



REFLECTION 2020

Rotary 
Club of Mount Everest Lalitpur

Contents

Office Bearers in RY 2019/20	3
RI President’s Message.....	4
District Governor’s Message	5
President’s Message.....	6
Immediate Past President Message	7
Office Bearers 2020-21	8
Rotaract Club of Mount Everest RY 2019-2020	10
Interact Club of Shree Rudrayani Secondary School RY 2019-2020.....	11
3rd Ethics Symposium.....	12
Rotary Supports to Strengthen Clubs.....	14
ROTARY NEPAL LITERACY MISSION.....	20
A Concept on Waste Free Nepal Campaign.....	23
Activities Highlights 2019-20	26
Service Project Status	49
Club Member Details	51

Office Bearers in RY 2019/20

President

Rtn. Prof. Hirendra Man Pradhan (MPHF)

Immediate Past President

Rtn. Kichah Chitrakar (MPHF)

Secretary

Rtn. Suroj Raj Rajkarnikar

President Elect

Rtn. Prem Kumar Khatri (MPHF)

Treasurer

Rtn. Pawan Agrawal

Joint Secretary

Rtn. Shristee Lamichhane

Joint Treasurer

Rtn. Sandeep Amir Kansakar

Club Administration Chair

PP Rtn. Rajesh Thapa (MPHF)

Membership Chair

PP Rtn. Naresh Tuladhar (PHF)

Public Relation Chair

PP Rtn. Badan Lal Nyachhyon (MPHF)

Service Projects Chair

PP Rtn. Chand SJB Rana (MPHF)

TRF Chair

Rtn. Saibal Ghosh

New Generation/

Youth Service Committee Chair

Rtn. Yogesh Shakya

Sergeant-At-Arms

Rtn. Padam Kumar Moktan

Club Trainers

PP Rtn. Saroj Basnet (PHF) PP Rtn.

Jenny Vaidya (Major Donor)

Club Foundation & Fund Raising

PP Rtn. Suman Ratna Tuladhar

Club Mentor

Rtn. Sushil Subedi (PHF)

Club Editor

PP Rtn. Birendra Raj Pandey (MPHF)

Community Service Chair

Rtn. Prof. Dr. Dinesh K. Sharma

IT & Fellowship Chair

Rtn. Sumeet Buddhacharya

Advisory Committee Chair

PP Rtn. Suman Meher Shrestha (PHF)

No of Members: 25

Meeting Day: Sunday

Meeting time: 8am

Venue: Ageno Restaurant, Bhanimandal

Bulletin: Sagarmatha News

RCME Presidents:

2000/2002 Rtn. Dr. Shashi Kumar Thapa

2002/2003 Rtn. Purnima Gurung

2003/2004 Rtn. Rajesh Thapa

2004/2005 Rtn. Arun Thapa

2005/2006 Rtn. Badan Lal Nyachhyon

2006/2007 Rtn. Nugal Vaidya

2007/2008 Rtn. Gautam Sayami

2008/2009 Rtn. Jenny Vaidya

2009/2010 Rtn. Sushil Subedi

2010/2011 Rtn. Chand Rana

2011/2012 Rtn. Suman Meher Shrestha

2012/2013 Rtn. Lt. Gen. (Retd.) Victory SJB Rana

2013/2014 Rtn. Birendra Raj Pandey

2014/2015 Rtn. Saroj Basnet

2015/2016 Rtn. Naresh Man Tuladhar

2016/2017 Rtn. Br. Gen. (Retd.) Dr. Lalita Joshi

2017/2018 Rtn. Suman Ratna Tuladhar

2018/2019 Rtn. Kichah Chitrakar

Club Information:

Club Number: 000053985

Rotaract Club: One

Interact Club: One

RCC: Two

PHF: Six

MPHF: Six

Charter Date: 30 June 2000

Sponsoring Club: RC Patan West

GSR: Rtn. Govinda Joshi



Holger Knaack

President, 2020-21
Rotary International

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24 March 2020

Dear fellow Rotarians:

Ask any Rotarian what led them to Rotary, and you'll usually get different answers. Why? Not only does Rotary mean different things to members in different parts of the world, it also has a unique meaning for each Rotarian.

However, we are all brought together in three important ways. We believe in Rotary values and all share the same Four Way Test. We believe in friendships and love spending time together. And we take great satisfaction in helping others – we are committed to Service.

The District Board has assumed important responsibilities and I thank them for this hard work. They have made a commitment to help grow Rotary, adapt to the digital future and make Rotary more appealing to younger generations.

We have important work in front of us and so many opportunities to open for others and ourselves.

I hope you will continue your journey with us, as we continue to serve our communities so that future generations can thrive as Rotary Opens Opportunities.

Regards,

A handwritten signature in black ink that reads "Holger Knaack".

Holger Knaack
President, Rotary International 2020-21

District Governor's Message



ROTARY INTERNATIONAL
District 3292

Rajib Pokhrel
District Governor 2020-21



My Dear Fellow Rotarians, Greetings to you all.

Let me congratulate you for taking the responsibility of the leadership of your club. Rotary club's leadership is something which is most enjoyable. Along with fun it is very important that we understand our responsibilities and work hard to achieve our goals.



We are passing through a very unprecedented time. Something we have never witnessed in our whole life. The suffering and the threat that many are facing are at times unbearable. But as they say "when the going gets tough the tough get going" we Rotarians are also tough people and we also need to get going to help and assist people who are in difficulty during this time of pandemic. As this pandemic is going to remain here for a long time I think each club should identify the people, the community where our help is required the most and move ahead to assist them. In doing so we also need to make sure that we keep the virus at bay from ourselves and our family.

The Rotary year 2020-2021 is going to be a very different year for all of us. Lot of Rotary programmes are going to be on virtual platform. During the challenging times we have to do challenging things and the most challenging task will be for the clubs to have their regular weekly meetings. I know these meetings cannot be in person but we can always stay in touch with our club friends through virtual meetings. These virtual meetings will certainly help members to be engaged with Rotary.

Doing service projects will be another challenge. But this also should not be very difficult as we can plan our projects now and implement them once things become normal which I know will happen very soon.

Rotary Club of Mount Everest Lalitpur is a club which has been doing great work in our District and expectation from this club is very high. I urge each member of this club to adapt to the new environment during this crisis and take advantage of the new opportunities. Our RI President Rtn. Holgar Knaack has given us the theme "Rotary Opens Opportunities" and we all know it certainly does. So let us all "Trailblazers" get together to open this opportunity with the mindset of "Together We Can."

I wish each and every one of you a very enjoyable Rotary Year.

Jai Rotary.

Rotary District Office,
Thapathali, Kathmandu
Nepal

Rajib Pokhrel
District Governor 2020-21

Cell:
977 9851021675

Email:
rajivpokhrel@gmail.com

President's Message



My term as President of Rotary Club of Mount Everest starts amidst the global spread of COVID 19, which is redefining our life itself. The situation is grim, scary and challenging. We have understood the probable impact of the pandemic at an early stage under the able leadership of our present President and has already taken few positive steps related to safety of the health workers.

This year our Major focus area of work shall include COVID care, where testing, contact tracing, isolation and medical care would be the major components. We shall also focus on Environment Protection, along with our existing flagship projects of Ethics symposium, West Free Lalitpur, TEACH and others.

We shall also embark on a creative journey and find new ways of raising funds required to sustain our desired projects.

With challenges come opportunities and we have firm conviction that we shall together open many windows of opportunities.

With Best Wishes,

A handwritten signature in black ink, appearing to read 'Saibal Ghosh'.

(Saibal Ghosh)
President 2020 -21, Rotary Club of Mount Everest Lalitpur
RID 3292, Club 53985

Immediate Past President Message



When I started my career, I remember the long hours of work I put in, with the motivation to build a successful life for me and my family. I strived towards excelling in my career in order to enjoy life. Somewhere along that journey, I felt like I had accomplished having a successful career and a loving family but I was missing that enthusiasm I had when I started out. That is how I found myself reading motivational books like cult favorite “7 Habits of Highly Effective People” and the “The 8th Habit” in my forties. One motto that particularly stuck out to me was the ‘Four Ls of life’: Learning, Loving, Living and Legacy. I thought about these themes and realized that I had somewhat accomplished learning, I had loved and I had lived but I did not understand what ‘legacy’ meant to me. I felt myself wondering if I had done enough. After joining the rotary club and working on different projects, I realized that leaving a ‘legacy’ is not about how people are going to remember you, but about working collectively on developing programs and services that contribute to creating lasting change in the society.

I am honored to be a part of the rotary club and help the society through programs like TEACH programs, Tree Plantation at Khokana, ERRRP school construction projects and Health Camp activities. It is only by combining ideas and working together that we are able to take actions that facilitate sustainable change.

The first half of 2020 has been especially challenging for our community. The guidelines on isolation and social distancing that are necessary to contain the spread of the ongoing pandemic has left many people jobless and without financial stability while battling one of the worst health crises. I am immensely proud and thankful of the positive response from members of our club. Through collective effort we were able to react fast and organize distribution of masks, PPE, gloves to hospitals and provide COVID-19 fund to RI district 3292, NRCL and Global Grant 2015180 for purchasing PCR testing kits. These programs are a small step in building a better future and this would not have been possible without our network of rotary friends and families. Now more than ever we can see that rotary connects the community, society, and the world.

As I end my year of leadership, I would like to express my gratitude to all the members of the Rotary club of Mount Everest, Lalitpur, it has been an honor to work with the whole team. I would like to thank Mr. Mark Daniel Maloney, Rotary International President, 2019-2020. Further my sincere appreciation to District Governor Kiran Lal Shrestha, 2019-2020 for his guidance and support. To add on, I wish a grand success to the incoming Rotary International President Holger Knaack and District Governor Rajiv Pokharel for the year 2020-2021.

Best Wishes,

A handwritten signature in black ink, appearing to read 'Hirendra', written over a horizontal line.

Professor Hirendra Man Pradhan,
President 2019-2020, Rotary Club of Mount Everest Lalitpur,
RID 3292, Club 53985

Office Bearers 2020-21



Saibal Ghosh
President



Prof. Hirendra Man Pradhan
IPP



Prem Kumar Khattry
President Elect:



Yogesh Shakya
Vice President



Shristee Lamichhane
Secretary



Prof. Dinesh Kumar Sharma
Jt. Secretary



Kichah Chitrakar, PP
Treasurer



Birendra Raj Pandey PP
Chair, Club Administration



Jenny Vaidya, PP
Chair, Membership



Rajesh Thapa, PP
Chair, Public Relation



Chand SJB Rana, PP
Chair, Service Project



Sandeep Amir Kangsakar
Chair New Generation



Suman Ratna Tuladhar, PP
Chair, TRF



Narayan Prasad Dangol
Sgt-At-Arms



Pratima Pradhan
Co-Chair Service Project



Badan Lal Nyachhyon, PP
Club Trainer



Saroj Basnet, PP
Club Mentor



Ravi Lamichhane
Club Editor



Prof. Timila Yami Thapa
IT Officer



Pooja Pandey
Chair Fellowship



Milan Moktan
Co-Chair Fellowship



Rotaract Club of Mount Everest RY 2019-2020



President
Abhinav Mahat



Immediate Past President
Shadaj Moktan



Secretary
Sirpa Shrestha



Treasurer
Dolma Gurung



Sergent-At-Arms
Bibek Ramtel



Club Service Director
Tsering Samten



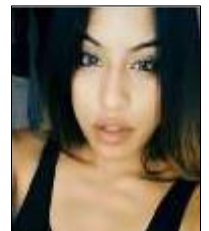
Interact Coordinator
Shushila Tamang



Professional Service Director
Siddhartha Bogati



International Service Director
Swastika Sharma



Community Service Director
Trisha Shrestha

Aim to be exceptional

Be a part of Rotaract

If your actions inspire others to dream more, learn more, do more & become more, YOU ARE A LEADER

Interact Club of Shree Rudrayani Secondary School Khokana, Lalitpur

Board of Directors for Rotary Year 2019-2020

President:	Rakesh Kunwar
Vice President:	Sumesha Maharjan
Secretary:	Sanjaya Ghalan
Vice Secretary:	Lokendra Buddha
Treasurer:	Sushma Tamang
Vice Treasurer:	Roshna Tamang

MEMBERS:
Anusha Pariyar
Hem Tamang
Binod Tamang
Sajina Rumba
Basu Dev Rai
Jigar Shrestha
Albert Maharjan
Rupak Bardewa
Bimala Tamang

JOIN INTERACT!

Interact is a Rotary-sponsored service club for young people ages 12-18 that gives you the chance to participate in fun service projects, develop leadership skills, and connect with other young people in your school, community, and around the world.



**Build your
leadership skills**



**Serve your
community**



**Make new friends
around the world**

Check with your school or contact a local Rotary club to find out if there's an Interact club in your area. Contact the Interact club to find out how you can join its next meeting, service project, or community event.

LEARN MORE AND FIND A CLUB NEAR YOU AT [ROTARY.ORG/INTERACT](https://rotary.org/interact)

3rd Ethics Symposium

Reported by **Rtn. Badan Nyachhyon**,
Past President, Rotary Club of Mount Everest Lalitpur



Symposium Structure

The Ethics Symposium, a concept for promotion of Ethics and Rotary's Four Way Test initiated by Rtn. Badan Nyachhyon, entered the third year. The concept comprises four particular programs: 1) A National Seminar celebrating the Global Ethics Day Oct 16, 2) Interaction and Orientation to young generation of Bachelors level students and teachers of various colleges, 3) On-the-spot essay writing competition among the students, and 4) free Speech contest among best essay writers. The Symposium had multifaceted outputs and impact.

Outcome

The foremost important outcome of the Symposium was the collaboration of 18 Rotary Clubs of Lalitpur district including 2 Rotary Clubs from Kathmandu and Rotaract Clubs. The other important outcomes were: Fellowship of Rotarians and Community level leaders; Sharing of Rotary Core Values and four way test in the community; involving community representatives within and beyond Rotary creating the opportunity for strengthening the Public Relation of Rotary.

Impact

The collaboration had created an opportunity to the community leaders to understand the intensive efforts of Rotary for last 100 years that generated a huge image because of the selfless efforts of promoting Ethics at personal, professional and institutional levels. The message of promotion of Ethics, Integrity and Four Way Test by Rotary is a unique feature not undertaken by other organizations in this way. The program involved over 60 Rotarians and 80 non-Rotarian community members, the students, teachers and community leaders. as the result of the program, the Rotary District 3292 has included this program in the annual plan of next year.

Program of the Year

The programs organized this year were:

1. Interaction with teachers of Kathmandu engineering college on May 2020 involving over 35 teachers. The program was conducted online because of the lockdown condition because of COVID 19 Pandemic. Rtn. Prof. Hirendra Man Pradhan and Associate Professor Ms. Sailita Joshi were instrumental in organizing the program.
2. National seminar on Global Ethics day on October 20, 2019. The proceedings of the program was described herewith:
3rd ethics symposium was organized on 20th of October 2019 by Network of Rotary Clubs of Lalitpur, Rotary International District 3292 and co-organized by Rotary club of Rajdhani with celebration of "Global Ethics Day" with the motive of orienting Rotarian and community members towards the importance of "Four Way Test" and importance of ethics in public and personal life.
Rtn B L Nyachhyon, convenor of the program, highlighted on global ethics day and program organized throughout the year and presented the vision for next year. He requested the

Rotary District Governor Elect to create the opportunity to disseminate the concept of this important program all over the country.

Rtn. Sanjaya Giri talked about ethics in Rotary, He introduced the “4 Way test” among the participants and compared it with 3 filter test of Socrates. He also recommended for using this “four way test” to use in Business life and personal life too. He highlighted Integrity as one of the core value of Rotarians and its importance to move forward in Rotary.

Mr. Gopi Nath Mainali, former Financial Comptroller General, GON, talked about the public life, roles and responsibility that is demanded by public life. He basically highlighted upon 7 principles of public life: leadership, source of ethics, infrastructure required for the ethics, governance index and the body responsible for monitoring the Governance index of Nepal.

Mr. Sugat Ratna Kansakar, former CEO, Nepal Airlines Corporation spoke on global ethics day and where does Nepal stand right now in terms of ethics, development and civilization. He highlighted on “Corruption and developing countries”, why the growth is slow in Nepal and what path must be followed to fight against corruption and slow growth rate.

Mr. Hari Bhakta Sharma, MD, Deurali Pharmaceuticals questioned the Rotarians, Is the amount that Rotarians are paying for Rotary a genuine income? He explained how the employees look upon the Boss to maintain the Ethical standard and highlighted upon the Rule of Law.

Some reflections were expressed by Architect Baburam Bhattarai who thanked Rotarians for organizing the Ethics Symposium and requested to disseminate the symposium information to students and Young minds whereas Rtn. Gopal Raj Pokhrel talked upon the importance of collaboration among the young generation and Rotarians promoting ethics and integrity. Rtn. Rajib Pokhrel, DG 2020, appreciated the organizers for continuing this important subject ad requested to put forward their plans to district at the earliest for inclusion in next plan. Rtn. Kiran lal shrestha, DG 2019, reflected the importance of 4-way test and importance of ethics by quoting Mahatma Gandhi, Buddha, and Mother Teresa.

With the presentation of Token of Appreciation by DG Rtn. Kiran lal shrestha and Rtn. Rajani Shrestha to the speakers and guest of honor the program was concluded by vote of thanks from Rtn. Rajani Shrestha and wonderful Dinner.

Professor Dr. Amita pradhan; President Elect, Rotary Club of Chandragiri was hosted the program while Rtn. Rajani Shrestha was the chair.

The concept of the Ethics Symposium was conceived by Rtn. Badan Nyachhyon and initiated by Rotary Club of Mount Everest Lalitpur in 2017.

Sincere acknowledgements are expressed to RTR. Prabhat Kiran Neupane and Rotaract club of Kist Medical college for their efforts in rapping.



Rotary Supports to Strengthen Clubs

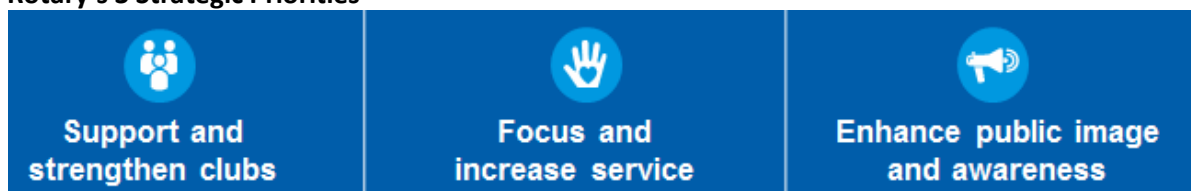
Rtn. Maheswor Bhakta Shrestha
DSSC Committee Chair 2020-21

Rotary is an organization of professional and vocational leaders spread around the world in over 208 countries and territories, gathered together to serve the communities in need, because “**Service Above Self**” is the main motto of Rotary International. Service at local community level will help achieve peace and harmony, which is needed to ensure peace at the local, national and global level. Promoting peace is the first of the six areas of focus of Rotary service.

1. Rotary’s Strategic Priorities

Rotary world is divided into 525 Districts to support the 36,158 clubs (on May 1, 2020) with over 1.217 million members of diverse profession, ethnicity, age and gender. “**Support and strengthen clubs**” is the first strategic priority of Rotary International’s Strategic Plan.

Rotary’s 3 Strategic Priorities



Working through the District, Rotary tries to “Support and strengthen clubs” by activating a District Support & Strengthen Committee to achieve the 7 strategic goals:

- 1) Foster club innovation and flexibility,
- 2) Encourage clubs to participate in a variety of service activities,
- 3) Promote membership diversity,
- 4) Improve member’s recruitment and retention,
- 5) Develop leaders beyond club level,
- 6) Start new dynamic clubs, and
- 7) Encourage strategic planning at club level.

2. Structure of RI District 3292 Nepal-Bhutan

Rotary movement in Nepal was started over 60 years ago when the Rotary club of Kathmandu was chartered on April 13, 1959, but Nepal as a separate Rotary District was started only from July 1, 2008. Since then, Rotary movement in Nepal has gained momentum, with a substantial increase in the number of clubs (from 67 to 125), membership (from 1,902 to 5,047 in May 1, 2020), service projects to benefit the community and also has contributed significantly to the Rotary Foundation (\$1,313,437: second highest in South Asia), to earn a fame that Rotary District 3292 Nepal- Bhutan is a dynamic and one of the top Districts in the Rotary world.

In order to achieve the strategic priorities and the goals of Rotary’s Strategic Plan, RI District 3292 has formed a District Team of 45 Committees, 38 Sub Committees, nominated 29

Assistant Governors plus Regional Coordinators, Advisory Council as recommended by the Rotary International and as required to suit the needs of the District, besides the Council of Governors, Administrative Council and a full time secretariat. One of their underlining job is to “support and strengthen clubs”.

Rotary Year	No. of Committees & Sub-committee AGs and Advisory/ Admin. Council, Coordinators				Total number of District Leaders
	Committee	Sub-com.	AGs	Advisors	
2020-21	45	38	29		
2019-20	46	38	25	17	677
2018-19	41	39	29		752
2017-18	33		24	39	720
2016-17	37	13	23	35	670
2015-16	38		22		827

The District team to steer the Rotary movement in Nepal has an increasing number of District leaders, up to 827 members in different Committees, sub-committees, Assistant Governors, Zonal Coordinators and advisors, who are actively engaged to strengthen the 125 plus Rotary clubs in the District. To sum up, the main responsibility of the Rotary District is to **support and strengthen Rotary clubs** in the District in order to make them effective in achieving their goals and targets.

3. How to make a Rotary Clubs Effective?

There are four indicators of an effective Rotary clubs:

1. Sustain and increase club members,
2. Implement successful service projects in their own communities and communities in other countries,
3. Support the Rotary Foundation, both financially and through program participation,
4. Develop leaders capable of serving in Rotary beyond club level.



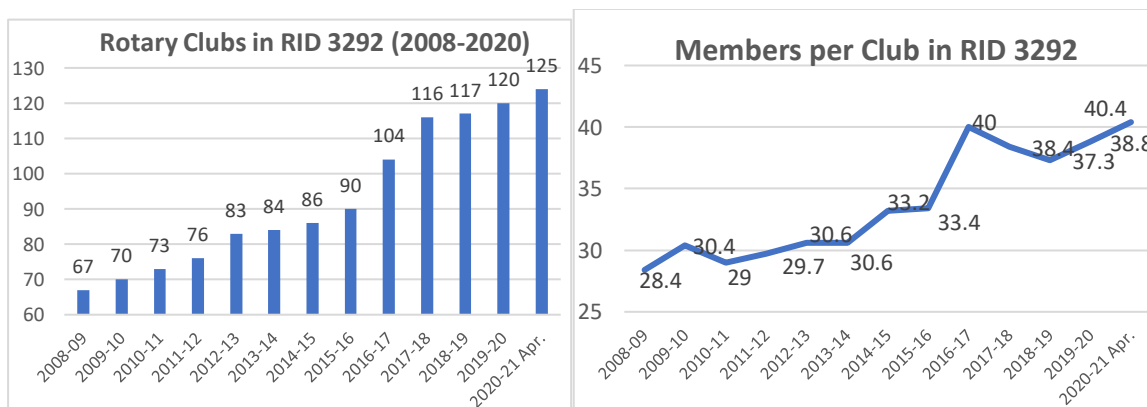
In this pursuit, each Rotary club should try to increase the membership base, undertake service projects, participate in the Rotary Foundation activities and develop leadership at the club level and beyond. Suggested strategies are as listed below:

SI	Area of Focus	Suggested Strategy	Action Plan
1	Membership Growth	Orient, Recruit & Retain members, Need assessment and Membership survey, Family fellowship,	
2	Service Projects delivery	In 6 Areas of Focus and others at club level, Design District and Global Grant projects.	Participate in TRF Grant and Stewardship Seminars
3	The Rotary Foundation (TRF) participation	Participate in RYLA, Rotaract, Interact, RCC, Friendship/Youth Exchange & Global Networking TRF contribution: Annual Fund, Polio Plus, Endowment & other funds.	Encourage to meet TRF Targets and participate in TRF activities
4	Leadership Development (Rotary Opens Opportunities)	Participation in District, Regional & International events, Classification Talks, Guest speaker, Public Relation activities	COTS, District Training Assembly, District Conference, RI Convention
5	Other activities	Club registration & renewal, Online reporting, Register in My Rotary, Publish: E-Bulletin, Souvenir, Club Profile, Prepare Club's Strategic Plan, Design PR/Media Plan	Activate Club Committees, Engage Media coordinator. Digital presence

If the clubs are more effective in achieving their annual goals and objectives, the Rotary District and the Rotary International as a whole will be more effective in achieving the “Object of Rotary,” which is “to encourage and foster the ideals of service as a basis of worthy enterprise”.

4. How Strong Are the Clubs in RI District 3292?

Rotary clubs in the District has almost doubled from 67 clubs in July 2008 to 125 clubs, and the number of members has more than doubled, from 1,902 to 5,047. The clubs are getting healthier as the average members has increased from 28.4 to 40.4 per club:



Rotary International District 3292 is getting stronger in terms of clubs and members in the overall context of the Rotary world. However, some clubs are weaker than others. In terms of membership, clubs with only 25 members or less had been gradually declining, from 31 clubs in July 2014 to 14 clubs in July 2019. But by April 30, 2020 the number of clubs with 25 or less members has gone up to 23, which are termed as clubs requiring District support more than other clubs.

Rotary is a membership-based organization. So, motivating and activating the members is always a challenge to make the club more effective for the greater success of Rotary movement. More member means more hands and more brains to serve the community. Membership is thus the main concern in Rotary, both in terms of number and quality of members in the club.

5. District Support & Strengthening clubs

R.I. District 3292 has formed a 12 - member District Support & Strengthening Committee to support the clubs in the District, as listed below:

DSS Committee Members Club & their Assignment Clubs

Sl.	Name of Members	Affiliation Club	Club(s) Assignment
1	Maheswor Bkt. Shrestha- Chair	Kopundol	Region 1-5
2	Madhu Kabra (AG) Co Chair	Biratnagar Down Town	Region 6-7 (Zone 23-29)
3	Rajendra Shakya Co Chair	Kopundol	Zone 1 -12 Z2 RC Swoyambhu
4	Radheshyam Bhandari Member	Budhanilkantha	Zone 1 - 2 RC Panauti, RC Charumati, and RC Kapan
5	Purusottam Shrestha Member	Swoyambhu	Zone 3, 8, 9 RC Madhyapur, RC Matrubhumi, and RC Gongabu
6	Dr. Jay Bdr. Tandan Member	Maharajgunj	Zone 4,7 RC Budhanilkantha, RC Sankhu, and RC Nagarjung,
7	Sarita Shrestha – Member	Yala	Zone 10-12: RC Mt. Everest, RC Patan Durbar Square & RC Lalitpur Mid Town
8	Rush Babu Joshi- Member	Bajra Manaslu Gorkha	Zone 15-16 RC Waling and RC Suklagandaki,
9	Narayan Prasad Pantha Member	Butwal 9857028996	Zone 18-19: RC Manigram and RC Devdha
10	Tulsi Ghimire - Member	Butwal Downtown	Zone 22 RC Tulasipur
11	Raju Poudel- Member	Chitwan	Zone 17, 23 RC Lamjung and RC Dhading
12	Archana Taparia - Member	Biratnagar Down Town	Zone 28-29: RC Surunga, RC Urlabari, and RC Thimpu

The DSS Committee will coordinate activities with the Assistant Governors assigned to the respective clubs and also take help of an Advisory Committee consisting of DSSC Chairs of previous years to solicit their experience and expertise on the issue:

DSS Advisory Committee 2020-21

Sl	Name	Affiliation Club	DSSC Chair for	Contact numbers
1	DGN Santosh Rijal	RC Biratnagar		9852023051, 021538363
2	Birendra Raj Pandey	RC Mt. Everest Lalitpur	RY 2019-20	9801138828, 4278625
3	Prafulla M. Singh Pradhan	RC Yala	RY 2018-19	9801088522, 5553550
4	Mahendra Raj Karnikar	RC Kathmandu West	RY 2017-18	9851036270, 5521904

5	Dr. Parthibeswor Timlsina	RC Dillibazar	RY 2015-16	9851000174, 4414896
6	Ratna Man Gurung	RC Pokhara?	RY 2014-15	

6 Strategies & Action Plan to Support Clubs

In view of the RI President-elect Holger Knaack's annual theme: **Rotary Opens Opportunities** and the District goals of RY 2020-21, the District Support and Strengthening Committee has designed a six-stage Action Plan and strategies to support clubs of the District. A Baseline Survey is being collected now to study and identify specific areas of support needed and it will help to refine the Support Package as included in the Action Plan. Should there be any specific request or support need from clubs, the Committee will mobilise District resources to address the issues and help strengthen the club.

Six - Stage DSSC Action Plan for 2020-21 with Timeline (Summary)

SI	Issues	Action Plan & Strategies	Timeline
1.	Lessons from Past experience	a) Feedback from Advisory Committee members and write ups on this issue	2020 April 28
2	Identify clubs needing support and their issues	a) Baseline Survey of Clubs with 25 or less members b) DDS Committee meet to review draft Action Plan c) Interaction with members and A.Gs for their role and responsibilities in implementing the Action Plan	2020 June On May 17 May-June
3	District Support: Meet with Club Presidents/ Members and AGs	a) Meet with Club Presidents, AGs and Committee Chairs to implement DSSC Action Plan b) Fix club goals, Strategic plans, input on Club Central c) Coordination with assigned Assistant Governors d) Review, Monitor and Evaluation process of DSSC	2020 June July December, 2021 March, June
4	District Support package	1) Joint COTS for club Committee Chairs, where needed 2) District Grant/ Global grant for service project and fund raise for health, education and other projects, 3) Past President's Meet for Leadership development 4) Club Assembly to review club goals, 5) Help in Online presence: My Rotary, Social Media, Group mail, E-Bulletin, Club Bulletin, Website.	July-August July - September September July, Dec. July-August
		6) Onsite Training on Club Admin: Facilitate to Review Bylaws, Register with CDO & Reporting formats.	July-August
		7) DSSC targets: Increase club members to 30, TRF contribution \$100 per member, increase service projects, Monitor PP's Leadership skills, National seminar to strengthen the District	Throughout the year Sept.- Oct.
5	Periodic Progress Review of clubs	a) Visit / help implement support package and review progress b) Review of club goals and or mid-year Club Assemblies	2020 December
6	Final Report and Handover System	a) Review of DSSC Action Plan goals and summarize lessons learnt, b) DSSC Report and handover to incoming DSSC chair	2021 April May- June


6. Conclusion


The success of this DSSC Action Plan depends on its proper implementation and the result it achieves to uplift the condition of the clubs supported within this year. The District Governor has agreed in principle to avail District grants with priority to weaker clubs on first come first served basis in order to help them undertake projects to serve the communities. A Form for District Grant from DDF will be issued in the first week of July to all club presidents for filing up their requests.


For the greater success of the District Support activities, it is essential that the District Secretariat is well equipped and resourceful to offer required supports to the Committees and the Clubs. This aspect will be dealt with separately in a National Seminar proposed for this purpose.

Heartfelt Condolences



Heartfelt Condolences

 Born
1958 June 26



 Demise
2019 Dec 21

*The President and fellow Rotarians of
The Rotary Club of Mount Everest Lalitpur
express deep condolences
on the sad and untimely demise
of our fellow Rotarian and Treasurer
Rtn. Pawan Kumar Agrawal
May the departed soul rest in peace
and the bereaved family
gather strength to bear the loss.*



On sad demise of our Dear Rtn. Pawan Agrawal Rotary Club of Mount Everest Lalitpur expresses deep Condolences to Ann Asha Agrawal, Son Subham Agrawal, Daughter Nupur Agrawal and Families.

Rotary Club of Mount Everest Lalitpur expresses Deep Condolences to Dr. Lalita Joshi Past President and Family on the Sad demise of her beloved spouse Dr. Prabhu Prasad Joshi.

RID 3292

ROTARY NEPAL LITERACY MISSION

Rtn. Rajesh Thapa
Member Secretary
Rotary Nepal Literacy Mission



With the commitment made at the 2012 South Asia Conference in Kathmandu, the RID 3292 initiated the mission for a Literate Nepal. After Polio, this would be the flagship project; for illiteracy leads to poverty and prompting violence and other non-social activities.

Nepal's worrying education scenario which shows nearly 97% enrollment in the primary level: drops to nearly 50% by the children reaching the middle school:

- Less than 50% children enrolled in grade 01 reach grade 05 (primary education)
- Less than 40% enrolled reach grade 08 (Basic Education)

Rotary's intervention will be very instrumental in uplifting the present national literacy of nearly 66%. RNLM which was established for Total Literacy is there to facilitate and assist Rotary Clubs in the vision of the District/ and of the Mission. The efforts of the Mission is to complement the pursuance of the Government, and for which MOUs have been signed.

NEPAL LITERACY DATA in % (5years+)

PROVINCE	Male	Female	Total
1	79.27	63.93	71.21
2	60.09	38.86	49.53
3	82.81	67.40	74.85
4	83.60	67.20	74.84
5	75.49	58.41	66.45
6	72.83	53.29	62.74
7	76.47	51.93	63.48
National	75.13	57.38	65.94

The Rotary Nepal Literacy Mission (RNLM) has in recent years reformed its programs: T-E-A-C-H, WASH in Schools (WINS) and Back to School, and collaborative interlinking with the ERRRP (Earthquake Relief, Rehabilitation and Reconstruction Program) pursuit. In order to materialize the Vision of Total Literacy by 2030, a Strategic Plan is in its final completion stage to help the Clubs to make a headway for the 5 year period between RY 2020-21 and 2024-25, which will actually be in line with the District Goals. Again, the RNLM is preparing its Manual with operational guidelines: describing the implementing procedures for the RNLM Programs, assisted under a upgraded structure.

The manual, besides others, will also include sample forms of Student/Family Information. The data provided can help in proper program priority required for each such student and their families. Besides family details, future ambitions of students and types of skill development training that adults wish to take up, will be part of the form. It was evident that due to the economic burden and families not having enough money most of the students were dropping out Children of 11-12 years, are forced by parents to get involve in earning activities. Skilled trainings could also be given to such needy children, and also ensure that these activities be possibly done without their studies being distracted. Health is also to be taken up as very important for without having good health students will not be able to concentrate on studies properly and eventually may discontinue school. Children need to be

supported with school uniform, shoes, umbrella/raincoat; to encourage their presence in school regularly.

Time is for action now, as a lot has been spoken. Rotary Clubs have always focused on primarily the Basic Health and Basic Education projects under Rotary's Focus Areas. A Happy and Progressive Nepal can only be reached with a Literate Nepal. The need now is to move forward and take the Programs and Rotary to the Provinces in Nepal and its areas where Rotary's presence is not visible. Clubs need to adopt schools and work towards making them a complete Happy School.

ROTARY PRESENCE vis a vis NEPAL PROVINCES

Nepal Province	D 3292 Region	Number of Rotary Clubs
1	7	15
2	6	2
3	1, 2, 3, 6	64
4	4	15
5	5	23
6	-	-
7	5	1

Rotarians need to be proactive and lead the way. On the part of the RNLM and the District co-operation tie-ups will be ensured with International Rotary Districts/Clubs of Japan, Taiwan and Hawaii; local Provinces of Gandaki and Municipalities of Lamjung, Gorkha, Pokhara and Chitwan. Large projects such as the vocational training centre at Chitwan, are possibilities. Commitments has to be turned into firm pledges.

From the coming Rotary Year every club must involve their Rotaracts, Interacts, RCCs and other partners viz. Spouse Groups and Inner Wheelers. D3292 has 125 Rotary Clubs and 129 Rotaract Clubs, 125 Interact clubs and 116 RCCs. These RCCs need to be exercised, especially, to run the Adult Literacy and Income Generation Activities. Adopting of schools will help in making them Happy Schools. The School Improvement Plan needs to be prepared if not already existing. From this the status/needs of the school such as classroom, desks/benches, Science/E-Lab, Library water & sanitation condition of toilets, drinking water system, play/assembly grounds, can be ascertained. Annual plans of the programs and activities year wise accordingly needs to be made to establish the adopted schools as a Happy School. So far 43 Clubs have adopted 143 schools.

Clubs/Schools/Institutions; Rotarians/Individuals and other Contributors are to be recognized. Awards would also be given to the best student and best teacher of the year from the adopted schools. Every deserving supporter of the Mission could be appreciated on September 8, the World Literate Day. Two types of special awards are being introduced:

- Krishna Pyari Mathema Rotary Award for Excellence in Basic Education initiated by Rtn. Neeva and her husband Rajesh Pradhan: is to recognize the contribution made by a government school(s) at the basic level and/or person(s) working in a basic school(s) in improving (a) quality of teaching and learning environment and (b) learning outcomes of students at the level of classrooms, schools, or local districts. Rs.10 lakhs will be available each year, for this.
- Teachers Award 14 teachers (a male/a female) from each Province will be awarded every 2 years @ Rs. 50,000.00 each. DG Kiran Lal Shrestha and family will be contributing 7 lakhs for this.

However, to assist Clubs in undertaking projects a number of MOUs have been signed and completed with vendors of computers and e-learning (online/visual) support, paint companies etc. Similarly, CSR values of companies is a major resource for projects. Besides, District Grants and Global Grants that RNLM will assist Clubs, along with the District Rotary Foundation Committee; in undertaking the RNLM Program projects. However, to be able to allow many Clubs to undertake a number of projects, and fund through it's own resources; a yearly rolling fund of Rs. 10 million will be needed. Besides, other contribution made, it may become imperative to raise the annual support to RNLM to Rs. 500.00 per member to create the targeted fund.

Rotary provides \$20 million to help communities worldwide respond to COVID-19

EVANSTON, Ill. (June 23, 2020) — Rotary members throughout the world are working safely and diligently to assess and provide for urgent community needs as they strive to respond and recover from the effects of COVID-19 coronavirus.

While following social-distancing and health guidelines, they are providing comfort and hope to those feeling the effects of isolation and fear, and focusing their resources and solutions toward supporting frontline health workers and first responders as they battle this disease and save lives. "As leaders in virtually every community on earth, we bring a unique combination of local knowledge and access to a global network of expertise and resources," said Mark Daniel Maloney, president of Rotary International. "In the face of uncertainty, we are adapting to shifting needs to offer immediate help to people at a rapid pace. And we'll remain committed to recovering from this health crisis for as long as it takes."

Rotary members are taking action to provide a range of solutions including handwashing stations and food to those unable to social distance in Kenya, lifesaving information about preventing the spread of COVID-19 in India, ventilators and protective gear for overstretched hospitals in Italy and vital social connections to neighbors who live alone in Bethesda, Maryland.

The Rotary Foundation, Rotary's charitable arm, has to date awarded \$20 million to support Rotary clubs worldwide in their immediate response to COVID-19 in their communities, and to long term recovery efforts.

To learn more about Rotary's response to COVID-19 and to find out how you can get involved, visit <https://www.rotary.org/en/rotary-clubs-help-fight-covid-19-pandemic>.

Rotary District 3292 Nepal- Bhutan
A Concept on Waste Free Nepal Campaign
Theme: Rotarians' Initiatives for Pristine Nepal
Proposed by Rtn. Badan Nyachhyon,

NRCL Coordinator, Waste Free Lalitpur Campaign, 2018-2022
Past President, Rotary Club of Mount Everest Lalitpur
Member, Sustainable Development Goals 2019-2020, RID 3292



Introduction

The Waste Free Nepal campaign is an outcome of the knowledge and experience gained through various campaigns organised and operated under Rotary District 3292 initiated with "Waste Free Everest 2005" and extended to "Waste Free Lalitpur 2018-2023" and "Waste Free Pokhara 2020".

It is well-known to all about the Environmental and Health Hazards generated from the mismanagement of Solid Waste from Mount Everest at 8848m to Kechana Kalan of Jhapa District at 70m above Mean Sea Level (AMSL), an outcome of lack of the government's long-term plan and negligence towards the sector.

Without any viable solution of immediate development of Landfill sites, Materials recovery facilities, and other preparatory works, the Solid Waste Management in several cities has been in very critical stage that has infested all major roads, open spaces, hills and riverbanks with solid waste dumps. Encroachment of Bagmati and Bishnumati riverbanks, environmental hazard in Sisdol landfill site, disposal of waste in Seti river in Pokhara, waste dumps on the slopes of Mount Everest, waste dumps in Janakpur, Damak, Lekhnath, Ghorahi and many other cities are burning issues that had negatively affected the image of the country.

The campaign is a concept for encouraging Rotarians to take initiatives to motivate the local communities and waste generators to be involved in Waste Management from house to the landfill site and supporting the local governments in their efforts in the sector. The Rotarians will be catalysts bridging between the local community and local governments.

The Campaign Vision and Objectives

Vision

The Vision of the campaign will be to:

- Encourage the Rotarians to be champions of creating Pristine Nepal,
- Encourage local communities to be champions of Waste Free Communities at local level,
- Encourage local governments to take initiatives to work jointly with local communities for resolving the waste hazard and assure pristine cities, settlements and nature.

The Objectives of the Campaign will be to:

- Encourage Rotarians, their families and businesses to support and advocate for Waste Free Nepal campaign following 5R principles of Zero Waste Concept,
- Encourage Rotarians and Local Governments to work jointly for creating clean cities through inspiring the local communities to practice A5R (Avoid, Rethink, Reuse, Reduce, Recycle and Refusal to Landfill site) principles,
- Innovate new ideas and approach to convert Waste-To-Money or Waste –To-Value and reduce the burden of local governments for waste management,
- Support to build capability of local governments and communities to strengthen WFN campaign,

- Mobilise local expertise and help transfer of knowledge, skill and technology on waste management and
- Derive lessons learnt and share with the RID 3292 and the local governments.

Lessons from Waste Free Lalitpur Campaign

Back in 2018 at the request of Lalitpur Metropolitan city, the Network of Rotary Clubs of Lalitpur designed and promoted the Campaign for supporting the initiatives of the municipality to resolve the waste management issues. A joint assembly of June 9, 2018 in gracious presence of the respected Mayor and Deputy Mayor, wards chairs, members Network Of Rotary Clubs of Lalitpur (NRCL), and leading NGO decided to initiate a pilot campaign from Ward Nr 12 and 16 including the World Heritage Site of Patan Durbar Square. NRCL and the Municipality made a declaration signed by the Mayor, 2 ward chairs and NRCL president to achieve the WFL objectives during their tenure by 2023. The pilot program initiated a lot of community level awareness campaigns with the Tole Sudhar committees, Womens' and Mothers' groups, public festivals as Krishnastami, Gaijatra, Mataya, Trade Fairs etc reaching over 200,000 people. The local community leaders said, "We have nothing to through away with the application of A5R principles through the Campaign Slogan of **“Don't Mix, Don't Burn, Don't Burn and Send Back”**. The WFL campaign has targeted to motivate the local communities to manage the waste at the source through segregation, carrying out bin composting, collection and storage of waste at household for 3 months, sales of collected segregated waste to the private sector waste collectors and to the municipal collection centres in the neighbourhood. The early findings have proved that the WFL campaign is a promising concept with practically nothing left for disposal, except the residual inert materials as sand and dust to municipality collection vehicles.



The segregated waste is converted to wealth through sales of segregated waste materials to the private sector waste collectors and the municipality burden is drastically reduced, which has created win-win situation to the municipality, the community and private sector. In next three years, it will be spread out to all 29 wards, the whole municipal area with a population of over 425,000.

The Waste Free Lalitpur Campaign is executed as a joint campaign of Lalitpur Metropolitan City and the Network of Rotary Clubs of Lalitpur, where every club is mentoring 2 wards. The Rotarians are engaged in conducting awareness campaigns with local communities as Tole Sudhar Samity, Mahila samuha, School Eco Clubs, Chamber of Commerce and Industries, Colleges, Hotels and Hospitals, NGOs providing SWM services and finally the municipality and the wards. The Rotary clubs are the catalysers whereas the communities and all stakeholders take direct initiatives and becomes big change makers and become the champions. The Wards and the municipality mobilise the resources to support the campaign at the ward level through local communities.

Waste free Pokhara Campaign

Following the lessons learnt from WFL Campaign, the WFP Campaign began from Feb 2020. An ICM on Waste Free Pokhara was conducted as a piggyback program of the 12th district conference of RID 3292. The Campaign was initiated by the joint effort of 7 Rotary Clubs of Pokhara.

District 3292 Goals

The WFN Campaign has finally got recognition in the District 3292 program for 2020-21 and included as a District Goal by DGE Rtn. Rajiv Pokhrel. The Campaign is design to share the concept with all Rotary Clubs in advance and allowing the Rotary Clubs include the Campaign in the Club Goals in Rotary Year 2020-21.

The Rotary Clubs need to identify their own strategy working with the particular municipality or ward since each ward and municipality are unique in itself. There is a need to build consensus among the stakeholders as ward officials, municipality officials, and communities. The Clubs may use the resources available with NRCL and other expertise from various NGO and government agencies. The basic Plan of Action may be as follows:

- Include the WFN Campaign in the Strategic Plan 2020-2024 and Action Plan 2020-21 or as may be appropriate to the Rotary Clubs,
- Discuss with the club and board members for implementation of WFN Campaign in the residences and business places of the members,
- Discuss the Campaign with the municipality officials, ward chairs for inclusion of the campaign in the municipality plans and programs,
- Identify the communities, clubs, schools, business houses, hospitals etc that will come forward to implement the WFN Campaign,
- Encourage the local industries and business houses to take back the waste materials associated with their products in the market and join the campaign,
- Encourage the municipality, wards and the NGOs to develop: 1) infrastructure and facilities as compost bins for distribution to the households, 2) Centres for collection of segregated waste at neighborhood, community compost plants, material recovery facilities, dispatch centres, Waste Craft Centres etc., and
- Develop Refusal Waste Landfill sites etc.

Particular community may need specific options that may be more suitable. The Rotary clubs may develop customized campaign plans.

Benefits to the community

The WFN campaign is viewed with various benefits to the community and the municipality. The multifold benefits would be as: 1) Reduction of the burden of local communities through reduction of mixed waste generation, 2) Reduce the waste volume by source segregation, reuse and composting; 3) recovery of segregated waste and converting it to money through sales to waste collectors; and 4) generating clean waste for recycling industries. At the same time it will eliminate the need for burning waste in the open air and streets and help to reduce air pollution and reducing the need for landfill site.

Benefits to Rotarians

For Rotarians, the campaign will bring huge impact in the community since:

1. It creates huge opportunity to contribute in creating pristine municipality, settlement and communities,
2. It creates opportunity to work directly with the community engaging communities,
3. It creates opportunity for sharing Rotary ideology with the communities;
4. It opens new opportunities for enhancing Public Relation and Public Image in mass, and

It creates local employment and entrepreneurship for people.

Activities Highlights 2019-20

Rotary Club of Mount Everest Lalitpur " Workshop on Creative Storytelling through Film with Surbhi Dewan.



Workshop on Creative Storytelling through Film with Surbhi Dewan

award winning director of Daughter of Nepal
Creative Producer & Co-founder, Painted Tree Pictures

Date: Feb 1, 2020
Time: 9 am - 1 pm
Venue: Ageo: The Hestia, Jhamshikhel

organised by
Rotary club of
Mount Everest
Lalitpur



The best way to find yourself
is to **lose yourself** in the
service of others.

Rotary Club of Mount Everest Lalitpur District Governor's Official Club Visit (OCV) and 4th Club Assembly & RWM # 951.





Rotary Club of Mount Everest Lalitpur sponsored TEACH Program Happy School Visit by Rtn. Kiran Lal Shrestha, District Governor RI District 3292 at Rudrayani School Khokana with Rtn. Prakash Man Pradhan, Rtn. Rajendra Dahal DS, Rtn. Hirendra Man Pradhan, President, Rtn. Naresh Tuladhar, PP & Prime Contact, Rtn. Narayan Dangol on 15th December 2019.



“ This is Rotary and I am sure that these challenges will bring out our considerable strengths - ingenuity, decisiveness, flexibility, and integrity. ”
George Robertson-Burnett





Statement from Rotary International

At Rotary, we have no tolerance for racism. Promoting respect, celebrating diversity, demanding ethical leadership, and working tirelessly to advance peace are central tenets of our work.

We have more work to do to create more just, open and welcoming communities for all people.

We know there are no easy fixes and that challenging conversations and work lie before all of us. Rotary's strength has long been our ability and commitment to bringing people together. We will tap into that strength now as we stand with those who are working for peace and justice.

Rotary will do our part to listen, learn and take action to ensure that we continue to contribute to making positive change.

Third Ethics Symposium



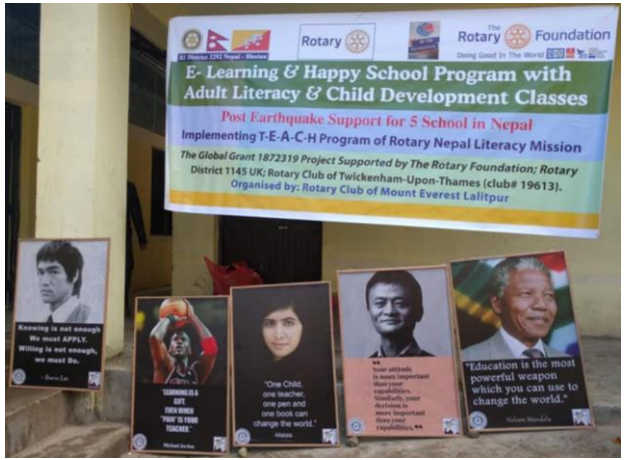
Post-Earthquake Support for 5 School in Nepal Implementing TEACH Program of Rotary Nepal Literacy Mission Opening Ceremony E-learning & Happy School Program with Adult Literacy & Child Development Classes and Handing over Logistics Support for school at Chandeswori High School Sindhupalchowk on 23 November 2019 Saturday. The Global Grant 1872319 Project Supported by The Rotary Foundations; Rotary District 1145 UK; Rotary Club of Twickenham-upon-Thames (Club # 19613) Organized by Rotary Club of Mount Everest Lalitpur.





Post-Earthquake Support for 5 School in Nepal Implementing TEACH Program of Rotary Nepal Literacy Mission Opening Ceremony E-learning & Happy School Program with Adult Literacy & Child Development Classes & Foundation Laying of Annex Library Block and Handing over Logistics Support for school at Sundari Kanya High School Kakani Village Municipality, Nuwakot, on 12 November 2019 Tuesday. The Global Grant 1872319 Project Supported by The Rotary Foundations; Rotary District 1145 UK; Rotary Club of Twickenham-upon-Thames (Club # 19613) Organized by Rotary Club of Mount Everest Lalitpur.



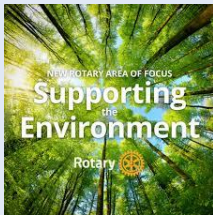


World Polio Day Rally, Let's Eradicate Polio representing Rotary Club of Mount Everest Lalitpur.



Expression of Gratitude
to
Rotary International and Rotary District 3292

Rotary Club of Mount Everest Lalitpur, Club # 53985 would like to express heartfelt gratitude for addition of New Focus Area of



"Supporting the Environment"

and for inclusion of our signature projects:



"Global Ethics Day October 16", and



"Waste Free Nepal Campaign"

in Annual Goals for year 2020-21.

We are privileged to serve the local and World Community in these important areas.



Charter Presentation Ceremony of RC Burtibang Dhorpatan. The Club is sponsored by RC Mount Everest Lalitpur. PP Birendra Raj Pandey has been designated as the Governor's Special Representative by the District Governor.



TEACH Closing Program at Sankhu, one component of the global grant project GG1872319.



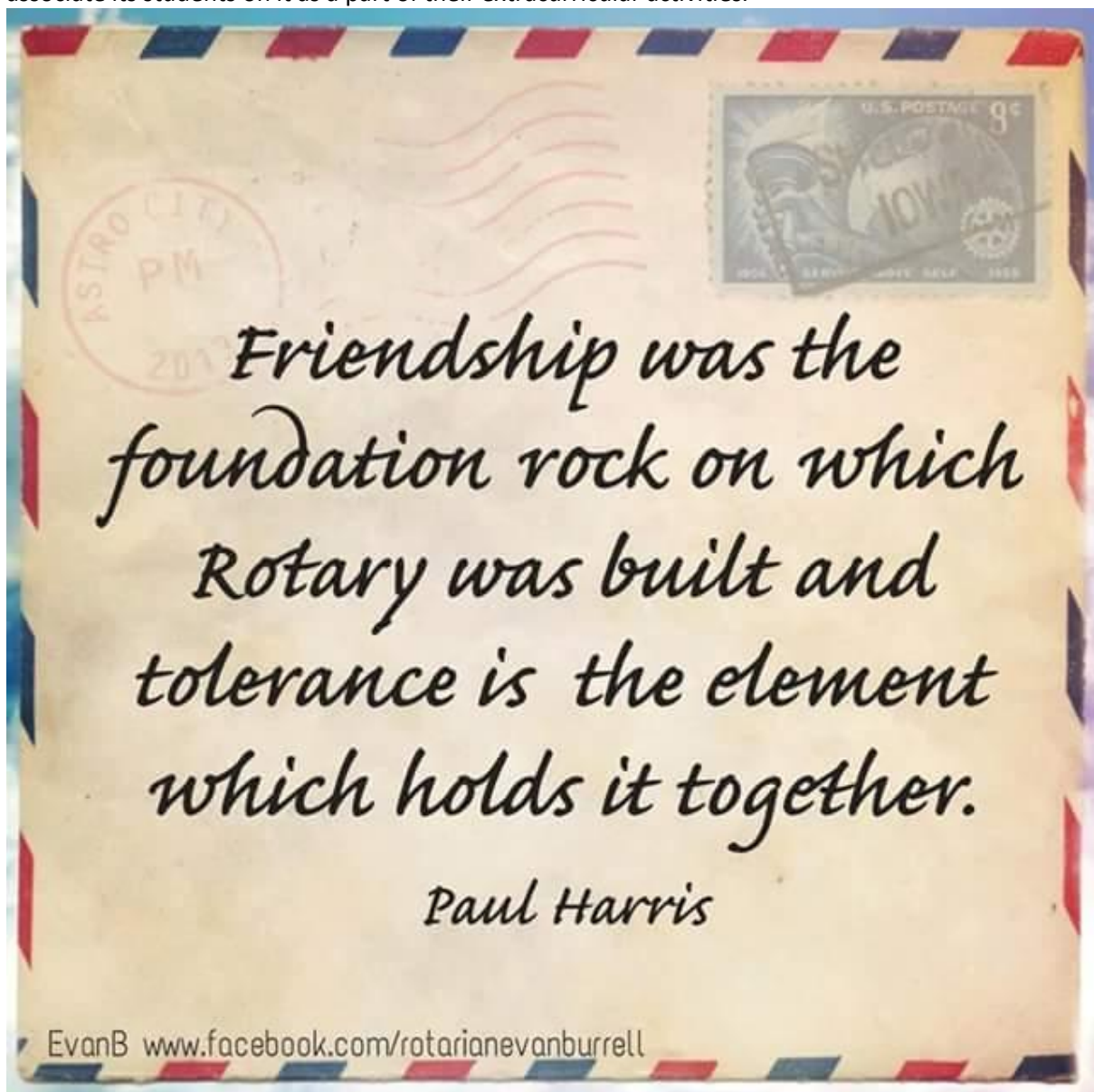
Tree Plantation Program

Tree plantation is one of the regular programs of RCME for almost a decade. This year also its been implemented at the roadside park towards Bagmati river from Khokana near Shree Rudrayanee Secondary School.

Total 80 numbers of trees have been planted and out of which 15 trees have been planted inside the school premises as well. The green painted protective metal cages or 4 ft 6-inch-high has been put with RCME club name and logo.

The park belongs to local forest Users committee and during the plantation, the Users committee officers, School teachers and local people were actively involved with around 25 Rotarians Team with Anns and Children of RCME on 14 September 2019, under the leadership of President Hirendra Man Pradhan, IPP Kichah Chitrakar and Service Project Chair PP Rajesh Thapa.

The Interact Club of Shree Rudrayanee Secondary School sponsored by RCME has taken the responsibility of watering and monitoring, repainting of cages and School principal has also assured to associate its students on it as a part of their extracurricular activities.





Waste Free Pokhara Program:



An Intercity Meeting on
“WASTE FREE POKHRA”
For
Clean and Green City
“ A INTERACTION PROGRAMME ”
Among
Elected Members, Public and Expert Panel

Jointly Organised by
Rotary Club of Mount Everest Lalitpur
Society of Engineering Consultancy (SECON), Pokhara
Construction and Water Proofing Ltd.

Jointly Hosted by:
Rotary Club of Pokhara
Rotary Club of Pokhara Midtown
Rotary Club of Pokhara Fishtail
Rotary Club of Pokhara Annapurna
Rotary Club of Pokhara Newroad
Rotary Club of Leakhnath
Rotary Club of Lakeside



Waste Free Lalitpur Program:

कसिंगर मुक्त ललितपुर
Waste Free Lalitpur

नमिसाऔं,
नफ्याकौं, नबालौं,
फिर्ता पठाऔं



Don't Mix, Don't
Throw Away, Don't
Burn, Send Back

लवणम् समुद्र देवताय, फलम् बनस्पति देवताय, पकवानम् बिष्णु देवताय, जलम् बरुण देवताय।
पशुभिश्च सर्वे पदार्थं पचमहाभूतं तावत् पृथगी जलं वायुं आकाशं तेजसा समाहितं दृश्यते

वडा नं १२ र १६का अगुवा कार्यक्रम

सहभागीहरु: वडाबासी, बिद्यालय, उद्योग, वाणिज्य, संघ संस्था, टोल सुधार समितिहरु,
आयोजकहरु: ललितपुर महानगरपालिका,
फोहरमैला प्रबन्ध प्राविधिक सहयोग केन्द्र तथा ललितपुरका रोटररीकलबहरुको संजाल,



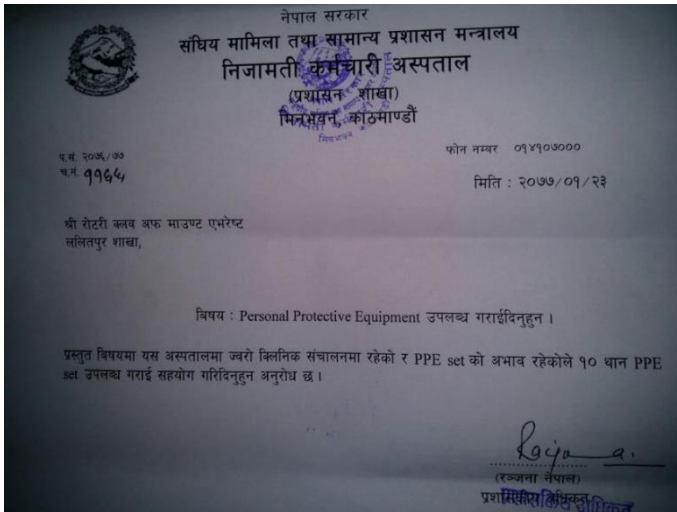
Network of rotary Clubs of Lalitpur: Support to mitigate Corona 19 Pandemic

The Rotary Club of Mount Everest Lalitpur as a member of the Network of Rotary Clubs of Lalitpur supported to local hospitals and the local government Lalitpur Metropolitan city. The assistance was provided in two lots:

- Lot #1: Support to local hospitals, namely Civil Hospital, Baneshwor, Kirtipur Hospital, Central Kail Hospital and with support of PPE sites, Surgical gloves, surgical masks. The materials were distributed in presence of Rotarians on May 6, 2019.
- Lot#2: Support to the local Government, Lalitpur Metropolitan City Office with donation of 8 sets of Thermal IR Gun , Surgical Masks, Surgical gloves and a cash contribution of Rs. 50,000. Mayor Mr. Chiribabu Maharjan expressed gratitude to NRCL and all Rotarians for their generous support that was very timely and boost the morale of all working in mitigation of COVID 19 Pandemic. He confirmed that the cash contribution will support the endowment fund created for disaster management that has already crossed Rs. 40 million. LMC supports to 20 local hospitals.

The 16 Rotary clubs contributed Rs 10,000 each with contribution from its members.





Meetings and Fellowships:



REGISTER TODAY

Rotary  |  TAIPEI
2021

आचार तथा ईमानदारी मापनका

रोटरीका ४ कक्षी

हाम्रा सोच, मनाई तथा गराईहरू:

- सत्य हुन् ?
- सबैको लागि न्यायोचित छन् ?
- यिनले सदभाव तथा भाईचारा बनाउछन् ?
- सबै सरोकारवालाहरूका लागि लाभदायी छन् ?

Reported by Rtn. Badan Nyachhyon,
 Past President, Rotary Club of Mount Everest Lalitpur
 Member, Sustainable Development Goals 2019-2020, RID 3292
 Coordinator, Waste Free Lalitpur Campaign, 2018-2022



Feb 09, 2020 Pokhara. The Intercity meeting on Waste Free Pokhara (WFP), 2020-2025 is a community-based campaign of Rotary District 3292 supporting the local municipality and communities for resolution of Solid Waste Management (SWM) issues that have infested every city and settlements in Nepal. Derived from the lack of the government’s long-term plan to the sector, particularly after the dismantling of

central agency and loss of institutional memory, it has become imperative to encourage initiatives at the level of waste producers aiming to prevent waste flow to landfill site (Residual Landfill) and applying waste recycling (3R principles) and composting at source (Waste To Money). WFP Campaign is initiated following the Zero Waste Nepal's slogan of **“Don’t Mix, Don’t Burn, Don’t Burn and Send Back”**. WFP is continuity of Waste Free Lalitpur Campaign 2018-2023 that demonstrated a promising concept with practically nothing left for disposal, except the residual inert materials as sand and dust.



The Campaign envisaged the initiatives of Rotarians engaging themselves in conducting awareness campaigns with local communities as Tole Sudhar Samity, Mahila Samuha, School Eco Clubs, Chamber of Commerce and Industries, Colleges, Hotels and Hospitals, NGOs providing SWM services and finally the municipality and the wards. The Rotary clubs are the catalysers whereas the communities and all stakeholders take direct initiatives and becomes big change makers and become the champions.

The ICM on Waste Free Pokhara was organised by seven Rotary Clubs of Pokhara with the support of Network of Rotary Clubs of Lalitpur (NRCL) and Society of Engineering Consultants (SECON). DG Rtn. Kiran Lal Shrestha graced the ICM as the chief guest. PP Rtn Badan Nyachhyon delivered the Key Note speech. A committee chaired by President Rtn. Hirendra Man Pradhan drafted the ICM resolutions approved by the participants. 59 non-Rotarian participants and 20 Rotarians including members of RC of Parbat attended the ICM. The ICM was piggy backed to the 12th District Conference RID 3292.



Waste Free Lalitpur Campaign

Back in 2018 at the request of Lalitpur Metropolitan city, the Network of Rotary Clubs of Lalitpur designed and promoted the Campaign for supporting the initiatives of the municipality to resolve the waste management issues. A joint assembly of June 9, 2018 in gracious presence of the respected Mayor and Deputy Mayor, wards chairs, members Network Of Rotary Clubs of Lalitpur (NRCL), and leading NGO decided to initiate a pilot campaign from Ward Nr 12 and 16 including the World Heritage Site of Patan Durbar Square. NRCL and the Municipality made a declaration signed by the Mayor, 2 ward chairs and NRCL president to achieve the WFL objectives during their tenure by 2023. The pilot program initiated a lot of community level awareness campaigns with the Tole Sudhar committees, Womens' and Mothers' groups, public festivals as Krishnastami, Gaijatra, Mataya, Trade Fairs etc reaching over 200,000 people. The local community leaders said, "We have nothing to through away with the application of A5R principles through the Campaign Slogan of **“Don't Mix, Don't Burn, Don't Burn and Send Back”**. The WFL campaign has targeted to motivate the local communities to manage the waste at the source through segregation, carrying out bin composting, collection and storage of waste at household for 3 months, sales of collected segregated waste to the private sector waste collectors and to the municipal collection centres in the neighborhood. The early findings have proved that the WFL campaign is a promising concept with practically nothing left for disposal, except the residual inert materials as sand and dust to municipality collection vehicles.

नमिसाऔ,
नफ्याकौ, नवालौ,
फिर्ता पठाआ

Don't Mix,
Don't Throw Away,
Don't Burn,
Send Back

The segregated waste is converted to wealth through sales of segregated waste materials to the private sector waste collectors and the municipality burden is drastically reduced, which has created win-win situation to the municipality, the community and private sector. In next three years, it will be spread out to all 29 wards, the whole municipal area with a population of over 425,000.

The Waste Free Lalitpur Campaign is executed as a joint campaign of Lalitpur Metropolitan City and the Network of Rotary Clubs of Lalitpur, where every club is mentoring 2 wards. The Rotarians are engaged in conducting awareness campaigns with local communities as Tole Sudhar Samity, Mahila samuha, School Eco Clubs, Chamber of Commerce and Industries, Colleges, Hotels and Hospitals, NGOs providing SWM services and finally the municipality and the wards. The activities had reach out over 250,000 people with dissemination of the campaign materials and rotary information and brand. The Rotary clubs are the catalyzers whereas the communities and all stakeholders take direct initiatives and becomes big change makers and champions. The Wards and the municipality mobilise the resources to support the campaign at the ward level through local communities.

The webinar of May 19, 2020 organised by NRCL encouraged the members and the partner, local government, Lalitpur Metropolitan City. The Mayor spent over 3 hours and shared the view that the campaign should now be opened for all wards. He also made commitment that the wards will prepare their annual program with WFL program for all wards.

The 16 Rotary Clubs of Lalitpur have planned for mentoring 2 wards each for facilitation and working as catalyst. The Rotary Clubs are also practicing zero waste approach of waste management in their residences and business places.

Service Project Status

1.0	Post-Earthquake Reconstruction	
1.1	Rotary Institute for fire safety etc. (Multi Lateral Project with municipality & International Partners)	Planning underway and searching for Partner(s) Handing Over Thermal gun 8 pc,1500 mask and 1000 gloves with 50,000 cash to Lalitpur Metropolitan city by NRCL during Covid-19 lockdown.
1.2	WFL Multi Lateral Project with NRCL & supported by LMC Office.	Pilot campaign for Ward No 12 & No 16 in progress. Webinar was organised by NRCL on May 19, 2020
1.3	ERRRP – (a) Sundari Kanya School, Nuwakot (b) Jan Jibraj-Sushila High School, Baglung	Classroom/Library / Toilet Block etc. - (a) continued and in progress about 60% work completed. (b) Agreement signed & 1/3 mob advance to be released.
2.0	Basic Education / Literacy (TEACH)	
2.1	10 Day Closed Camp Teachers' Training, Training for MIS, Leadership Dev., English, Maths and Science Teaching for 25 teachers	Completed at Sikali High School, Khokana, Lalitpur
2.2	E-Learning, Provide Computers, E-Slates, Projectors etc. in 5 selected schools, computer training for 5 teachers	In progress in (a) Bhagyodoya HS School-Shakhu, (b) Ganesh Ni. Ma. Bi.- Shakhu, (c) Rudrayani HS School-Khokana, (d) Chandeswori HS School- Sindupalchok & (e) Sudari Kanya Ni. Ma. Bi- Nuwakot, Total of 5 schools
2.3	Adult Literacy, Flagship project of 100% literacy, adult literacy program at 5 different locations for 250 adults (Focused on Senior Citizens)	In progress with a target of 250 adult beneficiaries.
2.4	Child Development, Retain or bring back 50 children to schools (Provide Hostel, Food and Scholarships)	Continued program for targeted 75 students
2.5	Happy School - Providing 5 schools with finishing & furnishing, recreation, sports facilities, creativity workshops, community services, recognition and awards, books & stationeries, framed posters with famous quotations, LCD Projector and Mike & Sound System etc.	In progress in (a) Bhagyodoya HS School-Shakhu, (b) Ganesh Ni. Ma. Bi.- Shakhu, (c) Rudrayani HS School-Khokana, (d) Chandeswori HS School- Sindupalchok & (e) Sudari Kanya Ni. Ma. Bi- Nuwakot, Total of 5 schools
3.0	Disease Prevention and Control	
3.1	Conduct health camp (as per demand)	1 completed (Sikali School, Khokana, Lalitpur.) Rotaract Club has conducted a Health Camp in Lele on (16th November 2019)
3.2	Street Dogs sterilization program and prevention from spread of rabies	Planning on pipeline & search for partner(s) (Project area Lalitpur & Kathmandu)

3.3	Conduct awareness program on Down Syndrome Children and material distribution	1 In cooperation with Down Syndrome Association Nepal. RCME actively involved in DSAN programs
3.4	Oxygen Plant in Ampipal Hospital, Gorkha	(GG1988818) - rejected by D3292
4.0	Disaster Management/Prevention and Relief	
4.1	Lightening Arrestor in Schools	Planning underway & search for partner(s)
4.2	Promote Rotarians for Earthquake Safer Cities	Simple assessment of Rotary Club members residents & workplaces for Earthquake Resilience structures and search for partner(s) for further advance assessments.
5.0	Water and Sanitation	
5.1	Conduct WASH+ Program, at identified 5 TEACH schools	Educate health hygiene clean drinking water, encourage toilets, discourage open defecation.
5.2	Develop WASH+ Plan for a non-Tourist Rural Area	Study, search and identify International Partner
5.3	Zero Waste Program	1. RCME Members homes and business places. 2. Waste Free Lalitpur 2018-2022 - pilot phase in Ward Nr. 12 & 16 completed. Extended to all 29 wards. 6 Rotary Clubs committed to mentor 6 wards in progress, including the Patan Durbar Square (World Heritage Site).
6.0	Economic and Community Development	
6.1	Career Counselling, Nr. Of Students/vocational awards	Continuity of Regular RCME Program
6.2	Local made Pads for Menstrual Hygiene Management (in TEACH Schools)	Continuity in partnership with International Partner(s) as successfully implemented in Sankhu and Gorkha Schools before.
7	Family of Rotary:	
	Rotaract Club / Rotary Community Corps / Interacts Club	
7.1	Promote Jt. Meeting	Jt. Meeting with Rotaract Club, Interact club and & RCC Clubs.
7.2	Promote Jt. Service Program	Post Earthquake School Support Teach Project in (5 Identified Schools)
7.3	Promote Awareness Campaigns & Leadership Development	Promotion of Ethics and 4 Way Test - 3rd Ethics a) 3rd Ethics Symposium (National Seminar) completed in Sept 20, 2019. b) Online Interaction with 35 teachers of KEC on May 2020.
7.4	Promote Fellowship program	Environment protection – tree plantation near Rudrayani Secondary School, Khokana one each month during evening RWM, Continue with usual Deusi Bhailo program in Tihar

Club Member Details



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Special Days:



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Special Days: W: Dec 10



Name: Rtn. Birendra Raj Pandey, MPHF
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Special Days:



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Name: Rtn. Kichah Chitrakar, PHF
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Special Days: W: Sept 17



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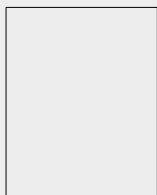
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 Special Days:



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 Special Days: W: Dec 8





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ROTARY FACT SHEET

Rotary unites people from all continents and cultures who take action to deliver real, long-term solutions to our world's most persistent issues. Through volunteering, our 1.2 million members make lifelong friendships that transcend political and cultural boundaries and foster global understanding and respect. In addition to our 35,000 clubs, Rotary also offers expanded service opportunities including:

Interact clubs bring together young people ages 12-18 to develop leadership skills while discovering the power of Service Above Self. There are more than 20,300 Interact clubs in 159 countries.

Rotaract clubs bring together young adults, starting at age 18, to exchange ideas with leaders in the community, develop leadership and professional skills, and have fun through service.

Solving real problems takes real commitment and vision. Each year, Rotary members invest hundreds of millions of dollars and countless volunteer hours to promote health, peace and prosperity in communities across the globe. Rotary members take action by providing access to clean water and sanitation, supporting education, preventing and treating disease, saving mothers and children and growing local economies.

Ending polio

For more than 30 years, Rotary has been the driving force in the effort to end polio worldwide. Alongside our partners in the Global Polio Eradication Initiative, we have achieved a 99.9 percent reduction in polio cases, with less than 200 cases of wild polio reported in 2019 compared with 350,000 a year in the late 1980s. Our members have contributed \$2.1 billion and countless volunteer hours to protect more than 3 billion children in 122 countries from this paralyzing disease. Today, just two countries continue to report cases of wild poliovirus, Afghanistan and Pakistan. Rotary remains committed to ending polio, and will raise \$50 million per year, with every dollar to be matched with two additional dollars through a matching agreement with the Bill & Melinda Gates Foundation.

History

For 115 years, Rotary members have been addressing challenges around the world. It started with the vision of one man — Paul Harris. The Chicago attorney formed the Rotary Club of Chicago on 23 February 1905, so professionals with diverse backgrounds could exchange ideas, form meaningful, lifelong friendships, and give back to their communities. Rotary's name came from the group's early practice of rotating meetings among the offices of its members.