



RI District 3292 Nepal - Bhutan



Be a gift to the world



Rotary Club of The Himalayan Gurkhas

Souvenir

2073

"Let the Light of Education be Spread"



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**Dedicated to all those who lost
their lives during Nepal
Earthquake - 2015**



RC The Himalayan Gurkhas Family

Wish you all very happy, healthy, and Successful new year

नयाँ वर्ष २०७३ सालको उपलक्ष्यमा हार्दिक मंगलमय शुभकामना



Major & Mrs. Gopal

Wish you very healthy, Successful and Prosperious

New Year 2073



Mr./ Mrs. Samvu



Gen Lili Jung

Rotary



THE FOUR WAY TEST

of the things we think, say or do

1. Is it the Truth ?
 2. Is it FAIR to all concerned ?
 3. Will it build GOODWILL and BETTER FRINEDSHIP?
 4. Will it be BENEFICIAL to all concerned?
-

OBJECT OF ROTARY

The object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

- **First :** The development of acquaintance as an opportunity for service;
- **Second:** High ethical standard in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an oppoftunity to serve society;
- **Third:** The application of the ideal of service in each Rotarian's personal, business and community life;
- **Fourth:** The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

नयाँ वर्ष २०७३ सालको उपलक्ष्यमा यहाँहरूको
सुख समृद्धि, उत्तरोत्तर प्रगति तथा दिर्घायुको
हार्दिक मंगलमय शुभकामना



Rtn & Mrs Yubraj

Wish you all very happy and Successful new year 2073
नयाँ वर्षको उपलक्ष्यमा हार्दिक मंगलमय शुभकामना



Major & Mrs Bhim & Family



Major & Mrs Milan

District Governor's Message

Rtn. Keshav Kunwar
District Governor



Dear President Rtn. Rotarian Yubaraj Gurung MPH
Rotary Club of the Himalayan Gurkhas

I feel delighted to know that Rotary Club of the Himalayan Gurkhas is bringing out an Souvenir Magazine on the auspicious Occasion of New Year BS 2073. May this New Year bring many opportunities our way to explore every joy of life and may our resolutions for the days ahead stay firm, turning of our dreams into reality and all our efforts into great achievements.

The motive of Rotary is friendship and team work. It is incomplete without a single member in the team. Team creates synergy thus more precise and desired results are achieved. The Founder of Rotary Paul Harris has said **"Friendship was the Foundation Rock on which Rotary was built."** Thus, in Rotary, **SAUHARDRATA**, (harmony), camaraderie, friendliness and mutual understanding should be the MANTRA for all of us. We all must give respect, cooperation, truthfulness, compassion, care and concern to each other. Our Rotary International Leaders have defined Rotary in one word **"TOLERANCE"**. Let our livelihood be infinite gratitude, honesty, tolerance, fairness and forgiveness without any prejudices and with ever readiness to reconcile. Our Rotary International President (RIP) Rtn. K.R. Ravindran has given the theme for RY 2015-16, as, **"BE A GIFT TO THE WORLD."** He has said *"All of you have been given so many gifts. And you have now been given this great gift: one year to take all your talents, all your gifts, everything that you are and can become-and Be a Gift to the World"*. In order to adapt and implement the theme of the RIP Rtn. Ravindran, we all now should seek to exemplify, **"SERVICE IS MY BUSINESS and I want to BE A GIFT TO THE WORLD."**

Our world President Ravindran has also urged all of us not to make Rotary **"glamorous"** and to be

- professional in our approach
- concise in our speech and
- focus on service projects, which create larger impact in the communities and build monuments that will endure forever carved not in granite and marble but in lives and hearts of generation to come and thus **"Be a Gift to the World"**.

At this point, I would like to lay stress towards, the **'five rules of service'**, as **serve silently, serve humbly, serve lovingly, serve unconditionally and cultivate soul**. I strongly urge that, as true Rotarians, we must use these five guidelines as our main MANTRA, when we come out to serve and let us

- ⊗ make the coming years, as a year of action.
- ⊗ consolidate the profound belief that relationships are more important than ambition and
- ⊗ make our best efforts and attempt to walk the path defined by PRIP Rtn. Kalyan Banerjee, **"Make Rotary simple and giving"** and **"not glamorous and wasting"** as urged by Rotary International President (RIP) Rtn. K.R. Ravindran.

Let us all enjoy Rotary from a simple fellowship to large service projects. Let us share our love, affection and passions. God has provided us with unmatched assets, and more so to us as Rotarians. So, let us make optimum use of those. We all should remember that Rotary Family is like symphony orchestra. If a single player does not play properly, the tune goes haywire. So, let us ensure that, we will make a most melodious tune.

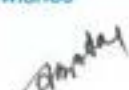
Finally, let us, with absolute sincerity, attempt to adopt all desired traits as defined by our Rotary Leaders and together let us **LIGHT UP ROTARY to BE A GIFT TO THE WORLD.**

With best wishes

Let us all enjoy Rotary from a simple fellowship to large service projects. Let us share our love, affection and passions. God has provided us with unmatched assets, and more so to us as Rotarians. So, let us make optimum use of those. We all should remember that Rotary Family is like symphony orchestra. If a single player does not play properly, the tune goes haywire. So, let us ensure that, we will make a most melodious tune.

Finally, let us, with absolute sincerity, attempt to adopt all desired traits as defined by our Rotary Leaders and together let us **LIGHT UP ROTARY to BE A GIFT TO THE WORLD.**

With best wishes


(Rtn. Keshav Kunwar)
District Governor (2015-16)
RI District 3292, Nepal-Bhutan

Wish you all very happy, healthy, and Successful new year

नयाँ वर्ष
२०७३
सालको
उपलक्ष्यमा
हादिक
मंगलमय
शुभकामना



Major & Mrs Lilbahadur & Family

Wish you all very happy, healthy, and Successful new year

नयाँ वर्ष २०७३ सालको उपलक्ष्यमा हादिक मंगलमय शुभकामना



Rtn & Mrs Ganga



Rtn Anju & James

Date : 7 March 2016
Kathmandu

AG Zone Governer Message



Dr. Benu B Karki
AG Zone VII (2015/16)
RI District 3292

I am happy to note that the Rotary Club of The Himalayan Gorkhas is bringing out its Club Magazine on the occasion of Nepalese New Year 2073.

On the occasion of this new year first of all I would like to extend my best wishes for the good health, happiness and prosperity of this club and its members. I wish the interest, vigour and dedication among its members in providing humanitarian services to needy communities around the country is always on its high agenda.

The club noted for the dedication of ex-army people most of which are at their prime age, often busy in their own personal and professional activities have been regularly moving themselves in difficult areas to engage in running developmental activities in wide geographical areas in the country. Their zeal and interest always thriving particularly when the need is the most is highly commendable. I wish it continues at an increasing scale in future and this club keeps its good name always high.

Dr. Benu B Karki
AG Zone VII (2015/16)
RI District 3292

Wish you all very happy and Successful new year 2073

नयाँ वर्षको उपलक्ष्यमा हार्दिक मंगलमय शुभकामना



Rtn & Mrs Siri & Family

**Happy
New
Year
2073
to all
the
readers**



CI & Mrs. NB

ROTARY CLUB OF "THE HIMALAYAN GURKHAS"

MAHARAJGUNJ, KATHMANDU.

(RI Club No 63296 Chartered 10 September 2003)

Venue : Hotel Shangri-La, Lazimpat, G.P.O. Box : 7559, Kathmandu, Tel : 977-1-4412999

Meeting : Every Wednesday : 5-6:30 PM

Club President's Message

Yubaraj GURUNG MPHF



It gives me immense pleasure in writing my message as President to all the readers of club souvenir magazine. The Himalayan Gurkhas which was Chartered in September 2003 has matured as fully fledged Rotary club in its own right over the past 13 years. With 30 members of which two are ladies and several most respected honorary members from across the Globe, The Himalayan Gurkhas have managed to live up to its own club Motto "YES WE HELP"

The main thrust of club has been and will continue to be so "to help needy people in the remote hills" The help would be in various forms and will include, Education and Literacy, Health and Hygiene, Vocational education, Water and sanitation and Economic regeneration and Community Development. With help from clubs in Rotary International District 1040 and Rotary clubs across United Kingdom, The Himalayan Gurkhas has seen success in "Changing Young Lives" in remote hills.

Last year has been the most tumultuous year for us all. The devastating Nepal earthquake 2015 has left many scars in the life of many of thousands of Nepalese. The Himalayan Gurkhas with many international connections rose to the occasion and was in the front line of disaster relief work immediately after the first earthquake. One of the major donors, Rotary International District 1040 and many friendly Rotary clubs and non Rotarian friends across the Globe came to rescue of those in desperate need of help by sending relief funds through The Himalayan Gurkhas. Initially, the work was in form of "First aid" by way of distribution of Food items, Blankets, Shelter and CGI sheets. The club is now concentrating on Rehabilitation and rebuilding of earthquake damaged schools and drinking water sources. To date, more than 21 earthquake related projects, from Dubekul in Khotang District in the East to Rani Pani, Bihadi in Parbat District in the West (covering more than 400kms) have been either completed and handed over to the community or in the final stages of completion. This for a small club like The Himalayan Gurkhas is a significant achievement.

The coming months and years are going to be equally challenging as was the past. Rotary club of The Himalayan Gurkhas will thrive to face challenges with gusto, follow Rotary International motto "Service above Self" the four way test, participate in Rotary International Nepal District 3292 guidelines and activities.

Finally, I would like to thank Rotary International District 1040, many Rotary clubs and many individuals across the Globe for their kind donation which has helped many earthquake victims in the remote hills. My message will not be complete without paying respect and expressing my sincere "Thank you" to our club honorary members and the members of the club who have given their best to the club as well as to the community during the time of need. Your contribution is much appreciated.

Haridebi joins me in wishing you all VERY HAPPY NEPAL NEW YEAR 2073!


Rotarian Yubaraj GURUNG MPHF
PRESIDENT



"गोर्खाहरूको लागि राम्रो स्वास्थ्य, राम्रो रोजगार र राम्रो भविष्य"



Gurkha Mission "बैँसीरुख/सुखदाइका"

वीर, साहसी, हुमनादार ब्रिटिस, भारतीय र नेपाल विमानपुर्न पुलिसका साथै सम्पूर्णबाट सम्मानित तथा स्वीकृत गरिएका
सोसाई कम्पुनिकी पोखराबाट फर्किएका



गोर्खा अर्गानिक फार्म एण्ड रिसर्च सेन्टर (गोर्फार्क)
GURKHA ORGANIC FARM & RESEARCH CENTER (GOFARC)

स्था २०७०

पाल्पल-१२, काभ्रे, नेपाल

*The Chairman and Members of
Gurkha Organic Farm and Research Center Ltd.
wish you a very healthy, successful and prosperous*

Happy New Year 2073 !

For more details please contact:

Chairman: Maj Lachhmi Prasad Gurung MVO 2 GR - 9846138156 / Email: darung28lpgrg@hotmail.com
General Secretary: WO2 Sri Gurung OGI - 9851042289 / Email: srisgurung@gmail.com



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Editorial

Major (Retired) Lilbahadur GURUNG MBE MPH



This souvenir Magazine tries to illustrate activities carried out by Rotary Club of The Himalayan Gurkhas over the past few years as well as those of recent events. In its short existence, Club has been active with more than 60 projects of various nature under its belt. Majority of the projects have been targeted to the remote hills where most of the population live below national poverty line and the level of literacy is also very low. The slogan coined by Rotarian friends from International Rotary District 1040 "CHANGING YOUNG LIVES" in remote hills has been most appropriate and successful in every sense. IT literacy, Health and Hygiene, safe drinking water and economic regeneration by way of Micro Loan scheme has played an important part in CHANGING YOUNG LIVES in the remote hills.

The routine club project activities suddenly came to stand still when central Nepal and its surrounding Districts was rocked by devastating EARTHQUAKE in late April, followed by one in May 2015. Club members realized the magnitude of the Earthquake and began gathering information from various sources across the earthquake hit districts. Immediate action followed. Emails to many Rotarian and Non Rotarian friends in the United Kingdom, Hong Kong, North America and in the South East Asian countries were sent asking for help. The response was unbelievably swift from all those we wrote to.

Donations started pouring in from all directions. Between May last year and to date The Himalayan Gurkhas managed to organize post earthquake relief distribution to more than 20 earthquake affected locations, extending from Dubekul in Khotang District in East Nepal to Ranipani in Parbat District West Nepal, covering more than 400kms. The immediate relief work has undoubtedly minimized the suffering of the victims of Earthquake.

Club members played an important part in implementing relief and rehabilitation work through hard work, dedication and professionalism under extremely difficult conditions. The outcomes are visible for all to see and are testament to drive and desire of club members to help those in need.

Many helped the victims of Earthquake by sending their donations through The Himalayan Gurkhas. Of the many donors, Rotary International District 1040, Yorkshire deserve special mention for their outstanding contribution. For the rest of the donors Worldwide, I can only say THANK YOU, which I do with honour and Gratitude.

Major (Retired) Lilbahadur GURUNG MBE MPH
Editor club souvenir Magazine/Nepal Earthquake Fund raising coordinator

Wish you all very happy healthy & Successful
New Year 2073



Rtn & Mrs Garja & Family

Wish you all very happy and Successful
New Year 2073



Rtn & Mrs Bhoj

How it all began

By

Rtn Major Gopal Bahadur Gurung MBE MPH



Soon after I retired from the Gurkha Reserve Unit I was approached by Captain Asbahadur Gurung with the idea of forming a Rotary Club which would consist of mostly retired officers and men from the Brigade of Gurkhas. I pondered over the idea for some time and eventually thought this to be a good idea as we would be a disciplined and dedicated force and encouraged Captain Asbahadur to move ahead with the idea.

I had the privilege of serving together with this able and thoroughly reliable officer during my time in the Army and trusted him in every way. Additionally after his retirement which was several years before me, he joined the rotary club of Mount Everest and became very much aware of what a rotary club can do for the needy and under privileged people. Our roots, despite where we are living now, lie in the hills and those whom we met and had preliminary discussions with were all very keen to take the services of the club to the villages where help was most needed. This then was the driving force behind the formation of The Rotary Club of The Himalayan Gurkhas.

The very first gathering took place in Captain Asbahadur's house in Chun Devi on 07 Dec 2002 where the potential Rotarians had gathered. After Captain Asbahadur's talk about rotary the gathering was suitably impressed and we decided to go ahead with the idea (forming a rotary club).

The Rotary Club of the Himalayan Gurkhas was registered with District 3290 with the Rotary Club of Kathmandu North as our sponsoring club. Mr. Mingma Sherpa was assigned to us as the Governor's Special Representative. He was to be our guide and mentor for the next two years or until we were chartered. He would, in the days to come, lead us by the hand through the alleyways and the broad streets of The Rotary World.

During the early days we held our meetings at Hotel Karnali near Narayan Gopal Chowk under the guidance of The GSR. It was difficult to make the meetings interesting not really knowing the facts and figures of The Rotary World. The attendance was not so enthusiastic to begin with but after a few minor projects under our belts members saw for themselves what could be done to help the needy and our Rotarians began to take interest.

Karnali Hotel did not prove to be a very suitable venue for our weekly meetings and we moved to Hotel Shangri-la in Lazimpat. We got a good deal as the owner was himself Rotarian and we still continue with our meetings here.

The Club was granted the Charter from 10th September 2003 but the ceremony was held on 23rd January 2004 at Hotel Radisson. The Governor was sadly trapped in Simla due to the almost daily strikes at the time and was officiated by Thomas Manekshaw. We were very happy that he stood in for the Governor as he is a cousin brother of Field Marshal Manekshaw whom I all know and admire. We were honoured to have His Excellency I Keith Bloomfield, The British Ambassador, and his lady for the occasion. The retired Buros from the Brigade of Gurkhas appreciated this very much.

Finally our dreams of helping the needy in our villages still remain strong and this about to be partially fulfilled by the IPP Major Bimbahadur Gurung whose efforts to get matching grant to the tune of some 3 million rupees for a village school is about to bear fruit am confident that there will be many more projects forthcoming for the needy people of villages where our roots are still very strong.



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“CHANGING YOUNG LIVES IN NEPAL”

An IT, Literacy and Economic Regeneration Project



Rotarian Barry Pollard

Nepal project leader

RC Harrogate Brigantes, District 1040, England

Introduction:

It was way back in 2009 that I started to look for an International project which could promote Harrogate Brigantes in their pursuit of the Rotary Service ethic. Eventually I came to meet up with Major Yam Gurung, RC Himalayan Gurkhas, Kathmandu who requested help in installing computers in 2 Secondary schools, Rithepani and Panchamul. Ok we thought, this sounds fairly straight forward..... How wrong we were!!

What we have learnt:

After much internal discussion and over a period of 5 years, we realised that computers and teaching IT were the means to a far more compelling vision. This was about improving education, thereby obtaining better exam results and giving students better job prospects. We also became involved in addressing the poverty challenge in remote areas, such as the Panchamul Valley where many families struggle to make a living.

What we have achieved?

- * 10 schools now fitted with IT suites, 7 in the Panchamul Valley, 3 elsewhere, all supported by committed Rotarians from the Himalayan Gurkhas
- * Total cost has been ~£75k or ~\$120k, 70% funded by the Rotary Foundation
- * Substantial effort has been involved in designing the IT suite, its infrastructure and commissioning the same, mainly carried out by UK Rotarians. Andy Morrison, our IT 'guru' has led this activity
- * In total, 17 UK Rotarians from District 1040, Yorkshire, have visited Nepal in support of this project, some as many as 5 times

- * Induction training for Teachers by the UK team has taken place for most of these schools
- * A great leap forward took place in 2012, when we linked the Panchamul Valley to the internet and to the outside world. This was a further major technological step into the future.
- * We have carried out regular IT and Literacy/Educational audits since 2009, the latter led by Gill Poole, our Education expert (refer her separate report). After some early teething issues, we now see major progress at all the schools.
- * We introduced the Rotary Microloan scheme in 2014 which now is running in parallel with the above, enabling parents to feel more financially secure in their home valley and encourage their children to pursue their education locally.
- * As at April 2015, a total of >£3k has been loaned out and the first tranche of recipients have already repaid their loans. Over 100 local families have now benefitted.
- * The trial of pilot software at a Primary school for teaching English (a prototype language lab) has been successful.
- * There is now trained local IT support (trouble shooting and fault rectification) available on call out, funded by ourselves, during the transition to the schools financial self-sustainability.

The Future of the Project:

We are putting together a project plan to 1) Upgrade the Internet Infrastructure in the Valley, 2) Establish an IME in Panchamul Valley and 3) Install language Labs at the remaining 6 Valley Schools for the benefit of primary age children. The likely total cost is >£20k or >\$30k.

We will also provide some financial support to the schools in the Valley over the next 2/3 years whilst they find the means to become financially able to cover themselves the maintenance and running cost of their IT suites.

Summary:

This is by far the most satisfying project that we Rotarians have been involved in. We now can see that for one remote location in the Himalayan foothills, we are 'CHANGING YOUNG LIVES IN NEPAL'!!

Note: Rotarian Barry Pollard has been leading Nepal IT, Literacy and Changing Young Lives through economic regeneration projects since February 2011. He has made 6 trips to Nepal to date.



ROTARY CLUB OF THE HIMALAYAN GURKHAS HONORARY MEMBERS



**ANDY MORRISON
BRIGANTES**



**BARRY POLLARD
BRIGANTES**



**DUNCAN DAVISON
NORTHALLERTON**



**JOHN PROUD
NORTHALLERTON**

**AND
THE REST OF THE HON MEMBERS ARE:**

**ANTHONY REDFERN – ENGLAND
BOB LOVE – ENGLAND
MRS YAM KUMARI GURUNG - KATHMANDU**

FORMATION TECHNOLOGY EDUCATION

AT SHAHID SMARAK COLLEGE SHARADA NAGAR CHITWAN

by Capt Ash Bdr Gurung MPH

As part of the uplifting education standard of school children in Nepal, RC THE HIMALAYAN GURKHAS spread its wings beyond the remote hill schools to Shahid Smarak College, Sharada Nagar Chitwan. The project which began in 2012 was lead by Rotarian Barry Pollard. Barry was assisted by John Proud and Duncan Davison of NORTHALLERTON RC. Rtns Andy Morrison and Andy's second son Douglas, Charlotte Gale of HARROGATE BRIGNATES RC and Rtn Gill Poole of Mirfield RC have all contributed their time, money and energy to make this project a success. The 450 or so students of Shahid Smarak College is true mix of migrated hill tribe descendants and the local Tharus, who live in total harmony.

20 Desk Top computers and IT accessories have been installed in a spacious and comfortable IT suit. All students in grade 11 and 12 will have the access to IT education and opportunity to practice their basic IT skills which will allow them to prepare for

the challenges in their future career. Periodical audit is part of the Rotarians commitment to make this project a success.

Local community in Sharada Nagar and its surrounding locality, the mothers group and all well wishers have contributed their time while the Rotarians were in Sharada Nagar. The members of THE HIMALAYAN GURKHAS RC and UK Rotarians thank them for their cooperation and support. Capt Ash who is also member of THE HIMALAYAN GURKHAS RC has played an important part in implementation of this project for which the project implementation team is most grateful.

Rotary Club of NORTHALLERTON lead by John Proud and Duncan Davison return to Nepal every year to Audit use of IT suit in Chitwan.





Rtns Barry and Ann Evans with children at the centre

Charlotte'S Haven on Earth Child Care Centre was officially opened by Rtn Barry and Ann Evans on a special event in mid January 2016. The Centre which is located at Chunikhel – 9 employs 7 Teaching and Administrative staff and caters for 34 children. The EIFION Trust through Barry and Ann funded the entire project.



THANK YOU

ROTARY INTERNATIONAL DISTRICT 1040

YORKSHIRE, ENGLAND, UNITED KINGDOM

FOR YOUR GENEROUS CONTRIBUTION

TO THOUSANDS OF VICTIMS OF NEPAL EARTHQUAKE 2015

FROM:

**Rotary Club The Himalayan Gurkhas
and
THE BENEFICIARIES**

IT Educations in the remote hills

Visiting Rtn from Rotary International District 1040 England

Narendra Chapagain will no longer have to make a five-hour journey from Panchamul to Pokhara to fulfil his desire of learning computer. He is thrilled to be getting an opportunity to learn computer as an optional subject in the school he goes to. Chapagain studies in grade eight in Tri Shahid Higher Secondary School. His parents are equally happy about the new facility since they don't have to send him to the city and spend a lot on computer education.

Panchamul village development committee is excited about the computer classes that are going to run in the local school. It is the first time that the village is going to have computer and internet facilities thanks to the effort put in by the Rotary Club of Himalayan Gorkhas. The club was registered in 2003 and had to struggle for its existence for the first few years. For long, the club could not go beyond programmes determined by Rotary International. But as an initiative to do something new, the club brought out an Information Technology Program in 2010. Club's president Lilbahadur Gurung says that they introduced the program to ensure that students in the village could also benefit from computer education and technology. "The world has envisaged a

new age whereas our rural youths do not even have access to the internet. That's why we started this program," he said.

"Youths are leaving the village and going to cities or foreign countries for better education. We wanted to make sure that they could at least get high-school level education in their own village," he added. The course was started two years ago as an optional subject from grade six and is being moved up with each grade till the 10th. If the Ministry of Education grants permission, the school will also include this as a subject for the School Leaving Certificate examinations, principal of Trishahid school, Prem Prashad Upadhyaya says. The club is spending \$42,000 for this initiative named "Panchmul Valley Internet Access Program". There are also Ten other schools that have benefitted from this program. Shri Janahit High School of Panchamul, Shri Darau High School of Darau and Shahid Smarak College in Sharadanagar, Chitawan, Shree Bir Lower secondary school in Rithepani, Kaski, Shree Ratna Shova Higher secondary school at Majhathana, Kaski, Shree Jana HSS Rapakot, Shree Sarbodaya HSS, Aruchaur, Shree Ghante HSS, Aruchaur, Shree Gaun Farka LSS in Panchamul – 4 and Shree Tri Shahid HSS Panchamul, have also been provided with

computers and connected to internet. Teachers have been trained in Pokhara as well as in situ to conduct the computer classes.

The Rotary Club of Himalayan Gurkhas has received monetary assistance from the Rotary Club of Harrogate Brigantes in the United Kingdom for this project. An e-library has been brought into operation by RC Himalayan Gurkhas at Tri shahid school. "The school didn't have anything other than except few books in its old library. Now it's easy to access information. The club's contribution to improving quality of education in the village is exemplary," Principal Upadhyaya says. The club also has computer education in other schools of Kaski, Chitwan and Syangja. The club has put up repeater towers in Satau of Syangja and in Darau Danda and server in Nuwakot Danda of Pokhara for providing internet connection. Rs 600,000 has been spent just for this. Other schools with computers will also be able to take internet facility from this tower, says President Gurung. Interested parties can pay a minimum monthly fee to benefit from this facility, he said. Technology comes to the village: The RC Himalayan Gurkhas will be providing internet facility to other service providers in Panchamul through the repeater tower. The 25 bedded cooperative hospital that is being built in

Panchamul will be taking internet service from the club to run a telemedicine program. The tourism village of Sirubari is also going to benefit from the internet service. President Gurung says that tourists in Sirubari won't have to shorten their stay just because of the lack of internet now. Internet for remittance: More than 6000 youths from Panchamul have migrated abroad for work. Remittance sent by relatives working abroad is the main source of livelihood for most families in Panchamul. Because there was no internet, villagers had difficulty receiving money sent by relatives from abroad. The club is now going to run a money transfer service to solve this problem. The club is also going to run a Televet system for treating livestock. The club has also been involved in running drinking water, education and health projects in Lamjung, Dhading, Okhaldhunga, Kaski, Chitwan and several other districts. The Club spends Rs 3 to 4 million every year for these projects. Most of this fund is generated either internally or by generous contributions made from international rotary clubs. More than 70% of the members in the club are ex British Gurkhas and they come from Khotang in the east to Parbat in the west. There are 31 members in the club who are involved in tourism, import-export, education, health, security and technical sectors.



Thank You

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FROM:

**Rotary Club The Himalayan Gurkhas
and
THE BENEFICIARIES**

नेपालमा निजी शिक्षा : समस्या र सम्भावना

- कृष्ण प्रसाद अधिकारी



नेपालमा औपचारिक शिक्षाको प्रारम्भ

परापूर्वकालमा नेपाल मिथिला (आजको जनकपुर आसपास) संस्कृत शिक्षाको ठूलो केन्द्र हो । प्राचीन कालको नेपालमा आजको कपिलवस्तु आसपासको एक राज्य एउटा शैक्षिक केन्द्रको रूपमा उदाएको थियो । प्राचीन नेपालको किराँत कालबाट गुरुकुल पद्धतिको संस्कृति र बौद्ध गरी दुईछुट्टा छुट्टै प्रकारको शिक्षाको सुरुवात भयो । लिच्छवी र मल्ल कालमा पढेलेखेका मानिसहरू लाई दरबारमै लगेर राजघरानाका सन्तानहरूको लागि शिक्षा दीक्षा दिइन्थ्यो । शाह वंशीय शासन कालको पालामा संस्कृत भाषामा खासगरी कर्मकाण्ड हिन्दु संस्कृति पढाउनको लागि ठाउँ ठाउँमा स्वतः स्फूर्त भाषा पाठशालाहरू खोलिएका थिए तर गुरु सँगै ठाउँ सन्ती पाठशालाहरू हालको जस्तो नभएर गुरुकुलीन र आवधिक किसिमका हुन्थे । नेपालमा प्राचीन अर्थको पहिलो औपचारिक शिक्षालयको रूपमा वि.सं. १९१० मा जङ्ग बहादुरद्वारा दरबार स्कुल खोलिएको थियो । यो विद्यालयमा ३२ वर्ष पछि मात्र शाह राणाबाहेकका विद्यार्थीहरूलाई पढ्ने अनुमति दिइयो भने ३८ वर्षसम्म विभिन्न दरबार भित्रै यो सञ्चालित भइरह्यो । यो आम जनताको लागि भनेर खोलिएको स्कुल थिएन । पछि केही विद्यालयहरू खुले । वि.सं. १९९० सालमा नेपालको एसएलसी बोर्ड स्थापना हुँदा देशभरि जम्मा तिन ओटा मात्र माध्यमिक विद्यालयहरू थिए । राणाशासन कालको १०१ वर्षपछि २००४ सालमा मात्रै संवैधानिक कानूनमार्फत नेपालमा विद्यालय खोल्न पाइने नियम आएपछि मात्र विद्यालयहरू खुल्न थाल्ने यो कुराको पुष्टि गर्दछ । पञ्चायती व्यवस्था सुरु भएपछि नयाँ शिक्षा योजना २०२८ ले सार्वजनिक शिक्षाको नाममा पञ्चायती भजन गाउने शिक्षा लागु गर्‍यो । यसमा वि.सं. २०३२ सालमा ३ कक्षासम्म निःशुल्क शिक्षाको व्यवस्था गरियो । नेपालमा वि.सं. २०२६ सालदेखि औपचारिक रूपमै शिक्षामा निजी क्षेत्रको प्रवेश सुरु भयो ।

नेपालमा वैधानिक रूपमा निजी विद्यालय

निजी कम्पनी या गृहीमार्फत निजी व्यक्तिहरूको समूहले आफ्नै आर्थिक लगानीमा विद्यालय सञ्चालन गर्न पाउने अधिकार शिक्षा ऐनको ३ मा उल्लेख छ । साथै यसरी खोलिएका विद्यालयहरूले आफ्नो सम्पत्ति आफ्ना उत्तराधिकारीलाई हस्तान्तरण गर्न पाउने व्यवस्थाले नेपालमा निजी क्षेत्रले शिक्षामा लगानी गरेको मात्र होइन, यसको गुणात्मक र परिणामात्मक विकास पनि भएको छ । शाही शिक्षा आयोग २०४० तथा राष्ट्रिय शिक्षा आयोग २०४९ ले सरकारी अनुदानबाट सञ्चालित विद्यालयले मात्र धेरै नसक्नेदेखि निजी लगानीलाई स्वागत गरेको हो । आम अभिभावकको चाहना र आकर्षणलाई मध्यनजर गर्दै नेपालमा निजी विद्यालयहरू विकास र विस्तार भएका हुन् । खासगरी सन् १९९० मा नेपालमा भित्रिएको खुल्ला अर्थतन्त्रको प्रभाव र आसमा निजी शिक्षामा थप लगानी भित्रिएको हो । हुन त २०३६ को शिक्षा नियमावलीले नै निजी व्यवस्थापनमा विद्यालय सञ्चालनको बाटो खोलेको हो । निजी लगानीमा सञ्चालित विद्यालयले छुट्टै ऐनको माग गर्दै गर्दा यी विद्यालयहरूलाई संस्थागत स्वरूप दिन शिक्षा ऐनको सातौँ संसोधन २०५७ ले प्रचलित कानून बमोजिम स्थापित कम्पनी तथा शैक्षिक गृहीमात्र विद्यालयको मात्र संस्था बन्न पाउने व्यवस्था गरेको हो । यसैको जगमा टेकेर कम्पनी ऐन २०६३ बमोजिम विद्यालयहरू कम्पनीमा दर्ता भए । २०६५ मा आएको ५४ शिक्षा कर, त्यसपछि रुपान्तरित १४ शिक्षा सेवा शुल्क हुँदै गुजेको विद्यालयलाई नियमको नाममा २०६९ मा संस्थागत विद्यालय सञ्चालन मापदण्ड तथा निर्देशिका जारी गरिएको छ ।

तथ्याङ्कमा निजी विद्यालय : एक दृष्टान्त

नेपालमा हाल भण्डै १० हजार संस्थागत विद्यालयहरू छन् । उच्च शिक्षा र मन्टेश्वरीलाई पृथक राखेर हेर्नेहो भने हाल निजी विद्यालयहरूमा भण्डै १३



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लाख ५० हजार विद्यार्थी अध्ययनरत छन् । यो उक्त तहको कुल विद्यार्थी सङ्ख्याको १८% हो । संस्थागत विद्यालयमा करिब २ लाख शिक्षक कर्मचारी कार्यरत छन् । उनीहरूमा आश्रित जनसङ्ख्या करिब १५ लाख रहेको छ । यसैगरी यस्ता विद्यालयहरूमा वार्षिक २० अर्बखर्च भएको तथ्याङ्कले देखाउँछ । यो कुल शिक्षामा सरकारले छुट्याएको बजेटको भन्दा २५% हुन आउँछ । यसैगरी प्रति व्यक्ति वार्षिक लगानी यस्ता विद्यालयमा सरदरमा रु. १५००० छ । उता नेपालमा हालसम्म शिक्षाको गुणस्तरको सूचक स्वीकार गरिएको एसएलसीको नतिजालाई हेर्ने हो भने वि.सं. २०७१ मा मात्र सहभागी २,०२३,३९९ जना विद्यार्थीमध्ये सामुदायिक विद्यालयबाट २९,७३% अर्थात् १,००,३४२ विद्यार्थी उत्तीर्ण भए । अर्कोतर्फ संस्थागत विद्यालयबाट सहभागी कुल १,०३,३४४ विद्यार्थी मध्ये ८९.३८% अर्थात् ९१,९२५ विद्यार्थी उत्तीर्ण हुन सफल भए । इप आउट त भनै चिन्ताजनक छ । सामुदायिक विद्यालयका एसएलसी दिने ४६९४ विद्यार्थी विभिन्न कारणले इप आउट भए भने संस्थागतका मात्र ४०५ जना ।

निजी शिक्षा : अन्तरराष्ट्रिय अभ्यास

आजको संसारमा राज्यले सबै विषयको जिम्मा लिन सक्दैन । विश्वका अधिकांश मुलुकमा शिक्षा रोजन नागरिकलाई छुट दिइएको छ । केही आफूलाई साम्यवादी राज्यको पगरी गुथाएका मुलुकबाहेक अन्यले शिक्षामा निजी क्षेत्रलाई स्वागत मात्र गरेका छैनन् बरु यस मार्फत मुलुकलाई दिगो विकासको मार्गमा समेत लगेका छन् ।

माओको चीनमा आजको दिनमा ७०,००० भन्दा बढी निजी विद्यालयहरू छन् जहाँ अन्तरराष्ट्रिय भाषाको पढाइ हुन्छ । २००३ मा Law on Promotion of Private Education आएपछि चीनमा १.८१ billion बालबालिका निजी विद्यालय जान्छन् । अष्ट्रेलियामा क्याथोलिक र इन्डिपेन्डेन्ट गरी दुईप्रकारका निजी विद्यालयहरू अस्तित्वमा छन् । कम शुल्क लिइने क्याथोलिक विद्यालयलाई राज्यले अनुदान र सहूलियत दिने गरेको छ भने इन्डिपेन्डेन्ट विद्यालयहरूलाई शुल्क तोक्न पुरा छुट दिइएको छ । यसैगरी जर्मनीमा सब्सिड्युट विद्यालय र एमिजलरी विद्यालयका नाममा निजी शिक्षण संस्था छन् । यहाँ पनि सब्सिड्युट विद्यालयलाई सेवा र शुल्क तोक्ने अधिकार दिइएको छ । उता इटलीमा शिक्षा सम्पूर्ण रूपमा

निःशुल्क भनिए पनि १०% बालबालिका निजी विद्यालय जान्छन् । भारतकै कुरा गरौं, त्यहाँ केही विद्यालयहरूले सरकारबाट सहयोग पाएका छन्, तर त्यहाँ शिक्षाको निर्णय गर्ने अधिकांश अधिकार प्रदेश सरकारलाई दिइएको छ । फिलिपिन्समा त सरकारी शिक्षाभन्दा निजी शिक्षा सस्तो छ । नेपालमा सरकारी विद्यालयको भन्दा निजी विद्यालयको शिक्षा गुणस्तर किसिमको छ ।

विश्वका अन्य मुलुकमा पनि शिक्षामा निजीकरणलाई विभिन्न तरिकाले परिभाषित गरिएको छ । क्युबा र उत्तर कोरियाबाहेक शिक्षा सम्पूर्ण रूपमा निःशुल्क र अनिवार्य रहेको श्रीलङ्कामा समेत निजी विद्यालयहरू फस्टाएका छन् । बरु नाम र दर्ताका प्रकारमा तिनीहरू फरक पाइन्छन् । अधिकांश देशमा सरकारको लगानी नभएका विद्यालयलाई Independent School भनिन्छ भने कतिपय देशमा यिनीहरू धार्मिक संस्थामा दर्ताभएका छन् । सबैजसो मुलुकमा व्यवस्थापकीय पञ्चदशका लागि Autonomy अर्थात्स्वायत्तता दिइएको हुन्छ । यस्ता विद्यालयलाई सरकारले अनुदान पनि दिन्छ । जस्तैस्वीडेन, नर्वे, फिनल्याण्ड जस्ता मुलुकमा कुल वार्षिक बजेटको ९८% सम्म सरकारले भौचरमार्फत खर्चिन्छ । उत्तर कोरिया, मेक्सिको, पेरु र इन्डोनेसियामा मुलुक हेरी पचास भन्दा बढी प्रतिशत बजेट सरकारले अनुदानको रूपमा उपलब्ध गराउँछ । अमेरिका, बेलायत, ब्राजिलजस्ता देशमा १० प्रतिशतभन्दा कम मात्र सरकारले अनुदान दिने गरेको छ । भुटानमा निजी विद्यालयमा पढ्ने बालबालिकालाई पनि सरकारले नै निःशुल्क पुस्तक दिने गर्दछ ।

विद्यार्थी सङ्ख्या हेर्ने हो भने ब्राजिल, मकाउ, दुबई जस्ता मुलुकमा जम्मा विद्यार्थीको ५०% भन्दा बढी विद्यार्थी निजी विद्यालयमा जान्छन् भने सिङ्गापुर, रुस, टर्कीजस्ता मुलुकमा निकै कम विद्यार्थी (२% भन्दा कम) निजी विद्यालय जान्छन् । छिमेकी भारतमा सरदर ४०% बालबालिका निजी विद्यालय जाने गरेको तथ्याङ्कले देखाएको छ ।

नेपालमा निजी विद्यालयको भूमिका : सबल पक्ष

निजीकरण आजको विश्वव्यापी अवधारणा हो । विश्वका अधिकांश मुलुकहरू निजीकरणप्रति अहिले निकै आकर्षित हुँदै, निजी क्षेत्रलाई राज्यका हरेक विकास निर्माणका क्षेत्रमा आउन आकर्षित गरिरहेको सन्दर्भ छ ।

त्यसकारण पनि नागरिक माथि राज्यको दायित्व भनेको उपयुक्त नीति नियमको व्यवस्था गर्नु, शान्ति सुरक्षाको प्रत्याभूति दिलाउनु र लगानीको उपयुक्त वातावरणको सृजना गरिदिनु लगायतका सीमित विषय वस्तुहरूमाथि केन्द्रित हुँदा राज्यको कार्यक्षेत्र साँघुरिदै गएको वर्तमान स्थिति छ । नेपालको शिक्षा क्षेत्रमा निजी लगानी परिचालनको प्रश्न धेरै अगाडिदेखि छलफल तथा बहसको विषय बनेको छ । छनौटका विकल्पहरू अत्यन्तै न्यून छन् । आन्तरिक राजस्व वृद्धिको सम्भावना नेपालमा धेरैबलियो देखिँदैन । राज्यको खर्च बजेट र आन्तरिक राजश्व परिचालनको खाडल निरन्तर बढिरहेको छ । वैदेशिक सहयोग तथा अनुदानमा हामी लामो समयदेखि निर्भर छौं, तर वित्तका केही वर्षहरूमा दाता राष्ट्रहरूको सहायता ठुलो भए पनि शिक्षामा प्राप्त उपलब्धी कमजोर हुँदै गएको देखिन्छ भने विकृति बढ्दो छ । शिक्षामा वैदेशिक ऋणको ठुलो भार थेग्न सकिने परिस्थिति देखिँदैन । वैदेशिक सहयोगमा बढ्दो सामुदायिक योगदानहरू Mass Education र शिक्षाका आजका अपेक्षाहरूको तुलनामा भावनात्मक रूपमा महत्त्वपूर्ण भए पनि राष्ट्रिय आवश्यकता दृष्टिले नगण्य देखिन्छन् । यस्तो परिस्थितिमा मिश्रित अर्थव्यवस्था र वर्तमान सविधानले स्थापित गरेका मूल्य मान्यताहरूका पृष्ठ भूमिमा नेपालको शिक्षा क्षेत्रमा राज्य र निजी क्षेत्रको सह अस्तित्व एवम् सहकार्य शिक्षामा लगानी परिचालनको स्थायी र सम्मानजनक समाधान हुने कुरा निर्विवाद नै छ ।

आज निजी क्षेत्रमा स्थापित विद्यालयहरूले २९ औं शताब्दीका नवीन चुनौतीहरू सँग सामना गर्नसक्ने दक्ष जनशक्ति निर्माणका साथै राष्ट्रको सर्वाङ्गीण विकासका लागि महत्त्वपूर्ण भूमिका निर्वाह गरिरहेका छन् । यतिमात्र नभएर गुणस्तरीय शिक्षाका लागि विदेशिने प्रवृत्ति सङ्ख्यात्मक रूपमा कमी भई स्वदेशमै उद्यमशीलताको विकासका साथै करोडौंको धनराशि विदेशिनबाट बचाउनमा समेत निजी क्षेत्रको औचित्य प्रमाणित भैसकेको अवस्था छ । हजारौंको सङ्ख्यामा दलित, जनजाति, गरिब, जेहेनदार तथा द्वन्द्वमा परेका विद्यार्थी लगायत जनआन्दोलनका घाइते एवम् सहिदका परिवार तथा अङ्गभङ्ग भएका विद्यार्थीहरूलाई छात्रवृत्ति प्रदान गरी राष्ट्रले गर्नुपर्ने लगानीमा निजी क्षेत्रले ठुलो योगदान पुऱ्याएको छ । यस प्रकारको सहयोगलाई राज्यले उचित सम्बोधन गरी अझ

व्यवस्थित र पारदर्शी बनाउँदै राष्ट्र र जनताको हित र कल्याणको लागि प्रयोग गर्नसक्ने अझ बढी सम्भावना देखिन्छ ।

निजी विद्यालयले वर्तमानमा भोग्दै गरेको समस्या र चुनौती

१. शिक्षा नीतिको आजको अवस्था

नेपालमा वि.सं. २०२८ को शिक्षा नीति समायानुकूल छैन । यसमा तत्काल परिवर्तन गरिनुपर्छ भन्ने माग बारम्बार उठेको छ । जसले वर्तमानको प्रतिनिधित्व गर्छ, यसै अनुरूप नयाँ नेपालको शिक्षा नीति तथा पाठ्यक्रम निर्धारण गर्नुपर्छ । शिक्षाका लागि बनेका अन्तर्राष्ट्रिय मापदण्ड लागु गरिनु पर्दछ । नीतिमा आमूल परिवर्तन नभइकन शिक्षाको स्वरूप पुरानो ढर्राबाट बदलिने वाला छैन ।

वि.सं. २०२८ को राष्ट्रिय शिक्षा पद्धतिको योजना आजसम्मको शिक्षा प्रणालीको मूल आधार हो । २०२८, सहित २०३३, २०३६, २०३९, २०४५, २०४९ हुँदै शिक्षा ऐन सात पटक संसोधन भइसकेको छ र अहिले आठौं पटक संसोधनको तयारीमा छ तर यसले न आजको आवश्यकताको स्पष्ट सम्बोधन गरेको छ न त सरकोकारवालालाई समावेश गर्न सकेको छ । भाषामा समावेशी राज्य अनुदारको परिभाषामा उदाहरण बन्दै गएको छ । यस अघि नैडोकाको साटो भ्याल अर्थात् अघ्यदेश मार्फत संसोधनको तयारी गरिएको शिक्षा ऐन यसपटक संसदमा संसोधनको अन्तिम तयारीमा छ, तर अचम्मको कुरा नेपालको शिक्षा क्षेत्रको एक तिहाइ हिस्सा ओगटेको निजी क्षेत्रलाई सोधनी त परेको कुरा सम्झइएको पनि छैन । भाषामा लोकतन्त्रको उन्नत अभ्यास गणतन्त्र बनिसकेको राज्यले ऐन संसोधनमा अधिनायकवादी चरित्र देखाएको छ । हिजो ठुलो हिस्सामा विद्यालय सञ्चालकहरूको विरोधका विच कम्पनीमा लगिएका विद्यालयलाई यसपटक सहकारी वा गुठीमा जान भनिएको छ । यसमा पनि ऐनजस्तो दीर्घ महत्त्वको दस्तावेजमा विरोधाभासी विषय समावेश गरिएको छ । राज्य पुनर्संरचनामा जाँदगर्दा प्रदेशहरूले बनाउने शिक्षा नीति र गर्ने व्यवस्थाको समेत बेवास्ता गर्दै छाँटा ऐनको तयारीदेखि शिक्षा ऐनमा संसोधनको हतारो देखाइएको छ । संस्थागत विद्यालय बेलाबेलामा राज्यलाई भन्दै आएको छुट्टै शिक्षा ऐन या छुट्टै खण्डको आवाज सम्बोधन भएको छैन बरु संकृचनको मात्रा बढाइएको छ ।

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THE VIEW FROM NORTHALLERTON, UK

-ROTARIAN TOM BANFIELD

Northallerton is a prosperous market town (population around 17,000) situated some 250 miles north of London on the main railway line to Scotland. It is surrounded by high quality farming land, and also supports some light industry and tourism. There are two Rotary Clubs in the town: RC of Northallerton, founded by local businessmen in 1947, and their daughter club Northallerton Mowbray founded in the early 1990s.

Both Clubs are part of RI District 1040, which brings together nearly 80 Clubs across Yorkshire. It was this District, led particularly by RC of Harrogate Brigantes (a larger town about 30 miles south of Northallerton), which first linked with RC of The Himalayan Gurkhas in 2011. The project then was to install computers in rural schools, and also ensure that they were going to be properly maintained and used. The first team consisted of 8 Yorkshire Rotarians, at least some of whom (with others) have visited every year since. There is no doubt that without the very active help and support of The Himalayan Gurkhas Club this project would never have worked. They have smoothed our way at every turn, engaging with the schools themselves, local villagers and government authorities whenever necessary. They have also been our most thoughtful hosts, travel agents, and firm friends as well.

The Northallerton Club is responsible for 3 schools assisted by sponsors from RCHGK: Shahid Smarak College (Chitwan) (Rtn Captain As bahadur Gurung), Majhathana HSS (Rtn Maj Bhimbahadur Gurung) and Rithepani LSS (near Pokhara) (Rtn Maj Yambahadur Gurung).

Northallerton Rotarians John Proud and Duncan Davison made several visits during this time, and Major Lil Bahadur Gurung also visited the UK and spoke at our District Conference and at the Northallerton and Harrogate Brigantes Clubs. We were gratified to hear how well the students have been doing, especially when Sirubari was given an extra government computer grant because of their splendid achievement.

Gurkha service in the British Army for 200 years is greatly respected in our country, and they are personally held in high regard. So when news came of the Nepal earthquakes in April 2015 we were pleased we could respond very promptly with financial help, sent directly to the Gurkhas RC. When one Rotary Club has built such strong ties with another the trust becomes absolute: we were totally sure that whatever we gave would be used promptly and effectively, with no question of any "diversions" into Government accounts or other pockets.

But emergency hand-outs were only part of the solution. So our Northallerton Club, again working hand in glove with the Gurkhas RC, has now invested in a Goat Farm at Sirubari. We paid for all the initial buildings and the goats themselves, together with the full first year's running costs. Thereafter it is expected to generate its own profits for the benefit of the village, and also be a source of "goat loans" to other farmers in the Valley (to be paid back in the form of kids). It was formally opened by 3 Northallerton Rotarians in March 2016. We see this as a hand-up rather than a hand-out – and although it will take lots of hard work and careful management to succeed we have every confidence in the end result.

The world-wide Rotary motto is "Service Above Self". The Northallerton Club congratulates the Gurkhas Club on living up to this motto with such energy and dedication, and sends them every good wish for the future.



NEPAL EARTHQUAKE HUMNITARIAN RELIEF WORK

MAJOR DONOR – ROTARY INTERNATIONAL DISTRICT 1040, YORKSHIRE, ENGLAND

AND MANY OTHER FRIENDS AND WELL WISHERS ACROSS THE GLOBE

PROJECTS MANAGED AND LEAD BY RC THE HIMALAYAN GURKHAS

Ser	Location	Beneficiaries	Help given	Coordinator	Date completed
1	Dubekul VDC, Khotang	900 (300 households)	300 tents 300 Blankets	Rtn Yubaraj and Rtn Lok	27/28 May
2	Chaukati VDC, Sindhupalchok	82 (28 households)	Tents, rice, cooking oil, salt	Rtn Samvu	30 May
3	Bhumlichok, Lamjung Pyarjung lamjung	135(45 households)	CGI sheets	Rtn Garja Narayan, Harak	30 May tbc
4	Panchamul valley (Daraun, Panchamul, Aruchaur and Rapakot VDCs Syangja	249 (83households)	Rice, daal, salt, cooking oil and blankets	Rtn Krishna, Rtn Prithvi, Sunita and Anju, members of Panchamul RCC	28/29 May
5	Ghanpokhara VDC, Lamjung	240 (60 households)	800metres of 2" PVC pipe, to restore drinking water supply disrupted by earthquake	CP Major Gopal	30/31 May
6	Bange Fadke VDC, Syangja	378 (125households)	CGI sheets, Rice and blankets	Rtn Krishna Rtn Prithvi, Sunita and Anju	29/30 May
7	Tokha, Budhanilakantha VDC	70 x EQ victims	Rice and blankets	Rtn Krishna	25 May
8	Thulo Parcel VDC, Kavrepalanchok	375 (125 households)	Rice and blankets, cash to repair Lama quarter	Bhim, Siri, Samvu, NB, Lok and Krishna	June
9	Haibung VDC Sindhupalchok	250 (83 households)	CGI sheets	Rtn Siri	June 2015
10	Majhathana , Kaski	800/32	CGI sheets and food items	PP Bhim	July 2015

11	Barpak VDC, Gorkha	125 units	Construction materials	PP Bejoy	Nov 2015
12	Lwang, Kaski	School – 200 pupils	Build 2 x class rooms	Lok and Siri	Completed
13	Eladi, Syangja	School, 300 pupils	Rebuild class rooms and toilets	Siri and Lok	Completed
14	Chaukati, Sindhupalchok	47 households	Restoration of earthquake damaged drinking water source	Sambhu and Bhakta	In progress
15	Panchamul 5, Vakimle	27 households	As above	Krishna	Completed
16	Aruchaur - 2	32 households	As above	PP LB	In progress
17	Bange Fadke	School 140 pupils	Restoration of earthquake damaged school building	PP LB	In progress
18	Ranipani, Parbat	School 200 pupils	As above	Narayan	In progress
19	Bhumlichok, Lamjung	87 households	Rebuild earthquake damaged community hall	Garja	In progress
20	Aruchaur 2, Sirkhu	35 households	Restoration of earthquake damaged drinking water source	Prithvi	In progress
21	Panchamul – 5, Vakimle	Entire ward of 55 households	Goat Bank to supplement better living conditions to earthquake victims	PP LB and Krishna	Operating well

An Old man had 8 hair on his head.

He went to a Barber shop.

Barber in anger asked:

shall I cut or count ?

Old man smiled and said:

"Colour it!"

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MR ALISTAIR GORDON – HK

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IDA AND PEGGY – HK

MISS LAM YUEN – HK

MR JULIEN BUCKERIDGE – HK

DRS ROSA AND IAN MATHESON – FRIENDS OF ANGEL – UK

MRS LYN PROUD – NORTHALLERTON, YORKS – UK

MRS JAN DAVISON – NORTHALLERTON, YORKS - UK

MS MAHIMA GURUNG (d/o Major Milan Chandra Gurung) - UK

YOUR GENEROUS CONTRIBUTION
TO THE VICTIMS OF NEPAL EARTHQUAKE 2015
IS MUCH APPRECIATED

FROM:

Rotary Club The Himalayan Gurkhas
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THE BENEFICIARIES



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Award: Rotary International Champions of Change

Charity fundraiser honoured in top awards

BY JANET HARRISON
news@harrogateadvertiser.co.uk
@HGAdvertiser

Harrogate Rotarian Barry Pollard has been honoured with Rotary International in Great Britain and Ireland's Champions of Change award for his outstanding work in the community.

Barry was chosen for the award after he worked with the Rotary Club of Himalayan Gurkhas to supply 10 secondary schools in the Panchamul Valley with IT equipment.

"This involved not just supplying PCs but also the power to run them and connect them to the internet," said club spokesman Brian Souter.

Andrew Jones MP for Harrogate and Knaresborough accompanied Barry when he joined 10 other previously un-



Rob Wilson (Minister for Civil Society), Barry Pollard (Awardee from the Rotary Club of Harrogate Brigantes), Hazel Haas (District Governor), Peter Davey (Rotary International in Great Britain and Ireland President) and Andrew Jones (MP for Harrogate and Knaresborough).

sung Rotary heroes to receive his award at a ceremony hosted by Baron Inglewood at the House of Lords.

Baron Inglewood, who is an honorary member of Penrith Rotary Club, described the event as a "great initiative in promoting the values of Rotary not only among our Lords and leaders but also within the

Rotary world".

Minister for Civil Society, Rob Wilson presented the awards after he demonstrated keen personal and professional interest in encouraging people to engage in social action, volunteering and the Big Society Initiative, a key principle of Rotary.

The minister said he was

"humbled" by the projects recognised and believed "we need more organisations like Rotary driving change and reform".

Nominations for the awards were in two categories - domestic and international - and were invited from across Rotary's 26 districts, which take in 1,800 clubs and 50,000 members.

Winners' projects ranged from work tackling the problem of human trafficking in India to raising money and awareness for families affected by domestic violence here in the UK.

Peter Davey, president of Rotary International in Great Britain and Ireland, said: "Barry's work is invaluable in helping improve education in the Panchamul Valley and he is a very worthwhile recipient of one of this year's awards."

Peter said he hoped all would be inspired.

2015/16 Rotary International in Great Britain & Ireland
CHAMPION of CHANGE
Awards

In recognition of outstanding volunteer work to improve the lives of others

This award is presented to

Barry Pollard

Thank you for what you have achieved over the years.

Kadi
RI President 2015/16

Peter Davey
RI President 2015/16

Peter Offer
RI Director 2015-17



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From
RC
The
Himalayan
Gurkhas

लोडसेडिङको अन्त्य कहिले ?

जलस्रोतमा विश्वको दोस्रो धनी देश नेपाल भए पनि लोडसेडिङमा पनि धनी छ । दैनिकीजस्तो १५/१६ घण्टा लोडसेडिङ भइरहेको छ । अझै वैशाख/जेठमा बढ्ने सम्भावना देखिन्छ । सरकारले १ वर्षभित्र लोडसेडिङ अन्त्य गर्नु भनिरहेको छ तर सरकारी निकायबाट यसको निर्मूल पार्ने कुनै उपायहरू निकालिएको छैन । नेपालको जलस्रोतमा ८३ हजार मेगावाट विद्युत उत्पादन गर्ने क्षमता छ । अहिलेको माग भनेको १३ सय मेगावाट हो । त्यसमा पनि हिउँदमा ३०० मेगावाट मात्र उत्पादन हुँदा लोडसेडिङ बढिरहेको छ । बर्गयाममा नेपालको टोटल विद्युत क्षमता ७५० मेगावाट हो । वर्तमान सरकारका प्रधानमन्त्री केपी शर्मा ओलीले यो सरकारको मुख्य उद्देश्य भनेको लोडसेडिङ अन्त्य नै भनिरहेको छ । सरकारको कुरा बालुवामा पानी हाले जस्तो भएको छ । नेपाली जनताले विश्वासै गर्नसकेका छैनन् र विश्वास गर्ने आधार बनाएको पनि छैन । त्यसकारण कि त सरकारले जलविद्युतमा पूर्ण लगानी गरेर लोडसेडिङको अन्त्य गर्नु पर्छ किनभने ऊर्जाको क्षेत्रमा अन्य विकल्प दिएर लोडसेडिङ मुक्त गर्नुपर्छ ।

विश्वको ध्यान नेपालमा आकर्षित भइरहेको अवस्थामा नेपाल आफै बेरोजगारी, गरिबी, महङ्गी र भट्टाचारको दलदलमा फसिरहेको छ । विश्वमा नेपाल सगरमाथाको देश, हिमालै हिमालले भरिएको देश, गौतम बुद्ध जन्मिएको देश र जलस्रोतमा धनी देश भनेर चिनिन्छ । नेपालमा हुने जडिबुटी विश्वको कुनै मुलुकमा यहाँको जति सबै प्रकारको पाईदैन । आज विश्वमा पानी नपाईने खाडी देशहरू अत्यधिक घनि भएका छन् । जहाँ लोडसेडिङ हुन्छ भन्ने कुरा थाहा नै हुँदैन । खाडी मुलुकहरूले तेल बेचेर धनी भएका छन् तर हाम्रो देश जलस्रोतमा धनी हुँदा पनि गरिव मुलुकको नाममा दर्ज भएको छ । नेपाली नेताहरू र यहाँका अस्थायी सरकारहरूले देशलाई दबदबेको खाडलमा हाल्न खोजिरहेका छन् । सरकार सत्तामा टिकिरहने स्वार्थका लागि आफ्नो



-रोटरियन
भोजबहादुर खत्री

देशको अस्मिता पानीलाई बेचिरहेका छन् । यहाँका राजनीतिक दलका नेताहरूमा कुयुद्धि, अर्घचेतन र निम्न पुँजीवादी चिन्तनका कारण उनीहरू देशको स्वार्थ भन्दा बाहिर आफ्नो व्यक्तिगत स्वार्थमा हिँड्दा नेपाल परनिर्भर मुलुक हुन पुग्यो । सत्तामा रहनेहरू कहिल्यै पनि जनताप्रति उत्तरदायी नबन्नुको कारण आज नेपाल उँधो गतिमा गइरहेको छ । यसबाट जोगाउन राजनीतिकदलहरू र सरकार तयार छैन । बरू राज्य नै गुमोस्, व्यक्तिगत स्वार्थपूर्ति हुन्छ भने देश बेच पनि तयार छन् । सत्तालाई कमाई खाने भौडो र आफ्ना नजिकका कार्यकर्ता आफ्नोको भीड जम्मा गरेर राजनीतिक नेताहरूले सरकारी निकायहरूलाई ध्वस्त पारेका छन् ।

नेपालमा राणाशासनको अन्त्यपछि २००७ सालमा प्रजातन्त्र आयो । विकासको काम केही हुन सकेन । त्यसपछि २०१५ सालसम्म अस्थायी सरकारहरू निर्माण भए । २०१५ देखि २०४६ सालसम्म ३० वर्षे पञ्चायतकालमा सत्ता राजाले हडप्यो । तत्कालीन अवस्थामा राजाले आफ्नो सत्ता टिकाइरहन विकासको कामभन्दा पनि दरबारमा सम्पति धुपार्नेतिर लागे । २०४६ सालमा नेपाली कांग्रेसको नेतृत्वमा एमाले सहितका संसदवादी दलहरूले जन आन्दोलन गरे । त्यसपछि राजाको हातबाट सत्ता दलहरूले लिए । कांग्रेस र एमालेले सत्तामा जान हानाथापी गरिरहे । जसले गर्दा ऊर्जा लगायत औद्योगिक क्षेत्रमा कुनैपनि विकासको गति अघि बढेन । राजनीतिक अस्थिरताको कारण २०५२ सालबाट माओवादी जनयुद्ध सुरु भयो । जुन १० वर्षे अवधिमा विकासको गति उँभो लान्ने कुरै भएन । त्यसपछिका यी १० वर्षमा सत्ताको हानाथापी र संविधान निर्माणले ओगट्यो विकासको गति शून्य स्थितिमा पुग्यो । भएका औद्योगिक

क्षेत्रहरू धमाधम बन्द भए । राजनीतिक अस्थिरताका कारण जलविद्युत क्षेत्रमा सरकारी लगानीले उत्पादन गर्न सकिनेहरूो छैन । नीजि क्षेत्रले लगानी गरेका जलविद्युत आयोजनाले सानो मात्रामा उत्पादन भइरहेको छ । यसले हाम्रो देशको मागलाई पूरा गर्न सक्दैन । सरकारले नै हाइड्रो क्षेत्रलाई मुख्य प्राथमिकता दिएर वैदेशिक सहयोगमा ठूला आयोजनाहरू निर्माण गर्न सके लोडसेडिङ अन्त्य हुन्छ । नेपालको आर्थिक गति बढेर जान्छ । विद्युत धेरै मात्रामा उत्पादन गर्न सके नेपाल मौरासायनिक मूल कारखाना निर्माण गर्न सकिन्छ । जसका लागि विद्युत भए पुग्छ, कच्चा पदार्थको आवश्यकता नै छैन । अन्य ठूला उद्योगहरू निर्माण गर्न सकिन्छ । अहिले भएका उद्योगहरू पनि लोडसेडिङको मारमा परेर बन्द भएका छन् । सरकारले जलविद्युत क्षेत्रमा लगानी गरेर औद्योगिक विकासका लागि युवा जनशक्तिलाई यहीँ रोजगारीको ग्यारेन्टी गरेमा आर्थिक क्रान्ति हुन्छ र देशको विकासको गति माथितिर जान्छ । दैनिकी १२०० देखि १५०० को हाराहारीमा युवा जनशक्ति विदेश पलायन हुन्छन् त्यहीबाट आउने रेमिट्यान्सबाट राज्य चलिनेहरूो छ । राज्यले यहीँ रोजगारी सिर्जना गर्नुको सट्टा विदेश पठाउने नियत हो कि जस्तो देखिन्छ ।

नेपालको राजनीतिमा भारतको प्रभावलाई राम्रोसँग बुझ्नेहरूो चीनले नेपालमा लगानी गर्ने वातावरण खोजिरहेको थियो । त्यो अवसर जुरेको छ । भारतलाई पुरै पन्छाएर चीनको मात्र भरपूर काम गर्नु नेपालीको लागि फलामका चिउरा चपाएसरि हुनेछ । फेरि चीनले नेपालको बाटो हुँदै भारतसित समेत व्यापार गर्नेगरी सबै खाले बाटाहरू खोल्ने छ । त्यसकारण गरिब देशका भिखारी मानसिकता भएका नेता र कर्मचारी यन्त्रले अहिले नै भारतसित टाढा भएर होइन दुवै छिमेकीलाई बराबरीमा राखेर व्यवहार गर्न सकेमा राम्रो हुनेछ ।

नेपाल ठूला दुई छिमेकीबीचमा भइकन पनि शासक वर्गको अदुरदर्शिता र दास मानसिकताका कारण पछि परेको मुलुक हो । यसपटकको संविधान निर्माणमा पनि ठूलो हिस्सा

घेरा बाहिरै रह्यो । जसले कुनैन कुनै रूपमा भोली विद्रोह नगर्ना भन्न सकिन्न । नेपालको संविधानले यस पटकपनि बहुमत ल्याउनेले शासन गर्ने प्रावधान अंगालेको छ र संसदमा बहुमत सिद्ध गर्न करोडौँ रकमको चलखेल हुने सम्भावनालाई पनि संगै लिएर आएको छ । यसकारण छिमेकीसित भएको विकासमुलक सम्झौता पुराका पुरा लागु हुनेमा शंका उत्पन्न हुनेछ । किनकी त्यस्ताखाले सम्झौता लागू हुन स्यायी सरकार चाहिन्छ । स्यायी सरकार मानिएको सरकारी कर्मचारी संयन्त्र चाहिन्छ । जवकी नेपाल यस्तो प्रणाली तिर नैगएन । भन्न खोजेको संसदीय व्यवस्था संघै अस्थिर हुने गर्छ । त्यसको सट्टा प्रत्यक्ष जनताबाट निर्वाचित राष्ट्रपतिय वा प्रधानमन्त्रीय प्रणालीमा सम्झौताहरू लागू गर्न कसैले बाधा पुर्‍याउन नसके हुन्छ । कर्मचारी संयन्त्रको बढि हिस्सा गुलामी गर्नमै व्यस्त र नेता दास मानसिकताका तथा सरकार संघैअस्थिर हुने यो देशमा चीनसंग भएका सम्झौता पुरै लागु हुने सम्भावना कम छ ।

नेपाल कृषि प्रधान देश भनेर विश्वमा चिनिन्छ । पानीमा दोस्रो ठूलो देश भनिन्छ तर यहाँ तराईका फाँटहरूमा भारतसंगको असमान सन्धिको कारण सिँचाइ नभइकन बाँभो पल्टेर बसिरहेको छ । जलविद्युतको क्षेत्रमा माथिल्लो कर्णाली सबै भन्दा बढी उत्पादन हुने क्षमता भएको आयोजना हो जुन नेपालले आफूबाट गुमाइसकेको छ । थोरैखर्चमा धेरै उत्पादन हुने आयोजना आज भारतको पोल्तामा भएको छ । त्यो आयोजना नेपाल सरकारले लगानी गरेर बिजुली निकाल्न सकेको भए नेपालमा लोडसेडिङ अन्त्य हुनुका साथै आर्थिक विकास हुन्थ्यो । अहिले सरकारले न लोडसेडिङको विकल्प दिन सक्छ, न त जलविद्युतमा लगानी बढाएर बिजुली नै उत्पादन गर्न सक्छ । यसकारण यो लोडसेडिङको विकल्प दिन सरकारले कहिले सोलार प्रयोग गर्ने कुरा गर्छ, कहिले हावाबाट र विराटनगरमा मल्टिफ्युल कम्पनी राख्दा पनि सञ्चालन गर्न नसक्दा त्यसबाट उत्पादन नै भएन । यसकारण लोडसेडिङको विकल्प के हो भन्दा सरकारले जवाफ दिन सकिनेहरूो छैन ।

नयाँ वर्ष २०७३ सालको उपलक्ष्यमा हार्दिक मंगलमय शुभकामना



Rtn & Mrs. Amrit



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Motivation to Learning

What is motivation?

Motivation arouses interest. Interest is the mother of attention and attention is the mother of learning. Motivation is an indispensable technique for learning. No learning is possible without motivation.

Psychologists and educators everywhere have very different definitions for the term 'motivation'. Putting it simply, motivation is what lies behind our behaviour: the combination of forces which initiate, direct and sustain behaviour towards a goal. (Lindsley 1957) When applied to the classroom, we can define motivation as what pushes a student to try to learn, or to focus his/her energies in other directions. For teachers the idea of motivation is centred around getting students to apply themselves to the learning at hand. Perhaps even more importantly, motivating students also involves getting them to want to learn. When students have a desire to learn, there is almost no limit to what the teacher and

Sanu Amatya

Child Development Specialist



class can accomplish.

Importance of Motivation in the Classroom

Motivation is an essential factor that must be considered when we attempt to understand how children use their intellectual resources and how we can help to thrive in the classroom. There are two different types of motivation: intrinsic and extrinsic. Intrinsic motivation refers to person's desire to engage in an activity simply because it is pleasing to them and they deserve a certain level of satisfaction or enjoyment from doing it. In the educational setting, intrinsic motivation is evident in children's pleasure for learning in their curiosity, perseverance, and tendency to take up tasks that are both new and challenging. When these and other aspects of intrinsic motivation are not present in the classroom, learning becomes boring and dull and children may fail to grasp certain concepts, because they are no longer interested in the task at hand.

The second type of motivation is extrinsic motivation. Unlike intrinsic motivation, extrinsic motivation prompts people to engage in an activity so that they may gain reward or perhaps avoid an unpleasant situation. Extrinsic motivation



is also very often present in the classroom through the use of "point systems" (i.e. presenting children with gold stars, following their achievement of a certain task) and even through the teacher's own praise and encouragement for his/her young students' accomplishments. In fact, praise is one of the strongest forces of motivation that can be used to make the learning process both fun and exciting for children.

Teaching is like lighting a fire where - the spark between the child and the learning process is to be provided by the teacher. Once the spark is provided the fire will definitely follow. Difficulties will be overcome, boredom will evaporate, **ready - to-be-through-with-the-problem** attitude will develop. In short, learning process is facilitated.

Factors that Affect Motivation

Motivation in the context of the classroom is a dynamic state that originates from children's perceptions of themselves as well as from their perceptions of the surrounding environment. It is these perceptions that will lead children to select an activity and participate actively in it, hence achieving a specific goal. An important question to ask then, is what factors might play a role in influencing children's perceptions of **Self and Environment**.

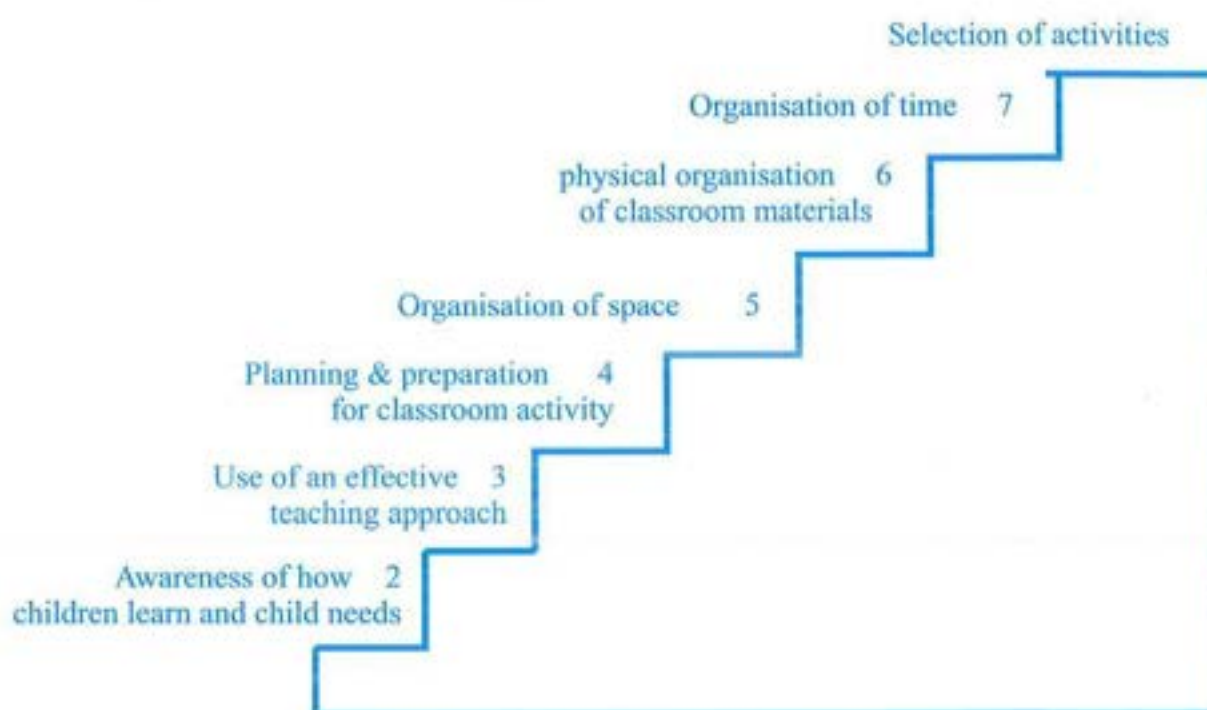
One such factor is the teacher's provision for children's basic needs. Children have a very limited attention

span and their level of concentration can be seriously affected by their physical state. For example, if a child is hungry, he or she will have difficulty concentrating on the task at hand. Similarly, if the child is tired, he or she will not wish to encourage in classroom activities and will therefore not experience successful learning. Children's motivation to learn and participate will be at optimum levels when basic need have been met.

A second factor that we must consider when discussing motivation is the child's own level of skill and ability. Although children generally progress through the same series of development stages, they do so at their own individual pace. For this reason it is imperative that a teacher provides classroom tasks that are developmentally appropriate. These tasks should be sufficiently challenging to maintain children's interest, but should not be so arduous and difficult that they cause the children to feel frustrated or inadequate. Furthermore, teachers should **respect children's individual differences in terms of their intelligence and ability**. Praise and encouragement should be offered continuously so that the children feel good about themselves, which will in turn increase their desire to learn. Children who are made to feel as though they have failed in some way will no longer be motivated to engage in certain classroom activities: a factor that is extremely essential to the learning process.

Children's motivation will also be affected by the teacher's attitude and behaviour within the classroom setting. The teacher must therefore strive to provide an atmosphere of warmth and affection for his/her students. Such an atmosphere will win the children's trust and will help them to feel at ease when participating in classroom activities. Teachers who are both kind and nurturing are sure to create a feeling of positive partnership between the children and themselves. This partnership will then serve .

7 Step Strategies for Enhancing Motivation Within the Classroom



1. Awareness of how children learn and child needs

Because motivation is very much influenced by the learning process, as well as the classroom environment, it is important that teachers first have an understanding of how children learn both in and out of the classroom.

First and foremost children learn through their senses. This is why it is so common to find children trying to understand the world around them by experiencing different objects as well as listening to and observing others. Teachers should therefore strive to use this medium when teaching children, so that they will learn both naturally and enthusiastically.

Following are some examples of classroom activities designed to stimulate children's sensory channels, thereby facilitating the learning process.

Children learn through:

- * concrete objects and first hand experience
- * play and activities
- * observation of new things in the environment
- * repetition of favourite activities
- * activities such as music, songs, stories, and rhythms for which children have a natural liking
- * participating in small group activities which fulfill their need for individual attention
- * active participation, involvement, and interaction with objects and activities
- * teacher's individual attention and guidance
- * participation in active and passive activities as young children have a limited attention span
- * experiences and activities appropriate to their level of development and interest

If a teacher keeps in mind the above characteristics, he/she can truly tailor the classroom to fit the need of each individual child. This in turn will improve the overall quality of the learning experience for children at school.

According to Maslow (1954) suggested a hierarchical set of five basic needs, which must be satisfied to reach the highest level of motivation. Similarly these needs have to be understood and fulfilled in order to achieve and attain satisfactory levels of motivation in children. These needs are :



A schematic representation of Maslow's hierarchy of motivation

Physiological Needs

These needs are like hunger, thirst, etc. and serve the function of the maintenance of the organism. A severe deprivation of food, for example, can deprive the child of various opportunities of his intellectual and other developments.

Safety Needs

Children want to have a safe environment. If the safety needs are not satisfied, the child feels a sense of insecurity and develops mistrust.

Love and Belonging Needs

When the child has his sense of security and trust, he/she develops affectionate relationships with other people (parents, peers, and teachers, etc) and has the desire to belong to a wider group. Children need affection from all quarters.

Self-esteem

A child at this level is able to function well in inter personal situations. He develops desire for achievement and competence, for independence and freedom, for reputation and prestige.

Self-actualisation

This is the highest level of motivational goals. It refers to a child's desire for self-fulfilment, to realise his potentialities. This has a special

significance at the adolescence stage.

2. Use of an effective teaching approach

When working with children a teacher must adopt an approach that will ensure an interesting, joyful and rewarding learning experience. This teaching approach should revolve around the individual child and his/her development, needs, abilities and interests. The term '**Child Centred Approach**' is often used to describe a teaching process that promotes the holistic development of children within the classroom setting. In this process the teacher serves as a guide or facilitator for students. Children and teacher learn hand in hand to achieve their learning objectives.

How can teachers stimulate children to explore new paths to develop their ideas or try something new and challenging?

Stimulation in classroom may involve:

- * participating in an activity with a child or group of children
- * offering attractive and varied materials for the children to use and explore
- * offering a variety of classroom activities
- * teaching a new skill or technique
- * designing and arranging a new workshop
- * suggesting field trips

- * leading a discussion by asking open-ended questions to make the children think
- * using humour and laughing together
- * using the children's strengths by showing interest in what they know and what they do or create
- * offering assistance when necessary
- * helping children to formulate their own questions
- * getting children to participate in the organisation of time and space within the classroom and allowing them to assist in setting up classroom rules.
- * allowing repetition of an activity so that children can master it
- * alternating between structured and non-structured activities and materials

Similarly, the approach used by teachers at the school level must also serve to encourage and support children in their thinking, feeling and actions. Such support can be lent by a teacher who:

- * encourage spontaneity
- * sits with children individually, listens to them, gives them the time they need, and acknowledges what they are experiencing
- * encourages and accepts children's verbal and non-verbal communication
- * watches the children's progress and

helps them to see it

- * encourages children in their efforts
- * maintains a certain regular schedule, especially at the beginning of the school year
- * reviews the classroom rules and displays them for the children to see, also making sure that they understand what the rules mean
- * supplies appropriate materials and makes them available to the children so that they can use them independently and then put them away without help
- * takes pleasure in doing things with the children and express enthusiasm
- * allows the children to make choices and experience an activity in their own way
- * offers help until the child indicates readiness to process alone
- * fosters an atmosphere of exploration and experimentation by not criticising mistakes

Finally, school teachers should strive to challenge their students by criticising, judging, imposing rules, or adopting positions which put the children in situations they may not like, but nevertheless have to face. By confronting children in this manner a teacher has the ability to modify certain situations, attitudes and behaviours. The teacher can

create this kind of challenge by:

- * encouraging respect for the rules of the classroom and of society
- * asking children who are in a conflict situation to explain themselves and to talk about the problem
- * expressing disagreement
- * making children understand that they are responsible for their actions

If these challenges are to serve a positive purpose, they must always be presented in an atmosphere of caring. A teacher whose mood inhibits his/her ability to be caring or affectionate is better to avoid creating such challenging situations.

3. Planning and preparing for classroom activities

Providing clear and concise instructions in the classroom is another important way of enhancing the teaching/learning experience. Good planning and preparation by teachers before entering the classroom will increase children's motivation and commitment towards learning. Teachers should aim to make lesson plans that incorporate learning focuses, choose situations that will be meaningful for the children, and make the children aware of their own needs, learning abilities.

Planning in terms of daily activities and yearly curriculum is essential for smooth functioning in the classroom. The following are some important guidelines for the planning of daily activities:

- * Maintain a good balance of individual and group activities
- * Include both indoor and outdoor activities
- * Plan active and passive activities alternatively
- * Plan activities that proceed from simple to complex
- * Plan activities that proceed from familiar to unfamiliar
- * Plan activities that ensure overall development of children

4. Organisation of space

The organisation of space in the classroom is another important consideration for teachers who wish to promote a joyful learning experiences. Children do not need to be in ideal physical surroundings to develop. However, when a large group of children are brought together in one place with the aim of stimulating their development, it is critical that the arrangement of space and materials within that environment is consistent with the objectives that the teacher hopes to attain.

The organisation of the classroom reflects the teacher's educational values, as well as his/her views of the child and the

teaching/learning process. Children learn by trial and error, so if the space around them is not designed to accommodate this need, they will constantly be getting into things or in each other's way. Therefore, the arrangement of the learning environment both inside and outside of the building should not be done haphazardly, but rather with careful thought and consideration.

5. Physical organisation of classroom materials

The placement, selection and variety of materials available in the classroom can also serve to influence children's motivation for learning. Materials should be varied, stimulating, versatile, safe, durable, and attractive to children. Materials should encourage activities of discovery, invention, and exploration. Such materials may include :

- * Materials for examining life
- * Materials for playing "grown-up"
- * Materials for creative expression
- * Materials for different themes

One important thing to keep in mind is that educational materials are often very costly and may be limited to specific purpose. As an alternative, teachers may wish to cooperate with parents in collecting a variety of

materials not usually available in specialised stores. These materials are useful in helping children acquire the habit of making do with objects that are commonly found within the home and they also lend more scope to children's creativity.

Classroom materials should be arranged in such a way as to highlight their attractiveness. This will serve to draw children's attention to the materials and revive their interest in the learning process. Materials should not be left sitting in one place for too long, because the children will no longer notice them and will not be motivated to utilise them.

6. Organisation of time

Most children find very difficult to schedule their time. Therefore, teachers must strive to schedule activities that proceed in regular segments, so as to facilitate children's understanding of time and also to motivate them to want to take part in the daily classroom activities. The activities should follow a routine that is designed to meet the developmental needs of children. For example, children arrive, play, have a toilet break, have snack time, a cleanup period, library time, laboratory time, computer time etc. for sharing and discussion, more free play, and finally a main activity that may involve a

workshop project or something similar. Listed below are some important points to keep in mind when establishing a daily routine in school.

- * Alternative calm activities with more active ones
- * Plan activities to be done individually or in large or small groups
- * Choose activities that have specific objectives as well as ones that have more general objectives
- * Make sure that the activities are adapted to the children's pace

7. Selection of activities

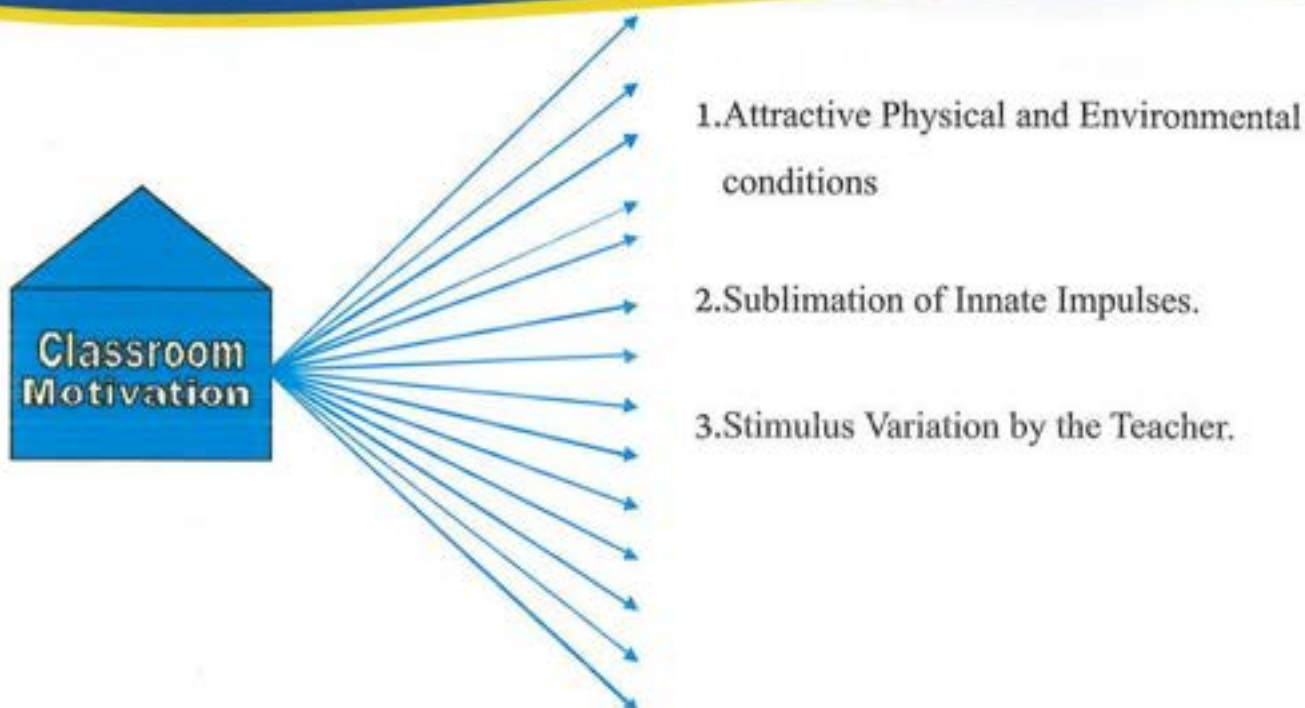
Since the school education program is focused on the holistic development of the child, activities in the classroom generally do not consist of systematic exercises. Instead the teacher should choose activities that allow children to function in a way that is natural and enjoyable for them. In order to motivate children to take part in classroom activities the teacher must also ensure that the selected activities are appropriate to the different dimensions of child development and should take into account how this development occurs. The following are some criteria which should be considered when selecting activities. Teachers should choose activities :

- * that meet the demands of the

- pleasure principle in children
- * the proceed from the children's focuses of interest, sparking their curiosity and imagination
- * that lead children to make choices and to realise and evaluate the consequences of those choices
- * that lead to the gradual but real empowerment of children in the areas of planning organisation, execution and evaluation
- * that are based on real, concrete experience (i.e. physical handling of materials solving real problems) that are based on real, concrete experience (i.e. physical handling of materials solving real problems)
- * that allow all the children to succeed recognising that each child has a different capacity for success
- * that lead children to solve current problems or improve situations in their personal lives
- * that allow children to actually participate in the management of the classroom by involving them in the development, application, evaluation and modification of instructions or classroom rules.

Classroom Motivation

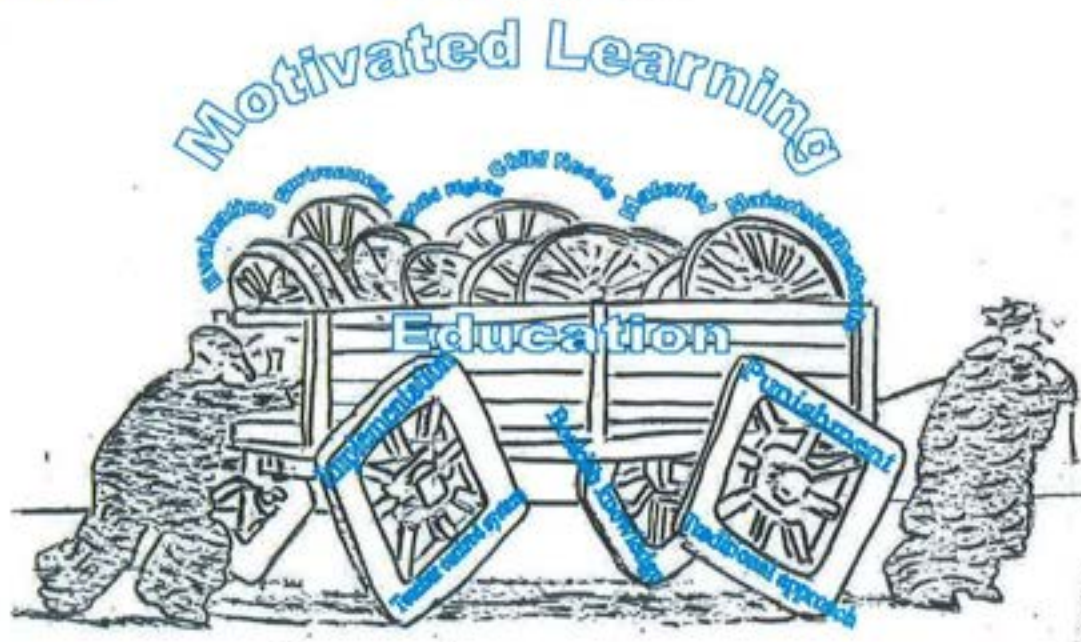
Students in the classroom learning need constant motivation from the teachers so that optimum use of their talents may be made for their development. The needs are the basis of motivation.



Meyer and Middleton (1993) explain, "Make sure that the motivating aspects of any educational activity are focused on the learning afforded by the activity. If the motivation is focused on aspects peripheral to learning, like on obtaining treats or getting out of class, then anything that is learned will also be peripheral to the content objectives" (p.290).

CHALLENGES

Picture Reflection



Teachers are trying their level best to push and pull the education system (cart). But its very depressing to observe that it can't be pulled smoothly because of the adverse existing system which work as the wheels of the education system. Now we have to accept the challenges and try to face and solve them. Let us remove the flat wheels and fix the proper wheels (round ones) to apply right based, child friendly, joyful teaching learning approaches, which is fully known as motivated learning.

Conclusion

Responsible, highly motivated students provide a great source of satisfaction for us all. They learn more, learn faster, and create fewer discipline problems than do poorly motivated students. Highly motivated students allow us to spend more time teaching, less time on classroom management problems. Their enthusiastic approach to learning makes our job enjoyable.

On the other hand, when we encounter reluctant learners, we sometimes feel helpless and frustrated. We know they could do better if only they would try. But how can we get them to try?

The question most often asked is just this: **How can I get them to try?** I try reasoning with them. I try threatening them, I even offer them special rewards. Nothing seems to interest them. What can I do?

Developing student motivation towards school work is one of the most important skill you acquire, yet it is surely the most difficult 'job'. Motivation is an emotional force or attitude that makes

someone want to do something; it cannot be pumped in from the outside. That is why persuasion and force don't work. Persuasion speaks from outside through logic and reasoning, leaving the emotions largely untouched. Force leads to resentment – a negative attitude towards the teacher and the task rather than a positive one. Neither persuasion nor force will change a student's attitude in the long run. Extrinsic incentives, too, are unsatisfactory as motivators. While incentives can sometimes lead students to do what you want them to do in specific cases, these incentives do not create a more positive attitude towards school work and learning in general. The use of incentives leads primarily to the need to provide more and more incentives.

Persuasion, force, and incentives are outside forces, but motivation comes from within. Inside each one of us is a powerful determiner of attitudes and behaviour - our self image, as we imagine ourselves to be, so we become. The beliefs we have of what we are like and what we are not like shape our attitudes and our responses to the outside world. Lasting change in a student's motivation towards school work comes only through a change in his/her self image as a learner. The most powerful way for us to help a student become an eager, highly motivated learner is to help him/her to think, feel, and believe in him/herself as a competent, successful learner.

Self images are fairly stable; they do not change easily or quickly. But they shape their self images from the reflection they see in significant others. As powerful

and significant persons in our students' school world, we play a central role in shaping their beliefs about themselves as learners. Our actions and reactions towards students show them what they are. The way we phrase the questions we ask, the comments we make regarding their work, the length of time we pause after asking a questions – all these help to shape their self-images.

Here are ten steps we can take to help make a student believe in him/herself as a learner:

1. Make the student feel included.
2. Spend time talking and listening to the student.
3. Help the student develop positive self-expectations.
4. Capitalize on what the student knows.
5. Set the stage for success.
6. Use brainstorming to develop topics and ideas.
7. Demonstrate enthusiasm for the

topic under study.

8. Use encouraging, positive responses to the student's work and show enthusiasm for his contributions.
9. Elicit feedback about the class from the students.
10. Always end on a positive note.

"People often say that motivation doesn't last. Well neither does bathing – that's why we recommend it daily." – Ziq, Ziqler

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Jokes

Husband to wife:
U don't LOVE Me at all.

·
·

Wife points towards der
five children & says-
Do u think I downloaded
these from Google ?



Wish you all very happy and Successful new year 2073

नयाँ वर्षको उपलक्ष्यमा हार्दिक मंगलमय शुभकामना

थकाली घर आँगन

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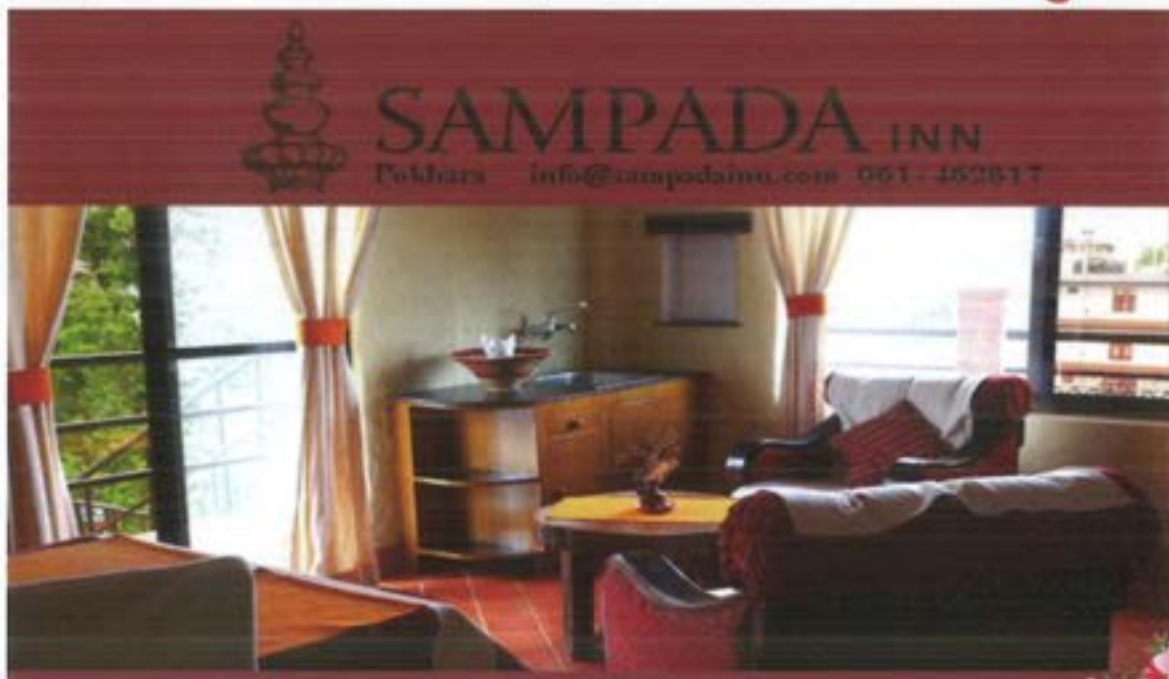
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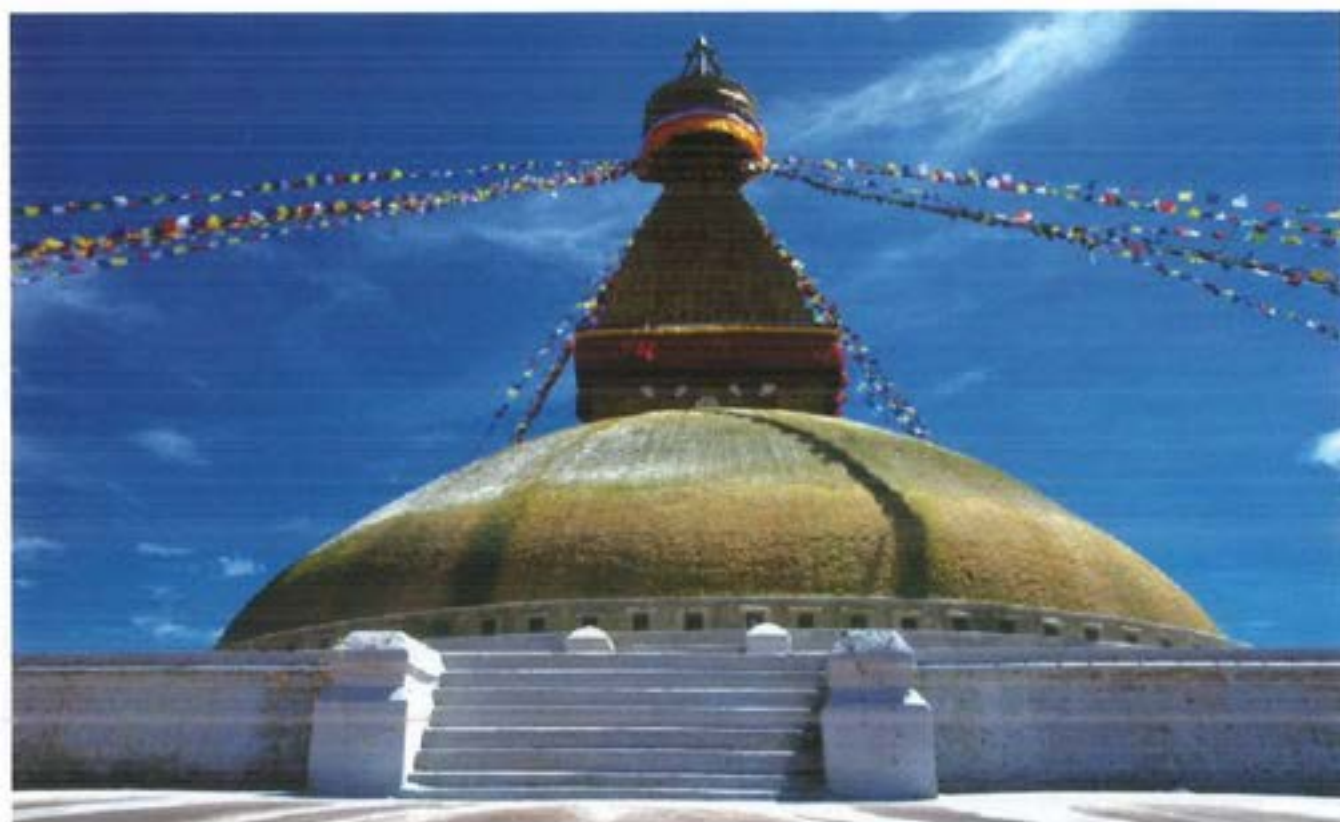
Website: www.thakaligharaangan.com

नयाँ वर्ष २०७३ सालको उपलक्ष्यमा हार्दिक मंगलमय शुभकामना



25 Reasons to go Hiking around Nepal & the Himalayas

Extracted from an article by Adrian



It was rightly said by great traveler Suraj Dahal "You can take my body out of Nepal but you can never take my heart from Nepal". Located in beautiful South Asia and sandwiched between China and India, Nepal is one of the most incredible and fascinating places to visit on our planet. With an area of 147181 square Kilometers and a population of approximately 27 million it is located in Himalayas and bordered by north of china to the south east and west by India.

This breathtaking country offers unique diverse landscape with Himalayan



Cho Oyu, 8201m, on the Tibet Side

Mountains and hills in the North and flat expensive plains to the south. So if you are looking for some place for hiking or for some adventures Nepal is an ideal place for you.

So we are going to share with you 25 reasons to go for hiking around Nepal and Himalayas.

1. The High peaks

Seven of the world's highest peaks are located in Nepal. All of the peaks reach over 20,000 Feet. This is the highest mountain range in the world. We are going to discuss the mightiest of peak that is popular throughout the world because this makes Nepal different and gives it distinction among all other countries and regions of the world.

2. Mount Everest

Mount Everest the mightiest of all peaks and king of mountains lies in Nepal with it's full glory. In Nepal it is known by the name of Sagarmatha and in Tibet as chomolungma and in world it is known as Earth's highest mountain. It is located in the Mahalangur section of the Himalayas. Its peak is 8,848 meters (29,029 feet) above sea level.

Climbing Mt. Everest is the supreme symbol of man's personal struggle to achieve what he cannot. As a metaphor, Everest is simple and pure, man versus nature, it approaches a universal understanding of our primal desire to conquer and will eternally stand as a symbol for triumph and failure. As long as Everest and man exist, it will draw adventurers without mercy, leaving no culture nor people untouched. Those who have summited the mountain seem unable to forget it for a moment, as if the mountain has seeped into their genetic fiber.



Climbing in the Himalayas

Others who attempt or merely visit Everest are often equally affected.

As Scoot Smith who climbed in 2013 explained this very fact by saying

“My reason for climbing Everest began during my teenage years in Vermont as a very simple quest to stand on top of the world. The sheer beauty and magnificence of that mountain rising above the world's tallest peaks captivated me, and I wanted to be there.”

So if you are seeking for some ultimate challenge and you are a passionate climber, Mount Everest is most inspiring and powerful challenge to you. Because by hiking and climbing on it you can not only fulfill your appetite but also make a history. A name that will remain memorable for years to come.

3. The Annapurna Region

Now this is another great feature of Nepal. Nepal is home to the Annapurna Region which is known for having some of the world's best trekking routes. There's also the Lake City of Pokhara and shorter treks for people who walk for short distances. The Annapurna Region compiles the wettest, driest, and windiest places in Nepal. What makes this trek so special is that you can look up to something new in scenery every day. So this place will surely make your days and will be a source of great joy while living in Nepal.

4. Bird Watching

Everybody loves the birds and they are a source of love and affection. People Love them because without them even the most beautiful of scenic beauty would look lonely.

With over 856 known species, Nepal is a bird watcher's paradise. That's almost 10% of the world's total bird population. Surely you'll see several birds during your stay and during your hiking and trips. So along with all the spectacles you can also enjoy chirping of birds and see them flying up in the air.

So along with hiking enjoy the light music of Birds.

5 The ultimate Peak of Adventures

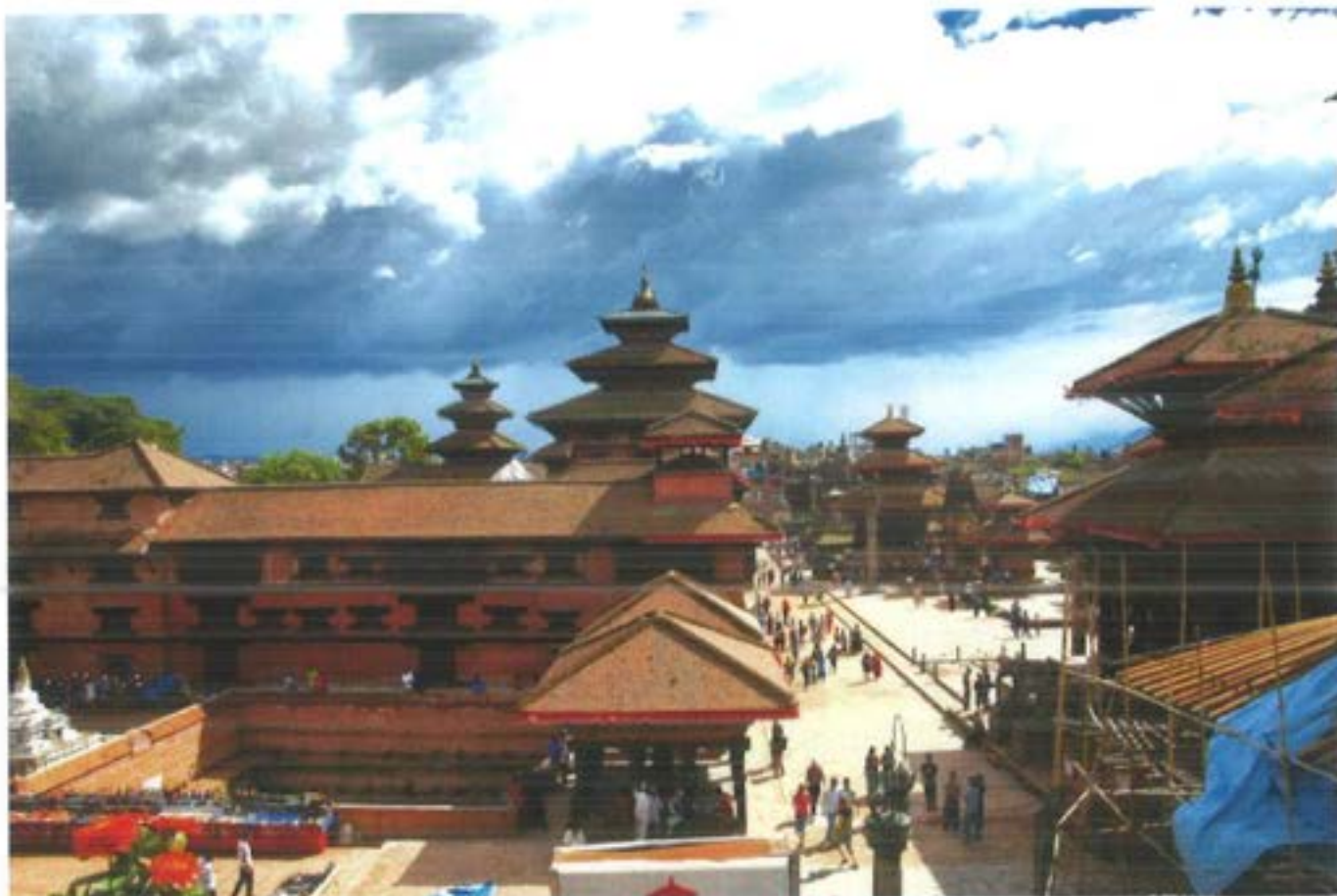
When you are on hiking you would surely be not happy without some adventures all around the way. Nepal is the perfect destination for people who are seeking adventures. They would be able to enjoy mountaineering, trekking, rafting, wildlife safaris, hot air balloons, paragliding, bungee jumping, ultralights, and more. So these extreme sports can be enjoyed in open grounds enjoy all these and continue your hiking. So you will never be bored and surely it would be cherish able experience for you.

6. World Heritage Sites

When you are on a visit and there is modernity all around without visiting historical sites it will be surely a taste which you would miss. Nepal is home to several UNESCO World

Heritage Sites which further adds to the cultural charm. Make sure to check out the various temples, castles, historical inns, and more to experience Old World culture. And you would be surely amazed on seeing all historical places. It will be such a fascinating experience to be with all the idols and roaming in temples and palaces that were once ground to kings and queens. This is one of the most inevitable experience that you would surely not miss.

Unfortunately, now most of this monuments are not there anymore... though a lot of them from around the country are being rebuilt and taken care of.



Durbar Square before the 2015 Earthquake

7. Affordability

In the world money is losing its value. Any trip can cost you much above your pocket. So it is difficult for you to organize a trip. But it is not the case in Nepal. Nepal is surprisingly affordable for people of all walks of life. And this is particularly evident if you compare Nepal's hiking trails to others such as Kilimanjaro or the Inca Trail. With the food pricing, you could live off of about \$10 a day. And you can find a decent, clean hotel room for about \$18.50. So even if you are not rich you can surely enjoy in Nepal. Now this is one of other main thing you should and surely you would want to go for a trip and hiking on Nepal and Himalaya.

8. Lakes

Lakes are a major source of scenic beauty. They can not only provide you with fresh and clean water but also provide the cold and beautiful air when you sit along them. The various lakes of Nepal are known not only for their outstanding beauty but also for their spiritual importance. There are over 200 lakes and small rivers in Nepal with their waters originating from glaciers. SO nobody needs sea anymore when there are so many lakes and all with clean and cold water.

9. Fishing

Fishing is one of the very interesting sports for those who are tolerant enough. And, for those tolerant enthusiasts Nepal would be the perfect destination for making fishing trip. Nepal is the world's second richest country in the water resources including number of rivers and lakes which offers enjoyment of fishing.

The lakes and rivers of Nepal have more than 185 species of fishes including the rare species like trout. So for all people this region hold all variety of sports and not only this there are ample opportunities and lakes to fill your appetite of fishing. So after you get tired of hiking just stop and take a shot at this great adventurous sport and eat with the catch of yours.

10. Hospitality

There are variety of people in the world. Different countries treat guests differently. There are few countries which have the respect around the world for their hospitality. When the world talks about Nepali people they are known as extremely friendly, warm and welcoming people. They consider guests and foreigners as blessing of God.

We can understand their hospitality by a common phrase which the Nepalese use while greeting visitors "Guests are God".

They believe it is their religious and moral duty to provide them relief and comfort and hospitality which the guests rightly deserve. They can even share rooms with you and can share food with you. So by observing he people and their welcoming nature surely you would be forced to come to Nepal again. So while hiking in Nepal you find people of absolutely friendly nature making your visit even pleasant and unforgettable.

11. Diverse Cultures

Cultures make the world and they provide us a chance to know different people about their religion, their way of living and about the traditions. Culture of Nepal is unique in it's own taste this is due to reason that Nepal is a region where number of Religions are practiced and number of different communities live. So we also see that there is no specific language used in Nepal.

Over 35 different ethnic groups call Nepal home are living in Nepal. This means there are multiple religions, languages, musical influence, and foods that are combining to form a religion. Nepal is a wonderful place to immerse yourself into different cultures and leave your comfort zone. So while hiking and visiting Nepal along with all other fascinating things their culture will be a source of great pleasure an interest for you.



Kathmandu skyline at dawn

12. The Sensational food of Nepal

Hiking would be impossible without a good taste of dishes. Food is not only necessity for humans but is also a source of pleasure for the. People pay huge amounts for excellent tastes. In Nepal you can experience one of the best tastes of world. As there is ethnic and cultural diversity so one can imagine, unimaginable tastes in Nepal.

Some of the foods are given below which are considered very important and distinct from rest of the world.

- ☐ Dal-bhat tarkari
- ☐ Baji
- ☐ Chhoila
- ☐ Dhindo
- ☐ Peda
- ☐ Puri
- ☐ Samosa
- ☐ Sail Roti
- ☐ Khoa
- ☐ Khaoti
- ☐ Laddu

These are few examples in Nepal you can get more than 500 dishes. Nepalase dishes do

result from heavy South Asian influences like China India and Pakistan, the food is usually healthier with more lean meats and veggies. Other common ingredients include lentils, onions tomatoes, cumin, potatoes, yogurt, cucumber milk, garlic and meat. And you can eat heavy amounts of these. So it is a great news for everyone and if you are on a hiking trip surely you would need to eat lots of them.

13. Nepal's Khatmandu valley

The Kathmandu Valley is located in the foothills of the Himalayas and is composed of seven different "Monument Zones," from ancient world. These zones include urban centers with palaces, public baths temples, villas, public places and the oldest known Buddhist monuments thought to be built in the third century B.C. This also contains ancient fountains which are marvelous to watch and are source of great pleasure to our senses.

14. The Serenity

Nepal has been regarded as a sacred place for hundreds of years and up till now is considered one of the religious country of world. The tranquility of the area will have a positive effect on anyone that is able to experience it. The people, the buildings, and the land are all symbols of serenity. In Nepal, you can truly escape your tensions and get a mental relief from all worldly tensions. You will find peace within you and you will feel a change.

So during hiking along with physical health you can surely gain mental health and mental peace as well.

15. 5 Seasons and Weather

Seasons play a vital role for making you visit any country. For example it is very difficult for you to plan a honeymoon in Sahara Desert. You would surely chose some place with sensational weather. Nepal provides you all the spice you can imagine. Climatic conditions of Nepal vary from one place to another in accordance with the geographical features. In the north summers are cool and winters severe, while in south summers are tropical and winters are mild. Nepal has namely five major seasons: spring, summer, monsoon, autumn and winter. So weather is extremely fine and wonderful for hiking. Weather is always normal and Nepal can be visited all the year.

16. Landscapes and scenic Beauty

The most amazing and glamorous feature of Nepal and Himalaya are it's scenic beauty and landscapes. Nature has provided it with all the blessings the country can have. From

great peaks and mountains to lakes. From green landscapes to extremely distinct birds. From historical places to absolutely modern hotels there is everything which a person can ever desire during hiking. Surely this is a place which should be on your bucket list

17. Guides are easily available

Without the proper guides a person can never travel or do hiking. As guides are experienced and they know of every danger ahead, they can explain to you about all the beautiful and amazing things which you could have never noticed. They can tell you about the historical facts and figures and can be also helpful.

In many countries it is very difficult to get guides. But not in Nepal and even Himalaya. You can even get guides for Mount Everest if you wish to climb it. And not only this, these guides do not charge you much because they are usually local people. So you will feel you trekking even easier while having a guide with you. You will be able to understand everything while trekking with him

18. Great facilities

There are great facilities in Nepal and Himalaya. From great hotels to inns and guides to get you through from one of the best places of worlds. So if you are looking for a place full of luxuries and bounties of God. Nepal is surely the best place to step in to.

19. Camping

While you are hiking some people would love hoteling but most of the people would love camping instead of hoteling. This classic style of trekking are especially conducted and promoted in remote areas of Nepal supplying all camping equipment's along with the food and employ porters to carry your gear and She to set up tents where you will be sleeping and well- trained cook will prepare hot meals to serve you. Means you will be just living like kings who use to go out for hunting. In this you will get all facilities except you won't be hunting. You carry your small backpack with a water bottle, camera and your day clothes. Guide takes care of everything. He employs the appropriate number of porters to carry all equipment, trekking gear and leads the whole crew. The advantage of this style of trekking are that more remote regions, that have no teahouse and teahouse infrastructure, can be visited. Along with this you can enjoy a different cultural and historical style. Also control of hygiene is a lot easier than if the trekkers are using teahouses.

So this is always a sensational experience. Especially in Nepal enjoy Hiking and enjoy all flavors.

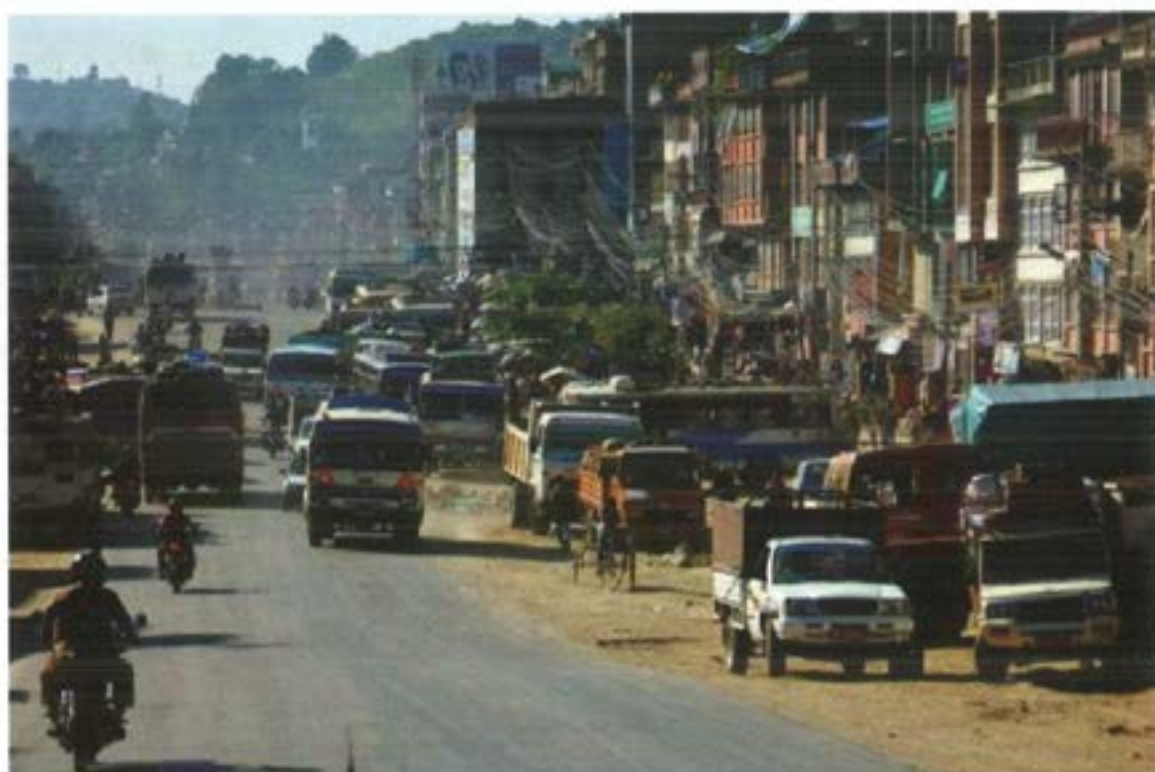
20. Hoteling

There is great hoteling in Nepal. Where you can not only take rest but also enjoy all other delicate flavors. Enjoy great dishes in one of the most amazing hotels and inns of the world. These hotels are not only luxurious but also have a historical touch. So while Trekking enjoy the glorious hotels and see your desires filled people the chance to go back to work and make earning. You give businesses the chance to rebuild and grow. You give a country the chance to show that its doors are open and that it will rise again.

This is the duty of the entire world to contribute in this cause. We shall rebuild Nepal and we shall help it's people rise again once more. So when you trek in Nepal and Himalaya you are not only enjoying but you are also helping those people who rightly deserve your help.

22. Peaceful Country

Nepal has found second spot in South Asia after Bhutan to untry. Here you do not have any danger of bomb blasts or terrorist activities. So in fact you are in a danger free area to go anywhere free without any fear. This is surely the first thing you would like to know about any country. Because safety is your first priority.



Peaceful life in Nepal, near Kathmandu.

23. Special Services for Tourists

These are special services which are given to tourists and you will find them greatly important for your visit. This is specialty of people of Nepal that they give you full protocol.

- ☐ All ground transfer, transportation from Airport to/from hotel or anywhere.
- ☐ Three times of meals (Bed tea, Breakfast, Lunch and dinner) accommodation for entire the trekking team.
- ☐ Necessary equipment's like sleeping bag, down jacket, trouser and raincoat, mattresses you need during you entire trekking.
- ☐ Necessary porters and their all expense for the trek.
- ☐ Trekking permit, National park fee.
- ☐ Fruits from Kathmandu after your meal as dissert and special sweet dishes.

24. Communication in Nepal

According to the latest Management Information system (MIS) report of Nepal Telecommunications Authority (NTA), 97.65 percent of 26.49 million people in the country have access to telephone service and other communication means. The report includes data of up to mid-December, 2014. So Nepal is not a third world country where you will have no access to telephone or other means of communications.

So while trekking and visiting Nepal you will face no problem while communicating with anyone throughout the globe.

To conclude Nepal is a heaven bestowed to us by the nature. It should be on our bucket list for trekking and visiting. If you visit it we can guarantee you it will be a visit you will cherish throughout your life.



2015 Bakken Invitation Honoree



Tanya Hall, 38
Melbourne, Australia

Charity: Hearts4heart

Medical Condition: Cardiac arrhythmias, including atrial fibrillation

Medical Therapy: Pacemaker

Tanya was born with a hole in her heart and a heart murmur. She had open heart surgery when she was nine years old. At 21, she awoke to severe chest pain, her heart racing at two hundred beats per minute. Ultimately, she was diagnosed with a number of heart arrhythmias, and received a pacemaker. In 2011, frustrated with the lack of cardiac patient support groups in Australia, and at a loss for how she would spend the rest of her life, Tanya founded hearts4heart to fill both voids.

Tanya's Story

"I was born with a hole in my heart and a heart murmur. I had quarterly visits to the cardiologist up until the age of nine, when I had open heart surgery. At 21, I had my first 'episode.' I awoke feeling as though I was having a heart attack. I was vomiting. My heart was racing at two hundred beats per minute. I was experiencing chest pain and felt as if I was going to faint. Somehow I made it to my doctor for emergency surgery. This was followed by 12 more years of heart-related incidents, with my heart getting progressively worse.

"I have a complicated heart that consists of a number of arrhythmia conditions that include atrial fibrillation, atrial flutter, tachycardia (fast heartbeat) and bradycardia (slow heartbeat). Eventually, I received a pacemaker that helps me manage my condition.

"After surgery, I was feeling at a loss as to where my life was headed and I had no idea what my future held. I didn't know how much longer I would even be here. I had very big decisions to make about my heart health and looked for information and support.

"I soon realized there wasn't anything available in Australia. I had searched for a support group or forum, but I couldn't find anyone to talk to who was in the same situation as me. The more research I did, the more I was amazed that although heart disease is the biggest killer and is the biggest cost to our health system, there was still no support and little information available.

"I didn't want to sit around and feel helpless. So I decided to do something about it. In 2011, I took leave from work, and using my own money I founded hearts4heart...a website for likeminded people with cardiac health issues to contact one another, offer support and share information. My pacemaker gives me security. I am able to resume my physical activities and live normally with confidence."

Tanya's words of inspiration

"Never give up on your dreams, no matter your circumstance."

"As the saying goes, she stood in the storm and when the wind did not blow her way, she adjusted her sails. Through my experience I have a deep understanding of the many challenges that many patients face living with a chronic condition. It has given me the physical strength to continue and build upon my passion to help others who are suffering, educate the general public for early detection and ensure that patients have timely diagnoses and access to treatment."

Wish you all very happy healthy & Successful
New Year 2073



Rtn & Mrs Basu Dev



Rtn Capt Asbahadur

Wish you all very happy and Successful
New Year 2073



Rtn Dr & Mrs Deoman



Rtn & Mrs Lok

Club to send goats to earthquake-hit Nepal

By Staff Reporter

newsdesk@nne.co.uk

NORTHALLERTON

Rotary Club is investing in a 32-strong goat herd in a remote Nepalese valley, working directly with the Rotary Club of the Himalayan Gurkhas in Kathmandu. The project will help the inhabitants get back on their feet after last year's devastating earthquakes. For over five years, members of the Northallerton Club have travelled annually to Nepal to install computers in village schools in the remote Panchamul Valley, west of Pokhara in Nepal. They have also provided IT training to the teachers and pupils, and have established friendships in the process.

The project has now grown to cover 22 school and has transformed life prospects for the pupils, and also their villages. Following the earthquakes in April and May 2015 the club was able to give immediate funds, using the ROTARY international network, for the local procurement and distribution of blankets and rice.

The club has now initiated a project to provide goats and equipment to the same community in the Panchamul Valley at a cost for the first year of £4115. Goats are the preferred source of milk and meat in the local area and the herd will grow quickly to benefit progress serving more families. The herd should also be self sustaining financially after the first year.



Duncan Davison learns about goats

If you would like to support the project a donation of any amount would be welcome (£35 is sufficient to buy one goat.) To help, send a cheque (made out to "The Rotary Club of Northallerton") to the Treasurer, The Rotary Club of Northallerton, c/o Kina, Bridge End, Thorntonle Beans, Northallerton DL6 3TN, or else ring 01609-773666 or e-mail treasurer@northallertonrotary.org.uk. The project will be launched in March with an other visit to the Valley by three club members, John Proud, Duncan Davison and Tom Banfield.

Wish you all very happy, healthy, and Successful new year

नयाँ वर्ष
२०७३
सालको
उपलक्ष्यमा
हार्दिक
मंगलमय
शुभकामना



Rtn/Mrs Krishna & Family

नयाँ वर्ष २०७३ सालको सुखद उपलक्ष्यमा
हार्दिक मंगलमय शुभकामना

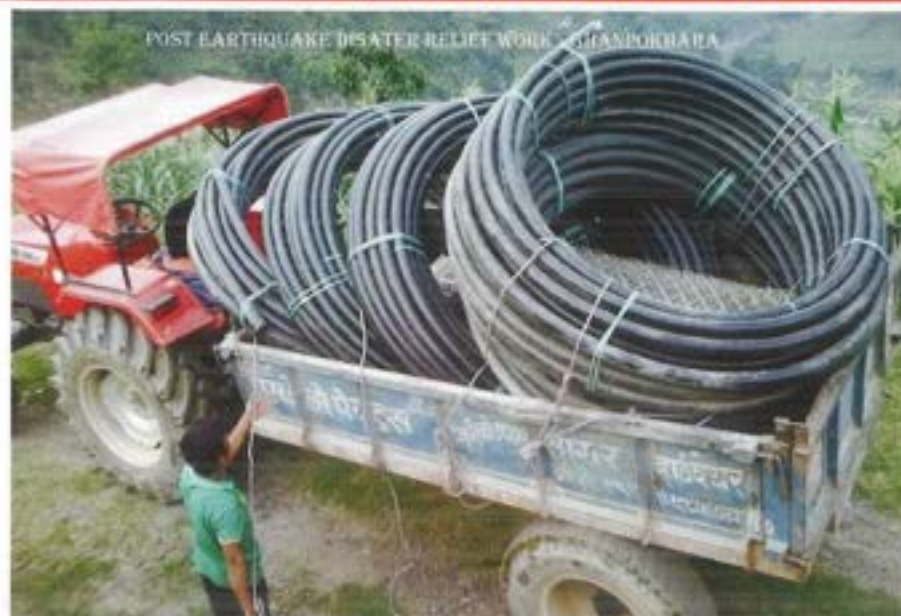


Rtn Prithivi



Rtn & Mrs Dilman

POST EARTHQUAKE HUMANITARIAN RELIEF WORK GHANPOKHARA, LAMJUNG



PYARJUNG VDC, LAMJUNG



RTNS helping EQ victims at
PYARJUNG, LAMJUNG

TOKHA, BHUDANILAKNTHA

RTNS & VOLUNTEERS HELP DISTRIBUTE RICE SACKS AT TOKHA



CHAUKATI, SINDHUPALCHOK

CLUB TREASURER SAMVU IN FRONT OF
HIS DAMAGED HSE IN CHAUKATI



PREZ DISTRIBUTES RICE AND
BLANKETS AT CHAUKATI



LOCALS AT CHAUKATI COLLECT THEIR SHARE OF RELIEF AID

HAIBUNG VDC, SINDHUPALCHOK



THE DAMAGE
& THE RELIEF:



MEMBERS OF THE HIMALAYAN GURKHAS WITH THE BENEFICIARIES

Rotary



DUBEKUL, KHOTANG



Rtn Yubraj, Ann & Rtn Lok Earthquake relief at Dubekul
Rotary Club of The Himalayan Gurkhas, Souvenir- 2016

RANGADEEP VDC, KHOTANG



MAJHATHANA, KASKI



HAPPY LOCALS OF MAJHATHANA, KASKI

BARPAK, GORKHA



HOUSES RELOCATED TO A SAFER GROUND

PANCHAMUL VALLEY AND BANGE, SYANGJA





Post Earthquake drinking water restoration project fund handover programme



Post Earthquake drinking water restoration project fund handover programme



Richard Hayter in the centre (son of former Gurkha) talking to Deo and Narayan
The Gala Dinner was great success as it managed to raise £10 Grand.
Thanks to Crown Hotel Harrogate and RC HARROGATE BRIGANTES.



Earthquake damaged school at Ranipani, Parbat



Foundation stone laying at Ranipani, Parbat by IPP Narayan



Andy with his wife Jayne and Callum at Gala Dinner in aid of Nepal Earthquake victims.

The function was held at CROWN HOTEL, Harrogate, Yorks.

Rtn Narayan and his wife who travelled from Nepal for the event was assisted by Mr Deo



Earthquake victims waiting for relief materials



Rtms Barry and Ann Evans and Asher family with members and families of The Himalayan Gurkhas



President and members of Ealing RC receive club pennant from Maj LB while Maj Milan witness from sideline



Nepal post earthquake fund raising event at RI District 1040



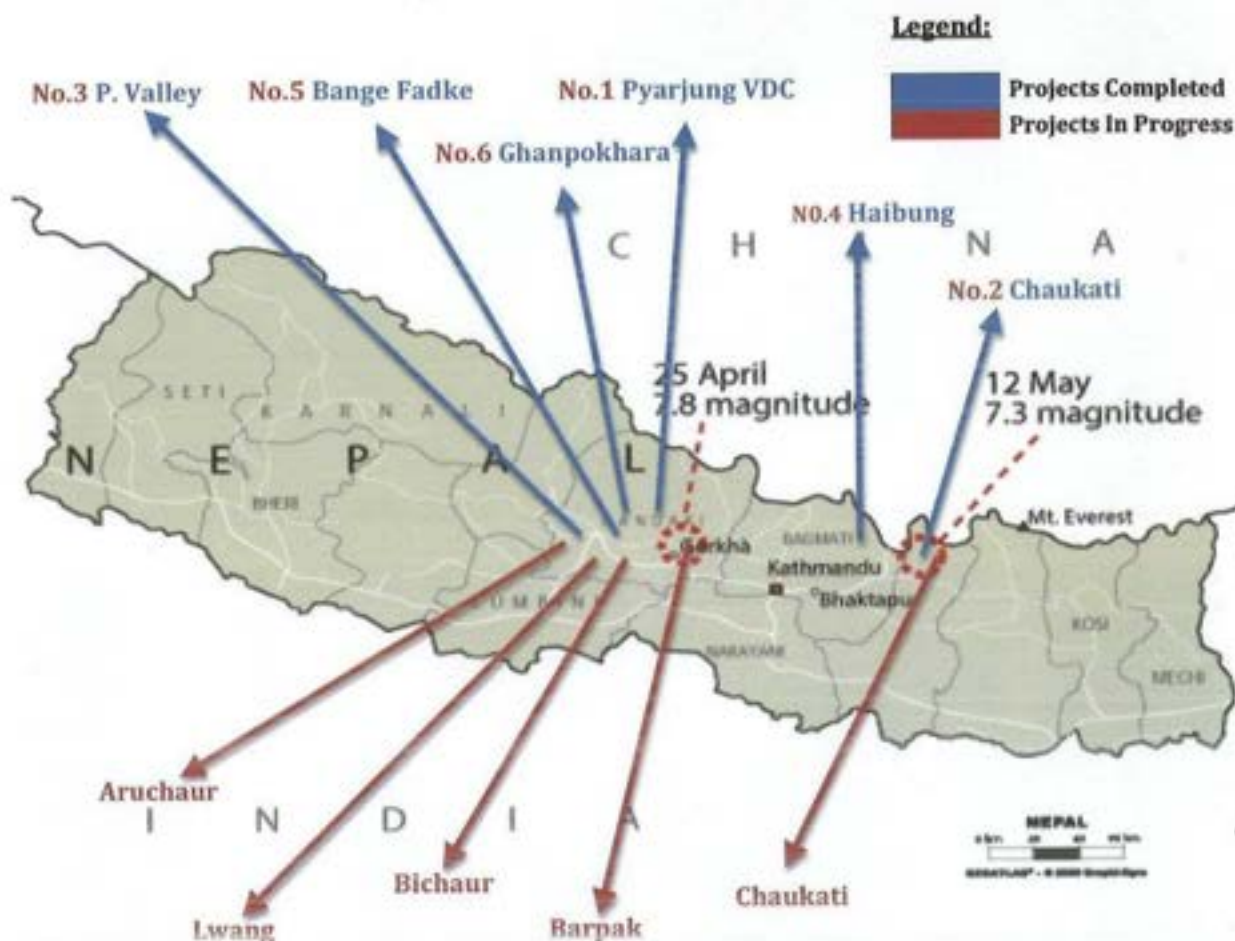
Rtn Anju on Post Earthquake relief work



Earthquake relief work at Meghauli Chitwan



IPP Rtn Narayan and Capt Ash hand over donation to Saraswati HS Meghauli Chitwan



Glimpses of Earthquake related project sites

THE FOLLOWING POST EARTHQUAKE PROJECTS ARE IN PROGRESS OR ARE NEAR COMPLETION:

ARUCHAUR	- 2, SYANGJA - DRINKING WATER.
LWANG GHALEL, KASKI	- CLASS ROOMS
CHAUKATI, SINDHUPALCHOK	- DRINKING WATER
PANCHAMUL - 5, VAKIMLE	- DRINKING WATER
ELADI, SYANGJA	- CLASS ROOMS, WATER & SANITATION
BANGE FADKE, SYANGJA	- CLASS ROOMS
RANI PANI LSS	- BIHADI, PARBAT



EQ rebuilding project Shree Bhagawati primari School, Bange, Fadke, Syangja



EQ Drinking water restoration work funded by RIBI





EQ community hall rebuilding project Bhumi chok funded by Ilkey Wharfdale RC



Community hall rebuilding project in progress

D1040 INTERNATIONAL NEWSLETTER

OCTOBER 2015



In this issue...

Nepal Appeal
Micro Loans
Conference Report
Ukraine Convoy

DISTRICT 1040 NEPAL DISASTER APPEAL

The District 1040 Nepal Appeal raised over £44,000 all of which was sent out to our Rotary partners in Nepal, RC Himalayan Gurkhas, within 5 days of the first quake the Appeal was up and running and within weeks our Aid was being distributed



Rotary



To see how you're Club can help in Nepal contact DISC
Member Barry Pollard on barry@pollardathome.co.uk

NEPAL APPEAL A BIG THANK YOU

Major Lil of RC Himalayan Gurkhas was our guest speaker at the Saturday morning Plenary Session at Conference

Lil spoke of the Aid work identified and carried out by members of the RC Himalayan Gurkhas following the earthquakes in April made possible by the District Nepal Appeal.

District 1040 Clubs such as Harrogate Brigands, Settle, Skipton, Ilkley Wharfedale and many others have engaged with the Rotary Clubs in Nepal for many years on Projects to improve life for the people of Nepal.

During a very emotional presentation Major Lil thanked Rotary in Yorkshire for its support and looked forward to working with us on future projects of which there are many.

The District Nepal Appeal will close at the end of November 2015 however and looking towards future projects in Nepal Harrogate Brigandes held a Dinner Dance at the Crown Hotel and raised over £9,000 thanks in part to the efforts of the Crown Hotel to secure substantial donations from its suppliers. A portion of the money raised will go towards resuming water supplies to the villages affected by the earthquake.

Andrew Broughton of RC Ilkley Wharfedale has produced a desktop calendar selling at £3 each, the proceeds are to rebuild a Womens' Community Center severely damaged in the earthquake at a cost of around £3200.

For a supply of Calendars and to support Ilkley Wharfedale contact Andrew on bru333@live.co.uk.

At District Conference International was the theme for the weekend.

The House of Friendship really buzzed and attracted many visitors through out the weekend.

International speakers during the Saturday Plenary Session opened with Luke Simon founder of School in a Bag speaking about the charity set up in memory of his brother Piers who was lost in the 2004 Tsunami, School in a Bag provides children with essential resources that enable them to write, draw, color, calculate and express themselves and operates all over the World.

Major Lil of RC Himalayan Gurkhas followed and spoke of our work together in Nepal. The main topic was District 1040's financial aid to help the survivors of the recent earthquake and what will be required in the future.

The Saturday Luncheon was dedicated to Hope & Homes for Children when the speaker was Sarah Whiting. Sarah has been associated with the charity for 13 years and delivered a very emotive and emotional talk on H+H's work in Romania.

The Saturday afternoon breakout session featured speakers from the following organizations:
Disaster Aid Uk

The Sylvia Wright Trust
EducAid



REST OF THE PROJECTS:



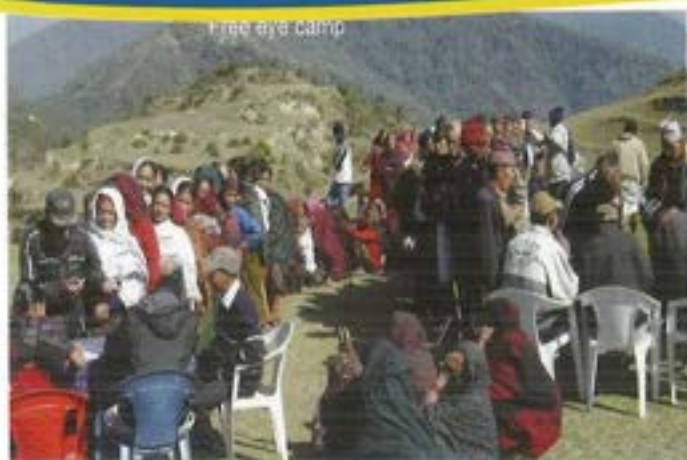
Water and Sanitation project at Ratnashova HSS, Majhathana



Selection of Auxiliary Nurse Mid wife candidates -
Karthali, Ghorthali and Chaukati, Sindhupalchok



Three of the selected ANM students successfully
completed their exams
and now working in their respective villages



Free eye camp



After removal of cataracts

Free eye clinic at Scenic Ghale Gaun, Lamjung



Micro loan recipients

Micro Loan Scheme, Panchmul valley



Rural area Drinking water project (water storage tank at the back)



Hand over of Toilet facility at Golma Raja Primary school, Sindhupalchok



Distribution of water filters at Chapa Gaun, Lalitpur. Bhim and Basu in hand to assist



Group pic at Shree Jethi Kanya Primary school, Eladi. Project helped restore damaged school roof



Members rest after hand over of project at Sindhupalchok



Sports day to SIRC patients, sponsored by RC The Himalayan Gurkhas at Spinal Injury Rehabilitation centre, Bhaktapur



Club members chartered a Flt to Rumjataar to participate in eye camp at Okhaldhunga



Members of Northallerton RC and The Himalayan Gurkhas pose for group Photograph



Water storage tank, Katunje, Dhading



Formal opening of school class rooms at Dubekul Khotang. Project was lead by Rtn Yubaraj where CDO was chief guest.



Health and Safety project at Shree Trivuan HS, Ghanpokhara, Lamjung



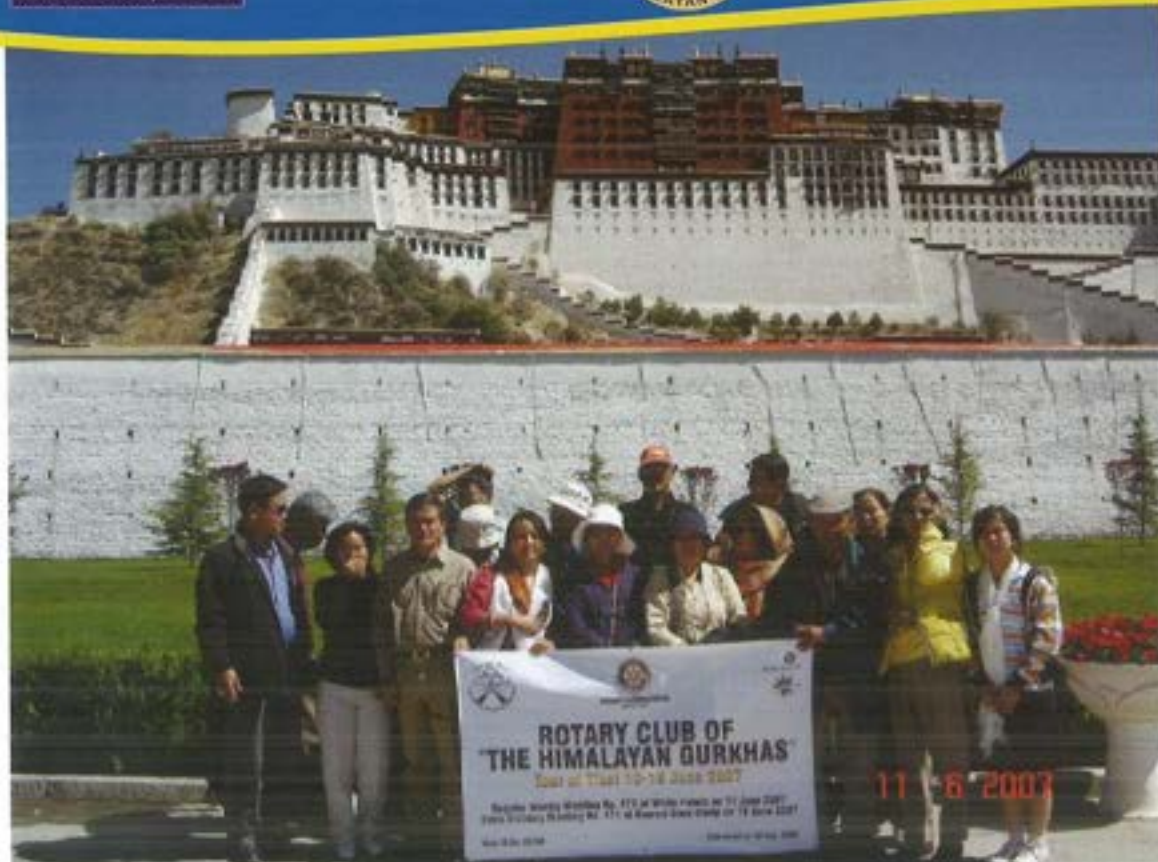
Distribution of First Aid Boxes to village Health workers at Majhathana VDC



Eling RC funded projects update in London at Maj Milan's home in London



Club assembly hosted by Valley Public HSS, Sundar Basti, Vangal



Trip to
Potala
Palace
LHASA

Rtns with
Pupils,
teachers
and
parents
and
guardians
at
Shree
Trivunwan
HS
Ghanpokhara





Club annual family lunch and Fund Raising Event 2016



Host Mrs Col Pun (On right) thanked by Mrs Hem for hosting the event at their residence.



Charter President Maj and Mrs Gopal Congratulate IPP Rtn and Mrs Narayan On their Wedding Anniversary.



RWM with Rotary Community Corps Members Panchamul Sirubari



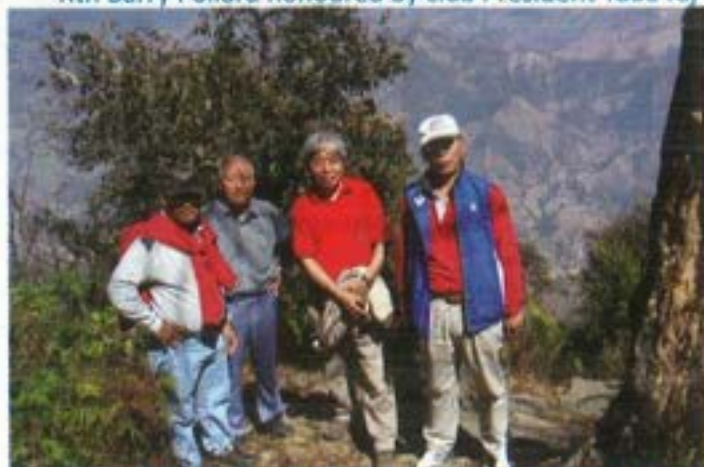
Veteran Rtns on their return journey from Project Site at Syangja



Rtn Barry Pollard honoured by club President Yuba raj



Rtn Gill Poole hands over Educational materials to Sabitri Head Teacher Gaun Pharka LSS, Syangja



Rtns pose for photograph on their way to project site.



Rotns from RI District 1040 on R and R after succesful launch of IT project



Rotns from RI District 1040 rest for a cuppa after a tiring hike at a village tea shop



Often the Journey to project site was on back of a pick up truck



PP Maj Yam being congratulated on receiving his BEM.



Caption



MLS beneficiaries with Rotary representatives



Rotns and their Anns at club assembly



Rotns. farewell from their host at home stay village



Rtn Mike & Dot dined at CP Major Gopal's residence



Rtn Mike & Dot with MLS beneficiaries of Panchamul Valley



Drinking water storage tank Anpu village, Majhathana, Kaski



Club supports Polio eradication campaign every year.



Formal handover of health & safety project at Shree Tribhuvan HS, Ghanpokhara



Formal handover of class rooms and furniture at Thana Maula primary school

Short Interaction with Bhuvan Dahal

Bhuvan Dahal
Chief Executive Officer
Sanima Bank

1. Can you provide us a brief introduction of yourself in your own words? Also comment on your early years at Sanima Bank.

Ans. I have been in the banking industry for almost 25 years. I spent almost 22 years in Nabil Bank, the first foreign joint venture bank of the country. For last three years, I have been with Sanima Bank, the youngest commercial bank. Prior to joining banking industry, I worked at Parliament Secretariat for 2 years. Before that, I was a school teacher. I have been enjoying wherever I am working.

2. How has banking sector in general contributed to the growth and development of national economy?

Ans. Banking sectors and Economy have flesh and blood relationship. Banks provide an intermediation service that brings savers and investors together. It channels public fund and invests in productive sector which results in accelerated economic activities, trade, employment generation etc. Today, we see material positive changes in many sectors of the economy such as education, health, aviation, transportation, communication, information technology etc. Banking sector's contribution is significant in these achievements.

3. Where do banks stand in the 21st century? What are the prospects of their development in the years ahead?

Ans. In general, people understand banks as a corporate body that collects the deposit of public and provide loan with certain interest but today's banks are like financial department stores where all financial services are available. Banks have moved towards universal banking along with the increased usage of technology and technology-based services offering alternate channels such as cards, ATMs, internet and mobile banking. Technological advancement has redefined the banking. It will continue to remain at the centre stage of the economy of a country.

4. Tell us something about Sanima Bank's past and present in brief. Where do you see it 10 years below the line?

Ans. Since its inception, Sanima has remained a trusted bank. Sanima has always focused on good corporate governance. Bank continues to maintain the lowest NPL level in the industry. Besides credit risk, other risks are also being efficiently managed. Our team from Jhapa to Kanchanpur is working hard continuously to strengthen our foothold. We have been introducing new products in the market. Our staff are endowed with required skills. We are recognized as one of the top 5 banks as per CAMEL's rating. Our reputation in the market is growing materially. Recently we have registered our subsidiary company named Sanima Capital and it will be in operation very soon. There is still a long way to go to compete with international banks but I am confident the professional Sanima Team will take Sanima there in 10 years.

5. What role has Sanima Bank played in Nepalese economy in particular? Can you illustrate your point with specific examples?

Ans. Sanima has helped build many small, mid-size and large scale industries, financed hospitals and long term infrastructure projects including Hydropowers, all with the belief that growth in these sectors leads to overall growth of

the nation. Our loan volume is currently around Rs.37 billions. Sanima has provided employment to around 700 people directly. This year, we will pay close to Rs.500 million tax to the government.

6. What particular difference have you made ever since you joined Sanima Bank?

Ans. In last three years, our team has worked very hard for making Sanima one of the leading banks in the country from almost a nascent stage. I feel proud to be part of the team achieving these successes.

7. In what key areas do you think are your costumers satisfied with Sanima Bank?

Ans. We are known as one of the innovative banks focused on customer service. We make decisions keeping customers at centre stage. We would like to constantly improve in this front for customer delight.

8. Where does Sanima Bank stand in terms of development of infrastructures, Such as education, agriculture, hydroelectricity and health?

Ans. As mentioned above, Sanima bank has been actively financing in all these sectors. Since there is no system of publishing comparative position of banks in these areas, I am not aware where we stand vis-à-vis other banks.

9. How has Sanima Bank been handling corporate social responsibility? Does it come to your priority? Do you have particular examples to mention?

Ans. We have been active in CSR from the beginning. We had tied up with Tilganga for support to eye patients. Our outside Kathmandu valley branches have been providing every year stipend to 4 poor students of the locality for higher education. We have recently joined hands with Nepal Press Council for providing an annual prize of Rs.500,000.00 to a journalist or institution contributing significantly to the journalism sector.

10. Final words on Nepalese banking?

Ans. Banking sector of Nepal is one of the most transparent and advanced sectors of the country. We feel it is almost at par with international banks in many areas. It is constantly keeping itself abreast of latest developments in the banking sector.

Best regards,

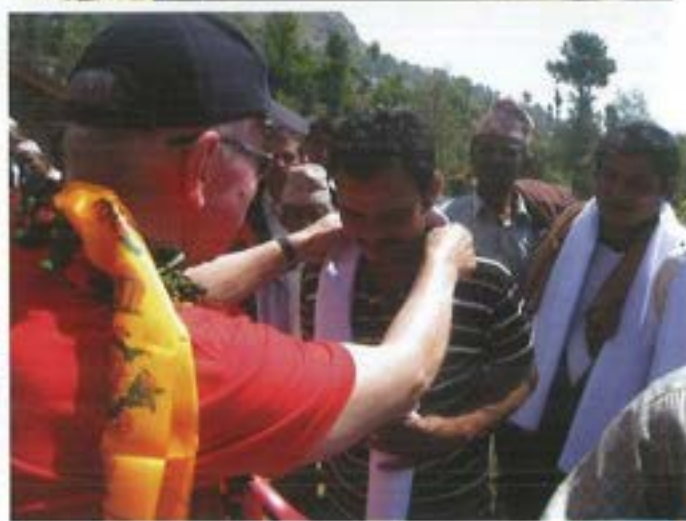
 **Sanima Bank**
www.sanimabank.com

"Alakapuri", Naxal, Kathmandu
Tel.: +977-1-4428979/80 (Ext No:301)
Cell: 9851069243 | Fax No: 4428969
Swift Code: SNMANPKA
www.sanimabank.com

Goat Bank at Panchamul Valley



Launch of MLS Goat Bank by members of Northallerton RC and The Himalayan Gurkhas



INFORMATION TECHNOLOGY AND LITERACY PROJECTS IN REMOTE HILLS OF NEPAL



Shree Tri Shahid Hss, Panchamul Vdc



Rtns Narayan, Samvu, Amrit And Bhim At It Suit, Maidi, Dhading



Major Bhim Demonstrates Use Of Mouse At Shree
Sanskrit Hs, Maidi, Gorkha

Guy And
Callum
Supervise
It Training
At Sarbodaya
Hss, Aruchaur,
Syangja



Barry And Gill
Observe It
Suit At Shree
Ghante Hss





Ratnashova HSS Majhathana



John At It Suit Shree Bir Lss, Rithepani, Kaski



Rtns. from Bingley Airdale welcomed at Daraun HSS



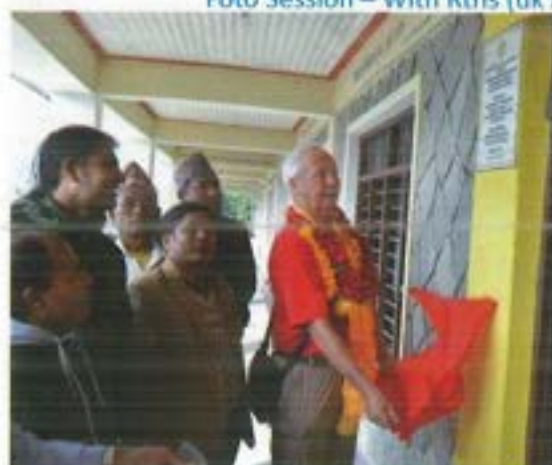
Andy (It Guru) Introduces It To Teachers
In Janahit Hs, Syangja



Duncan And John With Teachers At Shree Bir Lss Rithepani, Kaski



Foto Session – With Rtns (uk And Nepal) After Centralised Meeting At Panchamul



IT suit launch at Shree Ratnashova HSS



Celebration of first ever Internet access to Panchamul Valley



Andy trailing internet device at the hill top site

Internet upgrading eqpt. man packed to a hill site in Syangja.





Solar power (back up power for IT)



Laptop handover event at Wala



Hand over of IT Eqpt. at Shree Tri Sahid HSS Panchamul-2



VP Krishna being presented with token of appreciation at Ghante HSS



The IT project which began in 2011 as Pilot scheme has expanded beyond ones expectation. Many Rotarians from Rotary International District 1040, financial contributions from NANTWICH RC and EALING RC and the volunteers who have contributed in the project over the past six years are thanked for their valuable contributions. The Himalayan Gurkhas are proud to be local partner for IT projects at Shree Tri Shaheed HSS Panchamul, Shree Daraun HSS Daraun, Shree Janahit HS Rajaswanra, Shree Shaheed Samarak college Chitwan, Shree Ghante HSS, Shree Ratna Shova Majhathana, Shree Jana HSS Rapakot, Shree Bir Lower secondary school Rithepani, Shree Sarbodaya HSS Aruchaur, Shree Sanskrit HS Maidi and Shree Gaun Farka LSS.

नयाँ वर्ष २०७३ सालको सुखद उपलक्ष्यमा हार्दिक मंगलमय शुभकामना



Rtn Capt & Mrs Harak



Rtn & Mrs Tham

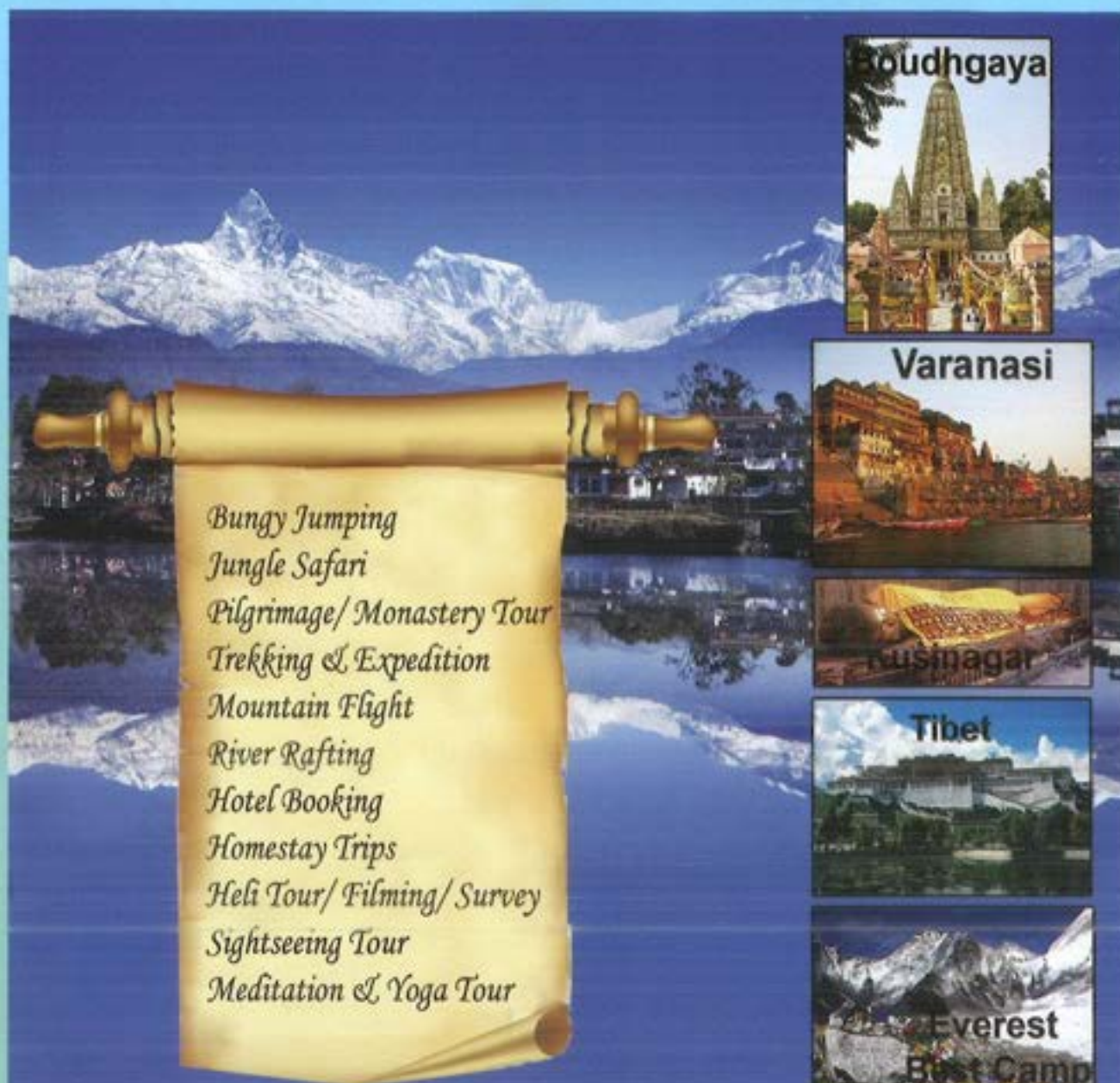
*Wish you all very happy and Successful
New Year 2073*



Rtn & Mrs. KB



Rtn & Mrs Bhakta & Family



Bungy Jumping
Jungle Safari
Pilgrimage/ Monastery Tour
Trekking & Expedition
Mountain Flight
River Rafting
Hotel Booking
Homestay Trips
Heli Tour/ Filming/ Survey
Sightseeing Tour
Meditation & Yoga Tour

Boudhgaya

Varanasi

Rusinagar

Tibet

**Everest
Base Camp**

Rotarian Narayan Gurung Koney MPHF

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P.P.Box No. 320, Kathmandu Nepal

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13. Chlor 200 WSP
14. Vitamino-Trace Oral
15. Kenflex 10% / 20% Oral
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19. Vitscox WSP
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3. Keprovit 1.3 Kg
4. Tresmin Kepro - 25Kg
5. Kepromin Forte - 1Kg/25Kg
6. Tylan 10% - 500gm/20Kg
7. Methionine - 25Kg
8. Lysine - 25Kg
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11. Poultry Acid Kepro
12. Vitamin-C

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3. Fascionix 34%inj.(Nitroxylin)
4. Kepromec inj. (Ivermectin)
5. Niclomisole - Anthelmintics
6. Kepxan Bolus - Oxyclozanide
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10. Kepromec Super Inj.

VMD
Belgium



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4. Vitamin - C
5. Vitamin E + Selenium- Vitamins
6. Polymast
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13. Enroveto-20%
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18. Tiamulin-50s
19. VMD-Aminovit Feed Mix
20. Mout-Holt
21. Veto-Acid



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