



गन्तव्य

The Destination
Souvenir 2024-25



RI Theme

2024-2025



DRR Theme

2024-2025



Presidential Theme

2024-2025



Sponsoring Club



ROTARY CLUB OF NARAYANI MID TOWN

गन्तव्य
The Destination
Souvenir 2024-25

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Rotaract Club of
NARAYANI MID TOWN





राष्ट्रिय गान



सचौं थुँगा फूलका हामी, एउटै माला नेपाली
सार्वभौम भई फैलिएका, गोपी-गहाकाली ।
प्रकृतिका कोटि-कोटि सम्पदाको औँचल
वीरहरूका रगतले, ख्वतज्ज्वर र अटल ।
जानभूमि, शान्तिभूमि, तराई, पहाड, हिमाल
अखण्ड यो प्यारो हायो, गातुगूणि नेपाल ।
बहुल जाति, भाषा, धर्म, संस्कृति छन् विशाल
अग्रगामी राष्ट्र हायो, जय जय नेपाल ।



Founder of Rotary



पॉल पी. हरिस

(1868-1947)

२०२४-२०२५

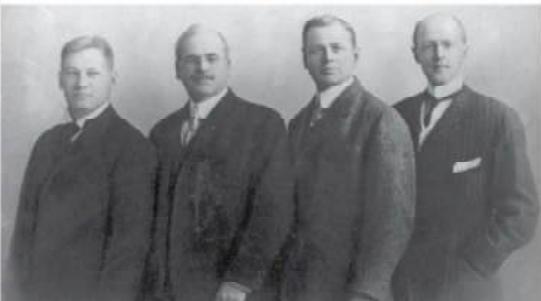
Paul Haris, the father of Rotary Movement, was born on April 19, 1868. When he passed on January 27, 1947, he left behind for mankind a rich legacy of fellowship and brotherhood for international understanding and services to humanity.

The 4-Way Test

To achieve success, let us practise the Four-Way Test of the things we think, say or do as follows:

- Is it the **TRUTH** ?
- Is it **FAIR** to all Concerned ?
- Will it build **GOODWILL** and **BETTER FRIENDSHIPS**
- Will it be **BENEFICIAL** to all concerned ?

The First 4 Rotarians



(left to right) Gustavus Loehr, Silvester Schiele, Hiram Shorey and Paul P. Harris, circa 1905-12.





Message from

RI President

Stephanie A. Urchick

RI President, 2024-25

To

The Club Presidents of Rotary year 2024-25,
Rotary District 3292,
Nepal & Bhutan



I congratulate you on your installation to the office of club presidents of the Rotary Clubs in District 3292.

Rotary needs your leadership now more than ever if we are to make every club and district an irresistible experience. By following Rotary's Action Plan and making sure all members feel a sense of belonging in your club, you have a special opportunity to inspire members to new heights of service.

Our ability to create lasting change begins with our family of Rotary. Together, it is within our power to bring healing in a divided world.

Join me in making Rotary a source of strength for those who need it most, within and beyond our membership. Let this be the year we harness The Magic of Rotary, and let Rotary be known as an organization that takes care of its members as well as the people we serve.

It is within your power to help make your club a beacon of goodwill and fellowship in your community.

I look forward to working beside you as we change the world with The Magic of Rotary.

Warm regards,
Stephanie A. Urchick
Rotary International President, 2024-2025



Rotaract Club of
NARAYANI MID TOWN





Message from

District Governor

Rtn. Rajendra Man Sherchan

District Governor 2024/25



Rtr. Rajib Ghimire
Rotaract Club of Narayani Mid Town
RI District 3292

I wanted to extend my sincere appreciation to both of you for your remarkable leadership and dedication to the Rotaract Club of Narayani Mid Town. Under your leadership, the club has reached remarkable milestones and brought about meaningful change within our community. Your efforts have truly set a high standard for excellence and service.

President, I am fully confident in your ability to elevate the club to new heights. Your passion, dedication, and vision will undoubtedly drive the club toward continued success and impactful change. I am excited to see the innovative projects and initiatives you will bring to the club and contribute to the larger Rotary Movement.

As we embark on a new Rotary year with the theme "The Magic of Rotary," I encourage you to embrace this opportunity and let it guide your actions and projects. As Rotaractors, you are the magicians who bring this magic to life through your dedication and service. Know that you have the full support and assistance of the district leadership team and myself.

I want to convey my best wishes to the President Rtr Rajib Ghimire & his team and wish you and your team the very best in the role you take up. Your commitment to Rotary and your dedication to service above self are truly admirable. I am confident that through collaboration and cooperation, you will achieve even greater success and make a lasting impact in the community.

Thank you for your exceptional contributions, and I look forward to witnessing the continued growth and success of the Rotaract Club of Narayani Mid Town
Yours in Rotary

Rajendra Man Sherchan

District Governor 2024-2025



The Destination
Souvenir 2024-25



Rotaract Club of
NARAYANI MID TOWN





Message from

District Rotaract Representatives

Dear President Rtr. Rajib Ghimire

President

Rotaract Club of Narayani Mid Town

Rtr. BIKRAM CHHETRI

DRR, RID 3292, 2024-25



I hope this message finds you in great spirits. As we embark on the Rotary Year 2024-25, it is with immense pride and enthusiasm that I extend my heartfelt congratulations to you on assuming the position of President of Rotaract Club of Narayani Mid Town.

Under the district theme "Rise Together: Empowering Unity" we are set to forge a path that embodies collaboration, inclusivity, and shared purpose. Your leadership at the helm of Rotaract Club of Narayani Mid Town is a testament to your dedication, vision, and unwavering commitment to service above self. I am confident that with your guidance, the club will thrive and achieve remarkable milestones, reflecting the true essence of our theme.

I also want to take this opportunity to congratulate Rtr. Binod Shrestha on the successful completion of his tenure as President for the Rotary Year 2023-24. His exemplary leadership and tireless efforts have left an indelible mark on the club, paving the way for continued success and growth. Rtr. Binod Shrestha's tenure was marked by significant achievements, innovative projects, and strengthened community bonds, setting a high standard for the years to come.

The coming year promises to be a period of profound impact and transformative initiatives. Your role as President will be pivotal in harnessing the collective energy and talents of your club members to bring about meaningful change in our communities. With your exemplary leadership, I have no doubt that the Rotaract Club of Narayani Mid Town will soar to new heights, reflecting the spirit of unity and empowerment that our district theme champions.

I encourage you to embrace this theme wholeheartedly, fostering an environment where every member feels valued, motivated, and inspired to contribute to our shared mission. By rising together, we amplify our strengths and create a ripple effect of positive change that transcends boundaries.

On behalf of the entire district, I extend my best wishes to you and your team. May your tenure as President be marked by innovative projects, strengthened partnerships, and a lasting legacy of service and unity. Your leadership will undoubtedly empower others to rise and contribute to a brighter, more inclusive future.

Let us move forward with determination and optimism, knowing that united, we can achieve extraordinary things.

Yours in Rotaract,
Rtr. Bikram Chhetri
District Rotaract Representative
Rotary Year 2024-25



Rotaract Club of
NARAYANI MID TOWN





Message from

RTN. KRISHNA PRASAD PANDEY **District Rotaract Committee Chair**

DRCC, RID 3292, 2024-25



Dear President Rtr. Rajib Ghimire,
Rotaract Club of Narayani Mid Town

As the District Rotaract Committee Chair for District 3292 Nepal & Bhutan, it is with great pleasure and enthusiasm that I extend my heartfelt congratulations and best wishes to you on your presidency of the Rotaract Club of Narayani Mid Town for the Rotary Year 2024-25.

This year, under the district theme "Rise Together: Empowering Unity," we are called to embrace the strength that comes from unity and collaboration. This theme is a powerful reminder of our shared commitment to working together to create a positive impact in our communities and beyond. It underscores the importance of empowering one another, fostering solidarity, and collectively striving for excellence.

Your leadership will be instrumental in guiding your club towards achieving its goals and making significant contributions to our district's mission. Your dedication to the principles of Rotaract and your passion for service are truly inspiring. I am confident that with your vision and determination, the Rotaract Club of Narayani Mid Town will continue to flourish and make a meaningful difference.

As you lead your club through this transformative year, remember that you are not alone. You have the unwavering support of your fellow Rotaractors, Rotarians, and the entire District 3292 family. Together, we are stronger, and together, we can achieve remarkable things. The essence of our theme lies in our collective effort to uplift and empower each other, and I am certain that your presidency will exemplify this spirit of unity.

Your role as President is not just a position of leadership but a beacon of inspiration for all members of your club. Your ability to unite, motivate, and guide will be crucial in driving forward the initiatives and projects that reflect our shared values and aspirations.

I have no doubt that your tenure will be marked by innovation, collaboration, and a deep sense of community. Your leadership will set a powerful example for others to follow, and your efforts will leave a lasting legacy.

Once again, congratulations, President Rtr. Rajib Ghimire. May your year be filled with success, fulfillment, and the joy of making a difference. Let us rise together and empower unity to create a brighter future for all.

With Warmest regards and Best wishes,

Rtn. Krishna Prasad Pandey
District Rotaract Committee Chair
District 3292 Nepal & Bhutan
Rotary Year 2024-25



Rotaract Club of
NARAYANI MID TOWN





Message from

Zonal Rotaract Representative-Zone 14

RTR. SURAJ BHANDARI

ZRR-Zone XIV, RID 3292, Nepal-Bhutan



Dear Rtr. Rajib Ghimire
President
Rotaract Club of Narayani Mid-Town

Dear Fellow Rotaractors, Welcome to the New Rotary Year 2024-25.

I hope this message finds you in great spirits. As we embark on the Rotary Year 2024-25, it is with immense pride and enthusiasm that I extend my heartfelt Congratulations and best wishes to President Rtr. Rajib Ghimire and his team of Rotaract Club of Narayani Mid-Town for their remarkable achievements during Rotary Year 2024-25. With your vision and commitment, I am confident that the Rotaract Club of Narayani Mid-Town will continue to flourish and make a profound impact on our community.

I also want to take this opportunity to Congratulate Rtr. Binod Shrestha on the successful completion of his tenure as President for the Rotary Year 2023-24 for Rotaract Club of Narayani Mid-Town. His exemplary leadership and tireless efforts have left an indelible mark on the club, paving the way for continued success and growth. Under your guidance, the club has reached new heights, fostering a spirit of camaraderie and service that resonates with the core values of Rotaract. Your dedication and hard work have set a shining example for all of us, and we thank you for your incredible contribution.

As the Zonal Rotaract Representative of Zone XIV, I am here to assure you that you have my full support and guidance throughout the journey. The journey ahead may be filled with challenges, but it will also be brimming with opportunities for growth and service. Together, we will strive to uphold the values of Rotaract, fostering leadership, promoting fellowship, and making meaningful contributions to society.

Under the District theme "Rise Together: Empowering Unity" we are set to forge a path that embodies collaboration, inclusivity, and shared purpose. Your leadership at the helm of Rotaract Club of Narayani Mid-Town is a testament to your dedication, vision, and unwavering commitment to service above self. I am confident that with your guidance, the club will thrive and achieve remarkable milestones.

The coming year promises to be a period of profound impact and transformative initiatives. Your role as President will be pivotal in harnessing the collective energy and talents of your club members to bring about meaningful change in our communities.

I encourage you all to embrace the spirit of teamwork and collaboration. Your collective efforts will undoubtedly propel this club to greater achievements. Remember, we are a family, united by our shared commitment to service and our desire to make a difference.

If you have any queries, suggestions and concerns, please do not hesitate to reach out to your ZRR or the District Leadership Team. We are here to support and help you maximise your Rotaract Journey.

Let us embark on this journey together, with the spirit of Rotaract guiding our way.

Yours in Rotaract,
Rtr. Suraj Bhandari
Zonal Rotaract Representative
Zone XIV, RID 3292 Nepal-Bhutan





Message from

CHARTER PRESIDENT

Rtr. APIL SHRESTHA
Rotaract Club of Narayani Mid Town



Dear Friends in Rotaract,

I feel immense pleasure to celebrate the 18th Installation Ceremony. I remember those days of inception when I struggled forming a team of Rotaractors to catch up the opportunities to serve poor, needy people of the society and self professional development.

I feel happy to congratulate the president Rtr. Binod Shrestha of Rota year 2023-24 for adding one more strong block of success in RAC Narayani Mid Town. Similarly my best wishes to President of 2024-25 Rtr. Rajib Ghimire and his team.

Thank You !





Message from

Rotary President

Rtn. Bishnu Poudel
President 2024-25



रोटरी क्लब अफ मिड टाउन अन्तर्गत रही विगत लामो समय देखी समाजमा केही नयाँ परिवर्तन गर्ने उद्देश्यले गठन भएको रोटन्याक्ट क्लब अफ नारायणी मिड टाउनले वर्ष २०२४/२०२५ सम्म आइपुगदा धेरै उत्कृष्ट कार्य गरेको पाएको छु । धेरै आरोह अवरोह पार गर्दै बर्ष २०२३/२०२४ सम्ममा रोटन्याक्ट क्लब अफ नारायणी मिड टाउनले समाजमा देखिने किसिमका धेरै सामाजिक कार्य गरेका छन् । यसरी नै स्वार्थ भन्दा माथि सेवा भन्ने भावनाले उत्प्रेरित हुदै आगामी बर्षमा पनि रोटन्याक्ट भाइ बहिनीहरू अगाडि बढ्नु हुनेछ भन्ने मैले विश्वास लिएको छु ।

विशेष गरी बर्ष २०२३/२०२४ मा समाजमा सन्देश मुलक कार्य गर्न सफल हुनु हुने तत्कालिन रोटन्याक्ट अध्यक्ष रोट. विनोद श्रेष्ठ लगायत उहाँको सम्पूर्ण टिमलाई कार्यकाल सफलता पुर्वक सम्पन्न गर्नु भएकोमा हार्दिक आभार व्यक्त गर्दछु । साथै बर्ष २०२४/२०२५ मा रोटन्याक्ट क्लब अफ नारायणी मिड टाउन को नेतृत्व सम्हाल्नुहुने अध्यक्ष रोट. राजिव घिमिरे लगायत उहाँको सम्पूर्ण टिमलाई कार्यकाल सफलताको अग्रिम शुभकामना दिन चाहान्छु ।

विगतको बर्षहरू मा जस्तै यस बर्ष पनि समाजमा निःस्वार्थ भावले आफ्नो स्वार्थ भन्दा माथि उठेर सेवा गर्न यहाँहरू लाग्नु हुनेछ भन्ने विश्वास लिएको छु । रोटन्याक्टमा आवद्ध भाइ, बहिनीहरू पक्कै पनि मनका धनीहरू हुनुहुन्छ र कर्ममा विश्वास गर्नु हुन्छ । तपाइहरू युवाहरूको एउटा सिर्जनशिल जमात पनि हो । अवसर मिल्यो भने जस्तो सुकै चुनौती पनि पार गर्न हिम्मत वोकेर हिड्नु हुने तपाईं तरुणहरू पक्कै पनि कसैलाई पनि व्यतिगत असर नपुग्ने गरी समाजमा शिर्जनसिल कार्य गर्न अग्रसर हुनु हुनेछ । खासगरी Rotary District 3292 नेपालले अधि सारेको Rotary Nepal Literacy Mission अन्तर्गत सन् २०३० सम्मा नेपालमा पुर्ण साक्षार गराउने लक्ष्यमा रोटन्याक्ट क्लब अफ नारायणी मिड टाउनको पनि उल्लेखनिय भूमिका सहित सहकार्यको अपेक्षा गरेको छु ।

अन्त्यमा : रोटन्याक्ट क्लब अफ नारायणी मिड टाउनको वर्ष २०२४/२०२५ का कुशल नेतृत्व सम्हाल्ने मौका पाएका रोटन्याक्ट अध्यक्ष राजिव घिमिरे लगायत सम्पूर्ण टिमलाई बधाई एवम् शुभकामना दिदै विगत बर्षमा जस्तै यस वर्ष पनि यस सम्पर्कमा लेयहाँको नेतृत्वमा सामानिक उत्तर दायित्व वहन गर्दै समाज परिवर्तनमा एउटा छलाङ्ग मार्ने विश्वास लिएको छु । साथै रोटरी र रोटन्याक्ट को विचमा एउटा पुलको भूमिका निर्वाह गर्न रोटरी क्लब अफ नारायणी मिड टाउनको तर्फबाट रो. प्रकास पौडेल ज्यूलाई Rotract Coordinator बनाएको जानकारी गराउदै विगतका बर्षमा जस्तै यस बर्ष पनि रोटरीको तर्फबाट साथ र सहयोग रहि रहने प्रतिवद्धता व्यक्त गर्दछु ।

रो. विष्णु पौडेल

अध्यक्ष

रोटरी क्लब अफ नारायणी मिड टाउन

गङ्गात्म्य

The Destination
Souvenir 2024-25



Rotaract Club of
NARAYANI MID TOWN





Rtn. Prakash Poudel
Rotaract Co-ordinator, 2024-25

रोटन्याक्ट संयोजकको दुई शब्द



सर्वप्रथम रोटरी वर्ष २०२३/२४ का अध्यक्ष रोट्. विनोद श्रेष्ठ लगायत सम्पूर्ण टिमलाई आफ्नो कार्यकाल सफलतापूर्वक पुरा गर्नुभएकोमा यहाँहरूको उच्च मूल्याङ्कन गर्दै बधाइ तथा धन्यवाद दिन चाहन्छु । त्यस्तै गरी वर्ष २०२४/२५ का अध्यक्ष रोट्. राजिव घिमिरे लगायत सम्पूर्ण टिमलाई सफल कार्यकालको लागि बधाइ तथा शुभकामना दिन चाहन्छु ।

"स्वार्थभन्दा माथि सेवा" मूलमन्त्र सहित समाज सेवामा समर्पित रोटरी क्लब अफ नारायणी मिड टाउनको भातृ संस्था रोटन्याक्ट क्लब अफ नारायणी मिट टाउनले आफूले समाजमा, समुदायमा गरेका विभिन्न क्रियाकलाप र गतिविधि सङ्ग्रहित **गन्तव्य** The Destination प्रकाशन गर्न लागेको र मेरो तर्फबाट पनि दुई शब्द शुभकामना मन्तव्य राख्ने अवसर प्राप्त गरेकोमा खुसी व्यक्त गर्दै धन्यवाद ज्ञापन गर्न चाहन्छु ।

रोटरी वर्ष २०२४/२५ मा रोटन्याक्ट संयोजक भएर यहाँहरूसँग अभ बढी नजिक रहेर काम गर्ने र यहाँहरूको भावना बुझ्ने अवसर प्राप्त गरेको छु । RI District ले अगाडि सारेका 'Goal' र वर्ष २०२४/२५ को 'Theme' हरूलाई मध्यनजर राख्दै आफ्नो Plan and Action लाई पनि सहजताका साथ पूरा गर्नुहुनेछ भन्ने कुरामा म विश्वस्त छु । रोटन्याक्ट संसारमा पछिल्लो समय Rotaract Club of Narayani Mid Town ले एउटा अलगै छवि बनाउन सफल भएको छ । सोही विरासतलाई अभ परिष्कृत ढंगले अगाडि बढाउन वर्ष २०२४/२५ का अध्यक्ष रोट्. राजिव घिमिरे लगायत सम्पूर्ण टिमलाई आफ्नो कार्यकाल अर्थपूर्ण र परिणाममुखी रहोस भन्ने पुनः शुभकामना दिन चाहन्छु । साथै म Rotaract Chair भएको नाताले यहाँहरूको Plan and Action र यहाँहरूको अभियानमा हर हमेशा साथमा रहनेछु, Rotary र Rotaract ले समाजमा गर्ने हरेक राम्रो काममा म एउटा पुलको काम गर्नेछु । यहाँहरूको जोश, जाँगर र Technology अनि Rotarian हरूको अनुभव, दक्षता र धैर्यतालाई समायोजन गरेर अगाडि बढ्यौं भने अवश्य पनि हाम्रो गन्तव्यमा पुग्ने छौं । जय रोटरी । जय रोटन्याक्ट ।

रो. प्रकाश पौडेल





Message from

PRESIDENT 2024/25

RTR. RAJIB GHIMIRE
President 2024/25



I extend my warmest congratulations to Rtr. Binod Shrestha and the entire Rotaract team for an exceptional Rotary Year 2023-24. Your dedication and achievements have left an enduring legacy within our club and community.

As I step into the role of the 18th President of Rotaract Club of Narayani Mid Town, I'm excited to unveil our theme: "सहयोग". सहयोग reflects the commitment of Rotaract Club of Narayani Midtown, to moving forward together in creating a lasting change. The theme embraces the goal of upholding unity and a sense of belongingness in one another's journey.

This year, we aim to move together, to pursue the vision and goals we have set, to strengthen the bond, and to uplift each other as we move forward. Together, we will create opportunities for leadership development, community impact, and personal fulfillment. I encourage each of you to step outside your comfort zone and utilize the possibilities that lie ahead with proper bonding and collaborations.

I want to express my sincere gratitude to our advisors, board members, and the entire Rotaract family for their unwavering support. Your partnership is invaluable. I look forward to another successful year filled with enthusiasm, collaboration, and positive change.

Let's make this year our brightest yet! Thank you.

Rtr. Rajib Ghimire
President (2024-2025)
Rotaract Club of Narayani Mid Town





Message from

Immediate Past President

RTR. BINOD SHRESTHA
President 2023/24



First and Furthermost, I had a wonderful experience serving the immediate past president of the Rotaract Club of Narayani Mid Town. It was a rewarding journey where I had the opportunity to lead an incredible team, organize impactful projects, and make lasting contributions to our community. This role not only allowed me to develop my leadership skills but also to build strong relationships and create meaningful change.

I learned the importance of effective communication, strategic planning, team motivation, which have been invaluable in both my personal and professional life.

Overall, my presidency at the Rotaract Club of Narayani Mid Town was a transformative period, marked by meaningful service, personal growth, and unforgettable memories. I am grateful for the opportunity to lead such an outstanding group and contribute to our shared mission of making a positive difference in the world. As the immediate past president, it is with great pleasure that I extend my heartfelt best wishes to newly President Rtr. Rajib Ghimire and the new board members for a successful tenure.

I look forward to witnessing the continued success and growth of Rotaract Club of Narayani Mid Town and help my club to spread the Magic of Rotary.

Yours in Rotaract

Rtr. Binod Shrestha
Immediate Past President
Rotaract Club of Narayani Mid Town





Message from

Twin Club President

RTR. SHREENATH WAGLE

President, RAC Newroad Pokhara



Warm Greeting from Rotaract Club of Newroad Pokhara!

Rotaract club of Narayani Midtown which is one of the most devoted and vibrant club in Rotractor District 3292. Firstly i would like to Congratulate Rtr. Hari Bahadur .B.K and his team for successful completion of the rota year 2022-23 Similarly, I would like to convey my best wishes to President of RY 2023-24 Rtr. Binod Shrestha and his team for upcoming tenure. As we know that our past leaders, chartered members, past president and all did hard worked and struggle to create this fame in Rotaract 3292. Now the responsibilities had been come with us to preserve the fame and name of our club as Twin club.

The twinship of Rotaract club of Newroad Pokhara and Rotaract club of Narayani Midtown is something that the whole Rotaract District 3292 gives example about. We have a strong relationship with each other and connection between us is something that all be able to do more projects together and connect more strong connection.

Let's take RY 2023-24 as a new opportunity to have more fellowship between both clubs, to do more projects together, to make the relationship stronger and take our twinship to a new height.

Message from

Twin Club President

Rtr. CA MOHAN KHATRI

President, RAC Tilottama Rupendehi



Dear President Rtr. Rajib Ghimire,

Warm greetings and Namaste.

Firstly, I would like to congratulate IPP Rtr. Binod Shrestha and his team for the successful completion of their tenure in RY 2023-24. Their work towards the community has made an outstanding impact and added to the growth of RAC Narayani Mid-Town. Similarly, I extend my best wishes to President Rtr. Rajib Ghimire and his entire team for an amazing Rotaract Year 2024-2025.

As a twin club, it gives me immense pleasure to write a note in your directory. We hope for the best projects to be undertaken in the future, ensuring our twin status is more than just a title on paper. We aim to uphold the agreement our clubs have entered into in the past. Aligned with the District Theme "Rise Together" and President Theme "Sahayatri," we should primarily focus on developing our members' professional and personal growth to foster greater involvement in Rotaract activities.

Lastly, on behalf of all our Past Presidents, board members, and our members, we would like to congratulate and thank Rtr. Binod Shrestha and his team for all the good work they have done in the community. Similarly, we extend our best wishes to the incoming team of RAC Narayani Mid-Town as they embark on their new roles in the Rotaract journey, committed to serving their community.

RAC Tilottama Rupandehi looks forward to all the collaborations that can be undertaken in the coming Rotaract Year 2024-2025.

Warm regards,

Rtr. CA Mohan Khatri

President (RY 2024-25)

RAC Tilottama Rupandehi





Message from

Twin Club President

Rtr. ANUJ GIRI
President, RAC Rajdhani



Dear President and Members of the Rotaract Club of Narayani Midtown,

Congratulations on starting your new tenure! We at the Rotaract Club of Rajdhani are excited for you and wish you all the best for a successful and impactful year ahead.

As you begin this new chapter, we reflect on the strong relationship between our clubs. Our twinship has been marked by close collaboration, mutual support, and a shared dedication to serving our communities. Together, we have accomplished significant projects that have positively impacted many lives.

We are eager to continue building on this strong foundation. This year, we look forward to working closely with you on new and meaningful projects that address the needs of our communities and foster leadership among our members. Our joint efforts will undoubtedly bring about positive change and strengthen our bond even further.

Best regards,

Rtr. Anuj Giri
President
Rotaract Club of Rajdhani

Message from

Twin Club President

Rtr. SHREEYA DANGOLCV
President, RAC Kathmandu Mid-Town



Greetings from the Rotaract Club of Kathmandu Mid-Town!

First and foremost, I would like to express my gratitude to the President for providing me with this opportunity to deliver my message. As the Twins President, I am thrilled and delighted to be working with all of you.

Assuming the role of the 27th President of the Rotaract Club of Kathmandu Mid-Town is a great honor for me. My team and I are eager to uphold the club's rich legacy and take it to new heights. I understand the sense of privilege that comes with being part of the Rotary Movement, and I encourage you to continue marching forward in this Rotaract community. Embrace challenges, foster fellowship, and strengthen the bonds within our club. As the saying goes, "Each day brings new challenges and opportunities."

I extend my best wishes to you and all the club members as we embark on our future endeavors. Let us join hands and envision a brighter Rotary future together.

Keep Rotaracting!



Rotaract Club of
NARAYANI MID TOWN





Message from

Editor

Dear Rotaractors, Rotarians and Interactors,

Rtr. Rajan Prasad Kalwar

Editor, 2024-25



It is with great pleasure that I welcome you to this year's edition of our annual souvenir, titled "गन्तव्य" on the auspicious occasion of the 18th installation ceremony of Rotaract Club of Narayani Mid-Town.

"गन्तव्य" (The Destination) this theme not only resonates with our journey as a club but also reflects our collective aspirations and the paths we forge towards making a difference in our community and beyond.

In this edition, we celebrate the milestones we have achieved together, the challenges we have overcome, and the unwavering spirit of service that defines the Rotaract Club of Narayani Mid Town. Our journey this year has been marked by impactful projects, inspiring collaborations, and a renewed commitment to our core values of fellowship, leadership, and service.

The word "गन्तव्य" signifies not just a place, but a vision. It embodies our goals and the continuous pursuit of excellence in everything we undertake. As you browse through these pages, you will find stories of perseverance, innovation, and hope. Each article, photograph, and anecdote is a testament to the dedication and passion of our members who strive to create positive change in the society.

We extend our heartfelt gratitude to all our contributors, sponsors, and well-wishers. Your support and encouragement have been pivotal in our journey, propelling us towards our shared destination of a better, more compassionate world.

Let us continue this journey with the same enthusiasm and determination, ever ready to take on new challenges and explore new horizons and spearhead the Magic of Rotary in the world. Together, we can turn every destination into a new beginning, every goal into a milestone, and every effort into a success story.

Happy reading and here's too many more destinations to come!

Yours in Rotaract,
Rtr. Rajan Kalwar
Editor/Interact Chair
Rotaract Club of Narayani Mid Town





PRESIDENT PROFILE



Rtr. Rajib Ghimire

President 2024-25

Father's Name	:	Ram Prasad Ghimire
Mother's Name	:	Jita Adhikari Ghimire
Marital Status	:	Unmarried
Date of Birth	:	12th September 1999
Blood Group	:	O+ve
Contact No.	:	9845921582
E-mail	:	rajibghimire78@gmail.com
Address	:	Bharatpur-07, Krishnapur Chitwan
Profession	:	Civil Engineer

Academic Information

Bachelor of Civil Engineering From Oxford College of Engineering and Management (Graduated 2016 - 2021)

+2 level in Science from Valmiki College (Graduated 2014 - 2016)

School Level Certificate from Valmiki Shiksha Sadan School (2014 A.D.)

Rotaract Involvement

General Member - R/Y2017-18

Rotaract District Training Forum

General Member- R/Y 2018-19

Member: Since Rota Year 2021-22

Community Service Director: R/Y 2019-20

Secretary:R/Y 2020-21

Vice President:R/Y 2021-22

Vice President: R/Y 2022-23

President Elect:R/Y 2023-24





Club Profile

Chartered President	:	Rtr. Apil Shrestha
Sponsor Club	:	Rotary Club of Narayani Mid Town
Twin Club	:	Rotaract Club of Newroad Pokhara Rotaract Club of Tilottama Rupandehi Rotaract Club of Rajdhani Rotaract Club of Kathmandu Mid Town
International Twin Club	:	Rotaract Club of Chittgong Lake City, Bangladesh
Club ID	:	75237
PAN NO	:	619578918
Meeting Venue	:	Chiya Bagaicha, Bharatpur-10
Meeting Day Time	:	First Saturday of Every Nepalese Month(8:30 AM) Third Saturday of Every Nepalese Month (8:30 AM)
Club Chartered	:	1st Feb. 2007
Club Member	:	43
Club Email	:	narayanimidtown@rotaract3292.org n.midtown2015@gmail.com



Certificate of Organization

The Rotaract Club of

NARAYANI MID TOWN

has been duly organized and has agreed, through its officers and members, to be bound by the Constitution and By-Laws of the Rotaract program of Rotary International, which agreement is evidenced by the acceptance of this certificate.

Sponsored by

NARAYANI MID TOWN, NEPAL

Signed in Witness Thereof:

President, Sponsoring Rotary Club

Date

President, Rotary International

1 February 2007

Date





ગુજરાત સરકાર
જૂન ગવર્નરચાય
જિલ્લા પ્રશાસન કાર્યાલય



આ.વ. ૦૬૮/૦૮૦

કોન: ૦૫૬- ૪૯૦૮૪૪૪
૦૫૬- ૪૯૦૪૯૮
૦૫૬- ૪૯૦૧૪૫
૦૫૬- ૪૯૦૨૪૫

દર્તા નં. ૧૦૯
મિતિ: ૨૦૭૯/૧૨/૦૮

તિથય: સંસ્થા દર્તા પ્રમાણ-પત્ર

શ્રી અધ્યક્ષ/સचિવ,
રોડ-પ્રાઇસ્ટ કલાર્ટ અફ નારાયણી મિડ ટાઉન
ભરતપુર મહાત્માગાંધીજી પ્રેસ્ટ પાનં - ૧૦
ચિત્તવન ।

રોડ-પ્રાઇસ્ટ કલાર્ટ અફ નારાયણી મિડ ટાઉન નામક સંસ્થા,
સંસ્થા દર્તા એન ૨૦૩૪ કો દફા ૪ બમોજિમ ૨૦૭૯ સાલ માહિના ગતે દર્તા ગારી
યો પ્રમાણ-પત્ર દિઝેણ્ટો છે ।

વોધાર્ય

શ્રી સમાજ કલ્યાણ પરિષદ
કેન્દ્રીય કાર્યાલય, લોનચૌર, કાઠમાડૌ

સ્થાનીય અધિકારીકો

સહી:

Pratik Chaturvedi
૨૦૬૩/૧૨/૮
પ્રતિક ચતુર્વેદી
પ્રશાસનીય અધિકૃત

જિલ્લા પ્રશાસન કાર્યાલય
ભરતપુર, ચિત્તવન

નોટ: દર્તાકો પ્રમાણ-પત્ર એક આર્થિક વર્ષસમ્મ બહાલ રહેનેછ । યસપણે પ્રત્યેક આશીરીન મસાન્તસમ્મળ નવીકરણ ગરાઇસનું પણેછ ।





<p style="text-align: center;">सूर्योदय रकार जीथ प्रायोलय आन्तरिक राजस्व विभाग आन्तरिक राजस्व कार्यालय भरतपुर</p>														
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स्थायी लेखा नम्बर :	६१९५७८९९८	दर्ता मिति :	१४ १२ २०७९											
आन्तरिक राजस्व कार्यालय :	आधिकारीक राजस्व कार्यालय भरतपुर													
दिन महिना साल														
<p>कारोबारको नाम : रोट्न्याक्ट क्लब अफ नारायणी मिड टाउन</p> <p>करदाताको प्रकार : अन्य</p> <p>ठेगाना : वाई नं. १०, इन्द्रेणी टोल महानगरपालिका: भरतपुर, चितवन</p> <p>व्यवसायका कारोबारहरु : मानव स्वास्थ्यसम्बन्धी अन्य क्रियाकलापहरु, गौंसावासबाहेका अन्य सामाजिक क्रियाकलापहरु,</p>														
<p style="text-align: center;">करदाताको दस्तखत</p> <p style="text-align: right;">2063/७२१९ कर अधिकारी कुर अधिकारी</p>														
<p>करदाताले पालिए गर्नुपर्ने कर्तव्यहरू:</p> <ul style="list-style-type: none"> - कारोबार गदा अनिवार्य रूपमा तिन विक्रम जारी गर्नेपछि। - यस अंकरमा जल्दी तुलने तथापक कर अवश्य, मर्तिमान तथा ईमानिक वा अभिमतिक तथात भएको २५ दिनमिति प्र. अ.कर विवरण तथा म.अ.कर रकम बुझाउनु पर्छ। - अन्तिम तारिख कारोबार गदाले अन्यथा व्यवसाय गरेकोमा वाराक फलक भएको २५ दिनमिति समाप्तिकारी र अन्तिम तारिख रकम बुझाउनु पर्छ। - प्राप्यक आविष्क उपकोर्ता अथवा विवरण अतिरिक्त वर्च समाप्त भएको तिन घण्टाका भित्र बुझाउनु पर्छ। - नोटिसको तथापामा विवरण र कर रकम नकाराएम व्यापक ग्रन्थ र जीरियाता लाग्नेछ। - यस प्रस्तावित देखिको गर्नी कारोबार रकम मुख्य कारोबारमा राख्नु पर्नेछ। - कही दिविया भार्दा कारोबारमा सम्पर्क राख्नुहोस्ता। 														





Rotaract Club of Narayani Mid Town

Secretary Report 2023-24

Presented by: Rtr. Raksha Ghimire
Secretary 2023-24



1. Membership Details:
No. of Rotaractors: 47
No. of Male Rotaractors: 33
No. of Female Rotaractors: 14
No. of Members left or terminated this year: 1
Average age of Rotaractors in club: 23.95 years
No. of Board members: 18

2. Meeting Information
No. of General Meeting till this date: 25 (406th -430th)
No. of Emergency meetings: 0
No. of Board meetings: 12
No. of Club Service Sub-committee Meeting: 1
No. of Professional Development Sub-committee Meeting: 1
No. of International Service Sub-committee Meeting: 1
No. of Community Service Sub-committee Meeting: 1

3. Website / Souvenir:
3.1 Souvenir: गन्तव्य "the destination"

A. CLUB SERVICE AVENUE:

1. Joint Club Assembly

Rotaract Club of Narayani mid town conducted Joint Club Assembly on the chairmanship of President 2022-23 Rtr. Hari BK and hand over to Rtr. Binod Shrestha President RY 2023-24 on the presence of Rotary Club of Narayani Mid Town Past President also Rotaract Coordinator Rtn. Anil Thapaliya, our club Charter President Rtr. Apil Shrestha, Past President Rtr. Sunil Ghimire, DRC Member Rtr. Govinda Parajuli at Central Park Resort, Sauraha where the club directors presented their Summary of rota year 2022-23 and presented Purposed plan for Rota Year 2023-24 Various agendas, display of BOD of directors, plan of action, budget of rota year 2023-24 were discussed on the meeting. It aimed to set goals, Mission assign responsibilities, and ensure a successful year for the club. The meeting took place on July 1st, 2023. Club's general members, Purposed member and guests also participated in the meeting.

The meeting started with sharing Strategic Planning RY 2023-24 by President, Secretary and all the Chair presented their tentative plans. At last, Rotaract Coordinator, Past President, Charter President as well as the Guest gave their feedbacks to all the Directors. All the feedbacks were incorporated and appreciated.

2. 1st President and Secretary Meeting

4 Rotaractors Participated in the 1st PS Meet of Rotaract District 3292 Nepal-Bhutan on 23rd Sep 2023. The Event was Conduction in the Chairmanship of DRR Rtr. Roshan Karki .The Program was Moderated by District Secretary Rtr Sushan Dhital . The District event was Hosted by Rotaract Club of Bhairahawa .The Program total 700' Rotaractors were participated in the Event from all over the Nepal . In the Event Some major and Vital Agendas Were Addressed by DRR and DRRE like District website update ,Increment of District Dues ,any more





and all the agenda were discussed well and after voting on the agendas finally agendas were passed and the meeting was adjourned by DRR Roshan Karki and fellowship started that after

We took this event as an opportunity to conduct meeting and Twinship Renew MOU Sign with our Triplet twin clubs Rotaract Club of Tilottama Rupandehi and Rotaract Club of Newroad Pokhara also with our twin club Rotaract Club of Rajdhani. We discussed on various agendas and completed it successfully.

And also Letterhead exchange with 25 other rotaract clubs

Overall it was an amazing experience and a lot of learnings to take back with us.

3. Triplet Twin ship Renew

On the 1st PS meet which was held on 23rd Sep 2023 at Hotel Pauwa Bhairawa we also renewed our triplet twin ship. We took this event as an opportunity to conduct Twinship Renew MOU Sign with our Triplet twin clubs Rotaract Club of Tilottama Rupandehi and Rotaract Club of Newroad Pokhara

Overall it was an amazing experience and a lot of learnings to take back with us.

4. Twin Ship Renew

On the 1st PS meet which was held on 23rd Sep 2023 at Hotel Pauwa Bhairawa we also renewed our twin ship. We took this event as an opportunity to conduct Twinship Renew MOU Sign with our twin club Rotaract Club of Rajdhani. We discussed on various agendas and completed it successfully.

And also Letterhead exchange with 25 other rotaract clubs

Overall it was an amazing experience and a lot of learnings to take back with us.

5. 16th Rotaract District Assembly DLTS & Recognition Ceremony

On June 24, 2023, eleven members of the Rotaract Club of Narayani Mid Town actively participated in the 16th District Assembly, District Leadership Training Seminar, and Recognition Seminar. This event, hosted at DAV College, was a significant gathering for Rotaract clubs in the district, aiming to enhance leadership skills and recognize outstanding contributions. The day's activities were structured into parallel sessions tailored for different key positions within the club. These sessions provided specialized training for the president, secretary, treasurer, and all avenue directors. Each session was designed to equip the attendees with the necessary knowledge and skills to effectively manage their roles and contribute to the club's success over the coming year. The event began with the formal opening of the 16th District Assembly by District Rotaract Representative (DRR) Rtr. Laxman Kharel. His call to order marked the commencement of a day filled with learning, networking, and strategic planning. The structured training seminars were instrumental in providing the attendees with insights into leadership, administrative tasks, financial management, and project planning.

After a day of intensive training and discussions, the event concluded with a recognition ceremony. This ceremony celebrated the achievements and contributions of various clubs and members within the district. It was a moment of pride and encouragement, acknowledging the hard work and dedication of the Rotaractors. The day ended on a high note with a fellowship session, fostering camaraderie and strengthening the bonds among Rotaractors from different clubs. This fellowship provided an opportunity for members to share their experiences, build relationships, and foster a sense of community within the district.

6. Rotaract President Night

We Rotaract Club of Narayani Mid Town successfully hosted 'Rotaract President Night' at Hotel Center park resort, Sauraaha, Chitwan. This event was Organized by Rotaract District 3292 and co-host by: RAC Chitwan, Rac Narayangarh, Rac Bharatpur, Rac Bharatpur Height, Rac Ratnanagar, RAC purbi CHitwan, RAC GAINDAKOT RAC KAWASOTI, RAC NAWALPUR CITY, RAC NEWROAD POKHARA, RAC TILOTTAMA RUPANDEHI AND RAC TINAUCITY TOTAL 12 CO HOST And almost 120 club's presidents and representatives participated on the particular event with the total participation of 160. We started the program with a formal session with our chairperson president of our club rtr. binod shrestha and DRR Rtr. Roshan Karki. We then had President of Rotary Club of narayani Mid Town and DRCC RI Dist 3292 as our guest we had a Rotaract Past, Present and Future sessions with our. We then Organized Cocktail dinner with musical and DJ night different Games and concluded the program with next morning Breakfast, Jeep Safari and

District Meeting also held at same venue at last waved goodbye to everyone.

7. Teej Fellowship

We Rotaract Club of Narayani Mid-Town and Rotary Club of Narayani Mid Town celebrated Teej Fellowship on date 16 September, 2023 at Karma Restaurant Bharatpur Chitwan. The program done marking the holy occasion





of Teej . We address the importance value of all the female members of our club in our club and the society. We shared beautiful moments together with smiles. There were 24 Rotaractors and 4 Rotarian in the program.

8. 17th Installation Ceremony

Rotaract Club of Narayani Mid Town conducted it's 17th Installation ceremony on 22nd July 2023 on Hotel Siraichuli. The ceremony began with welcoming everyone by the Installation Coordinator Rtr. Sunil Mareda. The dignitaries for the ceremony were Chief Guest DRR Elect Rtr. Bikram Chhetri, Guest of Honour Rtn. Arpana Pradhan Bhandary, Special Guest Charter President Rtr. April Shrestha Rotaract Coordinator Rtn. Dipesh Shrestha, District LEadership Trainner Rtr. Dinesh Gaire, ZRR of Zone XIV Rtr. Pujan Lamichhane, ADRR Rtr. Sunil Ghimire with guests from Rotary Club of Narayani Mid Town, interact club and other club president and dignitaries. Vice President Rtr. Aachal Thapa Magar gave welcome speech and welcome all the guests. Then-President Rtr. Binod Shrestha called the installation meeting to order followed by 15 seconds silent invocation and national anthem. The program then proceeded to yearly review by Rtr. Hari BK where he presented all the activities done throughout the year 2022-23. He also recognized the board members along with general members who supported IPP and encouraged IPP throughout the tenure. Then Rotary President delivered the speech and the handover of the presidential document and collar to the president of Rota Year 2022-23 by past presidents. Rtr. Hari BK introduced the incoming president Rtr. Binod Shrestha then presented his welcome speech revealing her theme for the year "Give A Chance" and also shared about the areas of focus for the year. He then introduced the new members and inducted them by ZRR Rtr. Pujan Lamichhane and also the board of directors also.

After that, there was the session of the release of the pride of RAC Narayani Mid Town souvenir "uGtJo "the destination" and then there was the Chief Geest Rtr. Bikram Chhetri gave his speech. The session was followed by presenting the token of love to the guest and past president. MOU Sigh with Education Partner Best Desitination Education Consultancy also Speech by Education Partner. Vote of the thanks was given by the club's President Elect Rtr Rajib Ghimire The program concluded at 7:30 PM with the adjournment of the meeting by President Rtr. Binod Shrestha.

9. Late Rtr. Santosh Memorial Quiz

Rotaract club of Narayani Mid Town participated in the Late Rtr. Sushant Memorial Quiz competition and won the Zonal and the Cluster round and made it to the finals which was held on the 16th Rotaract District Conference at Nepal Academy Hall Kathmandu.

10. 16th Rotract District Conference

Rotaract Club of Narayani Mid Town attended 16th Rotaract District Conference held on 19th and 20th Jan 2024 at Nepal Academy Hall, Kathmandu. The Conference served as an incredible opportunity to foster the knowledge of the present individuals along with an unlimited fellowship with rotaractors all over Nepal and personal growth of an individual.

11. ZRR Visit

Rotaract Club of Narayani Mid Town successfully conducted 446th Regular meeting and Official ZRR Visit of the Club for RY 2023-24 at Garden of Drinks (GOD) on 24th February 2024. Thankyou ZRR Rtr. Pujan Lamichhane for your valuable presence and also thankyou for the great support. Special Thanks to DRR Nominee Rtr. Dinesh Gaire, DRC member Rtr. Govinda Parajuli, Fellowship Chair Rtr. Niraj Khanal, Charter President, Rtr. April Shrestha, Rotary President Rtn. Arpana Pradhan for your warm presence. The suggestions and feedback from the visit will be corrected immediately

12. DRR Official Visit

Thrilled to share that we successfully completed the DRR visit for the RY 2023-24 on 02nd March, 2024, at Garden of Drinks (GOD), Bharatpur. The presence of the District Rotaract Representative of RID 3292 Nepal Bhutan, Rtr. Roshan Karki along with ADRR, DRR Nominee, ADS, DRC Member, Rotary President, Charter President, and district officials added immense honor to our 447th meeting. We extend our heartfelt gratitude to the DRR and district officials for their gracious presence and invaluable suggestions. Your feedback is highly appreciated, and we are thankful for the opportunity to showcase our commitment to Rotaract values. A big thank you to everyone who attended specially to all Director for their Presentation! Your presence made the event truly special.

13. FELLOWSHIP NIGHT

Rotaract Club of NARAYANI MID TOWN has wholeheartedly embraced this year's DRR theme. From joyful dancing to savoring local cuisine and connecting with nature through Fellowship Night during the Health Camp at Lamjung, We embodied Rotaract values and focus on strengthening existing bonds also fostering new friendships within the Rotaract Community and beyond is commendable. It's inspiring to see such dedication to both service and camaraderie.





14. Rotary International Convention-2024

We Rotaract club of Narayani Midtown has participated in Rotary International convention 2024 which was held in Singapore, 4 member from our club participated in RI convention . Souvenir, flag, pin and National Flag was exchanged with different Rotary Club of from Different District.

15. Industrial Visit

We Rotaract Club Of Narayani Mid Town visited Coca-cola Factory which is located at Gondrang Bharatpur as our " Industrial Visit Program " of Rota Year 2023/24 on Friday (2081-01-21 May 3)

16. Zonal Cricket Tournament.

Rotaract Club of Narayani mid Town organized a zonal cricket tournament at Cassi Spoets and Recreational on 20th April 2023. 8 clubs of Zone XIV participate in this event winner of this tournament Rac Kawasoti and Runner up RAC Narayani Mld town winner and runnerup get winnig cup medal certificcate and cash price also program was sponsored by Center college of Vocational training center

17. 2nd PS meet and PETS-SETS.

Rotaract Club of Narayani Mld Town attended 2nd PS Meet and PETS-SETS held at Damak on 6th April 2024. The program was very crucial and fruitful for the board members and we are thankful to the host and organizer for such a mesmerising event. In the 2nd P.S. meet our President, Secretary and other board members as well as members were facilitated by the training programs. Also our General members learn about the club functioning and program organising ideas. The session provided by District Team was impactful. In the session of 2nd P.S. meet our members visited other rotaractors as a part of collaboration, fellowship and integrity.

18. Joint meeting with Rotary.

On 11th March 2024 Rotaract Club of Narayani Mid Town had a joint meeting with its sponsoring/Parent Rotary club, Rotary Club of Narayani Mid Town at Hotel Royal Century.

19. Zonal Futsal Tournament

Rotaract Club of Narayani Mld Town participated and won the futsal tournament which was organized by Zone 14 and hosted by RAC Purbi Chitwan and RAC Ratnanagar on the occasion of Rotaract Week Celebration Day-6. Huge participation of 10 teams from various Rotaract clubs in the zone 14 were present in the tournament. The event aimed to promote sportsmanship and bring the clubs together by providing a platform for friendly competition, leadership development

20. Zonal Basketball Tournament

Rotaract Club of Narayani Mid Town successfully Participate in "Zonal Basketball Tournament 2024" between the eleven clubs of Zone 14 on 8th June 2024. . Also huge Congratulations to RAC Bharatpur Height for winning the trophy and RAC Narayangarh for being Runner Up in the Tournament.

21. World Rotaract Day Celebration Ceremony

Rotaract Week Celebration Day-3

Rotaract Club of Narayani Mld Town along with 10 other Clubs of Zone 14 organized a Fellowship Event on the occasion of World Roataract Day in Garden of Drinks on 13th March 2024. Participants were also given the opportunity to network and build relationships with their fellow Rotaractors, which will undoubtedly benefit them in their future service projects.

The Zonal Fellowship program on Rotaract Day was made possible by the generous support of everyone.

22. DG Visit

Rotaract Club of Narayani Mid Town attended the DG Visit and Club Assembly of our Parent Club; Rotary Club of Narayani Mid Town. The interaction between Rotarians and Rotarctors definitely will lead to new Innovative ideas for the society. Also we had brief meeting with DG Rtn Rajendra Prasad Dhoju, about the goals and vision, and further events of the Rotaract Club of Narayani Mid Town

22. Goodwill Visit

We the members of Rotaract Club of Narayani Mid Town had a goodwill visit program with our twin club Rotaract Club of Kathmandu Mid Town at their meeting venue in Kathmandu.

B. Professional Development Avenue





1. Presentation on Mobile addiction and prevention

Rotaract Club Of Narayani Mid Town jointly with Rotary Club Of Narayani Mid Town organized a program on Mobile addiction and prevention Dr. Aanand Kumar Jha was the trainer for the program and the program was held at hotel Moonstar Chitwan with 50+ participants.

2. Orientation Program to interactors and Training of Presentation Skills

Rotaract Club Of Narayani Mid Town jointly with Rotary Club Of Narayani Mid Town organized an Orientation program for the Interactors and also gave training on presentation skills. Rtn. Aasesh Bhandari and Rtn. Arpana Pradhan Bhandari were the trainer for the program.

3. Map of Nepal Drawing Competition (Signature Project)

A map making competition of Nepal was held for the students of class 5 to 9 at Shree Chameli Devi Piya School Bharatpur 03, Chitwan. We also distributed some stationary items in the school. The best three of the drawings by the students were awarded and given prize.

4. Leadership Training Program

We Rotaract Club of Narayani Mid Town jointly with Rotary Club of Narayani Mid Town organized a leadership training program at Narayani English Public School with more than 30 participation including Rotarians, Rotaractors and Interactors. We were given the training by Rtn. Arpana pradhan Bhandari and Rtn. Aasesh Bhandari.

C. International Service Avenue

1. International Twin Formation

Rotaract club of Narayani Mid Town successfully form its International Twin with Rotaract Club of Chittagong Lake City of RID 3282 on the occasion of international RYLA in Bangladesh .

2. Participation in International RYLA

Rotaract club of Narayani Mid Town successfully participated in International Rotary Youth Leadership Award which was held in Bangladesh from 1st of feb to 4th of feb 2024. Two of our member Rtr. Sonu Nepali and Rtr. Sirjan Kaka participated in the program.

3. International Cultural Exchange Program

Rotaract club of Narayani Mid Town with Rotaract Club of Ghittagong Alliance successfully completed International Cultural Exchange Program on 19th feb 2024 marking the occasion of International Mother Language Day the program was completed via google meet 10 members from our club participated in the program.

D. Public Image

1. Free Hair Cutting Camp

We Rotaract Club of Narayani Mid Town jointly with Rotaract Club of Purbi Chitwan successfully completed a free hair cutting camp at Shree Rastriya Ma.bi Rapti Parewakot, Chitwan. The program was completed with the help of Koshish Unisex Salon and Training Academy total of 40 students got benefited. The Program was successfully completed under the presence of ZRR of zone 14 for RY 2023-2024 Rtr. Pujan Subedi

2. WALKATHON (World Heard Day Rally)

We Rotaract Club Of Narayani Mid Town had a Walkathon to commemorate World Heart Day, we collaborated with the Chitwan Mutu Aspatal to actively participate in an awareness rally. We extend our sincere gratitude to Rtr. Raksha Ghimire for her exemplary coordination, as well as our heartfelt thanks to all the members who joined us in this meaningful endeavor also for zone XIV President of all clubs and ZRR rtr. Pujan Lamichhane

3. "दिप प्रज्वलन कार्यक्रम"

Rotaract Club of Narayani Mid Town along with 10 other Rotaract Clubs of Zone 14 organized a "दिप प्रज्वलन कार्यक्रम" in loving memories of our departed friends, Rtr Anisha Khadka and Rtr Bhawana Baral who lost their lives in an road accident. Our deepest sympathies go out to their families, close friends, and all who cherished them. During this difficult journey of healing, we offer heartfelt condolences and stand by one another. May their souls find peace, and may all find strength in the love and support surrounding them.

4. Nationwide Cleaning Campaign 2024

Rotaract Club of Narayani Mid Town successfully hosted a cleaning camp with all the other clubs of Zone 14 of RID 3292 at Narayani River kinar on 11th March 2024 the program was organized by Rotaract District 3292. The program was successfully completed with the presence of 25 rotaractors throughout the Zone and District member Rtr. Dinesh Gaire.

5. Tree Plantation Program

Rotaract Club of Narayani Mid Town jointly with Leo Club of Chitwan Mount Everest successfully completed a tree





plantation program at Devghat. In the program we planted 22 different plants of fruits and other herbs.

4. Rotaract With Traffic

"Rotaract With Traffic" program held on June 13th 2024 in CCIC building . This program organized by RAC Chitwan, RAC bharatpur, RAC Narayani Mid Town, RAC Bharatpur height , RaC Narayanghat . A traffic awareness program is an organized initiative designed to educate and inform the rotaract about road safety, traffic laws, and responsible driving practices. These programs aim to reduce traffic accidents, injuries, and fatalities, and to promote a culture of safety among all road users.

E. Membership Development

1. Club COTS and Member Orientation

Rotaract Club of Narayani Mid Town successfully conducted "Club COTS and Membership Orientation" via virtually on 22nd Februry, 2024. The program was facilitated by Training Forum Member Rtr.Rajib Ghimire. The insightful knowledge regarding the role of Rotaract officers, club meeting management, goal setting and planning, teamwork and delegation, communication and conflict resolution, leadership development, and others were discussed in the program. Thankyou everyone for your valuable presence.

F. The Rotary Foundation

1. Grant Management Seminar

Rotaract Club of Narayani Midtown had the privilege to participate in the Global Grant Management Seminar, a significant event hosted by Rotary International District 3292 on June 23, 2023, at Hotel Ryne in Tilganga, Kathmandu. This seminar attracted a diverse assembly of Rotary clubs from various regions of the country, all united by their common interest in understanding and harnessing the potential of Rotary International's global grant program. With approximately 150 enthusiastic Rotaract participants and 20 dedicated Rotarians in attendance, the event served as an invaluable platform for knowledge-sharing and capacity-building in the realm of global grant management. To teach members how to design and manage grants effectively to maximize their impact on local and international projects.

G. Service Project

1. सिर सुताउने एं रेशनरी सामग्री हस्तान्तरण कार्यक्रम

Rotaract Club of Narayani Mid Town with its parent club Rotary Club of Narayani Mid Town jointly had a सिर सुताउने एं रेशनरी सामग्री हस्तान्तरण कार्यक्रम at Aama ko maya Chatrabas on 25th Sharwan 2080. We also distributed stationary items in the program.

2. Anti Rabies Vaccination Program

Rotaract Club of Narayani Mid Town jointly with One Health Nepal conducted a Anti Rabies Vaccination Program on occation of world Rabbies week on 28th Sep 2023 at Chanauli Bazar where more than 50 dogs were vaccinated. The program was successfully completed under the presence of DLR Rtr. Dinesh Gaire.

3. Free Hair Cutting Camp

Rotaract Club of Narayani Mid Town conducted a free hair cutting camp at Shree Bajrayogini School Devghat-5 on 22nd December 2023 where more than 250 students got benefited. The program was successfully completed with the technical support of Koshish Unisex Salon and Training Academy.

4. Project Nyano Phase-I

Rotaract Club of Narayani Mid Town successfully conducted Project Nyano Phase-1 where we distributed warm clothes to the students of Shree Bajrayogini devghat School where we distributed warm clothes to 50 needy students.

5. Project Nyano Phase- II

Rotaract Club of Narayani Mid Town successfully conducted Project Nyano Phase-2 where we distributed warm clothes to the students of Shree Kalika Mabi Devghat where we distributed warm clothes to 60 needy students.

6. Dental Health Camp and Awareness Program

The dental camp and awareness project organized by the Rotaract club in collaboration with Interact had specific objectives that aimed to address the importance of oral health and provide basic dental facilities to those in need. One of the main reasons behind undertaking this project was to create an effective program that would raise awareness about the significance of dental hygiene. Oral health is a fundamental aspect of overall well-being, and it is essential for everyone to receive proper dental care. During the camp, a thorough examination was conducted, and it was found that almost 14 children were checked. Out of these, around 12 children were fortunate enough to have good dental health. This highlights both the success of the project in identifying those who require assistance and the importance of such initiatives.





7. Free Health Camp

दोटी गांधिपालिङ्ग २ अर्थवालोटमो लक्ष्मीनारायण माध्यमिक विद्युतलय प्राइवेट शिविर उपचालित मूल स्वास्थ्य शिविरा ८ सद्य ६५ जनाले सेवा दिएका हुन्।

दूर दाउल रेक नवारिकाई आफ्नो पर अंगठी विशेषज्ञसहितको निःशुल्क स्वास्थ्य सेवा प्रदान गर्ने राइट्यावट र गोटीर कलब आफ नारायणि निभ टाउनले अँगठीजना गरेको हो। स्वास्थ्य शिविर उपचालन गर्ने चालिनिको सभा द्वारा उमिना मानविक साक्षरता नै मानव जीवनको धर्म अपाकारे गरीरहेई सर्वी स्वस्थ रामुखमी जोड दिएको।

जेंड्र नारायण, बलवालिन आधिक अवधार कम्पोटे भएका नारायणिका लाई सरकारले निःशुल्क तथा सहुलियतमा उपचार गरेउंदै आफ्नो उल्लेख भएका हुन्। सल्काराले स्वास्थ्य पूर्ण सेवा निःशुल्क नन्दुराई तर निःशुल्क गर्ने नसके चलि सहुलियत ग्रन्त उपचार गराएको उल्लेख बाहात्मुख्यो। दैरे लाईगा अपाकारको प्रयार प्रसार गर्ने उद्देश्यले शिविर सञ्चालन गर्ने गरेको पाइए पनि अर्थवालोटमा ग्रन्त विशेषज्ञसहितको सेवा उपचाल गराएकोमा खुसी लागेको जुलै बाहात्मुख्यो।

शिविरमा ५ सद्य ५० जनाले ओष्ठा पीक्षण गरेका छन्। ओष्ठा पीक्षण गरेका मध्ये ५३ जनाको मौतियालिकाकूलो खल्चालिया नन्दुराई उल्लेख छ। ३ सद्य ४५ जनाले दुनल सेवा, ३ सद्य ५० जनाले हाइड्रोलैन सेवा, २ सद्य १० जनाले स्ट्री रोग तत्व प्रस्तुति बोका, २ सद्य १० जनाले जलरस फिल्टरिंग सेवा दिएका छन्। ३ सद्य ५० जनाले न्याय सेवा र ८० जनाले भिडियो एक्सरे सेवा नवारिकम संयोजक सुनिल महादाहो बताउम्बुद्यो।

शिविरमा ३ सद्य लाख रुपैयो बाहात्मयो आधिक निःशुल्क विद्युत गराएको छ। शिविरमा सन्तानाम्बन्धीय अपाकार, मौतियालिका अपाकार, सर्विकृत हेत्य केवर, भ्रातृपूर्ण अपाकार, एपेक्ष हेत्य लिनिक, मंगाम स्कैटर, भ्रातृपूर्ण वित्तकार भ्रातृपूर्ण वित्तकार सहित ४५ जनाले दोलीले सेवा दिएका छन्। आयोजन रोट्यावट-रोटीरी कलब आफ नारायणी मिडाउन भ्रातृपूर्ण वित्तकार स्वास्थ्य सेवा र स्वास्थ्यकार्मीहित ५८ जनाले दिस्त्रे सेवा दिएका छन्। शिविरमा कोषिस युविनेक्स डलीन भ्रातृपूर्ण वित्तकार शिविरमा ५८ जनालाई निःशुल्क कागाल काट्दैन सेवा प्रदान गरेको शियो।

शिविरमा हिँडेर जान सम्बन्धित लागि सल्लाबोट र अचैलबोट फैल्टेटि निःशुल्क यातायातो द्वयवाहा गरिएको लिनिमालायाण भ्रातृपूर्ण विद्युतार्थी सम्झजक सह-संयोजक विलाप विकाले बाहात्मुख्यो।

शिविरमा अर्थात् भ्रातृपूर्ण वित्तकार स्वास्थ्य सेवा दिएका छन्। गाउँपासमे निःशुल्क विशेषज्ञसहितको सेवा पाइँडे स्थानीय वित्त भ्रातृपूर्ण वित्तकार भ्रातृपूर्ण वित्तकार दिएका छन्।

शिविर उपचालन नारायणी, रोट्यावट कलब आफ नारायणी मिडाउनका अध्यक्ष विनाद शेष, दारेहि गाड पाइँडे अध्यक्ष, राइट्यावट जिल्लाको २०२५-२६ का त्रिं अँग आर विलोप री, लक्ष्मी नारायण पूर्ण विद्युतार्थी समाजका संयोजक नीनां अधिकारी लग्नदाताको उपाधितान दिएको। शिविरमा बहाने रहेको और्को अधिकारीहरू स्वास्थ्य पीक्षितहाई इस्तम्भकार्य गरिएको। रोट्यावट-रोटीरी कलब आफ नारायणी मिडाउनको आयोजना तथा दोटी गांधिपालिङ्ग, लक्ष्मीनारायण मालि अर्थवालोट, लक्ष्मीनारायण भ्रूणपूर्ण विद्युतार्थी समाजको समन्वयन शिविर सञ्चालन गरिएको हो।

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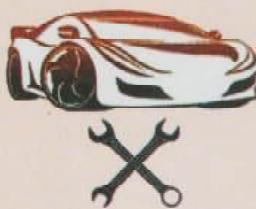
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Hearty congratulations and best wishes to
ROTARACT CLUB OF NARAYANI MID TOWN
for the grand success of
18th Installation Ceremony.

May the coming days bring more success to the club.

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May the coming days bring more success to the club.

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We extend our Best wishes for the Grand Success of

18th Installation Ceremony

of
Rotaract Club of Narayani Mid Town

Rotaract Club of Narayani Mid Town

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- Bharatpur-10, paribesh chowk
- www.lalteencafeandrestro.com
- 9765812742, 9845209999
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भ.म.न.पा.-४, वैदिकनगर

सेवाहरू: जाली प्लेट, मिलास, टवाइलेट पेपर, न्यायिक लेपर, डाइपर, प्याड, प्याकिङ बक्स
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ROTARACT CLUB OF NARAYANI MID TOWN

Rotaract Dist. 3292, Nepal-Bhutan

MEMBER'S PROFILE

FOR THE ROTA YEAR 2024-25

PAST PRESIDENT

Charter President (07/08)

Rtr. Apil Shrestha



Address : Bharatpur, Chitwan
Classification : Business
Date of Birth : 23rd Mangsir
Spouse : Binisha Kayastha
Email : apil_sth@yahoo.com
Cell : 9845084567

President (08/09)

Mr. Shailendra Bajracharya



Address : Bharatpur-2, Chitwan
Classification : Business
Date of Birth : 21st February
Spouse : Supriya Bajracharya
Email : salnbajra@yahoo.com
Cell : 9851213510

President (09/10)

Ms. Rubi Shrestha



Address : Bharatpur-1, Chitwan
Classification : Student (Japan)
Date of Birth : 26th June, 1990
Email : rubishrestha90@gmail.com

President (10/11)

Mr. Sundar Gajurel



Address : Bharatpur-1, Chitwan
Classification : Business
Date of Birth : 22nd Poush
Spouse : Sita Dotel

President (11/12)

Mr. Bishnu Adhikari



Address : Bharatpur-11, Chitwan
Classification : Business
Date of Birth : 15th Poush
Spouse : Rama Ghimire
Email : me_bina077@yahoo.com
Cell : 9845069296

President (12/13)

Mr. Madhav Kumar Gautam



Address : Bharatpur-3, Chitwan
Classification : Business
Date of Birth : 24th December
Spouse : Anu Gautam
Email : madhavgautam@hotmail.com
Cell : 9855060261

President (13/14)

Mr. Binod Sunwar



Address : Bharatpur-11, Chitwan
Classification : Banker
Date of Birth : 22nd April
Email : bs_evil@yahoo.com
Cell : 9855060577

President (14/15)

Mr. Rahul Chachan



Address : Bharatpur-1, Chitwan
Classification : Business
Date of Birth : 6th September
Spouse : Roshani Chachan
Email : gauri_frc2000@yahoo.com
Cell : 9855065700

President (15/16)

Mr. Kirti Raj Tiwari



Address : Bharatpur-10 Chitwan
Classification : Student (Australia)
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Cell : 9855065054

President (16/17)

Mr. Mahadip Shrestha



Address : Bharatpur, Chitwan
Classification : Business
Date of Birth : 28th Magh
Spouse : Sajisha Poudel
Email : shresthamadp@gmail.com
Cell : 9855059087





PAST PRESIDENT



President (17/18)
Rtr. Sunil Ghimire
Address : Bharatpur-3, Chitwan
Classification : Manager
Date of Birth : 4th Poush
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Cell : 9845360961



President (18/19)
Mr. Rabin Aryal
Address : Bharatpur-10, Chitwan
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President (2019/20)
Rtr. Lomas Shrestha
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Classification : Employee
Date of Birth : 20th Nov. 1994
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President (21/22)
Rtr. Prabesh Aryal
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Classification : Business
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President (2022/23)
Rtr. Hari Bahadur B.K.
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Blood Group : B+ve
Email : safalmotors@gmail.com
Cell : 9865193402

BOARD MEMBER



President
Rtr. Rajib Ghimire
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Immediate Past President
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President Elect
Rtr. Aachal Thapa Magar
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Vice President
Rtr. Sujan Dhital
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BOARD MEMBER

Secretary

Rtr. Sunil Dhakal

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Treasurer

Rtr. Ayushma Rawal

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Date of Birth : 14th March, 2003
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Chair, Club Administration

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Chair, Professional Development

Rtr. Bimochan Acharya

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Chair, Public Image

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Joint Secretary

Rtr. Manisha Ghimire

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Joint Treasurer

Rtr. Koshis Raj Kshetri

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Chair, Service Project

Rtr. Anu Gurung

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Chair, Intl Relationship

Rtr. Raksha Ghimire

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The Rotary Foundation Chair

Rtr. Aashish Nepal

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BOARD MEMBER



Membership Chair
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MEMBERS



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MEMBERS

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Rtr. Aman Gautam

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MEMBERS



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Rtr. Aashish Kandel

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Rtr. Jay Gurung

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 Cell :

About us

- Established in 2005 AD under the name of Bhawani Engineering Industries.
- Used to produce bulldog grips for suspension bridges.
- Later it is renamed as Bhawani Forging Pvt. Ltd. with an aim of producing all forging items and fasteners.
- currently working to make bulldog grips, thimble, U-bolts and high tensile fasteners.

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- Hydraulic powered U-bending
- Power press
- Band saw Machine
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- Hardness Tester
- Draw Bench
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40mm	480	9.7



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ZRR, Zone XIV -RY 2024/25



Rtr. Bipin Parajuli
Zonal Secretary -RY 2024/25



Rtr. Govinda Sigdel
President -RY 2024/25



Rtr. Shredhar Bhattarai
Secretary -RY 2024/25



Rtr. Sabin Poudel
President -RY 2024/25



Rtr. Sushant Regmi
Secretary -RY 2024/25



Rtr. Kushal Lamichhane
President -RY 2024/25



Rtr. Ichchha Dhakal
Secretary -RY 2024/25



Rtr. Er. Anish Kafle
President -RY 2024/25



Rtr. Sharan Shrestha
Secretary -RY 2024/25



Rtr. Rajib Ghimire
President -RY 2024/25



Rtr. Sunil Dhakal
Secretary -RY 2024/25



Rtr. Yugal Shrestha
President -RY 2024/25



Rtr. Susan Chaudhary
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Rtr. Susmita Bhandari
Secretary -RY 2024/25



Rtr. Nabin Jung KC
President -RY 2024/25



Rtr. Sijan Neupane
Secretary -RY 2024/25





My Journey as a Rotaractor

A Personal Reflection

Rtr. Sonu Nepali



Hithere! I'm Sonu, and I am honored to serve as the Club Administration Chair for the Rotaract Club of Narayani Mid Town for the year 2024-25, representing District 3292. As I reflect on my journey, I am moved to share how my passion for service has evolved and shaped my life. From a young age, I was deeply affected by the suffering of others. Growing up in India, I often saw beggars in dire circumstances, which left a lasting impression on me. My heart ached for those in need, and I felt a strong desire to make a difference. Even with my limited pocket money, I began a small but significant habit: donating one rupee out of every five I had every day. This small act of giving marked the beginning of my journey toward social work. Interestingly, my commitment to serving others guided me through my academic journey as well. I pursued a Bachelor's degree in Social Work, followed by a Master's in Rural Development. However, due to unforeseen financial challenges, I faced difficulties in actively contributing to social causes for a while. Despite these obstacles, I held onto the belief that where there's a will, there's a way. This belief became a reality when a friend of mine, Srijan Adikari, introduced me to Rotaract. Joining the Rotaract movement was a turning point in my life. Over the past two years of becoming a Rotaractor, I have also had the privilege of serving as the Service Project Chair, coordinating various projects to assist those in need. These experiences have been both meaningful and transformative, allowing me to contribute to my community in impactful ways beyond the boundaries. My journey as a Rotaractor has been

fulfilling and satisfactory, acting as a fuel to my inner self, who always had a thirst to serve others in whichever possible way. Being a Rotaractor has not only enabled me to help others but also facilitated my own personal growth. One of the highlights of my Rotaract journey was participating in an international program in Bangladesh through the Rotary Youth Leadership Awards (RYLA) program. This opportunity broadened my perspective, allowed me to form lasting friendships, and deepened my appreciation for the global impact of our work as Rotaractors. Reflecting on my journey, I realize that my path has been shaped by both challenges and opportunities. My experiences with Rotaract have reaffirmed my commitment to service and personal development. As I continue my role as Club Administration Chair, I am excited to contribute further to our community and continue growing both personally and professionally. The connections I've made, the skills I've developed, and the confidence I've gained have been invaluable. Rotaract has helped me become a more capable and self-assured individual, reflecting on the present me. Thank you for taking the time to read about my journey. I hope my story inspires others to embrace the spirit of service and explore the ways in which we can all make a difference in the world.



गान्दकी
The Destination
Souvenir 2024-25



Rotaract Club of
NARAYANI MID TOWN





Hearty congratulations and best wishes to
ROTARACT CLUB OF NARAYANI MID TOWN
for the grand success of
18th Installation Ceremony.

May the coming days bring more success to the club.

Rtn. Raj Kumar Kanu
Past President
Rotary Club of Narayani Mid Town



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ROTARACT CLUB OF NARAYANI MID TOWN
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18th Installation Ceremony.

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Rtr. Prabesh Aryal
Past President
Rotaract Club of Narayani Mid Town





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Rtr. Lomas Shrestha
Past President
Rotaract Club of Narayani Mid Town



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Rtr. Sushant Adhikari
District Rotaract Committee Member
Past President of Rotaract Club of Damauli



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Bimochan Event & Entertainment Pvt. Ltd



Rotaract Club of
NARAYANI MID TOWN





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Rtn. Krishna Tiwari

Editor

Rotary



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The Impact of Social Media on Mental Health



Rtr. Aayushma Rawal

Social media is a big part of our lives. It helps us stay connected with friends and family, share our thoughts, and see what others are doing. While it has many good sides, it can also hurt our mental health. The Good Side of Social Media Social media can be very positive. It helps us connect with people all over the world, making it easier to stay in touch with loved ones. It can also be a great way to meet new friends who share our interests. Social media platforms often have support groups where people can share their problems and get advice.

Additionally, social media can be a place to learn new things. Many people use it to follow news, discover hobbies, and get inspired by others. It can also give a voice to those who may not feel heard, allowing them to express themselves freely. For example, I run a small business called "Kalpustores" through social media, which helps me reach customers and grow my business. The Bad Side of Social Media However, there are also downsides to social media. One of the biggest problems is the pressure to look perfect. People often post only the best parts of their lives, making others feel like their lives are not good enough. This can lead to feelings of inadequacy and low self-esteem. Another issue is cyberbullying. Negative comments and online harassment can be very hurtful and damaging to one's mental health. It can cause anxiety, and depression, and even lead to more serious problems. Spending too much time on social media can also make people feel isolated. Instead of interacting face-to-face, they might spend hours scrolling through their feeds mainly reels, leading to loneliness and a lack of real-life connections.

How to Use Social Media Healthily
To use social media in a way that benefits our mental health, it's important to set boundaries. Here are some tips:

1. Limit Time: Set a daily limit for how long you spend on social media.
2. Be Mindful: Pay attention to how social media makes you feel. If certain accounts or posts make you feel bad, unfollow or mute them.
3. Take Breaks: Regularly take breaks from social media to focus on real-life activities and relationships.
4. Seek Support: If you're struggling, talk to someone you trust or join a support group online.

By using social media mindfully and taking steps to protect our mental health, we can enjoy the benefits while minimizing the negatives. Remember, it's all about balance.

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वावुआमा पानी विनाका माछा सुरी लौ
भए उत्ता पैसाको वितो विटो छ थुपारी
बनेर क्यानु साब यता आमालाई पानी
तताई दिनेको छ अभाव सन्तान धेरै
भएभनि रिन खोजेर थेपे धन्सार दुई
बुढाबुढी मात्रै छौ आखिर यहि त रहेछ
सन्सार नातिनातिना खेल्ये आँगनमा
कति रमाइलो थियो अन्धकार भो
जीबन निमेसरी घरको मूल दियो भो
भो वावु पु-यो अव लौ चाहिदैन
हाम्लाई धन नातिनातिना सगै बस्न
देउ तेही भन्दै छ हाम्रो मन पर्दैन
बोडिङ पढाउन हाम्रोल लक्ष्मी

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खुवाउला पनिमुनीखुब दम छ फोटो सँग
एकोहोरो कति बोलौ वोल्दैन त्यो पनि
औलो मारी गन्दै छु दर्शेमा यो वर्ष त
आउवान भनि यिनकै लागि भनेर
दुखलाई जिन्दगि नि दिए बुढेसकालमा
भएदेखि काखमा अझ दुईबर्ष बच्ने
थिए हिडेर अमेरिका गएको कान्छो
तिन मैनी भो कल छैन





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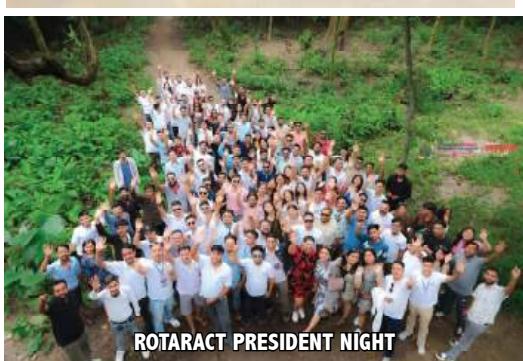
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 - ७) रक्तचाप वरेर Blood Pressure वस्त्रको कारण पता नाहाउने।
 - ८) रक्त चाप वरेर निलो व्यापार ज्ञानात्मक आधार पता नाहाउने।
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- १) रसायनकीय तत्त्वज्ञान एवं रोटरी, विस्तृतावधारी उत्पादनों की सेल्स (Autoanalyser) ब्रॉड बैंडिंग करना चाहिए।
 - २) गुणवत्तामूलक परीक्षण अनु-मूलकता गरिन्दै।
 - ३) तापमात्राको रिटेनिंग वर्ष तक बढ़िए।
 - ४) अवधारणा रिपोर्ट (Online Report) ब्यवहार उत्पाद रिसेप्ट हेतु चाहिए।
 - ५) परामर्शदाता सहयोगीकरण।
 - ६) अवधारणा तीव्रताकारी रूप से संभालनी चाहिए।

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**३५ दिन भित्र वडा कार्यालयमा गई गरौं, व्यक्तिगत घटना दर्ता ।
व्यक्तिगत घटना दर्ता गरे मात्रै पाइन्छ राज्यले दिने सेवा सुविधा ॥**



जन्म दर्ता बालबालिकाको नैसर्गिक अधिकार हो । जन्मेको ३५ दिन भित्र आभ्जो स्थायी ठेगानाको वडा कार्यालयमा गई दर्ता गरौं । जन्म र मृत्यु दर्ताको सूचना परिवारको मुख्य व्यक्तिले र निजको अनुपस्थितिमा परिवारको १८ वर्ष उमेर पुगेको व्यक्तिले सूचना दिन सक्षम । जन्म, मृत्यु, बसाई सराई, विवाह एवं सम्बन्ध विच्छेदका घटना दर्ता गर्नु नागरिकको कर्तव्य हो ।

विवाहको सूचना पति र पत्नी दुवैले दिनु पर्दै । सम्बन्ध विच्छेदको सूचना अदालतको निर्णय सहित पति वा पत्नीले दिन सक्षम । बसाई सराई दर्ता गर्दा व्यक्ति आफू मात्र बसाई सरी गए व्यक्तिले र परिवार नै बसाई सरी गए परिवारको १८ वर्ष उमेर पुगेको व्यक्तिले सूचना दिनु पर्दै ।



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कम्प्युटर आधुनिक जीवनको महत्वपूर्ण अङ्ग बन्ना पुगेको छ, जसले समाजका विभिन्न पक्षलाई रूपान्तरित गरेको छ र प्रविधिको प्रगतिको दिशा बदलिएको छ। साधारण उपकरणदेखि लिएर अत्याधुनिक प्रणालीसम्मको यसको विकासले हाम्रो क्षम, सञ्चार, र मनोरञ्जनका तरिकामा महत्वपूर्ण परिवर्तन ल्याएको छ।

इतिहासको समीक्षा

कम्प्युटरको यात्रा २०औं शताब्दीको आरम्भमा मैक्युनिकल क्याल्कुलेटर र प्रारम्भिक गणनात्मक उपकरणहरूबाट सुरु भएको हो। पहिलो सौंचो कम्प्युटर, ENIAC (Electronic Numerical Integrator and Computer), १९४० को दशकमा विकसित भएको थियो। यो विशाल मैसेन थियो जसलाई सञ्चालन गर्नका लागि एक टोलीको आवश्यकता पर्यायी, तर यसले भविष्यको उन्नतिहरूको आधारशिला राख्यो। १९५० को दशकमा ट्रानजिस्टरको विकासले कम्प्युटरलाई सानो, बढी विश्वसनीय, र सस्तो बनाउनमा ठूलो छलाङ्ग ल्यायो।

व्यक्तिगत कम्प्युटरको उदय

१९६० र १९८० को दशकमा व्यक्तिगत कम्प्युटरहरूको (PCs) आगमनले कम्प्युटिङ पावरको पहुँचलाई लोकसान्त्रिक बनायो। Apple, IBM, र Microsoft जस्ता कम्पनीहरूले व्यक्तिहरू र साना व्यवसायहरूलाई कम्प्युटरहरूको पहुँच बनाउनमा महत्वपूर्ण भूमिका निभाए। १९८० को दशकमा ग्राफिकल यूजर इन्टरफ़ेस (GUIs) को परिचयले कम्प्युटरहरूको प्रयोगलाई बढी प्रयोगकर्ता मैत्री बनायो, जसले कमाण्ड-लाइन इन्टरफ़ेसबाट सहज प्वाइन्ट-एन्ड-क्लिक अपरेशनमा रूपान्तरित गर्याएँ।

इन्टरनेट क्रान्ति

१९९० को दशकमा इन्टरनेट क्रान्तिले कम्प्युटरहरूको प्रयोगलाई मौलिक रूपले रूपान्तरित गर्याएँ। वर्ल्ड वाइड वेबले अभूतपूर्व स्तरको जडान र सूचना साझा गर्ने सक्षम बनायो, जसले अनलाइन सेवाहरू, सामाजिक मिडिया, र ई-वाणिज्यको उदयलाई जन्म दियो। यो युगले मोबाइल कम्प्युटिङको प्रसारलाई पनि देखा पारेको छ, जहाँ ल्यापटप र स्मार्टफोन सामान्य बनिसकेका छन्।

आधुनिक विकासहरू

आज, कम्प्युटर लाभग्रहण विकास समाहित भएका छन्। स्मार्टफोनदेखि स्मार्ट होमसम्म, तिनीहरूको क्षमता निरन्तर कृदिधि भइरहेको छ। कृत्रिम तुदधिमता (AI), मेशिन लर्निङ, र क्वान्टम कम्प्युटिङमा भएका प्रगतिको साथ कम्प्युटरका सम्भावनाहरू बढ्दै गएका छन्। AI अनुप्रयोगहरू व्यक्तिगत साधारण, स्वतः गाडी, र उन्नत डेटा विश्लेषणदेखि लिएर थिकिसा डायग्नोस्टिक्सम्मका छन्।

समाजमा प्रभाव

कम्प्युटरहरूको समाजमा प्रभाव गम्भीर छ। कार्यस्थलमा, तिनीहरूले कार्यहरू स्वचालित गरिएका छन्, उत्पादकत्व बढाएका छन्, र दूरवर्ती कामलाई सक्षम बनाएका छन्। शिक्षा क्षेत्रमा, कम्प्युटरहरूले डिजिटल स्रोतहरू र अनलाइन कोर्सहरू मार्फत सिकाइ अनुभवलाई रूपान्तरित गरेका छन्। मनोरञ्जन उद्योगले कम्प्युटरहरूको माध्यमबाट क्रान्ति देखेको छ, जहाँ डिडियो गेमहरू, स्ट्रीमिङ सेवाहरू, र डिजिटल सामग्री सिर्जना सामान्य भएको छ।

तर, कम्प्युटरहरूको व्यापक प्रयोगसँगै चुनौतीहरू पनि आँठ्छन्। साइबर सुरक्षा, डिजिटल गोपनीयता, र डिजिटल विभाजन जस्ता मुद्दाहरू प्रमुख विन्ताहरू छन्। प्रविधिको लाभलाई कायम राख्नको लागि समान पहुँच सुनिश्चित गर्ने र साइबर खतराहरूबाट जोगिन महत्वपूर्ण छ।

भविष्यका संभावनाहरू

आगामी अविष्यमा, कम्प्युटिङको भविष्यले उत्साहजनक सम्भावनाहरू राखेको छ। क्वान्टम कम्प्युटिङको प्रगति जटिल समस्याहरू समाधान गर्न सक्नेछ जुन पारंपरिक कम्प्युटरहरूको पहुँच बाहिरका छन्। सुधारिएको AI ले विभिन्न क्षेत्रहरूमा बढी व्यक्तिगत र प्रभावकारी अनुप्रयोगहरूको सम्भावना दिन सक्छ। प्रविधि निरन्तर विकसित हुँदै जाँदा, कम्प्युटरहरूको भूमिका अङ्ग बढी केन्द्रीय बन्नेछ र भविष्यको प्रविधि र यसको प्रभावको परिभाषा दिनेछ।

निष्कर्षमा, कम्प्युटरहरूले आधुनिक समाजलाई महत्वपूर्ण रूपमा रूपान्तरित गरेका छन्, प्रगति र नवाचारलाई हरेको क्षेत्रमा प्रेरित गरेका छन्। तिनीहरू भविष्यमा पनि हाम्रो जीवनका विभिन्न पक्षहरूमा ठूलो प्रभाव पार्नेछन्, जसले नयाँ अवसर र चुनौतीहरूको सामना गर्नेछ।





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An interior view of a hotel room. The room has a large bed with white and red bedding, a wooden headboard, and a sofa. The ceiling has a modern, illuminated wood-paneled design.

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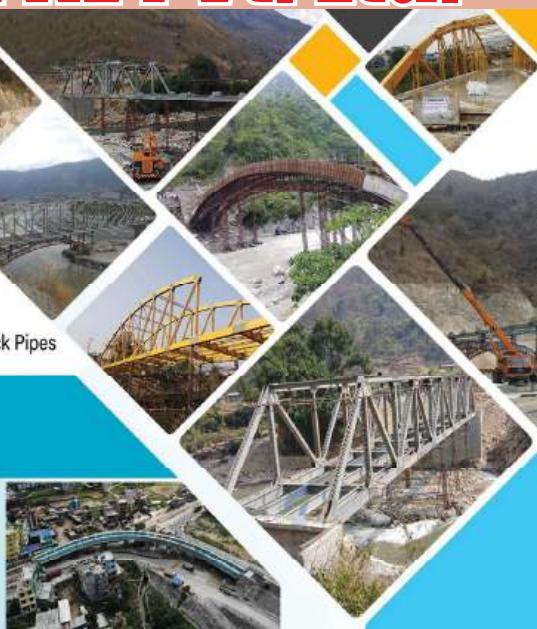
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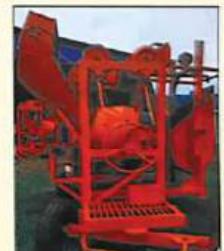
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Bachelor of Pharmacy



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जिन्दगी भरी आट र साथ छोरालाई भन्दछ
हरेक पुरा बुवाले सधै छोरालाई गर्दछ ।
सुख र दुःख नभनी बुवा साथमा बसेर
छोराको सधै सप्ना पुरा गर्नलाई करेर ॥

मायाको खानी पाएर होला हलक बढ्योनी
केटीको पछी लागेर होला जवानी चढ्योनी ।
बुवाको कुरा नसुनी अव केटीको सुन्नीभो
मार्मिक भई बुवाको अव आसुपो भर्नेभो ॥

सोयेको कुरा बुवाको अव आश पनी लाएन
खुसीको पल अवत भने कहिले छाएन ।
भएको पैसा छोराले अव माजनी थाल्योनी
केटीलाई पुराई आफुले खाई सबैपो भ्यायोनी ॥

सम्पती थियो बुवानी थिए अवत भईन
मन्दिर जस्तो मेरो पो घर अवत रहेन ।
छोराले पनी श्रीमती ल्यायो हिजोपो घरमा
त्यसको दिन सुरुपो भयो बुहारीकी भरमा ॥

बिहेनी भयो एक वर्ष पुग्यो एतीकै बित्योनी
घरमा तब सबैपो कुरा छोराले जित्योनी ।
छोराले धुम्ल लैजान्छ भनी प्रस्ताव राख्योनी
आश्रममा राखी, आउँछु भनी फरारै भाग्योनी ॥

-भक्तात्मा शर्मा उपाध्याय

Rtr. Bhaktatma Sharma Upadhyay
Bachelor of Pharmacy

"My superhero in life is my Father and I call him 'Baba'.

"My superhero in life is my Father and I call him 'Baba'.

"Baba, you are my superhero. Your strength, guidance, and unwavering love inspires me every day. Thank you for always being there for me and supporting me. I love you!"

"Baba, words can never fully express how much you mean to me. Your sacrifices, wisdom, and unconditional love have shaped me into who I am today. You have been my rock, my guide, and my greatest supporter. I am forever grateful for everything you have done and continue to do. I love you more than anything else this love can never be described by anything."

Rtr. Siddhatma Sharma Upadhyay
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दाल्हौं वृक्ष सबै रहेन बिरुवा, आगो सँगै ती जले ।
पानी भित्र पुगे कठै! अब सबै, माटो सँगै ती गले ॥१॥

सारा मानिसका यहाँ महल छन्, हामा रहेनन् कैतै ।
बन्दैछन् कसरी ठुला घर यहाँ, निर्मण बाटो सबै॥
बाँच्ने हो कसरी बसेर वनमा, वृक्षादि छैनन् थर ।
छैनन् ठाउँ कैतै न फूल लहरा, हामी कहाँ खै घर ॥२॥

पानी छैन कुवा मुहान वनका, खोला हराए कता ।
प्राणी जीव विनाश मानिस गरे, मारे सिकारी यता ।
पैहा छन् अहिले पहाड थलमा, भूकम्प बाढी वन ।
सुख्खा याम अझै बढ्यो अवनिमा, सन्तापमा जीवन ॥३॥

हावामा छरियो विषाक्त कण झान्, रोगी बन्यो मानिस ।
खेती हुन्न कतै रसायन बढ्यो, पीडा खडेरीसित ।
मान्छे मात्र बढ्यो घटे प्रकृतिमा, प्राणी तथा जड्गल ।
होला खै कसरी अहो अवनिमा, सन्तोष या मङ्गल ॥४॥

लौ ! वातावरणीय पक्ष यसरी, बिग्न्छ हामी भने ।
हावामा जलमा अलाज विचैनै, थियिन्छ माटो भने
धर्ती हो सबको भनी मनुजले, सोच्दैन आफै किन ।
होला बाँच्न अझै यहाँ कठिन झन्, पीडा र संवेदना ॥५॥

धकमकक कुहिरो बिच,
झरि परिरहेछ,
सकि नसकि !
छपल्याक छपल्याक
पानी माथी दौडिरहेछन,
बदुवाहरु....

ट्याँ ट्याँ र टुं टुं हन बजाउदै
मोटरसाइकल,
कुदिरहेका छन,
सायद टाडै पुग्नु पर्ने छ....

दिउसै सँझ परेको छ,
मन्द वतास चलिरहेछ,
चि चि गर्दै जुलिहरु पनि
बास खोजी सके

हतार हतासको गल्लीहरुमा
म मौन बसिरहेछु,
कोलाहल बिचमा,
यो प्रपञ्चभरिमा....

म किन मौन छु ?
मलाई किन हतार छैन,
म किन एकहोरो,
उङ्गिभरहेछु,
यो एकाथ बजारमा...

जवाफ पाउँदिन
र मौन बस्छु।
तिमा तिनै पुराना यादहरुमा।

दिपेश जवाली





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Rtn. Birat Ghimire

Secretary

Rotary Club of Narayani Mid Town

Sonu Ram Giri
9855065742, 9845652120



Suman Giri
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फ्लावर डेकोरेशन, बेड डेकोरेशन, वरमाला, वुके, वास्केट, कार डेकोरेशन, स्टेज डेकोरेशन, गेट डेकोरेशन, टेन्ट, क्याटरिङ, बेलुन डेकोरेशन, लाईट डेकोरेशन गरिनुका साथै पंखा, जेनेरेटर लगायत विवाहका सम्पूर्ण सामानहरू भाडामा उपलब्ध गराइन्छ ।

गङ्गात्म्य
The Destination
Souvenir 2024-25






**Jaya
Santoshi Maa**
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 JEWELLERY HOUSE
 (Estd. 2033)

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स्थापित : २०३३
 मिलनरोड, नारायणगढ, चितवन (नेपाल)





**Shop: 520627
 Mobile: 9855063267**



Hearty congratulations and best wishes to
ROTARACT CLUB OF NARAYANI MID TOWN
for the grand success of
18th Installation Ceremony.

May the coming days bring more success to the club.



Rtr. Rajib Sharma
 Blood Donors and Cell Chair RID 3292
 Past President **Rotaract Club of Ratnanagar**



गणपति
 The Destination
 Souvenir 2024-25



Rotaract Club of
NARAYANI MID TOWN





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PREPARATION CLASS

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bridge.chitwan@bicm.edu.np

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बागमति हयूम पाइप अद्योग

कर्मेया-३, सल्लाही

सम्पर्क : बिमल थापा ९८४०३५२१२, अनिल थपलिया ९८४५०५५३५८

प्याकट्री मनेजर : ९८४४०३५११२

नारायणी हयूम पाइप अद्योग

खैरहनी-४, चितवन

दोलखा हयूम पाइप अद्योग

मेलुड-७, दोलखा



पाइप क्यूरिङ



पाइप टेस्टिङ



पाइप लोडिङ

हयूम पाइप उत्पादक तथा सप्लायर्स





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18th Installation Ceremony.

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Rtr. Manish Baniya

Past President

Rotaract Club of Ratnanagar

प्रो. ओम प्रकाश पोदार

मो.: ९८४५०६६६४३

९८४५७०६५००

फोन: ०५६-५५०५६५

ओम वस्त्रालय

३/८३ मेनरोड, नारायणगढ, चितवन

हर मौसम हर उत्सव आउनुहोस् नयाँ लुगा लगाउनुहोस्

रमाउनुहोस् ओम वस्त्रालयको साथ ।

विवाह, ब्रतबन्ध साथे पूजा आदिका लागि आवश्यक पर्ने नौलो नौलो रङ्गी विरङ्गी साडीहरू, ब्लाउज पिस, कुनै समारोह वा ज्ञान महायज्ञमा ओढाउने दोसल्लाका साथै सर्टिफ़िकेट सुप्थ मूल्यमा पाइने नारायणगढकै एक मात्र **सर्तो र विश्वासिलो प्रसल**

