

MAY 2020

The Chronicle



THE JOINT BULLETIN OF
ROTARACT CLUB OF ALUMNI OF UNIVERSITY OF MORATUWA
&
ROTARACT CLUB OF POKHARA

Table of Contents

The Journey So Far!!!	2
Message from Rotaract Club of Pokhara - RID 3292.....	3
Message from Rotaract Club of Alumni of University of Moratuwa - RID 3220.....	5
Mitratā - Journey to the Pearl of Indian Ocean.....	7
Mitratā - Friendship in the Nation of Mountains.....	9
Projects by RAC Alumni Mora.....	23
What's Next.....	29

The Journey So Far!!!

"Life is a series of moments. The quality of attention and action that we bring to each moment determines the quality of our lives"

- Dan Millmam (*American author and lecturer*)

These moments add a big value to our life. We experienced life with different kinds of people, different races and different attitudes. The moments we join, add another level of value when we do a good thing to society. It spreads a good message to the society. The dream to strengthen and widen the fellowship among people is one of the main discussions we had from the early days of the club. The joint bulletin with Rotaract Club of Nanyang Technological University, Singapore in 2018, The joint bulletin with Rotaract Club of Alexandria Sporting, Egypt in 2019 and the visits to some countries had motivated our members to explore different cultures. This motivation drives us to expand our friendship with Nepal. The bulletin was planned as part of this "Service visit to Nepal", Mitratā.

The project idea was initially planned in March 2019 as an initiative to explore the culture of Nepal. However, the tragic circumstances happened after the Easter Sunday Attack, we decided to postpone it. It was a sad time for all of us in Sri Lanka. We thankful to Retractors in Nepal for keeping in touch with us in such times. Hopefully, Rtr. Amrit Subedi's visit to Sri Lanka opened doors for our plans to become a success.

Rtr. Amrit Subedi is the President-elect of Rotaract club of Pokhara. He came to Sri Lanka on 7th October. He has spent 3 days here visiting around the country and we had a cultural exchange. He went back inviting us to visit Nepal.

Accepting that invitation, six members from our club went to Nepal. It had been a wonderful 6-days of cultural exploration. We had an exceptional opportunity to expand our view on things in life. We believe that this will be a great step to International Understanding. We grateful Rotaract Club of Pokhara to cooperating with us throughout this nice journey.

Rtr. Dulaj Dilshan,
Director – International Service (2019/20),
Rotaract Club of Alumni of University of Moratuwa.

Mobile: +94-71-0889867
Email: balasuriyadulaj@gmail.com
Web: rotaractalumnimora.org

Message from Rotaract Club of Pokhara - RYD 3292

Dear Twin, Rotaract Club of Alumni of University of Moratuwa
Greetings from Land of Lord Buddha and Mount Everest.

Congratulations and Best wishes for leading a Vibrant Rotaract Club and congratulations for getting a golden opportunity to prove yourself as a symbol of success wherever you are!

Rotaract Club of Pokhara is proud to be in a Twin Club relation which we made over the year, and, even more important, to be working with you.

Rotaract Club of Pokhara was chartered on 29th June 2002 under the Presidency of Rtr. Kritendra Sigdel as the Oldest Rotaract Club in Pokhara Nepal under the Sponsorship of Rotary Club of Pokhara, the Oldest Rotary Organization in Pokhara with the main theme '**Serving Community, Creating opportunity**'. Years Passed and we celebrated our 18th years of with pride as a platinum contributor in Rotary Rotaract Movement.

This year, we worked for community and development of members and other youths in community following the President R/Y 2019-20's theme, '**LIVE YOUNG, BE MATURE**'. Being Competed and Collaborating with different Organizations and developing our own Professionalism, we are really glad to work with Rotaract Club of Alumni of University of Moratuwa in International Level.

I cannot begin to express my thanks and Congratulations in all the way to the very Succeed Presidency of all leaders of your club till, how inspiring!



Our Twin Relation between clubs has been more strength due to his significant interactions and Collaborations. None of us, including me, ever do great things. But we can all do small things, with great love, and together we can do something wonderful; following this beautiful saying of Mother Teresa, I am eagerly waiting for implementing the theme of Rotaract. 'Fellowship through

Service' forever connecting the world through Rotary Rotaract movements.

Emphasizing our twin relation in a proud way Rotaract Club of Pokhara is eager for more joint projects and fellowship programs that can have direct personal participation of all our members.

I would also like to congratulate all Members of Rotaract Club of Alumni of University of Moratuwa and wishing all for impactful change in our community and in Rotaract Movement and continue to be an impression as a shining model for excellence in leadership.

'Live Young Be Mature'

Regards!

Rtr. Bishow Darshan Parajuli

President,

Rotaract Club of Pokhara

RI 3292, Nepal

Mobile : 00977-98560-56098

Email : rtrbishowdarshan@gmail.com

Message from Rotaract Club of Alumni of University of Moratuwa - RID 3220

Dear Members of Rotaract Club of Pokhara, Nepal,

It is with great pleasure and honor I acknowledge the twin club agreement between our clubs in the spirit of Rotaract. I believe this endeavor will open new opportunities to our clubs to engage in service beyond borders and uplift the standards of life through fellowship.

Rotaract Club of Alumni of University of Moratuwa is a community based Rotaract Club under Rotary International District 3220 (Sri Lanka and Maldives) sponsored by the Rotary Club of Colombo West. It was chartered on the 04th of November 2013 by Rtr. PP. Lahiru Bandara Gawarammana. The club was founded with the intention of paving a way for members taking leave from Rotaract Club of University of Moratuwa, to continue their engagement in the Rotaract movement. The club also welcomes Alumni of University of Moratuwa, to begin an exciting journey of service in Rotaract. The club was initiated with 20 members and now it has grown its membership to nearly 100 members within the last few years.

With the above primary focus in the mind as Rotaract Alumni Mora, we mainly focus on engaging in club service, community service, professional development, international service, and public relations areas. This year, the club marks its 7th year in service with the yearly theme of '**Strive to Save the Earth**', in concern to contribute positively to reduce environmental pollution.



The friendship between Rotaract Pokhara and Rotaract Alumni Mora started last year and it was strengthened through the project "Mitrata". Rtr. Amrit from your club had great stay in Sri Lanka while visiting some beautiful places around the country. Our service visit to Nepal mark the greatest milestone of the project Mitrata where we were able to get a lifetime experience. All six members visit Nepal from our club extend our gratitude to all the members of Rotaract Club of Pokhara, especially Rtr. Nirmala for the amazing tour

guidance given throughout out stay in Pokhara.

We are happy to take away this friendship in the upcoming years. We encourage all members of

both clubs to keep this lifelong friendship. All the members of your club are warmly welcome to this little island known as the "Pearl of Indian Ocean".

Viva la Rotaract!

Yours in Rotaract,
Rtr. Hasitha Wellaboda,
President (2019/20),
Rotaract Club of Alumni of University of Moratuwa.
Mobile: +94-71-3520985
Email: hasithaprashan@gmail.com
Web: rotaractalumnimora.org

Mitratā - Journey to the Pearl of Indian Ocean

"TWENTY YEARS FROM NOW YOU WILL BE MORE DISAPPOINTED BY THE THINGS YOU DIDN'T DO THAN YO DID DO"- H. JACKSHON BROWN JR.

Namaste!!

Words: language is just a medium of expressing feelings, emotions. My trip to Sri Lanka is one of the unforgettable journeys in my life. It's another once-in-a-lifetime experience, still I have hunger to travel from Jaffna to Galle. At the very beginning I would like to thank all the twin Rotaractors from Sri Lanka. During my stay they had supported me a lot and I would really like to thank them a lot. As Rotary connects the world, we are connected. Our strong passion to discover the world and hunger for achieving lifetime experiences are several more motivating factors to travel across the national boundary.



I would like to suggest all the readers to travel Sri Lanka once in their life, it is one of the best destinations for nature loving person. You will never regret once you travel there. Oct 1st, 2019 it was the day I had landed to Sri Lanka via AirIndia; it was evening. Rtr. Isuru was there to receive me, then we moved to hotel Mirage near to the beach. Their warm welcome and strong security make me feel more secure during my stay. Just few months before my travel there was an unforgettable bomb attack in their capital, Colombo. So, the security checks were strict. I slept well with the sea view from the window, it's one of the fantasy nights that came true for me. Next day, by 4:00AM we had plan to travel to Galle, Rtr. Himantha he was on time by 4 in the morning, knocking at the door to receive me. I was really impressed by his activity, after a cup of tea we moved to

Galle. It is my best lifelong memory yet; we just had all the random talk during our travel. It was the day that I felt lucky. For the first time I had touched ocean, swimming there was just beyond words. Still I feel that joy. Those memories are still fresh in my mind, even after a couple of months. The Dutch fort and its historical importance is really interesting to listen. Spicy Sri Lankan food still created saliva in my mouth, though I like spicy food it was spicier than we consume in our daily life. After a whole day visit to Galle, we departed at the hotel through the seaside road with the view of sea.

After that I was supposed to attend the meeting for Twinship with Rotaract Club of Alumni of University of Moratuwa. I arrived there, dressed in typical the Nepali dress: daura and surwak with Dhaka topi. It was historical day for both Rotaract Clubs, and it strengthened our twinship. We had an awesome dinner which was organized after meeting, at typical Indian restaurant.



Next day we visited the Elephant Orphanage in Pinnawala where I got the opportunity of witnessing a day in the lives of the amazing elephants there. Then we moved to Kandy. Two Rotaractors along with a Nepali friend joined us to see the beauty of the Kandy City. We visited the Temple of the Tooth Relic that day. That night, we all stayed at Kandy and next day early in the morning we moved on to Nuwara Eliya. It was another day of joy, its beauty and environment reminded me the beauty of Pokhara and Nepal.

Trip to the Haggala Botanical Garden and Gregory Lake is still fresh in my memory.

I still bring up the idea of botanical gardens into discussions with my Nepalese friends. It's a very novel concept to me, and my Nepalese friends were much at wonderment about it too. With a lot of hunger to visiting more places of Sri Lanka I had to move back to my nest in Nepal next day early in the morning. I have a collection of lifelong mind-blowing memories with me.



I would like to thank all my Sri Lankan friends for their support and care, during my stay.

Rotary Connects the World.

Jay Rotaract!!

Jay Rotary!!

Rtr. Amrit Subedi

Rotaract Club of Pokhara – RID 3292

Mitratā - Friendship in the Nation of Mountains

Mitratā, means friendship in both Nepalese and Sinhala, is this just coincidence or is it destiny to meet everlasting friendship all the way in Nepal?

Project Mitratā is Rotaract Alumni Mora's service Visit to Nepal. Allow me to take you through the journey of Project Mitratā.

Let's start from how it all began, the project was initially planned in the month of March 2019, in the past Rotaract year. However due to the tragic circumstances in the country we decided to postpone the trip. It was a sad time for all of us and we are ever so grateful for Rotaract Club of Kathmandu and Rotaract Club of Pokhara for their great corporation even when we had to cancel all the projects we planned to do during the visit.

Let bygones be bygones, I would say this tragedy motivated us to achieve this dream once again! Thus, started our quest to visit the Land of Mountains back again!

The Travel Buddies

First, we had to find the partners in action, so we made an open invitation for all club members to join us when we first announced the visit. Since I myself so badly wanted to make my first trip be an abroad one, I was the first one in; then came Rtr. PP. Himantha Alahakoon who was also a part since the March trip. Next up was our enthusiast Mr. President Rtr. Hasitha Wellaboda. How can we forget the bride-to-be of Rtr. PP. Himantha who joined us in the quest. Then Rtr. Dinushani Wickramarachchi, one of the experienced active members of the club also joined the team, last but not least his thirst for travel lured Rtr. PP. Chamal Kuruppu in.



Hours and Hours of Planning

With the team ready, we started planning our itinerary. After hours and hours of planning we finally ended up with a 6-day travel itinerary to the Nepal covering Kathmandu and Pokhara. Our aim was to focus on learning the culture of Nepal, engaging in community service, and interacting with locals and our friends in Rotaract.

Cheerio Sri Lanka!

With the plans on paper, tickets in hand and dreams in heart we caught our flight on the 8th of November 2019. We had a layover in Delhi, let's just simply say we ran a marathon at sprinting pace to the departing terminal, if not for Rtr. Chamal and his surprising athleticism we might have missed the flight.



Day 1: We are in Nepal! and We Love Momos!

When we arrived in Kathmandu it was pretty late! The first impression when I set foot in Nepal was how soothing the environment was and how pure the air felt. Believe me, one draw of breath of the fresh air, I finally felt like living! Rtr. Lok and Rtr. Nisa from Rotaract Club of Kathmandu were there at the airport to greet us. Thank you Rotaractors for your warm welcome and sorry to have kept you both waiting!



Next, we went to the Hostel at Thamel, the shopping district of Kathmandu, this was especially for the ladies who were keen on doing (quite) a bit of mandatory shopping. Since it was pretty late, we only had time for dinner. We made sure to have an authentic Nepalese dinner and to our surprise we had our tummies full for a very affordable value. This was noticeable all around Nepal where the food was delicious yet inexpensive! Rtr. PP. Chamal would agree to this since he was my partner in eating our way through Nepalese cuisine.

Day 2: Wake up! We Need to Watch the Sunrise!

On the 2nd day, Rtr. PP. Himantha who was always the early bird woke us up to start our travel diaries in Kathmandu. That morning while shivering in the cold we watched the iconic sunrise at the Nagarkot mountain. We climbed the observation podium and watched the rising sun, awestruck! We heard from one of the onlookers that it was his 10th time at Nagarkot and this was the best view he had ever seen. In other words, we were so lucky! After a much-needed warm breakfast we headed off to the Durbar Square, which is a world heritage site and a monument zone.

Durbar Square (King's Court) in Bhaktapur, as the name suggests, is the royal palace of the old Bhaktapur Kingdom, which is now a UNESCO World Heritage Site, still preserving the glory of its ancient culture. We wandered eagerly, admiring many centuries old exquisite stone-art, metal-art, wood carvings, and terracotta-art of each architectural masterpiece. Renovations are ongoing after the damage caused by the earthquake in 2015, nonetheless, its majestic heritage shines brightly. There are many important monuments to sight-see, other than the main Durbar Square. 55 Windows Palace, Golden Gate, Big Bell, Dattatreya Square, Pottery Square, and five-level Nyatapola Temple are few of them.



Happy Children, Happy Rotaractors

Next up was the Joint Community Service project with Rotaract Club of Kathmandu at the Srijanshil Children's Welfare in Kageshwari, Kathmandu. We carried stationary items all the way from Sri Lanka to gift the children in the welfare center which will be helpful in their studies at school in the upcoming year. The children had a great time where they sang and danced for us. We talked with them and got to know their future dreams. With many blessings to these innocent children we left the welfare center with happy hearts.

Next, we met the members of Rotaract Club of Kathmandu and had a joint meeting together followed by a scrumptious Nepalese lunch kindly offered to us by the club members. We made sure to grasp this chance to bond over food and shared many things including common words in Nepalese and Sinhalese. We were surprised to learn how closely the languages related to each other. We ended our meeting with a cultural box exchange and had a ride back in a Nepal bus which was more like a van.



Durbar Square and a Feisty Guide

Late that night we paid a visit to Hanuman-dhoka Durbar Square where our guide was a feisty gentleman who knew head to toe about the place! Among the many places we went, I was amazed by the "Temple of the Living Goddess" and was equally amazed to see the living goddess with my own eyes. This magnificent complex includes Kotilingeshwara Mahadev, Mahendreswara Temple, Taleju Temple, Mahadev Temple, Shiva Parvati Temple, Maru Ganesh, Bhagwati Temple, Saraswati Temple, Krishna Temple, Bhairav and many more. We were privileged to witness and to get a brief about



'Tibetan Mandala art', which are mesmerizing yet immensely complex symbolic structures, drawn in multiple layers full of deep meaning to decipher. Next up was everyone's favorite, the Jagannath Temple which is also known as the Erotic Temple! Yes, you heard it right! The Erotic Temple it was! I will stop the description right here for decency sake.

Night at the Boudhanath temple and Shopping!

Our next stop was the Boudhanath Temple, Rtr. Chamal, Rtr. Pabodha and Rtr. Dinushani tried their luck in turning the money wheels at the temple but alas to the disappointment of our crew we found out later that they were not money wheels but resonating buddhist chants. Sadly, they lost the chance to get rich! Few of our friends in Rotaract clubs of Sukedhara and Kathmandu North contacted us and met us at the temple, with whom we bonded over a delicious cup of tea. Thank you Rotaractors for your awesome travel advice and kindness. After we said goodbye to them, the shopaholics in us were in full action that night, we shopped away until the shops of Thamel Square closed for the day. Rtr. Dinushani was our bargaining queen and we were her fellow disciples.



Day 3: A Six-Hour Drive to Pokhara and Yes, We Saw the Everest from Far!

With our Kathmandu itinerary ticked off, it was time for us to head towards our 2nd stop, Pokhara! the tourism capital of Nepal! Home to some of the highest mountains in the world and the ultimate trekkers' paradise.

With our bags packed we left Kathmandu heading West to Pokhara. It was a long 6-hour drive. Our first stop on the way was Chandragiri hills, where the crew took a cable car ride over a blissful mountain range. At the peak we observed four mountain ranges of Himal. Rtr. Himantha (as usual) engaged in a photographic extravaganza where he was the victim who had to take snaps of each member posing for their social media cover photos. Out of nowhere we heard Rtr. Hasitha calling us and to our awe we finally saw what he was pointing at! It was nothing but Sagarmatha (Mount Everest) in her full glory. After visiting the Shiv Temple on the top of the mountain we continued our trip off to Pokhara, passing mountains, streams and evergreen forests. When we reached Pokhara, we headed off to our hotel where we were hosted by our Rotaract friends in Pokhara. Rtr. Amrit Subedi, who visited Sri Lanka back in October took us to a carnival where we tried out some rides in the ferris wheel.



Day 4: Wake up! It's Sightseeing Day!

The following day was yet again an early morning call from Rtr. PP Himantha. "Girls are you awake?" No we weren't! We never were! Finally getting off from bed and freshening up, we caught up with Rtr. Nirmala Subedi one of the past Vice Presidents of Rotaract Club of Pokhara. She is one of the first few certified woman-travel-guides in Nepal! We were indeed proud to be guided by her. Even though we couldn't see a clear sunrise at Sarangkot the day followed was first class. The second stop was at Bindabasini Temple, the first temple ever to have built in Pokhara! The third stop was Devi falls, named after a foreign couple who got killed in the waters. At the Gupteshwor Mahadev Cave, we observed the underground Shiva temple and the rocks which formed a spacious cave. Next, we visited the Peace Pagoda in Pokhara followed by the tour in the Mountain Museum. We walked and walked in the endless museum filled with astonishing stories of mountain climbers and the native mountain lives. What a day it was! 6 iconic destinations which

left us super-excited despite aching feet. We came back with a notebook filled with notes for Project Culturact 2.0!



Happy Twin Day

That night we met the members of Rotaract Club of Pokhara, signed the twin certificate and had a joint meeting. We had closely stayed in touch with Rotaract Club of Pokhara over a year and it was a privilege to sign the bond between the two clubs at last. With that we celebrated our twin day over an authentic Nepalese dinner. The authentic Nepalese cuisine is to die for! and surprisingly we had a similar version of Sri Lankan "Thalapa" in the menu served to us by the Pokhara Club. Later that night the Rotaractors visited us at our hotel and we had long cheeky chats about life and love! Rtr. Prawesh Gautam was hilarious and his talkativeness kept us awake with fun and laughter.



Day 5: I don't Want to Die but Jumping Off a Mountain Felt Good!

Yes, you read it right, it was the 5th day and the most dreaded day for me! It was an adventure-game time. I am not a very adventurous person, but given that I didn't want to be left alone, I thus decided to join the rest in paragliding in the spur of a moment. We paraglided from Sarangkot to the Phewa lake. With protective gear on, we took off from the mountain. Did some acrobatics in the air, enjoyed the clouds kissing our faces and bless my instructor! I landed in one piece!



A Mini-Hike Put Our Legs to Test

That afternoon Rtr. Nirmala met us again where we set off for a mini-hike from the Damside to east along the river Fusre Khola. Waving at the farmers harvesting their crops we walked along the village offroads, crossed the longest suspension bridge in Pokhara and arrived at the Mini Grand Canyon as the final landmark. We lost Rtr. PP Himantha several times on our trek since he stopped often to capture the scenic landscapes in his camera eye. Thanks to him we had many photographs but most of them missing the cameraman himself. Hats of Mr. Photographer who missed his chance to be photogenic. That night we once again met Rtr. Prawesh, the acting president of Rotaract Club of Pokhara, Rtr. Amrit and some fellow members with whom we exchanged gifts and made our farewell as we were leaving the next day.



Day 6: Our Last Day in Nepal

With the dawn of the next day, it was time for us to bid adieu to the beautiful country of mountains, since we had an afternoon flight we left early to Kathmandu by road. It was a long and tiring trip, most of us slept along the way. At the airport we were sent off by our Rotaract friends in Kathmandu, we were all heartbroken to leave our new friends whom we felt as if we had known for an eternity. Farewell Friends, we will always keep you in our hearts!

However, the trip was not yet over! The flights were delayed, and we used that time to pose for photographs with the Dhaka Topi gifted to us by Rtr. Amrit. The Dhaka Topi is Nepal's traditional hat which was graciously gifted to us by Rtr. Amrit and Rotaract Club of Pokhara!.

We are Back!

After some extensive shopping at the Delhi duty free we set foot on our motherland Sri Lanka. The 6 Rotaractors were back in their kingdom!



A Big Thank You!

Thank you, Rotaract Clubs of Kathmandu and Pokhara, thank you the kind and helpful people in Nepal and Thank you Nepal for the wonderful memories you gave us. Our hearts are filled with love and respect for your country and culture. "Namaste!!" (May the god in me greet the god in you)

Rtr. Shenali Welikala
Club Secretary 2019/20

Rotaract Club of Alumni of University of Moratuwa

Capture Credits- Rtr. PP. Himantha Alahakoon, Rtr. PP Chamal Kuruppu and Rtr. Hasitha Prashan.

Projects by Rotaract Club of Pokhara

18th Charter Day and Installation Ceremony

The 18th Charter Day Celebrations and the Installation ceremony of the Rotaract Club of Pokhara was held on 29th of June 2019. The event was graced with the presence of DRR of RID 3292, Past Presidents of the club and Rotarians representing the Sponsoring Rotary Club. Rtr. Bishow Darshan Parajuli was appointed as the 18th President of Rotaract Club of Pokhara during this ceremony.



Zonal Teej Celebration

This year the zonal Teej celebrations was organized by the Rotaract Club of Pokhara and Rotaract Club of Pokhara Fishtail. The event was held in the 30th of August 2019 and more than 100 enthusiastic Rotaractors from the Zone-IV participated for this event.



School Support Program of Asha Foundation

As another project in the community service avenue, The School Support Program was collectively carried out by the Rotaract Club of Pokhara, Rotaract Club of Parbat Pokhara, Rotaract Club of Rudramati Babarmahal, Rotaract Club of



Rudramati and Rotaract Club of Sukedhara. We are happy to have provided support kits to the school children of Shree Lahari Community Basic School, Annapurna Rural Municipality-1, Kaski.

Personal Sanitation and Hygiene Training Program

"Cleanliness is close to godliness", is a well-known saying. Keen on instilling healthy habits on personal sanitization and hygiene, we at Rotaract Club of Pokhara were able to successfully complete a one-day training in Personal Sanitation and Hygiene at Annapurna Primary School, Machhapuchhare-8, Kalimati Kaski.



We are grateful to Mr. David from Australia and his team for supporting us to provide personal hygiene Kits for the school children and assisting in the Training Program. A special shout out goes to Rtr. Nirmala Subedi for doing a fantastic job as the coordinator of program.

Oral Hygiene

"Brush your teeth every day, Keep the dentist away!"

Encouraging our younger generation, emphasizing that we all need healthy and strong teeth, we Rotaract Club of Pokhara had a lively training session with the students at Shree Balkalyan Basic School, Pokhara - 21, Damsadi, Kristi. This project was a major success, with the kind help and support

of Mr.

David John Walker from Australia and Mardi Gateway Hotel. Program was coordinated by Rtr. Nirmala Subedi.

We were able to conduct the training on oral hygiene and distribute brushing kits, among the students. We certainly hope these little ones would grow healthy, wealthy and wise – and of course, keep on brushing!



Rotaract Picnic

Who would not enjoy some quality time together, along with some cooking and lots of chit chats? Friendships, old memories, and all included. On the 15th of February 2020 (03rd Falgun 2076) members joined for a picnic with the Rotaract Pokhara members to Kalabang Ghaderi. Kalabang Ghaderi is an area with beautiful nature and the members had an amazing time and even prepared their own meals as well.



15th Inter College Rotaract Running Shield Quiz Contest 2020

Rotaract Club of Kathmandu, Rotaract Club of Butwal South and Rotaract Club of Pokhara jointly presents 15th Inter-College Rotaract Running Shield Quiz Contest. The regional rounds were held on 08th February 2020 in three different cities Kathmandu, Butwal and Pokhara. Team School of Engineering of Pokhara University for won the Regional Rounds held in Pokhara.

The winners of the regional rounds participated in the final game held on 15th February 2020 in Kathmandu. Chelsea International Academy for won the 1st place while Uniglobe H.S.S and School of Engineering, Pokhara University won the 2nd and 3rd positions, respectively.



COVID-19 Awareness Poster Program

Focusing on the Rotaract Week we Rotaract Club of Pokhara conducted a COVID-19 awareness program, through a poster campaign in public locations best practices to minimize disease spread and for wellbeing. This was successfully completed on the 09th of March 2020 in the public areas in Lakeside, Pokhara.



खाधान्य राहात वितरण (Distribution of Food Grains Relief)

During the times of the outbreak of the COVID-19 pandemic, the Rotaract Club of Pokhara, organized a wonderful program to distribute relief packages to needy families. The project was carried out in three phases during the month of April. We were able provide dry rations including rice, dhal, salt, oil and soya beans to more than 50 families in Pokhara Metropolitan City. We are grateful to all those who supported in this valuable project.



Memories from the General Meetings Held during the Year



Projects by Rotaract Alumni Mora

Reminiscence

Reminiscence is the Club Get-Together of Rotaract club of Alumni University of Moratuwa. This is one of the most fun events of the year, reuniting the past Rotaract members from Rotaract Alumni Mora as well as Rotaract Mora. This time, Reminiscence' 19 was held on 20th December 2019 at Playtrix Sports Bar and Cafe.

We were lucky this time to have several past presidents of both clubs including the Charter President of Rotaract Alumni Mora Rtr. PP. Lahiru Bandara Gawarammana. During the meetup, our past members were happy to share the experiences of their golden era in Rotaract and eager to know well things are going on now.



Kindred Kidneys

"Kindred Kidneys" is one of the signature community service initiatives by Rotaract Alumni Mora. This project was conducted at Kelaniya Raja Maha Viharaya with the collaboration of Samastha Lanka Kidney Association (SLKPA). We were able to complete six phases of this project. A newspaper called "Wakugaduwa" is sold among the devotees to increase awareness regarding Chronic Kidney

Disease and raise funds to provide free Dialysis Treatments for underprivileged kidney patients. Many Renown artists arrived at Kelaniya in support of our venture. Rotaract Club of Alumni of University of Moratuwa was appreciated for the volunteering commitment to help the Kidney patients in Sri Lanka at the "Annual Social Welfare Function" organized by Samastha Lanka Kidney Patient's Association.

Share the Joy

"To get the full value of joy you must have someone to divide it with"— Mark Twain

We all have special days in our lives that we would like to celebrate with our close ones to share the joy. It may be a birthday, graduation day, wedding day or even the day you became a parent. No matter what, we all prefer to receive surprises, gifts and parties to remind the value of ourselves within their hearts. Can we make someone happy on our special day and

celebrate it with them rather than having a party? This was the thought that drove us towards having the series 'Share the Joy'. We, Rotaractors of Alumni of University of Moratuwa perpetually attempt to make a difference on someone's life. Carried out in several phases, we visited Yashorapura children's home in Ratmalana and the Boys Development Center in Maharagama to share the day with fun activities and of course, good food.



Perception

No matter who you are, or where you live, you are subjected to laws. You are bounded with laws. It governs our conduct from birth to the grave and sometimes even after death. Therefore, it is important to know about the general law of his/her own country. However, awareness about law among the public is poor in Sri Lanka.

With this in mind, Rotaract Alumni of University of Moratuwa organized "Perception" to create awareness among fellow

Rotaractors about the general law in Sri Lanka. Rotaract Club of Colombo Central also joined for this project which was held on 22nd of September 2019.

The two lawyers who led the session shared their experience in handling various legal matters to make the session more interesting which gave an opportunity to the audience to have better insight and guidance to face problems responsibly.





You're Someone's Type

With an objective of encouraging existing low-risk voluntary donors to give blood regularly, encouraging new people to donate their blood on a voluntary unpaid basis and build wider public awareness of the need for regular blood donation throughout the year in order to maintain an adequate supply of blood for all patients requiring transfusion, the

Rotary family of Colombo West headed up for a blood donation campaign named "You're Someone's Type". The first session of this campaign was held on 04th November 2019 at Old Gymnasium of University of Moratuwa, organized by the Rotaract Club of Alumni University of Moratuwa and the Rotaract Club of University of Moratuwa. We were able to collect 96 pints of blood during the first phase of this project



Joy of Christmas

Joy of Christmas 2019 was organized as a joint community service project with Rotaract Panadura, Rotaract Mora and Rotaract Alumni Mora. On 28th of December 2019 members from three clubs visited

Surasa Moratuwa Special Education School and Home for Girls, Moratuwa. It was a fun-filled afternoon with our bright starry friends from Surasa: we played, sang, shared snacks among



ourselves and had a wonderful time. It was quite fun to see them enjoy the balloon dance, musical chairs and pass-the-hat games we had organized. The event ended with sharing joy of Christmas to these innocent children

Camaraderie

Introduced several years ago, Camaraderie was initiated with the concept of holding the Monthly General Meeting with another Rotaract Club as a joint meeting, instead of having it in the traditional way. The main objective of this concept is to enrich 'Engage Rotaract - Redefine Friendship' through the focus areas of fellowship, reach-out, innovation, empowerment, nourishment, discipline, sustainability, hope, inspire and passion. The sessions were

named "Camaraderie", which means mutual trust and friendship among people. This year we have already carried out 6 Camaraderie sessions with 9 different Rotaract Clubs including two international Rotaract Clubs in RID 3292 – Nepal and Buthan. Through this project we were able to gain new friendships and new cultures around different parts of the world.



Spick and Span

Taking another small step to preserve the precious ocean resources, we as the Rotaract Club of Alumni of University of Moratuwa organized "Spick and Span 1.0" to clean the Panadura Beach on 11th of August 2019. This project was conducted as a part of the project "Recover", an environmental service initiative by the Rotaract

District 3220 this year to mark the 50th Anniversary of Rotaract in Sri Lanka. One of the key objectives of the project is to implant the idea of beach cleaning and keeping our clean environment among the locals. After four to five hours of work, volunteers were able to complete the cleanup collecting more than 100 kg of polythene, plastic and other waste.



Emergence

"Emergence" was initiated by Rotaract Alumni Mora to provide an opportunity for the board of directors to understand their respective role as board members, to explore and to expand their potential as both individuals and team players. This time, the project Emergence took place on the 06th July 2019, at the Aqua Pearl Lake

Resort, Panadura. Rtr. PP. Himantha Alahakoon, Director for Environmental Services for Rotaract District 3220 was our celebrity for the day and the board of directors learnt quite a lot from the friendly discussions we had after lunch. There was much to share, and these were happy conversations among eager board members with laugh and cheerfulness. The event completed successfully with the motivation of completing this Rotaract year in high note.

Annual Club Trip

Club Trip is one of the most awaited events in the Rotaract Alumni Mora calendar. On the 12th and 13th of October 2019 rotaractors from the club explored the beauty of Atanwala area. It was wonderful two days covering

Bambarakiri Ella, Pitawala Pathana, Sera Ella, Atanwala Village and Manigala. It has been a thrilling experience and very good opportunity to tighten up bond among the club members.



Nena Pahana

"Nena Pahana" is another initiative by Rotaract Club of Alumni of University of Moratuwa, with the prime objective of improving basic education and literacy of the young generation of the country. "Nena Pahana" mainly consists of a seminar series for O/L students in Maths, Science and English subjects. This year we selected

Ananda Samarakoon Vidyalya to provide our support targeting their O/L examination.



EcoScape School Workshop

A world with more plastics than fish in the sea is not far away. As the first step of "EcoScape", which is an initiative to prevent this environmental threat, a school workshop was organized by the Environmental Services

Team of Rotaract District 3220 Sri Lanka & Maldives, hosted by Rotaract Alumni Mora, Rotaract Club of IIT, Rotaract Club of General Sir John Kotelawala Defense University,

Rotaract Club of Seagis Campus and Rotaract Mora.

The workshop was successfully completed on the 01st of November at Palannoruwa Central College, Gonapola, with the participation of 150 students from Grade 7. Children are the leaders of tomorrow; hence the main focus of the workshop was to plant the concept of Eco bricks as a solution to waste polythene and plastics in these little minds.

What's Next...



Back in October 2019, great expectations were awaiting to welcome the arrival of Rtr. Amrit Subedi to Sri Lanka. Together with our friendly Rotaractors from Rotaract Alumni Mora, Rtr. Amrit had a wonderful time travelling the paradise island and creating new friendships. What followed next was the our most anticipated trip, accepting the invitation to visit our friends in Rotaract in Nepal, the land of peace.

It's always a pleasure to meet new friends and create new bonds. Marking the beginning of a long-lasting friendship, Rotaract Club of Alumni of University of Moratuwa signed a Twinning Agreement with Rotaract Club of Pokhara on the 12th of November 2019. The twin agreement was signed, and a letter head exchange was carried out with the participation of representatives from both the clubs.

We congratulate Rtr. Bishow Darshan Parajuli, President of Rotaract Club of Pokhara, and Rtr. Hasitha Prashan, President of Rotaract Club of Alumni of University of Moratuwa, on this joint venture. We extend our heartiest wishes to Rtr. Amrit Subedi and Rtr. Anju Cheran two President Elects of the two clubs for the upcoming year. We are immensely happy and excited to carry on more fruitful work together to serve our communities and the world.

VIVA LA ROTARCT!!!

Representing the Editorial Team of Chronicle 2020

Rtr. Louise Christine,
Editor,
Rotaract Club of Alumni of University of Moratuwa