

ROTARACT

Kaleidoscope



A Monthly E-Bulletin (2nd Issue August 2013)

Rotaract Club of Kathmandu Mid-Town

Charter date: 5th Nov. 1997



Strengthen partnership

Promote friendship

Generate Peace & Goodwill



Kaleidoscope



Fellowship Through Service

A Monthly E- bulletin
Of
Rotaract Club of Kathmandu Mid- Town

Charter date: 5th Nov. 1997
Sponsoring Rotary Club of Kathmandu Mid-Town
Fifth Avenue of Service of Rotary
R I District 3292.

Twin club RAC Mumbai Ghatkopar (RID, 3140)
Friends of SGCP (Self Help Group of Cerebral Palsy)

July 2013/14

Issue : 2

16th Rota year



Dear fellow Rotarians,

Our goal in 2013-14 is to Engage Rotary, Change Lives. All of us know that Rotary has incredible potential to do good work. It's time to recognize how much more we could be doing and start working on new ways to turn that potential into reality. We're going to do this by engaging Rotarians – by getting them involved, by getting them inspired, and by making sure that all Rotarians know just what a gift they have in Rotary.

We're going to make sure that the work we do in Rotary is solid, effective, and sustainable. And we're going to make sure that Rotary itself will last – by committing to our goal of 1.3 million Rotarians in our clubs by the year 2015.

That goal is a little different from membership goals we've had in the past. The goal isn't just bringing in new members. The goal is growing Rotary. The goal is making Rotary bigger, not just with more members, but with more involved, engaged, motivated members who will be the ones to lead us into our future.

Each of us has our own reason for joining Rotary – but I believe we all want to make a difference. We all want to be doing something meaningful. That is absolutely essential for us to remember when we talk about membership.

We're not asking just anyone to join Rotary. We're looking to attract busy, successful, motivated people who care. We're asking them to take their valuable time and give it to Rotary. So if they say yes, and they come and join our club, then we'd better be showing them that their time in Rotary is well spent.

We have to make sure that every Rotarian, in every club, has a meaningful job –one that makes a real difference to the club and the community. Because when you're doing something meaningful in Rotary, Rotary is meaningful to you.

In Rotary, we all have something to give. At every stage of our lives and our careers, Rotary has something for all of us – a way to let us do more, be more, and give more. Rotary gives our lives more meaning, more purpose, and greater satisfaction. And the more we give through Rotary, the more Rotary gives back to us in return.

Ron D. Burton
President, Rotary International

Club Service



• Works on effective club administration by organizing member people and resources to achieve common goals

Involve / Inspire / Induct: process for a new member



Observing membership month: new members were interviewed and 2 were chosen

1. Rtr Shreesthi Uchai
2. Rtr Sudarshan Dhungana



Flag of twin club Rotaract club of Manohara being presented

President Rtr Suwas Poude & Members



Rtn Saroj (President of Parent club) as guest speaker at a regular meeting of Rotaract
Topic: "Law & its importance "



"BIRTHDAY GREETINGS"

- | | |
|----|----------------|
| 1 | Sandesh Sharma |
| 23 | Radhika Bogati |
| 24 | Kishor Acharya |
| 30 | Saugat Gautam |



Joint Meeting of 5 clubs held with the aim to develop friendship and harmony

- 1) RAC Kathmandu Mid-Town 2) RAC Kathmandu West 3) RAC Kathmandu 4) RAC Manohara 5) RAC Kathmandu



FRIENDSHIP DANCE PARTY OF 5 Rotaract clubs:

- 1) Kathmandu
- 2) Kathmandu West
- 3) Kathmandu Mid Town
- 4) Kasthamandp
- 5) Manohara

Will you dance with me and begin friendship?



2nd Board Meeting (Aug) hosted by Treasurer Rtr. Unesh Mother Mrs Bajracharya is appreciated

Professional Development Service

- Seeks for ways to develop skills and enhance knowledge



RAC Kathmandu Mid-Town
Presents
Journey to a Professional Development
With Rtn. Anand Tuladhar
(Entrepreneur, Educator, Professional Trainer & Coach)

Happening once a month

Congratulations to all who have been selected

Stress Busters **PEST Analysis**

Managing Change **LEARN** **Time Management**

Networking Skill **LEAD** **Communication**

Building Effective Teams **SWOT Analysis**




1st session: participants 20 youth (from club plus other clubs)



Orientation program on Menopause organized by MESON society for the Rotaracts & Volunteers in preparation for the awareness program



 Involves those things that can be done to advance International understanding goodwill and peace



Weekly Update *A roundup of Rotary news*

Choice for 2015-16 RI president

K.R. "Ravi" Ravindran, a member of the Rotary Club of Colombo, Western Province, Sri Lanka, has been selected by the Nominating Committee for President of RI in 2015-16. Ravindran will become the president-nominee on 1 October if there are no challenging candidates.

Rotaract Club of Solapur North RID 3132



Rotaract Club of Kathmandu Mid Town RID 3292 connects with

- Rotaract Club of Solapur North RID 3132
- Rotaract Club of Lahore RID 3272
- Rotaract club of Ambarnath RID 3140

Through joint activity of 'Hygiene through Hand Washing by Conducting the WASH Program at their respective places.

In Kathmandu SAP Director Rtr. Aastha and ISD Rtr. Manisha coordinated this project at Mangal School with Rtr. Buddha as resource person



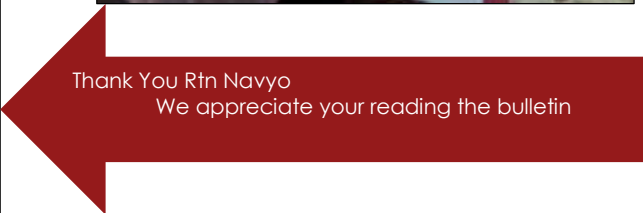
Rotaract club of Kathmandu Mid Town RID 3292

Rotaract Club of Ambarnath RID 3140



FEEDBACK
From : Navyo Eller [mailto:navyo.eller@gmail.com]
Sent: Monday, August 5, 2013 5:38 PM
Subject: Re: "Kaleidoscope" 1st Issue (July)

It is indeed always a pleasure to read the Kaleidoscope.
 Well done!
 YiR,
 Navyo Eller





Responds to identified community needs to work for specific realistic goals with measurable results



“Promotion of breast feeding week” was supported on 1st & 2nd August
Coordinator: Rahisha Maharjan (Proposed Member) along with 25 youth volunteers; represented the Rotaract club of Kathmandu Mid Town and conducted the breast feeding campaign outside “Paropakar Maternity hospital” / Thapathali .



Rotaract + other Volunteers for the two activities



Concern of Environment: Bagmati Cleaning Campaign

Rotaract Club of Kathmandu Mid-Town represented by 15 youth worked with Acetravels.com actively in a 2 day cleaning program (17th & 24th August)

Feelings expressed: Ashamed about the sad state of Bagmati river Consolation that more people are becoming aware about it and making effort to clean the river



A lunch break devoted to visiting SGCP

A bevy of friends from ICIMOD led by Ayushma Basnyat spent quality time among the children with CP at SGCP /Dhapakhel .. Ration of rice / dal/ oil/ chowmein / fruits etc were provided for the children from remote district residing at Phulbari of SGCP

Ms Ayushma expresses that the experience of the visit to SGCP was something that "will remain with me forever, Thank you very much for giving me and my friends this opportunity"

Awareness and Gynae checkup program for Menopausal Age group (40 – 60)

Organized by:




Supported by:



Committed to serve to "Engage Rotary and Change Lives" Youth Service Chair Dr Chandra Lekha Tuladhar along with Rotaract President Saugat Gautam after an interactive session with the core committee of "MESON Menopause Society" Dr Veena Rani Srivastava (VP) Dr Swaraj Rajbhandari (PE) Dr Lalita Joshi (Secretary) and Dr Shanti Joshi (Treasurer) agreed on conducting Multiple Menopause Awareness program for women between 40-60 years and cover a target number of 2000 within the year

Working partners support the aim of "MESON society to generate consciousness of the biological issue of women so far kept in darkness and bring them out for open discussions with sympathetic hearing, problem solving solution added with counselling by experts. Thus enabling many ignorant and distraught women to confront menopause with its related problem in a mature and controlled manner allowing them to have a quality life.

Objectives:

- Awareness about menopause
- Awareness of the symptom and problems
- Education on problem solving and available services and seeking of professional advise
- Ensure to seek a more comfortable life in spite of menopause

Program

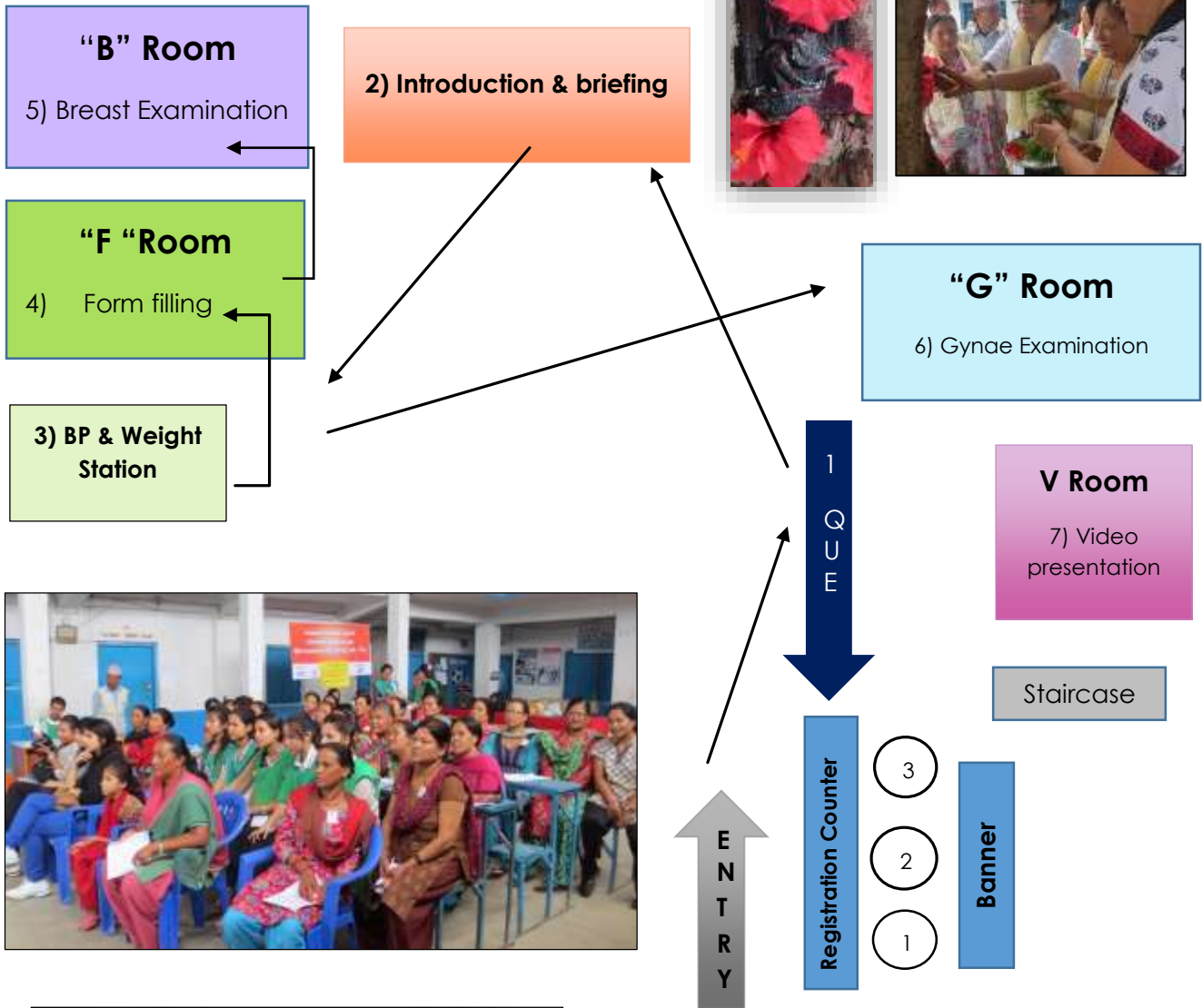
- 1) **Orientation** of volunteers boys and girls
- 2) **Education** on menopause to the target group
- 3) **Additional Awareness** of Cervical and breast cancer
- 4) **Services** – a) Gynecological examination
b) VIA – visual inspection with acetic testing of cervix
c) Breast examination
d) BP & Weight check up
- 5) **Questionnaire** documentation
- 6) Advise on management and reference where required



Phases of the Program

- 1st Phase: Meeting (Ice-breaking between Rotaracts and MESON) 19 June 2013
- 2nd Phase: Orientation and briefing to Rotaracts and youth volunteers
- 3rd Phase: Follow up & Meetings (Pre -Planning and Monitoring of actual program)
- 4th Phase: Implementation of Program

MENOPAUSE AWARENESS PROGRAM (31ST August 2013)
 Venue: Jana Sewa Higher Secondary school /Paanga



Newly inducted Rotaracts participate actively

Register & collect a packet of "Real" juice





BP Monitoring by volunteers (boys & girls)



Gynecologists hold the attention of the group by sharing information in Nepali language & local dialect



Awaiting for gynecological examination



MENOPAUSE AWARENESS PROGRAM

organized jointly by MESON society & Rotaract club of Kathmandu Mid Town supported by Dabur Nepal / Pfizer / Women Group of Paanga / & Jansa Sewa school family

Statistics

Total turn out 150
 Doctors + Nurse = 13
 Rotaracts = 23
 Others = 14
 Registered & examined = 125
 House wife = 105 other profession = 20
 Age group below 40 = 17
 40-49 = 59 50 - 60 = 43
 Above 60 = 6



A handshake to re-confirm bond between parent Rotary club & Rotaract club by Presidents Rtr Saugat & Rtn Saroj



"United we shall strive to change lives"

Lt to Rt :: Twin club President Rtr Suwas / Parent club President Saroj/ DRR Ashish / Rtr President Saugat

***From friends of longstanding:
Rotary Club Landshut/ Germany***

The members of our last visit to Nepal are still sold on the country, the inhabitants and the mountains in your homeland.

They are still talking about the visit of the schools
We will support Nepal further on in the future.

Yours
Hermann and family

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"Formalizing friendship"

Profe Batuk (founder of SGCP) hands over a letter whereby the Rotaract club of Kathmandu Mid Town is recognized as "Friends of SGCP" (Self Help Group of Cerebral Palsy)



"Reinforcement of the working relationship"

With MESON Society for

"Menopause Awareness Program"

With A handclasp between

Dr Swaraj (PE of Menopuse Society and Rotaract Saugat (President of Rotaract club of Kathmandu Mid Town)

Pursuing his studies at Wollongong / Australia

PP Anil Shrestha writes:

Good Afternoon!

Indeed, it's a very different world here. New people, food, culture, education.... Without Mobile and Internet in Hand, we are disabled here. To do anything: shopping, travel, read, everything, we need internet and mobile. It's all technology driven country and it's really a great place to learn and meet hard working and determined people.

I am happy to see the work for the menopause group of women and as always Saugat on the RIGHT HAND. ☺

I have met few Rotarians here and they invited to their meeting. I attended one meeting and program but can't go to others due to my University timing. Later I will be exploring.

Spent this Saturday and Sunday with Mark (Team member from Dhading Project with Mary). He has a huge farm of 5000 acre with more than 300 Sheep. During weekend he works at his brother-in-law's farm where more than 2000 sheep are reared in more than 5000 acre of land. Just unbelievable how a single person can take care of such a big area and sheep just with the support of dogs, It was all like in the movies. I enjoyed a lot, driving in the farm, chasing Kangaroos, playing with the special sheep dogs, crouching sheep, etc and only at the end I realized that the wonderful weekend was done as a charity for a local organization. Firewood was also donated for raffle with the winner getting firewood. . Brilliant idea. Goods in kind were also contributed by the locals for the raffle.

The farm was in Crookwell which is more than 200 km from Sydney. Here there was no Internet and Mobile Phones, Strange isn't it?

My University work is going well. Every system is online and with websites. Due to my late enrollment, I missed some classes hence am taking longer to catchup with other students. But I am speeding up.

Mary is back from Europe tour and I talked to her just today. She will be in Sydney next weekend and we are going to meet. It feels so safe and yet so good to meet someone whom you already know in a strange land.

She was happy about the project progress with RC Swoyambhu.

I remember Anand Sir and you often when I struggle with technology here. For some days, I was in the same position here.

It was lovely to get your mail and thank you for all your Love and Care .

Hoping to hear from you and others as well. ☺

*Regards,
Anil*

Friendship isn't about whom you have known the longest... It's about who came, and never left your side...

- Unknown



Editor:
Rtr. Hrishav Ojha
hrishavojha@gmail.com

Advisor to the Editor:
Rtn. Dr. Chandra Lekha Tuladhar
drlekhatuladhar@gmail.com

