

**FEBRUARY 2021: 8<sup>TH</sup> ISSUE**

# KALEIDOSCOPE

**A MONTHLY E-BULLETIN**

**Rotaract**  
*Rotary Club Partner*



**Club of  
Kathmandu  
Mid-Town**

Chartered Date: 5th November 1997



# MESSAGE FROM RI President

Holger Knaack  
President, Rotary International



February is the month when we focus on promoting peace. There is a reason for this: Contributing to peace and international understanding has been a high priority for us since our earliest days.

There are many paths to peace in Rotary. Our youth programs point us in the direction of Positive Peace, as does the work of intercountry committees and the Rotary Action Group for Peace.

Another path is the Rotarian Peace Projects Incubator (RPPI), an inspirational collaboration among Rotarians, Rotaractors, and Rotary Peace Fellows and alumni. Led by Rotarians in Switzerland and Liechtenstein, RPPI has designed 48 global projects that any club can support, either directly or through Rotary Foundation global grants.

We prefer action to words. This is Rotary at its best. I encourage you to visit [rppi.ch](http://rppi.ch) to explore the projects and support them. We have lasted 116 years because of our strong ethics, our passion for Service Above Self, and our unique approach to problem-solving. One of our greatest strengths is how we reach across our communities and across national, ethnic, religious, and political divisions to unite people of all backgrounds and to help others. This month, let's celebrate our history and the many ways that *Rotary Opens Opportunities* to advance world understanding, goodwill, and peace, our ultimate mission.

**"One of our greatest strengths is how we reach across national, ethnic, religious, and political divisions to unite people of all backgrounds and to help others."**

Holger Knaack



## 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.



## GENERAL MEETING #600

The general meeting was held on 31<sup>st</sup> January 2020 (Sunday) with the presence of total 14 members. The meeting begun with Happy moments sharing, everyone shared their happy moments. The meeting started with the following agenda:

1. Club activities review
2. Upcoming events sharing
3. 600th meeting celebration

We had guests, Rtr. Nisha Khatiwada from RAC Kathmandu and Rtr. Surendra Shrestha from RAC Budhanilkantha. ZRR, Rtr. Sadikshya Kandel was delighted to be the part of the 1<sup>st</sup> Physical meeting of our club



AVENUE OF CLUB SERVICE

## GENERAL MEETING #601

The meeting was held on 21<sup>st</sup> February, 2021 with the following agenda:

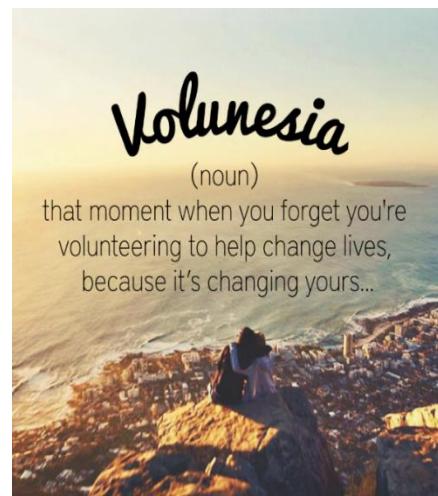
1. Club activities review
2. Upcoming events sharing
3. Feeding the hungry program update
4. DRR Nomination Consent
5. Board call for RY 2021-2022

Total attendees: **18**



## Volunteers in “Feeding the Hungry” Program in February

- Rtr. Aakash Sarraf (Club editor)
- Shreya Dongol (Proposed member)
- Narendra Shama (Guest)
- Madip Prasad (Guest)
- Pramila Neupane (Spectra Eye Clinic )
- Sanskriti Rijal (Daughter of a Rotarian )
- Rtr. Shrijana Sharma (RAC Peoples Campus)
- Rtr. Samjhana Karki (RAC Peoples Campus)
- Basanta Thapaliya (Guest)
- Rtr. Ganesh Shetty (Seargent-at-arms)
- Prasima Devkota (Guest)
- Samikshya Gautam (Guest)
- Shristi Kharel (Guest)
- Rabina Adhikari (Guest)
- Dipendra Aidee(Guest)



**Number of Youth Volunteers = 74**

**Work duration: Involvement is either full time or part time.**

**Total number of manhours = 852**

# ROTARACT CLUB OF KATHMANDU MID-TOWN

## BOARD MEMBERS RY 2021-22

Rotary



## BOARD MEMBERS RY 2021-22

Rotaract  
Rotary Club Partner



Club of  
Kathmandu  
Mid-Town



Rtr. Mansingh Aidee  
President



Rtr. Soni Khanal  
IPP



Rtr. Sachita Maharjan  
Vice President



Rtr. Niju Khotuja  
Vice President



Rtr. Dibya Sharma  
Secretary



Rtr. Aabha Khanal  
Joint Secretary



Rtr. Sujal Adhikari  
Treasurer



Rtr. Pratikshya Wasti  
Editor



Rtr. Shreyya Dangol  
Partner-in-Service



Rtr. Ganesh Shetty  
SAP Officer



Rtr. Laxmi Prasad Acharya  
Sergeant-at-Arms



Rtr. Saroj Chimariya  
Dir. Club Service



Rtr. Kritisha Aryal  
Dir. Professional Development



Rtr. Radha Shah  
Dir. Community Service



Rtr. Barsha Karki  
Dir. International Service

Celebrating 25 Years of History!

**CALL FOR ALL MID TOWNSERS:  
LET US JOIN HANDS TO MAKE  
“THE SILVER JUBILEE”  
A TRULY MEMORABLE YEAR**

# **MISSION TO FEED EK LAKH (100,000)**

‘Feeding the Hungry’ in Nepal during the COVID-19 Crisis is an initiative by Rotarians and Rotaractors working with Ms Indira R Magar of PAPA Nepal (Prisoners Assistance Nepal) to address the crying need during Covid times .

## **“FEEDING THE HUNGRY “**

During COVID-19 pandemic

(DAY #24<sup>th</sup> February 2021)

### **The Death Anniversary of Late Mr Radha Krishna Shrestha**

Is observed by his family with his sister in law, Mrs Badan Shrestha, sponsoring the feeding of 700 individuals in the streets of Kathmandu in his memory.



### **THANK YOU DONORS**

For supporting “The Mission to feed ONE LAKH PEOPLE”.

A mega “Hands On Service” collaborative endeavor between Ms Indira R Magar of PA Nepal and

- Rotaracts of Kathmandu Mid -Town
- Rotarians of Rotary Club of Kathmandu Height
- Senior Rotarian advisors from Nepal
- Rotarian friends of Canada & USA

## **“FEEDING THE HUNGRY “**

During COVID-19 pandemic

(DAY #27<sup>th</sup> February 2021 – 15<sup>th</sup> Phalgun 2077 )

### **The 2<sup>nd</sup> death Anniversary (Shraddha) of Late Mr Govind Prasad Joshi “Our beloved father**

**you are loved ,you are missed , you are remembered”**

- Mrs Soni Joshi & Family
- Moni Pradhan & Family
- Honi Joshi Karmacharya & Family



### **THANK YOU DONORS**

For supporting The Mission to feed ONE LAKH PEOPLE.

On this day 700 people in the streets of Kathmandu are fed in memory of your father

A mega “Hands On Service” collaborative endeavor between Ms Indira R Magar of PA Nepal and

- Rotaracts of Kathmandu Mid -Town
- Rotarians of Rotary Club of Kathmandu Height
- Senior Rotarian advisors from Nepal
- Rotarian friends of Canada & USA

## **“THANK YOU SPONSORS & VOLUNTEERS ”**

**UPDATE :  
75% OF MILESTONE  
REACHED  
Target 100,000**



# AVENUE OF COMMUNITY SERVICE



DAILY  
PERSEVERANCE  
to feed.  
Target of 100,000

## 'Feeding the Hungry' in Nepal during the COVID-19 Crisis

A Joint Venture in Nepal by ROTARIANS & ROTARACTORS from Rotary districts: USA 5020 / Canada: 5030 &/ Nepal: 329

Rotary



Rotaract  
Rotary Club Partner



& 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  
( Prisoners Assistance Nepal)

## SOME GLIMPSES OF THE FEEDING CAMPAIGN



## **“Feedback”by a volunteer**

*During one of my visits to the Prisoner's Assistance Nepal (PA Nepal) office in Kathmandu, Madam Indira Ranamagar - the founder of PA Nepal, shared her experience on how she got started in social work. Listening to the story of her struggles while searching for meaningful social work opportunities, and her decision at age 18 ,to provide voluntary social service for people in prison, made me realize how easily we are able to access such opportunities today, and how our smallest contribution can make a sizeable impact.*



### **Sanskriti Rijal**

*When I first entered the PA Nepal premises, I was greeted by an exuberant bunch of children living and studying there. One of these – Anna – particularly caught my attention for her confidence and flair. Being among the youngest (about three years old) there, despite not having started school yet she greeted me by saying "Hello friend" and was conversing with me in English. These children brimmed with confidence and their smiles were enough to make anyone happy. I had the opportunity of meeting others who had grown up at PA Nepal, who were now studying, working, or even married and had their own children. They spent hours helping with cooking, packing and delivering hot meals to the hungry, as part of the 'feeding the hungry' campaign during COVID-19. There was an inexplicable dedication in how they came and volunteered every day, despite multiple obligations and challenges in their personal lives. This made me realize the impact that PA Nepal has had on their lives and how they empathize with and embody the spirit of volunteerism – something that they probably imbibed during their own formative years at PA Nepal. The spirit of volunteerism – a value that is so important among youth, but, in my opinion, is sadly on the decline, needs rekindling.*

*Delivering the food to the hungry was a very touching experience. The delight and thrill I saw on their faces, and to hear them shout “Ama aunu bhayo” (Mother is here), upon seeing Indira Madam, was an incomparable experience. I realized that the respect and affection everyone had for her, was the outcome of her many years of selfless giving. Her kindness towards the needy and her ability to empathize were inspirational and exemplary. She had come to know the people on the street personally. She would hand two sealed packages of food to those who she knew had others waiting at home, especially small children. I saw her hand out a package filled with baby supplies for a woman who had just given birth to a child. I have also started to understand the struggles of those that come for the food – some lived on the streets, some were very sick, some were injured, some were mentally disturbed, many did not have a job or a stable income, and many were struggling to pay their medical bills. It made me realize how providing a meal and a bottle of water everyday took a huge burden off their shoulders.*

*The experience of meeting and mingling with the small children at PA Nepal and packing and distributing food and water to the hungry has made me understand the importance of volunteerism. It made me understand the passion and drive that kept people like Indira Madam relentlessly going from day to day, regardless of the challenges that came. The knowledge that I can bring happiness and joy to people through my small contributions has motivated me greatly. My Rotarian Dad tells me how the Rotary International President Elect describes the service they deliver as Rotarians, as the rent they pay for their time on earth.*

*With this experience ,I could not agree more*

## SARASWATI POOJA CELEBRATION

We celebrated Saraswati Puja with the students from our special area project sites at Kopila Nepa by providing them copies, pencils, school shoes from parent club (supporting the Rotary Nepal Literacy Mission- TEACH mission) toys, clothes, and day meal with lots of love and warmth.

We express our gratitude towards our Advisor Rtn. Dr. Chandra Lekha Tuladhar ma'am for supporting us with the distributed materials. Special thanks to all the volunteers.



Goddess Saraswati symbolizes creative energy, considered the goddess of knowledge, music, art, and learning.

It is widely celebrated as an auspicious day in schools and learning centers. For children writing their first words with their fingers, pen or pencil is considered promising .

## VISION SCREENING CAMP: COMMUNITY HEALTH CAMP I

On February 27, our team along with the Team from The Nutrition Cure Nepal conducted a General Health Camp at the "Ama Dablam Academy, Kathmandu" where our members conducted vision screening for **152 community people**, 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.





## Revisit of the message from a Past Member:

### “The Spirit behind the Green Apron”

1. Is it the Truth?
2. Is it fair to concern?
3. Will it bring Goodwill and Better friendship?
4. Will it be beneficial to all concern?



Er. Dinesh Gothe

*Besides the above 4 way test, another catchphrase that always strikes my mind is “Be a Good Human” quoted by honorable Rotaract mentor Dr. Chandra Lekha Tuladhar. Her Invaluable inspiration paved the path to work. At every opportunity, at every moment of visit to a place of service I always hear a distant voice encouraging me to work towards being a good human being. SAP (Special Area Project) involvements has changed my life a lot. I experienced the real social condition, the needs and felt the urge to question myself “How can I help people in need?” In 2007 I visited SAP of Rotaract Club of Kathmandu Mid-Town, Shanti Sewa Griha, SGCP providing services to children with Cerebral Palsy, Mangal School (Kirtipur), Dhobighat School, Community in Bhaktapur. The Spirit behind the green apron was really awesome. These green apron people are the true volunteer, indeed.*

*As a high school student I could not imagine that we could work for students of same age as we did in Mangal School, Kirtipur. I was astonished that high school students can be a catalyst in molding a high school to high standard when guided by a visionary advisor. Thus these Green apron youth are transforming us and many others to be young entrepreneur of development at an early age I was amazed on how people view differently able people not to be referred as disabled people I would like to change the perception of people towards them. Cerebral Palsy a condition marked by impaired muscle coordination (spastic paralysis) and/or other disabilities, typically caused by damage to the brain before or at birth. We visited SGCP (Self Help Group of Cerebral Palsy) at Dhapakhel to see and have a firsthand understanding of the condition. We found that children with CP need a lot of care and we worked out program to spend quality time with them. They are really happy even with simple activity like when we cared to spend whole day watching their creative arts. These green apron youth are involved in acquiring and teaching us the social values of life.*

*When we visited Bhaktapur for vision screening, a child asked me as if I was a doctor with green apron and could I help him with the problem that he had. How I wished, that if not as a doctor at least as magician I could for a moment wave a wand and wave away his problem.*

*The Bio-sand water filter provided to the community at Thimi was a simple means of encouraging the community there to have good health by drinking safe water and it was appreciated. The youth with green apron were involved in real life project management to make a difference in the lives of the community. As a result, of the initiation of the green apron I too became totally involved.*

*I, was appointed as the coordinator in the first ever Health Fair in Nepal with collaboration of Dr. Iwamura Memorial hospital and Research Center and Child Support Program at Bhaktapur when I was already working as an advisor. This was an awareness campaign designed to enable the differently abled patient to avail of the hospital facility with ease. I got involved in Tanaka Shobukan Shitoryu karate, a Karate organization which has trained people in Nepal, India, Srilanka, Australia, China, Japan, and Iraq. During the course of training in remote district like Kavre, I was surprised to note that even little children were interested in Karate and in the span of two years of span we established 7 dojos around Kavre.*

*I would like to draw the attention of the Rotaracts to one program ”One SAP One heritage” that a Rotaract club need to approach for preservation of our cultural heritage. During the time spent as a Rotaract wearing this green apron, I have learned a lot of things and more important I have realized ones worth in the society.*

**"OUR VERY SPECIAL BIRTHDAY GREETINGS  
GOOD HEALTH AND PROGRESS IN LIFE TO ALL THE BIRTHDAY BOYS AND GIRLS"**

Research shows, Kindness can highly boost the happiness level .....

Providing a meal for those who are hungry could bring great joy HOW ABOUT SUPPORTING OUR MEGA FEEDING ENDEVOUR with RC Kathmandu Height and International Rotarians of USA and Canada.

- Raise contributions from family, friends, neighbors and others.
- Join by Volunteering in the activity



  
**HAPPY  
3rd  
BIRTHDAY**



Deep gratitude with a sincere note of **THANK YOU** to Mrs. Anjoo and Mr. CM Thapa, grandparents of Master Aryan. They shared their happiness on their grandchild's 3rd birthday by feeding 700 hungry individuals in the streets of Kathmandu on 26th February 2021 and received the blessings of all.

Thank you Dr. Chandra Lekha Tuladhar, chairperson of Karunamaya Foundation for connecting

**THANK YOU GENEROUS DONORS  
BEST WISHES TO ARYAN .**

The sunshine that makes life so much brighter and happier.

**Let's Celebrate Our History...**  
23rd February 2021  
is our **116<sup>th</sup>** Anniversary

We have lasted 116 years because of Our Strong Ethics, Our Passion for Service Above Self, and Our Unique Approach to Problem-Solving. In many ways Rotary Opens Opportunities to advance World Understanding, Goodwill, and Peace - Our Ultimate Mission.

**In Rotary, we prefer ACTION to words.**

RI President  
**Holger Knaack.**  
Read February Message  
@ [www.rotary.org](http://www.rotary.org)





**Wear a mask. Save lives.**

Wear a mask  
Clean your hands  
Keep a safe distance

## MESSAGE FROM EDITOR

It is always amazing to be on a Rotaract mission. It gives us energy, enthusiasm and joy. ‘Feeding the Hungry’ is the greatest experience for me in the Rotaract. There is nothing more satisfying than seeing the happiness in the eyes of those people after getting the food. This provoked me to think, there are thousands of people in this city that don’t get to have a decent meal in a day. I’m extremely grateful for being a part of this feeding campaign.

**"Life's persistent  
and most urgent question  
is, 'What are you doing for  
others?'"**

—MARTIN LUTHER KING JR.



*I want to express my gratitude to all the Volunteers, PA Nepal team, Rotoractors and Rotorians for their valuable contributions in this campaign. I'd also give my heartfelt thanks to our leader, mentor, and our ultimate source of inspiration, Dr Chandra Lekha Ma'am for her invaluable support and guidance through this path of humanity. Your energy and enthusiasm is ineffable.*

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

Stay Safe, Take Care: Second Wave of COVID-19 is here.



Rtn. Dr. Chandra Lekha Tuladhar : Donors , volunteers and friends and our team , your support have been invaluable .

We are near to reaching the target .

Thank You

**Advisor** to the editor



**YOUTH SERVICE CHAIR**

Coordinator & Advisor of 'Feeding the Hungry'

[drlekhataladhar@gmail.com](mailto:drlekhataladhar@gmail.com)

**The key to success is action,  
and the essential in action is  
perseverance.**

Sun Yat-sen

