and enhances the project's success.

- **Strategic Partnerships:** Collaborating with government bodies, NGOs, and international organizations strengthens the project's implementation and ensures long-term sustainability.
- **Data-Driven Decision Making:** Regular assessments and feedback mechanisms allow educators to track student progress and refine teaching strategies.

These best practices have contributed to the project's success and can serve as a model for improving foundational literacy and numeracy in other regions.





रोटरीको आत्मा: छलफलको लागि एक विषय

संकलन गर्ने रोटारियन राजेन्द्र शाक्य
पूर्व अध्यक्ष रोटरी क्लब त्रिपुरेश्वर

हामीले रोटरीको १२० औं वार्षिकोत्सव यस वर्ष २३ फेब्रुअरी २०२५ मा मनायौं। विश्वलाई राम्रो बासस्थान बनाउनका लागि गरेको योगदानले गर्दा नै रोटरीले विश्वमा आफ्नो अद्वितीय स्थान ओगटेको छ। पल प्यारिसले आफ्ना तीनजना साथीहरूसँग मिलेर सन् १९०५ मा शिकागोमा रोटरीको सुरुवात गरेका थिए, जुन हाल विश्वको सातौंटा महाद्वीपका २ सय २० राष्ट्रहरूमा ३५ हजार भन्दा बढी क्लबहरूमा विस्तार भइसकेको छ।

रोटरीको आत्मा (The Soul of Rotary):

रोटरीको आत्मा के हो जसले रोटरीलाई यस्ता उल्लेखनीय उपलब्धिहरू दिइराखेको छ? रोटरीलाई हालको समयमा पनि सान्दर्भिक एवम् बलियो कसरी बनाइरहेको छ भन्ने कुरामा विचार गर्नुभएको छ?

यस्ता प्रश्नहरूका बारेमा गहन चिन्तन मनन गरेर हामीले यस्ता प्रश्नहरूको जवाफ खोजेर हाम्रो रोटरी यात्रालाई आफ्नो खाली समय बिताउने माध्यमका रूपमा मात्र लिनुको सट्टा अविस्मरणीय, अर्थपूर्ण एवम् रमणीय बनाउन सक्छौं।

रोटरीमा यी सवालहरूलाई गहिरो गरी बुझ्नका लागि मैले अझै पनि लामो यात्रा पार गर्न बाँकी छु। तर मेरो मनमा केही यस्ता प्रश्नहरू उब्जिरहेका छन्:

- म रोटारियन भएर विश्व समुदायमा साथै म आफैंमा के कस्तो फरक पार्न सक्छु?
- मैले रोटरीको मूल्य र मान्यताको प्रतिक बन्न प्रेरणा तथा आधार कहाँबाट पाउन सक्छु?
- हाम्रो रोटरीमा संलग्नताको छोटो अवधिको व्यक्तिगत लाभ बाहेकको दीर्घकालिन उद्देश्य के हो?

यसै सन्दर्भमा 'रोटरीको आत्मा के हो?' भन्ने प्रश्नमा छलफल एवम् गहिराईमा सम्बाद गर्न र यसको जवाफ खोज्न केही विचारहरू संकलन गरेको छु।

मैले यी माथि उल्लिखित प्रश्नको जवाफ खोज्ने प्रेरणा रोटरी डिस्ट्रिक्ट ७५५० रोटरी क्लब बारबोर्सभिलका पूर्व डिस्ट्रिक्ट गभर्नर पीडीजी केनद्वारा (PDG Ken Rotary District 7550, of Rotary Club of Barboursville) उनको ब्लग 'रिथिंकिङ रोटरी' (Re-Thinking Rotary) मा व्यक्त गरेको प्रेरणादायी विचारबाट पाएको हुँ।

म पीडीजी केनलाई यस संकलित लेखमा उनको ब्लग 'रिथिंकिङ रोटरी' बाट समावेश गरिएका विचारले इच्छुक पाठकहरूलाई हुने लाभको लागि कृतज्ञता व्यक्त गर्न चाहन्छु। म आशा गर्दछु कि

यो संकलित लेख सबैको लागि लाभदायी एवम् सार्थक हुनेछ।

उहाँको ब्लग पढिसकेपछि मैले के हामी रोटारियन हुनुको अर्थलाई सही दिशामा बुझ्दैछौं र? भन्ने कुरामा गहिरिएर सोच्न थालें।

हामीले रोटरीलाई यसको संगठनात्मक संरचना (Organization) का रूपमा नियाल्नुअघि हामीले रोटरीलाई पहिला अभियान (Movement) को रूपमा हेर्दा के भिन्नता महसुस गर्छौं?

अधिकांश समय हामीले बाह्य परिणाम (हामी के गर्छौं DOING) प्रति भन्दा पनि सच्चा रोटारियन हुनु जस्ता (Being transformed into a true Rotarian) आन्तरिक परिणाम प्रति बढी प्राथमिकता दिनु जरुरी देखिन्छ।

मलाई लाग्छ कि रोटरीमा हाम्रो संलग्नता हुनुको पहिलो ध्येय आन्तरिक परिणामलाई (First Result) प्राथमिकता दिएर "असल रोटारियन तथा समग्रमा असल व्यक्तिको रूपमा रुपान्तरण" हुनु पर्दछ।

रोटरीको अभियान, समाज एवम् समग्र विश्वको हितका लागि हामीले बाह्य परिणामलाई भन्दा पनि सर्वप्रथम आन्तरिक परिणामलाई नै हासिल गर्ने प्राथमिकता दिनु आवश्यक छ। बाह्य परिणाम भनेको त हामीले जे गर्छौं त्यो हाम्रो आन्तरिक परिणाम अर्थात् व्यक्तिगत रुपान्तरणको प्राप्तिको स्वतः प्राकृतिक परिणाम हुनुपर्दछ।

१. "कुनै कार्य गर्नुभन्दा पहिले विश्वास हुनु पर्छ जुन रोटरीको वास्तविक चासो हुनु पर्छ।"

-PDG KEN, District 7550

पीडीजी केन, "दुई दशकभन्दा बढी समयदेखि रोटरी इन्टर नेसनलले सदस्यता वृद्धिको अभावको चुनौतीको सामना गरिरहेको छ। के हामीले वास्तवमै हाम्रा सदस्यहरूलाई रोटरी सदस्यताका मूल्य मान्यतालाई प्रभावकारी रूपमा स्पष्ट पार्न सकेका छौं त?

सदस्यतामा दिगो वृद्धि (Sustained Membership Growth) नहुनुको कारण रोटरी नेताहरू द्वारा आन्तरिक परिणाम (सच्चा रोटारियन हुनु) प्राप्त गर्नका लागि सचेत प्रेरणा नदिइनुको कारणले होइन र? यो आन्तरिक परिणामले प्रत्येक सदस्यलाई रोटरीको प्रेरणादायी आदर्श एवम् रोटरी सदस्यताको मूल्य र मान्यतालाई सदस्यहरू माझ स्थापित गराएर भित्रदेखि नै असल रोटारियन र समग्रमा असल नागरिकमा रुपान्तरण हुन प्रेरणा प्रदान गर्दछ।"

हामीहरूले प्रायःजसो बाह्य परिणामहरूमा (हामी के गर्छौं - सेवा गतिविधिहरू, सदस्यता थप आदि कुरामा) बढी ध्यान केन्द्रित गरिरहेका छौं, जब कि यी बाह्य परिणामहरू (external outcomes) भनेको त सदस्यहरूको व्यक्तिगत आन्तरिक रूपान्तरण (Innermost Transformation) को उपजको रूपमा स्वतः आएको हुनुपर्दछ ।

केन यसो भन्छन् : “ हामी रोटारियनहरु यस्ता व्यक्तीहरु हौ, जो हामीले गर्ने क्रियाकलापहरूमा भन्दा ठूलो आदर्शविचारमा विश्वास राख्दछौं । यही कुराले हामीलाई रोटारियन बनाउँछ । मलाई लाग्छ कि हामी अक्सर बिर्सन्छौं कि केवल हामीले के क्रियाकलापहरू गर्छौं (+ (Doing) भन्ने मात्र महत्वपूर्ण कुरा होईन; यो भन्दा महत्वपूर्ण त हामी के आदर्श र मुख्य मान्यतामा विश्वास गर्दछौं, कि हामी किन र के उद्देश्यको लागि यी क्रियाकलापहरू गर्छौं भन्ने बुझाई, र हामी कस्तो व्यक्ती बनेका छौं (Being) जसले हामीलाई सही अर्थमा रोटारियन भएको परिभाषित गर्दछ भन्ने चाही बढी महत्वपूर्ण कुरा हो ।

दुःखको कुरा, हामीले यस प्रमुख सत्यलाई पर्याप्त रूपमा जोड दिन सकेका छैनौं । “

आजको वास्तविकता के छ भने हामीहरु अरुहरु माझ आफ्नो राम्रो धारणा राख्नका लागि र अरुहरुको ध्यान आकर्षित गर्नेमा (बाह्य प्रेरणा) बढी केन्द्रित भएको देखिन्छ । यो कहिल्यै पनि स्थायी हुँदैन । यसले हाम्रो आत्माको आवश्यकतालाई पूरा गर्दैन ।

अर्कोतर्फ, यदि हामी के गर्छौं (DOING)भन्ने कुराको सट्टा, किन र के उद्देश्य प्राप्तीको लागि यी क्रियाकलापहरू गर्छौं भन्ने कुरामा ध्यान केन्द्रित गर्न सक्थौं भने, यसले हाम्रो आफ्नै आन्तरिक आवश्यकताहरू (Being- Internal Motivation) प्राप्त गर्न मद्दत गर्दछ । यसले अरुहरुको हामी प्रती जस्तोसुकै धारणाका बाबजुद पनि हामी आफै पहिचान र परिभाषित भई हाम्रो आत्माको आवश्यकतालाई पूरा गर्न मद्दत गर्दछ । यो नै हाम्रो व्यक्तिगत रूपान्तरण (आन्तरिक प्रेरणा) को आधार बन्दछ - जुन स्थायी हुन्छ - जुन रोटरी आन्दोलनको सफलताको लागि आवश्यक छ ।

पीडीजी केन: “मलाई पुराना दिनहरू सम्झना छ, जब नेतृत्व वर्गले यी विश्वासहरू र मूल्यमान्यता हरु नियमित रूपमा प्रचार गरेर व्यक्तीहरुलाई यस दर्शनलाई आफ्नो जीवनमा अँगाल्न उत्प्रेरित गर्थ्यो । तर अहिलेको नेतृत्ववर्गले बढी टी.आर.एफ योगदान (TRF contribution), सदस्यता संख्यामा बृद्धि (Membership growth), र परियोजनाहरूमा बिताएको घण्टाहरूमा (Hours spent in Service Projects) अधिक वकालत गरेको देखिन्छ ।

“हामी व्यक्तीहरूको रूपमा को हौं, र हाम्रो कस्तो सदृश चरित्र हुनु पर्ने भन्ने कुराको आत्मबोधले नै हामीलाई रोटारियनको रूपमा परिभाषित गर्दछ । “

“यही नै रोटरीको सत्य सन्देश हो, जुन हामीले फैलाउन

आवश्यक छ ।“

आखिरमा हाम्रो विश्वासको कारणले नै हामीले पछ्याउने कार्यहरु सिर्जना हुन्छन् । असल रोटारियन बन्नु चरित्र विकासको (आन्तरिक परिणाम) व्यक्तिगत अभ्यास थियो जुन हाम्रो कार्यगतिविधिबाट (बाह्य परिणाम) देखिन्छ जसलाई हामीले के र किन गर्छौं भन्ने कुरा बुझिसकेपछि गर्छौं ।

२. रोटरी सर्व प्रथम प्रेरणा हो - Rotary is First an Inspiration
रोटरी अन्तर्राष्ट्रियका भूतपूर्व सभापति ब्यारी रासिन (PRIP Barry Rassin) भन्नु हुन्छ, “ रोटरी मोडेल मात्रै हाइन, यो प्रेरणा पनि हो । हामी सकारात्मक परिवर्तन, क्लब सदस्य, समुदाय एवं समग्र संस्थाका लागि साहसिलो, आशावादी तथा रचनात्मक भएर प्रेरणा बन्न आवश्यक छ ।’ अरुको सेवामा संलग्न हुनु भनेको “ संसारका लागि उपहार (Be a Gift to the World) “ बन्नु हो । अरुको सेवा गर्दाको भावना संसारको सबैभन्दा राम्रो भावना हो । “

रोटरी एक प्रेरणा हो जुन यसको मिशनद्वारा (Rotary's Mission) निर्देशित हुन्छ । रोटारियनहरुले रोटरीमा सक्रियताको लागि यस्का मूल्य र मान्यतालाई अँगालेर आफूलाई प्रेरित बनाइराख्ने कारण खोज्नुपर्दछ । रोटरी अन्तर्राष्ट्रियका भूतपूर्व सभापति ब्यारी रासिनका अनुसार नेतृत्वको पहिलो दायित्व भनेको रोटारियनहरुलाई प्रेरित गर्नु र रोटरी अभियानको जोशले उनीहरुको मन र मस्तिष्कमा प्रभाव पार्ने हो । उहाँले सम्पूर्ण रोटरी जसका हामी रोटारियन हौं र स्वयम्भन्दा सेवामाथि (Service Above Self) को नाराले हामी यसमा आबद्ध भएको कुरालाई स्मरण गराउनु भएको छ ।

उहाँको वक्तव्यमा धेरै कुराहरु छन् जसलाई दोहोर्‍याउन आवश्यक छ, ‘...यदि हामीलाई राम्रो संसार निर्माण गर्नुछ भने हामीले रोटारियनको आत्मालाई जगाउन पर्दछ - प्रत्येकको क्षमता, सम्भाव्यता र चाहना जुन हामीभित्र रहेको छ त्यसलाई जगाउनु पर्छ । रोटरीमा आबद्ध भएका लगभग सबैमा केही हदसम्मको सेवाको प्रतिबद्धता भएतापनि यी कुरालाई निरन्तर रूपमा विकास र सुदृढिकरण गर्न आवश्यक छ । रोटरीमा निहित “सेवाको आदर्शता (Ideal of Service)“ लाई आत्मसात गर्नु नै एक रोटारियनको साँचो मूल्य, एक प्रबुद्ध र सशक्त व्यक्ति बन्नु हो । यदि प्रत्येक निर्वाचित डिष्ट्रिक्ट गभर्नरले यस अर्थलाई आफ्नो एकवर्षे कार्यकालमा दिनदिनै हृदयमा अँगाल्ने हो भने रोटरीको संसारलाई रूपान्तरण गर्न सकिन्छ । “

हामी यति हदसम्म बाहिरी समुदायको सेवामा केन्द्रीत भइसक्यौं कि हामीले आफ्नै समुदाय अर्थात् क्लब सदस्यहरुको आवश्यकतालाई वेवास्ता गरेका छौं । के क्लब नेतृत्वले सक्रिय रूपमा प्रत्येक सदस्यलाई कसरी राम्रो सेवा दिन सकिन्छ र उनीहरुको रोटरी अनुभवलाई अर्थपूर्ण तथा रमणीय बनाउन सकिन्छ भन्ने बारेमा सोचेको छ त ?

‘रोटरी सदस्यतामा आधारित संगठन हौं । यदि हामी सेवा गर्नका लागि सक्षम हुन चाहन्छौं, हामीले हाम्रो लक्ष्यलाई हासिल गर्न चाहन्छौं र हाम्रो सदस्यहरूको राम्रो ख्याल राख्न चाहन्छौं भने रोटरीले सदस्यहरूलाई उत्कृष्ट अनुभव प्रदान गर्न उचित वातावरण सुनिश्चित गराउनु पर्छ । सरल रूपमा भन्नुपर्दा “रोटरी आफ्नो सदस्यको लागि प्रेरणाको स्रोत बन्नुपर्दछ ।”

३. रोटरी एक दर्शन थियो, सेवाको लागि मात्र संस्था होइन - PDG KEN, District 7550

पीडीजी केन भन्नु हुन्छ : ‘सर्वप्रथम त मेरो लागि रोटरी जीवनको दर्शन हो, सेवा एवम् सहायता गर्ने संस्था मात्रै होइन । हामी एक विश्वासका संरचना थियौं जुन हामीले गरेको कार्यको लागि प्रेरणा मात्रै होइन, हामीले के विश्वास गरेका थियौं भन्ने कुराको पनि प्रेरणा हो । हामीहरू भौतिक संरचना जस्तै शौचालय, विद्यालय कक्षा कोठा, बोरहोल र स्वास्थ्य उपकरण प्रदान गर्ने संस्थामा मात्रै सिमित थिएनौं, हामी त्योभन्दा पनि माथि थियौं ।’ हामीले सामाजिक सेवालाई जीवनप्रतिको दृष्टिकोण र हामीले हरेक क्षण र समयमा सेवाको आदर्शतालाई (Ideal of Service) अभ्यास गर्ने मनोवृत्तिको रूपमा लिएका थियौं । “

“मलाई याद छ जब हाम्रा नेताहरूले यी कुराहरू बोल्ने गर्थे, तब तिनका कुराहरू केवल टी आर एफ (TRF) मा मात्र केन्द्रित थिएनन् । बरु त्यहाँ हाम्रो संगठनको एक दृष्टिकोण (VISION) थियो जुन धेरै उत्साहजनक थियो, जसले केवल एक परोपकार र परियोजना कार्यहरू भन्दा ठूलो कुरा - उच्च विचार, मुख्य मान्यता र सिद्धान्तहरूमा विश्वास गर्न हामिलाई प्रेरित गर्थ्यो”

“यदि हामीले क्लबका सदस्यहरूलाई केवल एक क्लब सदस्यको रूपमा मात्र हेर्छौं र सच्चा रोटेरियनहरू (Rotarized Rotarians), बन्ने बनाउने कुरामा ध्यान दिएनौं र साथै रोटरी मिसन र आन्दोलनको भावना र विश्वास र अँगालिएको रोटरीको मूल्य र मान्यतालाई आत्मसात गर्नु गराउने भन्दा केवल सेवाका परियोजना र तिनका लाभग्राहीहरूमा मात्र ध्यान केन्द्रित गर्थौं भने हामीले ती सबै चिजहरू गुमाउनेछौं जसले रोटरीलाई परिभाषित गरेर यहाँसम्म पुऱ्याएको छ । रोटरीले आफ्नो आत्मालाई गुमाउनेछ ।

“हामीले यी कार्यहरूलाई किन कार्यान्वयन गरिरहेका छौं, त्यस बाट प्राप्त हुने दुरगामी नतिजा के हुने हो भने कुरामा भन्दा पनि सिर्फ बाह्य “प्रदर्शन” र लोकप्रियतामा मात्र बढी महत्त्व दिएको देख्दा दुःख लाग्दछ । रोटरी क्रान्तिको चासो व्यक्तिगत विकास तथा रूपान्तरण हुनु (being transformed) बाट स्वयंसेवा तथा योगदानमा (गर्नु) (external demonstration) सरेको छ । यसो हुनुको सट्टा यसको ठिक विपरीत अर्थात् व्यक्तिगत योगदान देखाउनु भन्दा अघि व्यक्तिगत विकास तथा रूपान्तरण (transformation) हुनु लाई प्राथमिकता दिइनु पर्दथ्यो । “

यो किन समस्या हो त ? मानिसहरू विभिन्न उद्देश्यले असल कामहरू गर्छन् । सेवा गर्न र सभा बैठकहरूमा उपस्थित हुनको

लागि मात्र रोटरीमा सामेल हुन आवश्यक छैन धेरैले आफ्नो समुदाय, धार्मिक केन्द्रहरूमा आफ्नो धार्मिक विश्वासलाई दरिलो बनाउने लाभले नियमित रूपमा स्वेच्छिक कार्य गरिरहेका छन् । रोटरीमा सामेल हुनुको ठूलो अर्थ भनेको हाम्रो प्रयासले समाजमा सकारात्मक परिवर्तन ल्याउनुको साथै रोटरीको दर्शन र मुख्य मान्यतालाई आत्मसात गरेर हामीहरू आफु पनि परिवर्तन वा रूपान्तरण हुनु हो । यदि रोटरीले यो सबै गर्न सक्दैन भने आखिर रोटरीमा सामेल हुनुको के माने रहन्छ र किन आबद्ध भइराख्न पर्‍यो ?

४. “ रोटरीमा विश्वास गर्नको लागि सेवा र फेलोशिप बाहेक अरु धेरै कुराहरू छन्”(PDG KEN, District 7550)

पीडीजी केन: “मेरो विचारमा अहिलेको समयमा हामीले रोटरीलाई केवल सेवा दिने क्लब र त्यसको साथै फेलोशिपको अवसर हुने क्लबको रूपमा मात्र हेरिरहेका छौं । सम्भवतः यो विश्वव्यापी रूपमा सदस्यतामा गिरावटको कारणहरू मध्य एक हो। रोटेरियनहरूका लागि सेवा र फेलोशिपका अतिरिक्त विश्वास गर्नका लागि अरु धेरै कुराहरू थिए । यसमा “सेवाको आदर्श (The Ideal of Service)” छ जसको कारण हामी रोटरीमा विश्वास गर्छौं । “

“कुनै समय ‘सेवाको आदर्श’ को गहिरो अर्थ आजभोलि केवल सेवा परियोजना गर्ने भन्ने अर्थमा मात्र सीमित भएको छ । पहिलेको समयमा सेवाको अर्थ व्यापक थियो - एक जीवनप्रतिको दृष्टिकोण थियो -जस अनुसार यस आदर्शलाई अँगाल्ने कुनै पनि व्यक्तिलाई जहिले पनि, जुन सुकै अवसरमा कसरी अरु मानिसहरूसित, उचित र सही व्यवहार गर्ने भन्ने कुराले प्रवाहित भएको हुन्छ ।”

सेवाको आदर्शताको अर्थ (Meaning of Ideal of Service): रोटरी क्लबमा निरन्तर चुनौती भएको यसका सदस्यहरूले सेवा परियोजनाहरू वा गतिविधिहरूमा मात्र सिमित नरही आफै सेवाको आदर्शको मूर्त रूप (Embodiment of the Ideal of Service) र क्लब, समुदाय, घर र कार्यस्थलहरूमा “ सेवामुखी नेतृत्वको (Servant Leadership)” रूपमा वास्तविक उदाहरण बन्नु हो । वास्तविक “ सेवामुखी नेतृत्वले (Servant Leadership) गर्ने सबैभन्दा राम्रो काम “आफु भन्दा माथि सेवा ” मुल मन्त्र लाई आत्मसात गर्नु र व्यवहारमा उतार्नु हो ।

यो त्यस्तो सेवा हो जसले अभावमा बाचिरहेका व्यक्तिहरूको आवश्यकताहरू मात्र पूरा गर्दैन बरु उनिहरूको जीवनमा दिगो सुधार र रूपान्तरण पनि खोज्छ । साँचो सेवामुखी नेताहरूले अरूको जीवनमा अर्थपूर्ण र चिरस्थायी परिवर्तन ल्याउन योगदान दिन्छन् । यी यस्ता नेताहरू हुन जसले वास्तवमा समुदायहरूलाई रूपान्तरण गर्न सहयोग गर्छन् र संसारलाई अझ राम्रो स्थान बनाउन मद्दत गर्छन् । निस्वार्थ सेवाद्वारा अरूलाई रूपान्तरण गर्ने क्रममा उनीहरूको आफ्नै जीवन पनि यस प्रक्रियामा रूपान्तरित हुन जान्छ ।

५. “रोटरी एक अभियान हो जसले आफ्ना सदस्यहरूलाई एक असल मानवमा रूपान्तरण गर्दछ” - PDG KEN, District



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रोटरी इंटरनेशनलका भुतपूर्व अध्यक्ष ब्यारी रासिनले (PRIP Barry Rassin) परिवर्तनको गहिरो रूपको बारेमा कुरा गरेका छन् : “हामी सबै मिलेर एक यस्तो संसार देख्छौं जहाँ मानिसहरू एकजुट हुन्छन् र संसारभरि, आफ्नोसमुदायमा, र आफैमा स्थायी परिवर्तन सिर्जना गर्न कदम चाल्छन् । रोटरीमा, हामी एकजुट हुन्छौं: किनकि हामी जान्दछौं कि, हामी एकलै भन्दा एकजुट हुँदा धेरै बलियो हुन्छौं । हामी स्थायी परिवर्तन सिर्जना गर्न काम गर्दछौं - सधैंको लागि राम्रो परिवर्तन, परिवर्तन जुन हाम्रो संलग्नता पछि पनि लामो समयसम्म टिकाउ रहनेछ, अनि हामी पनि आफैमा परिवर्तन हुनेछौं - शायद यही सबै भन्दा महत्वपूर्ण कुरा हो । “

उनको अन्तिम वाक्य “आफैमा परिवर्तन,” अर्को शब्दमा आफै रूपान्तरित हुनु नै, रोटरी अभियानको केन्द्र बिन्दु हो ।

हामी आफै र क्लबका सदस्यहरूलाई सच्चा रोटेरियन बनाएर परिवर्तन गर्न वा रूपान्तरण गर्न काम गर्छौं, त्यसपछि ती प्रबुद्ध रोटेरियनहरूले उनीहरूले देखेको संसार परिवर्तन गर्न सँगै काम गर्छन् ।

मुख्य कुरा के हो भने सदस्यहरूलाई पूर्णतया “सेवाका आदर्शतालाई (The ideals या Service)” अँगालेर सेवामुखी नेतृत्व मनोवृत्तिका (Servant Leadership) साथ जीवन यापनगर्न रूपान्तर गर्ने रोटरीको लक्ष्य थिए भने सेवाकार्य र त्यसबाट प्राप्त हुने लाभहरू भनेको सदस्यहरूलाई उकास्ने लक्ष्यको दोस्रो चरण हो ।

गुगलमा द रोटेरियनको (The Rotarians) बारेमा यस्तो उच्च विश्वास रहेको पाउन सक्दछौं: रोटरी सर्वप्रथम एउटा अभियान हो जसले उदीयमान व्यावसायिक वर्गका व्यक्तिहरू कस्तो हुनुपर्छ कस्तो मुल्य, मान्यता र चरित्रको हुनु पर्दछ भने कुरालाई जोड दिएको थियो । यी विश्वास र मूल्य तथा मान्यताहरूनै एउटा व्यक्तिलाई असल नागरिक अर्थात् रोटेरियनमा रूपान्तरण गर्ने माध्यम बन्छ । यो नै रोटरी अभियान हो ।

“जीवन जिउनको लागि सही दृष्टिकोणको साथ प्रत्येक सदस्यको यो रूपान्तरण हुनु नै रोटरीको आत्मा हो । “

यदि हामीसँग त्यस्ता रोटराइज्ड रोटेरियन छैन भने हामीसँग केही पनि छैन । यस्ता रूपान्तरित रोटराइज्ड रोटेरियनहरू (Rotorized Rotarians) नै रोटरीका आत्मा हुन् ।

निष्कर्ष :

म “रोटरीको आत्मा” को मेरो बुझाइको सारांशको साथ समापन गर्न चाहन्छु :

१ रोटरी पहिले संस्था हुनु पूर्व एक सामाजिक अभियान हो, जसको उद्देश्य भनेको “अरूलाई सेवा प्रदान गर्ने, व्यापार, व्यावसायिक र सामुदायिक नेताहरूको फेलोशिपको

माध्यमबाट सत्य निष्ठा, आपसी समझदारी, सद्भाव र विश्व शान्तिलाई बढावा दिनुहो । म मान्छु कि रोटरीको आत्मा त्यस्ता व्यक्ति हुन - जसले यी मिशन र मूल्य मान्यताहरूलाई आफ्नो जीवनमा आत्मसात गरेर मूर्त रूप दिन्छ जसले रोटरीलाई संगठनको रूपमा बढ्ने, फस्टाउन र परिणामस्वरूप रोटरी आन्दोलनलाई रोटेरियनहरू र विश्व समुदाय दुवैको माझ सान्दर्भिक राख्न सकीय भूमिका खेल्दछ ।

२ म मान्छु कि रोटरीको आत्मा त्यस्ता व्यक्ति हुन - जसले रोटरीको मूल्य मान्यताहरू: चार-सुत्रीय कसि (The Four-Way Test) र रोटरीको मूल्य तथा मान्यता हरु (Rotary's Core Values) जस्तै - फेलोशिप, विविधता, सेवा, नेतृत्व र निष्ठा, - अरूसँग व्यवहारमा र दैनिक अन्तरक्रियामा प्रदर्शन गर्दै रोटरी मिशनपूरा गर्न योगदान पुर्याउँदछ, जसले जीवनमा जस्तोसुकै परिस्थिति आउँदा पनि यी मूल्य र मान्यतामा सम्झौता गर्दैन ।

३. म मान्छु कि रोटरीको आत्माले रोटरी मिसनको लागि आफ्नो समर्पित निःस्वार्थ कार्यहरूको साथ हामी सबैका लागि प्रेरणाको उदाहरण प्रस्तुत गर्दछ र आफ्नो समय, प्रतिभा र कोष योगदान गरी “ आफु भन्दा माथि सेवा” द्वारा निर्देशित हुन्छ ।

यस्तो रूपान्तरित रोटराइज्ड सदस्यहरूको कारण, “रोटरी” प्रत्येक व्यक्तिको मुखमा एक सार्थक शब्द बन्छ, यस संसारलाई अझ राम्रो बनाउनको लागि, रोटरी व्यक्ति, समाज र विश्वका लागि सान्दर्भिक बन्छ ।

मेरो लागि, उनिहरूनै वास्तवमा “रोटरीको आत्मा” हुन् ।

म उनिहरूलाई हृदयदेखि नै सलाम गर्छु ।

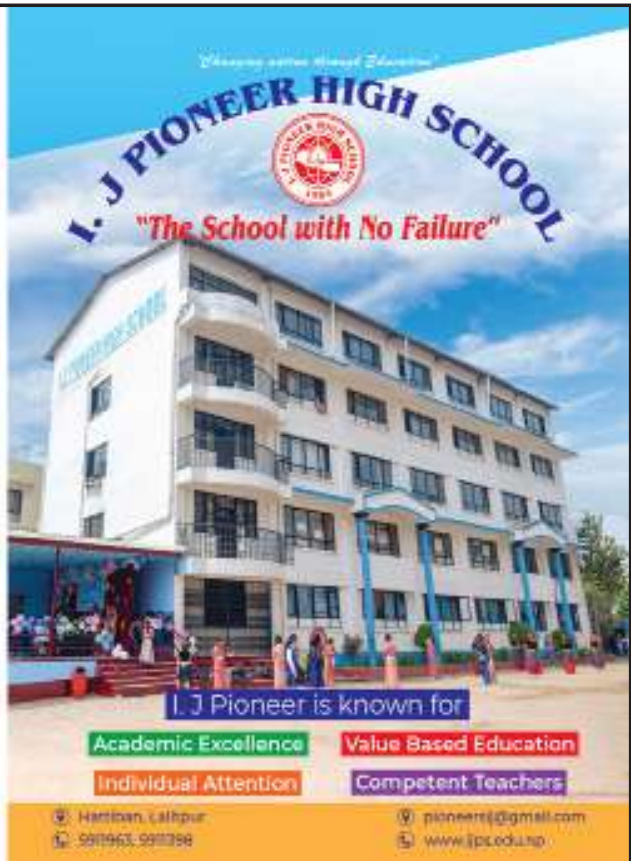
प्रिय रोटेरियन मित्रहरू

मैले रोटरी क्लब बार्बोर्सभिलको पीडीजी केन, रोटरी डिस्ट्रिक्ट ७५५० (PDG Ken Rotary District 7550, या Rotary Club या Barboursville) द्वारा लिखित ब्लग “रिथिङ्ग रोटरी (Re-thinking Rotary)” को पठनबाट प्रेरणा प्राप्त गर्दै रोटेरियन हुनुको गहिरो अर्थ बुझ्ने प्रयासमा यो लेख संकलित गर्ने । यस लेखलाई अझै परिमार्जित गरी परिष्कृत बनाउने दिशामा तपाईंहरूको सुझाव र टिप्पणिहरूलाई स्वागत गर्न चाहन्छु । यस लेख “रोटरीको आत्मा के हो?” भन्ने विषयमा गहन कुराकानी जारी राख्न र रोटरीमा हाम्रो यात्रा सार्थक र आनन्दित गर्ने कुरामा विश्वास राख्दछु ।

We wish all the best
to

ROTARY
CLUB OF
YALA

on the occasion
of its 29th
Anniversary



रोटरी क्लव यलको २९ औं वार्षिक
समारोहको उपलक्ष्यमा
हार्दिक मंगलमय शुभकामना



"प्रगतिको लागि सहकार्य, सहकार्यको लागि सहकारी"
नेपाल सरकार सहकारी ऐन २०४८ अनुसार स्वीकृत प्राप्त

स्वतन्त्र बहुउद्देश्यीय सहकारी संस्था लि.
STAMBHA MULTIPURPOSE COOPERATIVE LTD.

स्वंग:चिमा-२०, ललितपुर । फोन नं.: ५४४०९३९, ५४३०२९५

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ROTARY CLUB OF YALA

The Activities executed in the Rotary Year 2024-25

1. 29th Installation Program

The 29th Installation Program of the Rotary Club of Yala was completed on July 2, 2024, at Ashok Party Palace, Patan Dhoka. The club's new President, Rtn Dharmendra Raj Shakya, was installed in the presence of District Governor Rtn Rajendra Man Sherchan. The meeting was followed by an entertainment program and a Newari bhoj (dinner).



2. Club Assembly of the Rotary Year 2024-25

The Rotary Club of Yala successfully carried out a total of six Club Assemblies in the year 2024-25.

1. The first club assembly was held at Bagaicha Restaurant on 22nd June 2024 to prepare Strategic Plan for the Rota year 2024-25 to 2026-27.



2. The Second Club Assembly was held on 9th August 2025 on Google Meet (online).
3. The Third Club Assembly was held On 27 September 2024, at Hotel Goodwill, Lalitpur.
4. On 25 October 2024, DG visit and the 4th Club Assembly of the RC Yala was held under the leadership of DG Rajendra Man Sherchan. Prior to the club assembly, a confidential meeting was conducted.
5. The Fifth Club Assembly was held on 18th April 2025 at Hotel Goodwill, Kanibahal.
6. The sixth club assembly for Rotary year 2024–2025 and Strategic Planning for 2025-26 were held at the Goodwill Hotel on June 14, 2025. Subsequently, the strategic planning session PP Pramod Sagar Pradhan facilitated the planning session.

3. Board of Directors Meeting of RC Yala for 2024-25

1. The first meeting of the Board of Directors for RY 2024-25 was convened on 1 August 2024 in Zoom online. The primary focus of it was to review the strategy developed in the 1st Club Assembly.
2. On August 24, 2024, the second BoD meeting hosted by President Dharmendra Raj Shakya at Three Star Café to develop budget planning for Rotary year 2024-25 as well as planning for service projects.
3. The third BOD meeting was hosted by PE Om Shanker Shrestha on 21st Sept. at Three Star Café for preparation of the District Governor visit.
4. On Tuesday, 15 October 2024, the fourth Board Meeting of RC Yala was held at the residence of Rtn Jitendra Nakarmi.



5. The fifth BOD was held at Lucky Nyachhyon Residence on 28th Nov 2025.
6. The sixth BOD was hosted by Treasurer Rtn Om Krishna Shrestha on 2nd Feb 2025 at Dee's Banquet Hotel to discuss on 2nd Phase TaRL implementation.
7. The 7th Board of Directors Meeting was hosted by Rtn Majaree Tamrakar and Rtn Deepak Das Tamrakar at the Classic Banquet in Hattiban.
8. The 8th BoD was held at Basanta and Minu's residence on 13th May 2025.
9. On May 31, 2025, the 9th Board Meeting of the RC Yala was hosted by Secretary Rtn Prem Kumar Shrestha and Rtn Anju Shrestha.
10. The 10th BOD will be the joint meeting with fellowship program on Charter Day that is on Saturday 28th June 2025.

4. Participation in District 3292 Events and Other Events:

4a. Participation in District Membership & Public Image Seminar: On 17 August 2025, at Hotel Himalaya. 3 Rotarians from the Club has participated the seminar.

4b. World Education Day: On 8th September 2024, at Hotel Shankar in Lazimpat. PP Gautam Shrestha, President

Dharmendra Raj Shakya, and PP Sarita Shrestha participated the event as well as the seminar was co-hosted by the Club.

4c. TRF Workshop: On 9th November 2024, PP Gautam Shrestha and PE Om Shanker Shrestha attended the Rotary Foundation Seminar and Recognition Program held at the Alof Hotel.



4d. PP Rtn Subhakar Vaidya, PP Rtn Gautam Shrestha, and Rtn Dr. Dinesh Shrestha attended Regional Intercity Meeting on Healthy Ageing 2024 held on 27th December 2024 at Hotel Himalaya.

4e. The Club hosted Zonal Rota Quiz for Region 3, Zones 16 and 17 on 3rd January 2025 held at the Goodwill Hotel. The event was participated by three clubs: RC Patan Durbar Square and RC Patan West from Zone 16, and RC Yala from Zone 17. RC Patan Durbar Square secured the highest score, while RC Yala earned second place.

4f. An Awareness Talk Program on Begin Enlargement of Prostate and Prostate Cancer was held at the Himalaya Hotel on February 28, 2025. Three Rotarians from the Rotary Club of Yala took part in the event, and the club has provided financial support to NRCL, the program's host.

4g. On 8th March, 2025 Friday, 35th USA-Nepal Humanitarian Award 2025 ceremony was held at St. Xavier's School with the chief guest of DG Rejendra Man Sherchan. RC Yala was also a co-host of the program and participated in a total of 18 Rotarians and Anns from the club.

4h. On April 7-8, 2025, President Elect Rtn Om Shanker Shrestha and Assistant Governor Elect Rtn Gautam Shrestha attended the Presidents-Elect Learning Seminar held at Birgunj.

4i. 17th District Conference:

From 21st to 23rd March 2025, the 17th District Conference was held at Plaza, Pulchowk with the theme of "Magical Moments, Lasting Impact". A total of 18 Rotarians and Anns participated in the conference from the Club. During the conference, the Club's member PDG Dilendra Raj Shrestha facilitated the Awards ceremony.



4j. District Awards and Recognition Program 2024-25
A District Awards and Recognition Program was held at the Hotel Royal Tulip in Gwarko on May 17, 2025. A total of nine awards and recognitions were given to RC Yala. PDG Dilendra Raj Shrestha received special recognition for organizing the conference's award program, PP Gautam Shrestha for the judge committee role, special recognition for the GML editor and recognition for Ramp program participation, AG Subhakar received a recognition for AG role, and President Dharmendra Raj Shakya received special DG recognition for President. The club received special recognition for the Coding and Robotics project and Second Runner's up Award for Youths in Partnership.



4k. The District Learning Seminar took place at DAV school in Dhobighat on May 24, 2025. PP Deepak Kumar Shrestha, IPP Shobha Devi Shrestha, PP Gautam Shrestha, Rtn Jitendra Nakarmi, Rtn Manjaree Tamrakar, Rtn Lucky Nyachhyon, and PE Om Shanker Shrestha were present at the seminar.

5. Service projects by Rotary and Anns

5a. On July 27th, 2024, some 250 saplings have been planted in the open field of Pulchowk Engineering Campus. A total of 35 Rotarians, Anns, Rotaracts and interactions participated in the plantation program. The program coordinator was Rtn. Kiran Nath Shrestha.



5b. On August 3, 2024, a group of 21 individuals, comprising 15 Rotarians and 6 Anns, participated in a cleaning initiative at the Minnath Temple in Patan. The cleaning efforts included the maintenance of metal light pots, chiva, and dharmadhatu, as well as the temple floor within the Tangal bahal area.

5c. On August 3, 2024, RC club of Yala organized Tibaw Newari Film show at Bishow Jyoti Cinema Hall. About 200 tickets sold for the show and generate Rs 30 thousand RC Yala from the show.



5d. On August 31, 2024, Saturday, A Blood Donation and HPV-DNA Testing Camp was organized jointly by RC Yala, Ward 6, NCHRC, NCRS and ULSH. A total of 21 persons donated the blood on the occasion and 57 women tested the HPV-DNA in the camp.

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5e. On August 30, 2024 Friday, a Robotics and Coding Exhibition was held at Saraswati Secondary School, Thecho, Godawari municipality, Lalitpur. This is the third in series that RC Yala has spearheaded to introduce the 21st century skills in public schools in Godawari municipality area.

5f. On 21 September 2024, a collaborative initiative between RC Patan East, RC Kopundole, RC Yala, and the Elder Age and Women Warfare Center provided free ENT and mental health checkups to 105 residents. The event, held at Pholchowki Secondary School.

5g. The open 5-kilometer road race was organized by the Club in collaboration with LMC, Ward 16 to commemorate World Tourism Day. The race, which commenced and concluded at Patan Durbar Square, saw a strong turnout of 250 athletes, including 40 women. Purna Laxmi Neupane and Mukesh Bahadur Pal, representing Tribhuvan Army Club, emerged

victorious in the event.

5h. RC Yala recently transferred Rs 2 Lakh to the Network of Rotary Club of Lalitpur (NRCL) to aid victims of the devastating floods and landslides. In collaboration with local government authorities, an NRCL team visited the affected areas to assess the immediate needs of the displaced residents. Subsequently, a team comprising DG Rajendra Man Sherchan, RC Yala Trainer Gautam Shrestha, and PE Om Shanker Shrestha participated in distributing the relief packages to those in dire need in Sisneri, Tikathali, Balkhu, and other severely impacted regions.

5i. Vocational Awards: On 1st November 2024, the Rotary Club of Yala conducted its Vocational Awards Ceremony at Kati Daboo in Patan Durbar. Approximately 150 guests, including Rotarians, Anns, Rotaractors, and other dignitaries, attended the event. DG Rajendra Man Sherchan served as the chief guest. DG Sherchan presented awards in six vocational categories. Tirtha Maharjan of Chapagaun received the "RC Yala Vocational Award" for his decades of work crafting traditional bamboo boxes. Darshan Shilpakar was awarded the 'Pushpa Sirapa' for his exceptional carpentry skills, particularly his contributions to earthquake-damaged temple reconstruction. 'Deep Appreciation Certificates' were presented to Chhatra Bahadur Kayastha for his contributions to Nepal Bhasa literature, R.M. Nakarmi for his achievements in music, Mohan Pd Nakarmi for restoring a 104-year-old fire brigade vehicle, and Narayan Devi for her contributions to Newari cultural dance. Each award recipient also received a cash prize of Rs 10 Thousand.

5j. A traditional Newari birthday ceremony of legendary comedian Haribansa Acharya was organized by the members of RC Yala and Anns. At this ceremony, the sagun and tika bestowed upon Mr. Acharya. This celebration also served a crucial social purpose: a successful blood donation drive at Patan Durbar Square collected 62 life-saving units of blood.

5k. The RC Yala has significantly improved the lives of 20 individuals with disabilities at the Nepal Disable Women Association (NDWA) by funding and facilitating the connection of pipelines and tap from solar-powered hot water system to kitchen and bathrooms. The Club contributed approximately Rs 30,000 to this impactful project.

5l. RC Jindalee (Australia) has donated NPR 590,000 to the Club to fund the construction of new toilet facilities at Harisiddhi Secondary School in Harisiddhi. This project, coordinated by Rtn Basanta Shrestha, will significantly improve sanitation for the school's more than 1,000 students.

5m. The Club collaborated with LMC, Ward no 16 to support the Indigenous Peoples's Day, which took place over three days from 28-30 Mangsir 2081 BS. As part of this collaboration, 16 members (Rotarians and Anns) participated in the IPs festive procession on 29 Mangsir 2081 BS.

5n. On 27th December 2024, the Rotary Club of Yala organized a successful Facial Skin Analysis Checkup at the Goodwill Hotel.

Twenty-five Anns and Rotarians participated in the event, which provided valuable insights into their skin health.

5o. On 17 and 18 January 2025, A delegation of 18 Rotarians and their partners from the Rotary Club of Yala completed a successful tour of Hetauda, combining a joint meeting with Rotary Clubs of Hetauda and Makwanpur with exploration of the city's historical and tourist attractions. A joint meeting with RC Hetauda and RC Makwanpur was held in the evening with fellowship program. The following day, the visiting Rotarians embarked on a sightseeing tour, visiting the Manakamana Temple and the Bhutan Devi Temple. They also toured the Eye Hospital established by the Rotary Club of Hetauda, gaining insight into the club's community service initiatives. On their return journey to Kathmandu via Kanti Raj Path, the team explored the historical Makawanpur Gadhi, enriching their understanding of the region's heritage.

5p. On 17 January 2025, Students at Shree Mahendra Secondary School in Bhimphedi received much-needed warmth this winter- a generous distribution of sweaters, caps and stationery by the Rotary Club of Yala. A total of 75 students from underprivileged backgrounds were provided with warm clothing to help them combat the cold weather.

5q. On 11 January 2025, President Rtn. Dharmendra Shakya, Rtn Dr. Dinesh Lal Shrestha, Ann Mitu Shrestha and her daughter Districka Shrestha, attended at the third edition of the Sarbodaya Program, a celebration honoring visually impaired artists held at Southwestern College in Basundhara. RC Yala was recognized for its partnership with the Sarbodaya Program. Organizers pledged a contribution of 35,000 rupees, with Dr. Dinesh Shrestha generously donating 25,000 rupees to support the artists.

5r. The Rotary Club of Thamel organized a Heritage Walk program from Basantapur to Teku of Kathmandu on February 23, 2025, in honor of the 120th Rotary Day Celebration. A total of eight Rotarians and Anns from the Club participated in this program.

5s. On 13th March 2025, a Holi 2025 was organized by the Club and celebrated by the Rotarians, Anns and a few guests at Hillside Village Resort at Suryabinayek, Bhaktapur. The team of 18 Rotarians, including 4 Anns and 4 guests, enjoyed singing, dancing, playing team building games and playing with Holi color.

5t. Patan Heritage Walk:

Heritage Walk in Patan was held from Patan Dhokha to Chyasal of the Patan Area. The team of 20 participants from RC Hetauda, Makawanpur and NRCL members gathered at Patan Dhoka which is the starting point of the walk. The walk started around 9:30 Am led by PDG Dilendra Raj Shrestha as a guide of the tour. The tour included Pembahal, Salha, Nyakhachowk, Dhakhwa Chowk, Nagbahal, Golden Temple, Swotha, Kumbheshowr and Ihibahi and Chysal. The walk was completed with Samey baju to the participants.

5u. In a significant step towards preserving and promoting the traditional water heritage of the Kathmandu Valley, Chiva Chaitya Organization (CCO), Rotary Club Yala and eArts Nepal have entered a collaborative partnership to launch a creative and community focused initiative centered on the historic Hiti (stone spout) systems. A Memorandum of Understanding (MoU) among the three parties was done in the RWM 1457 meeting. Club has to contribute to the project a sum of Rs. 100,000. The total estimated budget for this project is Rs 400,000.

5v. April 23, 2025 —In a vibrant celebration of International Girls in ICT Day 2025, Women in Information Technology (WIIT), in collaboration with the RC Yala and Shree Harisiddhi Secondary School, organized a special Walkathon to inspire and empower young girls to pursue careers in Information and Communication Technology (ICT). Over 300 participants, including students from four schools—Harisiddhi Secondary School, Kshitiz Secondary School, Peoples Secondary School, and Vishow Bidhya Mandir—joined the rally, accompanied by local leaders, Scouts, members of Misa Pucha, and representatives from WIIT and the RC Yala. Deputy Mayor of LMC attended as the Chief Guest of the program.

5w. At Bakaiya Rural Municipality, Hetauda, Rotary Clubs Yala, Hetauda, and Makawanpur collaborated to host a health camp on cancer awareness, cancer screening (Pap Smears), and general health on Saturday, April 26, 2025. The event benefited 87 rural residents. The program was supported by the Nepal Cancer Support Group, Upachaarka lagi Sahayogi Haathharu, Nepal Nepal Cancer Hospital and Research Center Ltd., and local sponsors Shikharpur Health Post and Hariyali Swabalamban Saving and Credit Sansthan Ltd.

5x. As part of the broader program detailed here, Chiva Chaitya Organization (CCO) together with RC Yala and E-Arts Nepal recently organized a special Hiti Heritage Tour in Kathmandu on 26 April 2025. This initiative aimed to deepen understanding and appreciation of the ancient water management systems — the Hitis — that have sustained Kathmandu Valley for centuries.

5y. On May 30, 2025, Harishiddhi Sec School's newly constructed dug well and refurbished boys' and girls' toilets were inaugurated by DG Rtn Rajendra Man Sherchan. These facilities were constructed with the financial support from RC Jindalee (Australia). After the inauguration, a boy and a girl student thanked the RC Yala and explained the impact of the construction. During the program, PDG Dilendra Raj Shrestha and Head Teacher Asha Devi Maharjan and DG, the program's main guest, gave a speech.

5z. Women in Information Technology (WIIT), in partnership with the RC Yala and Misa Pucha of Ward No. 28, Harisiddhi, arranged a Digital Literacy Training on May 16, 2025 at the Ward Office, Harisiddhi, in honor of International Girls in ICT Day and World Telecommunication and Information Society Day (ITU Day) 2025. By giving about 40 women the necessary ICT skills, the event sought to close the digital gender gap.

5aa. In presence of six principals from the community schools where the project will be implemented, Durshikshya and RC Yala signed a contract on June 1, 2025, for the implementation of the Coding and Robotics project under District Grant. Mr. Krishna Pandey, the CEO of Durshikshya, gave a presentation on the project and answered some of the principals' questions during the meeting. It was decided to start the project in the first week of June 2025.

6. Talk Program by Guest Speakers:

6a. A talk program on "Membership: Challenges and Opportunities" was delivered by Dr. Rtn. Dhruva Pd Acharya, Past District Membership Committee Chair, at the RC Yala 1424 RWM on Friday, July 19, 2024. Similarly, on July 12, 2024, the club hosted a talk program on Rotary Club Administration. The club Trainer PP Rtn Gautam Shrestha led the session.



6b. Talk Program on Rotary "Club Public Image" by DPI Chair Rtn Amit Giri on 2 August 2024 at the RWM 1426.

6c. Talk Program on Development Initiatives of ward 6 of Lalitpur Metropolitan by Ward Chairperson Mr. Rupendra Raj Shakya on August 31, 2024, Saturday, at the RWM 1430 of RC Yala.

6d. Anil Tuladhar, Director of the Chiva and Chaitya Organization (CCO), addressed the RWM 1432 of RC Yala, held at Hotel Goodwill on Chiva and Chaitya

6e. Talk Program on A Deep Dive into Hydroponic Tower Technology on 4 October 2024, by Rtn. Sonu Shakya and guest speaker Ashrya Dawadi.

6f. Experiences of the Red Cross in Nepal: Insights on 15 November 2024 by Dev Ratna Dhakhwa, former

General Secretary of Red Cross Nepal,

6g. Talk Program on Water Sanitation and Hygiene: The Role of Rotary and Rotarians on 6th December 2024 at RWM 1442. By Rtn Dr. Dinesh Manandhar

6h. On the occasion of Indigenous Peoples Day, a "Seminar on Culture of Indigenous and Ethnicity" was held on 29 Mangsir 2081 BS to make the 16th International Day of the World's Indigenous Peoples. This collaborative event, organized by the Rotary Club of Yala in partnership with the LMC Ward no 16 and the Patan Tourism Development Organization (PTDO), took place during their RWM 1443. The seminar featured presentations by three experts: Mr. Sitaram Tamang discussed the Culture of the Tamang Community, Mr. Bhogi Raj Chamling explored the Historical and Cultural Relationship between Newar and Kirat Cultures, and Dr. Naresh Shakya addressed the topic of endangered Newari Wall Painting.

6i. RWM 1444: Talk Program on Non-Violent Communication by Ms. Dipika Rana on 20 December 2024,

6j. On 27 December 2024, the Rotary Club of Yala held its RWM 1445. The meeting featured a captivating presentation by guest speaker Dr. Rupesh Kumar Vaidya and his team on "De Encafexs" – a holistic approach to managing an active and healthy lifestyle.

6k. A collaborative spirit filled the air as the Rotary Clubs of Hetauda, Makwanpur, and RC Yala convened for a joint meeting at Hotel Smarak in Hetauda on 17 January 2025. The meeting was presided over by the respective club presidents: Rtn. Prakash Dhakal of RC Hetauda, Rtn. Anil Agrawal of RC Makwanpur, and Rtn. Dharmendra Raj Shakya of RC Yala.

6l. Insightful Talk on Water, Sanitation and Hygiene (WASH) Sector in Nepal on 24 January 2025, by Mr. Dinesh Bajracharya.

6m. Talk program titled "My Journey Beyond Darkness: Breaking Barriers and Inspiring Inclusion" by Visually Impaired Advocate Saugat Wagle on 31 January 2025.

6n. Talk Program on Inner Peace by Mr. Rajendra Manandhar on February 28, 2025,

6o. Talk Program on Stay Safe Online on 28th March 2025 by Rotaract Sabin Shrestha, who is a Network/System Engineer,

6p. Legacy of Machhindranath in Nepal by Dr. Vidhu Prakash Kayastha on Friday 4th April 2025 at joint meeting of of RC Yala (RWM 1457) and RC Himalaya Patan.

6q "Hiti System in Kathmandu Valley" On 18th April 2025, a talk program on Hiti System in Kathmandu Valley by guest speaker Padma Sundar Joshi at RWM 1459.

6r. "Talk Program on Bigyan bata Gyan Tire" by Prof. Dr. Bajra Raj Shakya on June 6, 2025 at RWM 1466.

7. Classification Talk by Rotarians:

7a. Talk Program on Experience Sharing of Global Grant Project Applications: On August 23, 2024, during the scheduled agenda item titled "Experience on Global Grant Project Development and Hunting International Partners," PP Rtn Pramod Sagar Singh Pradha provided a comprehensive, step-by-step overview of the procedures necessary for the Global Grant Project.

7b. In the 1431 Regular Weekly Meeting (RWM) of Rotary Club of Yala, Rtn Dr. Dinesh Lal Shrestha, Chair of the Service Committee, enlightened the club members about the exciting world of Coding and Robotics.

7c. On 20th September 2024, PP and trainer Rtn Gautam Shrestha of RC Yala presented a comprehensive overview of the "Digital Horizon," highlighting the significance of social media and its practical applications in the contemporary digital age. He further conducted an online training session to familiarize Rotarians with My Rotary and the District 3292 website.

7d. A Rotary Club of Yala's regular weekly meeting number 1451 was held at residents of PP Surendra Gopal Shrestha. In the meeting, the main agenda was to share of experience of visit of Australia by PP Rtn Narahari Joshi.

7e. Rtn. Bhubaneshwor Joshi hosted a talk show on "Newa Sahittya." Rtn. Joshi discussed his professional background during the talk show, focusing on his career in accounting and auditing experiences, which were later highlighted on Newa Sahittya.

7f. RWM 1464: TaRL Phase II work plan
RWM 1465 on the TaRL phase II work plan took place at the Goodwill Hotel on May 23, 2025. President Dharmendra Raj Shakya gave the Rotarians, Focal Points, and Mentors in attendance a presentation on "TaRL phase II work plan" during the meeting.

8. Business Meeting RWM 1428:

8a. On 16th August 2024, a business meeting was held in the RWM 1428. Treasurer Rtn. Om Krishna Shrestha presented the Financial Report of 1st Quarter.



8b. Business Meeting (Quarterly Financial Review): At the recent meeting held on 1436 via Google Meet, Club Treasurer Rtn Om Krishna Shrestha presented a financial report for the

July-September 2024 quarter.

8c. Rotary Club Yala's 1441 regular weekly meeting took place via Google Meet on 29 November 2024. The meeting's key objective was finalizing revisions to the club's legislation, Endowment Fund Guidelines, and New Membership Procedure. President-Elect Om Shanker Shrestha presented the proposed changes.

8d. The Rotary Club of Yala (RWM 1447) convened its 2nd Quarter Business Meeting online via Google Meet on 10 January 2025, to review the club's financial standing and discuss upcoming activities. Treasurer Rtn. Om K. Shrestha presented the Financial Report for the 2nd quarter of the 2024-25 (October to December 2024). Furthermore, PE Rtn. Om Shankar Shrestha provided an overview of the Financial Report for the Rotary Club of Yala's Global Grant, covering expenditures incurred up to December 2024 and projected costs through March 2025.

9. Global Grant Project: Teaching at Right Level Events:

9a. A workshop on Inclusive Education and Gender Responsiveness was held at each of the four schools—Buddha Secondary School, Pulchowki Secondary School, Padam Prakash Secondary School, and Kitini Secondary School in Lalitpur District. The workshop was designed for the teachers and representatives of the School Management Committee, students from Child Clubs, and Parent-Teacher Assembly. A grand total of 157 participants attended the workshops. The workshop and orientation were facilitated by gender expert Kamala Upreti and President Rtn Dharmendra Raj Shakya

9b. On 27th September 2025, Friday, a Good Practice Sharing Workshop was organized by Principal Association of Nepal (PAN), Lalitpur and supported by Rotary Club of Yala.

9c. Kathmandu University, with support from the Rotary Club of Yala, held a half-day workshop on 20 November 2024, focusing on "Educators' Role in Addressing Diverse Learners." The workshop brought together 27 participants, including 23 teachers from schools implementing the Teaching at the Right Level (TaRL) program as part of the Global Grant Project in Nepal, and 4 representatives from the Rotary Club.

9d. In December 2024, a virtual meeting was held via Zoom with funding partners from Rotary Clubs in Germany and the Netherlands to discuss the progress of the Global Grant Project: Teaching at the Right Level (TaRL) in Nepal.

9e. A review of TaRL phase I schools was held at the Goodwill Hotel on May 8, 2025. The President and Technical Coordinator Rtn Dharmendra Raj Shakya



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presented the TaRL Assessment results of BL vs. EL of school-wise and aggregated results to the HT and representatives of the SMC members during the review meeting. The HT and SMC members of Phase II schools were then given an orientation on the Global Grant on TaRL in Nepal project. The meeting included 44 participants in total, including head teachers from schools, representatives from SMCs, and Rotarians and Rotaracts.

9f. A total of 59 Grade 3 to 5 Nepali, English and Math teachers of 17 selected community schools of Lalitpur and Kavre benefitted from 4-day TaRL training held at Staff College to start the Phase II TaRL in Nepal project Implementation. The TaRL experts from Street Child of Nepal facilitated the 4-day TaRL training for each subject that was conducted from 9th to 12th May 2025 for Nepali and English subject at Staff College and 15th to 18th May 2025 for Math at the same venue.

10.Events with Rotaracts, Interacts and Anns

10a. On Wednesday, August 21, 2024, the Rotaract Club, with financial assistance from the Rotary Club of Yala, successfully provided foot massage and medical services to the devotees of Mattya. The health camp, located at Nyakhachowk, operated for approximately three hours and was staffed by over eight Rotaracts, two Rotarians, two Anns, and two Interacts. The Rotary Club of Yala contributed more than 10,000 for medical supplies and other management expenses.

10b. Futsal Tournament: The Interact Club of Yala and the Rotary Club of Yala joined forces to host a Futsal Tournament on 7 September 2024. Twenty-nine participants, including Rotarians, Rotaractors, and Interactors, came together to compete in the event.



10c. Joint Meeting with Anns, Rotaract and Interact Club of Yala on 22 November 2024. President Ms. Ratna Devi Shakya from Anns, Subhkhchhya Thapa, Secretary of the Rotaract Club of Yala and Anjel Khatri, President of the Interact Club of Yala, presented their progress status including RC Yala briefing. Rotary Club of Yala generously presented each club president with a cheque for NPR 25,000 for their future projects. Past President Rtn Surendra Govinda Joshi also pledged

NPR 10,000 in support of both the Rotaract and Interact Clubs of Yala.

11. District Governor Visit to RC Yala

The District Governor actively participated in a successful visit to RC Yala on 25 October 2024. The visit included a tour of Kitini Secondary School, where the club is implementing impactful service projects.

11a. DG Rtn Rajendra Man Sherchan recently visited Kitini Secondary School in Thecho, Lalitpur, to observe a TaRL class firsthand. Fourth-grade students were actively participating in an additional exercise, using notes as innovative teaching and learning tools



11b. District Governor Rtn Rajendra Man Sherchan, accompanied by Secretary Ashok Kapali, visited Kitini School. During the visit, students from grades 6 to 8 showcased their Robotics and Coding projects. Four groups of students presented their programming projects to the distinguished guests. Following the impressive demonstrations, the District Governor officially inaugurated the newly established Kitini Innovation Lab.

11c. During the DG visit, 15 students from grades 3 to 5, hailing from economically disadvantaged backgrounds, were awarded scholarships of one thousand rupees.

11d. On 25 October 2024, the 4th Club Assembly of the RC Yala was held under the leadership of DG Rajendra Man Sherchan.

11e. On October 25, 2024, the Club celebrated the induction of a new member, Ms. Rina Shrestha, a banker. The ceremony, led by Past District Governor Dilendra Raj Shrestha, took place during the visit of the District Governor.

11f. A group of eight Rotarians from Jindalee, a suburb of Brisbane, Australia, recently embarked on a humanitarian mission to Nepal. Their primary goal was to support the Rotary Club of Yala's ongoing Toilet Construction project. The Australian delegation generously contributed approximately 6,000 Australian dollars to fund this vital initiative for WASH project in Harishiddhi Sec School.

Prepared By: President Rtn Dharmendra Rak Shakya







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सामान्य निराशापन की डिप्रेसन ?

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

हाम्रो सेवाहरु:

- २४ सै घण्टा मानसिक रोगको इमर्जेन्सी सेवा ।
- विद्युतीय माध्यमबाट उपचार गरिन्छ ।
- मनोवैज्ञानिक परामर्श सेवा ।
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डिप्रेशन: एक नकारात्मक सोचबाट आउने रोग

- डा. सुदर्शन नरसिंह प्रधान

एक महाभारतको प्रसंग : महाभारतमा युधिष्ठिरलाई आफ्नो भाईहरुलाई बचाउने प्रसंगमा यक्षले प्रश्न गरेका थिए। संसारमा सबैभन्दा छिटो चल्ने के हो ? युधिष्ठिरले बडो सटिकका साथ जवाफ दिएका थिए (मन । साँचो अर्थमा मन भन्ने चिज बडो बेगका साथ चल्ने चिज नै हो । यसलाई एकै साथ नियन्त्रणमा लिन सकिदैन पनि र यो एक ठाउँबाट अर्को ठाउँमा सजिलै डुल्ल पनि सक्छ । मानसिक रोग निम्त्याउनको लागि मन भित्र रहेका तरंगहरुमा नकारात्मक सोचले घेरै नै काम गरेको हुन्छ । मानसिक रोगमा विभिन्न रोगहरु हुन्छन् । सबै किसिमका रोगहरुमा नकारात्मक सोचले जरा गाडेको हुन्छ । मान्छेको स्वभावमा जब नकारात्मक सोचहरु जस्तै अरुको रिस डाह गर्ने, जीवनसँग घेरै गुनासोहरु गर्ने, आफुमा सधैं असन्तुष्ट भई राख्ने आदिले गर्दा भविष्यको सोचमा बिस्तारै नकारात्मक सोचको विकास हुन्छ । आफ्नो वरिपरि नकारात्मक सोचले गर्दा हेर्ने दृष्टिकोण खराब हुँदै जान्छ र राम्रो कुराहरुलाई पनि नराम्रो रुपमा बुझ्ने हुन्छ, जसले गर्दा विभिन्न खालका मानसिक समस्याहरुले जन्म लिने हुन्छ । यसमा प्रमुख रुपमा उदासिनताको रोग ९म्भउचभककष्यल० हुन । जब डिप्रेसनले राम्रै सँग जरा गाडेको हुन्छ, सबैभन्दा पहिले आफुलाई हेर्ने दृष्टिकोणमा आफु सबैभन्दा निकम्मा र बेकारको मान्छे भएको महसुस हुन्छ । दोश्रोमा, आफ्नो वरिपरिको वातावरणमा आफूलाई माया गर्ने, आफूलाई हौसला दिने कोही पनि देख्दैन भलै आफूलाई माया गर्ने मान्छेको कमी हुँदैन । तेस्रोमा आफ्नो भविष्य अन्धकार देख्छ र भविष्यमा कुनै पनि सम्भावनाहरु केही पनि छैन भन्ने कुराले बिस्तारै जरा गाडेर लैजान्छ ।

हाम्रो मनले नराम्रो कुराहरुले गर्दा एकै छिन वा एक दुई दिन मन नरमाइलो हुने वा दिक्क लाग्ने कुरा सामान्य नै हो । र केही दिनमा यो आफै शान्त भएर जाने र नकारात्मक सोच बिस्तारै हराउँदै जान्छ र यस्तो केही समयलाई नराम्रो विचार आउनेलाई हामी डिप्रेसन भन्दौं । डिप्रेसनमा मन उदास भएर उदासिपन क्षणिक नभएर २ हप्ताभन्दा बढी भएमा हामी यसलाई डिप्रेसन (Depression) भन्छौं । यस समयमा मान्छेले दैनिक क्रियाकलापहरु र पारिवारिक तथा सामाजिक जिम्मेवारी राम्रोसँग वहन गर्न सक्ने हुँदैन । डिप्रेसन भएको अवस्थामा आफ्नो कामहरु जस्तै पेशा, व्यवसाय वा घरको काम गर्न नसकी हानी नोक्सानी हुने हुन्छ । रोग छिप्पिदै गएमा आत्महत्या गर्ने सम्भावना रहन्छ । डिप्रेसन कै कारणले गर्दा आफ्नो राम्रो नोकरी छोड्ने, राम्रो व्यवसाय बेच्ने, पारिवारिक कलह हुने, मदिरा सेवन गर्ने, लागु पदार्थको दुर्व्यसनमा लाग्न सक्ने सम्भावना रहन्छ ।

डिप्रेसन प्रायजसो पुरुषभन्दा महिलाहरुमा बढी देखिन्छ । महिलाहरुमा बढी देखिनुको कारणहरुमा शायद गर्भावस्था, बच्चालाई जन्म दिने, हेरविचार गर्ने र हुर्काउने अभिभारा, गृहिणीको भूमिका दत्तचित्त भएर निभाउने र कहिलेकहीँ जस नपाउने डिप्रेसन बढी गराउने कारण हुन की भनेर अनुमान गरिएको छ । यो बाहेक पनि महिलाहरुमा फरक किसिमको हार्मोन हुने जुन पुरुषमा हुँदैन ।

डिप्रेसन सबै उमेर समुहमा बच्चादेखि वृद्धावस्था सम्मलाई हुन सक्ने हुन्छ तर पनि जिन्दगीको केही गरिखाने उमेर २० देखि ४० वर्षका उमेरमा प्राय जसो देखिन्छ । शायद

यो उमेरमा कुनै पनि मान्छेले बढी तनाव भेल्लुपने हुन सक्छ । यो उमेरमा पढाइको तनाव, पारिवारिक तनाव, नोकरीमा अउने चुनौतीहरु वहन गर्नुपर्ने हुन्छ । जसले गर्दा डिप्रेसन फष्टाउने मलजल गरेको हुन्छ ।

विवाह गरेका मान्छेमा भन्दा अविवाहित मान्छेमा बढी डिप्रेसन देखिन्छ । एकल बसेका, पारपाचुके गरेकाहरुलाई डिप्रेसनको सम्भावना बढी हुन्छ । श्रीमान् श्रीमती नमिलेर छुट्टाछुट्टै बसेकाहरुलाई डिप्रेसन बढी देखिने हुन सक्छ । विधुर अथवा विधवाहरुमा पनि डिप्रेसनको सम्भावना बढी हुन्छ । यसरी एकल बसेकाहरुको डिप्रेसन हुने सम्भावना बढी हुनुको कारण नै पारिवारिक सहयोगको कमी, माया ममताको अभाव, सहि सल्लाह दिने मान्छेको कमी नै हो ।

वंशाणुगत कारणले पनि डिप्रेसन हुन सक्ने कुरालाई नकार्न सकिदैन । आमा बुबामध्ये एकजना वा दुवैजनालाई डिप्रेसन भएको भए छोराछोरीमा पनि डिप्रेसन रोग लाग्ने सक्ने सम्भावना अन्य परिवारको तुलनामा बढी हुन्छ ।

डिप्रेसनमा यस प्रकारका नकारात्मक सोचहरु आउन सक्छ ।

- १) मैले धेरै गल्तीहरु गरेको छु (गल्ती नगरेको भएतापनि) ।
- २) मेरो काम गर्ने क्षमता नै छैन ।
- ३) मेरोमा समस्या समाधान गर्ने क्षमता छैन ।
- ४) मैले जे गरे पनि काम बिग्रिन्छ ।
- ५) मलाई कसैले पनि मन पराउँदैन ।
- ६) मलाई परिवारका सदस्यले गिज्याउँछन् ।
- ७) कुनैपनि नराम्रो घटनाको जिम्मेवारी आफैलाई मान्नु ।
- ८) आफ्नो जीवन व्यर्थको छ र बाँचेर केही पनि गर्न सकिदैन ।
- ९) आफुलाई परिवारको बोझ लाग्ने ।
- १०) आफ्नो भविष्य अन्धकार छ ।
- ११) आफ्नो बारेमा अरुले कुरा काटेको जस्तो लाग्ने ।
- १२) आफुलाई उपचार गर्नु नै बेकार छ किनकि नराम्रो निको नहुने रोग लागेको छ ।
- १३) आफ्नो परिवार अब बिस्तारै आफूदेखि बाक्क हुनेछन् ।





SHANKHA ENTERPRISES PVT. LTD.
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Rainwater harvesting



In Nepal, access to clean and safe water remains a daily challenge for many communities. In rural area and even urban area, families are forced to travel long distances for water. The Children miss the school, women bear the burden of water collection, and poor-quality sources often lead to waterborne illnesses, poor health, and economic hardship

Despite these challenges, we receive abundant rainfall throughout the year. Yet, most of it goes unused-lost to drains, runoff, or causing floods and erosion. This presents both a crisis and an opportunity. Rainwater harvesting is a sustainable and cost-effective solution that can transform this overlooked resource into a powerful tool for water security, education, and economic resilience.

If we fail to adopt this simple yet effective technology, we risk deepening the cycle of poverty, health issues, and water scarcity. On the other hand, by investing in rainwater harvesting, families can save thousands of rupees annually and communities can build a more resilient future.



Rainwater harvesting is collecting rainwater from rooftops and other surfaces, filtering it, and storing it for later use in irrigation and household activities. This is simple process can significantly improve water access in rural areas and during dry season. However, without rainwater harvesting, communities remain vulnerable to water scarcity, rising costs, and environmental degradation. Drains overflow, rivers pollute, and disasters intensify. Best Paani, a pioneering Nepali social enterprise, is leading the change. Using local materials and community-driven approaches, Best Paani installs rooftop harvesting systems and groundwater recharge models across Nepal. Their mission is to ensure every household, school, and farm has access to sustainable water-empowering over 23,00,000 people so far.

People generally provide positive feedback on rainwater harvesting after using it, the main advantages they include reduced water bills, decreased reliance on municipal water supplies, and improved water quality. Rainwater harvesting can also enhance soil health, reduce flooding, and conserve valuable groundwater resources.

Rainwater harvesting is not just a technical solution. It gives time, dignity, health, and opportunity-especially to women and children. In a changing climate and growing population, it's one of the most promising ways to build water-secure communities across the global.



If you'd like to make an enquiry for our service you may contact our chief technical officer Gokul Dangal for immediate response at 9841797404, 01-5436975 or drop us an email at bestpaani.mail@gmail.com


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रोटरी वर्ष २०२४/२५ मा आयन्स समूह (रोटरी क्लब अफ यल) बाट भएका क्रियाकलापहरूको विवरण

१. 2nd July 2024, अशोक हलमा भएको रोटरी वर्ष २०२४/२५ को इन्स्टलेसन कार्यक्रममा आयन्स समूहको सहभागिता र कार्यक्रममा सहयोग ।
२. २७ जुलाई २०२४, पुल्चोक इन्जिनियरिङ क्याम्पसको प्रांगणमा रोटरी क्लबद्वारा आयोजित वृक्षारोपण कार्यक्रममा सहभागि ।
३. १० श्रावण २०८१ गते सत प्रयास बृद्धाश्रममा आयन्स समूहबाट खाजा, भोजन र सहयोग रकम गरी १६८५० रुपैया सहयोग गरिएको थियो ।
४. ३ अगष्ट २०८१ (२०८१ श्रावण १९ गते, शनिबार, मीननाथ मन्दिर, टंगलमा रोटरी क्लब अफ यलबाट गरिएको सससफाई कार्यक्रममा छ जना आयन्स सहभागि ।
५. २१ अगष्ट २०८१, रोटराक्ट अफ यलबाट सञ्चालित मत्स्या यात्रामा सहभागि यात्रु भक्तजनहरूलाई न्याखाचोक, ललितपुरमा क्याम्प खडा गरी खुट्टा मसाज, औषधि उपचार तथा वितरण साथै खानेपानी तथा ग्लुकोजको वितरण गरिएको कार्यक्रममा चारजना आयन्सको सहभागि रहेको थियो । साथै ब्राह्मणायणी स्कूलको वाल/वालिकाको लागि रो. शोभा श्रेष्ठले चकटी प्रदान गर्नु भयो ।
६. २०८१ श्रावण २९ गते मंगलवार शंखमूल स्थित वृद्धा आश्रममा भुला कार्यक्रममा ९ जना आयन्स र ५ जना रोटरियनहरूको सहभागिता । आयन्स र रोटरीयनहरूबाट रु १०,०००/- त्यस संस्थालाई हस्तान्तर गरियो ।
७. २०८१ भदौ गते शनिबार विश्वज्योती हल, जमलमा रोटरी क्लब अफ यलबाट आयोजित नेवारी चलचित्र टीव फिल्म प्रदर्शनमोमा आयन्सको सहभागि ।
८. २०८१ भदौ ३० गते आइतबार सुनाकोठी स्थित बुद्धजन विहार दीवा सेवामा आयन्स प्रेसिडेन्ट रत्नदेवीको नेतृत्वमा पाँचौं आयन्स मिटीङ वसियो साथै नि. आ. प्रे. ज्ञानु नकर्मिले आफ्नो सानिमा शिला नकर्मिको जन्मदिनको अवसरमा त्यस संस्थामा दीवा सेवामा आउनु हुने आजुअजिहरूलाई खाजा खुवाउने कार्यक्रम सफलताका साथ सम्पन्न गरियो ।
९. मिति २०८१ भदौ १५ गते शनिबार, ललितपुर वडा नम्बर ६ र अन्य संस्थाहरूको साभेदारीमा रोटरी क्लब अफ यल बाट रक्तदान, पाठेघर तथा स्तन क्यान्सर सम्बन्धी स्वास्थ्य शिविर राखिएको थियो । सो कार्यक्रममा १० जना आयन्स उपस्थिति भई पनि भोलिन्टीयरको काममा सहयोग गरेको थियो ।
१०. २०८१ असोज ५ गते शनिबार ठैव स्थित फुल्चोकी स्कूलमा मेन्टल हेल्थ क्याम्प डा. सुदर्शन न.प्रधान, डाक्टर नलिसा र अरू डाक्टरहरूको टीमबाट सो कार्यक्रममा ४ जना आयन्सहरूको उपस्थिति थियो साथै पाटन इष्टबाट नाक कान घाँटीको पनि क्याम्पसयुक्त रुपमा भएको थियो । सो कार्यक्रममा जम्मा १०५ जना व्यक्तिहरु जाँच गरी औषधि वितरण गरिएको थियो ।
११. मिति २०८१ असोज ११ गते शुक्रबार, रोटरी क्लब अफ यलबाट विश्व पर्यटन दिवसको अवसरमा आयोजित ५ कि. मी. रोडरेस खुल्ला प्रतियोगिता पाटन दरवार स्क्वायर क्षेत्रमा भएको थियो । सो कार्यक्रममा सहयोग गर्नका लागि आयन्सहरु उपस्थित ।
१२. २०८१ असोज १८ गते शुक्रबार (4th October 2024) यसपालीको अविरल वर्षाले क्षति पुर्याएको सतप्रयास वृद्धा आश्रम गई त्यहाँ बस्ने आमाहरूलाई खाद्यान्नकोलागि रु २०,००५ (अक्षरेपि विस हजार पाँच) सहयोग गरीयो ।
१३. मिति २०८१ कार्तिक १ गते, रोटरी क्लब अफ यलको आयोजनामा मंगलबजार कार्तिक दबुमा भएको लजगा सिरपा कार्यक्रममा ९ जना आयन्सहरूको सहभागिता रह्यो ।
१४. मिति २०८१ कार्तिक २६ गते सोमबार, मंगलबजारको कातिदबुमा कलाकार हरिबंश आचार्यको जन्म दिन मनाएको कार्यक्रममा रोटरी क्लब अफ यलको साथै आयन्सहरूको उपस्थिति रहेको थियो । सो अवसरमा रक्तदान कार्यक्रम समेत गरिएको थियो ।
१५. मिति २०८१ मंसिर ७ गते शुक्रबार, रोटरी क्लब अफ यलको रोटरियन, आयन्स, रोटराक्ट र इन्टराक्टको संयुक्त बैठकमा आसन्स ग्रुपबाट पनि सहभागि भयो ।
१६. मिति २०८१ मंसिर २९ गते, ललितपुर वडा १६ बाट संयोजनमा रोटरी क्लब अफ यल र आयन्स ग्रुपको समेत सहभागितामा आदिवासी तथा जनजाति दिवस मनाइयो ।
१७. मिति २०८१ पौष १२ गते शुक्रबार, रोटरी क्लब अफ यलबाट सोवाको प्राविधिक सहयोगमा अनुहारको छाला चेकअप कार्यक्रम गुडविल होटलमा सञ्चालन भएको थियो । सो कार्यक्रममा जम्मा १५ जना आयन्सहरूले चेकअप गरी लाभान्वित भएको थियो ।

१८. मिति २०८१ माघ ४ गते भिमफेदीको महेन्द्र मा. वि. मा स्वेटर र टोपीको लागि आयन्स फन्डबाट रु ५०००/- (पाँच हजार) पनि प्रदान गरेको थियो।
१९. मिति २०८१ माघ ४ गतेका दिन रोटरी क्लब अफ यल रोटरी क्लब अफ हेटौडा र मकवानपुर संग सयुक्त बैठक हेटौडामा भएको थियो। सो कार्यक्रममा आयन्सको तर्फबाट छ जनाको सहभागिता भएको थियो।
२०. आइतवार २०८१ माघ १३ गते सुनाकोठी स्थित ब्रह्मायणी स्कूलमा ७२ जना छात्र र छात्राहरूलाई स्वेटर र पेन्सिल प्रदान गरीयो। साथै मिनु र ध्रुव मान प्रधानद्वारा छ वटा चकटी पनि स्कूल लाई हस्तान्तरण गरीयो। आयन्सको आठौँ मिटीङ पनि सोही कार्यक्रम पछि बसियो।
२१. आइतवार २०८१ माघ १३ स्वास्थ्य अक्षय कोषको लागि ११००५/- एघार हजार पाँच, संस्थाका अध्यक्ष दयारामजीलाई हस्तान्तर गरीयो।
२२. मंगलवार २०८१ फागुन १३ गते शंखमुल स्थित vision sign advertising मा रो. सोनु शाक्यबाट सेल्फ डिफेन्स सम्बन्धी तालिममा ८ जना आयन्स रोटारियन्स महिलाहरूले भाग लिएको थियो।
२३. मिति २०८१ चैत्र ११ गते सोमवार, रोटरी क्लब अफ यलद्वारा आयोजित पाटनको हेरिटेज वाकमा ५ जना आयन्सको सहभागि भएको थियो।
२४. २०८१ वैशाख ४ गते अपांग तथा सुस्त मनस्थिति केन्द्र (दयाराम) कार्यविनायकमा आयन्स ज्ञानु नकर्मिले आफ्नो बहीनीको छोरा सुगत मालीको जन्मदीनको उपलक्षमा १७४००/- सत्र हजार चारसय वरावरको भूल प्रदान गर्नु भएको थियो।
२५. २०८२ बैसाख ५ गते शुक्रवार निहारीका प्रोजेक्टलाई आयन्सहरूबाट रु ११५०० हस्तान्तरण गरियो।
२६. २०८२ बैसाख ६ गते शनिवार, आयन्स ज्ञानु नकर्मिले आफ्नो बहीनीको छोरा सुगत मालीको जन्मदीनको उपलक्षमा साई वाल आश्रममा १८००० अठार हजारको भोजन गराउनु भएको थियो।
२७. २०८२ बैसाख ८ गते सोमवार सांखु स्थित अपांग तथा द्रुन्द पिडीत संस्थालाई जम्मा ११ जना आयन्सबाट विभिन्न खाद्य सामग्रीहरू रु ११७५०/-को खाधान्न वितरण गरीयो। साथै ज्ञानु नकर्मिले आफ्नो बहीनीको छोरा सुजल मालीको जन्मदीनको उपलक्षमा रु १५०००/- पन्द्र हजार)को सहयोग गर्नु भयो। संगीता अमात्यको छोराको जन्मदीनको उपलक्षमा रु २०००/- दुइ हजार, कान्ति श्रेष्ठबाट रु १५००/- पन्द्र सय पनि सहयोग गर्नु भएको थियो।
२८. २०८२ बैसाख १० गते बुधवार आइ सि टी (Women in Information and Technology) संग मिलेर प्रभातफेरी (Walkathon) सफलताकासाथ हरीसिद्धी शहरको गल्ली गल्ली घुमि सम्पन्न भयो। विद्यार्थीहरूले बोकेको श्लोगन हेरी जज शोभा श्रेष्ठले तेस्रो हरीसिद्धी स्कूल दोस्रो पिपुल्स सेकेन्डरी र पहीलोमा विश्व विद्या मन्दिरलाई छान्नु भएको थियो। सो प्रोग्रामको लागि आयन्स फन्डबाट १३०००/- मिनु श्रेष्ठबाट ५०००/- र अन्य आयन्सबाट रु २६००/- सहयोग गरेको थियो।
२९. २०८२ बैसाख १७ गते बुधवार हास्य कलाकार श्री मदनकृष्ण श्रेष्ठको जन्मदिनको उपलक्ष्यमा रोटरी क्लब यलबाट रक्तदान र सगुनको कामको लागि जम्मा रकम १०,०००/- सहयोग। साथै सगुन दिने कार्य आयन्स अध्यक्ष रत्नदेवी र आयन्स कोषाध्यक्ष राधा श्रेष्ठले गर्नु भयो।
३०. २०८२ बैसाख ३१ गते बुधवार सुनाकोठी स्थित जनबुद्ध महाविहार खाजा खुवाउने कार्यक्रम भयो। सोही दिन र स्थानमा दशौँ आयन्स मिटीङसमेत भएको थियो।
३१. मिति २०८२ वैशाख २९ गते सोमवार बुद्ध जयन्ती बैसाख पूर्णिमा दिन आयन्सबाट स्वयम्भूमा नकर्मि समाजसंग मिलेर रक्तदान दिन आएका रक्तदाताहरूलाई फलफूल वितरण कार्यक्रममा आयन्स फन्डबाट रु १३०००/- तेह्र हजार सहयोग गरियो।
३३. मिति २०८२ जेष्ठ १६ गते शुक्रवार, हरिसिद्धि माध्यामिक विद्यालय हरिसिद्धिमा बनेको इनार र टवाइलेट मर्मत कार्यक्रमको उदघाटन कार्यक्रममा ५ जना आयन्सको सहभागिता थियो।



न्याय खोज्न गोर्खा - And Justice For All In Gorkha UniteforGood, Rotarians Walk Towards Gorkha Durbar



- Gautam Shrestha

The Ghosts of Last Night

From a dreamland where I danced with beauty, I returned to reality as my eyes opened. The room was dark, and I saw that even the outside was darker. I checked my mobile phone, which was charging. It was 3:30 a.m.

Chhongba, my friend, lay still in the other bed—perhaps wandering through Dreamland himself. Silently, I slipped into the bathroom and let the hot water wash over me. The echoes of yesterday's hangover pulsed faintly, a familiar ghost, and I vowed once more to forsake drink from this day onward. Returning to my bed, I drowned in the endless scroll of social media.

"You're awake already? What time is it?" Chhongba mumbled, urgent. 5 a.m.—he rushed to get ready. By 5:30, we walked in silence toward Gorkha Durbar, the city still asleep.

The Historic Heartbeat of Gorkha

Gorkha, a historically significant hill region, played a pivotal role in the formation of modern Nepal. Traditionally celebrated as the homeland of brave warriors, it is also revered as the birthplace of Prithvi Narayan Shah, the unifier of Nepal. Administratively, Gorkha constitutes part of Gandaki Province and ranks among Nepal's 77 districts. The iconic Gorkha Durbar, where the Shah dynasty began its 240-year reign, crowns this historic landscape. Built in the 16th century by Ram Shah, this palace stands at an elevation of approximately 1,000 meters atop a hill.

Located just an hour's walk from Gorkha Bazaar (the district's urban center), the Durbar remains a testament to Nepal's rich heritage and the Shah kings' legacy.

King Ram Shah introduced groundbreaking criminal codes, giving rise to a famous saying across the kingdom: "न्याय नपाए गोर्खा जानु" ("If you have not received justice, go to Gorkha"). He was known for being fair and always gave just rulings, making Gorkha famous as a place where everyone could get justice.

Two Walkers, One Call, and an Unexpected Reunion

On the darkened trail, two of us walked. In some places, we switched on the flashlight on our phones. We talked, proud to be the first two Rotarians walking so early in the morning.

While walking, I remembered that one of my old-time travel buddies was also in Gorkha, so I called him.

"Hey Sujan! Where are you?"

He replied that he was also walking up toward the Palace—about 100 meters ahead of us.

Finally, we met and continued our hike uphill together. Though we had hiked countless trails before, we had rarely crossed paths in Kathmandu Valley. Yet here we were—reunited in Gorkha!

He was with a beautiful girl. Who was she? My heart whispered yes, but my mind insisted no. So I didn't ask.

Not the First, Not the Last

We had barely walked a few minutes when we noticed shadowy figures moving steadily ahead—a silent procession winding its way toward the palace. My chest tightened with a mix of surprise and disbelief. We weren't the first.

Anil Thapaliya, my fellow Rotarian, confirmed it with a breathless laugh. "Some started as early as 3:30 a.m.," he said. The revelation hit me like a cold splash of water. Here I was, proud of our



pre-dawn determination, only to realize others had pushed themselves harder, sacrificing sleep and comfort long before us. But we weren't the last either.

Two of Us Became All of Us

The Rotary Year 2025-26 theme is "Unite for Good"—and here we were, embodying it in every step. Jayendra Rimal, Anil Thapaliya, Robin Shrestha, Mahesh Bajracharya, Gyandra Bhari, Arjun Shrestha, Anish Bajracharya, Dinesh Manandhar, Chhongba Sherpa, myself, and countless other Rotarians from Rotary District 3292 (Nepal-Bhutan) had come together—united for the walk, united for heritage, united for health, and united for good.

What began as two had grown into a movement.

Whispers of Stone and Sky

After an hour's steady climb, we finally stood before the magnificent Gorkha Durbar, breathless in more ways than one. The palace rose before us like a storybook illustration come to life- its ornate wooden windows, doors and beams whispering tales of craftsmen.

The harmonious chorus of temple bells from Gorakhnath and Kalikadevi temples, their spiritual melodies weaving through the palace courtyards. If we stayed quiet enough, we might just hear the echoes of Shah kings plotting unification.

A View to Remember

Standing high on the hill, Gorkha Durbar gives amazing views of the green valleys below. On clear days, you can even see the snowy Himalayas in the distance - though when we visited, the mountains were hiding behind clouds.

But this place is much more than just great views. Gorkha Durbar is like a living history book of Nepal. You can feel the past all around you- in the

beautiful old carvings, in the quiet temples, and in the stories these walls could tell. It's not just an old palace; it's where Nepal's proud history comes alive.

Whether you come for the scenery, the history, or the spiritual feeling, Gorkha Durbar is truly special. It shows why Nepal's heritage is worth protecting and sharing with the world.

A Glimpse of Forbidden Mysteries

Someone behind me whispered, "Can you see it?" One unforgettable moment came when we crowded around a tiny wooden window, each of us jostling for a peek at the legendary Quartz Crystal hidden within Gorkha Durbar. This wasn't just any stone - it was a confiscated treasure, seized by police from Chandman Shahi's residence in Satipipal on June 14, 2024.

A Heavy Heart, But Moving On

My heart begged to stay longer in that sacred space, clinging to every whisper of history in the ancient stones. Yet reason gently reminded us- all journeys must turn homeward. Before returning to our hotel, we paused at a local tea shop. With cup of tea as we shared snacks, moments to digest all we'd experienced. This is the magic of travel: the destination gives you sights, but the journey gives you wisdom. From fellow travelers, you learn unexpected perspectives. From locals, you receive living history. And from places like Gorkha Durbar, you carry away not just memories, but pieces of yourself you didn't know were missing.

This walk took place on January 5, 2025, during the Rotary 2025-26 Train the Trainers Program held on January 4 & 5, 2025.

#Rotary#UniteForGood#GorkhaDurbar
#NepalHeritage

ROTARY CLUB OF YALA

Rotary International District 3292 Nepal Bhutan

Strategic Plan for 2024/25 - 2026/2027

Plans and Programs for Rota Year 2025/26

1st Club Assembly: 14th June 2025

The strategic plan of RC Yala for 2024/25 – 2026/27 was prepared in the 1st Club Assembly of Rota Year 2024/25, held on Saturday, 22nd June 2024. The 1st Club Assembly of Rota Year 2025/26, held on 14th June 2025, Saturday, reviewed and prepared plans and programs for Rota Year 2025/26. Following intensive discussions, five working groups led by the incoming chairs/co-chairs of standing committees prepared annual plan activities for 2025/26. AG Suresh Acharya (2024/25) graced the plenary session and gave valuable inputs. The next exercise will develop a detailed action plan specifying activities with timelines, budget and responsible team members for the Rota Year 2025/26.

Vision Statement

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

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

Review and Planning Date: 14TH June 2025

1. Where are we now?

Club Strengths (internal)

- Active participation of Anns in club activities
- Excellent family values and relationship
- Improved communication among members and Anns (Viber, WhatsApp, Emails)
- New members are also engaged in club activities
- Diverse fellowship events
- Good number of members in the Club
- 25 percent of women members (a good proportion compared to the district average)
- Inspiring and exciting external national speakers
- Clear/transparent management system in terms of the account, renewal status, updated bylaws, etc.
- Increasing club representation/presence at district levels
- Diverse skills and experiences of members
- Extensive Rotary knowledge among some members of the club
- Majority members registered at “My Rotary”
- New and enthusiastic Members
- Members have good linkages with other clubs
- Well on track implementing projects and activities related to community needs

- Implementing the Global Grant projects and a good network with international partners
- Flagship projects (cancer screening and awareness including retinoblastoma, water and sanitation, basic education, support for elderly, special needs children and students, girl child scholarship)
- The existence of Major Donor, PHS, PHF, MPHF etc.
- 100% Contribution Club
- Annual recognition program and specific awards established by RC Yala
- Regular posting and updates of activities in social medias.

Club Weaknesses (internal)

- Inadequate attendance
- Only a few members visit other clubs
- Less participation of Rotaractors in club activities
- Inadequate knowledge about rules and procedures
- Only a few members effectively use the My-Rotary Learning Reference site or Learning Central
- Inadequate use of expertise available in the club
- Many members need to enhance their knowledge about Rotary (including club activities).
- Inadequate mentoring of new members
- Average age group of members is comparatively high

- Some members lack adequate knowledge about Service Projects
- Club engaged in several small-scale projects, with impacts difficult to measure
- Knowledge of Rotarians not fully utilized
- Potentials of Rotaractors and Interactors yet to be fully utilized.
- Many members need to enhance their knowledge about The Rotary Foundation
- Contribution and participation in TRF do not meet desired expectation (Members who can afford, needs to be motivated to contribute)
- Humanitarian service of the club inadequately reflected in media
- No members from print and electronic media houses
- Inadequacy in Public Relation and creating Public Image
- Family based product exhibitions not regular

Club Opportunities (external)

- Partnership with local authorities (central and municipal level)
- Strengthen working relationships with Anns Group and Rotaract and Interact Club of Yala
- Support from District Committees and Officials
- Participation in District and RI events
- Possibility to make best use of New Members
- Possibility to enhance Rotary knowledge
- Opportunity to introduce honorary members
- Opportunity to introduce various types of membership
- Focus on current members and motivate them
- Opportunity to interact with non-Rotarian
- Opportunity to foster close collaboration with Rotaractors and Interactors
- Partnership with other Rotary Clubs and other organizations for joint projects
- Adopt schools and communities for maximum impacts
- Access to Global and District grants
- To become a model club in the District (strong and united team, improved image, projects with high impact, effective partnerships, new leaders)
- Opportunity to host District events and participate in District events
- Club and Members to be recognized by Contributing to Rotary Foundation
- Add on Major Donor, PHS, PHF, MPHF etc.)
- Enrich RC Yala endowment fund
- Rotational participation of Rotarians and Anns in foundation activities

- Partnership with print and electronic media (local and National)
- Introduce awards for exemplary humanitarian service works
- Interact with media houses
- Participate in municipal event

Club Challenges (external)

- Retaining club prestige and credibility
- Motivating members to attend RWMs and other club and District events
- Convincing all members to accept change for a better future
- Finding inspiring and exciting external speakers (international)
- Enriching the Club's Endowment fund as per the target
- Making best use of the knowledge and skills of all members
- Recruiting young and energetic members, including female members
- Motivating potential members to join Rotary
- Maintain average age 55
- Motivate them to use My Rotary and educate them, especially new members
- Fully utilizing skills and capacity of club members, Anns and partners in projects
- Raising funds for club projects
- Bureaucratic hurdles in processing projects that require clearance by the authorities
- Motivating members to contribute to Rotary Foundation
- Motivate members to participate in TRF events
- Hosting TRF events
- Enhance the image of RC Yala within the District
- Recruiting members from media
- Mobilizing resources for public relation

2. Where do we want to be (anticipated scenario if the strengths are utilized, weaknesses minimized, opportunities chased and challenges overcome)?

Target date: 30th June 2027

1. Good partnerships and working relationships with clubs within and outside Kathmandu; at least two sister clubs with effective joint programs. Existing partnerships continued and built new relations with a few others.
2. Effective Regular Weekly Meetings with attractive programs
3. At least 60% of members regularly participate in RWMs and club events.
4. 100% of members register at My Rotary every year, at least 50% using it, and 25% sharing in RWMs.

Hearty Congratulations!!!

Rotary Club of Yala

on the occasion of its 29th Anniversary



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Hearty Congratulations!!!

Rotary Club of Yala

on the occasion of its 29th Anniversary



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5. Co-hosting at least 15 district events
6. At least 15% of members active in various important District roles
7. Maintain Membership 50 (at least 30% women, 25% younger generation below 40), i.e.
8. Maintain 50 active members by the end of 2026/27.
9. Improved quality of membership (participation & contribution) in the club (indicators of quality members will be in place)
10. Improved knowledge amongst members and Anns to use digital systems (apps, software, web)
11. At least 20 % of members will take online courses in Learning Center
12. All new members to take online courses on Rotary Basics in the Learning Center
13. Two villages adopted with supporting development activities through RCC– (possibly Chitlang, Lankure Bhanjyang and Jyamdi) – Continue relation with RC Yala past sponsored schools, and communities. And engaged in active implementation for the overall socio-economic development of the communities.
14. Prepare and showcase at least 5 to 6 Global Grant projects related to WASH in schools, cancer awareness and prevention, women's empowerment through entrepreneurship and livelihood, improvement of education quality in schools, the introduction of digital literacy and 21st-century skills on coding and robotics in schools, and conservation of heritage and environment.
15. 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.
16. At least one school with Rotary-in-heart students in Lalitpur – Bhanu Madhyamik.
17. Working with current partners continued, former partners revived, and new partners explored.
18. RC Yala Endowment Fund of at least 5 million Nepalese Rupees established and making efforts towards recovering savings in a cooperative bank.
19. Contribution of US\$ 20,000 to TRF fund
20. 40% of members are Paul Harris Fellows (PHF) and 35 % are Multiple Paul Harris Fellow
21. At least 2 Paul Harris Society (PHS) members
22. Strive for at least 2 club members are major donor
23. RC Yala recognized as a key community service organization (demonstrated credibility, noticeable legitimacy). Continue the effective projects but ensure proper documentation to disseminate widely
24. Enhanced image of Club and Rotary in the Community and District 3292
25. Information dissemination through regularly

- updated web and other social media
26. Information dissemination through print and electronic media regularly
27. Wider Distribution of Club Bulletin and Annual Souvenir
28. Give continuity to the recognition, awards and establish at least one award

3. How do we get there? (2025/2026)

To reach our vision, the following goals and actions are proposed for the year 2025/26. 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.

4.1 Club Administration Committee

Goals:

- (a) Make club meetings interesting and effective;
- (b) Establish a good external relationship beyond the club; and
- (c) Enhance Rotary knowledge among members.

Actions

1. Review and revise club bylaws if required
2. Organize 48 Regular Weekly Meetings where 40% meeting in Service field and 10% meeting online
3. Explore ways to digitally connect members who cannot physically attend meetings
4. Develop a club calendar for Rota Year 2025/26
5. Produce quality monthly Club Bulletins (newsworthy for Rotarians and other clubs)
6. 12 Board Meetings, 6 Club Assemblies, 3 Admin Committee meetings, One Annual Meeting
7. 6 inspiring and exciting guest speakers both national and international
8. 6 classification talks with priority to new members
9. 2-panel discussions on Rotary themes
10. Provide greetings and congratulatory cards to members and Anns digitally
11. Achieve 60% attendance; recognize makeup and prepare attendance form for Rotarians who visit other clubs
12. Sister relationship with 1 Rotary Club
13. Achieve 60% attendance; recognize makeup and prepare attendance form for rotarians who visit other clubs
14. elicitation program for family members of Rotarians (S.E.E, +2, Bachelors, Masters) in collaboration with Anns Group
15. Fellowship programs- Picnic, Woman's Day, Charter Day, etc.

16. Ensure 100% registration at My Rotary and effective use by 50% of members.
17. 1 heritage tour
18. 1 futsal match between Rotary and Rotaractors
19. At least one event tour/picnic/hiking outside Kathmandu Valley
20. Publish a Club Souvenir that captures club activities and Rotary Information
21. Explore sponsoring a new Rotary club
22. Internal Rota Quiz
23. Club Officers Training Seminar (COTS)
24. My Rotary Learning Centre experience sharing
25. Member or Guest Registration during meetings

4.2 Membership Committee

Goals:

- (a) Add net 2 new members from diverse and unfilled classifications,
- (b) Retain 95% of members,
- (c) Engage members in club activities,
- (d) Enhance capacity, knowledge and skills of members,
- (e) Prioritize membership in terms of gender and age, and
- (f) Introduce at least one corporate member

Actions

1. Conduct classification survey and update classification roster
2. Induct net 2 new members focusing on unfilled classifications
3. Organize one Rotarian non-Rotarian interaction
4. Achieve over 95% membership retention
5. Strictly assign mentors for new members to enrich their Rotary knowledge and review periodically
6. Hold at least 4 Membership Committee meetings
7. One pre-induction orientation program for potential new members
8. 2 training/orientation events to improve IT, interpersonal and communication skills of members and family members jointly with Rotaractors
9. Organize continued education (at least two) to update Rotary knowledge
10. Conduct a membership feedback session using a membership satisfaction survey and club health check forms annually
11. Minimum 15% of members participate in various district events including district membership seminar
12. At least 20 % of members take online courses in the Learning Center of Rotary and follow up regularly
13. At least 3 members participate in RI Membership

- Webinar (online participation)
14. Encourage members to make the best use of the RI website
15. Introduce a wide range of members such as corporate members, family members, and associate members, etc.
16. Get a member from a media background or arrange to have a media ambassador in the club
17. Survey the interest of the members and assign in club activities accordingly.
18. Enhance membership engagement and ownership in club activities

4.3 Service Project Committee

Goals:

- (a) Secure one Global Grant project and one District Grant project
- (b) Implement wide-ranging humanitarian service projects in collaboration with Anns, Rotaractors and Interactors
- (c) Implement WASH in School (WinS) programs
- (d) Reinforce women empowerment initiatives
- (e) Engage in advocacy and introduction of digital literacy and modern-day skills on coding, robotics and AI in public schools
- (f) Raise awareness towards conservation of Heritage and Environment.
- (g) Organize cervical cancer screening & prevention programs

Actions

1. Reinvigorate the core group to prepare and apply Global Grant projects, undertake sessions for Rotarians to improve knowledge on the subject, and showcase potential projects for securing Global Grants
2. Implement WASH in School projects:
 - a. Menstrual hygiene and sanitation: installation of incinerators in public schools (Global Grant).
 - b. Renovation of Toilet in Saraswati Secondary School, LMC
 - c. Bio-sand filters installation in 30 public schools of Diktal Rupakot Majhuwagadhi Municipality
3. Introduction of coding, robotics and AI skills:
 - a. Implement District Grant project on Robotics
 - b. Expand one year course on Coding and Robotics (as in Kitini) to Saraswati School in Thecho.
 - c. Submit a global grant application for a scaled-up robotics project.
4. Implement "Giving Eye Sight Back" program:
 - a. Conduct an eye screening and general

- treatment camp;
- b. Undertake cataract surgeries for needy persons; and
- c. Provide reading glasses.
- 5. Initiate digital literacy and cybersecurity awareness sessions in collaboration with WIIT (Women in Information Technology) for communities and school children
- 6. Develop and apply for global grant to undertake activities on awareness and prevention of cervical cancer (including a vaccine against HPV with support from external partners)
- 7. Provide support to one school for setting up a computer lab and necessary training to the teachers on digital teaching method
- 8. Continue supporting “Stand Up for Breast Cancer Patients” in association with Nepal Cancer Hospital and Nepal Cancer Relief Society, Lalitpur
- 9. Organize one event each on blood donation, vision test, mental health, diabetes, oral health, heart diseases and physiotherapy with partner agencies
- 10. Provide scholarships to at least 30 school children of deprived families
- 11. Support to Community Schools (strengthening library, plantation of fruit tree seedlings for income generation and nutrition, WASH etc.)
- 12. Organize activities to promote conservation of heritage and environment in communities in collaboration with local organizations:
 - (a) Hiti conservation
 - (b) Temple cleaning
 - (c) Cleaning/rehabilitation of traditional ponds
- 13. Support Anns’ group to design and lead the implementation of:
 - a. in support of Senior Citizens (day-care and old age home)
 - b. assistance to special needs children
 - c. activities in orphanages and schools for the provision of food/meals, healthcare, scholarships and education materials.
 - d. disability support programs in schools and communities
- 14. Implement tree plantation (200 plants) and environmental awareness programs in schools and local communities.
- 15. Support Rotaractors and Interactors in undertaking their projects through technical and financial contributions.

4.4 The Rotary Foundation Committee

Goals:

- (a) Contribute US\$ 5,500 in cash to TRF;
- (b) Participate in hosting at least one TRF event of the district;
- (c) Participate in all the events of the District

- on TRF; and
- (d) Educate members on the TRF Program

Actions

1. Contribute US\$ 5,500 to TRF
2. Become a 100% contribution club
3. In collaboration with the Club Service Project Committee, implement at least 1 Global Grant project
4. Motivational event for club members to contribute to TRF
5. Organize 4 Committee meetings
6. Contribute through PHF, 100% contribution of US\$ 25,
7. Maintain EREY
8. Target for 100 % contribution club banner
9. Target for other presidential citations
10. All TRF Committee Members take online courses in the Learning Center

4.5 Public Image Committee

Goals:

- (a) Organize events that contribute in building public relations;
- (b) Maintain and update club website, and other social media;
- (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. One fund raise program with vocational award, cultural program and exhibition
2. Regular website maintenance and updates
3. Regular social media updates
4. 1 heritage tour program wearing t-shirt and caps with Rotary logo
5. Produce materials to highlight Rotary image in the community and project area
6. Install city signage direction poles in the heritage Area in partnership with municipal
7. Club participation in polio rally, World Cancer Day and other relevant events
8. Publish Monthly Bulletin and distribute it to wider areas.
9. Publicity through Birthday and Anniversary Celebration in social media
10. Include a media person in the club
11. Heritage walk
12. Honor program

PRIORITY OF THE RI DISTRICT 3292 FOR 2025-26

BASIC EDUCATION AND LITERACY PROGRAM

Set up 20 New Computer Labs
Continuity of Girls Toilets Project

DISEASE PREVENTION & TREATMENT

Giving Eyesight Back
1,000 Cataract surgeries
10,000 Reading glasses distribution
20,000 Eye screening and general treatment
Working with Disables
365 artificial limbs
1000 wheelchairs
1000 white sticks
District's Other Priority Areas to Secure Funding
Support to set up kidney dialysis centers
Support to provide medical equipment to hospitals –Eye surgery, Cath labs etc
Support to screening and treatment of uterus prolapse, breast and cervical cancer

ENVIRONMENT

Plantation
50,000 plantations on the same day involving all the clubs –26 July 2025 (10 Srawan2082)
Reduction of Carbon Emission
Transferring tradition cooking into clean cooking (Induction based cooking). -10,000 cooking stoves

MEMBERSHIP GROWTH

Net growth 300 (Priority to youths and women)
5 New clubs focused on satellite club, cause based, passport club)

PUBLIC IMAGE

Create uniformity to use logos to club events.
Expand our reach through social media

SERVICE PROJECTS

District Support Team for Projects:
Service Project Mentor
Finding Resources.
DG Fund

SERVICE PROJECTS

TRF: USD 550,000
30 Global Grants

ROTARY EX-CHANGE VISITS

7 exchange visits to India, Sri-Lanka and other countries.
Ambassadorial Scholarship
Linkage with International universities for research and other supports

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समारोहको उपलक्ष्यमा हार्दिक मंगलमय शुभकामना

सुन तथा चाँदीको गरगहनाको लागि सम्झनुहोस ।



केदार मान शाक्य
शाक्य ब्रदर्स

१७४ - हःखा टोल, ललितपुर - १२
फोन: ९७७-१-५४२६०१४

Rotary Peace Fellowship: Building Global Leaders for Sustainable Peace



- Deepak Kumar Shrestha

“Peace is not just the absence of conflict—it is the presence of justice, opportunity, and understanding.”

The **Rotary Peace Fellowship** is one of the most esteemed global academic programs dedicated to the promotion of peace, conflict resolution, and development. Sponsored by **Rotary International**, a global humanitarian service organization with over 1.4 million members worldwide, the fellowship represents a unique and comprehensive investment in individuals who are committed to creating a more peaceful and just world.

This fellowship is more than just a scholarship; it is a leadership development journey that nurtures leaders who are addressing the root causes of conflict and developing practical solutions for peace.

Since its inception in **2002**, the Rotary Peace Fellowship has been at the forefront of Rotary’s mission to **promote peace and conflict resolution**—one of Rotary’s seven areas of focus. With over **1,800 alumni from 140+ countries**, this fully-funded program is transforming passionate individuals into professional peacebuilders who are actively shaping a better world.

The **Rotary Peace Fellowship** is one of Rotary International’s most impactful initiatives, offering a unique opportunity for professionals to gain advanced education and hands-on experience in peace, conflict resolution, and development. It is more than a scholarship—it is a leadership journey that empowers individuals to create positive change in their communities and beyond.

Every year, up to **130 fellowships** are awarded to leaders around the globe. These fellows pursue studies in peace and development at prestigious Rotary Peace Centers based in **top universities across the world**.

1. Master’s Degree Program (50 fellows annually- 10 per center)

- **Duration:** 15–24 months
- **Institutions:** Leading universities known as **Rotary Peace Centers**,
 - Duke University and University of North Carolina (USA)
 - University of Queensland (Australia)
 - Uppsala University (Sweden)
 - University of Bradford (UK)
 - International Christian University (Japan)
- **Includes:** Academic coursework, Applied Field Experience (AFE), and extensive networking opportunities with Rotary members and peace fellows worldwide.

2. Professional Development Certificate Program (80 fellows annually- 40 per center)

- **Duration:** 3-month intensive course + 9–12 months of fieldwork
- **Locations:**
 - Makerere University (Uganda)
 - Bahçeşehir University (BAH-che-she-hir) (Turkey)
- **Designed for:** Mid-career professionals with significant peace and development experience.

Who Can Apply? - To be eligible, Master’s Degree candidates must have:

- Be proficient in English
- Have a **Bachelor’s degree**
- Have a strong and proven commitment to cross-cultural understanding and peace
- Demonstrate Leadership skills
- Have at least 3 years of Full time experience in Peace or Development work

Note: Active Rotarians and their immediate family members are not eligible.

The **Rotary Peace Fellowship** is **fully funded**, covering:

- Tuition and academic expenses
- Room and board
- Round-trip travel
- Fieldwork or internship costs
- Health insurance

This comprehensive support ensures fellows can fully dedicate themselves to learning and leading.

Fellowship Funding (Total average funding):
Master's Fellowship : USD 86,200.

Certificate Fellowship : USD 10,600.

Global Impact and Alumni Network

Since its inception, the fellowship has invested over **USD 94.4 million (June 2025)** to educate and empower peace leaders worldwide. The growing alumni network continues to mentor, collaborate, and lead peacebuilding efforts in the world's most

vulnerable regions.

Rotary Peace Fellows are changemakers—educators, policymakers, negotiators, and advocates—working toward a more just and compassionate global society.

How to Apply

Applications open annually in **February** and close by **15 May** for programs beginning the following academic year.

👉 <https://my.rotary.org/en/peace-fellowship-application>

The **Rotary Peace Fellowship** empowers visionary individuals to build bridges, mediate conflicts, and drive sustainable peace across borders. With the support of Rotary, these fellows are not only transforming their own lives—they are transforming the future of our world.

Let us continue to support and celebrate this extraordinary initiative that brings to life the very essence of Rotary's motto: **"Service Above Self."**

Hearty Congratulations!!!

Rotary Club of Yala

on the occasion of its 29th Anniversary



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WISHING THE ROTARY TEAM 2025-2026

*a great year filled with wonderful activities to
serve the community!*

From

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- Samsara
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- IPay Remit

- ATM/Debit Card (Usable in India as well)
- Safe Deposit Locker
- Internet/SMS Banking
- Mobile Banking
- IPS/Connect IPS
- Corporate Pay
- Guheswori Smart (Nepal Pay/QR Fone Pay/QR Code)
- E Sewa
- Prabhu Pay
- QR Teller

- Real Time Gross Settlement (RTGS) / Connect RTGS
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- Boudha Kathmandu
- Sahid Chowk Narayanghat
- Newroad, Dharmapath, Kathmandu
- Tangal, Lalitpur
- Hatiya Extension Counter

Gandaki Province

- Pokhara, Newroad

Lumbini Province

- Devkota Chowk, Bhairahawa
- Amarpath, Butwal
- Rupandehi, Devdaha, Khairani
- Taulihawa, Kapilvastu

Madhesh Province

- Aadarshnagar, Birgunj
- Kalaiyabazar, Bara
- Main Road, Jeetpur
- Kadam Chowk, Janakpur
- Durga Chowk, Chandranigahapur
- Sakhuwa, Dhanusha, Mahendranagar
- Airport Road, Simara Jeetpur Bara
- Dumarwana Extension Counter
- Pokhariya Extension Counter
- Maulapur Extension Counter

Koshi Province

- Charaali Chowk, Jhapa
- Thana Road, Damak
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कृषि विकास बैंक लिमिटेडमा सम्पर्क गर्नुहोस

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