

# MARCH-APRIL 2021

# KALEIDOSCOPE

## A MONTHLY E-BULLETIN



Chartered Date: 5th November 1997



# MESSAGE FROM RI President

Holger Knaack  
President, Rotary International



When Rotary's exchange programs were suspended because of COVID-19 to keep students and families safe, we felt sorry, especially for the participants, because those years cannot be repeated.

Because of the many uncertainties of the pandemic, the Rotary Board has decided to suspend in-person exchanges through June 2022. As we look ahead with hope, we thank Youth Exchange officers, host families, and volunteers for their contributions in years past, and we encourage districts to offer virtual exchanges as a way of connecting students around the world with each other and with our communities.

For those who are not able to participate in Rotary Youth Exchange, Rotary offers other opportunities. New Generations Service Exchange (NGSE) is a Rotary program that deserves wider recognition: It is an excellent opportunity for young people ages 18 to 30 to participate in community service as individuals or in a group and to gain internship experience.

Let us build upon these connections forged online — and later, when the time is right, enjoy in-person exchanges through Rotary Friendship Exchange, another excellent program for Rotary members of all ages.

Holger Knaack  
President  
Rotary International

**MARCH DESIGNATION IS**

*Photo by Monika Lestimak © Rotary International. Design layout by Gilbert Thien Rotary Club of Miri.*

**WATER AND SANITATION MONTH**

*"Clean water..... is a basic need for human beings. When people, especially children, have access to clean water, they live healthier and more productive lives."*

**APRIL DESIGNATION IS**

*Photo by Joseph Tiong Mingo Lintu © Rotary Club of Miri. Design layout by Gilbert Thien.*

**MATERNAL AND CHILD HEALTH MONTH**

*"What is the value of the life of one child saved? No one will ever know, but if the child were our own, the price tag would be marked: Not for sale - this life is invaluable." 1979-80 James L. Bomar Jr*

**Rotary** **TAKE ACTION:** Join a Project

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## DIY (DO IT YOURSELF)

Marking fellowship between club members and guest of RAC Kathmandu Mid-Town and RAC Kathmandu, we organized ‘DIY’ competition. This event was objectified to utilize wastes and make DIY products.

Date: 13<sup>th</sup> March 2021

Total present: 18



## Joint meeting with RAC Bhawal Green, RID 3281 #605

RAC Kathmandu Mid-Town had a joint meeting with RAC Bhawal Green, RID 3281.

Date: 10<sup>th</sup> April 2021

### Agenda of the meeting:

1. Joint meeting and fellowship

## General Club Meetings



The meetings and social gathering has been too tough and risky. So our Rotractors having the fortnightly meeting with the necessary PPEs and preventive guidelines.

Physical meetings are always fun and interactive.

It was a joyful general meeting as the meeting of the club filled with various activities:

- ~ Celebrations of achievements RY 2019/20
- ~ Token of Appreciation received for Feeding the Hungry Project
- ~ Fellowship program- Pictorial Game
- ~ Refreshments

## ROTA ART MELA

Date: 13<sup>th</sup> March 2021

Painting is a mode of creative expression, and the forms are numerous. Drawing, composition or abstraction and other aesthetics manifest the expressive and conceptual intention of the practitioner.



## PUBLIC SPEAKING FORUM

We conducted public speaking forum within the avenue for enhancing public speaking skills of each members. It started with 9 members and guests of Professional development avenue.

Date: 26<sup>th</sup> March 2021

Total present: 8

## NAVIGATING BUSINESS IDEAS

Date: 10<sup>th</sup> April 2021

Total present: 17

RAC Kathmandu Mid-Town successfully completed the event 'Navigating Business Ideas- Module I: Learn, Unlearn, Relearn series on 10th April 2020. The objective of the session was to understand how our own shopping experience can be used as an outline to frame our business ideas. We believe it was an insightful session for every Kathmandu Mid-Towners who were part of the session.

The session was facilitated by our own Vice President: Rtr Amrit Paudel and we would like to thank him and all the participants who made this event successful.

**Navigating Business Ideas**  
MODULE 1: LEARN, UNLEARN, RELEARN

TIME: 6:00PM  
Date: 10th April 2021, Saturday

Rtr. Amrit Paudel  
Vice President  
Founder, Infinite Learning

Rotaract Club of Kathmandu Mid-Town

Participants visible in the video grid include: RAC Kathmandu Mid-Town, Ganesh Shetty, Sachita Maharjan, Riya Shrestha, Hamal Gaming, Ujjawal Bhandari, Laxmi prasad Acharya, Anistha Moktan, Amrit Paudel, and RAC Kathmandu Mid -Town.

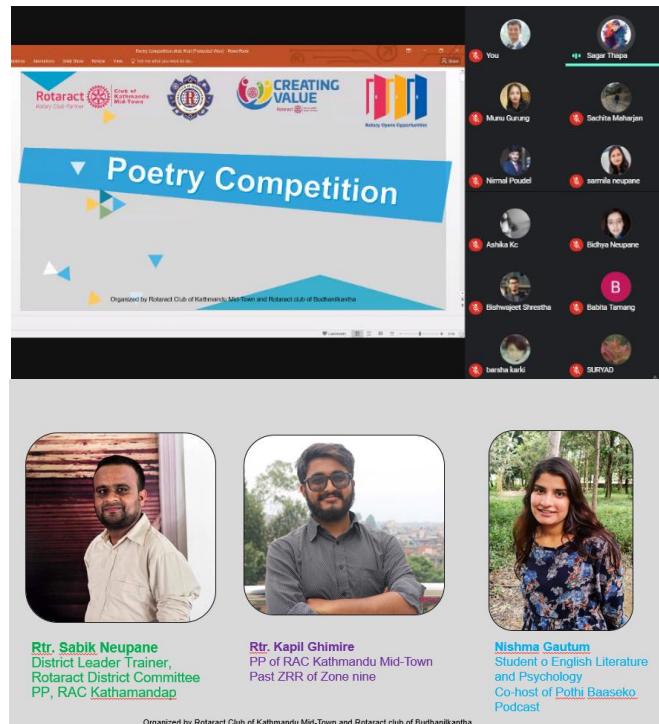
Google Meet interface elements at the bottom include: Navigating Business Ideas, microphone, video, and document icons, along with activate window, go to settings, turn on captions, and present now buttons.

AVENUE OF PROFESSIONAL DEVELOPMENT

## POETRY COMPETITION

Rotaract Club of Kathmandu Mid-Town in collaboration with our twin club- the Rotaract Club of Budhanilkantha conducted a “Poetry competition” between the rotaractors of Zone VI and Zone IX. With the presence of 12 participants reciting on THREE different themes: Love, Environmental issue and the Social-Political issue, the event aired up virtually.

Congratulations to all the winners and the participants for showcasing your talent in the field of poetry.



## Rafting and Holi Celebration

Members from RAC Kathmandu Mid-Town on the special occasion of Holi (30<sup>th</sup> march) had a thrilling adventure weekend waited to be painted with the memories filled with the colors. While the wave of Trishuli River was enough to bring the thrill of excitement, the festival of colors was enough to influence the soul of our members bringing joy to everyone's face.



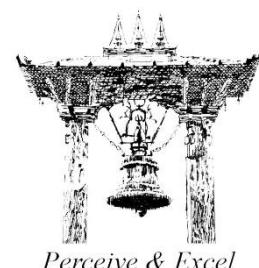
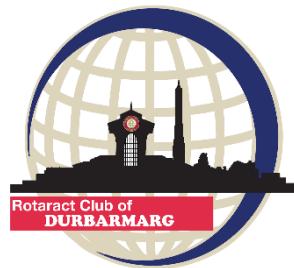
Vaccines for COVID-19 are critical tools for helping bring the pandemic under control when combined with effective testing and existing prevention measures.

Please get yourself vaccination at your specified time and location.



# AVENUE OF INTERNATIONAL SERVICE

## LOGO COMPETITION



**ROTARACT CLUB OF KOPUNDOL RID 3292, NEPAL**

**WINNER  
LOGO COMPETITION**

Glorifying Rotaract Public Image through logo

Organized by:

**CREATING VALUE**  
Rotaract Club of Kathmandu Mid-Town

**ROTARACT CLUB OF PASHUPATI NEPAL LAW CAMPUS**



In total 12 clubs participated in this competition.

**WINNER: ROTARACT CLUB OF KUPONDOLE with its amazing logo.**

Competition Date: 1<sup>st</sup> March to 14<sup>th</sup> March 2021

# AVENUE OF COMMUNITY SERVICE



The collaboration of national and international Rotaract and Rotary Clubs with a common goal, the biggest mission of the club, and the dream of PA Nepal, to feed 100,000 people: **Feeding the Hungry** is now complete with people's cheers and smile. The feeling of gratitude on the faces of organizers is unmissable.

During the COVID-19 crisis, Rotaract Club Of Kathmandu Mid-town in collaboration with PA Nepal came together on preparing the food for around 700 individuals daily from different places of Kathmandu valley. Under the titled project "Feeding the Hungry", we carried out this campaign for 193 days.

Our mentor/advisor **Rtn. Dr. Chandra Lekha Tuladhar** initiated this campaign with Rotary Club of Kathmandu Height (our Past president chartered club) and **Ms. Indira Rana Magar, founder of PA Nepal** to serve the needy street people with hot packed meals during the lockdown period

This event is the joint venture in Nepal by Rotarians and rotaractors of **three RID, 5020 USA, 5030 USA/CANADA and 3292 NEPAL-BHUTAN** with a mission to feed 100,000 needy one in the street of Kathmandu valley during COVID-19 Crisis.

After launching this event, the idea of sponsoring feeding on special occasions: death anniversary (in memory of their late parents and family members) wedding anniversary, birthdays became popular. Thus the trend for family, well-wishers and friends to sponsor a wholesome meal with "A THOUGHT TO APPEASE THE HUNGER OF THE LESS FORTUNATE" kept the program alive .

## 'FEEDING THE HUNGRY' CLOSURE



The leaders behind the Mega Campaign: Feeding the Hungry, celebrating the completion of this year long project.



Rtn. Chandra Lekha Tuladhar and Indira Rana Magar with supporters on the ground for the mega mission: Feeding the Hungry



The team on 17<sup>th</sup> April : mission to feed the hungry

**"FEEDING THE HUNGRY "**  
During COVID-19 pandemic  
  
**IN MEMORY OF**  
Late Dr Mukunda Bahadur Manandhar

Dr Vijaya Manandhar (Spouse) Anita (daughter& family)  
Navin (son & family) sponsor the feeding of 700 people  
along the streets of Kathmandu

*Sadly missed along life's way  
Quietly remembered every day....  
No longer in our life to share,  
But in our hearts, you are always there.*

**"HEARTFELT GRATITUDE "**is extended by the team of  
The Mission to feed ONE LAKH PEOPLE  
A "Hands on Service" collaborative endeavor

- Rotaracts of Kathmandu Mid -Town
- Rotarians of Rotary Club of Kathmandu Height
- Senior Rotarian advisors from Nepal
- Rotarian friends of Canada & USA
- Ms Indira R Magar of PA Nepal

**"THANK YOU DONORS "**  
(31<sup>st</sup> March 2021)

& WELL WISHERS



*Rotary CANADA and USA*

- Dr. Sanjivan Mahara – RC Nanaimo Daybreak Past Board Director
- DGE Howard Cohen - RID-5030
- PP Robert Rose - RC Bellevue
- PP Rose Stevens - RC Lakewood
- Rtn Amy Stevenson- President - RC Campbell River
- PP Tom George - RC Lakewood
- Rtn. Douglas Pearson – RC Nanaimo Daybreak

*Rotary NEPAL*

- PP Dr Chandra Lekha Tuladhar RC Kathmandu Mid-Town
- PP Ashok Shrestha RC Dhulikhel
- Rtn Samir Nepal President RC Kathmandu Height
- Rtr Soni Khanal President RAC Kathmandu Mid-Town

*In collaboration with*  
Ms Indira R Magar of PA Nepal



## Glimpses of Feeding the Hungry



## EVENT STATS

Total Days of Food preparation, packing and distribution: 193 Days

Working Hours: 1544 working hours

Total expenses: Rupees 390,00,000 approximately

Tasks:

- Preparing food
- Packaging food
- Cleaning the premises
- Distributing food and water
- Raising funds

## **COMMUNITY HEALTH CAMP: General health camp II and III**



The second and the third versions of the General Health Camp were done at different spots in Kathmandu Valley 6<sup>th</sup> March 2021 and 13<sup>th</sup> March 2021

Our team along with the Team from The Nutrition Cure Nepal conducted a General Health Camp at the "Gyanbhumi School, Tarkeshwor, Kathmandu" where our members conducted vision screening, counselled on diets and nutritious foods intake habits, did general health check-up. We thank our Past President, Rtr Anushree Acharya for linking the club to this project.





## RY SPECIAL WISHES AND GREETINGS WITH GOOD HEALTH AND PROGRESS IN YOUR LIFE”

4 Rotractors from our club: Rtr. Sushma Shrestha, Rtr. Dipesh Limbu, Rtr. Abha Khanal and Rtr. Dibya Sharma are selected in Trainer's Forum for RY 2021-22



**“**I have envisioned myself as an energetic and young leader of dynamic team members. A set of knowledge and skills that I gained through these years of service at Rotaract fraternity will definitely aid in the better functioning of the Silver Jubilee of this esteemed club. Excited to cherish and explore more possibilities that our club can intervene in making a difference.



**Rtr. Mansingh Aidee**  
President  
RAC Kathmandu Mid-Town





# COVID-19

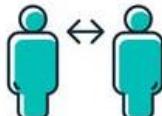
coronavirus instruction and prevention



WEAR A MASK



WASH YOUR HANDS



KEEP YOUR DISTANCE



USE HAND SANITIZER



STAY HOME



WEAR GLOVES

**ROTARACT CLUB OF KATHMANDU MID-TOWN**

**Rotary** **BOARD MEMBERS**

**RY 2021-22**

**Rotaract Club Partner** Club of Kathmandu Mid-Town

Rtr. Mansingh Aidee President	Rtr. Soni Khanal IIPP	Rtr. Sachita Maharan Vice President	Rtr. Niju Khotej Vice President
Rtr. Dibya Sharma Secretary	Rtr. Aabha Khanal Joint Secretary	Rtr. Sujal Adhikari Treasurer	Rtr. Pratikshya Wa Editor
Rtr. Shreyya Dangol Partner-in-Service	Rtr. Ganesh Shetty SAP Officer	Rtr. Laxmi Prasad Acharya Sergeant-at-Arms	
Rtr. Saroj Chimriya Dir. Club Service	Rtr. Kritisha Aryal Dir. Professional Development	Rtr. Radha Shah Dir. Community Service	Rtr. Barsha Ka Dir. International

Celebrating 25 Years of History!

## BIRTHDAY GREETINGS

Happy Birthday to all the rotaractors who shared their birthdays in this month.

Birthday is a special day in life, enlighten your day by helping some needy people in any way you can.

Stay Safe and healthy.



## MESSAGE FROM EDITOR

COVID-19 is not over. It has its impacts in every sector. It has loosened every sector of our lives. For some: it is food, for some: studies, for some: work, for some: fun. Our club has always been working in every aspect where we can serve from our level.

It gives immense pleasure to proclaim the completion of the Mega Campaign: Feeding the Hungry, a mission to feed 100,000 people in the tough time of pandemic. I, on the behalf of myself as well as our club would like to thank all the sponsors, supporters, contributers, and volunteers. Our special thanks goes to our mentor and leader, Chandra Lekha Ma'am for her precious efforts in linking, finding sponsors, leading and guiding us throughout this Mega program.

Our club and its members are always excited to serce with a motive to bring some positive change.

The second wave of COVID is here with much perilous situation in our country. My humble request to all to follow the necessary instructions for the prevention from this infection. Stay Safe.

December , the month of Christmas, a festival of giving gifts and happiness to people. So did our club by offering gifts toys, rations for day meals to the kids of our special project area site. '**Feeding the Hungry**' was another act of giving, by feeding the hungry people in the street. The love and support of people from Nepal and abroad in this campaign has been most encouraging. It is amazing and gratifying to realise that we will meet 50% of the target number i.e. feeding of 50,000 people by the end of January 2021.

A special request to all readers : kindly **support us in this mega campaign.**



### Rtr. Aakash Sarraf

Editor, RAC Kathmandu Mid-Town  
[aakash.sarraf.482@gmail.com](mailto:aakash.sarraf.482@gmail.com)  
Mechanical Engineering Student and Art Enthusiast  
Pulchowk Campus

Dear Readers and our dearest youth,

Our Editor has put great effort to bring out the club E bulletin in spite of him and his family being under the weather due to Covid .

**CONGRATULATIONS!** Aakash  
For a comprehensive and a well compiled issue.

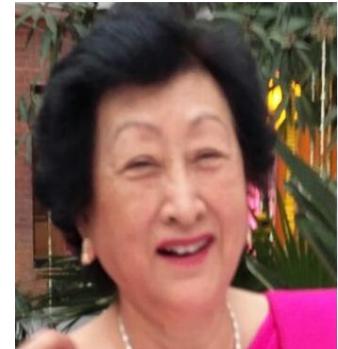
We hoped for a better Year in 2021 but with passage of time and second wave of the pandemic we are nowhere near to gaining freedom from the crisis .

However we must keep our hope and spirits up at all times to overcome this situation and we will learn about strength that we have in us .

Aakash during this period I can see the progress you have made President Soni has also sharpened her management and leadership skills and received the co-operation of the board and members .

CP Samir , I feel so fulfilled to observe your progress.

PE Mansingh I feel so optimistic with you as our Silver Jubilee President.



Advisor to the editor  
**Rtn. Dr. Chandra Lekha Tuladhar**  
Mentor and Youth Service Chair  
[drlekhatuladhar@gmail.com](mailto:drlekhatuladhar@gmail.com)

As your mentor, friend and personal cheerleader I feel great pride for being the beacon, lighting up the future for 25 years reflected in the achievement of the youth of Mid Towners of present and past, all of which holds fond memories for me.