



During March, which is Rotary's Water, Sanitation and Hygiene Month, we're celebrating our commitment to create healthier communities by supplying clean water and sanitation facilities to prevent the spread of infectious diseases. Rotary's commitment to clean water goes beyond just digging wells. It's about creating sustainable access to clean water and sanitation, reducing waterborne diseases, helping children stay healthier and in school, and empowering mothers to spend more time supporting their families. Together, we're making a lasting impact!

Holi Celebration / RWM No. 1500

The Rotary Club of Yala organized a Holi (Phagu) celebration on 2nd March 2026 at the residents of Secretary Rtn Jeetendra Nakarmi, Dhaphkhel, Lalitpur. A total of 35 participants including Rotarians, Anns, and guests celebrated joyfully, sharing colors, happiness, warm fellowship and a heart full of fun.

Holi, the festival of colors, symbolizes unity, togetherness, harmony, and the triumph of good over evil. The celebration provided an opportunity for members to strengthen bonds of friendship and togetherness. The program featured music, dancing, festive delicacies, and cheerful interaction, creating a lively and memorable atmosphere for all participants.

Besides, Regular Club Meeting No. 1500 (33rd of RY 2025/26) was convened prior to the celebration. During the meeting, President Rtn. Om Shanker Shrestha shared information regarding the release of Rs. 1 lakh from RI District 3292 for the Diktel WASH Project (installation of Bio-Sand water filtration systems in 30 schools).

The meeting also took note of the club's provision of financial support of up to Rs. 1 lakh for cancer patients, reaffirming its continued commitment to humanitarian service and community welfare.



1501st Regular Meeting

The 1501st (34th of RY 2025–26) Regular Meeting of the Rotary Club of Yala was conducted online via Google Meet on 6th March 2026. The meeting mainly focused on reviewing and planning the service projects to be implemented during the remaining four months of Rotary Year 2025–26.

1. Installation of bio-sand water filtration systems at 30 community schools, Diktel. The installation work is scheduled to be completed by next month
2. Setting up the computer Lab at Shree Balkumari school
3. Construction of Toilet at Sarswoti School under Global Grant
4. Closure of District Grant Project on CnR
5. Financial support to Cancer Patients
6. Publication of Newa Sanskriti Books
7. Classes on Robotics (Durshiksha Network) at Kitni School
8. Bold Donation on Buddha Jayanti



Regular Club Meeting No. 1502

The Regular Club Meeting No. 1502 (35th of RY 2025/26) of the Rotary Club of Yala was convened on 13 March 2026 at Hotel Goodwill, with the main agenda being a talk program by Dr. Dikshya Joshi on the topic “What a Cardiac Surgeon Wants Everybody to Know About Heart Health.”

She completed her MBBS in 2010 and her Master’s degree in Cardiothoracic Surgery in 2012, both from Tianjin Medical University, China. She holds the distinction of being the first lady cardiothoracic surgeon of Nepal.

She currently works as a Senior Consultant Cardiothoracic Surgeon at National Academy of Medical Sciences, Bir Hospital.

During her presentation, Dr. Dikshya Joshi explained that heart disease rarely appears suddenly; rather, it develops silently over many years, often without noticeable warning signs. She highlighted that heart disease remains the leading cause of death worldwide, accounting for around 18 million deaths each year, which is roughly one in every three deaths globally. In the context of Nepal, she mentioned that nearly one in four deaths is related to heart disease, and changing lifestyles are accelerating the risk.

Dr. Joshi also discussed the major risk factors for heart disease, the warning signs of a heart attack. She stressed that recognizing these

symptoms early and reaching a hospital without delay can save lives.

She further shared simple yet important “magic formulas” for preventing heart disease. These include taking medications regularly as prescribed by a doctor, avoiding smoking and excessive alcohol consumption, engaging in regular physical activity such as walking, Yoga and exercise, maintaining a healthy lifestyle, taking balanced meals with more fruits and vegetables and undergoing regular medical check-ups.

Members present appreciated the informative and insightful talk delivered by Dr. Dikshya Joshi. The members expressed that the session was highly beneficial in raising awareness about heart health and preventive measures against heart disease.

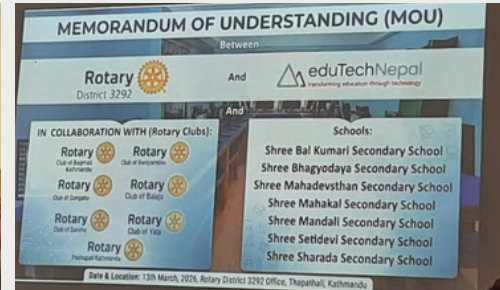
The meeting was attended by 35 participants, including members, guests, among them Mr. Bushan Lal Shrestha, President of Newa Khalla, Colorado, USA."

Information regarding the ICM on Artificial Intelligence scheduled for 14 March 2026 and the Two-Day Zero Waste Exhibition to be held on 30–31 March 2026 was also shared with the members during the meeting



Quadripartite MOU

On 13th March 2026, a quadripartite MOU is signed between RC Yala, RI District 3292, Edutech Nepal, and Shree Bal Kumari Secondary School for the Computer Lab Project to be established at the school. Under this project, Edutech Nepal sets up a computer lab fully equipped with computers, necessary accessories, and learning software, and also provides training to teachers and students. Financial contributions to the project are made by Edutech Nepal, RI District, and the Club.



Daytime Meal Distribution / Club's RWM No. 1503

On 21st March 2026, as part of its regular service initiative to support senior citizens, the Rotary Club of Yala and Anns Group organized a daytime meal distribution program at Boudha Jan Bihar, Sunakothi, Lalitpur. Around 50 senior citizens of the Bihar benefited from the program. Ms. Hari Devi Nakarmi, Rtn. Kanti Shrestha, and Ms. Julum Rajkarnikar generously sponsored the initiative. This program reflects the Club's ongoing commitment to social service and community welfare.

A total of 35 members from the Club, including Rotarians, Anns, a visiting Rotarian, and guests, actively participated in the program. The President of RC Hetauda, Rtn. Pramesh Pradhan, along with his spouse, also attended the event.

The Regular Club Meeting No. 1503 (36th of RY 2025/26) was convened at the Bihar under the chairmanship of President Rtn. Om Shanker Shrestha.

During the meeting, the President informed that the Club's family picnic is scheduled for Saturday, 28th March 2026. It was also informed that the installation of bio-sand water filtration units in 30 schools of Diktel Municipality under the WASH Project has been completed.



Rotary Family Picnic / Club's RWM No. 1504

On 28th March, 2026, the Rotary Club of Yala organized a memorable family picnic at Paradise Hills Resort Hotel, Badegaun, Lalitpur, where a total of 47 persons, including club members, Anns, Rotaractors, and guests participated in the program.

The day began with visits to Bajra Barahi Temple, Santaneshwor Mahadev, and Swet Barahi Temple, followed by breakfast at the hotel. A regular meeting and fun-filled activities were then conducted. Indeed, the family picnic of the Club was truly a memorable and joyful gathering. The cheerful atmosphere and enthusiastic participation from everyone made the day extra special. The day was filled with fun, bonding, and togetherness, creating wonderful memories for all. Activities such as bingo, musical chair games, and singing & dance performances by participants made the environment even more enjoyable and lively.

The program concluded with a warm lunch together in the evening.

Following breakfast, the Regular Club Meeting No. 1504 (37th of RY 2025/26) was convened at the Hotel under the chairmanship of President Rtn. Om Shanker Shrestha.

During the meeting, it was informed that the "Inclusive Education / Gender Responsive School Environment" Workshop under the Global Grant TaRL Project will commence from 31st March, 2026. The training will be conducted by Gender and Inclusion Expert Mr. Ram Bahadur Shrestha in 13 schools under the second phase of the TaRL Project.



Participated in the Zero Waste Exhibition

Participated in the two-day-long Rotary Zero Waste Exhibition organized with the message “reduce waste, reuse, and adopt recycling and upcycling.” by RI District 3292, ESRAG on the occasion of International Zero Waste Day on 30th March 2026. The exhibition featured more than 40 stalls showcasing recycling and upcycling enterprises. On 31st March, a panel discussion on sustainability was also held. Rotary Club of Yala was one of the co-hosts of the event.



MoU with Society of Research and Development (SORD)

A Memorandum of Understanding (MoU) was held on 29th March 2026 between the Society of Research and Development (SORD) and Rotary Club of Yala to organize a workshop for the school teachers, management team and student leaders to raise awareness and manage gender-responsive and socially inclusive environments in the targeted schools of the Global Grant Project: Teaching at Right Level (TaRL).



Workshop on Inclusive Education and Gender Responsive Environment

On 31 March 2026, the Rotary Club of Yala successfully organized a Workshop on Inclusive Education and Gender Responsive Environment at Shree Bal Kumari Higher Secondary School, Sunakothe-Lalitpur.

The event brought together 35 participants, including teachers, school staff, and Rotarians, who engaged in insightful discussions and activities. The workshop provided refreshing knowledge and perspectives on fostering inclusivity and gender sensitivity within educational settings. School representatives expressed their commitment to applying the knowledge gained to strengthen their School Improvement Plan (SIP), ensuring a more inclusive and supportive learning environment for all students.

This initiative marks another step forward in promoting equity and inclusivity in education across the community, under the Rotary Global Grant on Teaching at Right Level (TaRL) project.



Seventh Board Meeting

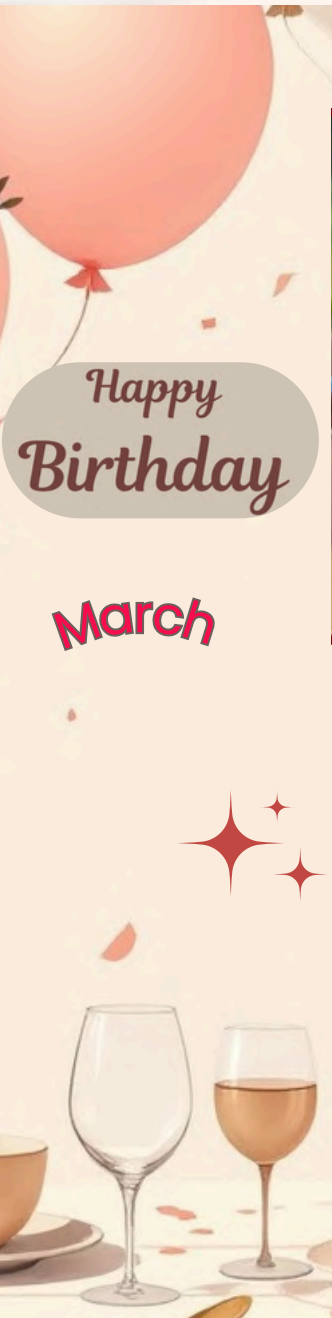
The seventh Board Meeting of the Rotary Club of Yala for RY 2025/26 was held on 31st March 2026 at Saba Cliff Restaurant & Bar, Lagankhel, with the participation of 10 Board Members and 2 invited Rotarians.

The Board deliberated on key matters, including the closure of the Global Grant Project on TaRL, installation of water filtration plants at Siraha Jail, establishment of a computer lab at Balkumari School, new member inductions, and the financial status of the club up to March 2026.

The Board emphasized the need to finalize the Global Grant project on WASH (toilet construction) at Saraswoti School, Thecho.



Happy Birthday



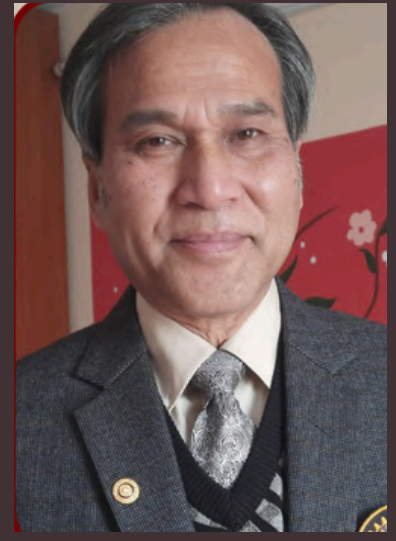
Surendra G. Shrestha

Birthday: 2nd March



Anju Shrestha

Birthday: 2nd March



Subhakar Baidya

Birthday: 14th March

Best Wishes from RC Yala



Designed By: Omi Shrestha

President: Rtn. Om Shanker Shrestha