

Rotary



Rotary Opens
Opportunities



Rotaract District 3292
Nepal-Bhutan

CREATING VALUE

District 3292
Rotaract
Pokhara
Gandaki Medical College



ZEAL 5.0

"Let's Grow Together"



ROTARACT CLUB OF POKHARA GANDAKI MEDICAL COLLEGE

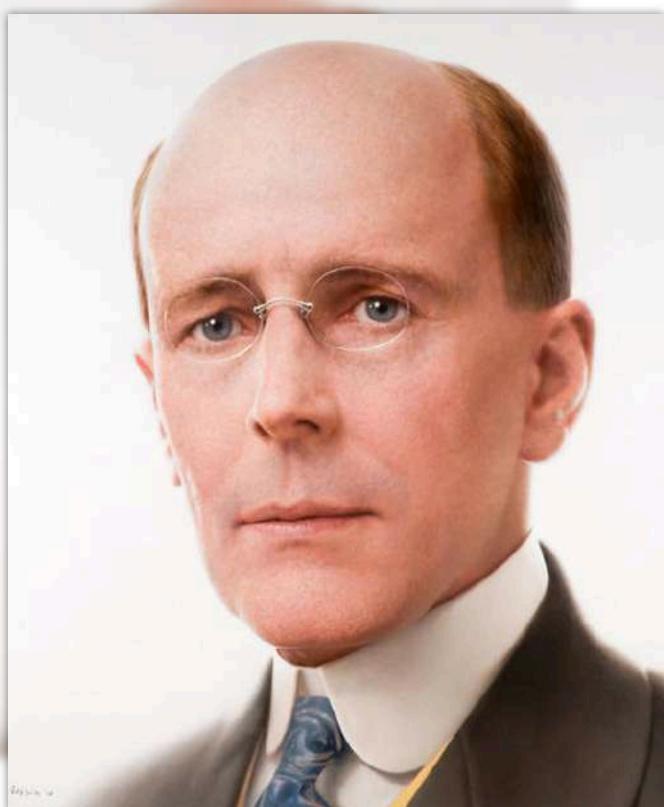
Parent Club: Rotary Club of Pokhara
Chartered on: 9th June 2016
Club ID: 213879



Let's Grow Together



FOUNDER OF ROTARY



*"The foundation upon which
Rotary is built is
friendship;
on no less firm foundation
could it have stood "*

PAUL PERCIVAL HARRIS

April 19, 1869-January 27, 1947



नेपाली राष्ट्रिय गान

सयौं थुँगा फूलका हामी, एउटै माला नेपाली
सार्वभौम भई फैलिएका, मेची-माहाकाली।

सयौं थुँगा फूलका हामी, एउटै माला नेपाली
सार्वभौम भई फैलिएका, मेची-माहाकाली।

प्रकृतिका कोटी-कोटी सम्पदाको आंचल
वीरहरूका रगतले, स्वतन्त्र र अटल।

ज्ञानभूमि, शान्तिभूमि तराई, पहाड, हिमाल
अखण्ड यो प्यारो हाम्रो मातृभूमि नेपाल।

बहुल जाति, भाषा, धर्म, संस्कृति छन् विशाल
अग्रगामी राष्ट्र हाम्रो, जय जय नेपाल।



P.C. - Travelspree

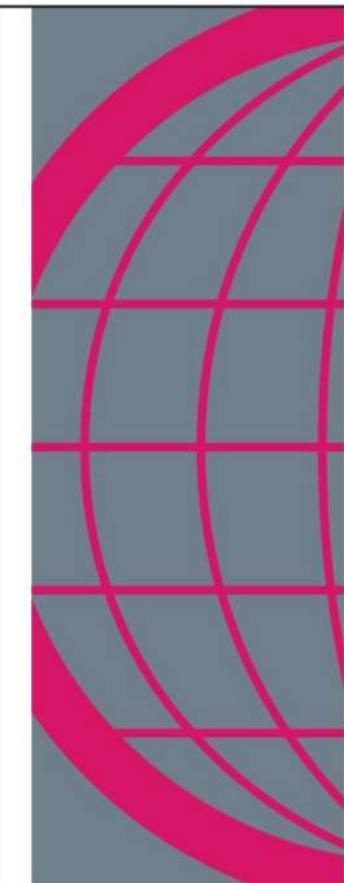


Rotary



CLUB PROFILE

Chartered President	: Rtr. Sanjeev Ranjitkar
Sponsor Club	: Rotary Club of Pokhara
Club Id No.	: 213879
President	: Prabin Gautam
Immediate Past President	: Roshan Sah
Past President	: Prakriti Dhakal
Secretary	: Yogesh Jashraj
Meeting Venue	: GMC Hospital Complex
General Meeting Day	: 1st and 3rd Tuesday
Board Meeting Day	: 1st and 3rd Sunday
Club Chartered	: 9th June , 2016
Total Club Members	: 129
Contact No.	: 9846997468
Email Address	: rotaractgmc@gmail.com
Social Media (Facebook, Instagram, Youtube)	: Rotaract Club of Pokhara GMC



Certificate of Organization

This certificate recognizes that the

Pokhara GMC

(Established: 23 January 2016)

has been organized and has agreed, through its officers and members, to be bound by the constitution and bylaws of the Rotaract program of Rotary International.

Sponsored by the

Rotary Club of Pokhara, Nepal

A handwritten signature in black ink, appearing to read 'Anil Joshi'

PRESIDENT, SPONSORING ROTARY CLUB
16 June '16
DATE

A handwritten signature in black ink, appearing to read 'Hilmar' with a small checkmark

PRESIDENT, ROTARY INTERNATIONAL
9 June 2016
DATE
677-81-(315)

A black rectangular banner featuring a colorful abstract background with stars and a red planet-like shape. At the top left is the Rotaract International logo with the text "सहकार ए साकेदारी" and "ROTARACT INTERNATIONAL". In the center, the text "District Honors: Diamond" is displayed in white. Below it, "RAC Pokhara GMC" is written in large white letters. At the bottom left is the Rotaract District 3292 Nepal-Bhutan logo, and at the bottom right is the word "ZOO".

सहकार ए
साकेदारी

District Honors: Diamond

RAC Pokhara GMC

Rotaract District 3292
Nepal-Bhutan

ZOO

A black rectangular banner featuring a colorful abstract background with stars and a red planet-like shape. At the top left is the Rotaract International logo with the text "सहकार ए साकेदारी" and "ROTARACT INTERNATIONAL". In the center, the text "Leader's Choice Awards : International Service" is displayed in white. Below it, "RAC Pokhara GMC" is written in large white letters. Further down, "Rotaract e- Model United Nations" is also written in white. At the bottom left is the Rotaract District 3292 Nepal-Bhutan logo, and at the bottom right is the word "ZOO".

सहकार ए
साकेदारी

Leader's Choice Awards : International Service

RAC Pokhara GMC

Rotaract e- Model United Nations

Rotaract District 3292
Nepal-Bhutan

ZOO



ROTARACT CLUB OF POKHARA GANDAKI MEDICAL COLLEGE

BOARD OF DIRECTORS 2020/21



Rtr. PRABIN GAUTAM
PRESIDENT



Rtr. ROSHAN SAH
IMMEDIATE PAST PRESIDENT



Rtr. JAYANT KR. SAHU
PRESIDENT ELECT / PPF COORDINATOR



Rtr. GYALTSEN GURUNG
VICE-PRESIDENT I



Rtr. ANUPA WAGLE VICE-
PRESIDENT II/DIRECTOR CHAIR



Rtr. YOGESH JASRAJ
SECRETARY



Rtr. SACHIN KHATIWADA
JOINT SECRETARY



Rtr. NABIN SHAHI
TREASURER



Rtr. PRABINA SHARMA
JOINT TREASURER



Rtr. ICHCHHA TAMRAKAR
EDITOR



Rtr. POOJA K.C.
INTERACT CO-ORDINATOR



Rtr. OMPRAKASH CHAUDHARY
IT OFFICER



ROTARACT CLUB OF POKHARA GANDAKI MEDICAL COLLEGE

BOARD OF DIRECTORS 2020/21



Rtr. PRENA PARAJULI
CLUB SERVICE DIRECTOR



Rtr. NALISHA PRADHAN
COMMUNITY SERVICE DIRECTOR I



Rtr. PRAKRITI AMGAIN
COMMUNITY SERVICE DIRECTOR II



Rtr. AACHAL BARMA
PROFESSIONAL DEV. DIRECTOR I



Rtr. NAMUNA GHIMIRE
PROFESSIONAL DEV. DIRECTOR II



Rtr. JENISHA SHRESTHA
INTERNATIONAL SERVICE DIRECTOR I



Rtr. SANJITA DHAKAL
INTERNATIONAL SERVICE DIRECTOR II



Rtr. APEKSHYA ULAK
CREATIVE LEAD



Rtr. SANKRIPA SIGDEL
SERGEANT-AT-ARMS



MESSAGE FROM DISTRICT GOVERNOR

Dear Rtr. Prabin Gautam
Greetings to You,



At the outset, let me congratulate you for taking over the leadership of the club for the year 2020/21.

We all should consider ourselves to be very fortunate that we are a member of a very reputed and extremely popular organization called Rotary. Since its inception more than hundred years ago Rotary has done so many wonderful and life changing service projects that have benefitted many people and communities around the world for good.

Having said that, though Rotaract joined the Rotary family only in the sixties I must admit that Rotaractors have played a very significant role to put Rotary in a strong position that it is in today. The youths have contributed so much in service projects, RYLA, vocational training programmes, leadership to name a few. It is also very encouraging to see that many Rotaractors are gathering to open their own Rotary Clubs or joining various other Rotary Clubs.

Recognizing the excellent contribution of the Rotaractors and the contribution that they have made in the growth of Rotary the Rotary International has decided in its last "Council of Legislation" meeting that Rotaract will no longer be a programme of Rotary but a member of the Rotary International. In fact, from July 2022 Rotaractors will get the opportunity to pay a minimum fee and become the member of Rotary International. What a positive change the Rotary International has made and I would like to congratulate each one of you for this achievement.

In the coming year 2020/21 as the serving District Governor I have made changes to include Rotaractors in various important District Committees. These inclusions will not only encourage Rotaractors but will also give a good exposure to them about Rotary and will motivate them and others to join and work for Rotary.

With the support of all the youths I look forward to work with you together in the year 2020/21 as Rotary is a platform where opportunities open not only to serve but to develop our own personalities. Therefore, let us take the advantage of RI President Rtn. Holgar Knaack's theme of "**Rotary Opens Opportunities**" with the mindset of "Together We Can" and work together to do good in the world.

Thank You and Good luck.

Regards,
Rtn. Rajib Pokhrel
District Governor 2020/21
District 3292 Nepal and Bhutan



MESSAGE FROM ZONAL ROTARACT REPRESENTATIVE



Dear President

Rtr. Prabin Gautam,

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. I am so proud to be the Leader of the Zone as Zonal Rotaract Representative (ZRR) for this Rota year in such a Great Zone in which we made over the years, and, even more important, to be working with the Clubs and leaders like you.

I cannot begin to express my thanks and Congratulations in all the way to the very Succeed Presidency of Outgoing President, **Rtr. Dr.Roshan Sah**, how inspiring! Our Relation between clubs in our Zone 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 DRR, "**CREATING VALUE**" for opening opportunities through Rotary movements. Emphasizing our Zonal strength and relation in a proud way I am eagerto collaboratein joint Zonal levelprojects and fellowship programs that can have direct personal participation of all our members of our Zone IV.

I would also like to Congratulate all elected Board Members of **Rotaract Club of Pokhara Gandaki Medical College** 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.

'REQUESTING ALL TO STAY SAFE AND SUPPORT THE NEEDY IN THIS COVID-19 PANDEMIC'

Regards!

Rtr.Bishow Darshan Parajuli

Zonal RotaractRepresentative (ZRR),

Zone-IV, Rotaract District 3292, Nepal and Bhutan



MESSAGE FROM DISTRICT ROTARACT REPRESENTATIVE

Dear President

Rtr. Prabin Gautam

Rotaract Club of Pokhara Gandaki Medical College

Namaskar and warm Rotaract Greeting,



I am delighted to congratulate club leaders of RY 2019-20 for note worthy performance throughout the year to take Rotaract moment forward and take club to a newer height. Congratulations to all office bearers of the club as we welcome the new Rotary Year 2020-21 and look forward to work together to create value.

The theme for this Rotary Year “**Creating Value**” refers to the process of creating value of our members within the club, District, community, and society. Furthermore, Creating Value resonates with the idea of enhancing professionalism and supporting the community’s needs to create the value of Rotaractors and of Rotaract as a brand.

Extending this concept, the objective of Creating Value is to establish the Rotaract fraternity as a place for not just community service but the place where you can have professional benefits as well. It is a high time to recognize Rotaract as the forum where you can grow professionally, build networks with other professionals, and nurture young leaders.

Rotary Year 2020-21 also marks the final year of 3 years vision set by Rotaract District 3292. As we work together to achieve our shared vision, we shall also focus on enhancing professional opportunities for our member. As RI President Rtn. Holgar Knaack explained the theme for Rotary Year 2020-21 ‘**Rotary Open Opportunities**’, he highlighted that “everything we do opens another opportunity for someone, somewhere”. Amid the global COVID-19 pandemic that we find ourselves surrounded in, this can be reflected in the ways our clubs and members have embraced technology and explored creative opportunities in ways we conduct our projects and serve our communities.

As your District Rotaract Representative, I strongly believe that embracing values of Rotary, we are capable of opening doors of opportunities to create value of our clubs and members within Rotary-Rotaract and beyond. As District Rotaract Representative, and of behalf of the District team, I wish your club a successful year ahead and would like to ensure our support in every step as we embark our journey to a new Rotary Year.

Regards,

Rtr. Sanjib Paudel

District Rotaract Representative, RY 2020-21

Rotary International District 3292, Nepal and Bhutan



MESSAGE FROM DISTRICT ROTARACT COMMITTEE CHAIR

June 16, 2020

Dear Trailblazer,



I will like to congratulate President Rtr. Prabin Gautam and your team for Rota Year 2020/21.

As we come close to the start of Rota Year 2020-2021 and prepare ourselves to work under the theme of our RI President Rtn. Holgar Knaack "**Rotary Opens Opportunities**", our District Governor Rtn. Rajib Pokharel "**TOGETHER WE CAN**" and DRR Rtr. Sanjib Paudel "**CREATING VALUE**". Let us put all effort to open opportunities to serve and transform the lives of people who need the most.

We all know "The journey of thousand miles begin with one step"; what happened yesterday, no longer matters.

Today is another day. Get back on the right track and move closer to your dreams. We all are very confident you and your dedicated team will do much more.

We cannot enrich our lives without enriching others, the beauty of life does not depend on how happy we are, but happy others can because of us, the happiest people are not those getting more but giving more.

We all are confident that your leadership will be an example for others also; we are all with you to walk an extra mile to make our Rotary Rotaract movement stronger.

We will work together to make our "Rotary" more visible stronger through our friendship & fellowship by serving our needy community.

Thank you and wish you all the best.

Yours in Rotary

Subash Sigdel

Rtn. Subash Sigdel
District Rotaract Committee Chair 2020-21
RID 3292, Nepal & Bhutan

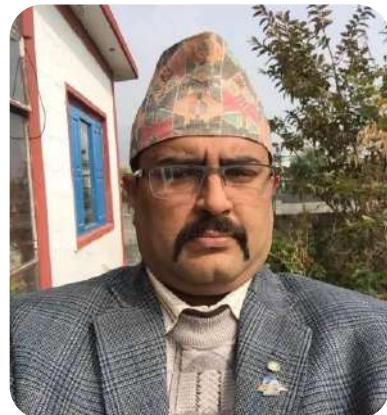


MESSAGE FROM PARENT CLUB PRESIDENT

Dear President,

Rtr. Prabin Gautam

Rotaract Club of Pokhara GMC



On the behalf of all the members of our club '**Rotary Club of Pokhara**', I would like to welcome and congratulate the entire team of '**Rotaract Club of Pokhara Gandaki Medical Collge**' for this tenure. I am very proud and happy to see your willingness to volunteer, giving your precious time and effort despite of busy schedules that come with the medical profession.

Since past four years, we have been constantly working together and trying to bridge between rotary and Rotaract movement. I hope your tenure will prove to be a milestone in this regard.

Lastly, I would also like to give a big shout out and applause to **Past President Rtr. Dr. Roshan Sah** for ending his tenure with great dignity and enthusiasm.

Thanking You!

Regards,

Rtn. Jitendra Sigdel

President 2020/21

Rotary Club of Pokhara





MESSAGE FROM IMMEDIATE PAST PRESIDENT

Fellow Rotaractors,



It was delightful movement to serve as the 4th legacy holder of Rotaract club of Pokhara Gandaki Medical College. It was actually an opportunity as well as challenges. Opportunity to strengthen the club, growth and development beyond our professionalism and challenges to step forward the club. I think we put our best effort toward our RI President Mark Daniel Maloney theme "**Rotary Connects the World**", our District 3292 theme "**सक्षमता र साझेदारी**" -Competence and Collaboration" through our activities, project and service toward the change making of society. We simply tried to move together with our club theme for the year "**Unite Together, Achieve Better**".

I would like to thank all the Rotary and Rotaract fraternity who did their best and supported us. These thanks are for the togetherness that we all spend together with smile and courage during our hard time. I think we, with the team effort achieved much of success. I cannot be more pleased with our accomplishment, although I certainly can't fully take credit for them. The credit belongs to the enthusiastic, innovative and hardworking members of Rotaract club of Pokhara Gandaki Medical College.

I would like to express sincere gratitude to our Parent Rotary club-Rotary Club of Pokhara and Gandaki Medical College for the tremendous support toward us. I express my thanks to **Past Presidents Rtr. Dr. Sanjeep Ranjitkar, Rtr. Dr. Ram Adhikari and Rtr. Prakriti Dhakal** for supporting us throughout our journey. Similarly I would like to thank my backbones "Boards of 2019-20" and all the active members who walked with me. If this club had achieved something and known for anything in the society it's because of hard work of members of this club.

This legacy is a matter to be handed for continuity. I am pretty much sure that the Rota year 2019-20 have safely handed to new Rota year 2020-21 with the dynamic leader **President Rtr. Prabin Gautam** and team. Congratulations! With best wishes for successful tenure. I will be supporting in all the actions, Be sure for that.

Wishing all the Good Hearts, Special Thanks from bottom of my heart for the delightful year 2020-21.

Jay Rotaract!

Thank you!

Rtr. Dr. Roshan Sah

Immediate Past President

Rotaract Club of Pokhara Gandaki Medical College



MESSAGE FROM PRINCIPAL

Dear President

Rtr. Prabin Gautam

Rotaract Club of Pokhara GMC



Namaste and warm greetings,

I am delighted to congratulate all the office bearers of the club for the new Rota year 2020/2021. I look forward to watching all of you thrive together as the theme for this year suggests, '**'Let's Grow Together'**', to make this Rota year as successful as the previous one.

As the principal of GMC, i am very proud of my students who despite being in the medical field with a hectic schedule are willing to dedicate their free time to help for the betterment of the society. I hope you keep this spirit alive throughout the year.

I would also like to congratulate **Rtr. Dr. Roshan Sah** and the board members of RY 2019/20 for their applaudable efforts for ending their Rota year with noteworthy projects and activities.

Lastly, I wish you and your members a successful year ahead and would like to ensure my support in every step that you take.

Regards,

Prof. Dr. Rabeendra Prasad Shrestha

Principal

Gandaki Medical College

MESSAGE FROM TWIN CLUB PRESIDENT

Dear Rtr. Prabin Gautam



On behalf of **Rotaract Club of Dhaka Fort, RID 3281**, I would like to extend my heartiest congratulations to you on becoming the President of Rotaract Club of Gandaki Medical College for the Rotary Year 2020-21. My best wishes to you and your generous club officials for the willingness of taking the duties and responsibilities of leading Rotaract Club of Gandaki Medical College. Also, I would like to acknowledge and congratulate the **President of Rotary Year 2019-20, Rtr. Dr. Roshan Sah** for the wonderful work, he and his team had done in the Rotaract Movement.



MESSAGE FROM TWIN CLUB PRESIDENT

Dear fellow Twin-club mates,



Firstly I would like to congratulate and extend my best wishes to our Twin President **Rtr. Prabin Gautam** & all the club members of Rota Year 2020-21 for taking up the esteemed leadership roles in the club. Likewise, congratulations and kudos to the IPP **Rtr. Dr.Roshan Sah** & all the members of Rota Year 2019-20 for successfully carrying forward the legacy of Rotaract.

I and my entire club members are very happy to have renewed our **Twin-ship** with **Rotaract Club of Pokhara Gandaki Medical College** this year too. We believe that both of our clubs, **RAC Bhaktapur** & **RAC Pokhara GMC** share a very special bond and that we promise to celebrate this bond throughout the year and beyond. As planned in our 1st Joint meeting of this year, we are looking forward to more joint meetings, Joint Projects & Fellowships so that we can make this bond even more meaningful and we can create greater impacts in our lives and in the lives of people who need our help.

Complementing our Club themes "**Service & Empowerment**" and "**Let's Grow Together**" I am sure this synergy will definitely help us in Creating Value. And let us all open every Opportunities possible because ROTARACT is where we find like-minded people that we can turn our crazy big idea into an impactful bigger action.

Cheers to our everlasting Twin-ship!!

Best Regards,

Rtr. Rabina Shakya
President 2020-21
Rotaract Club of Bhaktapur
District Interact Representative 2015-16
Rotary International District- 3292, Nepal & Bhutan





MESSAGE FROM SISTER CLUB PRESIDENT

Dear Rtr. Prabin Gautam

And team

Namaste!!



It's my pleasure to wish you all best up luck for Rota year 2020/21. I would like to thank you and RAC Pokhara GMC for allowing me to present best wishes on the behalf of Sister Club President. We have years of bounded relationship with several memories in Rotaract journey. I would like to thank **Rtr. Dr. Roshan Sah** for his dedication and effort during Rota Year 2019/20.

All the past leaders from both clubs have worked hard to get the clubs these heights and also for such bounded relationship between us. This responsibility has been transferred to us now and we both must persevere to make sure that the insignia of both the clubs shine the brightest than ever before. We Rac Pokhara team are looking forward to work together with you so as to strengthen our bounding and fulfill our duties as responsible Rotaractor. It is a tough challenge to exceed the legacy that has been created, but I am sure that we can make it happen. Let's make it sure that the legacy of both the clubs attains further heights.

Moreover, Pandemic situation arise by covid-19, had raised more challenges and difficulty for us. Though, hope we will make some milestone projects and effort so that our relationship will be at new height.

Finally, I would like to take this opportunity to extend my best wishes to **Rtr. Prabin Gautam** and his team for successful tenure. I believe that together we would definitely be able to build a unique identity in Rotaract world and district 3292. I would also like to wish you Good luck for your entire tenure. Hope together we will make some more effort to inbound relationship between RAC Pokhara and RAC Pokhara GMC.

Jay Rotaract!! Jay Rotary!!

With Best Regards,

Rtr. Amrit Subedi

President, RY 2020/21

Rotaract Club of Pokhara





PRESIDENT MESSAGE

Dear Rotaractors and friends;

Greetings!



Firstly I Would like to express my gratitude to all the past presidents and club members for having me as president for this rota year. I promise to exceed all my capacities, invest myself and give my best during my tenure for the growth of our club.

This rota year I present you the theme "LET'S GROW TOGETHER" .Mother Teresa once said;"*I can do things you cannot, you can do things I cannot .Together we can do great things*".This year let's help each other grow and nurture ; let's teach each other greater things. Let's enhance the professional development of all the members together and make our club administration stronger than ever. Indeed, togetherness is a wonderful thing and being in a place helping each other grow together is a wonderful place to be.

I would like to thank our IPP Dr. Roshan Shah and his team for successfully completing his tenure. Dr. Roshan did a great for the club and helped the club grow even more. I believe that the support and helping hand of all of us together will lead the way for this year to promote the Rotaract Movement.

Finally, I would like to request my board members, general members, past presidents and advisers to work together to grow even more and make this Rota year successful. We will look into the abyss of growth, embrace it and grow together .

With regards,

Rtr. Prabin Gautam

President (2020/21)

Rotaract Club of Pokhara GMC



BIO-DATA OF PRESIDENT



Name	Prabin Gautam
Date of Birth	2053/05/20 BS
Father's Name	Chitra Lal Gautam
Mother's Name	Pushpa Gautam
Permanent Address	Bharatpur-11, Chitwan
Temporary Address	Pokhara
Email	prabingautambhp@gmail.com
Language	Nepali,English,Hindi
Telephone	+977-9846997468

QUALIFICATION:

School (SLC)	Sun rise English school Bharatpur chitwan
Intermediate	Prerrana higher secondary English boarding school,Chitwan
Bachelor (MBBS)	Gandaki Medical College,Pokhara

HOBBIES:

- Gardening
- Trekking
- Social Servicing
- Interacting with people

Rotaract Journey:

Rota year 2017-18: General member

Rota year 2018-19: Secretary

Rota year 2019-20: President-Elect

Rota year 2020-21: President

Rota year 2019-20 Zonal Public Relation Officer



EXPERIENCE:

CORDINATION OF PROGRAM IN ROTARACT	ROTA YEAR
Orientation session for new members	2017-21
Zonal COTS	2018-19
Hospital garden project	2017-18
Rotaract book box	2019-20
Club representative in Bucket of happiness program for flood victims	2017-18
World breastfeeding week celebration	2018-19
Blood donation	2018-19

PARTICIPATION:

Zonal COTS	2018-19,2019-20
PETS/SETS	2017-18, 2020-21
DLTS	2017-18, 2019-20
Rotary district Conference	2019-20

AWARDS AND ACHIVEMENTS:

- Outstanding Rotaractor of the club 2018-19



Rtr. Ichchha Tamrakar
Editor

FROM THE EDITOR

Dear Readers,

Welcome to the 5th volume of the Zeal . We have switched to the e-version of the magazine this year for the ease of our readers because of the COVID pandemic.

Thank you to our President Rtr.Prabin Gautam and President elect Rtr. Jayant Kumar Sahu for trusting me with the Zeal work for this rota year and handing it over to me.Thank you Peter Karki for your immense help in designing the website and our very own IT officer Rtr . Omprakash Chaudhary for tagging along with me in the editorial and designing work.

Travelspree and Sadixya Gurung thank you for agreeing to send us your articles in such a short notice.

Happy Reading!



INTRODUCTION OF ROTARACT CLUB OF POKHARA GANDAKI MEDICAL COLLEGE

Sponsor Club: Rotary Club of Pokhara

Club ID: 213879

Chartered on: 9th June, 2016

BACKGROUND:

Rotaract Club of Pokhara Gandaki Medical College is a non-profit making International Organization with members aged 18-30 years sponsored by Rotary Club of Pokhara. The club was chartered in 9th June 2016. The members are very hardworking and are enthusiastically involved in various issue in the community and social issue . Club member's personality development is one of the major issues.Thus ,Rotaract plays a great role to develop effective leaders and promote responsible citizens.

ORGANIZATIONAL STRUCTURE:

Rotaract Club of Pokhara Gandaki Medical College is governed by the executive board consisting of twenty-one members. The board has authority to develop plans and policies and keep monitoring over all aspects of the club

AVENUE OF SERVICES:

- Community Service
- Professional Development
- Club Service
- International Service

HUMAN RESOURCES:

- The core group of following members comprising
- Board members : 21
- General members : 108
- Total active members : 129

FINANCIAL RESOURCES:

1. Membership fee for the club administration expenses
2. Fund raising programs
3. Remuneration of different organizations received from training and workshop
4. Grant from sponsoring club
5. National and International Donors for different program implementation.

AWARDS/Achievements of Past RY:

- Leader's Choice Award: International Service
- District Honors: Diamond
- Miss Rotasia 2020: Rtr. Prakriti Dhakal

OFFICIAL CONTACT:

Gandaki Medical College Teaching Hospital And Research Center pvt. Ltd

Prithvi Chowk, Pokhara, Nepal

Official Email: rotaractgmc@gmail.com

Phone no. : 9846997468

Social Medias(Facebook ,Instagram and Youtube): Rotaract Club of Pokhara GMC.



THEME, VISION, GOALS AND OBJECTIVE OF RY 2020-21

THEME: “Let’s Grow Together”

Mother Teresa once said; **“ I can do things you cannot, you can do things I cannot. Together we can do great things”**. This year let’s help each other and nurture; Let’s teach each other greater things. Togetherness is a wonderful things and being in a place helping each other grow together is a wonderful place to be:

VISION:

To Foster Members Professionalism Enhancing Rotary, Rotaract and Interact Movement with Community Service.

GOALS AND OBJECTIVES:

Goal Area 1: Club Service

Goal	Strengthen club through different fellowship activities within and outside the club, membership growth and enhance Rotary-Rotaract Relationship.
Objectives	<ul style="list-style-type: none"> • To conduct at least two fellowship activities within and outside the club. • To participate in other club’s program. • To retain existing members and increase membership by at least 10% .
Key results	<ul style="list-style-type: none"> • Impact activities and project that foster fellowship activities and Rotary-Rotaract-Interact Relationship. • Increase participation through fun and entertainment program.

Goal Area 2: Community Service

Goal	Develop knowledge and understanding of the needs, problems, and opportunity in the community and worldwide through collaborative effort with others.
Objectives	<ul style="list-style-type: none"> • To integrate the club with the community to identify their problems and needs and execute sustainable projects for growth of both club and community. • Promote and support collaborations between inter-district Rotaract Network and organization to increase capacity to provide essential and diverse service. • To Conduct projects under Rotary International’s Area of Focus.



Key results	<ul style="list-style-type: none"> Impactful community service project. Conduct Projects focusing on Both Physical, Mental and Spiritual health while continuing “Healthy Living Project”. Engaging Members to Formulate innovative ways to create awareness programs and connect with the community. Creating a Self Sustaining Project in the community.
Responsibility	Community Service Avenue

Goal Area 3: Professional Development

Goal	Growth of members' personal, professional, leadership and vocational skills and recognize the dignity and values of our profession as opportunity to serve collaborative with others.
Objectives	<ul style="list-style-type: none"> Conduct activities which foster professional development and vocational skills in our members. Conduct seminars and training workshops for building professional and leadership qualities. Ensure active participation of club members in professional activities of the club. Focus on plans for learning and enhancing a person's abilities.
Key results	<ul style="list-style-type: none"> Broaden our understanding in different fields. Develop confidence and skills to face new challenges.
Responsibility	Professional Development Avenue

Goal Area 4: International Service

Goal	Promote International understanding, learn culture from all around the world and goodwill towards, all people
Objectives	<ul style="list-style-type: none"> To build up and enhance international relations through international twinning by conducting international level projects. To encourage members participate actively in international events and activities. To update Rotaractors about international issues and policies prevailing globally. To organize innovative programs and personality enhancement events focused on international policies, economics and Medical science every year(UN Simulation, conferences). To act as a bridge for members to build better networking with other districts and seek opportunities within.



Key results	<ul style="list-style-type: none"> Promote better international understanding of international policies and events prevailing globally Build international networking of our members and seek opportunity. Impactful youth exchange program. Participation and presence of members in district international programs.
Responsibility	International Service Avenue



ASPIRE TO INSPIRE

“Always count on your blessings, not on what you're missing.

Yes, it's true that everybody has problem at some point of life but it is also true that everybody has blessings in their life. Be grateful for what you have and also for what you don't have. We overlook the beauty of life by always counting on what we don't have. Once you start counting on your blessings, your perception of life will definitely change.

RTR ABHISHREE PYAKURYAL

#LifeIsBeautiful

आजको शब्द :

५५. निषेधाज्ञा :
निषेध सम्बन्धि आदेश;
कर्पुर्यु

लकडाउनको अन्त्य भएसँगै मुलुकभर
कोरोना संक्रमितको संख्या बढ्न थालेपछि
३५ जिल्लामा पूर्ण र १२ जिल्लामा
अंशिक निषेधाज्ञा लागू गरिएको छ ।

भाद्र ८, २०७७

रोटरायर्कट क्लब अफ पोखरा गण्डकी मेडिकल कलेज



Plan of Action RY 2020-21

Board Meeting	: 1 st and 3 rd Sunday of Every Month
General Meeting	: 1 st and 3 rd Tuesday of Every Month
Club Assembly	: Twice a Year
Rotary Meeting	: Every Monday
Zonal Meeting Participation	: As per Zonal Decision : Zonal, District, International and other Club Activities and Project
Membership Growth	: Approx 10%
Membership Retention	: More than 64%
Club Update Release	: End of Every Month
Zeal Volume	: 5.0 Publication

Month	Club Service	Community Service	Professional Development	International Service
July 2020	I. Orientation to new member II. Internal COTS	I. Special Area Project (Mental Health Awareness) II. Demystifying Yoga III. Healthy living (Project Dolpo)	I. अजक्षेशब्द II. Aspire To Inspire	I. Water Color Month Celebration
August	I. Renewing of Twinship II. Friendship Day Celebration III. Joint Meeting (Twin Club, Parent Club) IV. Meme Competition for Social Cause	I. Mental Health Awareness II. Free Online Zoom Yoga Session III. Project on Cardiac Health Awareness	I. Webinar on "Holistic Health Beyond Textbooks"	I. Twin club formation & Letterhead Exchange (National & International) II. Youth Convention
September	I. Installation Ceremony II. Rotaract Musical Night III. Ludo Competition IV. Club Assembly I	I. Blood Donation II. Precautionary Logistic Distribution (Facial Shield, Mask)	I. Webinar on 'Research In Medical School'. Session I: Research Basics Session II: Gateway To Research	I. UN Day Celebration with Letterhead Exchange
October	I. Project Happiness I	I. Project on Menstrual Hygiene II. Mental Health Awareness	I. Book Review and Discussion Session II. CV writing workshop	I. Youth Exchange Program
November	I. Fund Raising Program (Sunshine fund) II. Project Happiness II	I. Literacy Mission (e-Reading Book, Happy School Initiation)	I. Photography Training	I. UN Simulation with Letterhead Exchange



December	I. Guest Speaker in Meeting II. Project Happiness III	I. Health Camp	I. MC Training II. Public Speaking Training	I. Diabetes Screening Campaign
January	I. New Year Celebration II. Chess Competition	I. Project on Road Safety II. Dental Camp	I. Presentation Training	I. Joint Meeting with International Twin Club
February	I. Fellowship Hike with Twin club	I. Safe Motherhood and Children Malnutrition		I. UN Day Celebration
March	I. Project Happiness IV	I. Debate Competition		I. Rota Week Celebration
April	I. Project Happiness V II. Joint Meeting with Twin Club , Sister Club, Parent Club III. Paul Harris Birthday Celebration(19 th April)	I. Tree Plantation II. Art Competition in nearby Orphanage		
May	I. Project Happiness VI II. Club Assembly II	I. Health Camp	I. Leadership Training	I. UN Simulation II. Fellowship Program
June	I. Project Happiness VII II. Talent Hunt III. Chartered Day Celebration(9 th June)	I. World Environment Day Celebration II. Sanitation Program	I. Essay Competition	



By: Rtr. Gyalsen Gurung

Healthy Living Project

Water Color Month Celebration



Art By: Rtr. Jenisha Shrestha



PROJECT REPORT OF RY 2019/20

Avenue	No. of Projects
Club Service	14
Community Service	16
Professional Development	06
International Service	06



Rtr. Jayant Kr. Sahu
Secretary 2019/20

Club Service Avenue

Director: Rtr. Yogesh Jasraj

1. Orientation to the new members and Internal COTS

Date: 6th July 2019

Project Venue: GMC LECTURE HALL

Objective: i) To introduce new members about Rotary, Rotaract and Interact. ii)
To teach about the procedure of conducting meetings.
iii) Highlight the benefits of being Rotaractors.

2. Zonal COTS

Date: 13th July 2019

Project Venue: Manipal College Of Medical Sciences

Objectives: i) To learn about roles and responsibilities of board and general members.
ii) To have a glance at Rotaract District and Rotary vision and goals.

3. Participation in 12th Rotaract District Assembly and 11th Recognition Ceremony

Date: 15th June 2019

Project Venue: Sidhartha Vanasthali Institute, Ring Road Kathmandu

Objectives: Participation, Fellowship and training in district event.

4. Renewing twin-ship with Rotaract club of Bhaktapur & Letter Exchange

Date: 19th July 2019 Project Venue: Bhaktapur

Objectives: i) To continue twin-ship with RAC Bhaktapur.
ii) To establish better relationship and fellowship.

5. 1st Club Assembly

Date: 10th August 2019

Project Venue: GMC Basic block, Lekhnath

Objectives: i) To orient club members about goals, objectives and action plan. ii)
To make them aware about club's bylaws.



6. Project Happiness

Date: Whole Year

Project Venue: GMC Hospital Lecture Hall

Objectives: i) To spread happiness and positivity
ii) Fellowship

7. Friendship Day Celebration Date: 10th August 2019

Project Venue: GMC Basic Block, Lekhnath, Pokhara

Objectives: i) To celebrate friendship day.
ii) To celebrate birthday of fellow Rotaractors.
iii) Promotion of fellowship among the club members.
iv) To cherish the childhood memories.

8. 4th Installation Ceremony of the Club

Date: 21st September 2019

Project Venue: Ganesha Banquet, Birauta

Objectives: i) Presidential Handover from President of RY2018/19, Rtr.PrakritiDhakal
to Rtr.Dr.Roshan Sah ,President RY 2019/20.
ii) Inauguration of Annual Souvenir Zeal 4.0

9. World Tourism day - Presentation and Promotion of Tourism in Nepal

Date: 27th September 2019

Project Venue: College of Medical science, Chitwan

Objectives: i) Promotion of Visit Nepal 2020.
ii) Promotion of fellowship among fellow Rotaractors.
iii) To enhance Professional skills.

10. Letterhead Exchange with RAC Sukhedhara

Date: 17th October 2019

Project Venue: GMC; lecture hall

Objectives: i) To establish better relationship with club of other zones. ii)
Fellowship and to create environment for joint projects.

11. Participation in 12th Rotaract District Conference

Date: 27th December 2019

Project Venue: Yala Durbar Sankamul, Lalitpur

Objectives: i)To broaden the fellowship in the district level of Rotaract Faternity.
ii)To know about the district changes.
iii)Enhance knowledge about Rotary-Rotaract Movement.



12. Letter of Appreciation and Souvenir presentation to Nation Twin Club

Date: 28th December 2019

Project Venue: Sankamul, Lalitpur

Objectives: i) Fellowship and bonding with twin club.

13. Twin ship Agreement with Rac Dharan Ghopa

Date: 28th December 2019

Project Venue: Yala Durbar, Lalitpur at 12th District Conference

Objectives: i) National Twin club Formation.

ii) Fellowship between two clubs.

14. Participation in PETS/SETS 2020

Date: 18th April 2020

Project Venue: Zoom Virtually

Organized By: Rotaract District 3292

Objectives: i) To learn about roles and responsibilities.

Community Service Avenue

Director: Rtr. Sachin khatiwada

1. Ride For Charity

Date: 1st July 2019 – 4th July 2019

Project Venue: Chitwan-Sauraha-Pokhara

Objectives: i) To donate stationery materials to needy students of Shree Adharbhut Bidhyalaya in Chitwan.

2. Breastfeeding awareness program on World Breastfeeding week 2019

Phase I

Date:- 2nd August 2019

Project Venue:- Pediatric ward of Gandaki Medical college

Phase II

Date: 2nd August 2019

Project Venue: Sagarmatha Higher Secondary Boarding School-Biratnagar

Phase II :-Awareness Program on Breastfeeding and Menopause

Date: 3rd August 2019

Project Venue: Budhha Bihar, Bindabashini, Pokhara

Objective: i) Mass awareness about the benefits of breast feeding to child and mother.
ii) To make public aware about the global theme of breastfeeding week awareness 2019 that is "Empower Parents Enable Breastfeeding". Enhance the public and mass speaking our club members.
iii) Enhance the public and mass speaking our club members.



3. I) Dengue Awareness and Screening Project (Phase-I)

Date: 8th August 2019

Project Venue: Pokhara Ward No.8

Objectives: i) To aware community people of that ward about dengue and to screen their house if that is positive for spreading dengue.
ii) To develop skills in public speaking among rotaractors.

II) Healthy Living session through Dengue awareness program (Phase-II)

Date: 8th September 2019

Project Venue: Birauta-Pokhara

Objectives: To aware students of class 7,8,9,10,11 & 12 of Balodhaya H.S.B.School about: causes, spread and prevention of Dengue.

III) Healthy Living session through Dengue awareness among Rotarians (Phase-III)

Date: 9th September 2019

Project Venue: Temple Tree Resort Lakeside

Objective: To aware Rotarians about: causes, spread and prevention of Dengue.

IV) Dengue Awareness Program among 3 angels organizations staffs (Phase-IV)

Date: 10th September 2019

Project Venue: 3 angels organizations office ,Hariyokharga

V) Dengue Awareness Program among Shubhatara 3 Angel School (Phase-v)

Date: 11th September 2019

Project Venue: Shubhatara 3 Angels School, Buddhachowk

4. Mega Health Camp

Date: 24th October 2019

Project Venue: Dhaulagiri Zonal Hospital, Baglung

Objective: i) To give health service to maximum people of Baglung and near by places.
ii) To enhance bonding with **Rotary District 3523 TAIWAN.**

5. School Program (Sweater, Stationary & Hygiene Materials Distribution)

Date: 19th December 2019

Project Venue: Myagdi Rural Municipality-3, Kilchowk Tanahun Objectives:

i) To support poor and needy students of Shree Ravi Chandra Primary School with required materials during winter. ii)
To Support Rotary Nepal literacy Mission (RNLM) .
iii) To serve the community



2. Rotaract Book Box

Date: 23rd July 2019

Project Venue: GMC Lecture Hall

- Objectives: i) To develop and preserve Book reading culture.
ii) To encourage members for regular participation in the meetings of the club.
iii) To develop intellectual capacity of members.

3. TOT on Dengue Awareness

Date: 7th August 2019

Project Venue : Gandaki Medical College

- Objectives : i)To develop professional skills on how to screen the houses for mosquito carrying Dengue Virus

4. National Symposium 2019 on " Good Health and Well Being"

Date: 9th August 2019-10th August 2019

Project Venue: Hotel wildlife Camp, Sauraha Chitwan

Organized By: Nepal Health Corps

- Objectives: i) Localization of pathways for universal health coverage. ii)
Highlighting the role of young leaders.

5. Rotaract Entrepreneurs Meet 2019

Date: 7th December 2019

Project Venue: Ranjit Event, Pokhara

- Objectives: i) To help uplift you and your business.
ii) To build fellowship between the clubs of zone.
iii) To interact with and learn from the entrepreneurs.

6. 12th Rotary District Conference Participation as Volunteers

Date: 7th February 2020 – 9th February 2020 Project Venue: Pokhara

- Objectives: i) To develop professional skills for event management .
ii) To strengthen the relationship with our parent club and make the Rotaract – Rotary bond more stronger.
iii) To know the Rotarians and other Rotaractors from the Rotary fraternity.
iv) To improve our communication and logistics skills.



6. Inauguration & Handover Ceremony of Rotary Dialysis Center Project-III

Date: 6th February 2020

Project Venue: Gandaki Medical College, Pokhara

Objectives: i) To establish Rotary dialysis units in GMC for the benefit of local people.

7. Health Desk In 12th Rotary District Conference 2020

Date: 7th February 2020 – 9th February 2020

Project Venue: Pradarsani kendra; Pokhara

Objectives: i) To help those who needed medication in conference as the population was of a community in these three days there.

8. Awareness on COVID-19 Phase-I

Date: 14th March 2020

Project Venue: Budanilkantha Snowland school, Kathmandu

Phase-I I

Project Venue: GATE Vocational FAB School, Pokhara

Objectives: i) To aware students about Corona Virus about; Natural History, mode of transmission, Signs & Symptoms, Investigation (Place, name), Prevention.

9. COVID-19 Relief Package Distribution Program

Date: 15th May 2020

Project Venue: Koshi Rural Municipality-08, Bhantabari [Mushar tole], Sunsari.

Objectives: i) To help the labor-class people with minimum daily requirements of livelihood food materials to feed in the lock-down period .
ii) To support the community with its problem of food materials in these groups.

Professional Development Avenue

Director: Rtr. Anupa Wagle

1. Learn A Word A Day

Date: 8th July 2019 – 30th June 2020

Project Venue: Official Facebook Page of RAC Pokhara Gandaki Medical College

Objectives: i) To build a better vocabulary

ii) To establish a life-time habit of learning and self improvement iii) To improve the ability to communicate in a more engaging way, have conversations and make speeches in international language.

iv) To assist people preparing for SAT, GRE, GMAT, IELTS and TOEFL.



International Service Avenue

Director: Rtr. Uroosha Prajapati

1. Participation in Rotaract Global Model United Nations (RGMUN)

Date: 23rd August 2019-25th August 2019 Project Venue: Hotel Jal Mahal, Pokhara

Objectives: i) To discuss and debate on the most pressing issues in the world. ii) To develop public speaking, leadership, diplomacy, negotiations and debating skills.
iii) To gain understanding regarding international relations and United Nations itself.

2. Visit Nepal 2020 Promotional Video

Date: 21st September 2019

Project Venue: Ganesha Banquet, Birauta

Objective: i) To promote Nepal all around world through our video presentation with the scenic beauty of Natural and artificial things in VIDEO.

3. Letterhead Exchange With RAC Parul University RID 3060

Date: 29th April 2020 Venue: Zoom Online

Objective: i) To develop international understanding between two clubs.

4. Online Medical Model UN simulation (e-Med MUN)

Date: 11th -15th April 2020

Project Venue: Online Zoom App

Objectives: i) To help delegates learn about diplomacy, negotiation, debates, international relations and United Nations by being at home.
ii) To develop universally acceptable proposals to solve (ongoing) problems.
iii) To develop worldly knowledge, confidence, analytic skills
iv) To help students know the status of COVID-19 all over the World.

5. Participation in Rota Hour

Date: 28th April 2020

Project Venue: Online Zoom App Objectives: To provide information about;

- All the features of My Rotary
- How to get fund from Rotary Foundation -Project Ideas
- Fund Raising Projects
- New Updates on Rotaract



6. Rotaract e Model United Nations (ReMUN)

Date: 2nd May 2020

Project Venue: Online Zoom App

Objectives: i) To strengthen the relations between two clubs.

ii) To help students and young leaders learn diplomacy,
negotiations, debates, international relations and United Nations by
being at home.

iii) To develop universally acceptable proposals to solve ongoing problems



4th Installation & Presidential Handover Ceremony
By Rtr. Prakriti Dhakal to Rtr. Dr. Roshan Sah



Rotaract District Committee, RID 3292

VISION:

Rotaract District 3292 envisions itself as an international youth organization promoting 'youth as partners' and leading the agendas of youth development in the region.

MISSION:

Our mission is to create opportunities and provide support to our members, enabling them to become community and professional leaders.

GOAL FOR ROTA YEAR 2020-21

1. Net Membership Growth by 10%
2. Professional Enhancement of Members
3. Enhance partnership with Rotary and other organizations
4. Enhance Public Image
5. Support Literacy Mission & Road Safety
6. Enhance engagement with International Communities

Goal Area 1: Membership

- Net Membership growth by 10%

Action Point	<ul style="list-style-type: none">• Retain existing members and increase membership by at least 10%
Key Result	<ul style="list-style-type: none">• Growth in existing membership in Rotaract Nepal Website compared to the membership number at the end of Rota Year 2019-20
Activity	<ul style="list-style-type: none">• Online Webinar for New Members' Orientation and online Course for New members in Rotaract Nepal website



Goal Area 2: Professional Enhancement of members

- Five Regional Rotary Rotaract Professional Meet, COTS in each Zone, 13 IDYEP

Action Points	<ul style="list-style-type: none"> Encourage Rotaract clubs and Rotaractors to engage more in activities that help in personal and professional development through dialogue, discussion, and mentorship Conduct workshops, training and events of different capacities at various levels that support the professional growth of members and seek collaboration with Rotary District Regular circulation of details about all possible international events and encourage the participation of Rotaractors of RID 3292
Key Results	<ul style="list-style-type: none"> Increase in activities and projects that foster personal and professional growth of members, compared to similar projects in Rota Year 2019-20, based on reporting in software At least one Regional level professional training; Collaboration with Rotary District for Rotary Youth Leadership Awards (RYLA) and other regional level training At least one Inter-District Youth Exchange Program (IDYEP) in each zone Increase in the participation of Rotaractors from RID 3292 in international events and programs
Activity	<ul style="list-style-type: none"> Conduct 5 Professional Meet training all Across Nepal, 13 IDYEP, 1 RYLA

Goal Area 3: Enhance Relationship with Rotary and the Organization

- Enhance Rotary - Rotaract relations and establish the true essence of Partner in Service
- Partnership with other Business firm and organizations

Action Points	<ul style="list-style-type: none"> Creating awareness among Rotarians and Rotaractors about Rotaract Discussion on Potentials of collaboration as per the documents prescribed by Rotary International through discourse in meetings, events, and programs
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Key Results	<ul style="list-style-type: none"> Presence of Rotaractors in relevant Rotary District Event to talk about Rotaract and put forward Rotaractors' viewpoint Partnership with NYEF and other organizations for Professional enhancement activities.
Activities	<ul style="list-style-type: none"> Five Regional Level Rotaract-Rotary Meet Joint Meeting and Fellowship meeting with Rotary District Partnership with NYEF, King's College and other institution

Goal Area 4: Public Image

- Enhance public image of Rotaract as an entity that promotes youth empowerment by engaging in different activities that foster the youth's personal and professional development
- Publication of major projects in Social Media, National and local in both Print and audio-visual media.

Action Points	<ul style="list-style-type: none"> Create awareness among diverse stakeholders regarding the Rotaract and its purpose through various means of communication. Collaborate with different organizations and entities across the country to enhance public relations and ultimately enhance the public image Increase in activities that focus on the youth's personal and professional development; collaboration with different organizations for similar activities. Ensure media coverage of Rotaract and Rotaract Clubs' activities.
Key Results	<ul style="list-style-type: none"> Minimum 6 Articles of impact of Rotaract Activities in National Print and Online Media. Coverage of District Events in National Media.
Activities	<ul style="list-style-type: none"> Collection of media person information all across the Rotaractor of Nepal and encourage them to cover Rotaract News. Extraction of significant club reports from Rotaract 3292 website and convert them to news articles



Goal Area 5: Literacy Mission & Road Safety

- Collaborative efforts to bring impactful results in two focused service areas

Action Points	<ul style="list-style-type: none"> Support Rotary Nepal Literacy Mission and increase the number of scholarships and Rotaract contributions In Nepal Literacy Mission.
Key Results	<ul style="list-style-type: none"> Support Rotary Nepal's effort to enhance road safety Increase the Number of Scholarships by 50% and other contributions (man-hour and total expenditure on projects) by 35% towards the Rotary Literacy Mission At least 70% of Rotaract Clubs conduct at least one road safety awareness program and develop a minimum of 2 Road Safety awareness videos and promote them on social media.
Activities	<ul style="list-style-type: none"> Firstly, we will collect the current status of Scholarship and contribution made by Rotaract Clubs and encourage clubs for Literacy related projects to achieve the goal. Rotaract District will coordinate with Rotary, Other organizations and NGOs to support clubs activities.

Goal Area 6: Enhance Engagement with the international community

Action Point	1. Reach out to the different organization to make the, engage in virtual activities with clubs
Key Results	<ul style="list-style-type: none"> 50% percent of the clubs will conduct project engaging with an international organization or international Rotaract Club 50% percent club will establish twinship with international clubs.
Activities	<ul style="list-style-type: none"> Provide a platform for International Clubs to connect with Rotaract Clubs. Provide ideas for different events

FOCUS AREA FOR ROTA YEAR 2020-21



Net membership growth by 10%



Professional Enhancement of members



Enhance Partnership with Rotary & other organization



Enhance Public Image



Support Literacy Mission & Road Safety



Enhance Engagement with International Communities



ROTARACT CLUB OF POKHARA GANDAKI MEDICAL COLLEGE

PAST PRESIDENTS



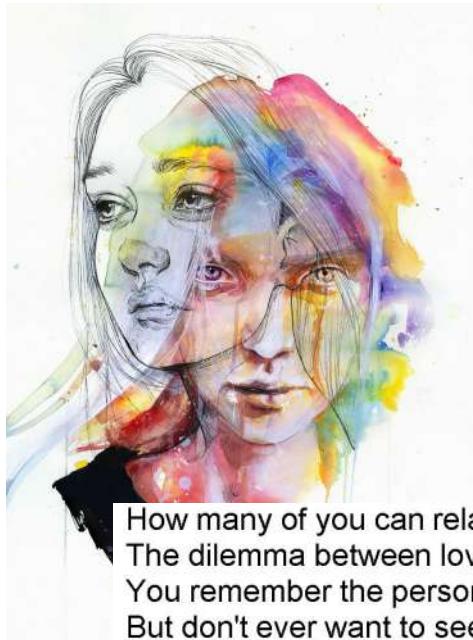
Rtr. Dr. Sanjeep Ranjitkar
Chartered President
RY 2016/17



Rtr. Dr. Ram Adhikari
President
RY 2017/18



Rtr. Prakriti Dhakal
President
RY 2018/19



DILEMMA

How many of you can relate
The dilemma between love and hate
You remember the person's lovely gaze
But don't ever want to see their face

The battle is your very own
Never can it be publicly shown
All the tears masked by your smile
Still the same fears follow for miles
After the dusk comes the dawn
But why do the old memories still haunt?

Everything starts with a beautiful hope
But happiness marks off at a lopé
Amid the togetherness
Comes the bitter taunt
You ask for forgiveness
Though not at fault
You are never appreciated
For your relentless efforts
You become excruciated
Due to lack of slightest support

Starts the breakage of all sweet bonds
You start sinking into a slough of despond
In your mind resonates disturbing sounds
Hurting like biting wild hounds.

Tears rolling down your eyes
Broken promises, endless cries
Memories that never fade away
A strange guilt that always seems to stay
Of losing yourself for others
Of always being the one to bother.

While giving all your genuine care
Thinking everything you shall share
You put everything at stake
But the person says this is a mistake.
And fires little grenades ruthlessly
Which you struggle to battle endlessly,
Due to loving people not your worth
You are put at the edge of a sword.

A nervous breakdown that makes you hate
But you were once welcome in their gate
Nostalgic moments that make you love
But you were given a hefty shove
Indeed it's very tough to explain
The dilemma between love and hate.



-Rtr. Aachal Barma
MBBS 2017



Makeup And Skin Care



-Sadixya Gurung

I am Sadixya Gurung, makeup artist from Pokhara. Thank you for having me in this year's segment. Talking about me, I've always been very fond of arts since I was a little girl. Asides from makeup, sketching, painting and anything art has basically been my hobby. I got into this career officially at the age of 17. Before that I was still very enthusiastic for makeup but I wasn't sure of my career as a makeup artist. And there weren't as much opportunities for artists as it is now. But still I had this inner feeling that I can achieve anything once I set my full intentions and actually implement actions towards it.

For me, makeup is a form of art. Every time when I'm doing a makeup look on my clients, I see their faces as a beautiful canvas where I can create beautiful looks that compliment their faces. Also, my makeup style is more on the "subtle but glam" side. I like it Subtle and Enhanced. Because I believe everybody is different and they all are beautiful on their own ways and makeup is always there to enhance the features and make it look even more beautiful. Likewise, makeup is such a quick confidence booster as well. Wearing makeup gives people confidence and makes them feel smarter. It is definitely not a must for everyone but it's their own preference. It helps them to enhance their confidence. Research also shows that wearing makeup can provide a better sense about self esteem which may bring positive effects on the cognitive performance of an individual.

Talking about makeup in itself, what's even more important and what all of us often tend to forget about is skincare. Skincare is the base of your makeup and it's even more important aspect in your daily routine. First of all, your skin influences the application of the makeup. And you need to take it into consideration. Knowing your skin and applying the best suited skincare products is the best way to go for the preparation of your skin before the actual makeup application. Likewise it's equally important to take proper care of your skin afterwards. You always need to double cleanse and get all that makeup and dirt away. And maintain proper moisture balance by using different skincare products with active ingredients which are best suited for your skin type. Also you need to be aware of using fake products whether it is skincare or makeup. There are a lot of shops in the market selling fake cosmetic beauty products for a cheap price. Those products tend to have many harmful chemicals and other ingredients which is really harmful for your skin resulting in many skin diseases, allergies, skin cancer and other issues. So you need to be extra aware and get only authentic and safe products for your skin and body.

*"Beauty is good
for
your soul"*



Continued....





Moreover, my journey as a makeup artist has definitely changed my life in many ways. I wouldn't be who and where I am today if I hadn't believed in my inner self. It was definitely not the easiest route. Because there was a lot of hard work, struggle and dedications involved. And it is not that easy as it sounds. During my starting phase, I wasn't sure of what was coming. I grabbed all the wonderful opportunities sent my way whether it was big or small. I did it because I enjoyed every bit of it. Back then, there were fewer opportunities for artists compared to the current situation in Nepal.

Before all of this, it was definitely hard to convince my parents as well that I wanted to choose my career as a Makeup Artist; also because there weren't as much opportunities at that time. However as they saw me working hard, doing good and being independent at such young age, they're extremely supportive. And I am more than grateful for everything. It wasn't a particularly strong career at that time so not everyone's parents were very accepting of this career for their child. Also there weren't as many men makeup artist active in this field as they are now. And having experienced the good change, I'm really happy how everything has been more advanced and changed for the better in these years.



Instagram:saddixya

*"Beauty is about
being comfortable
in your own skin"*

I'd say the beauty and fashion industry has definitely taken a big step ahead in our country than it was before. People here are more accepting and consistently keeping up with the new techniques, styles and trends. Nepal is definitely developing in the field of beauty and fashion.

Lastly, I'm still on my journey because I have more to achieve, learn and grow. And be the best version of myself every single day. And I hope you're loving your true self and working very hard; pushing yourself to be the best version of you.

*P.S. I hope you
feel beautiful
today*



"Doctors are not Born
They are Made"



Art by: Rtr. Rosa Karki



BIO-ROBOTICS

Bio-robotics is the use of biological characteristics of living organisms as the base for developing new robot designs. The term can also refer to the use of biological specimens as functional robot components. Bio-robotics intersects the fields of *cybernetics* (the scientific study of control and communication in the animal and the machine.) In other words, it is the scientific study of how humans, animals and machines control and communicate with each other.), bionics(the study of certain biological functions, especially those relating to the brain, that are applicable to the development of electronic equipment, such as computer hardware, designed to operate in a similar manner), *biology*, *physiology*, and *genetic engineering*.

With an understanding of *biomechanics*, engineers can develop biologically-inspired robots with improved and enhanced capabilities over traditional robots, which are robotic! Biologically-inspired robots have greater mobility and flexibility than traditional robots and often possess sensory abilities.

Bio-robotic technologies are often utilized to provide assistance to accommodate a deficiency—either as fully-functioning robots or highly advanced prosthetics; the latter represents one area in which *neural engineering* and bio-robotics intersect as both disciplines are required in order to first signal and then generate movement.

Bio-robotics encompasses a diverse array of disciplines with a myriad of applications. Researchers in Italy, for example, are developing artificial sensing skin that can detect pressure as contact is made with an object. Italian scientists are also exploring the potential for early diagnosis of autism by monitoring sensory-motor development through mechatronic-sensorized toys, such as rattles with force and contact sensors.

To sum up, Bio-robotics in association with different disciplines is really heating the contemporary world. Future is full of “BIOROBOTS”.



Reference: whatis.techtarget.com/definition/biorobotics



TRAVELING : it leaves you speechless, then turns you into a storyteller.

-Ibn Battuta

Sounds way too cliché, right? Well, if you're into traveling and you just can't keep your mouth shut after coming back home from each one of your travel, Battuta's quote might just be your story. I can't be sure about you but *TRAVELSPREE* can assure you it's hers for sure.

There just couldn't have been a better place to be born than Pokhara. Well you may think I'm boasting about the city I was born in, but who wouldn't right? Mountains always enthralled me from the very beginning. Serene lakes and mesmerizing mountains. That is everything I could have wished for if I was asked what I would want in my hometown and that is exactly what I got.

Mighty Annapurna range were so close to me yet seemed so far while growing up. I always felt there was a distance between me and the mountain I loved. That changed the day we were taken on a trek to Ghorepani Poonhill when I was in grade Nine. 14-year-old me was simply loving everything about that trek.

Returning back home from that trek was one of the hardest thing I might have done till that day (ha-ha may not be the hardest but it was hard hai ;)). As time passed, the one thing time is so good at doing, I was busy securing marks and making a career for me (well that is what I thought ha-ha) and my trekking experience halted for a while.

Fast forward few years and I was pursuing civil engineering in IOE, WRC. There were few hikes in between but I missed being

When we were thinking nothing could top that, Mardi trek happened. And I had never been that wrong in my life. Climbing

back in the mountains. And that day finally came. I was still adjusting myself to life in WRC and the trek to Ghorepani (Yes Again!!) just made me feel I couldn't have asked for a better college and friends. And I was so glad to be back again. This time the love for trekking was ingrained on my soul and nobody could take away my love for the mountains.

Trekking bags and shoes became my constant companion. Every semester break, same old bag, shoes and the idiots but a new destination. We loved everything about it. First on that list was a trek to the Annapurna Base Camp. Yes, the same mountain that I was in love with since the time I can recall of. I can recall every minor detail of that trek as I was completely present in the moment. Every single step was a meditative experience. It is the closest I've been to meditation ha-ha. The ecstasy of being so close to the mountain you've always loved can't be put into words. Nothing can do justice to that feeling. My face is lightening up with a big smile as I recall those 5 days of pure ecstasy.

Next on this beautiful list of destinations was Gosaikunda. A magical pond amidst the landscape that might simply be one of the most beautiful you can ever see in your lifetime. The icing on the cake was the snowfall. Every flake of snow that fell on us touched the inner core of our soul. The gloomy weather, snow all around you and a serene pond on the end of the trek, you simply can't beat the experience. And we did all of this bunking our classes. It was that fun. Period .

the steep slope from Sidhing to high camp. You can ask anyone who has been to Mardi and they'll tell how difficult it can

Contd...

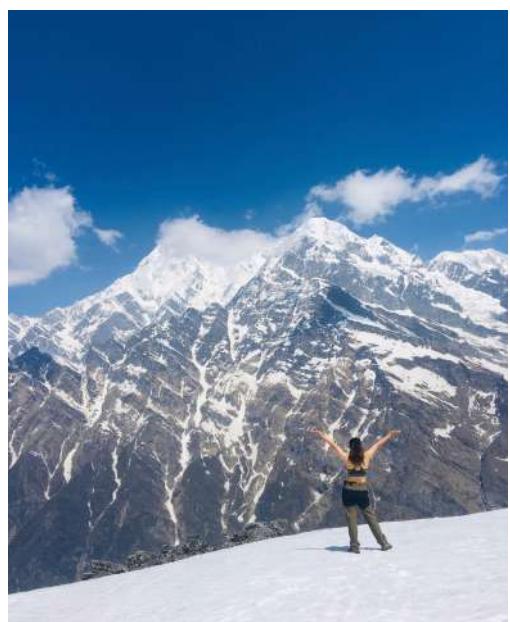


be. But the fun we had didn't let us feel how much we had walked. And the view we got to see the other day was simply magical. Trying to justify the view we saw through these mere words won't do justice to how beautiful it was.

I can't even describe how much fun Kapuche trek was. The incessant rainfall for a number of days had everyone close to us telling us to think otherwise and postpone it for a while. Despite all that, we chose to go ahead and there couldn't have been a better decision. Every single thing about that trek was amazing ;). The Himalayan air had us high throughout the trek. The adrenaline rush that we felt during the entire jeep ride on that rainy day still gives me chill.

It's not just about the destination you go to, but the journey you embark on. Just don't overthink and get your ass up and go on that trip you've always thought of. Trust me you would be surprised to know how you've turned to be a storyteller once you come back home. TRAVELSPREE is even more sure about Mr. Battuta's quote now, what about you?





Instagram: Travelspree





कोरोना कहर, हामी नेपाली अनि हाम्रा गाथाहरु ...

-Dr. Anupa Wagle
BDS 2016

विश्वव्यापी रूपमा फैलिएको कोरोना भाइरसले नेपाललाई छोएको आज महिनौं भइसकेको छ । छिमेकी मुलुक चिनबाट सुरु हुँदा आम नेपालीहरुले यसलाई नेपालसम्म यसरी आइपुग्छ भन्ने कल्पनासम्म पनि गरेका थिएनन् ।

आज हामी लकडाउन अनि निषेधाज्ञाको चरणमा छौं । कतिले यसलाई नजिकबाट नियालेर हेरेका छन् भने कोहि अझै पनि फेसबुक, युटुब तथा अन्य सञ्चार माध्यममा नै भर परी राखेका छन् ।

कसैले त यसलाई कथाकथित भ्रम , व्यापारिक एजेन्डा अनि भ्रष्टचारको अखडाको रूपमापनि विश्लेषण गरेको पाइन्छ ।

अचम्म त के लाग्छ भने, राष्ट्रियता भनेपछि सबैको रगत ताले अनि एकताका गाथाहारूले आफ्नो पहिचान बनाउन सफल राष्ट्र नेपाल, आज कोरोनाको महामारीसँगको लडाइमा शून्य देखिएको छ । मानवता हराउँदै गएको अनुभूति भएको छ । आफ्नो लागि भन्दा पनि जनताका लागि सोन्ने शासन व्यवस्थाको अभाव महसुस हुन थनलेको छ ।

के हाम्रो राष्ट्रियता सामाजिक सञ्जाल रड्ग्याउन र नारा लागउनमा मात्र सीमित भएकै हो त? के हाम्रो राष्ट्र प्रतिको माया ती बलेका टायरहरूमा मात्र देखिने हो ? वा जनताका गरिबी, पीडा, दर्द, भोक, शोक अनि बाढीपहिरोमा प्रतिबिम्बित हुनुपर्ने हो ?

लडाइँ सधैँ एकै प्रकारको हुँदैन र यो लडाइँ भिन्न अनि अरुलडाइभन्दा निकै नै कठिन छ । यी सबै कुरा हामीलाई अवगत हुँदाहुँदै पनि हामी एकजुट हुनबाट पछाडि परिरहेका छौं । जसले यस महामारीसँग लडिरहेका छन्, उनैलाई नै तिरस्कार गरिरहेका छौं । साहनुभूति, आत्मविश्वास र सम्मान त परै जाओस् मनोबल गिराउने काममा समाज उद्यत देखिन्छ । दिनभरि आफ्नो ज्यान दाउमा राखेर स्वास्थ , सुरक्षा र अन्य अत्यावश्यक क्षेत्रमा खटिएका हाम्रा नेपाली दाजुभाइ तथा दिदीबहिनीहरूले घर

फर्किँदा पाउनु पर्ने राष्ट्रियताको सम्मान अनि के साँचै आत्मगौरव गर्ने पाएका छन् त? आज राष्ट्र उनीहरूकै मेहनत मा अडिएको छ तर हामी भने उनीहरूकै घर घेरेर सम्मान गरिरहेका छौं । एकता त टायर बाल्नेमा नै देखिन्छ नि हैन र ??

इयालबाट हेरिरहेका ती बाँचे आशाले भरिएका आँखाहरुले फलानोलाई त कोरोना लाएर टोल नै खत्तम पारेछ नि भन्ने समाचार हेर्दा कस्तो हुँदो हो !

कहाँ गए आज ती नेपाली जसले आइपरेको खण्डमा मेरो ज्यान लैजानुहोस भन्ने गर्दथे । आज समाजलाई ज्यानको बलिदानभन्दा पनि एकताको खाँचो छ । उच्च मनोबल, हौसला र सकारात्मक वातावरणको जरुरतछ । आफू र आफ्नो परिवारलाई मात्र जोगाउन सके आधा लडाइँ सकिन्छ । यो लडाइ भिन्न छ तर जित्र नसकिने भने पकै पनि हैन । नेपाल र हामी नेपालीले धेरै आपत विपत् जितेर आइसकेका छौं । सतर्कतालाई तिरस्कारमा बदल्नु हुँदैन, सम्मान र सहानुभूति भित्र बाँचे अनि बचाउँने गर्नुपर्छ ।

सलाम छ ती सबै आइसोलेसनमा बसेर सङ्क्रमण फैलिनबाट जोगाउन मद्दत गर्नुहोने योद्धाहरूलाई, दिन रात नभनी हाम्रो सेवामा निरन्तर रूपमलागेका स्वास्थकर्मी अनि सुरक्षाकर्मीहरूलाई !

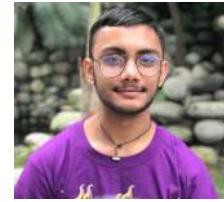
यो लडाइँ एकताले मात्रै जिल सकिन्छ ,
के तपाईं हाम्रो पहिचान झल्काउन तयार हुनुहुन्छ ?
महामारी , नेपाल, हामी नेपाली अनि हाम्रा गाथाहरु....





Art by
Rtr. Prakriti Amgain
BDS 2017





Rtr. Anurag Nepal
MBBS 2019

MEDICO-ROTARACTORS



Medicine is a way of making the drug act,
Using this in health and community is what makes you a rotaract.
People above 18-30 are the ones called Rotaract,
Medicos, the ones who help Rotaract become the best which is a fact.

Projects, Meetings and varieties of thought that Rotaracts develop,
Mentorship, Responsibilities etc something that eventually evolve.
Developing Leadership is the thing we state the most unique,
Medicos awaking people from problems is something that helps us reach the peak.

Project "AajakoSabda" is the one that gets the morning fresh,
Our President Prabin Gautam brother who always with his skills helps the anxiety go to mess.
Thankful to GMC for having an enthusiastic members in the club of Rotaract,
Couple of months of Rotaract but Pride that makes me act.

IBMS, Com med, Forensic and many more always in our head,
Thanks Rotaract for making a heck of depressions fade.
Mental Health, Breast Feeding and Holistic health; something we organized,
Created the mental skills and got the broad study of life memorized.

Proud we are as we can conduct the awareness issues,
Medicos we are who make the health issue so easy to pursue.
Reason, Medicos are the one true inspirations and motivators,
Thus, we proudly call us Medico-Rotaractors.





-Rtr. Deepa Rajbhat
BDS 2018

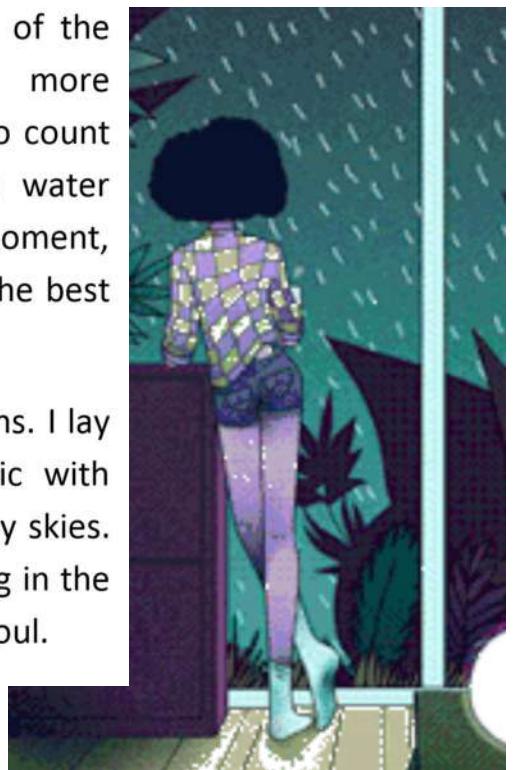
True

Pluviophile



As a keen rain lover, I love to gaze from the window for entire the duration of the rain and just staring at the raindrops as they hit the ground. I am awestruck by them; amused I am totally lost in that very moment. The beauty and serenity of rainfall brings a manic glee in my heart. I think it is one of cosseted and lavish environment for the earth which is gifted by nature. Inner satisfaction and joy from the smell of the rain and just listening to the melody sound of the rain absolutely breed self-confidence within me. Withstanding a heavy downpour and refusing to take shelter like everyone else, every drop of the rain teaches me resilience and to be more contemplative. It seems as if it is lunatism to count the numbers of raindrops cheering on a water stream but indeed it is awesome .In every moment, the rain trains me to be present and to get the best from every single moment in life.

I find the world more beautiful when it rains. I lay hold of blue skies that is more charismatic with mesmerizing rainbows after dark gloomy grey skies. Sound of raindrops gives a resonance echoing in the ear which dampens the inner vibes of one's soul.





Wrath and Terror

Wrath and Terror of the night,
The pitch black darkness;
Back in the alley a child cries.
Writhing agony fills up within,
Just as the pain that builds up,
Leaving every bit of it numb;
With incoherent feelings,
Inexplicable that is.

Helpless cries no longer heard,
His fading soul held by a mere strand;
Ragged breaths and his silver soul,
Engulfed by the ruthless night;
As he painfully waits for the dawn,
For the warmth of the sun he yearns.



Far and Free

Far and free
Where I stand
Is a world beyond
Of a mortal's comprehend

I soar the sky
With my steed
Travel the infinite
How could it be a mortal's deed?

Above are the stars
Below are the clouds
And yet I stand
How did I hold my ground?

Hounds they howl
Under the clouds
Winds they scowl
Under my bounds

My steed is my pride
Wind is my ally
Beyond is the infinite where I stride
Far and free in the starry night





Art by
Rtr. Binita Adhikari
MBBS 2019





"Life isn't a slave to lavish and opulence, rather a battle ground of struggles!"



The definition of life lies within us, it is not bestowed from outside, and it far surpasses in both its elegance and permanence any paradise of which people have ever dreamed or yearned for. One drop of water will not arrive at the ocean; it will evaporate along the way. Likewise, a single struggle does not create a plethora of success. Sometimes life gifts us a chance, and sometimes we should endeavor to create a chance. Hardship never knocks our doors. We all tend to run away from sufferings that struggles bring along with them. However, the fact is that without suffering, there is no way to cultivate understanding and compassion.

Even a round rock that falls off from the top of a cliff becomes more pointed, and its edges are sharpened after the hardest fall. It teaches us how struggles shape us. No one is grown wiser and stronger, but with all the experiences and hard times we undergo, we eventually become wiser and stronger than before.

Our oceans like dreams are stretched before us like the beginning of an interminable waterway. These dreams are the same that keep our nights sleepless, making us reluctant to leave no stones unturned to make them come true and stumble across our strength. On the one hand, life can be bounded by tunnels of tragedies, agitations, fear to perish, and hopelessness; but on the other hand, it can be joyful, and our souls could expand in ecstasy just even with

a feeble rope of hope.

A well-accepted and known fact, human desires are illimitably ever-expanding. Nevertheless, desires without struggle are what create conflict. Wishing never works, efforts do. Stepping out of our comfort zone requires a level of dedication and perseverance, which thereby leaves our rooted desire of lush and inherited richness behind. Einstein would not have developed the theory of relativity, or Wright brothers would not have invented the airplane if they had not chosen the path of difficulties. We all have been immensely blessed with jaw dropping discoveries and great inventions which are actually the fruits of those great inventors', researchers' constant struggles. That's why practical belief of "Difficult road leads to beautiful destinations" is already exemplary to us.

Confidence and struggle are a bristling blend of both perseverance and brilliance, making the difficult look easy, and the complex seem intuitive, while trust brings balance though struggles are always a part of every journey. Because somewhere at the discrepancy between thrashing tears and joyful smiles, we hold onto the meaning of life embarking upon the journey of struggles with unending series of ups and downs.



*-Rtr.Kusum Baniya
BDS 2018*



Rtr. Manaswi Kafle
MBBS 4th year

"आफू कहिले ठूलो भएको पत्तै पाइन"

बाबा आमाकी कान्छी छोरी म
सानैदेखि बाबा आमाकै काखमा हुर्किएँ
कुनै कुराको कमी भएन मेरो जीवनमा
मायै मायामा आफू कहिले ठूलो भएको पत्तै पाइन ।



"काम किन गर्नु पर्यो , हामी छँदै छौंनि"
भनेर सम्झाउने मेरो प्यारो बाबा
"पढ्ने बेला हो पढ है छोरी"
भनेर सम्झाउने मेरी प्यारी आमा
साच्चै, कुनै कुराको कमी भएन मेरो जीवनमा
मायै मायामा आफू कहिले ठूलो भएको पत्तै पाइन ।

मेरो एउटा- एउटा रहर पुरा गर्ने मेरा प्यारा बाबा आमा
मलाई पनि त केही गरेर देखाउन मन थियो नि मेरो जीवनमा
सानैदेखि भन्ने गर्थे रे,
"म त ठूलो भएर डाक्टर बन्ने हो"
अनि मेरो बिरामी मेरी प्यारी आमाको उपचार गर्ने हो
हुन पनि हो , कुनै कुराको कमी भएन मेरो जीवनमा
मायै मायामा आफू कहिले ठूलो भएको पत्तै पाइन ।



हेदहिँदै अहिले त २० कटेर २१ लागिएछ
तर पनि बाबा आमाको मायामा कुनै फरक देखिएन
आमा साथमा नभए पनि दुवैसरह माया दिने बाबा हुनुहुन्छ
अहिलेसम्म पनि, कुनै कुराको कमी भएन मेरो जीवनमा
मायै मायामा आफू कहिले ठूलो भएको पत्तै पाइन ।





आमाको याद

आमाले जति मीठो तरकारी बनाएर खुवाएपनि

"आमा, यो भएन , त्यो भएन" भन्ने म ,

आज एउटा घिरौलाको तरकारी बनाएर खुवाइदिए पनि

कति खुसी भएर खान्थैँ होला म ।

आमाले ल्याइदिएको लुगा

" मलाई मन परेन छ्या " भनेर फाल्दिने म ,

आज १ जोर मोजा ल्याइदिए पनि

कति खुसी भएर लाउथैँ होला म ।

आमाले झुक्किएर एकदिन अर्कैं किताब ल्याइदिनु भएछ

यसमा पनि रोइकराइ गरेर झगडा गर्ने म ,

आज एउटा पेन्सिल ल्याइदिए पनि

कति पाना कोर्थैँ होला म ।

मलाई एकान्त चाहिएको छ आमा

यहाँबाट जानुस् भन्ने म ,

आज आमाविनाको यो संसारमा एकचोटि आमा आएर

"नानू" भनिदिँदा कति खुसी हुन्थैँ होला म ।



-Rtr. Manaswi Kafle
MBBS 4th year





Rtr. Nalisha Pradhan
MBBS 2016

A JOURNEY TO MUSTANG

Mustang, a place like heaven!

Lying on the laps of the mighty Himalayas; Mustang is a dream destination for all of us! Mustang has to offer a lot from the Landscapes to the Soul Freezing Wind, The Muktinath Pilgrimage to the breath-taking views, it caters every age group's interests.

We, group of Seven Friends went out on this Journey.

A Bumpy six hours ride from Pokhara and you'll reach Jomsom, A place like nowhere else, there's a different calmness. The houses are all made by huge stones with mud-walls and the architecture definitely has a unique touch of its own. We stayed at Hotel Alka Marcopolo, and we're welcomed by Little Chubby kids with such warm smile on their faces. The owners of the Hotel were so friendly and hospitable. We had such a delicious Lunch consisting of Thakali Rice Set.

After we finished our Lunch we went out to explore Jomsom, the mystical landscapes, beautiful mountains: Annapurna and Dhaulagiri, the barren land were absolutely spectacular! The weather of Mustang gets pretty windy after 12 noon so we couldn't get out of the hotel in the afternoon.

The Next day we planned to go to Muktinath, we headed to Muktinath early in the morning and the road from Jomsom to Muktinath was Surprisingly Blacktopped and it was such a smooth ride. We even got to ride a horse to reach the temple.

Muktinath temple is dedicated to Lord Bishnu and is sacred to both Hindus and Buddhists. It

lies at the foot of the Thorong La mountain pass. The main attraction is the 108 stone water spouts from where the water of Kali Gandaki flows and is believed to cleanse one's soul. We reached Muktinath Temple and worshipped the god. Some of us took a shower in the 108 stone taps but I was just brave enough to touch the ice cold freezing water!

From Muktinath we went to Kagbeni Village, Kagbeni was simply beautiful; the silence of Kagbeni resonated in my soul. We saw Buddhist monasteries, chortens and stupas, prayer stone walls, monks in red robes, and women in colourful striped Tibetan aprons all around.

The Next Day we went to Marpha, "The Apple Capital of Nepal". Marpha is famous for its juicy apples, Marpha Brandy, Apple, Sukuti and jams produced from the local fruits. We tried the freshly harvested Apples and it was literally the best apple I've ever had in my life. Marpha has small white painted stone alleyways which are definitely aesthetically pleasing.

The trip to Mustang has been one of the finest experiences for me. As a Nature lover and an observant learner it was wonderful to sink in every bit of what Mustang had to offer, the Red-flushed cheeks and cracked lips of the ever-smiling Children taught me to be content with whatever I have. The hospitable and hardworking people, the rich culture, extraordinary nature. Mustang should certainly be in your Bucket-list!

Contd.....



All in all, Mustang for me is:

M-Mighty Mountains

U-Utmost Adventure

S-Spectacular Landscapes

T-Tibetanian-influenced Culture

A-Aesthetic Beauty

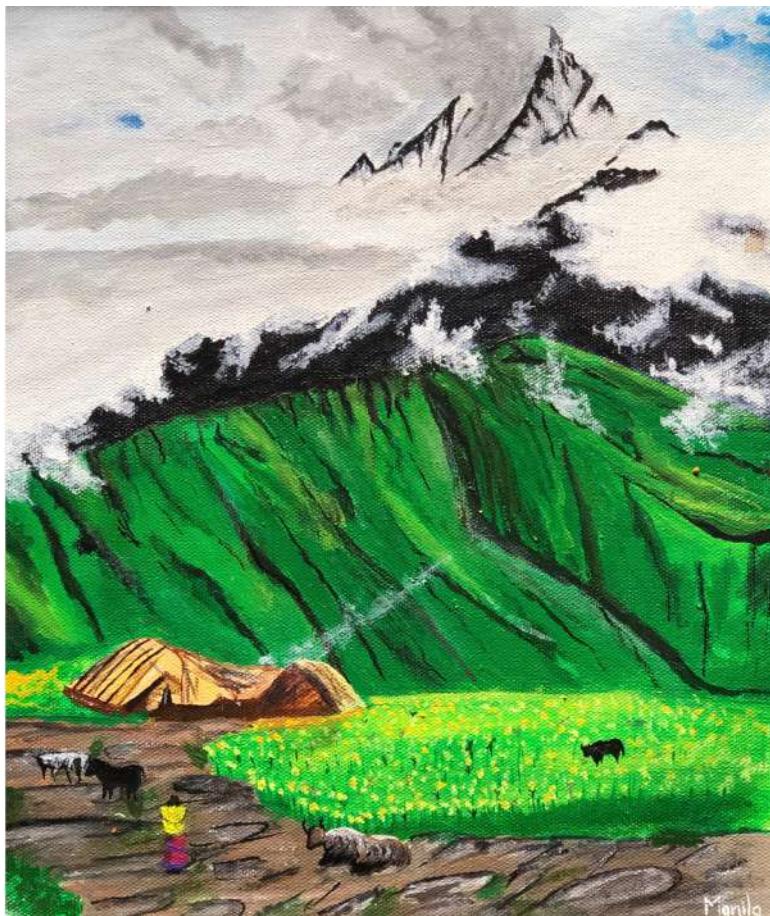
N-Naturally Blessed

G- Generous People





Art by
Rtr. Manila Sharma
BDS 2018



We are all artists, painting our lives upon the
canvas of reality.
Mix the colors your own way and
apply emotions liberally.

Don't be afraid to
let your brush strokes show
and above all else, make sure your art has soul!



बर्तमान समाज

द्विसमिसे त्यो दिन, जहाँ घामले आफ्नो राम्रो मुहार देखाउन तम्तयार थियो। वरिपरि चराचुरुङ्गीको आवाजले अङ्गैं त्यो बिहानको शोभा बढाएको थियो। मानिसहरुमर्निङ् वाकको लागि आफ्ना पाइला हरुलमकाऊदै थिए। घरको मन्दिरमा आमाले घण्टी बजाएको पनि एकदिनको लागि मात्र हैन। जीवन धेरै राम्रो छ भन्ने कुरा मलाई त्यो बिहानले स्पष्ट सङ्ग बताइरहेको थियो। सबै जना आफ्नो जीवनमा रमाइरहेका थिए। तर अर्कोपटि मानिसहरुलाई मोबाइल फोनले गुमराह गरेको छ भन्दा पनि केही फरक पर्दैन। मानिसहरु बिहान उठेर बाट बेलुकी सम्म आफ्नो भर्मित जिन्दगी बाची रहेको छन् भन्ने कुरा पनि एउटा तीतो सत्य नै हो। हरेक कुराको दुई वटा पाटो हुन्छन् एउटा राम्रो अनि अर्को नराम्रो पाटो, राम्रो कुराले धेरै फाइदा गर्ने गर्छ।

हामी बिग्यान तथा प्रविधिको युगमा बाचिरहेको हुँदा हरेक कुरा केहि नजानेको जसरी गर्ने कुरा पनि त आयन। केहि काम परे नेटबाट फोन गर्यो अनि लगभग आधा काम त्यही सकिन्छ। त्यसले मानिसको समयको बचत त हुनि नै भयो तर त्यो बचेको समय कसरी प्रयोग गर्ने भन्ने कुरा त आफ्नो हातमा भै नै हाल्यो। हामी सबैले नै अहिलेको युगमा सदुपयोग गरिरहेकै छौं। चाहे देश बिदेशको घटनाको बारे थाहा पाउन होस वा आफ्नो नजिकको



मान्छेको खवर सोध होस नेटबाट सजिलै नै गर्न सकिने भएको छ।

झन् अहिले त सामाजिक सञ्जाल जस्तो बलियो अरुके नै होला र। केहि घटना घटेपछि त्यसको लागि धेरै ह्यासत्याग बन्छन् तर ति मामला पनि ह्यासत्यागमै सिमित रहेको कुरा पनि नकार्न सकिन्दैन। अहिलेको जल्दोबल्दो घटना बलत्कार जुन शब्द सुन्नासाथ मुटुको धड्कन रोकिन जान्छ। न त त्यो घटनालाई स्विकार गर्न सकिन्छ न त त्याग गर्न नै। अहिले हरेकको मोबाइल फोनमा बलत्कारको घटना स्क्रिनमा छर्लङ्ग देख्न सकिन्छ। जब यस्तो कुरा सुन्नमा आउँछ तब मनमा सुरुमा आउने भनेको नै अपराधी लाइ फासी दिने नै हो। एउटी छोरी भनेको त लच्छमी को रूपमामानिन्छन्, तर यहाँ उसैलाई त्यस्तो गर्ने कलडङ्कहर चाहिँ कस्ता! किन ति कलडङ्कहरुले आफ्नो घरमा पनि आमा, दिदी बहिनी छन् भन्ने कुरा बिर्सिन्छन्। छि! छि! सुन्दा पनि घृणा आउँछ त्यस्तो मान्छेको बारे जसले आफ्नो परिवारको सदस्य चाहिँ मान्छे अनि अरुकोदिदी बहिनी चाहि प्रयोग को रूपमामात्र हेर्छन्। दिनमा पाँच छ वटा यस्तो घटना भैरहेको हुन्छ तर यक दुई जनाको मात्र समाचार मा आउँछ, अनि बाकि रहेको तीन चार जना, उनिहरुलाईन्याय कसले मागिदिनो ?? बलत्कारको डाटा हेर्दा पनि दिनहु बढिरहेको छ, के यो आधुनिकीकरण को असर हो या यो कलयुग हो?



part 2 to be contd....



वि सं १९९६-१९९७=११२

वि सं २००८-२००९=२००

वि सं २०१६-२०१७=११३९

वि सं २०१८-१४८०

के यो रिपोर्ट ले बलत्कारलाई अझै
बद्न प्रेरित गरेको हो या सरकार यस्तो
महत्वपूर्ण मामला न्याय गर्न पछि
परेको हो।

मानिस यक चेतनशील प्राणी हो। तर
यसरी एउटी छोरीलाई नडग्यायर
उनिहरुले कुनै पसु ले गर्ने जस्तो
ब्यवहार गर्न ! के अब यस्ता दुष्टलाई
मानिस भन्ने कि पशु? अनि गल्ती त
सरकारको पनि त हो जसले यति ठूलो
दुष्ट ब्यबहार लाइ फासी दिन पनि त
सकेको छैन। गलत गर्ने मान्छे त पैसा
तिरेर सजाय बाट मुक्त हुन्छ तर ति
छोरी जसले पहिले नै समाजमा बच्दै
हिडेंकि हुन्छे (आफ्नो पहिरनमा होस् वा
जीवन जिउने सैलीमा होस) त्यस्तो
अफूयारो समाजलाई जित्दै अगाडि
बडेकी छोरी मान्छेको पाइलानै
रोकिदियपछि उ झुण्डिएर आफ्नो

जीवन त्याग गर्न बाहेक अरु कुनै
विकल्प नै देखिन। अनि उसको
परिवारमा परेको चोट र दागलाई कसले
मेटाउने? उसको इज्जतको बारे कसले
सोचिदिने? उसको न्याय को लागि को
अगाडी बढने? उ जस्तै धैरै चेलिहरुको
मनबाट डर, त्रास कसरी मेटाउने?

अनि अन्त्यमा बाँकी रहन्छन् ति
प्रश्नहरुको पुस्तक जुनलाई न त
कसैले पल्टाउन चाहन्छ न त समाधान
गर्न नै।





-Rtr. Niruta Budha
MBBS 2018

Dear Rain

Dear rain, every time you lash down, you delight me with your charm.

You never fail to bring back all those bittersweet memories that I've with you each time you come.

You remind me of my childhood days, those paper boats, a dirty dress covered with you and mud.

You helped me hide the sobbing sound every time I cried. It's been long so come and drench my soul as it has become dry.

Call your devil pals, lightning and thunder not to bring darkness in the house that has got no lights but to clear out all the evil faces behind the fake smiles.

Take away big palaces built with corrupted resources and let all the tiny sticks of hope stay.

Wash away all the pathetic hearts, disloyal beings, unkind souls that mother earth has been carrying for ages. Shower over us and take every bit of dirt away just leaving a pure soul behind.

Dear rain you come and drench my dry soul.

Dear rain you come and bring a fresh day to start.





*"The mind
is everything"*



*Art by
Rtr. Sumira Shrestha
MBBS 2015*



*"What you think,
is what you become"*



कहर

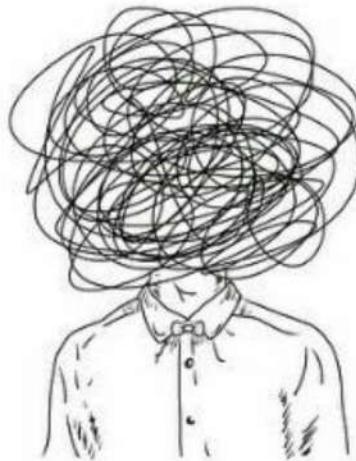


धैरै दिन पछि आज
कापी रोयो कलम रोयो।
शहर देखि गाउँ छोयो
प्रदेश हुँदै देश रोयो॥

कोही खान्छन थरी-थरी
कति भोकै बरी।
कहिले जाला कहर भनि
रुन्छन घरी-घरी॥

उडी छुने रहर त्यो
कोरोनाको कहर भो।
मानिसको मानिससँग
आपसमा त्रास भो॥

भोग्यु पर्छ हामीले नै
प्रकृतिले दिए पछि।
बुझि ज्ञान लिन पर्छ
समयले दिए पछि॥



शहर देखि गाउँ रोयो
प्रदेश हुँदै देश छोयो।
धैरै दिन पछि आज
कापी रोयो कलम रोयो॥

सेनिटाईजरले हात धोयो
अनुहारमा मास्क लायो।
येता हुँदै उता छोयो
साबुनले हात धोयो॥



तहि पनि रोकिदैन
कसै गरी छेकिदैन।
प्रकृतिको प्रवृदि यो
अनौठो छ प्रकृति त्यो॥

नदुखेको मन दुख्यो
नबुझ्नेको मन बुझ्यो।
न रोकियो बलले नै
न त छेकियो धनले नै॥



Rtr. Panacea Thapa
BDS 2018



मानव अधिकार

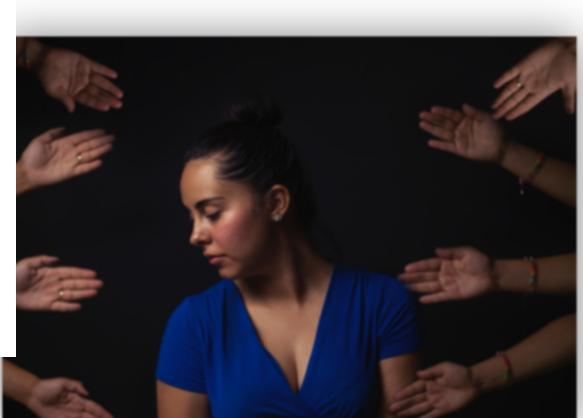
म उभिएर खोजिरहन्छु मानव हुनुको पहिचान,
जब एक नावालिंग बालिकामा पलाउँदै गरेको उत्साहलाई
थिची मिची र लछारी उनलाई बलाल्कृत बनाइयो,
जब आफ्नो मनको भावना स्पष्टसँग व्याख्या गर्न खोज्दा
निर्दोष महिलामाथि तेजाव खनाइयो,
जब गर्भमा पलाउँदै गरेको कोपिलालाई संसार देख्नबाट वञ्चित गराइयो,
जब जन्म दिने मातापिताको गला समाइ
सम्पति खोस्न सपुत जोसियो,
शान्तिको आशा देखाई धमाका रोजियो
अनि गरीबको उत्थानका लागि हतियार बोकियो,
तब तिनै मातापिताका आशु सँगै झरको
छ मेरो अस्तित्व ,
बालिकाको आशा सँगै मरेको छ मानव हुनुको महत्व ।

तथागत म सँग प्रश्न छ तिमिलाई ,
के हो तिमिले व्याख्या गरेको मानव अधिकार?
पिडितबाट राहत खोसी फेरिएको छ
सरकारको मुहारा ।
किन सुनिदैनन् दिनदुखी र निमुखाहरुको पुकार?
अझौं पनि मौन छौं तिमी, के तिमिलाई
छ यो सब स्वीकार?
खै कहाँ गयो सडक बालबालिकाको
लागि अनिवार्य र निःशुल्क शिक्षाको अधिकार?
होटलमा भाँडा माइदै गरेका ति काले, भुन्टे र कान्छाको खेल र पढन पाउने अधिकार?
८० वर्षका कान्छा बा आफ्नो वजन भन्दा ठुलो भारी बिसाउँदै र
चोर औलाले पसिना पुछ्दै
खइ काड्छन् ।
खै ज्येष्ठ नागरिकको सामाजिक
सुरक्षा प्राप्तिको अधिकार?

अस्ति जुम्लाकी माइली भाउजु
प्रसव वेदनाले मरिन रे,
हिजो अछामकी साँहिली बैनी पनि
छौपडीमै बलाल्कृत भइन् ।
खै तिनीहरुका स्वास्थ्य र सुरक्षाका अधिकार?
निष्पक्ष समाचार लेखेहरुलाई जेल पठाइन्छ ,
अनि
गीतमा भावना पोखेहरुलाई धम्क्याइन्छ यहाँ ।
खै कहाँ हरायो प्रेस
स्वतन्त्रता र वाक स्वतन्त्रताको अधिकार?

मलाई थाहा छैन मानव अधिकार के हो,
तर यी र यस्तै अनगिन्ती प्रश्नहरुले
म आँफैलाई जिस्क्याउछन्
के म साँचै मानव हुँ त?
फेरि ऐना अगाडी गएर हेर्छु,
सर्लक्क परेका दुई हात खुट्टा र यो शरीर
अरुजीव भन्दा फरक छ ।
सडकमा हिडीरहेको कुकुरलाई
दुंगाले हानेको देख्दा
पशु अधिकारका लागि कुरा गर्न मान्छे म,
निरीह पशुज्ञै मानवका वलि चढाइरहँदा मैन छु ।
अनि कुन मानव अधिकारको कुरा गरौँ?

महासयहरु,
यदि तपाईँहरु सँग मेरा यी सबै
प्रश्नले निराश भएका मनहरुलाई
उत्साहित गर्दै उदासिन
अनुहारहरुमाविश्वासको संचार जगाउने
उत्तरहरु छन् भने,
विश्वास गर्नेछु
म मानव समाज भित्रै छु,
मानवको अस्तित्व भित्रै छु।
अन्यथा मानवतालाई जेलमा थुनेर,
फगत
मानव अधिकारका लागि गरिएका भाषणहरूकोअर्थ,
यो समाजले आँफै खोज्ने छ ।।।



-Rtr. Prakriti Amagain
BDS 2017



Enigma

Don't know where, I'm going
Don't know what, I'm doing
Just crawling, just eating,
Sleeping by the nine;
Just scrolling, just breathing,
Killing all of time.
Deeming a lot,
How to get back to fight,
And uplift from descent;
Feeling too short;
To reach the height,
Of dream that been dreamt.
Don't know where, I'm going
Don't know what, I'm doing
Just tickling, just spending
a countless vibe;
Just living, just ending
A so called life.
Life is enigma.



An Enigma or In Enigma??

An Accidental Medico

It's a story of a medico
Long ago with a face glow
In his studio listening to a radio, audio with a high tempo seeing rainbow,
He wished to be CEO of a large show.
Years passed and life happened.

He missed his flow, flew in a blow like a willow
Undergo, felt vertigo and
A dynamo lost his ratio.
He was feeling low,
So, he threw himself to below in row, to have a cameo,
Oho, in a Medicine,
Oh, in the medicine, Nooo

Everything seems dark here
Everything is dark here
Slowly slow,

He started distinguishing crow from buffalo
Shit, here come these fucking microbes,
Only seen under microscopes in a lab of micro,
Cell grow with their own will and we have to
See it using indigo in a patho
Guyton also didn't know what he had written in a physio
Ah-naa, here teacher himself study from elbow to a toe
Biochem studying or not is similar though and
Remaining one is like memorising dictionary, yooo
Everyone underrates Com-med,
No one knows although
I know,
How much I know,
I know as much as Jon snow.

An accidental Medico? Oh yo..... An accidental Medico.



-Rtr. Pravin Ojha
MBBS



"Colors
are the smiles of
nature"



Art by
Rtr. Chiranjib Yadav
MBBS 2018

"आकाशौ रङ्गियो
सपना हरुले,
बतासै बनेर
आएछन् खुसी नि !
तिमी र म!!"



Art by
Manasvi Kafle
MBBS 2016



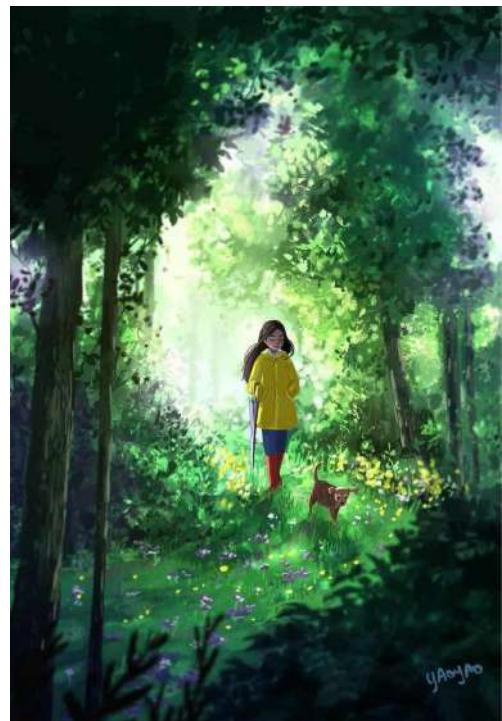
Manasvi



Rtr Prena Parajuli
BDS 2018

Path Of Life

As Path is a way of life, the direction in which something is moving; a set of actions, especially ones that lead to a goal .life has been pretty good to me but that doesn't mean I have always chosen the safest path. I've made my mistakes, plenty of them. I sometimes jump too soon and fail to appreciate the consequences. But I've learned something important along the way: I've learned to heed the call of my heart. I've learned that the safest path is not always the best path and I've learned that the voice of fear is not always to be trusted. If the doom of failure stifles some time the path of our life, it can pin us down like downtrodden .Meanwhile, the world around is erupting in joy and contentment.



Let's go back then to the nuts and bolts and consult the core of our inner self. Don't forget the path you are walking through sudden flare of past might stalk you. Never allow moments to mock you. Believe in yourself and Move on with the lessons learnt for a brighter purpose in life .We often become fixated on the negative experiences of life. The good times go unnoticed because there's no drama, but it is important to celebrate when things go well .The key is to be true to the very best that is in you, and to live your life consistent with your highest values and aspirations. This is the only way to truly learn how to believe in you; yourself. Take some time to think about who you are and what you believe in and what is important to you

I BELIEVE
IN YOU.





-Rtr Sankripa Sigdel
BDS 2018

When I was in high school, I had a friend who lived in my neighbourhood. Since I was always a jolly and extroverted type of person, it was easy for me to get introduced to him and at last we became good friends. We used to go to college together. He was doing very well in his studies. In fact, he was the brightest kid in class, the teacher's favourite, one of the well behaved. He never created any disciplinary problems and always hung out with good circle of people." The best little boy in the world" one of the teachers used to address him with the most melodious voice.

But there was one thing which always disturbed me. He was always cheerful on his way to school and sober on his way home. I was always curious but since he didn't talk much, I had no choice but just to stay quiet and talk about other things. As we lived in the same neighbourhood, I never saw him coming out of the house on weekend playing and spending time with other kids. He actually never came out of his house except the time when he went to school. Since, staying at home completing homeworks and assignments and doing household chores was considered ideal, no one actually bothered. Whenever we discovered someone fighting or arguing on our way, he possibly wanted to change paths. He was afraid when people raised voices in an argument and would actually agree with them immediately.

One fine evening, there was an incident in the neighbourhood. His mom was found lying drunk on the pavement. People gathered but didn't help because they didn't recognize her. When I reached there, he just came running out of the house when he saw the crowd. He immediately picked her up and I helped him to take her inside the house. When I looked around I saw beer bottles compiled in one corner. There were dozens of them. The next day when I asked him how his mom was doing he shared that she usually got drunk. I was really surprised .When I asked him why he wouldn't

do anything about it; he simply said that she loves him and assured that this will never happen to him.

After the incident, I found out they were moving to a new place because of the deteriorating financial condition and the pressure from the neighbours. I was not able to say a proper goodbye to him and his mother. But as always life had to keep moving, after couple of years I saw him again working near my home. But this time, the aura and the charm which inspired me when he was my batch mate was lost somewhere. When I went to talk to him, I found he had begun drinking after the death of his mother due to liver failure. He subconsciously had already made up a mind that drinking was the only way to tackle pain from his mother's death. The next day I approached to help him but he had already gone somewhere else.

The incident struck me so hard how the activities, behaviour and thoughts of the person you look upon; be it your teacher, guardian, family member or friends impact your life either consciously or sub-consciously. So it is very important for each of us to spread the positivity and happiness among everyone we are surrounded with our act of kindness because an unseen fabric of love, care and respect binds us all. So it's our duty to protect the fabric for ourselves and people we love.





Justice

Singing, jumping, dancing joyfully
She walked along the road.
The road that always felt cozy
Warm, comfortable and her own
Until the moment
Someone caught her, forced her
To the field with green grasses
Fluttering along the pace of wind.

Those eyes filled with innocence
Those which always shined so bright
Unaware of the sight waiting ahead
Her hands so small and not so strong
To fight back the devil
Trying to touch her here and there
She screamed and cried
Tried her best to fight



Tears ran through her face
Her scream stopped
Her body went numb
She couldn't feel her existence
As her body was being used
For somebody else's pleasure
And she was still lying there alive
But her soul inside was all dead.



She who never thought ill of anyone
She who was busy enjoying her life
What wrong did she do?
What were her sins?
For what and why
She had to pay her body
Her soul, her happiness.
The good soul died for no reason
And the devil lives happily ever after.





*"The architecture
of the mandala
represents
both the nature of reality
and
the order of an awakened mind."*

-Peter Patrick Barreda



*Art by
Rtr. Kusum Baniya
BDS 2018*



-Rtr. Prena Parajuli
BDS 2018

Kindness above all

Kindness is choosing love over hate, light over darkness ,compassion over judgment .However, kind words can be short and easy to speak but their echoes are truly endless. Too often we underestimate the power of a touch, a smile, honest compliment ,kind words or the smallest way of caring all of which have a potential to turn a life around .The smallest act of kindness is worth more than the greatest intention.



Kindness is igniting light in someone else foe no reason other than to watch them glow, extending yourself in a way that uplifts other human being whenever there is a human in need or there is an opportunity for kindness and to make a difference as a single act of kindness throws out root in all directions and the roots spring up and make new trees.

Kindness makes you the most beautiful person in the world, no matter what you look like. So every time we choose kindness , we make everyone around us a little better and the world a little braver.



*SOURCE OF PHOTOS FOR FEW
OF THE ARTICLE: GOOGLE*



Happy Birthday

CALENDAR

SHRAWAN

- 5th - Rtr Prakriti Amgain
- 8th - Rtr Niruta Budha
- 11th - Rtr Asmita Aryal
- 14th - Rtr Pooja KC
- 18th - Rtr Pratikshya Dhaungana
- 19th - Rtr Nabin Shahi
- 23rd - Rtr Adit Acharya
- 25th - Rtr Natasha Karki
- 25th - Rtr Aayusha Bhandari
- 29th - Rtr Anupa Wagle
- 31st - Rtr Jenisha Shrestha

BHADRA

- 3rd - Rtr Aakrity Basnet
- 6th - Rtr Chandani Ghaike
- 11th - Rtr Chiranjibi Yadav
- 12th - Rtr Dixit Padal
- 17th - Rtr Apeksha Gautam
- 20th - Rtr Prabin Gautam
- 20th - Rtr Sandesh Shrestha
- 20th - Rtr Gitu Gaire
- 21st - Rtr Nalisha Pradhan
- 23rd - Rtr Gyaltsen Gurung
- 23rd - Rtr shusma Dhakal
- 24th - Rtr Susmita Pathak
- 25th - Rtr Md Sajid Alam
- 27th - Rtr Prerana Joshi
- 29th - Rtr Sudhir Rai Chanau

ASHWIN

- 2nd - Rtr Anjali Devkota
- 4th - Rtr Chandani Chaulagain
- 5th - Rtr Manaswi Kafle
- 9th - Rtr Abhishek Pyakuryal
- 13th - Rtr Mamtika Shrestha
- 16th - Rtr Anisha Dhungana
- 17th - Rtr Pragya Aryal
- 20th - Rtr Trisuya Neupane
- 24th - Rtr Ved Prakash Pant
- 28th - Rtr Kusbu Gurung

KARTIK

- 8th - Rtr Sanjita Dhakal
- 10th - Rtr Neelima Neupane
- 11th - Rtr Sandhya Maharan
- 11th - Rtr Omprakash Chaudhary
- 18th - Rtr Prabina Sharma
- 20th - Rtr Saroj Sah
- 25th - Rtr Aaditya Bastola
- 26th - Rtr Babita Poudel
- 28th - Rtr Namasya Basel
- 29th - Rtr Yogesh Jaisraj
- 29th - Rtr Kadambinee Duwadi
- 29th - Rtr Shrikhala Baral
- 29th - Rtr Rajeev Chaurasiya
- 30th - Rtr Ramesh Devkota

MANGSIR

- 1st - Rtr Sankripa Sigdel
- 3rd - Rtr Anurag Nepal
- 7th - Rtr Dipendra Poudel
- 10th - Rtr Kundan Kr. Yadav
- 11th - Rtr Sachin Khatiwoda
- 11th - Rtr Ranjan Sah
- 18th - Rtr Amar Shrestha
- 19th - Rtr Radha Ghimire
- 20th - Rtr Swastika Dhakal
- 26th - Rtr Mitesh Karn
- 29th - Rtr Ashish Pandit

POUSH

- 5th - Rtr Namuna Ghimire
- 7th - Rtr Upendra Bhattachari
- 10th - Rtr Asmita Barma
- 11th - Rtr Anisha Majnali
- 11th - Rtr Madan Bam
- 12th - Rtr Dikshya KC
- 15th - Rtr Puja Neplai
- 17th - Rtr Anisha Khadka
- 19th - Rtr Akriti Sapkota
- 26th - Rtr sapana Sunar
- 27th - Rtr Sanchita Ghimire
- 28th - Rtr Nilima Shrestha
- 28th - Rtr Binita Adhikari

MAGH

- 1st - Prawin Ojha
- 5th - Rtr Bhawana Baral
- 11th - Rtr Alisha Dahal
- 12th - Rtr Asmita Pandit
- 17th - Rtr Anil Yadav
- 20th - Rtr Biswo Nath Adhikari
- 21st - Rtr Namrata Tiwari
- 22nd - Rtr Dr Ram Adhikari
- 24th - Rtr Sujana Paudel
- 26th - Rtr Ghanshyam Yadav

FALGUN

- 5th - Rtr Bibek Gautam
- 5th - Rtr Manisha Chhetri
- 6th - Rtr Luna Shrestha
- 12th - Rtr Aakriti Khadka
- 12th - Rtr Deepa Raj Bhat
- 15th - Rtr Aarjol Bhattarai
- 17th - Rtr Nahida Praveen
- 17th - Rtr Kusum Baniya
- 23rd - Rtr Sherya Giri
- 23rd - Rtr Anusha Maharan
- 25th - Rtr Prena Parajuli
- 25th - Rtr Kusum Dhungana
- 29th - Rtr Sushmita Dulal

CHAITRA

- 5th - Rtr Narendra KC
- 12th - Rtr Panacea Thapa
- 14th - Rtr Apeksha Ulak
- 15th - Rtr Mumsumma Lawati
- 24th - Rtr Deepa Poudel
- 26th - Rtr Kajal Parajuli
- 29th - Rtr Aachal Barma
- 29th - Rtr Rosha Karki

BAISAKH

- 1st - Rtr Sujit Kr. Thakur
- 3rd - Rtr Anita Dhakal
- 10th - Rtr Sudixa Malla
- 13th - Rtr Dr Sanjeep Ranjiktar
- 16th - Rtr Sumira Shrestha
- 25th - Rtr Abhigna Parajuli
- 26th - Rtr Rashmita Dhakal
- 29th - Rtr Roji Basnet

JESTHA

- 13th - Rtr Ashmita Pandey
- 15th - Rtr Ichchha Kadel
- 19th - Rtr Anand Khadka
- 22nd - Rtr Prakriti Dhakal
- 25th - Rtr Rojina Parajuli
- 28th - Rtr Pushpa Magar
- 29th - Rtr Dr Roshan Sah
- 31st - Rtr Srijana Bishowokarma

ASADH

- 3rd - Rtr Bhawana Karki
- 4th - Rtr Jayant kr. Sahu
- 11th - Rtr Pratap Thapa
- 18th - Rtr Anil Bohora
- 19th - Rtr Khagendra Dulal
- 25th - Rtr Jyoti Kumari Jaiswal
- 26th - Rtr Ichchha Tamrakar
- 27th - Rtr Sujana Dhimal
- 29th - Rtr Sadhana Subedi



Club Membership Roster 2020/21

Name	:RtrPrabinGautam
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Designation	: President Elect
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Blood Group	: B (+ve)
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Name	:Rtr. Anisha Dhungana
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Classification	: Student - Medical
Date of birth	: 3rd Oct, 1999
Blood Group	: A (+ve)
Email	: Dhunganaanesha123@gmail.com



Name	:Rtr. PratikshyaDhungana
Designation:	: Club Member
RI ID no.	: 10676348
Address	: Nayabajar, pokhara
Classification	: Engineering
Date of birth	: 2nd Jul, 1994
Blood Group	: O (+ve)
Email	: pratixadhy@gmail.com



Name	:Rtr.AnishaMainali
Designation:	: Club Member
RI ID no.	: 10676328
Address	: Naagdhunga, Pokhara
Classification	: Student - Medical
Date of birth	: 26th Dec, 1999
Blood Group	: O (+ve)
Email	: anishamainali10@gmail.com





Name	:Rtr.DixitPadal
Designation:	: Club Member
RI ID no.	: 9986607
Address	:Nyabazar Pokhara
Classification	: Student - Medical
Date of birth	:28th Aug,1997
Blood Group	:B+ve
Email	:Padaldixit@gmail.com



Name	:Rtr.AbhigyaParajuli
Designation:	: Club Member
RI ID no.	: 20675787
Address	:Nayabzar, pokhara
Classification	: Student - Medical
Date of birth	: 28th Aug, 1997
Blood Group	: B (+ve)
Email	: Padaldixit@gmail.com



Name	:Rtr.Sandesh Shrestha
Designation:	: Club Member
RI ID no.	: 10674897
Address	:Byasi, Bhaktapur
Classification	: Student - Medical
Date of birth	:5th September 2000
Blood Group	: B (+ve)
Email	: textshrestha@gmail.com



Name	:Rtr.Dikshya K.C
Designation:	: Club Member
RI ID no.	: 10674953
Address	:Birauta, Pokhara
Classification	: Student - Medical
Date of birth	:2057-09-12
Blood Group	: B (+ve)
Email	: dixa2324@gmail.com



Name	:Rtr. Kundan Kumar Yadav
Designation:	: Club Member
RI ID no.	: 10674969
Address	: Haripurwa-6, Sarlahi
Classification	: Student - Medical
Date of birth	:2057-08-10
Blood Group	: O (+ve)
Email	: kundanyadav17hp@gmail.com



Name	:Rtr. NirutaBudha
Designation:	: Club Member
RI ID no.	: 106740901
Address	:Nepalgunj, Banke
Classification	: Student - Medical
Date of birth	: 24th Jul, 1999
Blood Group	: B (+ve)
Email	: nirutabuddhachhetri@gmail.com



Name	:Rtr. Amar Shreatha
Designation:	: Club Member
RI ID no.	: 10676306
Address	:Nayabazar - 9,pokhara
Classification	:Student - Business
Date of birth	:
Blood Group	: A (+ve)
Email	: marstha889@gmail.com



Name	:Rtr. SujanaDhimal
Designation:	: Club Member
RI ID no.	: 10675789
Address	:Damak, Jhapa
Classification	: Student - Medical
Date of birth	: 11th Jul, 1999
Blood Group	: A (+ve)
Email	: suzukasher@gmail.com



Name	:Rtr. GituGaire
Designation:	: Club Member
RI ID no.	: 10675796
Address	:nawalparasi
Classification	: Student - Medical
Date of birth	: 5th Sep, 1998
Blood Group	: B (+ve)
Email	: gitugaire123@gmail.com



Name	:Rtr.BabitaPoudel
Designation:	: Club Member
RI ID no.	: 10676381
Address	:Birauta, Pokhara
Classification	: Student - Medical
Date of birth	: 12th Nov, 1999
Blood Group	: O (+ve)
Email	: babitapodel032@gamil.com





Name :Rtr.MdSajidAlam
Designation :Club Member
RI ID no. : 585
Address : Birgunj-11,Parsa
Classification : Club Member
Date of birth : 10th Sep, 1996
Blood Group :AB (+ve)
Email :sajidalam585@gmail.com



Name :Rtr.ManishaKumariChhetri
Designation :Club Member
RI ID no. :5
Address :Prithivichowk, Pokhara
Classification : Dental Care
Date of birth : 17th Feb, 2000
Blood Group : O (+ve)
Email : manchhetri75@gmail.com



Name :Rtr Anjali Devkota
Designation : Club Member
RI ID no. : 2
Address :Nepalgunj
Classification : Student - Medical
Date of birth :19th Sep, 1999
Blood Group : O (+ve)
Email : anjalidevkota2@gmail.com



Name :Rtr Natasha Karki
Designation : Club Member
RI ID no. : 3
Address :Chabahil, Kathmandu
Classification : Student - Medical
Date of birth : 10th Aug, 1999
Blood Group : B (+ve)
Email : natashakarki3@gmail.com



Name : Rtr. Anurag Nepal
Designation :Club Member
RI ID no. : 143
Address :Birendranagar-6, Surkhet
Classification : Student - Medical
Date of birth : 18th Nov, 2001
Blood Group : A (+ve)
Email : anuragnepal1432@gmail.com



Name :Rtr. RadhaGhimire
Designation : Club Member
RI ID no. : 99
Address :Pokhara
Classification : Medical
Date of birth : 26th Nov, 2000
Blood Group : A (+ve)
Email : ghimire.radha99@gmail.com



Name :Rtr. RanjeevChaurasia
Designation : Club Member
RI ID no. : 84
Address :Hetauda, Makwanpur
Classification : Club Member
Date of birth : 14th Nov, 2000
Blood Group : B (+ve)
Email : rajiv.84ya15.rk@gmail.com



Name :Rtr. Ashmita Pandey
Designation : Club Member
RI ID no. :555
Address :Surkhet
Classification : Student - Medical
Date of birth :26th May, 2001
Blood Group : B (+ve)
Email : ashmitapandey555@gmail.com



Name :Rtr.UpendraBhattarai
Designation : Club Member
RI ID no. : 379
Address :Sindhuli
Classification : Student - Medical
Date of birth : 22nd Dec, 1998
Blood Group : A (+ve)
Email : bhattarai.u379@gmail.com



Name :Rtr. BinitaAdhikari
Designation : Club Member
RI ID no. : 22
Address :Pokhara
Classification : Student - Medical
Date of birth : 12th Jan, 2001
Blood Group : AB (+ve)
Email : adkibinita22@gmail.com



Name :Rtr. PanaceaThapa
Designation : Club Member
RI ID no. :25
Address : Lekhnath-19, Pokhara
Classification : Student - Medical
Date of birth : 25th Mar, 2000
Blood Group : A (+ve)
Email : panaceathapa66@gmail.com



Name :Rtr. PratapThapa
Designation :11
RI ID no. : RTR13094
Address :Duwakot, Bhaktapur
Classification : Student - Medical
Date of birth : 25th Jun, 1999
Blood Group : A (+ve)
Email : thaprata11@gmail.com





Name :Rtr. Aayusha Bhandari
Designation : Club Member
RI ID no. : 02
Address : Manigram, Butwal
Classification : Student - Medical
Date of birth : 31st Jul, 1999
Blood Group : O (+ve)
Email : bhandariaayu20@gmail.com



Name :Rtr. SanchitaGhimire
Designation : Club Member
RI ID no. : 90
Address : ChapagaunLalitpur
Classification : Student - Medical
Date of birth : 11th Jan, 1999
Blood Group : A (+ve)
Email : ghimiresanchita90@gmail.com



Name :Rtr.Jyoti Kumari Jaiswal
Designation : Club Member
RI ID no. : 995
Address : Sarlahi
Classification : Student - Medical
Date of birth : 9th Jul, 1999
Blood Group : O (+ve)
Email : jaiswaljyoti995@gmail.com



Name :Rtr. Sujit Kumar Thakur
Designation : Club Member
RI ID no. : 1623
Address : Pipara, Mahottari
Classification : Student - Medical
Date of birth : 14th Apr, 1998
Blood Group : B (+ve)
Email : sujit.thakur1623@gmail.com



Name :Rtr. AnushaMaharjan
Designation : Club Member
RI ID no. : 63
Address : Hadigau,Kathmandu
Classification : Student - Medical
Date of birth : 6th Mar, 2001
Blood Group : A (+ve)
Email : maharjananusha63@gmail.com



Name :Rtr.RameshDevkota
Designation : Club Member
RI ID no. : 16
Address : Ramaroshan-2, Achaam
Classification : Student - Medical
Date of birth : 16th Nov, 1998
Blood Group : A (+ve)
Email : ramesh77dev@gmail.com



Name :Rtr.DeepaPoudel
Designation : Club Member
RI ID no. : 1234
Address : Chauthe, Pokhara
Classification : Student - Medical
Date of birth : 7th Apr, 1999
Blood Group : B (+ve)
Email : poudeldeepa1234@gmail.com



Name :Rtr. Anil Bohara
Designation : Club Member
RI ID no. : 567
Address : Ramrekha-1, Baglung
Classification : Student - Medical
Date of birth : 2nd Jul, 1998
Blood Group : B (+ve)
Email : anilbohara567@gmail.com



Name :Rtr. AkritiSapkota
Designation : Club Member
RI ID no. : 72
Address : Thor-2, Parsa
Classification : Student - Medical
Date of birth : 3rd Jan, 2003
Blood Group : O (+ve)
Email : akritisapkota72@gmail.com



Name :Rtr.Anil Yadav
Designation: Club Member
RI ID no.: RTR13096
Address: Siraha
Classification : Student - Medical
Date of birth : 30th Jan, 2001
Blood Group : A (+ve)
Email : ay7925978@gmail.com



Name :Rtr. MimsumaLawati
Designation : Club Member
RI ID no. : 12345
Address : Nepal
Classification : Student - Medical
Date of birth : 28th Mar, 2000
Blood Group : A (+ve)
Email : mimsumalawati@gmail.com



Name :Rtr. IchchhaKadel
Designation : Club Member
RI ID no. : 5
Address : Parsyang, Pokhara
Classification : Student - Medical
Date of birth : 28th May, 2001
Blood Group : B (+ve)
Email : kadelichchha88@gmail.com



Name :Rtr. Saroj Shah
Designation : Club Member
RI ID no. : 456
Address : chandranagar-4, Sarlahi
Classification : Student - Medical
Date of birth : 6th Nov, 1999
Blood Group : B (+ve)
Email : saroj123sah456@gmail.com



Name :Rtr. AsmitaAryal
Designation : Club Member
RI ID no. : 10
Address : Pokhara-7, Ratnachowk
Classification : Student - Medical
Date of birth : 27th Jul, 1998
Blood Group : O (+ve)
Email : aryalasmi10@gmail.com





Name	:Rtr. ChadaniGaire
Designation	: Club Member
RI ID no.	: RTR13065
Address	: Butwal
Classification	: Student - Medical
Date of birth	: 22nd Aug, 1999
Blood Group	: AB (+ve)
Email	: gaihrechadani89@gmail.com



Name	:Rtr. AnandKhadka
RI ID	: RTR13184
Designation	: Club Member
Address:	
Classification	: Student - Medical
DOB	: 1st Jun, 2000
Email	: anandkhadka13@gmail.com
Blood Group	: O (+ve)



Name	:Rtr. Chiranjibi Yadav
RI ID	: RTR13051
Designation	: Club Member
Address	: Rajbiraj - 13 saptari
DOB	: 27th Aug, 1999
Email	: chiru202yadav@gmail.com
Blood Group	: AB (+ve)



Name	:Rtr.NahidaPraween
RI ID	: RTR13125
Designation	: Club Member
Address	: Kathmandu Nepal
Classification	: Student - Medical
DOB	: 28th Feb, 2001
Email	: nahidap215@gmail.com
Blood Group	: B (+ve)



Name	:Rtr.Prerana Joshi
RI ID	: RTR13125
Designation	: Club Member
Address	: Dhangadhi, kailali
Classification	: Student - Medical
DOB	: 12th Sep, 2001
Email	: joshiprerana00@gmail.com
Blood Group	: O (+ve)



Name	:Rtr.GrishmaSiwakoti
RI ID	: RTR13141
Designation	: Club Member
Classification	: Student - Medical
Address	: Pepsicola, kathmandu
DOB	: 30th Oct, 2001
Email	: grishma2058@gmail.com
Blood Group	: O (+ve)



Name	:Rtr.Bibek Gautam
RI ID	: RTR13082
Designation	: Club Member
Address	: Sitapaila, Kathmandu
Classification	: Student - Medical
DOB	: 17th Feb, 2000
Email	: nj2056.nj@gmail.com
Blood Group	: A (+ve)



Name	:Rtr. ApekshaGautam
RI ID	: RTR13055
Designation	: Club Member
Classification	: Student - Medical
Address	: Kathmandu
DOB	: 2nd Sep, 2000
Email	: gautamapeksha11@gmail.com
Blood Group	: O (+ve)



Name	:Rtr.Shreya Giri
RI ID	: RTR13119
Designation	: Club Member
Classification	: Student - Medical
Address	: Chitwan
DOB	: 7th Mar, 2002
Email	: shreyacalum@gmail.com
Blood Group	: B (+ve)



Name	:Rtr.Shusma Dhakal
RI ID	: RTR13072
Designation	: Club Member
Classification	: Student - Medical
Address	: Thapatthali, Kathmandu
DOB	: 8th Sep, 1999
Email	: dhakalshusma1121@gmail.com
Blood Group	: AB (+ve)



Name	:Rtr.Adit Acharya
RI ID	: RTR13054
Designation	: Club Member
Classification	: Student - Medical
Address	: Tulsipur, Dang
DOB	: 7th Aug, 2001
Email	: aditacharya57@gmail.com
Blood Group	: B (+ve)



Name	:Rtr.Narendra KC
RI ID	: RTR13070
Designation	: Club Member
Classification	: Student - Medical
Address	: AB (+ve)
DOB	: 18th Mar, 2055
Email	: K.cnarendra777@gmail.com
Blood Group	: AB (+ve)



Name	:Rtr.GhanshyamYadav
RI ID	: RTR13069
Designation	: Club Member
Classification	: Student - Medical
Address	: Saptari
DOB	: 8th Feb, 2001
Email	: ghanshyam9436@gmail.com
Blood Group	: O (+ve)



Name	:Rtr.Ved Prakash Pant
RI ID	: RTR13075
Designation	: Club Member
Classification	: Student - Medical
Address	: Dhangadi-3,kailali
DOB	: 24th Jun, 2055
Email	: vedpantscn@gmail.com
Blood Group	: B (+ve)





Name	: Rtr.Kusum Baniya	
RI ID	: RTR13086	
Designation	: Club Member	
Classification	: Student - Medical	
Address	: Chauthe,Pokhara	
DOB	: 29th Feb, 2000	
Email	: kusumpb221@gmail.com	
Blood Group	: B (+ve)	

Name	: Rtr.Mamata Shrestha	
RI ID	: RTR13068	
Designation	: Club Member	
Classification	: Student - Medical	
Address	: Rampur, 5 Palpa	
DOB	: 29th Sep, 2000	
Email	: Mamata426390@gmail.com	
Blood Group	: O (+ve)	

Name	: Rtr.Pushpa Magar	
RI ID	: RTR13123	
Designation	: Club Member	
Address	: Udayapur	
Classification	: Student - Medical	
DOB	: 10th Jun, 2001	
Email	: pushpamagar094@gmail.com	
Blood Group	: A (+ve)	

Name	: Rtr.Sudhir Rai Chanau	
RI ID	: RTR13133	
Designation	: Club Member	
Address	: Gaur-4, Rautahat	
Classification	: Student - Medical	
DOB	: 14th Sep, 2000	
Email	: roypiyush10@gmail.com	
Blood Group	: O (+ve)	

Name	: Rtr.Trisiya Neupane	
RI ID	: RTR13099	
Designation	: Club Member	
Address	: Budhalinkantha, KTM	
Classification	: Student - Medical	
DOB	: 6th Oct, 2001	
Email	: neupanetrisiya@gmail.com	
Blood Group	: A (+ve)	

Name	: Rtr.Alisha Dahal	
RI ID	: RTR13158	
Designation	: Club Member	
Address	: Lokanthali,Bhaktapur	
Classification	: Student - Medical	
DOB	: 25th Jan, 2000	
Email	: alshadahal11@gmail.com	
Blood Group	: AB (+ve)	

Name	: Rtr.Sapana Sunar	
RI ID	: RTR13084	
Designation	: Club Member	
Address	: Nepalgunj	
Classification	: Student - Medical	
DOB	: 10th Jan, 2000	
Email	: Sunarsapana749@gmail.com	
Blood Group	: AB (+ve)	

Name	: Rtr.Deepa Raj Bhat	
RI ID	: RTR13083	
Designation	: Club Member	
Classification	: Student - Medical	
Address	: Lekhnath, Pokhara	
DOB	: 24th Feb, 2000	
Email	: rajbhatdeepa55@gmail.com	
Blood Group	: B (-ve)	

Name	: Rtr.Madan Bam	
RI ID	: RTR13061	
Designation	: Club Member	
Address	: Soru, Mugu	
Classification	: Student - Medical	
DOB	: 26th Dec, 1997	
Email	: madandrbam@gmail.com	
Blood Group	: B (+ve)	

Name	: Rtr.Pravin Ojha	
RI ID	: RTR13058	
Designation	: Club Member	
Address	: Dhangadi,Kailali	
Classification	: Student - Medical	
DOB	: 14th Jan, 2001	
Email	: prawinojha4404@gmail.com	
Blood Group	: B (+ve)	



Name	: Rtr.Namrata Tiwari
RI ID	: RTR13118
Designation	: Club Member
Address	: Lekhnath, Pokhara
Classification	: Student - Medical
DOB	: 3rd Feb, 2001
Email	: namru23456789@gmail.com
Blood Group	: AB (+ve)



Name	: Rtr.Aditya Bastola
RI ID	: RTR13144
Designation	: Club Member
Address	: Pokhara-11 ,Fulbari
Classification	: Student - Medical
DOB	: 10th Nov, 2000
Email	: aadityabastola@gmail.com
Blood Group	: O (+ve)



Name	: Rtr.Mitesh karn
RI ID	: RTR13143
Designation	: Club Member
Address	: Janakpur
Classification	: Student - Medical
DOB	: 12th Dec, 1998
Email	: rikkymikky@gmail.com
Blood Group	: O (+ve)



Name	: Rtr.Khagendra Dulal
RI ID	: RTR13071
Designation	: Club Member
Address	: Damak, Jhapa
DOB	: 3rd Jul, 1997
Classification	: Student - Medical
Email	: khagendra111.dulal@gmail.com
Blood Group	: A (+ve)



Name	: Rtr.Sushmita Bastola
RI ID	: RTR13103
Designation	: Club Member
Address	: Lamachaur, Pokhara
Classification	: Student - Medical
DOB	: 13th Mar, 2002
Email	: eyvelyeen@gmail.com
Blood Group	: A (+ve)



Name	: Rtr.Anita Dhakal
Designation:	: Club Member
RI ID no.	: RTR8765
Address	: Kathmandu, Nepal
Classification	: Student - Medical
Date of birth	: 16th Apr, 1999
Email	: Anita.dhakal3292@gmail.com
Blood Group	: B (+ve)



Name	: Rtr.Srijana Bishwokarma
Designation:	: Club Member
RI ID no.	: RTR11105
Address	: Hemja-25, Nepal
Classification	: Student - Medical
Date of birth	: 13th June
Email	: sunarsrijana0@gmail.com
Blood Group	: B (+ve)





Some Glimpses of RY 2019/20



Orientation to New Members and Internal COTS



Friendship Day Celebration



4th Installation Ceremony



Dengue Awareness and Screening Project



Breastfeeding awareness program on World Breastfeeding week 2019



Inaguration and Handover Ceremony of Rotary Dialysis Centre Project



Participation in Rotaract Global Model United Nations (RGMUN)



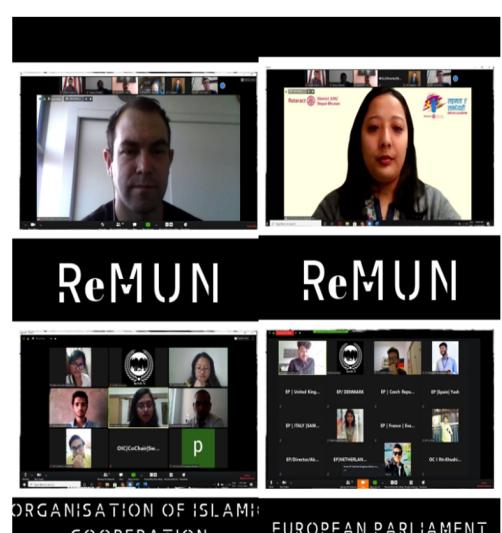
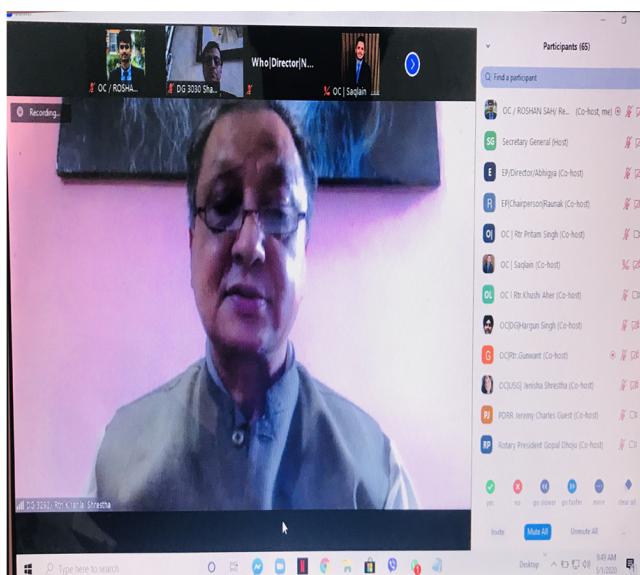
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136 subscribers ANALYTICS EDIT VIDEO



Visit Nepal 2020 Promotional Video



ORGANISATION OF ISLAMIC COOPERATION EUROPEAN PARLIAMENT

Rotaract e-Model United Nations (ReMUN)



WORD OF THE DAY

4. Sneer
/sn̩r/

verb

- facial expression of disgust with slight raising of one corner of upper lip

'Is that your best outfit?' she sneered

21st July 2019

PROFESSIONAL DEVELOPMENT AVENUE
ROTARACT CLUB OF POKHARA GANDAKI MEDICAL COLLEGE



Learn a word a day

Rotaract Book box



Participation in 12th Rotary District Conference as volunteers



Rotaract Book Box



National Symposium 2019 on "Good Health and Well Being"

