



ROTARY CLUB OF THE HIMALAYAN GURKHAS

10 September 2023



Souvenir, 2023

राष्ट्रिय गीत

सयौं थुंगा फूलका हामी एउटै माला नेपाली ।
सार्वभौम भइ फैलिएका मेची महाकाली ॥
प्रकृतिका कोटी-कोटी सम्पदाको आँचल ।
वीरहरूका रगतले, स्वतन्त्र र अटल ॥
ज्ञानभूमि, शान्तिभूमि तराई, पहाड, हिमाल ।
अखण्ड यो प्यारो हाम्रो मातृभूमि नेपाल ॥
बहुल जाति भाषा, धर्म, संस्कृति छन् विशाल ।
अग्रगामी राष्ट्र हाम्रो जय जय नेपाल ॥

रोटरी गीत

निस्वार्थ सेवा गर्नु पहिचान हो रोटरी ।
सबैलाई माया गर्नु अभियान हो रोटरी ॥
स्वास्थ्य, शिक्षा, विश्व शान्ति रोटरीका चाहना ।
मित्रता, विविधता, नेतृत्व रोटरी कै साधना ॥
मानवीय सेवा गर्न जुटिरहोस् रोटरी ।
राम्रो गर्न युगौं युग बाँचिरहोस् रोटरी ॥
पल ह्यारिसले जन्माएको, आर्क क्लम्फले प्राण भरेको ।
चक्र हो पहिचान हो रोटरी, फोर वे टेष्टको अनुशासन, स्वाभिमान हो रोटरी ॥
रो...ट...री ॥



Souvenir, 2023

ROTARY CLUB OF THE HIMALAYAN GURKHAS

10 September 2023

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Rtn. Major Lil B Gurung, MBE

Rtn. Major Yam B Gurung, BEM

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Design & Printed at

Print Communications Pvt. Ltd.

Tel: 977-01-5341355, 5344148

Published by

Rotary Club of The Himalayan Gurkhas

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The articles published in this souvenir are author's personal opinion. If the articles and photos required to be republished, it is requested to contact to the author or the Rotary Club of the Himalayan Gurkhas.

Editorial

Every Rotarian and their Rotary Club have been playing significant roles for changing the lives of needy people around the world. There are over 46 Thousand Rotary Clubs and more than 1.4 Million Rotarians associated all together. They have been doing their best to support needy people and the community in general. The Rotary Clubs in Nepal are also engaging in various social development activities in different sectors with the motto of 'Service Above Self'.

It is indeed a great milestone for our club to commemorate 20 years' journey while engaging actively for community development and helping the helpless through various support programmes and campaigns. The Rotary Club of The Himalayan Gurkhas is celebrating its 20th anniversary on 10th September 2023 as the Club was chartered on 10th September 2003 under the leadership of Rotarian Major Gopal Bahadur Gurung, MBE. Majority of charter members in this club are former British Gurkha soldiers and Singapore Police (Gorkha Contingency of Singapore Police Force). The Gurkhas, who succeeded in creating the history of Bravery in the world and retired after their long service initiated to establish this Club aiming to serve the poor and helpless people in Nepal. There are still the majority members from the former British Gurkha, Singapore Police Force, and Nepal army along with others.

In order to make a successful Rotary Club; dedication and perseverance are indispensable. Due to the high level of dedication of the Charter President, Past Presidents and the club members; the Rotary Club of The Himalayan Gurkhas has achieved remarkable success. Over the last 20 years, the Club has completed several incredible social works for the benefit of poor people and supporting disadvantaged groups.

While celebrating the journey of our 20th anniversary, we have decided to come up with a Souvenir to mark the Charter Day as a special occasion. On this very auspicious moment, the publication team would like to congratulate all the Club Members, their families and supporters for their contribution for obtaining incredible achievement. Likewise, we would like to thank District Governor Rtn. Rajendra Prasad Dhoju, Assistant Governor Rtn. Debendra Lal Shrestha and other district officials who supported to bring this Souvenir in final shape. We would also like to express our sincere thanks to all the contributors including writers, advertisement providers, donors, readers and beneficiaries for their support.

It is just the beginning of the journey as there is a long way to go to extend our services for visible changes. We are not only committed but also strongly believe to "Create Hope in The World".

Yours in Rotary !



Rtn. Rum B Gurung

Publication sub-coordinator/Editor

ROTARY CLUB OF THE HIMALAYAN GURKHAS

MAHARAJGUNJ, KATHMANDU, NEPAL

(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

Message from President

It brings me immense joy and pride as the President of this remarkable organization to release this souvenir magazine on the occasion of the 20th Charter Day of Rotary Club Of The Himalayan Gurkhas. This is a momentous occasion and one that we should all be proud of.

Over the past two decades, we have come together as a close-knit family, dedicated to the spirit of Rotary and committed to making a positive impact in our community. As we celebrate this milestone, let us take a moment to reflect on our journey.

Twenty years ago, a group of passionate individuals had a vision – a vision to serve, to uplift, and to bring about positive change. From that modest beginning, we have grown into a force for good, touching countless lives and leaving an indelible mark.

Our journey has been defined by compassion and selflessness. Through various projects and initiatives, we have strived to address pressing issues, such as education, healthcare, and community development. Together, we have built schools, ensured students have clean water and sanitation in their schools, provided medical assistance, and empowered the underprivileged with skills and opportunities.

None of this would have been possible without the unwavering dedication of our Rotarians. Each member, with their unique talents and contributions, has played a pivotal role in our success. The camaraderie and unity among our members have been the driving force behind our impactful endeavors.

Today, as we commemorate our 20th Charter Day, we should also extend our gratitude to our partners and supporters. Your belief in our mission has been a constant source of inspiration, and your support has propelled us forward in our pursuit of service.

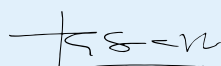
Looking ahead, we are filled with hope and enthusiasm. The challenges we face may be great, but so is our determination. We will continue to serve with compassion, innovate with purpose, and adapt to the changing needs of our community.

As we celebrate this significant milestone, let us renew our commitment to "Service Above Self." Let us stand united in our mission to create a better world, one where kindness, empathy, and generosity prevail.

To all those who have been part of our journey – thank you. You have made a difference, and together, we will continue to make a positive impact for generations to come.

Here's to 20 years of service, and to the countless years of service yet to come.

Jay Rotary Club of The Himalayan Gurkhas



Rtn. Bhoj Bahadur Khatri

President, RY 2023-24

Rotary Club of The Himalayan Gurkhas



Message from RI President

Dear fellow Rotary leaders:

As we begin a new year of service, let us not forget the importance of everyone of Rotary's members.

You have been handed the reins of club and district leadership at an historic moment. Rotary has a chance to capture the world's attention and realize possibilities beyond our expectations. But we must build on the work that has come before us if we are to reach our goals, such as defeating polio and empowering girls and women.

Rotary offers people of action a chance to connect and find belonging, and this fellowship gives us hope that we can create lasting change. But in the wake of the COVID-19 pandemic, more people than ever feel hopeless. Many have lost people close to them. Social networks have been uprooted and divisions have grown wider as opportunities for connection have been lost.


To make matters worse, in many parts of the world, asking for help – especially in the realm of mental health – is considered a weakness. But nothing could be further from the truth. It is brave to be vulnerable and to admit you don't have all the answers. Reaching out for help is courageous – and continuing on a path towards wellness is even more so.

Join me in making Rotary a source of strength for all of those who feel they have lost hope, within and beyond our membership. Let this be the year we Create Hope in the World, and let Rotary be known as an organization that takes care, not only of its members but of the people we serve as well.

It is within your power to help bring peace and soothe those afflicted by conflict, both in their communities and in themselves.

Remember that your work can and will Create Hope in the World.

Warmest Regards,



R. Gordon R. McNally
President, Rotary International 2023-24





Rtn. Bhoj Bahadur Khatri
President
Rotary Club of The Himalaya Gurkhas



Dear President and Rotarian Friends

First of all, I would like to congratulate you and your team for RY 2023-24 and would like to offer my best wishes to you, your dream team and all the members of your club for a successful tenure.

I feel immense pleasure for getting an opportunity to express my views and happiness through this club Souvenir of RY 2023-2024. This club Souvenir is one of the important documents and covers the information of the club. I hope this Souvenir will definitely give more information about the team members to make strong coordination and communication among those Rotarians who are dedicated to make better world.

Rotary International President of RY 2023-2024, R. Gordon R. McNally called for members to capture the world's attention and lead the way toward possibilities far beyond our current expectations. McNally, revealed the 2023-24 presidential theme **"Create Hope in the World"**. He urged members to promote peace in troubled nations, help those affected by conflict, and maintain the momentum of initiatives begun by past leaders.

We must understand that we, Rotarians, engage ourselves in service projects for the poor and needy communities and we can change the lives of those who are suffering. Rotary leadership, despite the fact that lasts only for one year, can be life changing if we can use the potential of our team and members of the club.

The theme of RI District 3292 for Rota Year 2023-24 is **"Light of Hope"**.

Hope your club will go out all the way to achieve the RI Theme **"CREATE HOPE IN The WORLD"**

With regards,

Rotary District Office,
Thapathali, Kathmandu
Nepal

Cell:
977 9857020090

dhoju99@gmail.com

Rajendra Prasad Dhoju
District Governor 2023-2024

Message from Assistant Governor

Dear Fellow Rotarians of The Rotary Club of The Himalayan Gurkhas,

To survive qualitative **Twenty Years** is an accomplishment for any Rotary Club. And to live, love, lead and prosper together is a feat each member of the club should be proud of.

I would like to felicitate and congratulate on the occasion of the **20th CHARTERED DAY** to Charter President Rtn. Major Gopal B. Gurung, MBE and all the Past Presidents for their outstanding leadership in the past and still continues. The selfless works done by the club to the communities over the years in the fields of health, education, environment, and many more other sectors are definitely praiseworthy.



Great Management is learned and Great Leadership is developed. Leaders don't manage, they lead. Managers don't lead, they manage. Fortunately, there is no dearth of good managers and leaders in the Rotary Club of The Himalayan Gurkhas. With the onset of the new rota year 2023/24, President Bhoj B. Khatri and his team are standing to lead the club with its set goals to serve the communities. So I would like to call upon all the members to lend their hands to the President and his entire team with renewed vigor, zeal and enthusiasm to make the successful journey of **"CREATE HOPE in the WORLD"**.

The **Rotary Club of The Himalayan Gurkhas** believes in the **"Live to Express, Not to Impress"** philosophy. I wish the club will maintain the great legacy of its past and continue the same spirit in the days to come.

As usual, let us continue to work for a **CAUSE**, not only for **APPLAUSE**.

Wishing you all once again on a great day !

Cheers !

A handwritten signature in black ink, appearing to read "Debendra Lal Shrestha".

Debendra Lal Shrestha

Assistant Governor, Zone 6
RI District 3292 Nepal/Bhutan



Message from Rotaract President

A spectacular greeting from Rotaract Club of People's Campus to our rotary family. Congratulations on your incredible success.

At 1st we would like to express warm greetings and excitement of extending congratulations and best wishes to President Rtn. Bhoj Bahadur Khatri and the club crew on accepting the leadership positions.

Kudos to the leaders for successfully carrying forward the legacy of Rotary Club of The Himalayan Gurkhas. We have no doubt that your versatility of experience and exemplary leadership will continue to flourish.



Rotary and Rotaract are the two wheels of service, spinning in harmony, driving positive change in the world. Together, we are able to harness the power of both experience and youthful innovation, making a greater impact on our society. You have given us the platform to contribute our ideas, energy and enthusiasm and for that we are truly grateful.

We stand committed to continuing the legacy of service that you have established and we are eager to contribute our energy, enthusiasm and fresh perspective to discover the power of unity, strength of collaboration and joy of success.

Your willingness to listen, understand and work alongside us has strengthened our bonds and created a sense of unity within rotary family. Thank you for being our role model, guiding light, mentors and supporters. We are proud to be rotaractors, standing side by side with you in service to humanity. And we look forward to the continued collaboration and the opportunity to work hand in hand to create a better future.

"A little step may be the beginning of great journey."

With warm regards,

Rtr. Pareena Shrestha

President, RY 2023-24

Rotaract Club of People's Campus

Club President's Roll of Honour



Rtn. Maj. Gopal B. Gurung, MBE
Charter President
RY 2003/04 & 2004/05



Rtn. Maj. Bijoy Moktan
President
RY 2005/06



Rtn. Maj. Bhim B. Gurung, MVO MBE
President
RY 2006/07



Rtn. Maj. Yam Bahadur Gurung, BEM
President
RY 2007/08, 2008/09 & 2009/10



Rtn. Maj. Lil Bahadur Gurung, MBE
President
RY 2010/11, 2011/12 & 2012/13



Rtn. Narayan Prasad Gurung Koney
President
RY 2013/14 & 2014/15



Rtn. Yub Raj Gurung
President
RY 2015/16 & 2016/17



Rtn. Krishna Prasad Adhikari
President
RY 2017/18 & 2018/19



Rtn. Siri Prasad Gurung
President
RY 2019/20 & 2020/21



Rtn. Satta Bahadur Gurung
President
RY 2021/22 & 2022/23



Rtn. Bhoj Bahadur Khatri
President
RY 2023/24 & 2024/25





Rtn. Bhoj B Khatri
President



Rtn. Satta B Gurung
Immediate Past President



Rtn. Lok B Gurung
Vice President



Rtn. Capt. Mohan K. Gurung
Secretary



Rtn. Shambhu Gurung
Treasurer



Rtn. Garja B. Gurung
Joint Treasurer



Rtn. Juna Pun
Sgt-At-Arms



Rtn. Maj. Gopal B Gurung, MBE
Director



Rtn. Maj. Lil B Gurung, MBE
Director



Rtn. Maj. Bhim B Gurung
MVO, MBE
Director



Rtn. Maj. Yam B Gurung, BEM
Director



Rtn. Maj. Bijoy Moktan
Director



Rtn. Capt. Harak S. Thapa
Director

COMMITTEE CHAIRS



Rtn. Sadikshya Kandel
Chair – Club Admin



Rtn. Yubaraj Gurung
Chair - Membership



Rtn. Rum B Gurung
Chair - Public Image



Rtn. Siri Gurung
Chair - Service Project



Rtn. Narayan Gurung
Chair - TRF



Rtn. Krishna Adhikari
Club Trainer

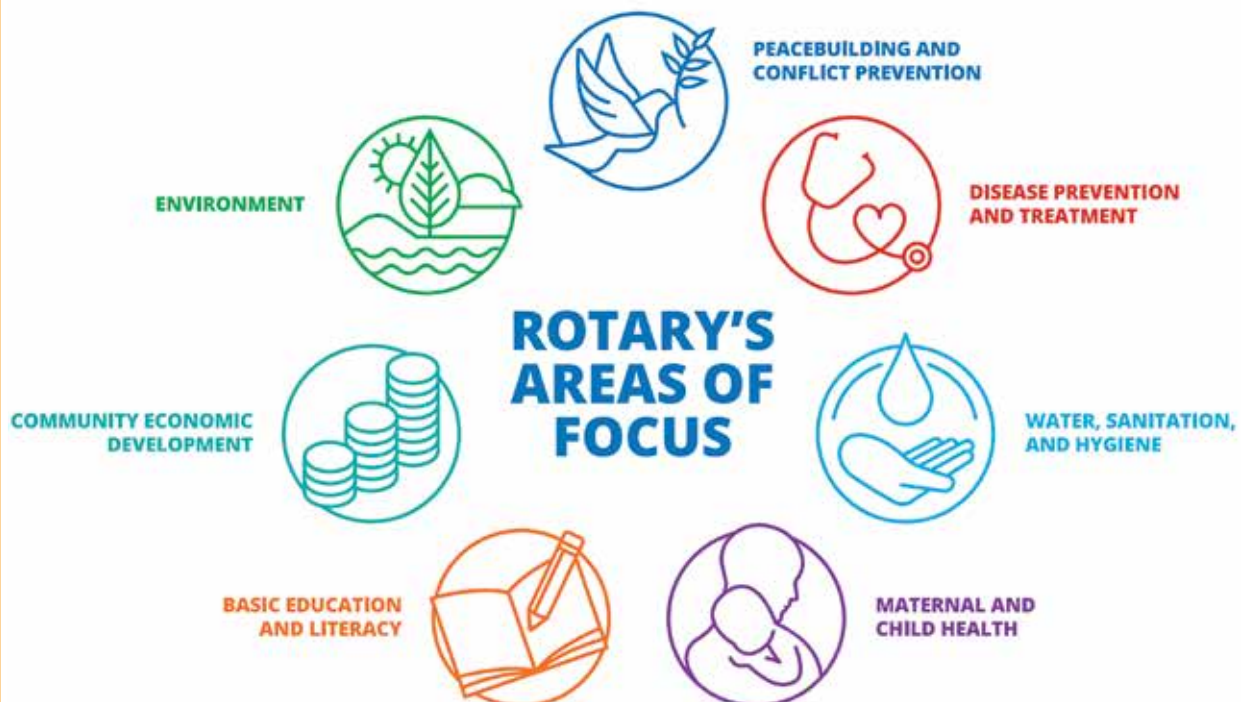


Rtn. Kul B. Gurung
Chair – Youth Committee

Charter Certificate



Seven Focus Areas of Rotary





THE FOUR-WAY TEST

Of the things we think, say or do:

first

Is it the **TRUTH**?

second

Is it **FAIR** to all concerned?

third

Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?

fourth

Will it be **BENEFICIAL** to all concerned?

Objectives of Rotary

The objectives 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 standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity 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.

Brief History of the Rotary Club of The Himalayan Gurkhas



Rtn. Major Gopal Bahadur Gurung, MBE
Charter President
Rotary Club of The Himalayan Gurkhas

When I retired from The Gurkha Reserve Unit in 2001, I had dreams of relaxing and enjoying life after having served almost 40 years in the British Army and with The Gurkha Reserve Unit in Brunei. This was not to be as I was approached by Captain Ash Bahadur Gurung who had retired from the 2nd Gurkhas and had amongst other activities joined The Rotary Club of Mount Everest. He was well versed with what a Rotary Club could do and during our frequent meetings urged me to form and lead a Rotary Club consisting of retired personnel from the Brigade of Gurkhas. The idea sounded very productive as we were all well-disciplined people

and did not have much to do and we could actually do good to the communities where we were born. This was the seed that Captain Ash Bahadur Gurung planted and it has now grown into a solid tree capable of weathering all types of weather.

The initial steps of forming a club began in earnest in Captain Ash Bahadur's house. Frequent meetings were held with Captain Ash Bahadur Gurung doing most of the taking as he was the one with the experiences of how a Rotary Club should be run. The search for potential members was not a problem but the rules and regulations



Group Photo of Charter Members

that had to be followed when establishing a Rotary Club was alien to us. Initially we needed a well established Rotary Club to sponsor us and in this we were adopted by The Rotary Club of Kathmandu North with the District nominating The Governor's Special Representative GSR, now known as The Assistant Governor, to show us the correct ways of running a Rotary Club. It should be noted that all rotary clubs of Nepal came under the rotary district of Calcutta and all the Nepali Rotary Officials were very interested and keen in establishing the right number of clubs and only then could we have our own Rotary District. We were assisted greatly by the DG Dr. Tika Man Baidhya and District Secretary Dilendra Shrestha. The duo visited our club very frequently and gave us all the assistance we needed in negotiating the Rotary minefield. The Rotary Club of The Himalayan Gurkhas was, is and will remain grateful to them for all their help and guidance during our infancy. With all the preparations ready the club was chartered on 10 September 2003 with His Excellency The British Ambassador as the Chief Guest at the Radisson Hotel. We thought it very appropriate to invite him as the club consisted of 99% retired personnel from the Brigade of Gurkhas.

With our sheltered life over we ventured into the big world looking for projects to help the people in our respective villages in improving their lives be it minutely but it was not as easy our Gurus lead us to believe. Apart from a few medical camps nothing significant was achieved. Undaunted we continued with our Rotary journey falling, stumbling and at times running!! After my three year's stint as the Charter President I was replaced by Major Yam Bahadur Gurung, BEM and he took on the new job like fish to water and with his International contacts, primarily from the UK, minor projects started rolling in with a few Major Grant Projects. The sagging flag of the Rotary Club of The Himalayan Gurkhas started fluttering strongly in the wind once more and the morale definitely took an upturn!! He too carried the

flag for a further three years and handed over his responsibilities to Major Lilbahadur Gurung, MBE who took the club performances to a new height. During his three years tenure as President of the club our international players grew in numbers and we managed to get many more minor grants and considerable number of major/global grants. It was during his Presidency that he managed to finance and supervise the construction of The Rotary Chautari in his village of Sirubari in Syangja. Rotary Chautari depicts the story of the improvements that Rotary has been able to make to the rural areas of Nepal where our efforts have been concentrated from the very beginning. From the beginning till the present date we have had 11 Presidents who have all given their very best to further enhance the reputation and the name of the club. I feel that I must mention the first class job that our PP Siri Prasad Gurung has done for the club. He has much improved the relationship with our International partners as well as our relationship with the district officials. It is through his efforts that our club is now well known as one of the very active and vibrant clubs.

So far we have managed to complete a large number of major/global and minor projects in the rural areas of Nepal. Our motto from the very beginning was that we would bring a smile on the face of the poor village people where our roots lie and I am very confident that we have succeeded in fulfilling our commitments as per our motto.

I can not end this short article without thanking Captain Ash Bahadur Gurung for his vision, foresight and insistence without which The Rotary Club of The Himalayan Gurkhas would not be in existence today. Thank you AB Saheb. I would like to end by saying that our club members can be justly proud of our achievements over the last 20 years and as the Charter President of the Club I am proud to belong to such a vibrant club.

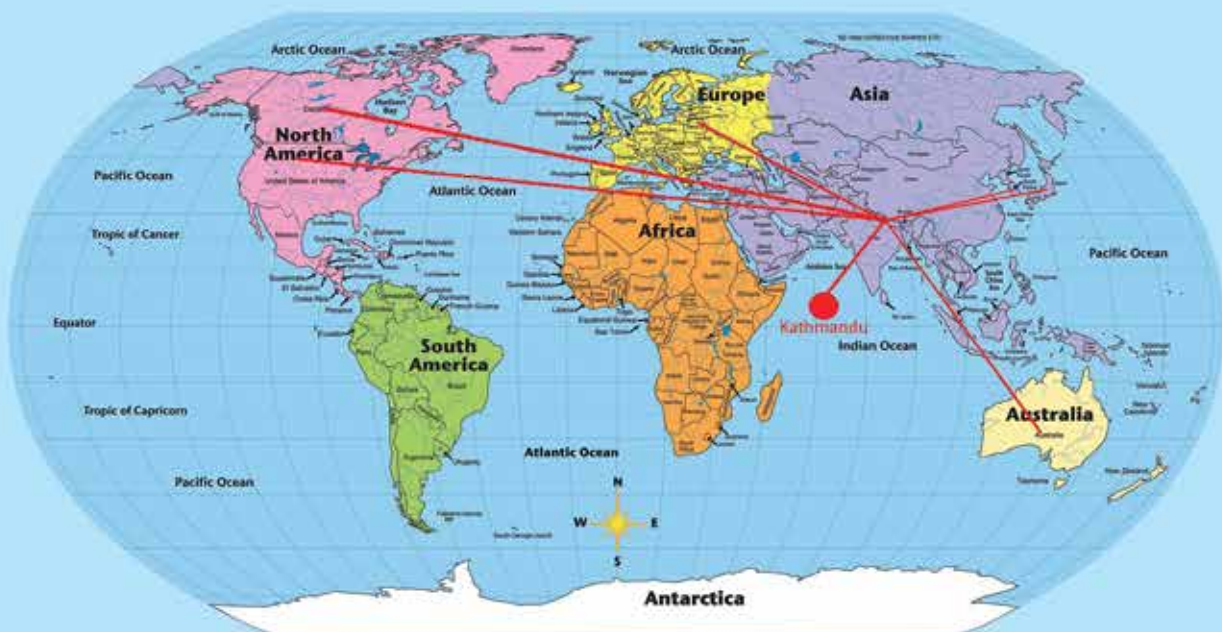
JAY ROTARY, JAYA ROTARY CLUB OF THE HIMALAYAN GURKHAS !





Rtn. Bhoj Bahadur Khatri
DIRECTOR & CEO
Aashirbad Trading
Worldwide Exporter

(Exporting All kind of groceries and utensils)



AASHIRBAD TRADING
 Tokha-10, Kathmandu, Nepal

THANK YOU EVANS and EIFION TRUST, UK MR BARRY AND ANN EVANS – CHESIRE, ENGLAND, UK



Rtn. Major (Retd) Bhim Bahadur Gurung, MVO, MBE
Past President
Rotary Club of The Himalayan Gurkhas

Late Barry and Ann Evans have become household names for the members of the Rotary Club of The Himalayan Gurkhas Rotary and the thousands of beneficiaries across the remote hills for their noble work in Nepal. The very first project funded by Barry and Ann was in 2009. The remote hill school in the far west of Nepal was in dire need of fund to rebuild their depleted Primary school building where EVANS Trust came to rescue. Thereafter, Barry and Ann have supported many needy people in the hills by helping to rebuild schools, classrooms, drinking water, Health and Safety related projects, re-building of community center, water and sanitation including toilets for Boys and the girls in schools. Their support immediately after Nepal Earthquake 2015

Most of the post 2015 projects were related to rehabilitation and rebuilding of community projects after devastating Nepal Earthquake of April 2015. The Himalayan Gurkhas is most grateful to Eifion Trust through late Barry and Ann for their generous support to the Nepali people. Late Barry and Ann will always be in our heart.

THE LIST OF BENEFICIARIES ARE:

- Thana Maula Primary School, Parbat – School building
- Tribhuwan HS, Ghanpokhara, Lamjung – Health & Safety
- Shree Gango Daya High School, Dubekul, Khotang – School building
- Hulak Village, Dhading – Drinking Water
- Anpu Village, Majhathana, Kaski – Drinking Water
- Vagawati Primary School, Majhathan, Kaski – Water and sanitation
- Shree Bhumlichok, Lamjung – Community center
- Jethi Kanya Primary School, Eladi, Syangja – School Refurbishment
- Janata Lower Secondary School, Parbat – School building (Post Earthquake)
- Chaukati Village, Sindhupalchok – Toilet, water, and sanitation
- Gangodaya High School, Khotang – School building ((post-Earthquake)
- Prakash Jyoti High School, Thonche, Manang – School building (post-Earthquake)
- Arjun Chaupari – 6, Bayale, Syangja – Drinking Water (post-Earthquake)



Post Earthquake construction of school building at Manang



Writing on the wall of new school building

CAFÉ
SOMA



 **Eat Good
Feel Good**

Jhamsikhel, (7 AM - 9 PM)
5428732 / 9818260588

Baluwatar (7 AM - 6 PM)
4515792 / 9808502579



*Congratulations to Rotary Club of The
Himalayan Gurkhas for completing glorious
20th years of service to the needy people of
Nepal.*



**Rtn. Yuba Raj Gurung and Family
Rotary Club of The Himalayan Gurkhas**



COMPUTERISATION PROJECT HIGH SCHOOLS IN ANDHI KHOLA VALLEY

Rtn. Major Lilbahadur Gurung, MBE

Past President
Rotary Club of The Himalayan Gurkhas



The demand for IT suits in Government schools throughout remote hills is very high indeed. With this in mind The Himalayan Gurkhas initiated a Pilot scheme in two schools, one in Kaski and another one in Syangja in 2011 to install Information Technology classrooms. The Pilot scheme was so successful that the donor clubs and individuals in the UK were enthused to take IT project a step further. As a result The Himalayan Gurkhas and the UK donors, managed to install IT suits in 7 schools in Panchamul valley, 2 schools in Kaski, one in Gorkha and a college in Chitwan between 2011 and 2015

The demand for IT suits was overwhelming. Schools one after another continued submitting application to The Himalayan Gurkhas for IT suits. There were number of questions which required satisfactory reply, prior to search for a donor. The questions are: a. Is the school Government funded? b. How large is the school, both students and infrastructure? c. Will there be a separate class room for IT suit? d. Is the school connected to main power? e. Does the school have a qualified teacher? f. Does school have back up fund for repair and replacements? And so on. A selected team members with a bit of knowledge in IT, were then tasked to and the "NEED ASSESSMENT" was carried out.

The High schools dotted either side of Andhi Khola river, beginning at Karkineta in the North

(a border town between Syangja and Parbat districts) all the way down to Shree Laxmi High school at Waling Syangja in the South were visited several times to determine the need and find if they meet the criteria set by the team. The project team lead by Major Lilbahadur Gurung MBE assisted by Rtn Krishna Prasad Adhikari were convinced that the following 9 schools met minimum requirements:

- Shree Maidan High School, Maidan, Bange
- Shree Rastriya High School, Bichari Chautara, Pakhribot
- Shree Saraswati High School, Naudanda
- Shree Pradumna Paneru High School, Seti Dovan
- Shree Bhagawati High School, Faparthurm
- Shree Jana Pradip High School, Chilaunebaas
- Shree Sepat Siran Chaur High School, Bangsing
- Shree Andha Andhi High School, Bichari Chautara
- Shree Laxmi High School, Waling

While carrying out visits and need assessments in schools, search for the donors was also in progress. With many well-wishing Rotarian friends in the UK a kindhearted donor was found in the name of **The Repper Charitable Foundation (TRCF). Mr David and Mrs Lynda Repper with Natalie (dau) are the Trustees.** TRCF is London based Registered Trust.





David and Natalie at Naudanda HS

The Himalayan Gurkhas and The Repper Charitable Foundation partnered with EduTech Nepal (ETN) for technical support and the serious business of installation of IT suits in schools began in early 2018. Despite many logistical and administrative difficulties, the IT suit installation project began and completed on time. The donors made couple of visits to the project sites and were satisfied that their Nepal pet project was a success.

The beneficiary schools are keeping up with the IT teaching. Some schools have acquired more Laptops for both educational teaching and for administrative purposes.



The donors David and Lynda at the IT suit handover event

The Himalayan Gurkhas is hopeful all it's effort in ushering 21st Century technology in the remote hill schools will be utilized proper and the future generations are given an education of lifetime in their own doorsteps.

RC The Himalayan Gurkhas and project team would like to thank THE REPPER CHARITABLE FOUNDATION (TRCF), EduTech Nepal (ENF) and many other partners for their help in making Andhi Khola IT project a great success.



Children enjoy playing with their newfound "toys" while Natalie keeps an eye



David joins students in the IT suit in Andhi Khola valley High school

GIRLS SANITARY KIT DISTRIBUTION AND SUSTAINABILITY PROJECT



Mrs Sunita Adhikari

Periods in Nepal still has a stigma surrounding it despite being completely natural and normal around the Globe. In majority of the schools in Rural Nepal, many girls skip school for 4/5 days a month to avoid being harassed and for treated as untouchables. The girls are also unaware of their personal hygiene and “how to look after themselves during the menstrual period”.

In many parts of Nepal girls are still treated as something impure, dirty, contaminating and untouchables during the monthly periods. During this period girls are alienated from the family and society during their periods. They are imposed with social restrictions and face humiliation in front of their friends and peers.

Rotary club of The Himalayan Gurkhas has been working with Rotarian friends from Yorkshire, England, United Kingdom since 2011 in various initiatives. Besides computerization of schools, the Rotarians have been involved in educating the locals, addressing and minimize the problems, the schools’ girls were facing. The exercises have had good impression amongst the local women, schoolgirls and the local community.

Objectives: The Rotary Club of The Himalayan Gurkhas has had the following objectives:

- Focus on menstrual health related issues in the remote hills and try to overcome it.
- Educate and impart knowledge to the victims of decades long inhumane practices and empower the victims and potential victims.
- Improve access to menstrual health,

appropriate sanitation, and hygiene facilities in the remote hill schools.

- Work with local Government, private sectors, and the well-wishers across the Globe to provide and improve supply chain of menstrual health products.

Girls Hygiene Kit distribution project:

With the generous donation received from Dame Joanna Lumley the Himalayan Gurkhas has established a girls Hygiene Kit distribution point and resource centre in the western hill village in Syangja. The Himalayan Gurkhas Rotary club choose a cluster of villages, named Panchamul Valley, in Syangja district in West Nepal as it’s project target area. With the money received from Dame Lumley the following has been achieved:

- Establish a small production centre where a trained lady worker prepares the girls hygiene kit.
- Establish a small Girls Hygiene Kit sell/distribution centre.
- Distribution of Girls Hygiene Kit to all 6 Secondary and one Lower Secondary school in Panchamul valley.

Total number of beneficiary Girls: 747 from 7 schools.

Implementation of project. The project was implemented in two phases:

- Phase 1:** The team visited several schools in Panchamul valley and distributed Girls hygiene kit. The project work was completed in 2 days.
- Phase 2:** Team of four, led by Major Lilbahadur Gurung MBE, Mr Krishna Prasad





Distribution of hygiene kits at Rapakot High school



Happy girls at Daraun High school

Adhikari and Ms Sunita Adhikari and Driver Chandra Ghalan (Tamang) spent three days in the target area, visiting 4 secondary schools and one Lower Secondary school, spread across Panchamul valley.

- c. The team has also established a hygiene kits production workshop. A lady has been given 6 weeks sewing training and has started producing a girls' hygiene kit.
- d. The team has also rented a small shop to keep produced hygiene kits in a resource centre from where the hygiene kits are sold to schoolgirls in a "give away" cost.

On behalf of hundreds of beneficiary girls and Rotary club of The Himalayan Gurkhas big thank you and sincere gratitude to Dame Joanna Lumley for her kind donation. Her kind gesture will be remembered by all the beneficiaries for many years to come.



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The motto of the achar was to provide Aama's achar made with love to everybody and we have been overwhelmed by the love given to the achar. We provide mother's love packed in a jar .

Our founder Sangita Pandey started her business in 2012 from her kitchen which has now transformed into a full fledged factory employing several locals in Kathmandu. Mrs. Pandey is extremely grateful to have received so much love for her Achar in Nepal and from Nepali people living in various other countries.

She has been able to inspire a lot of people by starting a business

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THE FIRST INTERNET ACCESS TO PANCHAMUL VALLEY



**Ms Maya (Gausuwa) Gurung
Network Technician**

Communication plays a vital role in the rapid development of a nation. When communication is advanced and efficient, the transmissions of ideas and opinions will be quick and will help to carry out development activities successfully and efficiently. Likewise, communication is essential if the educational institutes are to prepare students to face the challenges of 21st century and prepare Nepali youths to compete against manpower from developed countries.



**Maya (Gausuwa) with Barry
the IT project leader**

coordinator Major Lilbahadur Gurung continued to search for suitable hilltop locations where electricity was available, and security of internet relay masts and equipment was guaranteed. The task wasn't easy but somehow sites were found and to our relief the project began to take shape.

I, with Yoken (now my husband) were given an opportunity to

support technically throughout the project. There were many challenges enroute but we had an opportunity to learn a lot from this project. Of many projects Panchamul valley internet project was one of the most rewarding experiences for us. Our work wouldn't have been successful without constant supervision and guidance by the members of The Himalayan Gurkhas RC and from Major Lilbahadur GURUNG MBE.

With all infrastructures in place, the school in Panchamul valley was connected to the outside world through internet network in November 2012. The internet breakthrough was celebrated with a video

In 2011, when IT project began in Panchamul valley dreaming of connecting a remote hill village school with internet was no more than just a dream. However, the members of The Himalayan Gurkhas were determined to give it a try. Several coordinating meetings were held between the service providers, the members of the Himalayan Gurkhas and the technical teams prior to recce of potential hill tops sites to erect the necessary infrastructure. To provide internet in the remote hill schools was a major challenge. The technical team with supervision and leadership of Panchamul valley IT and internet project



**Panchamul valley internet relay station
at Rapakot**

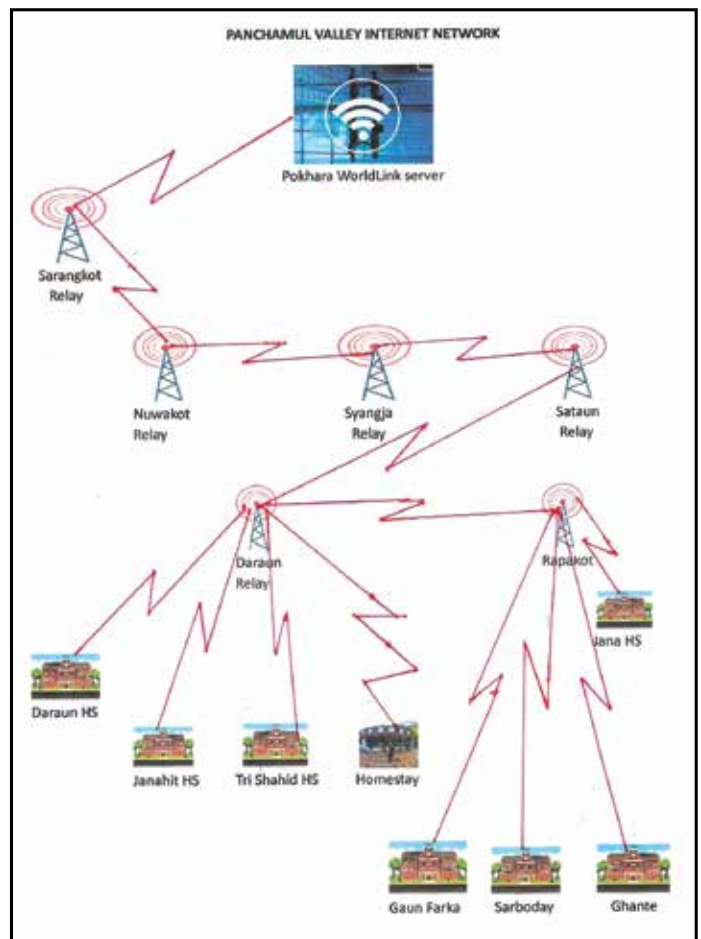


**20th Nov 2012, a proud day for RCTHG
and Panchamul valley**

conference between members of the Himalayan Gurkhas and the members of Harrogate Brigantes RC. Many locals including local dignitaries, teachers, students and well wishers were present to witness the event.

The Himalayan Gurkhas should be proud as in Technical teams opinion, is one of the leading Rotary clubs to install internet in a remote area. This is not a project for the faint hearted. The benefit from it is immense to the beneficiary schools and the students in the schools concerned. One great advantage is that the students have the internet and IT facility on their doorstep, and they do not need to travel to the cities for basic computer courses.

As I write these notes, I realize that Panchamul valley has been connected with commercial internet service providers and has internet service commercially. However, the internet service used in the schools are still the ones provided by RC The Himalayan Gurkhas. I and my technical team take pride in being a part of this worthwhile project under the leadership of the members of RC The Himalayan Gurkhas



*Hearty Congratulations to Rotary Club
of The Himalayan Gurkhas and its Club
members for celebrating 20th Anniversary!*



**Rtn. Major Gopal Bahadur Gurung, MBE and Family
Rotary Club of The Himalayan Gurkhas**



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समृद्धिको सौगात, मेरी उनीलाई

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रु. १ लाख सम्मको औषधीपचार बीमा



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*Hearty Congratulations to Rotary Club of
The Himalayan Gurkhas for completing
glorious 20th years of service.*



Rtn. Major Bhim Bahadur Gurung, MVO, MBE and Family
Rotary Club of The Himalayan Gurkhas





आजको बचत,
उज्ज्वल भविष्यको सुरुवात...

सम्पन्न भविष्यको लागि आजै देखि
बचतको सुरुवात गरौं ।



माछापुच्छे बैंक

सबल, उत्कृष्ट एवं विस्तारित

FRIENDS IN NEPAL PAY THEIR LAST RESPECT



Rtn. Major Lilbahadur Gurung, MBE
Past President
Rotary Club of The Himalayan Gurkhas

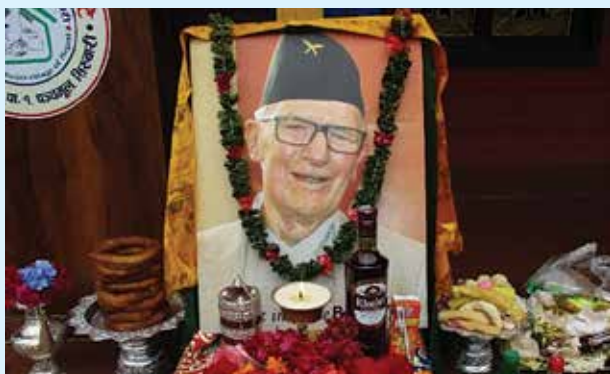
Barry came to Nepal in February 2011 on a mission. This was his first Nepal trip when he led a team of Rotarians from RI District 1040. The mission of the project then was to facilitate Information Technology (IT) in Shree Bir Lower secondary school, Rithepani in Kaski and in Tri Shahid High school, in Syangja. Both schools, then had no IT education. Electricity was available only on a selected hamlet.

The time between late February to the first week of March 2011 was an historic period for Panchamul valley and for Shree Bir Lower secondary school, Rithepani. It is during this period the first installation of IT suits was successfully completed in Syangja and in Kaski. Thereafter, 6 more schools were all equipped with IT suits and are connected to internet. Everyone in the valley agree, Barry as project leader played an important part in ushering remote hill village schools to 21st Century education and helped to connect the valley with the outside world. He was made an honorary member of The Himalayan Gurkhas Rotary club for his outstanding support.

Besides IT suits, Barry initiated and supported Micro Loan schemes in the valley which uplifted the living standards of hundreds of beneficiaries. He was kind and genuinely wanted to help those who were less well off than others.

Late Barry has had memorable time in Nepal, both at work and in play. Hiking to a hilltop, riding on a roof top of a local bus on bumpy seasonal road and social events in the evening with the locals is something we will always cherish. His efforts to sing Nepali songs in the evening, with the help of local ROXI (brew) brought immense laughter. More than once, the singing and dancing lasted until the wee hours! Late Barry will be remembered by many as a true friend of Nepal and the Nepalese people.

Coming to terms with the death of a dear friend is the most difficult for his friends in Nepal, which he considered as his second home. Barry will be happy, looking down from Heaven for what he has helped to achieve in the remote hills of Nepal. His legacy will live on! REST IN PEACE BARRY!



Late Barry Pollard



Friends mourn death of Barry
at village hall in Sirubari

HELP TO MOTHERS GROUP IN CHITWAN BY LYN AND JAN OF NORTHALLERTON ROTARY



Captain (Retd) Ash Bahadur Gurung
Charter Member
Rotary Club of The Himalayan Gurkhas



Happy Women's group at Chitwan with Laptops

The NAWA JAGRITI MAHILA Cooperative's were desperate to find a donor to purchase Laptops for their day-to-day administrative use. The group lead by a lady is an all-women's group and they help marginalized ladies in their locality with various activities. Their tasks include provide micro finance to the needy households and teach the unemployed ladies with basic survivor skills. Some of the work they have been doing is poultry, animal husbandry, embroidery, and vegetable farming. Their work so far has been praised by the locals.

For all this work the women's group were using old methods of keeping the records by using exercise books and details handwritten in them. Capt Ash, who lives in the area was approached by the women's group and asked for the laptops to help them solve their problems.

For this our friends in Northallerton RC came to rescue. Lyn and Jan better halves of our club Honorary members John P and Duncan D managed to organize Coffee mornings and boot sales and raised the money to help the women's group in Chitwan.

Major Lilbahadur Gurung, Mrs Sunita and Rtn Krishna Adhikari travelled to Chitwan to handover the Laptops in one special ceremony kindly organized by Captain Ash. It was a happy occasion all round. The women's group have asked The Himalayan Gurkhas to convey their sincere thanks to Northallerton Rotary and in particular two kindhearted ladies Lyn and Jan for their generosity.

May our friendship continue.....



Jan and Lynn handover the cheque

LATE BARRY AND ANN EVANS PATRONS OF CHARLOTTE'S HAVEN ON EARTH CHILD CARE CENTER



Miss Suju Gurung (Suju has completed her Grade12 recently)



Late Grandpa Barry and Granny Ann with happy grandchildren

I write this with great sadness over the unimaginable loss of our Grandpa Barry and Granny Ann Evans, who funded and helped establish our home, a Child Care Center, named "Charlotte's Haven on Earth" in memory of Charlotte, their daughter, who died of cancer. She was young and was in her 40's when she died. The center is custom made to the highest standards and accommodates 28 children (14 boys and 14 girls). The center also has a dorm for senior lady warden, a dorm for male warden,

chef and for the security guard, kitchen dining, first aid room and an administrative office with large open ground outside where Charlotte's monument is designed and placed at the main entrance of the center to preserve the memory of our godmother Charlotte.

Charlotte's Haven on Earth Child Care Center was formally inaugurated on 16th of January 2016 by Grandpa Barry, Granny Ann and in presence of family members of our late mother Charlotte. Our

father David Asher, sister Chloe and brother Tom joined the inaugural event from Australia. Also present in the program were local dignitaries, teachers, and well-wishers. It was a great event which we will all remember for many years to come.

The financial support made available by late Grandpa Barry and Granny Ann has provided us with first class accommodation, recreation facilities and good education in the nearby school. Some of our senior brothers and sisters have already graduated and moved on to better things elsewhere. All are doing well with one exceptionally talented sister, studying Dentistry (BDS) in Kathmandu.

We will always remember Grandpa Barry's words and promise to live up to his expectations by learning to be successful in the profession we choose in future.

It is hard to believe our most beloved Grandpa Barry and Granny Ann are no more with us. We will remember their kind words of encouragement, love, care and birthday cards we used to receive from them. We have our daily prayers for their Heavenly abode!

With the passing away of Grandpa and Granny, the future responsibilities of looking after Charlotte's Haven on Earth Child Care center is passed on to the shoulders of uncles James and Richard and Auntie Kate. The fund is managed by Trustees under Eifion Trust.

Please Grandpa and Granny keep blessing us from high above. We are and will always be together in spirit until the day we meet in Heaven.

With lots of love !



Bhagwati Gyawali
DIRECTOR



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*We heartily congratulate to Rotary Club
of The Himalayan Gurkhas and its club
members for celebrating 20th Anniversary.*



Rtn. Major Yam Bahadur Gurung, BEM and Family
Rotary Club of The Himalayan Gurkhas



*Congratulations to Rotary Club of The
Himalayan Gurkhas for completing glorious 20th
years of service to the needy people of Nepal.*



Rtn. Major Lil Bahadur Gurung, MBE and Family
Rotary Club of The Himalayan Gurkhas



CHANGING YOUNG LIVES IN NEPAL USHERING REMOTE HILL SCHOOLS TO INFORMATION TECHNOLOGY (IT) AGE



Late Rotarian Barry Bollard of Harrogate Brigantes



Handover of laptops – February 2011

This was a project 2 years in the making which finally became a reality on 22nd February 2011, the day our Rotary team arrived at Tri Shaheed Higher Secondary School to install the first IT suite in Panchamul Valley. Your country had already overwhelmed us, the stunning beauty of the mountains and the valleys, the warmth and friendliness of the people. We were filled with a feeling of intense excitement and expectation.

And well, what a welcome you gave us with the all the school coming out to greet us. I can still remember every part of the day, the welcome speeches and dances, the handing over of the computers and our inspection of the classroom where we were to install the 9 laptops.

As each day progressed we moved from installing the equipment to running a 6 day IT induction course for your teachers. Many friendships were made which have continued over many years. By the time we came to leave, I and some of my colleagues just knew we had to return. Nepal

and the Panchamul valley was now part of us, in our heart and soul.

Looking back now, it is amazing what has changed since this first visit. Tri Shaheed (Model) High School has achieved so much and now is one of best State schools in Nepal. It is always promising to note the first batch of “train the trainer” student Mr Tek Nath Khanal and others continued in Tri Shaheed as Head Teachers and teachers, which was important for continuity in school. All schools in Panchamul valley (as well as those in the neighbouring Andhi Khola), are equipped with IT suites, with most on a robust internet supply. Panchamul valley is now a very different place with much internal investment having taken place.

More importantly we see the original vision for this project as reality. Students have a better chance of competing against the private schools students in equal terms and progress further educationally and find worthwhile employment. This is the most fulfilling Rotary project I and my Rotarian friends have ever been part of.

Rotary International District 1040 and Rotary clubs Harrogate Brigantes, Osgoldcross and Elmet and Mirsfield are thanked for their huge contribution. Likewise, The Himalayan Gurkhas Rotary club and the Panchamul valley IT project Coordinator Major Lilbahadur Gurung MBE are thanked for their tireless effort. We wish everyone in Tri Shaheed Good luck for the future.



ROTARY COMMUNITY CORP (RCC), SIRUBARI, SYANGJA



Mr Jum Bahadur Gurung, Chairman-RCC Sirubari

I have been chairman of Rotary Community Corp (RCC) Sirubari Syangja since its establishment in 2011. Over these years I have had the opportunity to meet, greet and work alongside many overseas Rotarians and also from the members of The Himalayan Gurkhas.

My responsibility and the members of RCC Sirubari was to monitor all projects initiated by The Himalayan Gurkhas in Panchamul valley. The projects including IT projects, Micro Loan, Post Earthquake rehabilitation work, supervision of drinking water projects and relaying of

application for help from the needy people to the President of The Himalayan Gurkhas. I have enjoyed every bit of my social work through Rotary.

I look forward to following and supervising The Himalayan Gurkhas lead projects in the coming days as well.

Thank you, RC The Himalayan Gurkhas, for your great work in my area and beyond. I am honored to be part of your noble work.



Mr Jum (2nd R) supervised drinking water project on behalf of RCTHG.

Welcome international
Rotarians by RCC Sirubari



MAINTAINING GOOD DENTAL HYGIENE FOR OPTIMAL ORAL HEALTH



Rtn. Dr. Sophiya Gurung



Maintaining excellent dental health is absolutely crucial throughout our lives, and dental cleanliness plays a vital role in achieving this. Developing proper oral hygiene practices from childhood to maturity is the key to preventing various dental problems. Regular brushing, ideally twice a day, is absolutely essential for getting rid of bad plaque and germs that accumulate on teeth and gums, keeping them healthy, and preventing cavities and gum disease. Daily brushing and flossing are the surest ways to ensure that tight spaces between teeth and below the gum line are properly cleaned, which significantly reduces the risk of decay and inflammation.

Ensuring proper dental hygiene is absolutely essential for your overall well-being. Extensive research has indicated that maintaining good oral health is directly linked to your general health. Neglecting oral hygiene can increase the risk of various systemic illnesses, including respiratory infections, diabetes, and cardiovascular diseases. Therefore, it is crucial to prioritize your oral health as a fundamental component of your comprehensive health routine. This unequivocally highlights the significance of maintaining good oral health as a vital aspect of a holistic approach to health.



It is crucial to have regular dental exams to maintain good dental health. These checkups can detect potential problems early, which can be treated promptly to avoid more significant issues in the future. Additionally, tooth specialists can conduct thorough exams, treat any problems, and provide personalized recommendations for maintaining good tooth hygiene.

Taking charge of your lifestyle can have a significant impact on your oral health, along with consistent dental care. If you limit your intake of acidic and sugary beverages and foods, you can effectively prevent tooth decay and enamel erosion. Additionally, steering clear of tobacco products and excessive alcohol usage can help you achieve stronger teeth and gums.



To ensure good oral health and overall wellness, it is crucial to maintain dental cleanliness. Developing proper oral hygiene practices such as continuous brushing, flossing, and yearly dental exams is essential to prevent oral health problems and maintain a healthy smile. By committing to oral hygiene for life, we can improve our quality of life, boost our self-confidence, and ensure the health of our bodies and mouths. It's important to prioritize oral hygiene for the benefits it provides to our general well-being.



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*Hearty Congratulations to Rotary Club
of The Himalayan Gurkhas and its Club
members for celebrating 20th Anniversary!*



**Rtn. Garja Bahadur Gurung and Family
Rotary Club of The Himalayan Gurkhas**



*Hearty Congratulations to Rotary Club of
The Himalayan Gurkhas for completing
glorious 20th years of service.*



**Rtn. Siri Prasad Gurung and Family
Rotary Club of The Himalayan Gurkhas**



THE GURKHAS AND THEIR HERITAGE



Rtn. Yam B Gurung, BEM, Major (Retd)
Past President
Rotary Club of The Himalayan Gurkhas

"It is better to die than to be a coward" is the Gurkha soldier's motto.

Over 600 years ago, before the time of Prithvi Narayan Shah, I wonder how the Nepali warriors stood against numerous attacks on their villages. Our family history speak of hundreds of small regional heads who carved their own family clans. Life must have been quite tough in those days,

the ability to fight and to survive in such hilly and remote terrain that was utmost important. This life style produced the finest potential Gurkha soldiers who began to be recognised around the world. Then Prithvi Narayan Shah came in 1700 to lead the nation from his base in Gorkha and ruled Nepal as one country, having taken Kathmandu.

The 1814 -16 Anglo-Nepal War stands out in the





Gurkha history when the Nepali soldiers clashed with the British East India Company in northern parts of India. At a high ground feature near Dehra Dun called Kalunga only 600 Gurkhas fought against 4000 troops of the East India Company. What the British Commander thought it would be easily taken within a week became a one month battle to win, resulting in the British General killed but his commanders erected two stones – one engraved for their soldiers and the other to their adversaries, such was their respect for these Nepali warriors. The Gurkhas were also clever in tactics. In this battle, they chose a high ground which had steep slopes on the enemy side and gentle slope on their side so that they could identify the enemy and fire their weapons from the top while they were supplied with ammunition and ration from the rear, the principles of defense that even today is taught in the British Army. Sadly, the King of Nepal could not send reinforcements from Kathmandu while General Amarsing Thapa struggled to hold his positions to the far west of Nepal, in those days stretched as far as Dehra Dun in west and Sikkim in east. As a result in 1816 the Treaty of Sagauli was signed and Nepal had to give up land leaving only the current borders. What is also significant at this time is that Gurkhas began to be recruited

into the British East India Company (later to be replaced by the British Army). Frederick Young, a young British Officer who was taken prisoner by Gurkhas quickly appreciated the quality of his adversaries and obtained permission to recruit these fierce warriors. In 1815, initially three Regiments were raised which were later formalized as 1st Gurkha Rifles, 2nd Gurkha Rifles and the 3rd Gurkha Rifles. Later 4th, 5th, 6th, 7th, 8th, 9th, 10th and 11th Gurkha Rifles were formed.

When the Indian Mutiny took place in 1857, the Gurkha soldiers demonstrated their loyalty so strongly when they decided to side with the British rather than the mutiny soldiers. It started with a reason given by the mutineers that the musket gun powder packets were greased with cow and pig fat, a very holy action against Hindu and Muslim belief. When The Sirmoor Rifles (Later called the 2nd Gurkha Rifles) were called to support a British Division attack on the mutineers at Delhi, they marched from Dehra Dun and took position in Hindu Rao house as the east picquet. On the first night the British artillery guns were pointed at the Gurkha Battalion at night just in case but they realized there was no need when dawn came! After the mutineers



were rounded up, Queen Victoria was so pleased by the whole action that she presented the Queen's Truncheon to replace the 2GR flag. The Regimental Association still celebrate Delhi Day on 14 September every year and pay their respect to the Queen's Truncheon now held by the Royal Gurkha Rifles in the UK.

During World War 1, World War 2 and the Borneo Confrontation, the Gurkhas won 13 Victoria Cross (VC), the highest bravery award in the British Army. In addition two Gurkhas of 8th Gurkha Rifles won the George Cross (GC) (sometimes called the civilian VC) for saving women and children from collapsing buildings in 1935 when there was a terrible

earthquake in Quetta (now in Pakistan). They fought in Malaya, the Gulf War and the Falklands War. Lately they have taken part in operations in Afghanistan and other UN operations. Sergeant Dip Prasad Pun from the Royal Gurkha Rifles fought against 40 Talibans in Afghanistan defending his post at night and was awarded the Conspicuous Gallantry Cross (CGC), the second highest bravery award in the British Army.

After India received it's independence in 1947, four Gurkha Regiments parted to join the British Army while the remaining seven Gurkha Regiments remained with the Indian Army. In 1994, the four Gurkha Regiments (2nd, 6th, 7th





and 10th) in the British Army amalgamated to form the Royal Gurkha Rifles. To date apart from the VCs and GCs, Gurkhas continue to win other bravery awards such as Param Vir Chakra and Vir Chakra in India and the DCM (Distinguished Conduct Medal), the Military Medal (MM) and Military Cross (MC) in the British Army while on military operations.

"I have never seen more steadiness or bravery exhibited in my life. Run they would not and of

death they seemed to have no fear, though their comrades were falling thick around them, for we were so near that every shot hold."

Ensign John Shipp describing the Battle of Makwanpur, February 1816

(Note: RC The Himalayan Gurkhas was set up by Retired British Gurkha and Nepalese Army officers and soldiers on 10 September 2003 in Kathmandu.)

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*We hearty congratulate to Rotary Club
of The Himalayan Gurkhas and its club
members for celebrating 20th Anniversary.*



**Rtn. CI Nanda Bahadur
Gurung and Family
Rotary Club of The Himalayan
Gurkhas**



**Rtn. Brig. Gen. (Retd)
Lili Jang Gurung
Rotary Club of The Himalayan Gurkhas**



*Congratulations to Rotary Club of The
Himalayan Gurkhas for completing
glorious 20th years of service to the needy
people of Nepal.*



**Rtn. Bishnu Bandhu Aryal and Family
Rotary Club of The Himalayan Gurkhas**



SAFETY MATERIALS DISTRIBUTION TO NEEDY PEOPLE DURING COVID - 19 PANDEMIC



RTN. SADIKSHYA KANDEL



The Head Teachers representing 11 schools in Syangja stand in front of their safety kits



Shree Bir Lower secondary school, Rithepani, Kaski – Grade 4 children

COVID – 19 is the worst pandemic in more than 100 years, with over 41 million cases of Covid - 19 and 1.1 million deaths Globally. Nepal has its own share of bad news with more than 1.15 million infected cases and over 12 thousand deaths.

Limited Nepal Government resources was stretched to the limit, despite the assistance received from the donor countries. Well established organizations in Nepal played their part in helping Covid affected people.

With the most generous donation from Dame Joanna Lumley DBE FRGS the Himalayan Gurkhas Rotary Club organized a distribution of Face Masks and Hand Sanitizers to many schools (14 schools in total) in Lamjung, Kaski and Syangja Districts of West Nepal.

The team lead by Major Lilbahadur GURUNG, MBE visited all schools in the districts mentioned and gave away Face Masks and Hand Sanitizers in each school. The school management committee

members, Head Teachers, teachers and the locals were present to receive their much needed COVID – 19 safety materials.

The quantities of Facemasks and sanitizers distributed are as follows:

Facemask: Qty 6 per teacher and per child.

Sanitizer: Qty 5ltrs jar per 30 children (appx)

In each distribution point the local Ward chairman, the chairman of school management committee or Head teacher thanked Dame Lumley for her continued support to thousands of school children in the remote hills of Nepal.

The speakers also thanked Rotary club of THE HIMALAYAN GURKHAS for their sterling work for the needy people of the remote hills of Nepal.

The covid-19 safety materials were distributed to total 3,977 number of students and 238 teachers in 14 schools of Syangja, Kaski and Lamjung. Total



Gaun Farka Lower secondary school,
Syangja – Grade 4 students

29,290 pieces of facemasks and 117 jar (5 Ltr in a jar) of Sanitizers were distributed.

The Face Masks are made of three layers and are water resistance. They are re-washable and reusable and are suitable for indoor and outdoor activities, including physical activities. The distribution of face masks and hand sanitizers



Shree Bir Lower secondary school, Kaski



Ratnashova High school, Kaski



Token of
appreciation
presented to Dame
Lumley from the
beneficiary schools.

was the need of the day as the Government, time and again were unable to help schools of their requests due to lack of funds available at a local level.

Ms Joanna Lumley has become a household name in the remote hills of Nepal. Her contribution is praised by many Nepalese across the country as well as those living overseas.

Distribution of free Face Masks and Hand Sanitizers was one of the most self-satisfying projects ever taken by The Himalayan Gurkhas. For the project team there was a high risk of catching COVID -19, however, the trip was a risk worth taking. I on behalf of all the beneficiary schools, teachers, students, and parents I would like to thank Dame Lumley for her most generous assistant. Her most generous donation has helped save many school children's and teachers lives from COVID-19.



Dame Joanna Lumley, DBE, FRGS (born 1 May 1946) is a British actress, presenter, model, author, television producer, and an activist. She has won two BAFTA TV Awards for her role as Patsy Stone in the BBC sitcom Absolutely Fabulous (1992 - 2012), and was nominated for the 2011 Tony Award for Best Featured Actress in a Play for the Broadway revival of La Bête. In 2013, she received the Special Recognition Award at the National Television Awards, and in 2017 she was honoured with the BAFTA Fellowship award.



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Rotary Chautari at the main entrance to Sirubari, Syangja

ROTARY MONUMENT (CHAUTARI), SIRUBARI, SYANGJA



**Rtn. Major
Lilbahadur Gurung, MBE**
Past President
Rotary Club of The Himalayan Gurkhas

Rotary club of THE HIMALAYAN GURKHAS is a relatively young club in Rotary world, with its installation in September 2003. According to the Charter President Major Gopal Bahadur Gurung MBE, the first few years were challenging as the club had to learn the norms of Rotary. However, with most of Charter members being former Gurkhas with extensive international experience, “tricks of the Rotary trades” were learnt quickly and implemented in the club. Within a short span of time the club had a calendar full of activities, keeping members busy.

The Himalayan Gurkhas began working with Rotarians from overseas which attracted much

needed funds to help needy people of the remote hills. The list projects initiated by the club included, Health camps, drinking water, school classrooms, installation of IT suits in schools, provision of internet in the remote hill schools, poverty alleviation, Micro Loans Schemes to help start, Poultry, Goat farms and piggery, post Nepal earthquake rehabilitation work and so on. The club has no permanent office nor any place to keep historical records.

Because of the situation above club has had to look into an alternative way of preserving the historical records of the club. Thus came the Rotary Monument idea. Rotary Monument (Chautari) is



brainchild of Major Lilbahadur GURUNG MBE. It is conveniently located at the main entrance of Nepal's first home stay tourism village Sirubari in Syangja, where many internal as well as the international visitors come and stay. For Sirubari and the visitors to the home stay village, Rotary Monument has become a "shop window". It has also attracted many selfie lovers and visitors and visiting Rotarians, who capture it in their devices before leaving.

The monument has the names of the Charter President and the Presidents, Major Donors from various countries, Major individual donors, Donor International clubs and list of all projects including the post Nepal earthquake rehabilitation projects and support given to needy people during the Covid – 19 Pandemic inscribed on marble.

The Rotary Chautari/Monument was officially inaugurated jointly by Charter President Major Gopal Bahadur Gurung MBE and his better half Mrs Hem Kumari Gurung, club President Rtn Satta Bahadur Gurung, Land donor Mrs Bishnu Kumari

Gurung and Rotary Chautari/monument initiator and coordinator Major Lilbahadur Gurung MBE on 6th of April 2022. Members of the Himalayan Gurkhas Rotary club, Rotary Community Corp Sirubari, local mothers' group, Sirubari youth club and many locals witnessed the event. The local band, (Nau Mati Baja) played melodious tunes and entertained the gathering.

The land, worth more than 12 Lakhs was kindly donated by Mrs Bishnu Kumari Gurung in memory of her late husband Lt Guru Prasad Gurung and late son Mr Arjun Kumar Gurung. The Rotary club of the Himalayan Gurkhas thank Mrs Bishnu Kumari didi for her most generous donation.

The finance side of the Rotary Chautari/monument was taken care of by Initiator and coordinator Major Lilbahadur Gurung MBE and Past President Rtn Krishna Prasad Adhikari.

The Himalayan Gurkhas Rotary club intends to return to Sirubari every year to observe Rotary Chautari/monument Anniversary. JAY ROTARY!



*Hearty Congratulations to Rotary Club
of The Himalayan Gurkhas and its Club
members for celebrating 20th Anniversary!*



Rtn. Rum B Gurung and Family
Rotary Club of The Himalayan Gurkhas



*Hearty Congratulations to Rotary
Club of The Himalayan Gurkhas for
completing glorious 20th years of service.*



Rtn. Shambhu Raj Gurung and Family
Rotary Club of The Himalayan Gurkhas

मृगौला उपचारमा फड्को



डा. पुकार चन्द्र श्रेष्ठ, कार्यकारी निर्देशक, शहिद धर्मभक्त राष्ट्रिय प्रत्यारोपण केन्द्र, भक्तपुर



सन् २००८ तिर विश्व स्वास्थ्य संगठनको अध्ययन अनुसार मृगौला फेल भएको व्यक्तिहरू नेपाल जस्तो अल्पविकशित देशहरूमा ९०% प्रतिशत भन्दा बढी केही महिनामै मृत्युवरण गर्दछन् भन्ने प्रतिवेदन थियो । क्यान्सर र मुटुरोगमा पनि यति छोटो समयमा यति धेरै मानिसहरूले ज्यान गुमाउन पर्ने अवस्था रहँदैन । यस अर्थमा यसको तत्कालै समाधानको लागि आवश्यक उपाय अपनाउन पर्ने अवस्था थियो र देशको केही प्रमुख अस्पतालहरूमा मात्र २ देखि ४ वटा मेशीनबाट डायलासिस सेवा दिइरहेको, महिनाको पचास हजार सम्म खर्च गर्नु पर्ने, प्रत्यारोपण सेवा देशमा उपलब्ध नभएको अवस्थामा विदेशमा गएर पचासौं लाख खर्च गरेर गर्नु पर्ने र त्यो सामर्थ्य हामी मध्ये कति जना नेपालीहरूमा थियो ? यस बाट स्पष्ट हुन्छ कि विश्व

स्वास्थ्य संगठनले भने अनुसार मृगौला फेल भए पछि केही महिना भित्रै मृत्युवरण गर्नु बाहेक अरु उपाय थिएन ।

यसर्थ बेलायतबाट ६ वर्षे प्रत्यारोपण सम्बन्धि तालिम पछि स्वदेशमै फर्केर यस सेवामा केही गर्ने हुटुहुटीका साथ वीर अस्पतालमा मृगौला प्रत्यारोपण गर्ने जमर्को गर्‍यो । छुट्टै अपरेशन थिएटर नभएको र सिमित जनशक्ति तथा सहयोगको बीच निकै चुनौतिपूर्ण ढंगले मृगौला प्रत्यारोपण सन् २००८ डिसेम्बरमा शुरु गरियो र बल्ल बल्ल ४ वर्षमा ९९ जनाको मृगौला प्रत्यारोपण गर्न सम्भव भयो तर ९९ प्रतिशतका सफलताका साथ । यसैको फल स्वरूप नेपाल सरकार स्वास्थ्य तथा जनसंख्या मन्त्रालय र विशेष गरेर तत्कालीन स्वास्थ्य



सचिव डा. प्रविण मिश्रको पहलमा भक्तपुर जिल्ला अस्पतालको लागि बनाइएको ४/५ वर्ष देखि खाली रहेको नव निर्मित भवन प्रत्यारोपण कार्यक्रमको लागि दिइयो र आज यस शहीद धर्मभक्त राष्ट्रिय प्रत्यारोपण केन्द्रले १० वर्षको अवधिमा १,००० जना भन्दा बढिको मृगौला प्रत्यारोपण ९९ प्रतिशत सफलताका साथ सम्पन्न गरेको छ ।

शहीद धर्मभक्त राष्ट्रिय प्रत्यारोपण केन्द्रको स्थापना २०६९ बैशाख ११ मा भएको हो । स्वास्थ्य सेवाको कुनै पनि विधामा सबैभन्दा जटिल, गहन, महंगो तथा चुनौतीपूर्ण कार्य भनेको प्रत्यारोपण मानिन्छ । यस अर्थमा यति छोटो अवधिमा मृगौला प्रत्यारोपणको एक हजार संख्या, देशमा कलेजो प्रत्यारोपणको शुरुवात (हाल सम्म ११), मस्तिष्क मृत्यूबाट हुने अंगदान र प्रत्यारोपण (मृगौला १०, कलेजो ३), निःशुल्क डायलाइसिस तथा मृगौला प्रत्यारोपणका साथै यि कार्यहरूको निम्ती नियम, कानून, नीति योजना बनाउन नेपाल सरकारलाई घचघच्याई इतिहास रचन सफल यस केन्द्रको प्रयास र उपलब्धीहरू ज्यादै उपयोगी र दीर्घकालिन फल प्राप्त गर्न महत्वपूर्ण सावित हुँदै गएको छ । यो स्तरको सेवामा पुग्न अन्तर्राष्ट्रिय संस्थाहरूलाई पनि कैयौं वर्ष लाग्ने गर्दछ । स्वदेशमै उपलब्ध यो सेवा

बाट नेपाली दाजुभाई दिदी बहिनीहरू विदेश जाँदाको भौतिक दुःख र महंगो सेवाबाट केही हद सम्म राहत पाउन सफल भएका छन् भने राष्ट्रको अरबौं रूपैया संचित भएको छ । यो सेवा क्रमशः गरीब निमुखा दाजुभाई, दिदीबहिनीहरूको पहुँच भित्र पुग्न थालेको छ भने विदेशी नागरिक समेत प्रत्यारोपण सेवाबाट लाभान्वित भई रहेको हुँदा संस्थाको विश्वसनीयतामा पनि अभिवृद्धि हुँदै गएको आभास मिल्दछ । आज केन्द्रमा भएको सेवाबाट मृगौला प्रत्यारोपण गरेकाहरू ९८% प्रतिशत तथा डायलाइसिसमा भएकाहरू ९०% भन्दा बढी बाँच्न सक्नु अत्यन्तै गौरवको कुरा हो ।

देशमा मृगौला प्रत्यारोपणको आवश्यकता वार्षिक करीब ३,००० भएको तथा त्यसमा केन्द्रले देशमा उपलब्ध सेवाको दुई तिहाइ अर्थात वार्षिक करीब २०० जनाको मात्र प्रत्यारोपण गर्न सक्ने क्षमता भएको हुँदा यसलाई तत्काल विस्तार गर्न तथा सातै प्रदेशमा प्रत्यारोपण सेवा सञ्चालन गर्न नेपाल सरकारले लिएको नीति र केन्द्रलाई दिइएको जिम्मेवारी पुरा गर्ने चुनौति थपिएको छ ।

केन्द्र सञ्चालित हालको स्थान अति नै साँघुरो भएको हुँदा सम्माननीय प्रधानमन्त्री पुष्पकमल दाहाल प्रचण्डज्यूको दोस्रो कार्यकालमा भक्तपुरको सल्लाघारी स्थित नेपाल



ट्रष्टको १०० रोपनी जग्गा दुई महिना भित्र हस्तान्तरण गर्ने निर्णय भएकोमा हाल सम्म कार्यान्वयन हुन सकेको छैन । सम्माननीयज्यूको यस कार्यकालमा उक्त जग्गा अवश्य हस्तान्तरण हुने छ, भन्ने विश्वास छ । स्थापनाकाल देखि १०० बेडमा सञ्चालित यस केन्द्रमा ८०० जना विरामीहरू मृगौला प्रत्यारोपणको लागि प्रतिक्रिया रहेका र कलेजो तथा मुटुको प्रत्यारोपण को लागि बेड अभाव भएको हुँदा तत्काल ५०० बेड क्षमतामा पुर्‍याउने लक्ष्य पुरा हुनेछ, जसबाट अस्पताल विस्तारका साथै शैक्षिक भवन, विरामी तथा कुरुवा परिवारको लागि होस्टल तथा अत्यावश्यकिय

कर्मचारीहरूको लागि आवास सुविधा उपलब्ध हुन सक्ने छ र केन्द्रले दिने देश भरीको प्रत्यारोपणको माग यसले मात्र परिपूर्ति गर्न सक्षम नुहने हुँदा ७ वटै प्रदेशमा प्रत्यारोपण कार्य विस्तार गर्ने कार्यक्रम रहेको छ । गण्डकी प्रदेशको पोखरा स्वास्थ्य विज्ञान प्रतिष्ठान र कर्णाली प्रदेशको सुर्खेतमा मृगौला प्रत्यारोपण शुरु भई सकेको छ भने केही समयमा सुदुरपश्चिमको सेती प्रादेशिक अस्पताल धनगढी, बागमती प्रदेशको मदन भण्डारी स्वास्थ्य विज्ञान प्रतिष्ठान अन्तर्गत हेटौडा अस्पतालमा प्रत्यारोपण कार्य शुरु गर्ने तयारी भै रहेको छ, पूर्वको कोशी प्रदेशको कोशी अस्पताल, विराटनगर



र मधेश प्रदेशको नारायणी अस्पताल वीरगञ्ज पनि क्रमशः मृगौला प्रत्यारोपण सेवा विस्तार गर्ने योजना केन्द्रले बनाएको छ ।

२०७९/८० सालको नेपाल सरकारको नीति तथा कार्यक्रम र बजेट भाषणमा यस केन्द्रलाई उच्च प्राथमिकताका साथ प्रत्यारोपण सम्बन्धि उच्चस्तरीय जनशक्ति उत्पादन गर्न सक्ने प्रत्यारोपण स्वास्थ्य विज्ञान प्रतिष्ठानको रुपमा विकशित गर्ने घोषणा भएको हुँदा वर्तमान सरकारले यो कार्य अवश्य कार्यान्वयन गर्ने छ भन्ने विस्वास शहीद धर्मभक्त राष्ट्रिय प्रत्यारोपण केन्द्र परिवारले लिएको छ । यसबाट प्रत्यारोपण सेवाको विस्तारका साथै गुणस्तर अभिवृद्धि हुनेछ साथै कर्मचारीको वृत्ति विकासको पनि सुनिश्चिता हुने हुँदा ३ करोड नेपाली दाजु भाई, दिदी बहिनीहरू तथा अंग फेल भएका सम्पूर्ण स्वदेशी तथा विदेशी नागरिक र तिनका परिवारहरू अवश्य लाभान्वित हुनेछन् ।

सरकारी सेवाको मात्र मुख्यताकी गैर नाफामुलक संस्थाहरूबाट पनि डायलाइसिस र प्रत्यारोपण सेवा प्रवाह गर्नु आवश्यक देखिन्छ । साथै रोगको रोकथाम

तथा समयमै उपचार गर्नका लागि जनचेता जगाउन गैर सरकारी संस्थाहरूले महत्वपूर्ण भूमिका खेल्न सक्दछन् ।

अंग फेल हुन बाट जोगाउन र अंग फेल भएमा अंग प्रत्यारोपण गर्न र त्यसका लागि आवश्यक अंगदान गर्न सबैमा प्रेरित गर्ने उद्देश्यले जनचेतना जगाउने कार्यका साथै भौतिक पूर्वाधार तथा जनशक्तिको समेत व्यवस्था गरी निःशुल्क डायलासिस र प्रत्यारोपण सेवा समेत उपलब्ध गराउने उद्देश्यले गैर नाफा मूलक संस्था स्वास्थ्य अभियान नेपालको पनि स्थापना भएको छ, हामी सबैले यस्ता पवित्र कार्यहरूमा सहयोग गर्न र एक्यवद्धता जनाउन आवश्यक छ ।

आफ्नो नातेदारलाई आवश्यक परेमा आफू जिवित छदै आफ्नो अंग दान गर्न र मस्तिष्क मृत्यु पश्चात जलेर खेर जाने अंग दान गर्नु भएमा कोही पनि नेपाली दाजु भाइ दिदी बहिनीहरू अंग फेल भएको कारण प्रत्यारोपण नपाएर यो देशमा मृत्यु वरण गर्नु पर्ने अवस्थाको अन्त्य हुने छ ।

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*We heartily congratulate to Rotary Club
of The Himalayan Gurkhas and its club
members for celebrating 20th Anniversary.*



**Rtn. Anju Dangol
Russel-Parsons and Family**
Rotary Club of The
Himalayan Gurkhas



**Rtn. Capt. Harak Singh Thapa and
Family**
Rotary Club of The Himalayan
Gurkhas



*Congratulations to Rotary Club of
The Himalayan Gurkhas for completing
glorious 20th years of service to the needy
people of Nepal.*



Rtn. Sadikshya Kandel
Rotary Club The Himalayan
Gurkhas



Rtn. Juna Pun
Rotary Club of The Himalayan
Gurkhas

AN INTERNATIONAL MUSICAL EXTRAVAGANZA HARROGATE, NORTH YORKSHIRE, UNITED KINGDOM



Anita Thapa Adhikari
Member of the Nepali Entourage

The Year 2019 AD is a historic year for the Nepalese school children as it is during this year, 20 students and 5 teachers from SHREE TRI SHAHID HIGH SCHOOL, Andhi Khola – 1, Syangja and 20 students and 6 teachers from Valley Public High school, Sundar Basti, Bhawal, were selected to join children from 14 British schools in North Yorkshire and participate in an international musical extravaganza, named KIDS ALOUD – 2019, at Harrogate, North Yorkshire. The event took place on the 29th and 30th of March 2019.

KIDS ALOUD is a major International Musical Extravaganza for school age children, which has been on going in Rotary District 1040 for more than a decade. It is one of the most popular projects carried out annually by Rotary and is appreciated by many parents and the locals of the Harrogate area in Yorkshire, England, United Kingdom.

The idea of Nepali children participating in and international musical event in the UK came from the visiting Rotarians from Harrogate, Yorkshire during their IT project visit in Nepal. However, the huge administrative and logistical tasks ahead were not for the faint-hearted. Having several virtual meetings between the key members of the project team in the UK and in Nepal the final decision to launch the project was made in Spring 2017. There was joy all-round. It was a once in a lifetime opportunity for the Nepali children and the participating lucky teachers, of which I am one.

The selection of children and the teachers was carried out in July 2018. Thereafter, the training for the entire participants began in Kathmandu and in Sirubari simultaneously. During the selection, children's aptitude towards music and plays were considered high priority. Their health, discipline



A joint rehearsal with British school children



A Nepali child radiates in the Royal Hall



The KA2019 Finale at the Royal Hall, Yorkshire.

skills in cultural program and their ability to learn quickly were also taken into consideration. Several difficulties had to be negotiated carefully by international coordinator of the Kids Aloud 2019, Major Lilbahadur GURUNG MBE. One such difficulty was of course raising of £100,000 for Nepalese children and the teachers to participate in KA2019. The fund required was for air tickets, UK Visa, dress for the children, including cultural and Nepali national dress, medical insurance for 40 children and 13 teachers. Valley Public High school and friends of international coordinator came to rescue with the funds.

With UK Visa approved and medical examinations completed in late February, the KA2019

participants left for Manchester airport in the UK in mid-March for 3 weeks of hectic but potentially rewarding trip. The entire Nepali entourage was given a rousing farewell by members of the RC THE HIMALAYAN GURKHAS and Valley Public family.

The Nepali entourage arrived in Manchester amidst a typical English weather, tired but high in spirit. They were received by international coordinator and the key members of the KA2019, Namely, Andrew Morrison – KA2019 project leader, Guy Wilson, Barry Pollard and President of Brigands Ruth Townrow. Captain (Retd) Rajendra Man Gurung of Sirubari made himself available and was in the welcome group.

During their time in Yorkshire and leading to KA2019 finale children visited more than dozen schools, historical sites, museum, and tropical zoo to name the few. KA practices and rehearsals were carried out in each school with the British children.

Then came the “D” day that everyone was waiting for. The Royal Hall was full to it’s capacity with local dignitaries, parents and the guardians of children of local participating schools. The



Nepali children – center of attraction at KA2019 Finale



Children enjoy Fish and Chips in one of their outings

chief guest was Nepalese Ambassador to London Dr Durga Bahadur Subedi. Ambassador thanked all organizers and the hosts for hosting Nepali entourage for KA2019 and requested all those who Can to visit Nepal in the days ahead.

The 2 hours of musical extravaganza began with a promotional speech at the start, by Nepali Ambassador to London. The Nepali children performed their best and British people publicly praised the Nepalese children as “show stealers”. A proud moment for the Nepali Ambassador and entire Nepali entourage.

The two days of musical extravaganza was followed by series of Farewell events for Nepali children by the Hosts in Harrogate and was reciprocated by the Nepali visitors in a true Nepali way. Three weeks of stay in Yorkshire, with extra hard work put in by all concerned came to a most satisfying ending.

The final stage of the UK visit for the Nepalese contingent was visit to London. The group visited historic sites including Buckingham Palace, Nepalese Embassy and was entertained by SONPAL SAMAJ UK. The entourage departed London Heathrow for home after exhausting but most memorable experience in the United Kingdom.

KA2019 was one of the most difficult projects to arrange administratively but equally satisfying to THE HIMALAYAN GURKHAS and HARROGATE



The power behind the KA2019 Throne.

BRIGANDES for their project well done. Nepali team have greatest respect to each and every one in Harrogate and in Kathmandu for making this event a great success.

KA 2019 event will be something the participating children of Shree Tri Shahid High school, Panchmul and Valley Public High school, Kathmandu will remember throughout their lives. I shall with my fellow teachers will also remember KA2019 experience throughout our life. Thank you to everyone who made this possible. My sincere respect and thank you to The Himalayan Gurkhas, The Brigantes and those who were responsible to make KA2019 a grand success!



Nepali Ambassador to London Dr Durga Subedi thanks Nepali entourage for their outstanding performance.



*Heartly Congratulations to Rotary
Club of The Himalayan Gurkhas for
completing glorious 20 years of service to the
needy people of Nepal.*



Rtn. Capt. Mohan Kumar Gurung and Family
Rotary Club of The Himalayan Gurkhas

सम्पूर्ण रोगको आयुर्वेदिक औषधिबाट उपचार विशेषज्ञ तथा वरिष्ठ आयुर्वेदिक चिकित्सकद्वारा उपचार भइरहेको यस भण्डु नेपाल प्रा.लि. पुतलीसडकमा पाल्नु भई आफूलाई लागेको रोगबाट मुक्त हुनुहोस् ।

जस्तै : बार्थ, पिनास, ग्याष्ट्रिक, अल्सर, पायल्स, दम, सुगर, निमोनिया, युरिक एसिड, माइग्रेन, ह्वाटाइटिस, हनिया, थाइराइड

(सबै प्रकारका छाला रोग (चायाँपोतो, डन्डीफोर, शरिर चिलाउने, दाज, सेतो दुबी सोराइसिस, कपालको चायाँ आदि)

विभिन्न प्रकारको यौनजन्य समस्या (शिघ्र स्खलन, नपुंसकता, यौन उत्तेजनामा कमी, शुक्रकिटको कमी आदि

विभिन्न प्रकारका महिला सम्बन्धि रोगहरू (महिनावारी गडबढी, कम्मर दुख्ने, बच्चा नबस्ने, पाठेघरमा मासु पलाएको सेतो पानी बग्ने, निसन्तान आदि) छातीको दाग, नाक, कान घाँटी, आदि रोगहरूको सफल उपचार हुनका साथै विदेशमा कार्यरत यहाँ उपस्थित हुन नसक्नुहुने महानुभावहरूको लागि विशेष प्रकारको व्यवस्था छ । रिपोर्टको आधारमा विशेषज्ञ चिकित्सकको सल्लाह बमोजिम औषधि पाउने पनि व्यवस्था छ । क्यान्सर रोगका विरामीको लागि विशेष प्रकारको उपचार गरिन्छ ।

भण्डु नेपाल प्रा.लि.

पुतलीसडक, सम्पर्क : ०१-४५३०४९८
अपोजिट पद्ममोदय मावि





 Past President, Rotary Club of The Himalayan Gurkhas

1. Ward nos 4 and 5, Panchamul Syangja:

- | SN | Nature of investment/Amount | Beneficiary Households | Total investment (Rs) | Remarks |
|----|-----------------------------------|------------------------|-----------------------|---------|
| a. | Goat Farm (Rs 8000 per household) | 11 x 8000 | 88,000 | |
| b. | Poultry (Rs 5000 per household) | 8 x 5000 | 40,000 | |
| c. | Buffalo (Rs 10,000 per household) | 13 x 10,000 | 130,000 | |
| d. | Vegetable (Rs 8000 per household) | 4 x 8000 | 32,000 | |

2. Ward no 3, Ramche, Syangja:

- | SN | Nature of investment/Amt | Beneficiary households | Total (Rs) | Remarks |
|----|---------------------------------------|------------------------|------------|---------|
| a. | Vegetable (Rs 12,000 per household) | 1 x 12,000 | 12,000 | |
| b. | Goat Farm (Rs 10,000 per household) | 4 x 10,000 | 40,000 | |
| c. | Bee farming (Rs 10,000 per household) | 6 x 10,000 | 60,000 | |

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V. Change over: March every year

VI. No defaulters to date

3. Ward no 1, Arghamdi, Mula, Syangja:

- i. Project launched in November 2013. This project has completed 9th recycle in November 2020
- ii. Total budget RS65,000
- iii. Beneficiaries as at December 2020: 8 households
- iv. Investment breakdown as at December 2020:

SN	Nature of investment/Amt	Beneficiary households	Total (Rs)	Remarks
a.	Poultry (Rs 5000 per household)	3 x 5,000	Rs 15,000	
b.	Goat Farm (Rs 10,000 per household)	5 x 10,000	Rs 50,000	

TOTAL investment at Ward no 1 Arghamdi and Mula, 8 Households = RS65,000

V. Changeover: November/December every year

VI. No defaulters to date

4. Ward no 2, Dhakalthok, Panchamul Syangja:

- i. Project launched in April 2015. This project has completed 8th recycle in April 2023
- ii. Total budget RS88,000
- iii. Beneficiaries as at April 2021: 11 households
- iv. Investment breakdown as at April 202:

SN	Nature of investment/Amt	Beneficiary households	Total (Rs)	Remarks
a.	Goat Farm (Rs 10,000 per household)	5 X 10,000	Rs 50,000	
b.	Vegetable Farm (Rs 5000 per household)	5 x 5,000	Rs 25,000	
c.	Fish Farm (Rs 13,000)	1 x 13,000	Rs 13,000	

TOTAL investment in Ward No 2, Dhakalthok, 11 households = Rs 88,000

5. In addition to the projects mentioned above several additional projects in 2017 and in 2018. The projects in brief are as follows:

- a. Goat Bank 1, Vakimle, Syangja: Goat Bank 1 was the first project of it's kind in Panchamul valley. The entire goat herd was under one roof with a dedicated goat herder. The project had a great start with visiting Rotarians from the donor club Northallerton Rotary inaugurating the Goat Farm. For the first 8 months or so, all was going well. However, with rapid proliferation of the goats the shade became too small and the herder also had difficulty managing it proper. It was then decided to divide goats into several smaller herds for the ease of administration and management. The herds are now managed by 4 smaller farms run by a family. Rotary club of Northallerton are thanked for making the fund available.
- b. **Goat Bank 2, Dhakalthok, Syangja:** The project site/location and the person in charge has been changed from Dhakalthok to Malkudanda, to suit the circumstances. The new location Malkudanda is North of Sirubari village. The area is open grazing land and is suitable for Sheep grazing. The farm has Sheep's instead of Goats.



Sheep farm at Malku Danda (above Sirubari village)

- c. The funds for the Goat Bank 1 and 2 came from Northallerton and Northallerton Mobray respectively.
- d. Periodical updates are sent to the donor club with informative photographs.

6. Poultry Farm Sirkhu, Syangja:

- i. Project launched in November 2020
- ii. Total fund received: £ 1000.00
- iii. Funds collected at Kids Aloud 2019 performance was made available by Harrogate Brigantes Rotary club.
- iv. Project is progressing well.

7. Conclusion:

For the past 9 years or so many needy people in Panchamul valley have benefitted immensely from the Micro Loan Scheme. It was even more so during the lockdown period due to COVID-19 as MLS was only means of income for survival to the locals as there was no alternative way of making money.

The project has been a great success due to hard work and dedication of the Group Leaders. I thank the Group Leaders for their selfless devotion to work.

On behalf of all MLS beneficiaries in Panchamul valley and RC of THE HIMALAYAN GURKHAS I would like to thank the Rotarians LATE Barry Pollard, John Proud and Lyn, Duncan Davison and Jan, Tom Banfield, Gill Poole, Mike Bamford and many more. who initiated and collected fund in the UK for the MLS projects and all clubs for their most generous contribution.



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CHANGING LIVES

One Classroom at a time

Across rural Nepal, the majority of young children attend schools that are in a poor condition, with very few resources. They are taught by untrained teachers who use rote learning methods that only teach repetition without understanding.

Sitting on dirty and unsafe floors with nothing to occupy them, the youngest children are often the lowest priority in the school and sometimes left without a teacher present.

Without a real foundation, these children are being hampered in their learning and the lack of training and motivation in their teachers is passed on to them in the form of ineffective education.



Nepal based NGO First Steps Nepal is changing that one classroom at a time. With the support of the Rotary Clubs of The Himalayan Gurkhas in Nepal and Rotary Clubs of Kirriemuir, Scotland early years classes in eight schools in Syangja District are being transformed into nurturing child friendly learning environments as part of a five year programme.

Founded by Nepali, Durga Aran, First Steps Nepal works in rural schools to transform early years classrooms through teacher training and support. "Teachers are trained in contemporary teaching methods that support children to becoming



peaceful, nurturing learning environments" explains Durga



Following a visit to Syangja with representatives of the Rotary Club of The Himalayan Gurkhas, Kathmandu, the project was planned working in eight schools that stretch out from the town of Walling to surrounding hill villages reached only by four wheel drive vehicle on rough mountain tracks.



Rotarians organised the delivery and fit out of carpet, paint and classroom furniture.

First Steps Nepal had already worked for many years with rotary clubs in District 1010 Scotland and was known for its effective early years project work. When the Syangja project was conceived by the Kirriemuir Rotary club - Scotland and The Rotary club of Himalayan Gurkhas, Kathmandu Nepal, First Steps Nepal was asked to coordinate the early years part of the project.

The story was similar in all of the schools. Classrooms were bare and dilapidated and teachers had no learning resources. However, once classrooms were painted, carpeted and fitted out with low tables suited to young children, the project turned to supporting the teachers to have a better understanding of child friendly methods.

Soon, children were starting to enjoy their classes, becoming much more focused and eager to explore and learn. They attended more regularly and gained a love of learning. Teachers began

to realise that child - friendly teaching methods were easy to implement and were in fact more enjoyable for everyone!

Teacher Training

First Steps Nepal provided a series of practical hands on teacher training workshops in contemporary practices. These were well received from teachers who previously had no idea about classroom layout and how to create their own learning materials from basic items found locally.

Teachers begin to see the importance of active movement for young children in their overall development as well as understand the key concepts of behaviour management. Each workshop held over a week encouraged the teachers to supplement the curriculum with a variety of fun activities that would engage in the children in their learning.





Man Gurung and Punam Gurung,
Teacher, Dunga School

"It is so important to have the training that First Steps Himalaya provided. It was very effective and we can already see significant changes in our school. Thank you so much for your support."

**Kamal Gurung and Punam Gurung,
Shree Tallo Kumer Dung School**

Monitoring

A local supervisor visits each school on a regular basis to check on progress and support teachers with new ideas and activities. Teachers are assessed on their use of child friendly teaching

techniques, behaviour management and the creation and use of resources. The First Steps Nepal management team conduct twice yearly monitoring visits to assess progress, talk to head teachers and make recommendations.



First Steps Nepal team visit classrooms at Himali Secondary School during monitoring visits.



Founder, Durga Aran speaks to the head teacher of Bhumre Higher Secondary School.



Local supervisor, Dhanmaya Gurung visits schools regularly

Challenges

Any project in rural Nepal is bound to face all sorts of challenges, but no one could have foreseen COVID and its impact on the project. Suddenly Nepal was under lock down, schools were closed and movement very restricted. Both the rotary clubs and First Steps Nepal agreed on using this period to prepare training that could be delivered either online or face to face. The result was an even better more robust training course that has

raised the bar in training delivery and outcomes for teachers.

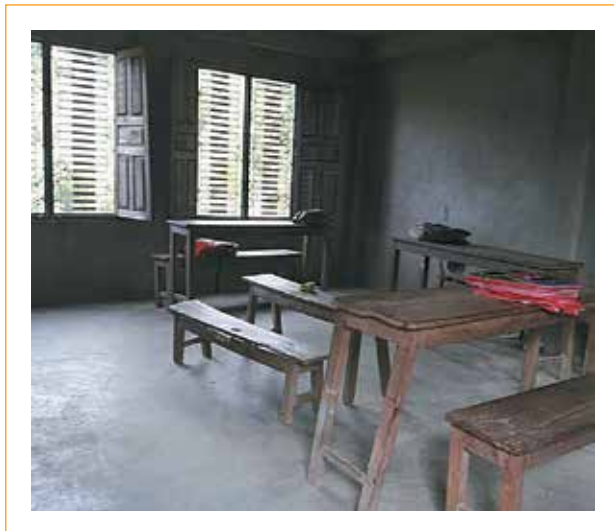
Other challenges have included the geographical location of some schools, the lack of class teachers for young children who instead are taught by a rotation of subject teachers. Ideally, young children should have their own dedicated class teacher, and this has been difficult to achieve in some schools due to staffing.

School transformations

The before and after photos speak for themselves. The classrooms are now brightly

decorated with resources created by the teachers who have a range of fun activities to supplement the curriculum. Children are engaged in their learning and look forward to coming to school.

Shree Rambachchha Basic School, Rambachchha



Shree Himali Secondary School, Ratne



Shree Janahit Basic School, Paundure





What's Next

Project Director Durga Aran says "It has been fantastic to see how simple changes and a bit of training can bring about transformation in the way that young children are taught. I am so pleased that teachers are now so much more motivated and really enjoy what they do. Working with the Rotary Club of Himalayan Gurkhas has been an absolute pleasure. They really got involved and helped us organise the fit out the classrooms working into the long hours to complete the job. They continued to coordinate with us to ensure smooth operations."



As the current 5-year project comes to a close in March 2024, First Steps Nepal are already in discussion with rotary clubs for the next phase in Syangja.

This will involve opening up teacher training for more schools in the Walling area and refresher training for teachers who show commitment and motivation.



Project Grant Information

Global Grant No: GG 1978294

Project Name: Early year Learning Support Program (a five year program)

Host Club: Rotary Club of The Himalayan Gurkhas, RI District 3292, Nepal-Bhutan

Primary Contact: Rtn. Siri Prasad Gurung, RC The Himalayan Gurkhas

International partner: RC Kirriemuir RI District 1010 - Scotland

Primary contact: Rtn. Barbara Lovegrove

Cooperating/Implementing Partner: First Step Nepal



For more information about
First Steps Nepal visit:
www.firststepsnepal.org

रोटरीमा रमाउने र रोटरीबाट प्रेरित हुने तरिकाहरू

(Ways to enjoy Rotary
and Be Inspired)



राजेन्द्र शाक्य

भूतपूर्व अध्यक्ष तथा क्लब प्रशिक्षक
रोटरी क्लब अफ त्रिपुरेश्वर

**ती सदस्यहरू
जो आफ्नो व्यक्तिगत
लाभको लागि मात्रै
रोटरीमा आवद्ध
भएका हुन्छन्,
उनीहरूले रोटरीयन
हुनुको फाइदा
महशुस गर्दैनन् र
रोटरीको उद्देश्य एवं
भावसाग आफुलाई
जोड्न सक्दैनन् ।**

कुनै पनि व्यक्ति रोटरी क्लबमा आवद्ध हुनको विभिन्न कारण हुन सक्दछ । कसैले आफ्नो व्यापार एवं व्यावसायिक सम्बन्धलाई विस्तार गर्ने सम्भावना देखेर रोटरीमा आवद्ध भएका हुन सक्छन् भने कोहीले नयाँ मित्रता कायम गर्न र विभिन्न क्षेत्रमा संलग्न भएका व्यक्तिहरूसँग सम्बन्ध विस्तार गर्ने उद्देश्यले रोटरीमा सदस्यता लिएका हुन सक्छन् । त्यसैगरी कोहीले सामाजिक कार्यमा योगदान गर्ने अवसरले वा आफ्नो व्यक्तिगत लाभ अपेक्षा गरेर रोटरीमा आवद्ध भएका हुन सक्छन् । शुरुमा त्यस्ता अपेक्षा राख्नु सामान्य हो किनभने उनीहरूले रोटरीलाई राम्ररी बुझेका हुँदैनन् ।

तर समस्या तब उत्पन्न हुन्छ जब सदस्यताको अवधिको क्रममा रोटरीयनहरूले गरेका अपेक्षाहरू रोटरीको उद्देश्य र लक्ष्यसँग मेल नखाँदा पूरा हुँदैन । ती सदस्यहरू जो आफ्नो व्यक्तिगत लाभको लागि मात्रै रोटरीमा आवद्ध भएका हुन्छन्, उनीहरूले रोटरीयन हुनुको फाइदा महशुस गर्दैनन् र रोटरीको उद्देश्य एवं भावसँग आफुलाई जोड्न सक्दैनन् । यसले गर्दा उनीहरूसँग रोटरीमा संलग्न हुने चाहना रहँदैन, जसले गर्दा अन्ततः उनीहरूले रोटरी परित्याग गर्छन् ।

जब यस्तो अवस्था अधिकांश मात्रामा रोटरीयनहरूमा देखिने गर्छन्, रोटरी क्लबको प्रभावकारितामा पनि कमी हुने देखा पर्न सक्दछ । यसले सदस्यहरूमाभक्त मात्रै संगठनको रूपमा स्थापित रोटरीको महत्व र प्रभावकारितामा कमी आउने होईन, समुदायमा पनि यसको नकारात्मक असर देखा पर्न सक्छ ।

तसर्थ प्रत्येक रोटरीयनहरूले रोटरीको उद्देश्य र लक्ष्यलाई आफ्नो अपेक्षासँग मेल गराएर रोटरीयन हुनुको अर्थलाई बुझ्न र बुझाउन अत्यन्तै जरुरी छ र सम्भेर सफल रोटरीयन हुनका लागि प्रेरित हुनुपर्छ ।



धेरै जसो क्लब र रोटरीयनहरू केवल नयाँ सदस्यहरू ल्याउनमा मात्र केन्द्रित भएका देखिन्छन् । तर दुःखका साथ भन्नुपर्दा, हामीले उनीहरूको मन पनि जितेर ल्याएको हुँदैन । सदस्यहरूले रोटरी क्लबको कोठा भर्न त सजिलो छ । तथापि, जबसम्म हामी प्रत्येक सदस्यहरूलाई रोटरीमा मन्, बचन्, कर्मले रूपान्तरण हुनमा मद्दत गर्दैनौं तिनीहरूमा रोटरीमा रहिरहने प्रेरणा हुँदैन, यसका लागि सदस्यहरूलाई रोटरीको अर्थ, सार र मुख्य मान्यता प्रति उत्साहित गरी एक रोटरीयन हुनुमा आनन्दको भावना जगाउनु जरुरी छ ।

Living and sharing the human touch every moment, every day

रोटरीको सदस्य भएर सेवा एवं सद्भावको गतिविधिबाट संलग्न हुन र रोटरीबाट लाभ लिनको लागि रोटरी क्लबहरू एकदमै रमाइलो मंच (Platform) हुनुपर्छ । यसले रोटरीको अस्तित्व एवं महत्वलाई सदस्य तथा समग्र समुदायमा कायम राख्दछ । तर रोटरी क्लबहरू आफ्नो क्लबकै मामिलाहरूमा यति व्यस्त हुन पुग्छन् कि उनीहरूले क्लबका सदस्यहरूका लागि क्लबका गतिविधिमा संलग्न हुने र रमाउने उचित वातावरण सिर्जना गर्न पाइरहेका हुँदैनन् । यसले गर्दा धेरैजसो क्लबहरूले आफ्ना सदस्यहरूलाई क्लबमा आबद्ध भएको तीन वर्ष भित्रै गुमाइरहेका छन् ।

यदि रोटरी रमाइलो छैन भने, रोटरीयनहरूमाभक्त कसरी उर्जा छर्न सकिन्छ त (Lighting a fire in the hearts of our members)? ‘के रोटरीका गतिविधिमा रोटरीयनहरू रमाइरहेका छन् त (Are we enjoying

what we are doing in Rotary?)’ भन्ने प्रश्नलाई बारम्बार नियाल्न आवश्यक छ ।

मैले यस लेख मार्फत मेरो आफ्नो अनुभव र बुझाइमा रोटरीयन भएर रोटरीमा कसरी रमाउन सकिन्छ भन्ने कुरा प्रस्तुत गर्न चाहन्छु किनभने यसरी नै सायद रोटरीको बृद्धिलाई निरन्तरता दिन सकिन्छ । क्लबलाई क्लबका गतिविधिबाट मनोरञ्जनात्मक एवं सदस्यहरूको क्रियाकलापबाट सामाजिक परिवर्तन ल्याउन सकिने माध्यम बनाई क्लबलाई प्रभावकारी बनाउन र क्लबका सदस्यहरूलाई उत्प्रेरित गर्न सकिन्छ । यसले रोटरीयनमाभक्त रोटरी र रोटरीको उद्देश्यप्रति गहिरो सम्बन्धको विकास हुन सक्दछ ।

मेरो व्यक्तिगत अनुभवमा रोटरीमा तीनवटा तत्वहरू छन्, जसबाट रोटरी र रोटरीसँगको सम्बन्धमा आनन्दको अनुभूति लिन सकिन्छ । जस अन्तर्गत पर्दछन् ।

१, मित्रता र संगतीको असर २, व्यक्तिगत बिकासको अवसर ३, सेवा गरेर परिवर्तन ल्याउने र आफ्नो जीवनलाई सही अर्थ दिने अवसर

१. मित्रता र संगतीको अवसरको आनन्द

सङ्गति - मित्रता गाँस्ने र जीवनभरको लागि सम्बन्ध बनाउनुको आनन्द मानव जातिको अस्तित्वदेखि नै मानिसहरूबीचको मित्रता र सौहार्दपूर्ण सम्बन्ध राख्नु आधारभूत सामाजिक एवं भावनात्मक आवश्यकता रहँदै आएको छ । यस्तै एकलोपनबाट छुटकारा पाउन मित्रता र सङ्गतिको आवश्यकता पर्ने हुनाले पल ह्यारिस (Paul Harris) ले रोटरीको स्थापना सन् १९०५ मा गर्नुभएको





थियो । जति व्यक्तिको उमेर बढ्दै जान्छ, र व्यावसायिक क्षेत्रमा संलग्न बढ्दै जान्छ, त्यति नै मित्रता र सङ्गतिका महत्व र परिवार एवं साथिभाई बीचमा सौहार्दपूर्ण सम्बन्ध बनाइराख्नु पर्ने कुरा महशुस हुँदै जाने गर्दछ ।

रोटरीले समुदायमा सेवा गरेर रमाइलो गर्ने साभा लक्ष्य राख्ने विभिन्न उमेर, पृष्ठभूमि र कार्यक्षेत्रका इच्छुक व्यक्तिहरूलाई एकत्रित गर्ने माध्यम प्रदान गर्छ । रोटरीमार्फत् कहिले पनि नभेटेका र थरीथरीका पृष्ठभूमि एवं अनुभव भएका व्यक्तिहरूसँग मित्रता गाँस्न सक्छौं । जुन यदि रोटरीसँग नजोडिएको भए सम्भव हुँदैनथ्यो । यो मित्रता कुनै पनि राष्ट्रको सीमानामित्र सीमित हुँदैन । उदाहरणका लागि यस मित्रतालाई अन्तर्राष्ट्रिय रोटरी सम्मेलनमार्फत् (Rotary International Conventions) विश्वभर फैलाएर अन्तर्राष्ट्रिय समुदायको सदस्यको रुपमा महशुस गर्न सकिन्छ ।

यो मित्रता र सम्बन्ध जस्तोसुकै परिवेश, पेशा वा पृष्ठभूमि भएका व्यक्तिहरूकाबीच एकअर्काका लागि रहेको सम्मानमा आधारित छ ।



यस मित्रतालाई आपसी समझदारीबाट, एकअर्काको सकारात्मक पक्ष अनुशरण गर्ने अठोट लिएर र साभा लक्ष्यको लागि एकबद्ध भई शान्ति एवं सद्भाव प्रवर्द्धन गरेर थप मजबूत तथा गहिरो बनाउन सकिन्छ ।

अन्तर्राष्ट्रिय ख्याति प्राप्त व्यक्तित्वहरू जस्तै जोन एफ. केनेडी, सर एडमन्ड हिलारी, सर विन्स्टन चर्चिलका साथै हालै राज्याभिषेक गरिएका ब्रिटेनका सम्राट चार्ल्स तृतीय पनि रोटरीयन हुन् । सेवामा लागिपर्ने समान विचारधारा भएका व्यक्तित्वहरूसँग सम्बन्ध रहनु भनेको गर्वको विषय हो ।

२. व्यक्तिगत विकासको अवसरको आनन्द

रोटरी क्लबमा सदस्यहरूलाई सक्रिय बनाइराख्न रोटरीमा व्यक्तिगत विकासको अवसरहरूले प्रेरणा दिन्छ । रोटरी अन्तर्राष्ट्रियका पूर्व अध्यक्ष होल्गर नाक (PRIP Holger Knaack) को अवधारणा “रोटरी - अवसरको ढोका (Rotary Opens Opportunity)” ले रोटरीले कसरी स्वयंमा एवं अरुहरूमा परिवर्तन ल्याउन अनेकौं अवसर प्रदान गर्छ भन्ने बारेमा व्याख्या गर्दछ ।

रोटरीका गतिविधिहरूमा संलग्न भएर र रोटरीको कार्यक्रममा भाग लिएर क्लब सदस्यहरूले आफ्ना व्यक्तिगत विकासका लागि चाहिने विभिन्न शीपहरूको विकास एवं अभिवृद्धि गर्ने अवसर पाउँछन् । जस्तो:-

- क) रोटरीको विभिन्न कार्यक्रमहरूमा सहभागी एवं सहजकर्ता बनेर वा क्लब तथा डिस्ट्रिक्ट गतिविधिको जिम्मेवारी लिएर आत्मविश्वासमा अभिवृद्धि गरी नेतृत्व विकास (Leadership Development)
- ख) आफ्नो विचार प्रस्तुत गर्न र परिवर्तनका लागि अरुहरूलाई प्रभावकारी ढङ्गले उत्प्रेरित गर्न वक्तृत्व कौशल (Communication Skill)
- ग) फरक पृष्ठभूमि भएका र भिन्न अनुभव एवं विचारधारा भएका व्यक्तिहरूसँग व्यवहार गर्ने कौशल (People and Social Skill)
- घ) मानवीय आवश्यकता पूरा गर्ने सामुदायिक सेवा कार्यक्रमको व्यवस्थापन गर्ने व्यवस्थापकीय शीप (Managerial Skill)

‘माई रोटरी लर्निङ सेन्टर (My Rotary Learning Center)’ मा अनलाइन सिकाइको अवसरले रोटरीयनहरूको कार्यक्षेत्र एवं रुचिका विषयसम्बन्धी अभि बढी ज्ञान तथा नेतृत्व क्षमता अभिवृद्धि गराउन

सकदछ । टोस्टमास्टर्स क्लब (Toastmasters' Club) र रोटरी अन्तर्राष्ट्रियबीच साभेदारीले पनि रोटरीयनहरूमा नेतृत्व कौशलको विकासमा योगदान गराउन सकदछ ।

यसबाहेक जसरी रोटरीयनहरूले निःस्वार्थ सेवाको लागि प्रयास गर्छन्, त्यसले प्रचूरता (Abundant Life) र सम्पन्नताको जीवन (Fulfilled Life) बाँच्ने मार्गदर्शन प्रदान गर्दछ । रोटरीमा अनगिन्ती अवसरबाट रोटरीयनहरूले स्वयंको व्यक्तिगत विकासबाट व्यावसायिक, पेशागत तथा व्यक्तिगत जीवनमा निष्ठावान्, सत्यवादी एवं सुखी जीवन बाँच्न सकदछन् ।

रोटरीको मूल आदर्शहरू जस्तै सद्भाव (Fellowship), विविधता (Diversity), सेवा (Service), नेतृत्व (Leadership), र विश्वश्र्णियता (Integrity) तथा रोटरीको चार शुत्रिय कसि (Rotary's Four-Way Test) लाई आत्मसात गरेर रोटरीयनहरूले स्वयंको नैतिकतालाई अभिवृद्धि गर्न सत्मार्ग तर्फ अग्रसर भई आफ्नो जीवनलाई रुपान्तरण गर्न सकछन् ।

3. मानवीय सेवामा समर्पित भएर समाज परिवर्तन ल्याउन योगदान दिने र आफ्नो जीवनलाई अर्थपूर्ण दिएर आनन्द लिने अवसर

जीवनको आधारभूत आवश्यकता भनेको आफ्नो व्यक्तिगत एवं परिवारको आवश्यकता पूरा गरेर बाँच्नु भएता पनि हामी कहिल्यै पनि आफ्नो लागि मात्र बाँच्दैनौ । हामीले हाम्रो समाजका र त्यसभन्दा बाहिरका मानिसहरूसँग सम्पर्कमा आउँदा हामीले उहाँहरूको जीवनमा कति परिवर्तन एवं फरक ल्याउन सकेका छौं भन्ने कुराबाट आफ्नो जीवनको अर्थ र महत्व बुझेर आनन्द लिने प्रयास गर्छौ ।

जब हामीले रोटरीको आदर्श वाक्य 'आफु भन्दा सेवा माथि' (Service Above Self) लाई पालन गरेर हाम्रो निःस्वार्थ मानवीय सेवाले कसैको जीवनमा सकारात्मक परिवर्तन गर्न सकछौं भन्ने कुरा महसूस गर्छौं, तब हामीलाई थप सेवा गर्न आफैंबाट प्रेरित हुन्छौं र अरुहरूलाई सेवा गर्न प्रेरणा दिन सकछौं । व्यापारिक एवं व्यावसायिक व्यक्तिको रुपमा हामीले हाम्रो पेशाबाट सेवा प्रदान गर्छौं र बदलामा हामीले आर्थिक लाभ एवं ख्याति प्राप्त गर्छौं । तर स्वच्छ तथा स्वार्थरहित सेवाका कार्यले जति मानिसको जीवनलाई जति सुखी र आनन्दमयी बनाउँछ, त्यो व्यक्तिगत लाभ पाइने पेशागत सेवाबाट कहिल्यै पनि पाइँदैन ।

आफ्नो व्यावसायिक एवं पेशागत क्षेत्रमा सफल हुन जरुरी छ । समाजको नजरमा समृद्धि, प्रतिष्ठा र लोकप्रियता कमाउन पनि आवश्यक छ । तर यस प्रकारको सफलता लामो समयसम्म टिक्दैन, यो संसारमा हाम्रो जीवनको अन्त्य सगैं सकिन्छ । तर त्यस सफलता अतिरिक्त अर्को भिन्नै प्रकारको सफलता हुन्छ, जीवनलाई प्रभावशाली, (a life of significance) जुन केवल हाम्रो अन्तरआत्माको महशुस गर्न सकदछ, जसले हाम्रो कालचक्रभन्दा पछि हाम्रो विरासत स्थापना गराउँदछ । जीवनमा सफल हुनु र जीवनलाई प्रभावशाली बनाउन भिन्नता तल सत्य घटनामा आधारित दिइएको उदाहरणले देखाउँदछ ।

केभिन कार्टरद्वारा खिचिएको गिद्ध र सानी नानीको तस्वीर जसलाई 'द स्ट्रगलिङ्ग गर्ल' पनि भनिन्छ, २६ मार्च १९९३ मा 'द न्यूयोर्क टाइम्स' नामक अमेरिकी पत्रिकामा पहिलोपल्ट प्रकाशित भयो । यो तस्वीर एउटी अनिकालपीडित नानी जो सुडानको अयोदमा



अवस्थित संयुक्त राष्ट्रसंघको खाद्य वितरण केन्द्रतर्फ जाँदै गरेकी क्रममा खिचिएको हो । ती नानी कुपोषित भएकी कारणले ढलेको अवस्थामा थिइन् र एउटा गिद्ध उनको मृत्युको पर्खाइमा थियो ।

त्यो तस्वीर खिच्ने युवकले त्यस तस्वीरबाट सुडानको मार्मिक अवस्थालाई विश्वमाभक्त प्रस्तुत गर्न खोजेका थिए । त्यो तस्वीरले गर्दा उनी चर्चित भए र सन् १९९४ मा त्यस तस्वीरको लागि 'पुलित्जर अवार्ड' बाट सम्मानित भए । त्यस तस्वीरले उनलाई व्यक्तिगत ख्याति त प्रदान गर्‍यो, तर उनले कुनै प्रभावशाली काम भने गर्न सकेनन् । उनले चाहेको भए ती नानीलाई बचाउन सक्थे, तर उनले गर्न सकेनन् । यो कुराले उनलाई यति ग्लानी र नकारात्मक ढङ्गले असर गर्‍यो कि उनले चार महिनापछि आफ्नो जीवन समाप्त गर्ने निधो गरे ।

यसले के देखाउँछ भने प्रत्येक व्यक्तिले जीवन सफल हुने अवसर पाउँदछ र जीवनमा सफल हुनु भनेको नराम्रो कुरा होइन । तर त्यो सफलता भनेको व्यक्तिगत मात्रै सिमित भएर पुग्दैन, यो प्रभावशाली हुनु पनि जरुरी छ । त्यो सफलता महत्वपूर्ण तथा अर्थपूर्ण हुदैन यदी त्यो सफलताले अरु कुनै व्यक्ति वा समाजमा कुनै पनि खालको सकारात्मक प्रभाव पार्न सकेन भने । जसरी ती युवकले त्यस तस्वीर खिचेर फोटोग्राफरले पाउने सर्वोच्च सम्मान 'पुलित्जर अवार्ड' पाएर सफल त भए तर त्यो सफलता पर्याप्त भएन । किनकि उसको सफलताले त्यो बालकको दयनीय अवस्थालाई केहि फरक पार्न सकेन । त्यसोभए हाम्रो लागि के पर्याप्त हुनेछ त ?

सफलता पाउनु भनेको ठूलो कुरा हो । सफलता पाएपछि हामीले धेरै कुराहरू गर्न सक्छौं । तर त्यो सफलता हाम्रो लागि पर्याप्त नहुने रहेछ । जीवनको अर्थपूर्ण सफलता त्यस बेला प्राप्त हुन्छ जब हामीले कुनै महत्वपूर्ण तथा अर्थपूर्ण जीवन बाच्छौं, त्यतिबेला हामीले आफ्नो बारेमा र आफ्नो आवश्यकतालाई मात्रै नभई अरुको जीवनको हितको लागि काम गर्छौं । ती नानीको क्षणभरको मात्रैको जीवन बाँकी थियो तर ती युवकले ती नानीकहाँ गएर सहयोग गर्न महत्वपूर्ण ठानेनन् ।

उनले पुलित्जर अवार्ड त पाए तर के त्यसले ती नानीलाई केही फरक पार्‍यो त ? हामीले आफ्नो

जीवनलाई फर्केर हेर्दा “म आफ्नो लागि मात्र सफल भएँ तर कसैको जीवनको लागि उपयोगी हुन सकेन” भन्नुपर्ने अवस्था आउनु भनेको हाम्रो लागि वास्तव मै दुर्भाग्यपूर्ण कुरा हो । हामी सबैजना जीवनमा सफल हुन चाहन्छौं तर जीवनलाई पूर्ण (Fulfilling) र अर्थपूर्ण (Meaningful) बनाउन हामीले अरुको जीवनमा प्रभाव पार्न सक्ने कामहरू गर्नुपर्ने रहेछ ।

हाम्रो निःस्वार्थ कार्य हाम्रो अन्तर्मनबाट गरिएका पुण्यको काम हो जसको उद्देश्य कुनै स्वार्थ बिना आवश्यकतामा रहेका मानवताको सेवा गर्नु हो । यसले हाम्रो अन्तरआत्मालाई सुखी एवं समृद्ध बनाउँदछ । यसरी हामीले जीवन र मृत्युको कालचक्रभन्दा बाहिरको जीवन बाँच्न सक्ने उच्चतम क्षमता प्राप्त गरेर जीवनमा पूर्णता हासिल गर्न सक्छौं ।

निष्कर्ष :

आदरणीय रोटरीयन साथीहरू, रोटरीले हाम्रो जीवनलाई रूपान्तरण गरेर राम्रो व्यावसायिक व्यक्तित्व एवं योग्य नागरिक बनेर प्रभावशाली कार्यहरू गरेर आनन्द र अर्थपूर्ण तथा भरिपूर्ण जीवन बाँच्न मार्गदर्शन प्रदान गर्छ । हामीले रोटरीमा कति रमाउने गर्छौं भन्ने कुरा हामीले रोटरीको सार र आदर्शहरूजस्तै आफुभन्दा माथि सेवा, रोटरीका मुल्य र मान्यतालाई अँगालेर परोपकारी आत्मामार्फत् र मानवताको सेवा, विश्वशान्तिता, आपसी समझदारी तथा विश्व शान्तिको प्रवर्द्धनको लागि जीवन जिउने प्रयासमा भर पर्दछ ।

यसरी नै हामीले रोटरीयन हुनुको वास्तविक अर्थ बुझ्छौं र रोटरीयन भएर आनन्दित जीवन जिउन सक्छौं भन्ने कुरामा विश्वस्त छु ।





*Hearty Congratulations to Rotary Club of
The Himalayan Gurkhas for completing
glorious 20th years of service.*



Rtn. Lok Bahadur Gurung and Family
Rotary Club of The Himalayan Gurkhas



Rtn. Dr. Sophiya Gurung
Rotary Club of The Himalayan
Gurkhas



*We hearty congratulate to Rotary Club
of The Himalayan Gurkhas and its club
members for celebrating 20th Anniversary.*



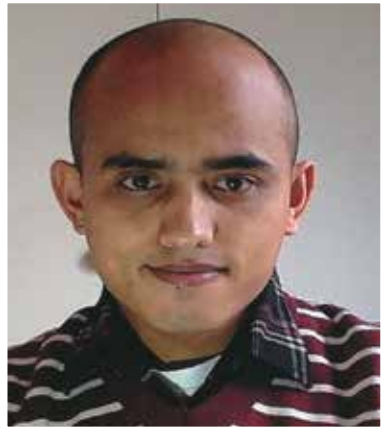
**Rtn. Maj. Milan Chandra Gurung, MBE
and Family**
Rotary Club of The Himalayan Gurkhas



**Rtn. Ganga Bahadur Gurung
and Family**
Rotary Club of The
Himalayan Gurkhas



RENEWABLE ENERGY FUTURE OF NEPAL



Rojan Bhattarai, PhD

Nepal has enormous potential for pumped storage hydro power as per the study conducted by The Global Pumped Hydro Storage Atlas. According to the Atlas Nepal has about 2800 good sites combined storage capacity of 50 TWh which is sufficient to balance out any variability coming from Solar and run of river hydro

Renewable Energy has been a key topic of discussion around the world in recent years as almost every country around the world in some shape or form has been impacted by the climate change. Nepal has been identified as one of the highly vulnerable nation that will be impacted by climate change due to its variation in geographic, economic, social, and political landscape.¹ However, Nepal is not staying indifferent to combat this detrimental impact of climate change. Nepal has pledged in the Paris Agreement that as a country, we will accelerate climate action through bold policy-making, inclusive social transformation and technological advancements. Nepal has committed to achieving net-zero greenhouse gas emissions by 2045 to establish itself as a carbon neutral, and climate resilient country.² But, how do we go from a net carbon emission now in early 2020s to a net zero emission by 2045? The Nepalese government has published its Long-term Strategy for Net zero Emissions in 2021 identifying various strategical sectors including energy usage, agriculture, industrial sector, forestry, and land use to take our country to net-zero emissions by mid-century. As an renewable engineering graduate, I was naturally curious about the long term strategy laid out by our government for the energy sector, energy usage and generation, and the role of renewable energy beyond Hydro power in supplying clean energy needs of future Nepalese citizens.

1 https://unstats.un.org/unsd/envstats/compendia/Nepal_ClimateChangeRelatedIndicatorsofNepal_2022.pdf

2 <https://unfccc.int/documents/307963>



Anyone who has ever listened to the news in the last 15-20 years knows that Nepal has a large hydropower generation potential which not only can ensure affordable and renewable source of electricity to Nepalese citizens, but can also ensure prosperity of the country by selling the electricity produced to our neighboring countries including India and Bangladesh. However, hydropower is not the only renewable energy resource that Nepal can tap into. A study in 2021³ has estimated that the solar potential of Nepal is as large as 100 times more than what Nepalese citizen can consume even when they consume energy at the per capita consumption rate of developed countries. To go along with the solar potential, Nepal's geography also allows for pumped storage hydro that can act as a large scale long duration energy storage during periods of low/no sunshine. With all this potential known for Nepal what are some of the ongoing activities within the renewable energy space in Nepal?

Solar Energy

On the solar front, earlier this year, Nepal's largest solar power station (as of July 2023) came online

in Nuwakot⁴ and has been supplying electricity to residents of Kathmandu valley via Devighat Hydropower station. However, this is not the only solar power plant that is connected to Nepalese power grid. Ever since, the Nepalese government announced its plan to install around 500 MW of Solar power in the country by 2023 in 2018, both private and public sector have been working towards developing solar power plants in Nepal. While we haven't reached the goal that was envisioned back in 2018,⁵ we have been making strides towards the goal. As of early 2023, Nepal has about 55 MW of solar power connected to the national power grid, with additional 135 MW under active construction⁶ and another 747 MW under considerations/being surveyed. If most of these projects come online, they will set up Nepal in a right track to achieve its goal of getting to around 2.1 GW of grid connected solar capacity by 2050 to operate as a carbon emission free country. Some of the ways that solar energy can support Nepalese economy are through electricity export, less reliance on imported petroleum by switching to electricity based cooking compared to LPG based, use of solar energy for water pumping

³ <https://academic.oup.com/ce/article/5/2/243/6275217>

⁴ <https://kathmandupost.com/money/2022/09/14/nuwakot-solar-power-station-begins-supplying-electricity-to-kathmandu>

⁵ <https://kathmandupost.com/money/2018/04/28/work-begins-on-nepals-largest-solar-plant>

⁶ <https://www.doed.gov.np/license/15>

for agricultural use etc. On top of that Nepal can also possibly generate carbon revenue from electricity trade as the incentives for reducing carbon emissions and minimizing climate change can become more competitive.

Hydropower



Hydropower has been recognized as one of the major source of energy in Nepal that can play an important role in Nepal's future economy and energy independence. However, some studies suggest that the hydro potential is a tiny fraction of the solar PV potential in Nepal.⁷ Currently, hydropower plants with a combined capacity of approx. 2.2 GW have been installed in Nepal with most of the hydropower plant being run-of-river type which power production varies according to seasonal variation and provide little storage or the ability to operate as baseload power plant. Earlier this year, an agreement was reached to increase the capacity to import-export electricity through the 400 KV Dhalkebar-Muzaffarpur transmission line between India and Nepal by 200 MW, increasing it from 600 MW (megawatts) to 800 MW. This essentially allows hydropower generated in Nepal to be exported to other South Asian countries including India and Bangladesh ensuring the carbon emission of the entire region is reduced. While Hydropower can be a great source of renewable energy, hydropower can also cause some level of environmental destruction including displacement of people, flooding of farmland, destruction of river ecosystems, forest clearance and methane release due to the decay

of a large number of plants and organic residues. So a balance should be maintained in the amount of Hydropower capacity required to take Nepal to net-zero emissions by mid-century and the possible environmental and ecological shifts it can bring.

Wind Energy



As of now, Nepal doesn't have a single wind power plant that is connected to the nation's power grid. One of the reason behind no wind power plant in Nepal's grid is the region in which Nepal has some wind potential is in a remote location close to Himalayas where it is cost-prohibitive to install wind turbines and the grid is not available for interconnection as well. Due to the lower potential of wind as well as the geographical challenges, wind has not been considered as a key player in Nepal's path to net zero emissions.

Pumped Storage Hydro

Pumped storage hydropower plant works by pumping water from a lower to an upper reservoir when energy cost is lower or excess energy is available in the grid and allowing the water to run down through a turbine at a later time to recover the energy when the energy cost is higher or the supply in the grid is low. Pumped storage hydro can essentially serve as long duration energy storage for a future grid of Nepal where we may have both short duration variability coming from solar and long duration variability from run-of-

⁷ <https://academic.oup.com/ce/article/5/2/243/6275217>



river hydropower plants. Nepal has enormous potential for pumped storage hydro power as per the study conducted by The Global Pumped Hydro Storage Atlas.⁸ According to the Atlas Nepal has about 2800 good sites combined storage capacity of 50 TWh which is sufficient to balance out any variability coming from Solar and run of river hydro. As such, pumped storage hydro should play as key role in Nepal's future with net-zero

emissions. As the Nepalese government moves toward achieving the ambition of minimizing emissions and achieve netzero emissions by 2045, it is essential to look into various source of renewable energy available in Nepal and what kind of role they would play in Nepal's renewable energy future. As per the information, we have as of late it seems like Solar, hydropower and pumped storage hydro have a crucial role to play for Nepal's road to net-zero emissions.

8 <https://re100.eng.anu.edu.au/global/>

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TRIBUTE TO Late Rtn. Barry and Ann Evans



**Rtn. Major
Lilbahadur Gurung, MBE**
Past President
Rotary Club of The Himalayan Gurkhas

The time we had together will be remembered. They may be gone but their memory will live on forever. Ann and Barry touched the lives of so many people with their kindness and generosity.



Ann and Barry in
front of Charlotte's
monument in
Kathmandu in 2016

I met Ann and Barry in July 2013 in Cheshire. It was my courtesy visit to the donors of The Himalayan Gurkhas and Ann and Barry were in the top of the priority list of our donors. Since this was our first meeting, I was a bit nervous about how to thank them both for their huge support to Nepali people. To my pleasant surprise, we were talking and discussing various matters as if we had known each other for many years. We had a lovely lunch and I presented Ann and Barry with the "Token of love" on behalf of RC The Himalayan Gurkhas.

During our meeting, both Ann and Barry expressed their interest in helping needy people

in the Third World countries, mainly in literacy, health, poverty elimination and in natural disasters.

As a result of their interest in helping needy people in the Third World countries I suggested they were interested in looking into funding for a childcare center. After few more personal meetings in Cheshire and many emails exchanged, Ann and Barry committed themselves to help building a brand-new building, fully equipped, and staffed to house 28 children (14 boys and 14 girls). The center would be named after their late daughter Charlotte, who died of cancer,



Children at old, rented accommodation in 2012

at a young age, leaving two young children motherless and her husband Dave. The name of the center was decided by Barry and Ann to be "CHARLOTTE'S HAVEN ON EARTH NEPAL"

The construction work took almost 2 years to complete and was disturbed by Nepal Earthquake of April 2015. The Charlotte's Haven on Earth childcare center was formally inaugurated by Ann and Barry on 16th of January 2016. Charlotte's family, husband Dave and children Chloe and Tom joined from Australia to be part of the inauguration program. Several local dignitaries, teachers, students, and well-wishers were also invited to witness the grand opening of the center. For the 28 children, the day was the beginning of the new dawn in their lives. Charlotte's Haven on Earth childcare center is fully funded by Eifion Trust, a registered charity established by Ann and Barry.

Ann and Barry made their second visit to Charlotte's Haven on Earth childcare center in April 2017, despite them being both physically frail. The visit was to meet the children but most importantly to attend Charlotte's memorial

service. It is true testimony of their love and affection to the children in the Charlotte's Haven on Earth center.

Sadly, their second visit to Charlotte's center was to be their final visit, because of the Covid-19 and their deteriorating health. Barry kept us informed every now and then and gave their health update as well as asking about the welfare of the children in the center. For Charlotte's Haven on Earth childcare center family, December 2021 and January 2022 were the saddest of all as during this short time span both Barry and Ann left this world for Heavenly abode. The children, staff and the CHoE Board are deeply saddened by their loss, but grateful for the enormous support that they have given. The time we had together will be remembered. They may be gone but their memory will live on forever. Ann and Barry touched the lives of so many people with their kindness and generosity. Barry and Ann, Grandpa and Granny to all children and Sir and Ma'am to the staff and CHoE Board, you may have left CHoE family far too soon, but your loving presence will endure forever in our hearts and souls. It hurts so much you're gone but we are



In their new home, with kind donation from Eifion Trust in 2016.

so grateful for the time we shared together. You brought so much joy and happiness to so many young lives and we will never forget you.

We know what you left behind in Charlotte's Haven on Earth childcare center will be taken care of by your siblings and Eifion Trust. I on behalf of CHoE would make sure the legacy you started and left behind in our hands, will be managed to the best of our knowledge and help produce disciplined manpower with high morale for the world and for our nation. Do bless your grandchildren in Charlotte's Haven on Earth and those who have been and gone from high above.

Your legacy will live on, Rest in Peace Ann and Barry. We all miss you more than words can express.



CHoE family pay their last respect to late Grandpa Barry and to Granny Ann



Interact "A Great Journey or A Great Experience???"



Anmol Gurung
Immediate Past President
Interact Club of Valley Public

The word 'Interact' which refers to International Action entered as one the best thing till now when I was in 9th standard. In might be a club or event planning organization for many people around me, but it has become my hobby being involved in Interact. Our club was revived last year, and the best thing for me was that I became the president and I probably got the best BoD that Interact Club of Valley Public has ever got or will ever get. Huge thanks to all BoD and members for their support. Even though we had fewer projects we completed them with great enthusiasm, activeness and joy. Some remarkable projects we did jointly/not jointly includes sanitation campaign, project Shubharambha, project Udaya, project Kagaj and many so on. For me this rota year was great success and joyful tenure where I got to learn and experience many new and exciting things. As it is said for every

success there is hand of many people, likewise it would be so mean for me if I don't thank some remarkable personalities that I met during my tenure for doing all the works and flying higher everyday. Those personalities include all the members of Rotary Club of Himalayan Gurkhas, BoD of Interact District 3292, Past Zir Itr. Anuj Poudel, Past Secretary Itr. Aditi Poudel, ZIR Itr. Om Prakash Dev, IPPP Rtr. Sunil Shrestha, club mentor Mr. Prakash Sigdel and last but not the least I would like to thank my school 'Valley Public High School' for such a great support towards the interact family. Lastly, thank you all the Rotarians, Rotaractors and Interactors for your love and support towards Interact Club of Valley Public. And I am still mystified that if last year in interact for me was A Great Journey or A Great Experience???



Insights on being part of interact

Entering through the gates of interact opened by our rotary has so far been an incredibly rewarding experience. From the moment of becoming a part of this community, a strong sense of purpose and connection can be felt. Attending the various rotary interact district conferences and zonal training seminars along with being part of the community service events and various international events organized by our Interact, Rotaract and Rotary, we've had the privilege of meeting people from diverse backgrounds who share a common passion for serving others. These interactions have not only expanded our prospects but have also helped us forge meaningful friendships.

The camaraderie and shared sense of purpose created a strong bond among interactors, making the club



Aditi Poudel
President, Interact Club
of Valley Public

feel like a second family. Being part of this family, we have had a splendid journey of self-discovery stepping into roles we never thought we would be comfortable with, and we have seen ourselves grow in confidence and competence. The platform rotary provided, has helped us learn the power of empathy, the value of giving back through the wonderful events and taught us the importance of enhancing and embracing our own skills to make a lasting impact. Rotary has surely been shaping the minds of future leaders through the weapon of interact such that the depth of appreciation is immeasurable, rendering mere words inadequate to convey its magnitude.

HARIHAR PHUYAL

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रोटरी क्लब अफ द हिमालयन गुरखज, काठमाडौंद्वारा स्याङ्जामा भएका विभिन्न उत्कृष्ट शैक्षिक सहयोगहरू



नेपालको गण्डकी प्रदेश स्याङ्जा जिल्लाको विभिन्न स्थानहरूमा रोटरी क्लब अफ द हिमालयन गुरखज काठमाडौंले विभिन्न स्वास्थ्य तथा शैक्षिक कार्यक्रमका योजनाहरू सहयोग गरी उत्कृष्ट कार्य गरेको छ। उक्त क्लबका पूर्व अध्यक्ष (प्रेसिडेन्ट) रोटरियन श्री सिरी गुरुङ आफु सहअध्यक्ष र अध्यक्ष पदमा रहेको बखत विभिन्न दातृ संघ संस्थाहरूको सहयोग र सहकार्यमा विभिन्न स्थानका शिक्षालयहरूमा विभिन्न कार्यक्रम र योजनाहरू उपलब्ध गराई प्रशंसनीय र उदाहरणीय बन्न सफल हुनुभएको छ। स्याङ्जा जिल्ला स्थित श्री माभकोट माध्यमिक विद्यालय, वालिङ ३ माभकोटमा एक शौचालय भवनको योजना, श्री जीवनज्योती माध्यमिक विद्यालय कुसुमभञ्ज्याङ, विरुवा ७ मा कक्षाकोठा संचालनको लागि एक भवनको योजना, श्री जेठीकन्या आधारभुत विद्यालय वालिङ ४ एलादीमा जीर्ण छाना विस्थापित गरि नयाँ छानाको लागि कर्कटपाताको योजना,



कमलप्रसाद गुरुङ

प्रधानाध्यापक

(श्री तल्लोकुमेरदुङ् आधारभुत विद्यालय
वालिङ-४ तलाथोक स्याङ्जा)



श्री जनहित आधारभुत विद्यालय, वालिङ ४ पाउँदुरेको लागि खानेपानी टेकी निर्माणको योजना सम्पन्न गरी यस क्षेत्रमा शैक्षिक सुधारका कार्यक्रमहरूमा पूर्ण सहयोग भएको र ग्रामीण भेगका गरीब निमुखा किसान मजदुरका बालबालिकाहरूको शैक्षिक विकासको लागि विभिन्न सराहनीय सहयोगहरू प्राप्त भएकोमा यहाँका वासिन्दाहरू उक्त क्लब, क्लबका पदाधिकारीहरू र विशेष गरि सिरी प्रसाद गुरुङ प्रति आभारी रहेका छन् ।

पछिल्लो चरणमा आर्थिक वर्ष २०७६/७७ र २०७७/७८ मा वालिङ नगरपालिका भित्रका विभिन्न विद्यालयहरू मध्ये श्री भुम्रे माध्यमिक विद्यालय, वालिङ १० भुम्रे, श्री रामबाच्छा आधारभुत विद्यालय, वालिङ १ रामबाच्छा, श्री रणवीर जनहित माध्यमिक विद्यालय, वालिङ १ खहरे, श्री बाँसपानी आधारभुत विद्यालय, वालिङ २ सिमलचौपारी, श्री हिमाली मा. वि. वालिङ, ४ रत्ने, श्री जनहित आ. वि. वालिङ ४ पाउँदुरे, श्री जेठीकन्या आ. वि. वालिङ ४ एलादी र श्री तल्लोकुमेरदुङ आधारभुत विद्यालय वालिङ ४ तलाथोक गरी जम्मा आठवटा विद्यालयहरूमा साना साना नानी बाबुहरूलाई कक्षामा बसाई व्यवस्थापनका लागि हरेक विद्यालयमा कम्तीमा ४/४ वटा कक्षाकोठाहरूमा भित्तामा रंग रोगन गर्ने, भुईँमा म्याट गलैँचा कार्पेट विछ्याउने, बालबालिकाहरूको पहुँच अनुसारको सानो टेबुल (Low table) उपलब्ध गराउने साथै पुस्तक शैक्षिक सामग्री राख्ने न्याक जस्ता फर्निचरहरू उपलब्ध गराई आकर्षक कक्षा कोठाको व्यवस्थापन कार्य सम्पन्न गरिएको छ । साथै द फस्ट स्टेप नेपाल (FirstStepsNepal) भन्ने संस्था काठमाडौँसँग सहकार्य गरी गराई बालबालिकाहरूको शैक्षिक कृयाकलापमा थप नयाँ प्रविधि तथा उर्जाको लागि बालमैत्री वातावरणमा प्रभावकारी सिकाई प्रति आकर्षण बढाउन शिक्षकहरूलाई आवधिक तालिमहरू दिने र कक्षाकोठामा प्रयोग गर्न पर्याप्त शैक्षिक

सामग्रीहरू उपलब्ध गराउनुका साथै विभिन्न शैक्षिक सामग्री निर्माण सम्बन्धि तालिम दिने गरेको र समय समयमा अनुगमन र निरिक्षण समेत गर्ने गरेको छ । द फस्ट स्टेप नेपाल काठमाडौँका निर्देशक श्री दुर्गा आरन, प्रमुख प्रशिक्षक तथा प्रबन्धक रन्जना गिरी लगायतका समूहबाट समय समयमा विद्यालयमा भ्रमण, अनुगमन, निरिक्षण तथा पृष्ठपोषण कार्य भैरहँदा साना नानीबाबुहरूको शैक्षिक कृयाकलाप र उन्नयनमा थप प्रभावकारी हुनुका साथै उचित उपलब्धि हासिल गर्न सफल भएको मान्न सकिन्छ ।

यस क्षेत्रमा र ग्रामीण भेगमा यस्ता कार्यक्रमहरू तथा योजनाहरू उपलब्ध गराएर रोटरी क्लब अफ द हिमालयन गुर्खाज काठमाडौँले शैक्षिक जगतमा पुर्‍याएको प्रभावकारी योगदान अत्यन्तै प्रशंसनीय रहेको कुरामा समस्त अभिभावक, शिक्षक, सरोकारवालाहरू उक्त संस्थाको गुणगान गाउँदै खुशी रहेका छन् । उक्त कार्यबाट बालबालिकाहरू विद्यालयप्रति थप आकर्षित छन् । व्यवस्थित, आकर्षक कक्षाकोठा, शिक्षक तालिम र खेल सामग्री आदिले गर्दा हरेक विद्यालयहरू विगतको परिस्थिति भन्दा निकै फरक परिवर्तन आएको र शिक्षण सिकाई क्रियाकलाप, बालबालिकाहरूको विद्यालय प्रतिको आकर्षणमा निकै सकारात्मक उपलब्धि भएको कुरा निर्विवाद छ ।

रोटरी क्लब अफ द हिमालयन गुर्खाज काठमाडौँको सहयोगमा आर्थिक वर्ष २०७६/७७ मा स्याङ्जा जिल्ला वालिङ नगरपालिका वडा नं. १ खहरे स्थित श्री रणवीर जनहित मा. वि. मा १, चापाकोट नगरपालिका स्थित श्री भानु मा. वि. मा १ र श्री तल्लोकुमेरदुङ आधारभुत विद्यालय वालिङ ४ तलाथोकमा १ गरी ३ वटा विद्यालयमा जम्मा ३ वटा ठूला शौचालय भवन जुन स्याङ्जा जिल्ला भरिकै उत्कृष्ट आधुनिक शौचालय भवन योजना प्रदान भै निर्माणकार्य गरी महत्वपूर्ण योजना सम्पन्न भएको छ । फरक क्षमता भएकाहरूले समेत सहजै प्रयोग गर्न सकिने सुविधा भएको उक्त योजना अत्यन्तै आकर्षित सुविधाजनक रहेको छ । उच्च लागतमा बनेको उक्त शौचालय भवनबाट लाभग्राही सेवाग्राही सरोकारवालाहरू अत्यन्तै सन्तोष र खुशी छन् । सो भवन सम्पन्न भै मिति २०७७/१२/२२ गते शुक्रबारका दिन रोटरी क्लब अफ द हिमालयन गुर्खाज काठमाडौँका पदाधिकारीहरूको समुपस्थितिमा



एक भव्य समारोहका बीच रोटरियन श्री सिरी गुरुङको वाहुलीबाट श्री रणवीर जनहित मा. वि. र श्री तल्लो कुमेरदुङ आ. वि. मा दुवै स्थानमा एकै दिन समुद्घाटन कार्यक्रम सम्पन्न भएको थियो भने श्री भानु मा. वि. मा २०७७/१२/२३ का दिन वहाँबाटै समुद्घाटन सम्पन्न भयो ।

स्याङजा जिल्लामा यसरी रोटरी क्लब अफ द हिमालायन गुरुजा काठमाडौँबाट शैक्षिक जगतमा भएको अतुलनीय प्रभावकारी सहयोग तथा योजनाहरू अति उत्कृष्ट र उदाहरणीय रहेको कुरामा कसैको दुई मत छैन । सो शौचालय निर्माण भएका विद्यालयहरूमा विद्यार्थीहरूलाई स्वास्थ्य (Health & sanitary) सम्बन्धि आधारभुत तालिम समेत उपलब्ध गराई उदाहरणीय, सराहनीय कार्य भएकोमा उक्त संस्था, सहयोगीहरू, रोटरियनहरू, सम्पूर्ण पदाधिकारीहरू लगायत विशेष गरि निश्चार्थी समाजसेवी रोटरी क्लब अफ द हिमालायन गुरुजाका पूर्व अध्यक्ष रोटरीयन श्री सिरी गुरुङप्रति समस्त स्याङजावासीको तर्फबाट, सरोकारवालाहरू, लाभान्वितहरूको तर्फबाट उच्च सम्मानका साथ हार्दिक धन्यवाद तथा आभार व्यक्त गरिन्छ ।

भविष्यमा अझ यस्ता थुप्रै देश र समाज निर्माण गर्ने प्रभावकारी योजना र कार्य गर्न सफल रहोस् बन्ने शुभकामनाका साथै शुभेक्षा प्रकट गरिन्छ ।





शुभारम्भ पशु आहार उद्योग

काठमाडौं

फोन नं. : ९८५९०६९८५७



Rtn. Juna Pun

How Participating in Rotary Events have changed my life?

Participating in various Rotary events, such as the District Conference and Rotary Quiz, has been an enriching and rewarding experience for me. Over the past three consecutive years (RY 2020/21, 2021/22, and 2022/23), I have had the privilege of representing the Rotary Club of The Himalayan Gurkhas and contributing to the club's success.

One of the highlights of my Rotary journey has been participating in the Rotary District Conference. This annual gathering brings together Rotarians from different clubs within the district to celebrate achievements, share ideas, and plan future projects. Attending the conference not only allowed me to showcase the efforts and accomplishments of our club but also provided an opportunity to learn from others and be inspired by their initiatives. The atmosphere was always filled with enthusiasm, camaraderie, and a sense of unity as Rotarians came together with a common purpose of service.

Another notable experience was my participation in the Rotary Quiz, where I had the chance to put my knowledge and teamwork skills to the test. Making it into the finals of the Rotary Quiz

was a proud moment for me and my club. It demonstrated our dedication to learning and our commitment to excellence. Through this event, I not only expanded my knowledge base but also forged strong connections with fellow participants, further expanding my network within the Rotary community.

Participating in Rotary events has had a profound impact on my personal growth and development. The Rotary community has welcomed me with open arms, and I have found a sense of belonging and support akin to that of a family. The events have provided me with unique opportunities to learn from experienced Rotarians, gain insights into various service projects, and broaden my perspective on local and global issues. Engaging in these events has not only helped me become a better person but has also equipped me with valuable skills, such as leadership, teamwork, and public speaking.

Furthermore, every Rotary event I have attended has been filled with adventure and excitement. From planning and organizing projects to participating in community service activities, each experience has



added to a collection of beautiful memories. These events have allowed me to explore new places, engage in meaningful conversations, and witness the positive impact Rotary has on individuals and communities.

In summary, my participation in Rotary events, including the District Conference and Rotary Quiz,

has been a transformative journey. It has not only brought recognition and pride to the Rotary Club of The Himalayan Gurkhas but has also enriched my life by providing me with valuable connections, knowledge, and memories. Being part of the Rotary community has been a source of inspiration, personal growth, and a reminder of the power of service to create positive change in the world.



My Rotaract Journey

My Rotaract journey has been a transformative chapter in my life, one defined by mentorship, service, and the power of coming together.



Rtr. Sunil Shrestha
IPP
RAC Peoples Campus

My Rotaract journey has been a profound voyage of growth, friendship, and purpose. From the moment I stepped into the world of Rotaract, I was embraced by a community of changemakers who guided, supported, and inspired me throughout my transformative experience. Under the mentorship of exceptional leaders and with the unwavering dedication of my fellow club members, I have come to realise the true essence of service, friendship, and leadership.

My journey in Rotaract commenced during the Rota year 2018-19 when I joined the dynamic Rotaract Club of People's Campus. Fueled by a burning desire to create a positive impact, I found myself surrounded by like-minded individuals eager to make a difference in the world. Little did I know that this decision would mark the beginning of a life-changing adventure. At the heart of my journey lie the profound impacts of mentorship. From the onset, Rtr. Sadikshya Kandel and Rtr. Manoj Shrestha emerged as my guiding star. Rtr. Sadikshya's dedication and organizational acumen as the President instilled in me the importance of effective club management. Rtr. Manoj's adaptive leadership during challenging times served as an inspiration for my future endeavors.

The opportunities for growth were boundless as I embraced leadership roles within the club. From serving as Associate Club Service Director to Club Service Director, each role provided a unique perspective and invaluable lessons. The support of my mentors and fellow board members fortified my determination to lead with empathy, compassion, and a drive for excellence. As I assumed the position of President for Rota year 2022-23, I chose the theme "Growing Together."

This vision symbolized our commitment to unity, collaboration, and empowerment. Our club's collective growth became our driving force, and we embarked on meaningful service projects that impacted lives and left a lasting impression on our community. The pinnacle of our Rotaract journey was reached at the 16th Rotaract District Assembly, DLTS & Recognition Ceremony. Our club's collective efforts, inspired by "Growing Together," resulted in an outstanding achievement of 7 awards. The recognition of our impact was not just a moment of pride but a testament to the power of dedication and unity.

Looking back on my Rotaract journey, I am filled with profound gratitude. My mentors' unwavering guidance, my board members' dedicated efforts, and the passion of our general members have been the driving force behind our accomplishments. Every member's commitment to service and the camaraderie we built nurtured an environment of growth and support. My Rotaract journey has been a transformative chapter in my life, one defined by mentorship, service, and the power of coming together. As I bid farewell to my role as President, I am excited for the continued growth of the Rotaract Club of People's Campus under new leadership. My journey has shown me that we are not just part of a club; we are part of a global movement united by our shared purpose of making a positive impact. The lessons, memories, and relationships cultivated during my Rotaract journey will forever hold a special place in my heart. As I step into new horizons, I carry the spirit of service, friendship, and leadership with me, knowing that Rotaract has empowered me to create positive change in the world.

आऔं हामी साथ चलौं ।

थोपा थोपा पानीले गाग्री भरे जस्तो ।
थुंगा थुंगा फूल टिपि माला बने जस्तो ॥
थुम्का थुम्का मिलेर सगरमाथा बने जस्तो ।
एक एक पाईला हिंडेर गन्तव्यमा पुगे जस्तो ॥
प्रेम र सद्भावको ज्योति जगाई, आऔं हामी साथ चलौं ।

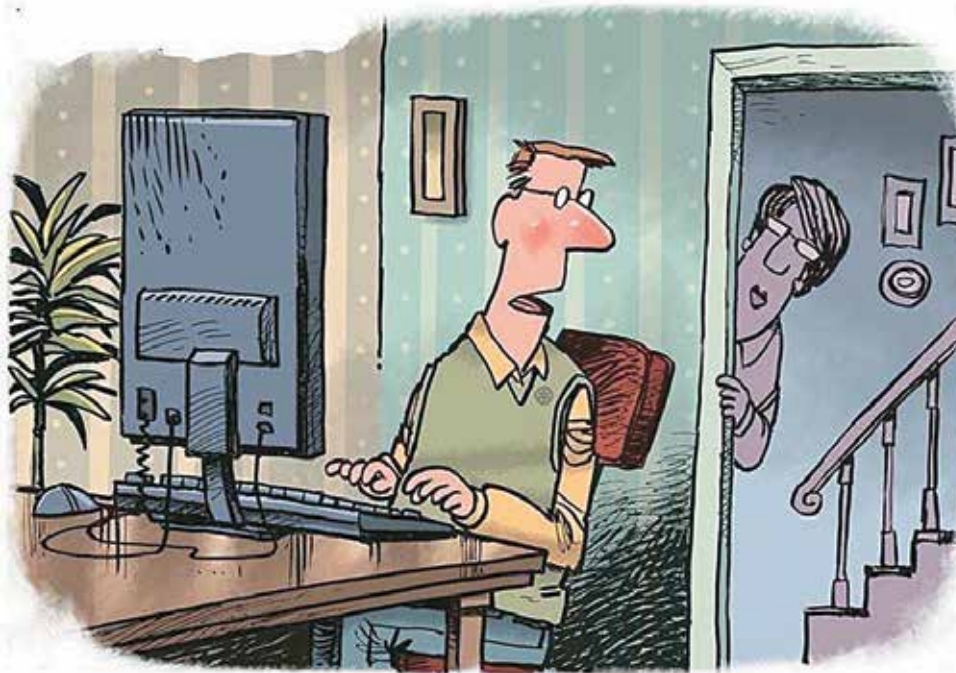
लहर जस्तो उल्लेर ।
हिमाल जस्तो अग्लेर ॥
लालिगुराँस जस्तो फुलेर ।
ईच्छा र आकांक्षाको सपना बोकेर ॥
हातमा हात मिलाई, आऔं हामी साथ चलौं ।

भजन गाउने ओंठभन्दा, सेवा गर्ने हात पवित्र हुन्छ भने भैं,
प्रत्येक मनको सीप लिएर ।
प्रत्येक धनको पौरख लिएर ॥
अध्याँरो गाउँलाई उज्यालो पारौं, स्वस्थ र स्वच्छताको पाठ सिकेर ।
हाम्रो गाउँ र शहरलाई सफा राखौं, कर्म नै धर्म हो भन्ने मूलमन्त्र लिएर ॥
रोटरीलाई घरघरसम्म पुऱ्याई ।
प्रत्येक हर्क, रामे, श्यामे सम्पन्न भए भैं देश सम्पन्न भएजस्तो ॥
आऔं हामी साथ चलौं ।



रोटरीयन भोज बहादुर खत्री

Rotary Zoom Meeting



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Enhancing Water and Sanitation Facilities at Shree Chyamra Devi Secondary School, Sertung Village, 2-Ruby Valley



Rtn. Kul Bahadur Gurung



Sertung Village is nestled within the scenic landscapes of Ruby Valley Rural Municipality, situated in Dhading, Nepal, at an elevation of 1950 meters (6,435 feet). This picturesque village is located approximately 135 kilometers away from the bustling heart of Kathmandu. The local administrative landscape has undergone a transformation, consolidating Tipling VDC, Sertung VDC, and Lapa VDC into the cohesive entity now known as Ruby Valley Rural Municipality. The moniker "Ruby Valley" finds its origins in the presence of the precious gemstone "Ruby," an emblem of the region's natural wealth. Notably, the Ruby Valley, nestled within the embrace of the Ganesh Himal Region, stands as Nepal's preeminent locale for the discovery of the finest "Ruby Stone."

Culturally, Sertung Village stands as a tapestry interwoven with the vibrant traditions of Tamang, Gurung, Ghale, Newar, and Dalit communities. At the heart of this cultural mosaic lies the Shree Chyamra Devi Secondary School, established in the year 2034 B.S. (1977 AD). This educational institution serves as a haven for 407 students, ranging from Grade 1 to Grade 10.

However, a stark reality casts a shadow over this educational sanctuary's history. Astonishingly, in its five decades of existence, the school had never possessed adequate restroom facilities, barring a diminutive single-room lavatory that was woefully insufficient for the needs of over 500 individuals. The absence of separate facilities for gentlemen and ladies further compounded this challenge. It was within this context that the

notion of a toilet project took root - a project that would leave an indelible mark on the school and the lives of the more than 50,000 individuals who utilize it annually with modern facilities like enough running water, wall-to-wall tiled and sanitary disposal pit.

Responding to this critical need, the Rotary Club of The Himalayan Gurkhas embarked on a monumental endeavor. With the invaluable financial support from Rotary International (RI) and The Rotary Foundation (TRF), a transformative feat was accomplished: a comprehensive, 10-room restroom facility crafted from robust concrete, designed to be inclusive for differently-abled individuals as well. The significance of this initiative reverberates through the annals of Sertung village, within Ruby Valley Rural Municipality, Dhading, Nepal, leaving an enduring imprint on the edifice of Shree Chyamra Higher Secondary School.

The realization of this project was a testament to the synergistic efforts of diverse stakeholders. The collaborative spirit of the Local Government, the authority of Ward # 3, the School Management Committee, the resolute School Principal and dedicated educators, parents, and the expansive network of RI District 3292, alongside Rotary Club of Hamakita, Japan and the esteemed local host club - Rotary Club of The Himalayan Gurkhas coalesced to bring this transformative vision to fruition.

The project was headed by Rtn. Major Bhim Bahadur Gurung, MVO, MBE and local coordinator was Rtn. Kul Bahadur Gurung. And Rtn. Kajuko Nakano was the focal person from RC Hamakita, Japan. Total cost of the project was NPR. 9,573,421.13 received from RC Hamakita, RI District 21484, Japan through Rotary International (RI). The school caters to a total of 407



students, comprising 125 female students and 282 male students. The student body represents a diverse tapestry of communities, including Tamang, Gurung, Newar, Ghale, and Dalit (Blacksmith) backgrounds.

Dhading Besi serves as the administrative headquarters of Dhading district, positioned approximately 75 km away and requiring a 3-hour drive from the capital city, Kathmandu. The journey from Dhading Besi to Kimtang Phedi (In 2019 AD) is extended to 5 hours when utilizing local jeeps and trucks just for 27km. Subsequently, accessing the project site mandates a challenging trek of at least 2 ½ days on foot. These transportation limitations pose significant hurdles to our construction efforts.

The roadways remain accessible for only six months each year, largely due to the formidable monsoon season. Negotiating the peculiarities of transporting construction materials exacerbates the situation, impeding the mobilization of local laborers and mules alike. The harsh combination of monsoon rains, landslides, muddied trails, river crossings, leeches, rockfalls, and the scarcity of adept workers and technicians well-versed in functioning within such a demanding geographic

The school caters to a total of 407 students, comprising 125 female students and 282 male students. The student body represents a diverse tapestry of communities, including Tamang, Gurung, Newar, Ghale, and Dalit (Blacksmith) backgrounds.



terrain, collectively present an incredibly daunting scenario for the project committee.

The project was completed with construction of 5 ladies' and 5 gents' toilet rooms. This encompasses a accessible toilet and waste disposal pits. Communication hurdles stemming from intermittent telephone network connectivity had been a persistent issue. Moreover, addressing on-site medical emergencies and fostering a comprehensive comprehension of the project's significance among the local populace were additional critical challenges on the ground.

A heartfelt expression of gratitude extended to Mrs. Mariko Muramatsu from Japan, whose unwavering commitment played a pivotal role in the success of this project. Her selfless dedication was instrumental in fostering coordination, cooperation, and seamless communication between the members of RC Hamakita and the Rotary Club of The Himalayan Gurkhas. Mrs. Muramatsu's voluntary visits to Nepal, undertaken numerous times to oversee the project's progress, along with her tireless efforts in meticulous documentation, both from Nepal



and Japan, have been invaluable contributions to the realization of this endeavor.

Special acknowledgments are extended to the board members of Rotary Club of The Himalayan Gurkhas, whose strategic guidance and unwavering commitment were instrumental in the success of this project. The project committee members also merit recognition for their dedicated efforts, as their meticulous planning and execution played a crucial role in bringing this initiative to fruition.

Special gratitude is extended to Rtn. Bil Bahadur Gurung from RC Hamakita, Japan; whose involvement and support significantly contributed to the project's realization. His collaborative efforts bridged distances and fostered unity in purpose.

Equally deserving of appreciation are the local individuals who lent their support on the ground. Their collective efforts were essential in overcoming challenges and ensuring the project's smooth progression. It is their dedication and involvement that have transformed the vision into a tangible reality.





Students at Panchamul are ready to take on Technical Tournament challenges, literally.

TECHNOLOGY TOURNAMENT

SCHOOLS IN PANCHAMUL VALLEY AND IN WALING, SYANGJA

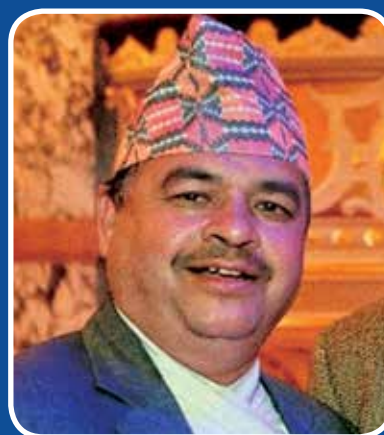
Technology Tournament has been ongoing in RI District 1040 for over a decade. Technology Tournaments are a challenging and enjoyable way for young people to enrich their STEM learning (Science, Technology, Engineering and Maths).

Technology Tournament was imported to Nepali schools by the visiting Rotarians in 2014 led by IT Guru Andrew Morrison. The first tournament was held at Shree Tri Shahid High school, Panchamul.

Of the 6 high schools and one Lower secondary school, all had to fill in 3 teams of four students each with age brackets: 9 – 11, 12 - 14 and 15/16. They had to solve an interactive technology-based task and are required to design, develop,

and build a solution with the materials supplied to them.

The competitors are briefed and allowed to discuss with the team members and ask questions to the judges and stewards if any. The teams are then given 4 hours to complete their task. Once Tournaments culminate in the testing session when teams demonstrate their best solution to the task and can observe the efforts of other competing teams.



Rtn. Krishna Prasad Adhikari
Past President, Rotary Club of
The Himalayan Gurkhas



Scene of Tech Tournament at Waling



The judges, Jayne and Andy examine the finished product to decide the eventual winners.



One of the teams tried their best to finish the task on time.

The stewards are on hand to guide the pupils throughout and offer a helping hand where necessary to ensure everyone gets the most from the experience. The tournament in Panchamul was judged by Andy and Jayne.

The second Technical Tournament was held at Waling in May 2018 with the following schools competing:

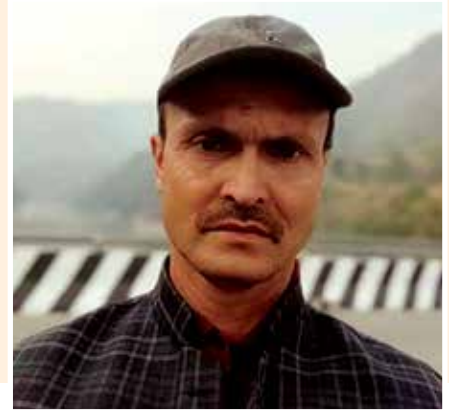
- SHREE HIMALAI SECONDARY SCHOOL
- SHREE RANABIR JANA HIT SECONDARY SCHOOL
- SHREE BASPANI LOWER SECONDARY SCHOOL
- SHREE BAL SHIKSHYA SECONDARY SCHOOL
- TALLO KUMERDUN LOWER SECONDARY SCHOOL
- SHREE BHUMRE SECONDARY SCHOOL
- PURNAMRIT BHAWANI SECONDARY SCHOOL
- SHREE TAPU BHANJYANG SECONDARY SCHOOL

Each school with three teams of 4 in each team competed in the Technical Tournament. The competition in Waling was coordinated by Rtn Siri Prasad Gurung with Andy Morrison as the chief judge.

As STEM subjects continue to be a key part of the school curriculum, Technology Tournaments support not only academic learning, but teach skills such as leadership, teamwork, communication, and time management.

The Rotary Club of The Himalayan Gurkhas is always on the lookout for new innovative ideas to impart knowledge to our future generations. The students from participating schools have all enjoyed the exposure to the new challenges.

शैक्षिक विकासमा रोटरी क्लव अफ दि हिमालयन् गुरुर्जाज



टेक वहादुर क्षेत्री
प्रधानाध्यापक
त्रिभुवन मा.वि. ऐंसेलुखर्क, खोटाङ

वहुसंख्यक भु.पु.वेलायती सेनाहरूको संलग्नतामा शिक्षा, स्वास्थ्य र समाजका विविध पक्षको विकास निर्माणमा सहयोग प्याउने लक्ष्यका साथ सन २००३ सेप्टेम्बर १० तारिखका दिन रोटरी क्लव अफ दि हिमालयन् गुरुर्जाजको स्थापना



कुनै पनि संघ, संस्था, संगठन तथा क्लव एउटा निश्चित उद्देश्य लिएर स्थापना भएको हुन्छ। सामाजिक सेवा तथा विकास गर्ने उद्देश्यका साथ यस्ता संस्थाहरू स्थापना भएका हुन्छन्। उक्त सामाजिक संघ, संस्थाहरू स्थापना हुनु अघि एउटा विधान तयार गरी विधानमा उल्लेख गरिए वमोजिमको कार्यविधि अपनाइ आफ्ना गतिविधिहरू अगाडी वढाइएका हुन्छन्। यसै क्रममा बहुसंख्यक भु.पु.वेलायती सेनाहरूको संलग्नतामा शिक्षा, स्वास्थ्य र समाजका विविध पक्षको विकास निर्माणमा सहयोग प्याउने लक्ष्यका साथ सन २००३ सेप्टेम्बर १० तारिखका दिन रोटरी क्लव अफ दि हिमालयन् गुरुर्जाजको स्थापना भएको देखिन्छ।

उक्त क्लवको सचिवालय काठमाडौंको लाजिम्पाटमा अवस्थित छ। उक्त क्लवले खोटाङ जिल्लाको रावावेसी र ऐंसेलुखर्क गाउँपालिकालाई पनि आफ्नो सेवा क्षेत्र छनोट गरेको थियो। यसै क्रममा उक्त क्लवका भु.पु.अध्यक्ष तथा वेलायती सेनावाट अवकाश प्राप्त सैनिक युवराज गुरुङको त्रिभुवन मा. वि. ऐंसेलुखर्कमा स्थलगत भ्रमण पश्चात एउटा सुविधा सम्पन्न अपांगमैत्री शौचालयको आवश्यकता महशुस भएपछि वहाँकै सिफारिस र पहलमा उक्त क्लव मार्फत त्रिभुवन

मा.वि. ऐंसेलुखर्क र गंगोदय मा.वि. दुवेकोलमा १, १ वटा अपांगमैत्री शौचालय भवन निर्माण योजना प्राप्त भयो। योजना प्राप्त हुनासाथ विद्यालयले उक्त क्लवसँग सम्झौता गरी वि.व्य.स. मार्फत शौचालय भवन निर्माण कार्यको थालनी गर्‍यो। शौचालय निर्माणको अवधिमा समय समयमा उक्त क्लवका पदाधिकारीहरूबाट अनुगमन गरियो। कोभिड-१९ को असर कायमै रहिरहेको अवधिमा उक्त क्लवका अध्यक्ष श्रीप्रसाद गुरुङ र भु.पु. अध्यक्ष युवराज गुरुङबाट प्रत्येक विद्यार्थीहरूलाई ३, ३ गोटाका दरले कपडाको मास्क समेत उपलब्ध गराइयो। शौचालय निर्माण कार्यको प्रारम्भको समयमा विश्वव्यापी रुपमा देखा परेको कोभिड-१९ को असरले केही समय विलम्ब भएपनि समयसिमा भित्रै योजना सम्पन्न भयो। २०७८/११/१२ गतेका दिन यस ऐंसेलुखर्क गा.पा. का तत्कालीन अध्यक्ष विश्वनाथ निरौला, उपाध्यक्ष पुष्पकला भुजेल, वडाध्यक्ष राजेश कुमार राजभण्डारी, वि. व्य. अध्यक्ष टेकेन्द्र राजभण्डारी, रावावेसी गा.पा. अध्यक्ष लिलानाथ निरौला, उक्त क्लवका अध्यक्ष सत्त वहादुर गुरुङ, भु.पु.अध्यक्षहरू श्रीप्रसाद गुरुङ, युवराज गुरुङ, सेक्रेटरी मोहन गुरुङ, साविक दुवेकोल गा.वि.स.का अध्यक्ष रत्न वहादुर गुरुङ, सिंगापुर प्रहरीवाट अवकाश प्राप्त रविन गुरुङ र धनमान घले लगायतका महानुभावहरूको व्यापक उपस्थितिमा उक्त अपांगमैत्री सुविधा सम्पन्न शौचालयको चाबि विद्यालयका प्र.अ. टेक वहादुर क्षेत्रीलाई हस्तान्तरण गरियो। सोही दिन उक्त क्लवको तर्फबाट आएका महिला सदस्यहरूको टोलीवाट यस विद्यालयमा कार्यरत विद्यालय नर्स तथा छात्राहरूलाई स्यानीटरी प्याडको प्रयोग विधिवारे जानकारी दिनुका साथै स्यानीटरी प्याड समेत वितरण गरियो।

शौचालय हस्तान्तरणकै दिन उक्त क्लव र गाउँ कार्यपालिकाको कार्यालय ऐंसेलुखर्कको साभेदारीमा यस विद्यालयलाई प्राप्त भएको २ कोठे RCC पक्की भवन निर्माण योजनाको सिलान्यास क्लवका अध्यक्ष सत्त वहादुर गुरुङ र ऐंसेलुखर्क गा.पा. का तत्कालिन अध्यक्ष विश्वनाथ निरौलाबाट गरियो । उक्त RCC भवन निर्माण योजना वापत त्रिभुवन मा. वि. ऐंसेलुखर्क र माक्पा मा. वि. माक्पालाई रोटरी क्लव अफ दि हिमालयन् गुर्खाजको पहलमा, रोटरी डिस्ट्रिक्ट ३२९२ को ERRRP परियोजनाको तर्फबाट रु. १५,००,०००/-, गाउँ कार्यपालिकाको कार्यालय ऐंसेलुखर्कको तर्फबाट रु.१०,००,०००/- र रोटरी क्लव अफ दि हिमालयन् गुर्खाजका सदस्यहरू र स्थानीयहरूको तर्फबाट रु ५,००,०००/- गरी जम्मा ३०,००,०००/- प्रदान गरिएको थियो । हाल उक्त दुवै विद्यालयहरूमा भवन निर्माण कार्य सम्पन्न भई प्रयोगमा ल्याइएको छ ।

रोटरी क्लव अफ दि हिमालयन् गुर्खाजबाट त्रिभुवन मा.वि. ऐंसेलुखर्कमा भवन र शौचालय, माक्पा मा.वि.माक्पामा भवन र गंगोदय मा.वि. दुवेकोलमा



शौचालयको आवश्यकता महशुस गरी उक्त योजना प्रदान गर्न महत्वपूर्ण भूमिका निर्वाह गर्नुहुने क्लवका पूर्व अध्यक्षहरू युवराज गुरुङ र श्रीप्रसाद गुरुङ एवम वर्तमान अध्यक्ष सत्त वहादुर गुरुङ तथा उक्त क्लवको सिंगो परिवारलाई हार्दिक धन्यवाद ज्ञापन गर्दै यस्ता प्रकारका सहयोगहरू भावी दिनहरूमा पनि प्राप्त हुने अपेक्षाका साथ क्लवको उत्तरोत्तर प्रगतिको कामना गर्दछु ।

Govt. Regd. No.: 250924/077/078

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**धर-जग्गा खरिद बिक्री तथा निर्माण सम्बन्धि
सम्पूर्ण कार्यको लागि सम्भन्नुहोस् ।**

Photo Glimpses

Participating in District Conferences and Rota Quiz



Attending 12th District Conference in Pokhara



Participating in Rota Quiz zonal round 2022



Participating in Rota Quiz final round at Kathmandu 2021



Attending 13th District Conference in Kathmandu



Attending 14th District Conference in Birtamode, Jhapa



Participating in Rota Quiz final round at Birtamode 2022



Attending 15th District Conference in Kathmandu



Participating in Rota Quiz regional round 2021

Photo Glimpses

Relief work at Dordi, Lamjung and Helambu Sindhupalchowk



Destruction by Dordi river



The team at Melamchi, Sindhupalchowk



Destruction at Helambu, Sindhupalchowk



The team members from RC The Himalayan Gurkhas at Dordi, Lamjung



Cash support to flood victims at Dordi, Lamjung



Cash support to flood victims at Dordi, Lamjung



Relief material handover program at Helambu, Sindhupalchowk



The Team in action; Helambu, Sindhupalchowk

शिक्षामा निजी शिक्षण संस्थाको योगदान



रोटरीयन कृष्णप्रसाद अधिकारी,

पूर्व अध्यक्ष, रोटरी क्लब दि हिमालयन गुरुबाज
केन्द्रीय उपाध्यक्ष, निजी तथा आवासीय विद्यालय अर्गनाइजेसन (प्याब्सन)

आधुनिक शिक्षाको शालनी हुनुअघि अर्थात् प्राचीन समयमा गुरुकुल शिक्षा पद्धति थियो । नित्यकर्म पश्चात गुरुको समीपमा बसेर विद्याआर्जन गर्नुपर्थ्यो । ब्राह्मणहरूले वेद, दर्शन, नीतिशास्त्र, पुराण, ज्योतिषि, व्याकरण, न्याय, कर्मकाण्ड लगायतका विषय अध्ययन गर्दथे । क्षेत्रीयहरूले शस्त्र सञ्चालनका सीप, राजनीति, दण्डनीति, अर्थशास्त्र लगायतका ज्ञान हासिल गर्दथे । वैश्यहरूले व्यापारकला, कृषि लगायतका सीप हासिल गर्दथे । लिच्छविकालमा वैदिक र बौद्ध शिक्षा बढी प्रचलित थियो । मल्लकालमा ब्राह्मणिक शिक्षाले बौद्ध शिक्षामन्दा विकास गर्न थाल्यो । दुवै कालमा शिक्षामा विभेद गरिएको थिएन । पृथ्वीनारायण शाहले युद्धमा आफूलाई व्यस्त राख्नुपरेकाले शिक्षातर्फ ध्यान दिन पाएनन् । त्यसताका गुरुकुलका शिक्षकहरूका लागि राज्यले गुठीको व्यवस्था गरिदिएको हुन्थ्यो र त्यसको आयताबाट शिक्षकहरूले पारिश्रमिक पाउने गर्दथे । भेटीका रूपमा अन्न लगेर गुरुको घरमा शिक्षा लिन जाने प्रचलन पाँच दशक अघिसम्म पनि थियो । शिक्षक प्रायः ब्राह्मण जातिकै हुन्थे । भीमसेन थापाले १८६२ सालमा कुशविर्ता हरण गरिदिए । त्यसले संस्कृत शिक्षालाई प्रभाव पार्यो ।

बेलायतबाट तत्कालीन 'प्राइम मिनिस्टर एण्ड कमाण्डर इन चिफ' जङ्गबहादुर राणा स्वदेश फर्किएपछि १९१० मा आफ्नै दरबारमा स्कूल खोले । थापाथली दरबारको दाखचोकमा दरबार स्कूल खोलिएको थियो । १९१५ सालमा शिक्षा विभाग स्थापना गरी आफ्ना छोरा

बबरजङ्गलाई पहिलो 'डाइरेक्टर' बनाए । पहिलो संस्कृत पाठशाला १९३२ सालमा भोजपुरमा खुल्यो । १९३४ सालमा काठमाडौंमा संस्कृत पाठशाला खोलियो । यी संस्कृत पाठशाला गुरुकुल शिक्षाको सुधारिएको स्वरूपका थिए । दरबारसँग पारिवारिक सम्बन्ध भएका कारण जयपृथ्वीबहादुर सिंहलाई विद्यालय खोल्न समस्या थिएन र उनले १९६३ सालमा नन्दकेशर बहालमा सत्यवादी स्कूल स्थापना गरे । सर्वसाधारणले निजी प्रयासमा आधुनिक शिक्षा प्रदान गर्ने पहिलो विद्यालय सिराहामा स्थापना गरे । हालको चन्द्र माध्यमिक विद्यालय १९७१ सालमा स्थापना गरिएको हो ।

शिक्षालय स्थापना गर्ने क्रम बढ्न थाल्यो । राणाकालिन समयमा छ, थरिका शिक्षालय सञ्चालनमा रहेको देखिन्छ- सेस्ता पाठशाला, आधार स्कूल, प्रौढ स्कूल, संस्कृत पाठशाला, भाषा पाठशाला र टेक्निकल स्कूल । ति बाहेक धार्मिक शिक्षालय मदरसा र गुम्बा पनि थिए । आर्थिक आर्जन गर्नेभन्दा पनि सेवा गर्ने भावनाले व्यक्ति वा समाजले विद्यालय स्थापना गर्ने चलन थियो । विद्यालयमा शिक्षकका लागि पारिश्रमिक लिने चलन त थियो, तर स्वेच्छाले दिईन्थ्यो । केही विद्यालयमा मासिक शुल्क तोकिएको पनि थियो । उच्च शिक्षा भने निःशुल्क नै थियो । २००५ साल मंसिर ४ गते गोरखापत्रमा प्रकाशित समाचारबाट पनि यस कुराको पुष्टी हुन्छ । पटना विश्वविद्यालयका प्रोफेसर त्रिचन्द्र कलेज निरीक्षण गरेर पटना लागे भन्ने समाचारमा "नेपालका कलेजमा बीएससम्म शिक्षा निःशुल्क रहेछ, यस कुरामा हामीले बडो आश्चर्य मान्यौ" भनी उल्लेख हुनुले उच्च शिक्षा निःशुल्क रहेको प्रष्ट हुन्छ ।



नेपालमा व्यक्तिगत प्रयासमा विद्यालय स्थापना गरिएका हुन्। ती निजी प्रयास थिए। राज्यले त सीमित विद्यालयमात्र स्थापना गर्‍यो। बाँकी त निजी प्रयास हुन्। विद्यार्थीबाट शुल्क उठाउने र त्यसैबाट घरभाडा तिर्ने, शिक्षकलाई पारिश्रमिक उपलब्ध गराउने, विद्यालय व्यवस्थापनमा खर्च गर्ने, लगानीकर्ताले पनि पारिश्रमिक लिने आदिको अभ्यास राणाकालदेखि नै भएका हुन्। १९९५ सालमा ठमेलमा जुद्धोदय पब्लिक स्कूल स्थापना गर्न प्रतिविद्यार्थी एक रुपियाँ २५ पैसादेखि चार रुपियाँसम्म उठाउन पर्चा छपाएर उपत्यकामा बाँडियो र पहिलो वर्ष विद्यार्थीहरुबाट २७५ रुपियाँ उठेको थियो। २००३ सालमा पुतलीसडकमा स्थापित पद्मोदय विद्यालयले पहिलो वर्षमै साढे दुई हजार रुपियाँ चन्दा उठाएको थियो। २००३ साल माघ २८ गते पद्मोदय विद्यालयले गोरखापत्रमा छपाएको विज्ञापनको पुछारमा यस्तो लेखिएको थियो, “फिस् जुद्धोदय पब्लिक हाइस्कूल सरह हुनेछ।” यसबाट विद्यार्थीले नियमित रूपमा शुल्क बुझाउनुपर्छ भन्ने प्रष्ट हुन्छ। ती राज्यका विद्यालय थिएनन्। त्यो बेलाको परिभाषा गर्दा ती निजी थिए भन्ने तर्क गर्न सकिन्छ। हो, राज्यलाई कर तिर्नुपर्दैन थियो तर राज्यले महिनावारी रकम उपलब्ध गराउँदैन थियो। यसर्थ तिनलाई निजी विद्यालय भन्न नसकिने होइन। निजीको पछिल्लो परिभाषा फरक होला तर त्यो बेला ती निजीका परिभाषाभित्र अटाउँथे। एकलो व्यक्तिको प्रयासमा स्थापना गरिएका विद्यालयलाई सामुदायिक भन्ने तर्क स्वीकार्न सकिँदैन।

हो, त्यसबेला निजी विद्यालय भनिँदैन थियो। शब्दावली फरक थियो - गैरसरकारी विद्यालय। गैरसरकारी विद्यालय भनेकै निजी हुन्। २०२२ साल फागुन ११ गतेको गोरखापत्रमा गैरसरकारी स्कूलको पढाइ शुल्क निर्धारण भन्ने शीर्षकमा समाचार छापिएको थियो। सरकारले काठमाडौँ उपत्यकाका गैरसरकारी शिक्षण संस्थाको पढाइ शुल्कको दर निश्चित गरेको कुरो समाचारमा उल्लेख थियो। श्रेणी मुताविक शुल्क लिई त्यसमा एक रुपियाँ बढाउन सकिने निर्णय गरियो। उदाहरणका रूपमा कक्षा १ मा दुई रुपियाँ लिन पाइन्थ्यो भने कक्षा दुईमा तीन रुपियाँ लिन पाइन्थ्यो। तिनताकै सेक्सपियर स्कूल, मोर्डन इङ्लिस स्कूल लगायत खुलिसकेका थिए।

लगानी

नयाँ शिक्षा लागू हुँदा उपत्यकाभित्र १५ वटा निजी

विद्यालय सञ्चालनमा थिए। नयाँ शिक्षा लागू हुनुपूर्व सरकारले निजी विद्यालयलाई पनि ‘परफरमेन्स ग्रान्ट’ भनेर अधिकतम चार हजार रुपियाँसम्म अनुदान दिने गरेको थियो। नयाँ शिक्षा लागू भएपछि निजी विद्यालयका प्रिन्सिपललाई मासिक साढे चार सय रुपियाँ र शिक्षकलाई मासिक डेढ सय रुपियाँ उपलब्ध गराउन थालियो। अब सरकारले निजी विद्यालयलाई राष्ट्रियकरण गर्न लाग्यो भन्ने भयले कतिपय त्यस्ता विद्यालयका सञ्चालकहरुले रकम बुझ्न चाहेनन्। २०३७ सालबाट त्यसरी अनुदान दिने व्यवस्था हटाइयो। अब निजी विद्यालयको आम्दानीको स्रोत भनेकै अभिभावक वा विद्यार्थीबाट उठाइने गरिएको शुल्क हुने भयो।

निजी क्षेत्रमा हुँदै आएको शिक्षासम्बन्धी लगानीका बारेमा पहिलोपटक सन् २०१६ मा अध्ययन गरिएको थियो। संयुक्त राष्ट्रसंघीय शैक्षिक, वैज्ञानिक तथा सांस्कृतिक संगठन (युनेस्को) को इन्स्टिच्यूट फर स्ट्याटिस्टिक (युआईएस) र इन्टरनेसनल इन्स्टिच्यूट फर एजुकेसनल प्लानिङ (आईआईईपी)ले नेपालको शिक्षामा हुँदै आएको लगानीका बारेमा अध्ययन गरी विश्लेषण गरेको थियो। निजी क्षेत्रलाई समेत समेटेर विस्तृत रूपमा गरिएको यो नै हालसम्मको एकमात्र अध्ययन हो। अध्ययनका क्रममा सन् २००९ देखि २०१४ सम्मका तथ्याङ्कलाई समावेश गरिएको थियो। अर्थ मन्त्रालय, शिक्षा मन्त्रालय, केन्द्रीय तथ्याङ्क विभाग र महालेखा नियन्त्रणको कार्यालयबाट उपलब्ध गराइएको तथ्याङ्कका आधारमा शिक्षामा भइरहेको खर्चको लेखाजोखा गरिएको थियो।

निजी शिक्षण संस्थामा पूर्वप्राथमिक तहमा प्रतिविद्यार्थी १७ हजार ३३६ रुपियाँ, प्राथमिकमा २० हजार २५४ रुपियाँ, निम्न माध्यमिक तहमा १९ हजार ९८४ रुपियाँ, माध्यमिक (कक्षा ९-१०) तहमा ३१ हजार ६९६ रुपियाँ, कक्षा ११ र १२ मा ३७ हजार ७५२ रुपियाँ, प्राविधिक शिक्षामा ८९ हजार १५९ रुपियाँ र उच्च शिक्षामा प्रतिविद्यार्थी एक लाख ३१ हजार १३६ रुपियाँ खर्च हुँदै आएको सोही अध्ययनले देखाएको थियो। जबकी सामुदायिक विद्यालयमा पूर्वप्राथमिक तहमा प्रतिविद्यार्थी तीन हजार ६०२ रुपियाँ, प्राथमिक तहमा ११ हजार ५३६ रुपियाँ, निम्न माध्यमिक तहमा ११ हजार २५१ रुपियाँ, माध्यमिक तहमा १० हजार ६८१ रुपियाँ, कक्षा ११ र १२ मा १६ हजार ५५६ रुपियाँ तथा उच्च शिक्षामा प्रतिविद्यार्थी ५६ हजार ५२५ रुपियाँ खर्च हुँदै आएको थियो।

सन् २०१४/१५ मा सार्वजनिक विद्यालयका अभिभावकले १० अर्ब ५७ करोड रुपियाँ खर्च गरेको थिए भने निजी विद्यालयका अभिभावकले ४७ अर्ब १५ करोड रुपियाँ खर्च गरेका थिए । निजी शिक्षण संस्थामा अध्ययन गरिरहेका कक्षा १० सम्मका विद्यार्थीबाट २२ अर्ब ६१ करोड रुपियाँ र त्यसभन्दा माथिबाट २४ अर्ब ५४ करोड रुपियाँ तिरेका थिए । त्यस वर्ष खाना, आवास र यातायातका लागि अभिभावकले चार अर्ब ३३ करोड रुपियाँ खर्च गर्नुपरेको थियो । सो वर्ष सम्पूर्ण विद्यार्थीको पोशाकका लागि छ अर्ब ७८ करोड रुपियाँ, पाठ्यपुस्तकका लागि १२ अर्ब ७७ करोड रुपियाँ, यातायातका लागि दुई अर्ब १९ करोड रुपियाँ, निजी ट्युसनका लागि तीन अर्ब ८५ करोड रुपियाँ, परीक्षाका लागि ३० करोड रुपियाँ अभिभावकले खर्च गरेका थिए । अभिभावकले शिक्षाका लागि गर्ने कुल खर्चको ६४.२ प्रतिशत विद्यालय शिक्षाका लागि खर्च गर्ने गरेका छन् । अभिभावकले पोशाकका लागि ६.९ प्रतिशत, पाठ्यपुस्तकका लागि १३.० प्रतिशत, यातायातका लागि २.२ प्रतिशत, खाजाका लागि ९.८ प्रतिशत, खाना तथा आवासका लागि ४.५ प्रतिशत, निजी ट्युसनका लागि ४.० प्रतिशत खर्च गर्ने गरेको अध्ययनले देखाएको छ ।

अध्ययनले निजी शिक्षण संस्थाले खर्चको सबैभन्दा ठूलो हिस्सा शिक्षक कर्मचारीमा लगानी गर्ने गरेको देखाएको छ । शिक्षक कर्मचारीमा कुल खर्चको ४६.४ प्रतिशत, शिक्षण सामग्रीमा १.३ प्रतिशत, अन्य नियमितमा २८.४ प्रतिशत र पूँजीमा २३.८ प्रतिशत लगानी गर्ने गरिएको छ । अध्ययनको आधार वर्ष सन् २०१४/१५ मा निजी शिक्षण संस्थाहरूले शिक्षक कर्मचारीको तलब, शैक्षिक सामग्री, अन्य नियमित खर्च, खाना, आवास लगायतमा ५३ अर्ब ६८ करोड रुपियाँ खर्च गरेका थिए । यी तथ्यबाट निजी क्षेत्रले राज्यलाई लगानीको भार निकै हलुको बनाइदिएको प्रमाणित हुन्छ । यही नै यथार्थ हो ।

निष्कर्ष

निजी शिक्षण संस्थाको इतिहास लामो भइसकेको छ । नेपालको समग्र शैक्षिक इतिहास लेख्दा निजी शिक्षण संस्थाको योगदानलाई नजरअन्दाज गरिएमा त्यो अन्याय हुनेछ । इतिहास लेखन अपूरो हुनेछ । आज निजी शिक्षण संस्थाकै कारण सामुदायिक विद्यालय प्रतिस्पर्धामा आउन

चाहेका हुन् । गुणस्तर सुधार गर्न बाध्य भएका हुन् । निजी शिक्षण संस्था फस्टाउँदै जाने र सामुदायिक विद्यालय दुरावस्थामा जाने प्रवृत्तिका कारण राज्य र सामुदायिक विद्यालयका सरोकारवालामाथि नैतिक दबाव बढेको छ । सामुदायिक विद्यालयले आफ्ना प्रतिस्पर्धीका रूपमा निजी विद्यालयलाई ठान्नुले नेपालको शैक्षिक सुधारमा बल पुग्नेछ भन्ने कोणबाट पनि लिनुपर्छ । निजी विद्यालय कसैलाई बिगार्न, भत्काउन, ध्वस्त पार्न आएको होइन । आमनागरिकलाई छनोटको अधिकार रहन्छ । जब देशमा अङ्ग्रेजी माध्यममा पठनपाठन गर्ने निजी विद्यालय कम थिए, अभिभावकले भारतका विभिन्न सहरमा आफ्ना छोराछोरीलाई पढाउन लैजाने गरेको देखिएको थियो । निजी विद्यालयको सङ्ख्या थपिँदै जाँदा भारतमा लैजाने क्रम वा प्रवृत्ति पनि घट्दै गएको इतिहास सबैका सामू छ ।

हो, यसबीचमा कतिपय निजी विद्यालयमा यदाकदा समस्या नदेखिएका होइनन् । तर समस्यालाई सबैप्रति लक्षित गरेर एउटै वर्गमा राख्नु अन्याय ठहर्छ । आज लाखौं विद्यार्थी निजी विद्यालयतर्फ आकर्षित भएका छन् । यहाँको शिक्षा उपयुक्त थिएन भने तुलनात्मक रूपमा बढी शुल्क तिरेर निजी विद्यालयमा भर्ना हुने कसैको पनि रहर हुँदैन थियो । शिक्षामा सामुदायिक र निजीको अवधारणा विश्वभरि नै छ । अभिभावक र विद्यार्थीको छनोटको अधिकारलाई कुण्ठित पार्न मिल्दैन । निजी विद्यालयको शैक्षिक गुणस्तरप्रति विश्वस्त भएर नै आज ठूलो समूह निजी विद्यालयमा पठनपाठन गरिरहेका छन् । अहिले समाजका हरेक क्षेत्रमा निजीबाट उत्पादित जनशक्तिले आफूलाई अब्बल दर्जामा पुर्‍याउन सकेका छन् । तसर्थ निजी विद्यालयलाई बन्द गर्नुपर्छ, रोक लगाउनुपर्छ, गुठीमा लैजानुपर्छ लगायतका सोच राख्नु निजी विद्यालयप्रतिको कुण्ठा मात्र हो । व्यवस्थित तुल्याउने मामिलामा सकारात्मक सोच अगाडि आउनुपर्छ । व्यक्तिगत कुण्ठाका कारण ध्वस्तै पार्ने सोचले शैक्षिक व्यवस्था तहसनहस पार्नेमात्र होइन, भोलिबाटै विद्यार्थी भारतका विभिन्न प्रान्तमा जाने प्रवृत्ति पुनः दोहोरिन्छ । यसलाई रोकन कसैगरी पनि सकिँदैन । लेखक भ्याली पब्लिक माध्यामिक विद्यालयका संस्थापक प्रिन्सिपल हुनुहुन्छ ।

Photo Glimpses

Blood Donation Programme



Photo Glimpses

Free Kidney Screening Camp; Waling-4, Syangja



THE REASON FOR VISITING NEPAL

Rtn. Narayan Prasad Gurung, Past President
Rotary Club of The Himalayan Gurkhas



Travel means one move from one place to another and spend a night or more to enjoy the time, to enjoy the environment and so on. Someone who wants to plan for a holiday destination, Nepal is the perfect destination where everything is new, exciting, and different aspects of wonders. Traveling in Nepal is an amazing journey that makes your heart happy, your mind curious, and your life long unforgettable experiences. Nepal, a land of awe-inspiring landscapes lies from 65 meter from the sea level to top of the world 8,848 meter the Mount Everest and unique cultures where more than 100 ethnic peoples with their different culture and tradition that offers one of the coolest destination for experiencing these amazing adventures.

Nepal is the birthplace of lord Buddha known as light of PEACE and it has the top of the world Mount Everest. The reason why popular for adventure destination as well as its history of ancient arts and architecture where the some of its historic monuments were built even before 6th centuries. Nepal lies in between the two giant countries India in south, east, west and China in the north. As such, the travellers can also experience the sub-tropical to tropical weather

within the distance of less than 65 mtr south to north.

Traveling also helps you to make new friends from different parts of the world with whom can share imaginations, stories, and experiences. Nepalese have big smiles that make you feel like a part of their family and keep lifelong friendship relation. While traveling to Nepal means supporting the local business and peoples as it is believed that the tourism generates the employment ratio of 1:11 in the same time you will leave behind the good memories and smiles. During the disastrous earthquake in 2015, many foreigners came to Nepal to help and support the victims where they found the people's still smile faces without caring their big losses.

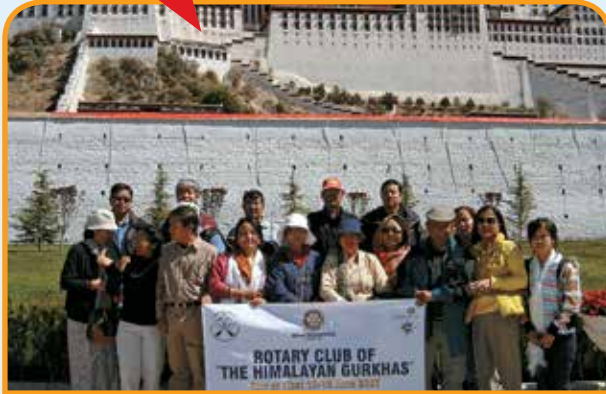
So, if you plan your next holiday destination, plan to visit Nepal as it is like a magical place where mountain meet smiles, the local food dances on your tongue, and you become the hero of your own story. Once you visit Nepal and meet the local people, you will definitely get unforgettable experiences and amazing travel tales that can share with your grandchildren.

“VISITORS CAME AS A GUESTS BUT LEAVE AS A FRIEND”



Photo Glimpses

Some Memorable Trips by the Club Members



Memorable trip to Potala Palace, Lhasa, Tibet



Group photo at Khangsar, Manang



Trip to Rani Mahal, Palpa



Memorable trip to Diktel, Khotang



Group Photo at Dubekol, Khotang



Group photo at Upper Manang



Group Photo at Swargadwari, Manang



Memorable trip to Kaligandaki Hydropower dam, Mirmi, Syangja

Photo Glimpses

School building and modern toilet handover program under Water and Sanitation Project at Tribhuvan Secondary School, Aiselukharka and Gangodaya Secondary School, Dubekol, Khotang



यात्रा संस्मरण



रोटरीयन सत बहादुर गुरुङ
निवर्तमान अध्यक्ष, रोटरी क्लब अफ दि हिमालयन गुर्खाज

फागुनको महिना काठमाडौं उपत्यका तातिई सकेको थिएन । हामी रोटरी क्लब अफ दि हिमालयन गुर्खाजका टिम खोटाङ यात्राको लागी तातियौं । क्लबको संयोजनमा विभिन्न विद्यालयमा निर्मित आधुनिक कक्षाकोठा र आधुनिक शौचालयको हस्तान्तरण कार्यक्रममा जाने निधो गर्‍यौं । खोटाङ परियोजनाको नेतृत्व तथा स्थानीय सहजकर्ताको भूमिका क्लबको पूर्व अध्यक्ष युवराज गुरुङले गर्नुभएको थियो । खोटाङ जाने कार्यक्रम धेरै पहिले नै तय गरेका थियौं तर समायानुकूल हुन सकिरहेको थिएन । यस पटक युवराज गुरुङज्युले क्लबको नियमित बैठकको क्रममा पाँच महिना अगाडि नै फागुन ११, २०७८ को लागि खोटाङ जाने प्रस्ताव राख्नुभयो । हामी प्रायः खोटाङ नगएको जमात भएकोले हलेसी महादेवको पनि दर्शन हुने तथा रमणीय पहाडी जिल्ला हेर्न धेरै साथीहरु तम्सिनु भयो । क्लबको नियमित बैठकबाट खोटाङ जाने कार्यक्रम सर्वसम्मतले अनुमोदन गर्‍यौं र निवर्तमान अध्यक्ष श्रीप्रसाद गुरुङलाई तयारीको जिम्मा दियौं ।

२०७८ फागुन ११ गते बिहान ६:०० बजे हामी ३ समूहमा खोटाङ हिड्ने भयौं, प्रत्येक समूहको अगुवा तोकियो ।

म स्वयं एउटा समूहको टिम लिडर भएँ, श्रीप्रसाद गुरुङ दोस्रो समूह तथा तेस्रो समूहको नेतृत्व क्यापटेन मोहन कुमार गुरुङ । हामी सवैले आ-आफ्नो भूमिका निर्वाह गर्दै फागुन ११ गते बिहान ६:०० बजे काठमाडौंबाट खोटाङको लागि प्रस्थान गर्‍यौं । रोटरीयन, रोटरीयनका श्रीमान तथा श्रीमती (Spouses) र रोट्रयाक्टर सहित हामी १४ जनाको जत्था ३ वटा गाडीमा बिहानको मधुर घामसंगै श्री पुशपतीनाथ बाबाको जय ! भन्दै यात्राको शुरुवात गर्‍यौं । यात्राको पहिलो बिसौनी धुलिखेल चोकलाई रोर्‍यौं । फागुन महिनाको जाडो बिहानीपख गाडीको गतिसंगै आउने सिरेटोसँग लड्ने क्षमता बृद्धिको लागि तातो चिया र खाजा खायौं । खोटाङ प्रोजेक्टका कोअर्डिनेटर युवराज गुरुङ र उहाँको श्रीमती आवश्यक तयारीको लागि २ दिन अगाडि नै खोटाङ पुगि सक्नु भएको थियो । यो परियोजना रोटरी डिस्ट्रिक्ट ३२९२ को भूकम्प पश्चात देशभरका क्षतिग्रस्त स्कूल भवनको निर्माणको लागि बनेको Earthquake Relief Rehabilitation and Reconstruction Program (ERRRP) / EIFION Trust, UK द्वारा गंगोदय मा.बि.मा निर्मित विद्यालय भवन तथा ग्लोबल ग्रान्ट अर्न्तगत RC Kirriemur Scotland, UK FCDO र Rotary International को आर्थिक सहयोगमा



Water and Sanitation Project अन्तर्गत गंगोदय मा.बि., दुवेकूल, रावाबेंसी गाउँपालिका र त्रिभुवन मा.बि. ऐसेलुखर्कमा निर्मित आधुनिक शौचालयको हस्तान्तरण कार्यक्रम रहेकोले ERRRP का प्रतिनिधिहरूलाई पनि निमन्त्रणा गरिएको थियो। चिया र खाजा सँगै वहाँहरूसँग मोवाइल वार्तालाप गरियो। ERRRP को दुई जना प्रतिनिधि रो. कुमद त्रिपाठी र रो. राजेश थापा गंगोदय मा.बि.को विद्यालय भवन र शौचालय हस्तान्तरण कार्यक्रमको लागी फागुन १३ गते बिहान मात्रै खोटाङ आइपुग्ने तय भयो।

गन्तव्य नयाँ ठाउँको, उत्साह र उमंग, सबैको हातमा स्मार्ट फोन अनि क्लवको Public Image Chair Rotarian रुम गुरुङ फोटो खिच्न निकै रहर गर्ने। धुलिखेल चोकमा पहिलो चरणको फोटो सेसन सुरु भयो। फेसबुकमा पोष्ट्याउन हानथाप, सायद आफन्त तथा साथीहरूलाई जानकारी दिने सस्तो र भरपदो माध्यम भएर होला।

रोटरी क्लव अफ दि हिमालयन गुर्खाजले आफ्नो स्थापना कालदेखि अबिछिन्न रुपले सामाजिक कार्यहरू गर्दै आएको छ। क्लव स्थापना गर्न भूतपूर्व गुर्खाजहरूको विशेष योगदान रही आएको छ। देशको ग्रामीण क्षेत्रहरूमा स्वास्थ्य शिक्षा, खानेपानी तथा सरसफाइ, महिला सशक्तिकरण लगायतका क्षेत्रमा बिगत २० वर्षदेखि निरन्तर सेवामा समर्पित रही आएको छ। सैनिक सेवामा रही लामो अनुभव लिई फर्कनु भएको सेवा निवृत्त जीवनमा समाजलाई केही गर्नुपर्छ भन्ने ध्येयका साथ रोटरी क्लव अफ दि हिमालयन गुर्खाज स्थापना गरिएको रहेछ। म लगायत केही सिभिलियन साथीहरू यस क्लवमा आवद्ध भै समय व्यवस्थापन र अनुशासनको राम्रो ज्ञान लिन पाएका छौं। उहाँहरूको सकृयता २५ वर्षे युवाहरूको जस्तै छ, हरेक मिटिङ्ग, हरेक प्रोजेक्ट साइट भिजिटमा निरन्तर सहभागिता जनाइ रहनुभएको छ। यस पटकको खोटाङ यात्रामा पनि क्लवको सिनियर सदस्य क्याप्टेन हरक सिं थापा हामी सँगै जानु भएको थियो। उहाँको उमेर ८७ वर्ष तर क्रियासिलता युवा जस्तो।

धुलिखेलबाट हामी अगाडी बढ्यौं। तीन समुह भएकोले सँग-सँगै हिड्ने सल्लाह गर्थौं। बि.पि. हाईवेको जिरा किलोबाट हाम्रो यात्रा पूर्वतिर हानियो। सुन्दर तथा मनमोहक दृश्यको रसास्वादन गर्दै कूदिरह्यौं। अनुभवी



गुरु श्याम लामाले हाम्रो ईच्छालाई बुझेर लोक दोहोरी घन्काई दिनु भयो। लोकदोहोरीको मधुर आवाजसँगै अगाडी बढ्यौं तर मेरो समुहमा युवाहरूको बाहुल्यता भएकोले उनीहरूको चाहना र ईच्छा फरक भएको पाईयो। मोवाइलमा आधुनिक गीत खोज्न थाले। थरि थरिका गीत बज्यो कहिले उफ्रीने कहिले ताली पिट्दै भकुण्डे बेंसी हुदै अगाडि बढ्यौं। यात्राको क्रमसँगै दिन पनि क्रमशः ढल्दै थियो।

हामी बिहानको ११ बजे खुर्कोट पुग्यौं साथीहरू पछाडी रहेकोले केहि बेर रोकियौं। केहि समयको अन्तरालमा खुर्कोट आईपुगनु भयो। अब हाम्रो यात्राले बाटो परिवर्तन गर्दैछ, भनेर सबैलाई सुनायौं। सुनकोशीको किनार हुदै बि.पि.हाईवेमा हुँइकिरहेको गाडी खुर्कोटबाट मध्ये पहाडी लोकमार्ग समात्यौं। केहि समयको यात्रा पश्चात बाटोमा आराम गर्ने सल्लाह भयो। सबै समूहसँग मोवाइलमा वार्ता भयो र सहमति जुट्यो। एकान्त बाटोमा लस्कुरै सुनकोशी किनारमा रोकियौं। कसैसँग एक आपसमा सल्लाह गरिएको थिएन तर सबै समुहले आ-आफ्नो गाडीमा केहि खाजा बोकेको रहेछ रोटारियन साथीहरूले घरबाट बोकेका खानेकुरा एकआपसमा साटासाट गरी



खायौ । सुनकोशीको चिसो सिरेटोको साथमा फरक रमाईलो अनुभूति गर्‍यौ । दिउसो २:०० बजे तिर घुमि पुग्यौ । ओखलढुंगा संगिता होटलमा दिउसोको खानाको व्यवस्थापन क्या.मोहन कुमार गुरुडले गर्नु भएको थियो । महिला समूह र पुरुष समुह विभाजित भएर बस्यौ । प्रायः पुरुष साथीहरु यात्राको क्रममा टुच्चटुच्च लगाउन मन पराउनु हुन्छ । खानाको तयारी हुँदै थियो टेबलमा चिसो बियर र सुनकोशीको माछा आइपुग्यो । दिउँसोको भोक, सुनकोशीको स्वादिलो माछा साथमा चिसो बियरले धेरैको अनुहारमा चमक देखियो । हामी यात्राको क्रममा खर्च एकमुष्ट हिसाव गर्ने गर्दछौ । प्रायः क्लवका कोषाध्यक्ष शम्भुराज गुरुडले हिसाव किताबको जिम्मा लिनु हुन्छ । यात्रा शुरु भएर अन्त सम्मको कुल खर्च दामासाहीले तिछौ । मद्यपान, खाना तथा खाजाको खर्च एकमुष्ट जोड्दछौ, नखाने र नपिउनेलाई कुनै छुट हुँदैन । सबैले खुल्ला हृदयले तिछौ र असल साथीत्व (Fellowship) को अनुभव गर्छौ । हामी यात्रामा असल र पारिवारिक सम्बन्धको विस्तारको साथै भरपुर मनोरञ्जन लिन्छौ । जीवनको आनन्द लिन्छौ । मानसिक तनावबाट मुक्ति हुन्छौ र जीवनलाई केहि मिनेट भए पनि लम्ब्याउने प्रयत्न गर्दछौ ।

एक घण्टाको बसाईलाई बिट मारी सुनकोशी मातालाई ढोग गरेर सफल र आरामदायी यात्राको लागि पुकार गर्दै सुनकोशी पार गर्‍यौ । केही समय पश्चात उकालो शुरु भयो । नागबेली सानो बाटोको यात्रा । मनमा डर, त्रास लागि रहेको थियो तर कसैलाई सुनाउने आँट गरेको थिएन । बेलुकीको ५:०० बजे तिर हलेसी महादेव पुग्यौ । तर हाम्रो गन्तव्य दुवेकूलको भएकोले यात्रा जारी राख्यौ । पहाडी बाटो अस्ताउन लागि रहेको सूर्य क्रमशः क्षितिज पारी पुग्दै थियो । नयाँ ठाउँ, नयाँ बाटोको सुन्य अनुभव तर पहाडमै हुर्किएकोले आफ्नै ठाउँ जस्तो अनुभूति दिलाई रहन्थ्यो । गाडी भित्रको साथीहरु सबैको एउटै प्रश्न थियो अब कति घण्टा लाग्छ ? हलेसीबाट नुन्थलासम्म बाटो राम्रो थियो बाटो छेउका घरहरुमा फर्सीको चाङ्ग देख्दा मनै लोभियो । नुन्थला पुग्यौ, पछि परेका साथीहरुलाई कुन्यौ । बाटोको ज्ञान रोटारियन श्रीप्रसादलाई भएकोले नुन्थलाबाट श्रीप्रसादको गाडीलाई अगाडि हिडांयौ । नुन्थला सुन्दर डाँडा , डाँडा माथिबाट दायाँ बायाँ खोटाङको पहाड देख्न सकिने । कहाँ के थियो वा छ भन्ने ज्ञान पटकै थिएन । नुन्थलाबाट दिक्तेल

जान सकिदो रहेछ तर हामी दिक्तेल तिर नलागी बाँया कच्ची सडक समात्‍यौ । घना जंगल ओरालो बाटो अनि कच्ची सडक । साँझ भ्रमक पयो । डाँडा भरि तारा जस्तै बत्तिको टिलपिल देखिन थाल्यो कतै भुरूप त कतै टाढा टाढा । रात छिप्पिदै थियो । कच्ची बाटोको दिक्क लाग्दो यात्रा, आरोलो भर्ने क्रम सकिएको थिएन, बत्तीको उज्यालो देखियो । लस्करै सडक बत्ती, बाक्लो वस्ती देखियो शरीरमा अन्यासै अल्लिपना गायब भयो । मस्तिष्कले तिम्रो गन्तव्य आइपुग्यो भनेर जनाउ दिए जस्तो लाग्यो तर अगाडिको गाडी रोकिएको थिएन । ठाउँ याद भएन, ओरालो सिद्धियो । दायाँबायाँ केहि देखिएको थिएन तर नियालेर गाडीको उज्यालोमा हेर्दा बेसीतिर भरेको आभाष भयो । छेउतिर खोलाको सुस्केरा पनि सुनियो । मन आत्तिएर रोटारियन श्रीप्रसादलाई फोन गर्‍यौ अझै एक डेढ घण्टाको बाटो छ भन्नु भयो । जिउ सिधिल भयो मेरा युवासाथीहरु रोटारियन रुम, डा.सोफियो सदिक्षा र रोट्रयाक्टर सिर्जना पनि आत्तिनुभयो । समयलाई कुनू र गन्तव्यको कल्पना गर्नु बाहेक हामीसँग अरु विकल्प थिएन । भण्डै रातको ९ बजे दुवेकूल पुग्यौ । रोटारियन युवराज गुरुडले हामीलाई लिनको लागि साथीहरु खटाउनु भएको रहेछ । रोटारियन युवराजजीले घरको डिल मुनि चार पाँचवटा गाडी रोक्न सकिने पार्किङ बनाउनु भएको रहेछ । गाउँ वस्तीको पुरानो डिजाइनको सुन्दर घर । युवराजजि र भाउजू लगायत घरको सदस्य र छिमेकीहरु हाम्रो स्वागतमा उभिनु भयो । लामो यात्राको थकान थियो तर दुवेकूलको चिसो मौसम तथा युवराजजीको न्यानो आतिथ्यताले शरीरबाट थकान हराउँदै गयो ।

हामी रोटारियन साथीहरु रात परे पनि नियमित बैठकका लागि तयार भयौ । युवराज गुरुडको घरको आँगनमा रेगुलर विक्ली मिटिङ सुरु भयो । साथीहरुलाई लामो यात्रा र थकान पश्चात रातको समयमा मिटिङ गरेकोमा क्षमायाचना सहित बैठक प्रारम्भ भयो । सबै साथीहरुलाई



धन्यवादसहित हामीलाई न्यानो आतिथ्य प्रदान गर्नुभएकोमा युवराज गुरूङज्यु र उहाँको श्रीमती हरि देवी गुरूङलाई विशेष धन्यवाद दिदै केही एजेण्डाहरुमा छलफल गरी बैठकको समापन भयो ।

तत्पश्चात गाउँपालिकाका अध्यक्षज्यु आईपुग्नु भयो । उहाँको आगमन पश्चात रावाबेसी गाउँपालिकाको तर्फबाट स्वागत गर्नुभयो र दुबेकूललाई मायाँ गरि समाज सेवाको उत्कृष्ट कार्यमा लागी पर्नु भएकोमा सबै रोटारियनहरुलाई विशेष धन्यवाद दिनुभयो । युवराजजीले विशेष खाजा तयार गर्नु भएको रहेछ । मिठो खसिको भुटन, रक्तिको स्वादिलो सुप, सेलरोटी सहित लोकल रक्सि । खाना र त्यसबाट आएको बासनाले सबैको मुख रसाएको देखिन्थ्यो ।

रात छिप्पिदै गए पनि हामीलाई छोएको थिएन । तँछाड मँछाड गर्दै खानामा व्यस्त भएको रमाईलो दृश्य देखिन्थ्यो । युवराज गुरूङज्युले साथीहरुको लागी लोकल खसि नै ढाल्नु भएको रहेछ । कोदोको स्थानीय उत्पादनमा जडिबुटी मिसाएको रंगिन भोल धेरै साथीहरुको प्रिय बन्यो रोटारियन श्रीप्रसाद गुरूङले काठमाडौँबाट ल्याएको वडवाइजर साथीहरुको माफ फिजाउनु भयो । क्याप्टेन हरक सिं लगायत केहि साथीहरुको स्वादिलो पेय पदार्थ बन्यो वडवाइजर, चपाउनु भन्दा पिउन सजिलो हुने तर खसीको परिकार लगायत अन्य परिकार सिद्धिसक्दा पनि भोल टन्नै बाँकी । साथीहरुमा जोश थपिदै गएको थियो कुराकानीको लय फरक हुदै थियो । रात रमाइलो र रंगिनमय बन्दै थियो । म लगायत केही रोटारियन शुद्ध थियौं । हामीलाई थकान र निद्राले च्यापे पनि साथीहरुको जोसिलो कुराकानीले हामीहरुको शरीरमा उर्जा थपिएको थियो । परिवारका सदस्यहरु, छिमेकी तथा गाउँलेहरुको

निस्वार्थ सेवा पाएर हामी दंग थियौं । सायद रातको १२:०० बजेको थियो होला । अब पालो थियो निद्रा देवीको काखमा जाने, युवराजजीले साथीहरुलाई अलग अलग घरमा आनन्दले सुत्ने व्यवस्था मिलाउनु भएको रहेछ तर हामी वहाँकै घरमा सुत्ने भयौं । उहाँले पनि सहमती जनाउनु भयो । घरको बरण्डा र कोठाहरुमा महिला तथा पुरुष मित्रहरुलाई सुत्ने व्यवस्था मिलाई दिनु भयो । केही समय पश्चात घुराईको आवाज घन्कियो । घुर्ने प्रतिस्पर्धाको शुरुवात भयो । तल्लो बरण्डा र माथिल्लो बरण्डाको विचमा अनाठौँ प्रतिस्पर्धा । लाग्थ्यो घुराईलाई पनि हार्नु थिएन । एक तिर रोटारियन रुम रोटारियन सदिक्षा, रोटारियन युवराज तिन जना भने कुराकानीमा नै व्यस्त । रातको २ बजि सक्दा पनि उहाँहरु सुत्नु भएको थिएन सायद उहाँहरुलाई वडवाइजरले पूर्ण साथ दिएर होला ।

फागुन १२ गते बिहान उठेर दुबेकूल गाउँ अवलोकन गरियो । सुन्दर दुबेकूलको गुरूड बस्ती तर बसाँइ सराईले गाउँ सुनसान देखिन्थ्यो । देशको एक सफल व्यवसायी भाटभटेनी सुपर मार्केटका सञ्चालक मिन बहादुर गुरूङको पुख्र्यौली घर पनि देखियो । प्रायः घर रिक्तो थियो । नेपालका प्राय प्रमुख शहर लगायत बेलायत र हङकङतिर बसाँइ सरेको बुझियो । गाउँ उजाड थियो, दिनानुदिन गाउँको जनसंख्या घट्दो क्रममा रहेको र भएका केही युवाहरु पनि शहर र खाडीतिर रोजगारीकोलागि हिडेको, गाउँ बुढाबूढी महिला तथा बालबालिकाहरुले मात्रै भरिएको र युवाहरुको संख्या नगन्य मात्र देखियो । विहानको चिया नाश्ता पश्चात दुबेकूलबाट ऐसेलुखर्कतिर उकालो लागियो । बाटो कच्ची उकालो र धुलाम्मे तर रोटारियन युवराज गुरूङको गाडी भने शहर तिरको कालो पत्रे





बाटोमा कुदे जस्तै हेर्दा हेर्दै डाँडो काट्यो । हामी बिस्तारै जंगलको बाटोमा रोकिदै आराम गर्दै हिड्यौं । लालीगुराँस फुल्न शुरु भई सकेको थियो । वन भरि रातो लाली छरिएको थियो अहा क्या मनमोहक दृश्य । साथीहरुले लालीगुराँस टिपेर गाडीमा हाले ।

खोटाङको ऐतिहासिक ठाउँ ऐसेलुखर्क पुगियो । चिसो महशुस भयो । ऐसेलुखर्क गा.पा.का अध्यक्ष विश्व निरौलज्युको अतिथ्यमा बिहानको खाना, चिसो ठाउँ । म लगायत केहि साथीहरुको पेट बिग्रिएको थियो । स्थानीय गा.पा.का अध्यक्षज्युको नेतृत्वमा बिच बजार हुदै ऐसेलुखर्क स्थित त्रिभुवन मा.वि.तिर हिड्यौं । बजारको मध्ये भागमा बाजा गाजा सहितको समुहले स्वागत, पश्चिमको पञ्चे बाजा र पूर्वको पंचे बाजाको धुनमा केहि भिन्नता महशुस भयो । हामीलाई पंचे बाजाको धुन अनौठो लाग्यो । सायद पश्चिमतिरको बाजा मात्रै सुन्ने बानी परेकोले हो की ? स्कुल गेटछेउबाट लामबद्ध बिद्यार्थी शिक्षक तथा स्थानीयद्वारा उत्साहजनक स्वागत, बाटोमा देखिएको लालीगुराँसले दङ्ग परेका हामी स्कुल प्राङ्गण टेक्दा हाम्रो स्वागतार्थ लालिगुराँसको मालाको थुप्रो । हाम्रो लागि अनौठो !! लाग्यो ऐसेलुखर्क पुरै लालिगुराँसले भरिएको छ । शौचालय हस्तान्तरण, बिद्यालय भवन

शिलान्यास कार्यक्रमको औपचारिक शुरुवात । बिद्यालय व्यवस्थापन समितिका अध्यक्षज्यु, प्र.अ. टेक प्रसाद अधिकारी ऐसेलुखर्क गा.पा.का अध्यक्ष विश्व निरौला, बिभीन्न राजनीतिक दलका प्रतिनिधी लगायत बिद्यार्थी र स्थानियको बृहत जमघटका बिच मन्तव्य, बिद्यार्थीहरुको सुन्दर नाच । कार्यक्रमको मध्यतिर शौचालय हस्तान्तरण गरियो । शौचालय अपाङ्ग मैत्री, महिला तथा पुरुष शिक्षक छात्र तथा छात्राकोलागि अलग अलग बनाइएको थियो । संभवत एक उत्कृष्ट शौचालय थियो । म स्वयं रोटरी क्लब अफ दि हिमालयन गुर्खाजको अध्यक्ष भएको हुँदा शौचालयको चावी बिद्यालय व्यवस्थापन समितिका अध्यक्षलाई मैले नै हस्तान्तरण गरें । लगत्तै बिद्यालय भवनको शिलान्यास गा.पा.का अध्यक्ष र मैले सामूहिक रुपमा गरी भवन निर्माण कार्यलाई अगाडि बढाउने भइयो । हाम्रो उद्देश्य दुर्गमका बाबुनानीहरुले राम्रो शिक्षा हासिल गर्न सकून भन्ने हो । पंचे बाजा घन्कियो हामी पनि उफ्रियौं बिद्यार्थी तथा शिक्षकले पूर्ण साथ दिई रहेको थियो । महिला रोटरियन डा. सोफिया, सदिक्षा, सिर्जना तथा Spouses हरु भुमति गुरुङ, हरि देवी गुरुङ तथा दुर्गा गुरुङद्वारा महिला स्वास्थ्य र सरसफाईको बारेमा सात कक्षा देखी माथिका नानीहरुलाई अभिमुखीकरण दिदै महिनावारी हुँदा प्रयोग गर्ने Kit Bag वितरण गर्दा





छात्राहरुको उत्साहजनक उपस्थितीले स्वास्थ्यप्रति संवेदनशील रहेको पाईयो । साथै कोरोनाको समय भएकोले सम्पूर्ण विद्यार्थीहरुलाई पुनः प्रयोग गर्न सकिने फेस मास्क वितरण गरियो । कति अनुशासित छात्र छात्राहरु, कति खुल्ला विचारका नानीहरु ।

दिन ढल्कदै गयो ERRRP अन्तर्गत एसेलुखर्क स्थित त्रिभुवन मा.वि. र माक्पा स्थित माक्पा मा.वि.को कक्षा कोठा निर्माणको लागि दुवै विद्यालयका व्यवस्थापन समितिका अध्यक्षज्यूहरुलाई पहिलो किस्ताको चेक हस्तान्तरण गरियो । भूकम्पबाट प्रभावित विद्यालयहरुमा सहयोग लिएर जान पाउँदा र विद्यार्थीहरुको अनुहारमा खुशी देख्दा आनन्द अनुभूत हुने गर्छ । समाज सेवामा समर्पित सम्पूर्ण रोटारियनहरुलाई गर्वानुभूति भई रहेको थियो ।

साँझको बसाई दुवेकूल नै थियो । युवराजजीले साँझ गाउँको आमा समुहलाई बोलाउनु भएको रहेछ । बेलुका बती बाल्दै झण्डै ५० को संख्यामा गाउँलेहरु थुप्रिनु भयो । साथमा हाम्रो स्वागतको लागि एक डालो सेल रोटी,

मासुको परिकार अचार र गाउँमा प्रख्यात कोदोको जुस । प्रायः साथीहरुको मन र ध्यान गाउँलेको कोसेली पट्टि गएजस्तो लागेको थियो तर आमा समूहको औपचारिक स्वागतबिना छुन मनाही थियो । केही समयको परिचयात्मक कार्यक्रम, लालिगुराँस फुलको मालाद्वारा स्वागत पश्चात युवायुवतीहरु कोदोको जुस पाहुनालाई चखाउन, खाजा दिन, र नाचगानको तयारी मा जुटेको देखियो । अहा क्या एकता, समझदारी कसैले कसैलाई अह्राएको छैन, तर खटाई भने निरन्तर । साँच्चिकै साँझ अविस्मरणीय भयो । युवा युवती तथा आमा समूहको कला र गलाले सबैलाई नचायो । रोटारियन रुम गुरुङको नाच उत्कृष्ट रहयो । गाईगुई गर्न थाले । फिल्मको हिरोले जस्तै नाच्दो रहेछ भन्दै थिए । सबै रोटारियनलाई नचाए तर हाम्रो नाच देखेर कोही खुशी भएनन् । रोटारियन सदिक्षा र रुमको युगल नाच लोभलाग्दो थियो । सहभागी साथीहरुलाई इच्छा अनुसार दान गर्न आग्रह गर्‍यौं । नाच्नेहरुलाई हजारको नोटको फूल लगाइ दिएर रोटारियन नन्द बहादुर गुरुङले माहोल तताइ दिनु भएको थियो । दान दक्षिणा गर्‍यौं । गाउँको विकासको लागि आमाहरुको



मिहिनेतलाई नतमस्तक भएर सहाना गऱ्यौं। विदा हुँदै गर्दा पूर्वेली गीत उपस्थित सबैको मुखबाट निस्करहेको थियो। एक चरण पुर्वेली भाकामा “खै कम्मर भाँचेको लाली जोवान खै केलाई साँचेको सय पल्ट बिन्ती छ हजुरलाई समयले साथ दियो भने फेरि भटौला” भन्दै छमछमी नाचेर आमा समूहसँग छुट्टियौं।

फागुन १३ गते बिहान केही अलछी भईयो। गंगोदय मा.वि. दुवेकूल नजिकै रहेकोले हिड्न हतार थिएन। रोटरी डिस्ट्रिक्ट ३२९२, ERRRP का साथीहरु पनि आइपुगनु भएको थिएन। १०:०० बजेतिर रोटरियन राजेश थापा र रोटरियन कुमुद त्रिपाठी दुवेकूल आइपुगनु भयो। बिहानको खाना रावाबेंसी गाउँ पालिकाका अध्यक्ष लिला निरौलाज्युले आफ्नै घरमा व्यवस्था गर्नु भएको रहेछ। मिठो दही, घ्यूको साथमा लोकल चामलको खाना, खसिको ग्रेमी भुल्ल नसकिने थियो। अध्यक्षज्युको घरबाट नौमति बाजाको साथमा गंगोदय मा.वि. तिर लाग्यौं। स्थानीयको बाक्लो उपस्थिति, अध्यक्षज्युको नेतृत्वमा पालिकाका महत्वपूर्ण व्यक्तित्वहरुको उपस्थितिले रोटरियनहरुको हौसला बढेको थियो। ERRRP र EIFION TRUST, UK को सहयोगमा निर्मित विद्यालय भवन र Global Grant अन्तर्गत FCDO, ROTARY FOUNDATION तथा Rotary Club Kirreimur, Scotland को सहयोगमा निर्मित आधुनिक सौचालय भवनको हस्तान्तरणले विधार्थीको सरसफाई र स्वास्थ्यमा निश्चय नै परिवर्तन ल्याउने देखिन्छ। स्थानीयको खुशीले हामी रोटरियन दङ्ग। ERRRP का प्रतिनिधि राजेश थापा र कुमुद त्रिपाठी विधार्थी र स्थानीय माझ खुशी साट्दै रमाईलो गरी रहेको दृश्य लोभ लाग्दो थियो।

कार्यक्रम समापन पश्चात हलेसी महादेव दर्शनको लागि प्रस्थान गऱ्यौं। ओरालो लाग्ने क्रम शुरु भयो। जाँदा रात परेको तर फर्कदा दुवेकूलबाट देखिने टाढा टाढा सम्मको दृश्य अवलोकन गर्दै भऱ्यौं। रावाबेंसीमा युवराजजीको खेत देख्यौं भण्डै सय रोपनी तर त्यो बेंसीको खेतको भविष्य सिद्धि लागेको भन्ने सुनियो। रावा खोलामा जलविद्युत निर्माण गर्ने क्रममा रहेकोले ड्याम तयार भएपछी सम्पूर्ण खेत पानी मुनि जाने निश्चित रहेछ। रावाबेंसीबाट उकालो शुरु भयो। ठाउँ ठाउँमा सेताम्य फुलेका फूल देखियो। हाम्रो लागि नौलो थियो। फोटो खिच्दै बिस्तारै उकालो चढ्यौं। नुन्थला पुग्यौं। समय तेती नघर्किसकेकोले दिक्तेल बजार हेर्ने हुटहुटी भयो।



सबै दिक्तेल जानेमा सहमत हुनु भयो। डाँडैडाँडा दिक्तेल बजार छेउको नेपाली सैनिक क्याम्प पुगियो। नाङ्गो डाँडा तर साँढै सुन्दर। फोटो खिच्न तँछाड र मँछाड, तर हामी बुढाहरु त्यति उत्साहित थिएनौं। दिक्तेल बजार एक चक्कर लगाइयो। भित्री बाटो सानो त्यसैले गाडीमा धेरै घुम्ने आँट गरेनौं। शौचालय डरलाग्दो भिरालो ठाउँमा, ठाडै भऱ्याङ्गबाट तल झर्नु पर्ने। धेरैको लागि नयाँ अनुभव। साँझपख हलेसी पुग्यौं। Hotel Halesi village मा हाम्रो वास। बेलुकाको समय गफगाफ र वियर सँगै वित्यो।

हलेसी महादेवको जय ! बिहान सबेरै हलेसी महादेवको दर्शन। सामुहिक दर्शनका लागि निस्क्यौं तर मन्दिर गेटमा पुग्न नपाउँदै छिन्न भिन्न। श्रद्धाका साथ महादेवको दर्शन गरियो। केही साथीहरु पाप द्वार, धर्मद्वार, जन्मद्वार, कर्मद्वार, स्वर्गद्वार छिचोल्नतिर लागे तर मेरो आँट भएन। द्वार सानो देखिन्थ्यो तर मेरो ज्यान भीमकाय। बसाहा गुफा

हलेसी महादेब



भिन्न प्रवेश गर्नासाथ अनौठो लाग्ने दृश्य देखियो । गुफाको माथिको चोईटा पुरै उछिडिएको थियो । शक्तिशाली बम खसेर बनेको प्वाल जस्तै देखिन्थ्यो तर किंवदन्ती फरक । गौरी शंख जस्ताई प्राकृतिक शंख पनि भनिंदो रहेछ । शंख फुक्नलाई पर्यटक तथा भक्तजनहरुको घम्साघम्सी भैरहेको थियो । हलेसीबाट उत्तर तर्फ दोर्जे लाक्पा लगायत अन्य हिमालको मनमोहक दृश्य देखिंदोरहेछ । हिन्दु, बौद्ध र किराँतहरुको संगम थलो भनेर हलेसीलाई चिनिंदो रहेछ ।

हलेसीको दर्शनले सबैमा उर्जा प्रवाह भएको थियो । साथीहरु खोटाङ्गको चिनो खोज्न थाले तर लोकल उत्पादन केही पाइएन । यात्रा काठमाडौंको लागि सुरु भयो ।



सबैजना आ-आफ्नो टिम संयोजकको साथमा अगाडि बढ्यौं । सृजना र रुमको जोकले नतमस्तक बनाएको थियो । धेरै जोक सुन्यौं, हाँस्यौं । अहिले पनि त्यसबेलाको जोकले हँसाइ रहन्छ । समय परिस्थिति अनुसार जोकलाई परिमार्जन गर्न रोट्र्याक्टर सृजना अब्बल रहेछ । जयरामघाट जहाँ दुधकोशी माथि पुल निर्माण भएको छ । जयराम घाटमा खाना खाने सामान्य सल्लाह भएकोले हामी रोकियौं । मेरो समुह युवाहरुले भरिएको थियो । दुधकोशीलाई पृष्ठभूमिमा राखेर फोटो खिची उकालो चढ्यौं । रमाइलो गर्दै रोटरीले गरेको कामको समिक्षा गर्दै धुलिखेल आईपुग्यौं । चियापान गरेर छुट्टिने सामुहिक सहमति भएकोले रोटरियन शम्भुराज गुरुङले अन्तिम हिसाबको विवरण सबै साथीहरुलाई देखाउनु भयो । यात्रामा सम्मिलित रोटरियनहरु क्या. हरक सिं थापा, रोटरियन नन्द बहादुर गुरुङ, रोटरियन श्रीप्रसाद गुरुङ र उहाँ को धर्मपत्नि भुमती गुरुङ, रोटरियन मोहन कुमार गुरुङ र उहाँको धर्मपत्नी दुर्गा गुरुङ, रोटरियन डा. सोफिया गुरुङ, रोटरियन सदिक्षा कँडेल, रोटरियन भोजबहादुर खत्री, रोटरियन रुम बहादुर गुरुङ, रोटरियन नारायण प्रसाद गुरुङ, रोट्र्याक्टर सृजना श्रेष्ठ, रोटरियन युवराज गुरुङ तथा श्रीमती हरि मायाँ गुरुङ र म रोटरियन सत्त बहादुर गुरुङले यात्राको क्रममा भएको खर्च दामासहीले उठाएँ । ERRRP का दुई जना प्रतिनिधिहरुलाई बिदा गरी हामी पनि आगामी नियमित बैठकमा भेट्ने वाचा गर्दै आ-आफ्नो घर तिर लाग्यौं ।

अस्तु !!! जय रोटरी !!!

Photo Glimpses

School Building Handover Program at Shree Prakash Jyoti Secondary School, Nason-5, Thonche, Manang



Photo Glimpses

Modern Toilet Building handover program under Water and Sanitation Project at Shree Ranabir Janahit Secondary School, Khahare and Shree Tallo Kumerdung Basic School, Tallathok, Syangja



Photo Glimpses

Modern Toilet Building handover program
under Water and Sanitation Project at
**Bhanu Secondary School, Chapakot-1,
Syangja and Janajayoti Technical and
General Secondary School, Rimuwa, Gulmi**



Photo Glimpses

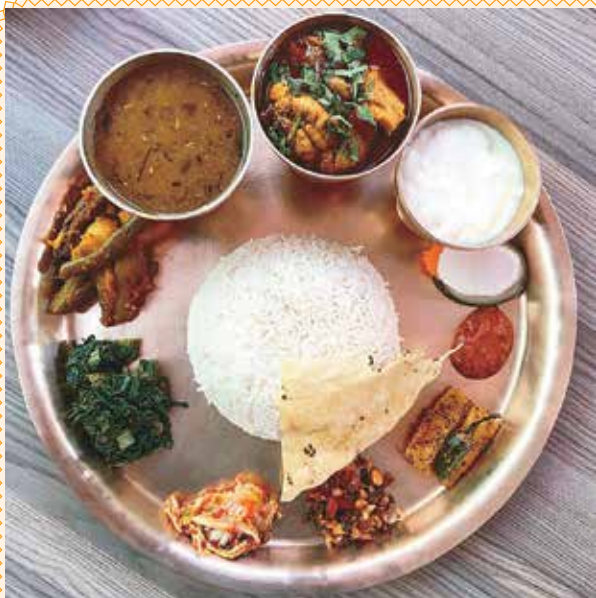
Rotary Chautari Inauguration at Sirubari, Syangja



Photo Glimpses

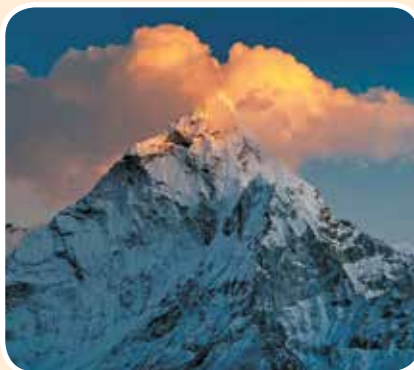
Covid 19 Support





Jhwai Thakali Kitchen

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(Opposite of Shivpuri School)
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www.alliancetreks.com

The Earthquake Relief, Rehabilitation and Reconstruction Program (ERRRP) For Support to Primary Schools Affected by Earthquake of April 25, 2015



By Rtn. Yuba Raj Gurung,
Past President
Rotary Club of The Himalayan Gurkhas

After the devastating earthquake of 25 April 2015 in Nepal, RID 3292 and Rotary Clubs in Nepal were involved in the rescue, relief and construction of Emergency shelters in the 14 severely affected districts. The Rotary Club of The Himalayan Gurkhas engaged in recovery and reconstruction in various thematic area such as health, WASH, Education and Shelter etc. The Rotary District 3292 Nepal Bhutan was also directly involved in post disaster recovery and reconstruction initiative through a separate entity "Earthquake Relief, Rehabilitation and Reconstruction Program (ERRRP)"

The Rotary Club of The Himalayan Gurkhas lead by Rtn. Yubraj Gurung as local coordinator applied for 2 classrooms building for 3 schools in Khotang districts affected by the earthquake.

Gangodaya Secondary School, Dubekol, Rawabesi - 5, Khotang

Funding Structure:

Total Funding	= NPR. 3,200,000.00
ERRRP fund	= NPR. 1,500,000.00
Eifion Trust UK and Club contribution	= NPR. 1,700,000.00

Tribhuvan Secondary School, Aiselukharka - 3, Khotang

Funding Structure:

Total Funding	= NPR. 3,044,118.00
ERRRP Fund	= NPR. 1,500,000.00
Aiselukharak Rural Municipality	= NPR. 1,000,000.00
The Himalayan Gurkhas & Local Community	= NPR. 544,118.00

Makpa Secondary School, Aiselukharka - 6 Khotang

Funding Structure:

Total Funding	= NPR. 3,030,783.00
ERRRP Fund	= NPR. 1,500,000.00
Aiselukharak Rural Municipality	= NPR. 1,000,000.00
The Himalayan Gurkhas & Local Community	= NPR. 530,783.00

The Construction of two classroom building in all three school have now completed, the classroom building in Gangodaya Secondary School, Dubekol is handed over to school management committee and teaching staff and other two school buildings are awaiting for formal handover.

The Rotary Club of The Himalayan Gurkhas and students and staffs (beneficiaries) from 3 Schools in Khotang districts would like to express their sincere thanks to DG and ERRRP Steering Committee of RI District 3292 and Rotary International and Rotarian family for their generous contribution for cause of helping victims of devastating Nepal Earthquake in 2015.



रोटरी क्लब अफ दि हिमालयन गुरखाजले गरेका केहि मानवीय सहयोगहरु



रोटरीयन सत बहादुर गुरुङ
निवर्तमान अध्यक्ष, रोटरी क्लब अफ दि हिमालयन गुरखाज

कोभिड-१९ र सहयोग

देशमा कोभिड १९ को महामारी फैलिरहेको थियो । नेपाल सरकारले हिड्डुल गर्न पनि पूर्ण प्रतिबन्ध लगाएको अवस्था थियो । पुरै देश ठप्प थियो । यस्तो विषम परिस्थितिमा रोटरी क्लब अफ दि हिमालयन गुरखाजका रोटरीयनहरु सहयोगको लागि अगाडी बढ्ने निर्णय भयो । स्याङ्जा जिल्लास्थित भिरकोट न.पा. द्वारा संचालित सामुदायिक अस्पताल र वालिङ न.पा. स्थित गह्रौँ कालिका स्वास्थ्य केन्द्र (वालिङ अस्पताल) लाई अक्सिजन सिलिण्डर, अक्सिजन कन्सन्ट्रेटर मेशिन, अक्सिमिटर, स्यानिटाईजर सहयोग दिने निर्णय भयो । नेपाल सरकारले अति आवश्यक हिड्डुलको पास दिने व्यवस्था गरेको थियो । रोटरीयन श्रीप्रसाद गुरुङ, रोटरीयन सत बहादुर गुरुङ र चिन बहादुर गुरुङ मिति २०७८ जेठ २६ गते चौबिस घण्टालाई पुग्ने खाना, खाजा तथा पानी बोकेर बिहान ०४:०० बजे नै स्याङ्जाको लागि हिड्यौं । रोटरी क्लब अफ ताईवानबाट सहयोग स्वरूप प्राप्त भएको ८ थान अक्सिजन सिलिण्डर, दुइ थान अक्सिजन कन्सन्ट्रेटर मेशिन तथा क्लबका सदस्यहरुबाट प्राप्त एक दर्जन अक्सिमिटर र ५० लिटर स्यानिटाईजर वितरण

गर्ने कार्यक्रम अनुसार भिरकोट न.पा.का तत्कालिन नगर प्रमुख छायााराम खनालज्यूलाई नगरद्वारा संचालित अस्पतालको लागि तिन थान अक्सिजन सिलिण्डर हस्तान्तरण गरियो । नगर प्रमुखज्यूले सहयोगको लागि रोटरी क्लब अफ दि हिमालयन गुरखाज र अफ्ट्यारो परिस्थितिमा स्याङ्जासम्म आएर स्वास्थ्य सामग्री प्रदान गरेकोमा रोटरीयनहरुलाई विशेष धन्यवादका साथ नगरको तर्फबाट प्रशंसा पत्र प्रदान गर्नु भयो ।

यसै गरि सोहि दिन वालिङ न.पा. भकुण्डेस्थित स्वास्थ्य केन्द्रलाई तत्कालिन नगर प्रमुख दिलिप प्रताप खाँणज्यूको समुपस्थितीमा स्वास्थ्य केन्द्रका प्रमुखलाई दुई थान अक्सिजन कन्सन्ट्रेटर मेशिन, पाँच थान अक्सिजन सिलिण्डर, एक दर्जन अक्सिमिटर तथा ५० लिटर स्यानिटाईजर हस्तान्तरण गरियो । नगर प्रमुखले आफ्नो कार्यक्षमा नगरका उपप्रमुख, कार्यकारी अधिकृत, र जनप्रतिनिधिहरुको उपस्थितिमा रोटरी क्लब अफ दि हिमालयन गुरखाज र सहयोगमा प्रत्यक्ष जुट्नु भएका रोटरीयनहरुलाई विशेष धन्यवाद सहित नगरको तर्फबाट प्रशंसा पत्र प्रदान गर्नु भएको थियो ।





हिलेबजार, दोदी, लमजुङका बाढी पिडितहरुलाई सहयोग

वि.सं. २०७८ श्रावण २ गते, दोदी नदीको बाढीमा परी घर जग्गा गुमाएको पिडित परिवारहरुको लागि सहयोग लिएर रोटरी क्लब अफ दि हिमालयन गुर्खाजको तर्फबाट रोटरीयन सत्त बहादुर गुरुङ, रोटरीयन क्या. मोहन कुमार गुरुङ, रोटरीयन रुम बहादुर गुरुङ तथा स्थानीय संयोजक रोटरीयन गर्ज बहादुर गुरुङको टोली बेंसिशहर, लम्जुङ तर्फ हिँड्यौं । श्रावण ३ गते बिहान नेपाली कांग्रेस, लम्जुङका उपसभापती, स्थानीय पत्रकार साथीहरुको साथमा दोदी नदीको किनारमा रहेको हिले बजार पुग्यौं । दोदी नदी माथि रहेको भोलुङ्गे पुलको अवस्था एकदम नाजुक थियो । हिले बजारका १८ घर पूर्णरूपले बगाएको र ६ घर अंशिक रूपले बगाएको थियो । स्थानीय युवा तथा हिले बजारबासीको तर्फबाट सहयोगी दाताहरुलाई स्वागत सत्कार गरिएको थियो । स्थानीयको बाक्लो उपस्थितीमा औपचारिक कार्यक्रमको शुरुवात गरिएको थियो । कार्यक्रम संचालन रोटरीयन गर्ज बहादुर गुरुङ तथा सभापतित्व वडाअध्यक्षले गर्नु भएको कार्यक्रमका प्रमुख अतिथि रोटरी क्लब अफ दि हिमालयन गुर्खाजका अध्यक्ष सत्त बहादुर गुरुङ हुनुहुन्थ्यो । उक्त कार्यक्रमका बिच पिडित परिवारहरुलाई राहत वितरण गरियो । घर पूर्ण रूपमा क्षति भएका परिवारलाई जनही रु. १०,०००/- (अक्षरेपी दश हजार मात्र) र आंशिक क्षति भएका परिवारलाई जनही रु. ५,०००/- (अक्षरेपी पाँच हजार मात्र) का दरले जम्मा रु. २,१०,०००/- (अक्षरेपी दुई लाख दश हजार मात्र) नगद सहयोग हस्तान्तरण गरियो । नगद सहयोग रकम रोटरी क्लब अफ दि हिमालयन गुर्खाजका सदस्यहरुबाट प्राप्त भएको थियो । उक्त अवसरमा सुरक्षित खानेपानीको लागी असिष्टेण्ट गभर्नर



मनोज कंडेलद्वारा प्राप्त खानेपानी फिल्टर तथा प्लास्टिक बाल्टिन सम्पूर्ण बाढीपिडित परिवारहरुलाई वितरण गरियो । साथै पूर्ण रूपमा घर क्षति भएका परिवारलाई आधुनिक टेन्ट वितरण गरियो । वितरण पश्चात पिडित परिवारसँग भेटघाट गरियो । प्रतिकुल अवस्थामा पनि काठमाडौँबाट आएर सहयोग गरेकोमा बाढीपिडितहरुको तर्फबाट रोटरी क्लब अफ दि हिमालयन गुर्खाज र रोटरी परिवारलाई विशेष धन्यवाद दिईएको थियो ।

हेलम्बु, सिन्धुपाल्चोकका बाढी पिडितहरुलाई सहयोग

सोहि वर्ष सिन्धुपाल्चोक लगायत केही जिल्ला बाढीबाट बढि नै प्रभावित रह्यो । सिन्धुपाल्चोक जिल्लाको हेलम्बु लगायत मेलम्ची क्षेत्रमा इन्द्रावती नदीमा आएको भिषण बाढीका कारण सैयौं घर तथा हजारौं रोपनी खेतबारी बगरमा परिणत भएको थियो । रोटरीयन क्या. मोहन कुमार गुरुङको समन्वयमा सिन्धुपाल्चोक जिल्ला, हेलम्बु गा.पा.का बाढी पिडित परिवारलाई सहयोग गर्ने निर्णय भयो । उक्त क्षेत्रमा सहयोग लिएर जानको लागी २०७८ श्रावण ९ गते रोटरीयनहरु श्रीप्रसाद गुरुङ, रुम बहादुर गुरुङ, क्या. मोहन कुमार गुरुङ, जुना पुन, नारायण प्रसाद गुरुङ, सत्त बहादुर गुरुङ त्यस तर्फ प्रस्थान गर्नुभयो । इन्द्रावती नदीले मच्चाएको बितण्डा हेर्दै हेलम्बुतिर हानियौं । मेलम्ची बजार तहस नहस बनाएको रहेछ । नदीले धेरै कटान गरेको देखियो । खेतको कुनै नामोनिसान नै थिएन । बजारका तल्लो भागमा रहेका सम्पूर्ण घरहरु बगाएको तथा पुरिएको अवस्थामा थियो । प्रकृति अति क्रुर भएको



देखियो । मेलम्ची क्षेत्रमा नदी करिब ३० फिट माथि उठेको कुरा स्थानीय व्यक्तिहरुबाट सुनियो । मेलम्ची बजारबाट हेलम्बु सम्मको दृश्य कहाली लाग्दो थियो । हेलम्बु गा.पा.को कार्यालयमा पुगेर स्थानीय जनप्रतिनिधिहरूसँग भेटघाट गरियो । क्लबको तर्फबाट क्या. मोहन कुमार गुरुडले गाउँपालिका अध्यक्षज्यू सँग समन्वय गरिरहेको हुनाले अध्यक्षज्यूलाई भेट्ने प्रयास गर्नु तत्र वहाँ काम विशेषले हेलम्बु बाहिर रहेको जानकारी भयो । पालिकाका कार्यकारी अधिकृतलाई रोटरी क्लब अफ दि हिमालयन गुर्खाजको तर्फबाट लिएएको १५ वण्डल जस्तापाता हस्तान्तरण गरियो । सानो कार्यक्रमका बिच कार्यकारी अधिकृत तथा हेलम्बु गा.पा.का कार्यपालिका सदस्यज्यूले सहयोगको लागि विशेष धन्यवाद सहित क्लबलाई प्रशंसा पत्र प्रदान गर्नु भयो ।

मुसहर बस्ति, बिराटनगरका बालबालिकाहरुलाई सहयोग

रोटरी क्लब अफ दि हिमालयन गुर्खाजका आदरणीय सदस्य रोटरीयन क्या. हरक सिं थापाको अनुरोधमा बिराटनगर महानगरपालिका, वडा नं. १६ स्थित मुसहर बस्तिमा रहेको अनौपाचारिक विद्यालयलाई सहयोग गर्ने निर्णय भयो । प्रारम्भिक अध्ययनको लागि क्लबका अध्यक्ष सत्त बहादुर गुरुड र क्या. हरक सिं थापा २०७८ अश्विन ३१ गते बिराटनगर जानु भएको थियो । विद्यालय स्थानीय व्यक्ति राज थापाले निःशुल्क संचालन गरिएको रहेछ । राज थापा शारिरीक रुपले असक्त, स्वयं हिड्डुल गर्न असमर्थ, व्हील चेयरको सहायताले हिडनुहुँदो रहेछ । ४० जना विभिन्न उमेर समुहका बच्चाहरु एउटै कक्षा कोठामा राखेर पढाईदो रहेछ । साह्रै दुःखदायी अवस्था देखियो । त्यहाँ धेरै खाले चिजविजहरुको आवश्यकता महशुस भयो । विद्यालय संचालक राज थापासँगको कुराकानी पश्चात बच्चाहरुलाई लत्ताकपडा र स्टेशनरी सहयोग गर्ने निर्णय भयो ।

२०७८ पौष १० गते क्रिसमसको दिन क्लबका रोटरीयन साथीहरुबाट प्राप्त सहयोग रकमबाट खरिद गरिएको ४०

जोर जुत्ता, ४० जोर ट्रयाकसुट, ४० जोर स्वेटर, ४० जोर ऊनीको टोपि, ४० जोर ऊनीको पंजा, ४० जोर मोजा तथा अध्ययन स्कूल, गोंगबुबाट सहयोग प्राप्त २५ दर्जन सिसा कलम, ३०० वटा कपि लिएर रोटरीयन सत्त बहादुर गुरुड, रोटरीयन रुम बहादुर गुरुड र रोटरीयन क्या. हरक सिं थापा बिहानको उडानबाट बिराटनगरतिर लाग्यौ । क्रिसमसको दिन भएकोले क्या. हरक सिं थापाज्यूले बच्चाहरुलाई जुस, चकलेट, मिठाई तथा बिस्कुट बिराटनगरमा रहेको भाटभटेनी सुपर मार्केटमा खरिद गर्नु भयो । सम्पूर्ण सामानको वितरण कार्य विद्यालय प्रांगणमा गरेको थियो तर स्थानीय मुसहर बस्तिमा स्थानीयहरु दिउँसै रक्खि सेवन गरी अभद्र व्यवहारसम्म गरेको थिए । अति नै अशिक्षित समाज, गरिबीले आक्रान्त बिराटनगरको मुख्य बजार नजिकै रहेर पनि हरेक क्षेत्रमा पिछडिएको मुसहर बस्तिमा बासिन्दा स्वयं सचेत हुनु पर्ने र राज्यका निकायको पनि आँखा पुग्नु पर्ने देखियो ।



Photo Glimpses

Installation Ceremony



Installation Ceremony 2022/23



Installation Ceremony 2022/23



Installation Ceremony 2022/23



Installation Ceremony 2022/23



Installation Ceremony 2023/24



Installation Ceremony 2023/24



Installation Ceremony 2023/24



Installation Ceremony 2023/24

Photo Glimpses

DG Visit and Charter Day Celebrations



DG Visit and Charter Day Celebrations 2019/20



DG Visit and Charter Day Celebrations 2019/20



DG Visit and Charter Day Celebrations 2019/20



DG Visit and Charter Day Celebrations 2019/20



DG Visit and Charter Day Celebrations 2022/23



DG Visit and Charter Day Celebrations 2022/23



DG Visit and Charter Day Celebrations 2022/23



DG Visit and Charter Day Celebrations 2022/23

Photo Glimpses

Other Club Activities



Supporting to the flood victims of Ichchhakamana, Chitwan funded by RC Kirriemuir



Project handover program at Ghanpokhara, Lamjung funded by RC Kirriemuir



Felicitating to the Honorary member late Barry Pollard



Project handover at Ranipani, Parbat



Kids Aloud Program 2019, UK



Meeting with The president of RC Kirriemuir - Scotland



School building constructed at Lwang, Kaski



School Building handover program at Lwang, Kaski

Photo Glimpses

Other Club Activities



Meeting with RC Angus Glens - Scotland 2021



Project presentation in RC Angus Glens - Scotland 2021



Nepal visit by the Rotarians from Scotland



Nepal visit by the Rotarians from Scotland



Project handover program at Lwang ghale, Kaski



Water and sanitation project handover, Sirubari, Syangja



Visit to RC Kirriemuir-August 2016



Nepal visit By Lat Berry and Ann Evans

Photo Glimpses

Other Club Activities



Project handover at Majhkot,
Shivalaya, Syangja



Project handover at Majhkot,
Shivalaya, Syangja



Participating in Polio Day rally



Participating in Polio Day rally



Rotary Weekly meeting with AG Debendra
Lal Shrestha and team of RC Rajdhani



Meeting with RC Waling



Felicitation to Kate Jackson (daughter
of Late Rtn. Barry Evans) and Chair of Eifion
Trust Rtn. Sarah Perris



Felicitation to Chair of Eifion Trust, Rtn. Sarah
Perris and Kate Jackson (daughter
of Late Rtn. Barry Evans)

Photo Glimpses

Other Club Activities



Meeting with RC Hamakita, Japan



Meeting with RC Hamakita, Japan



Meeting with RC Hamakita, Japan



Relief material distribution program
at Dahapokhari, Sindhupalchowk



Relief material distribution program
at Dahapokhari, Sindhupalchowk



School building handover program
at Biruwa-7, Syangja



Past President Rtn. Siri Gurung and Rtn.
Krishna P. Adhikari attending RI Convention
Atlanta 2017



School building handover program
at Biruwa-7, Syangja

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Rotary Club of The Himalayan Gurkhas



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and James Russel-Parsons



Rtn. Bhakta B Gurung and Ganesh Kumari Gurung



Rtn. Bhoj B Khatri and Kusum Khatri



Rtn. Ganga B Gurung and Madhu Gurung



Rtn. Maj. Gopal Gurung and Hem K. Gurung



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RI District 1040,
England, UK



Rtn. John Proud
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RI District 1040,
England, UK



Rtn. Barbara Lovegrove
RC Angus Glens
RI District 1010,
Scotland, UK

Revolutionizing Rural Education and Health Through Water and Sanitation Initiatives in Nepal (Global Grant No GG1983729)



Rtn. Siri Prasad Gurung
Past President
Rotary Club of The Himalayan Gurkhas

In a transformative effort to improve the lives and futures of children in Nepal, an ambitious water and sanitation project has been completed by Rotary Club of The Himalayan Gurkhas, RI District 3292 Nepal and Rotary Club Kirriemuir RI district 1010, Scotland with the funding support from both club, districts, and UK FCDO (UK Direct Aids). With a focus on rural schools in Syangja, Gulmi, and Khotang districts. This initiative is poised to bring about profound changes that extend beyond mere infrastructure.

The core of this project involves the construction of essential toilet blocks in six schools spread across various villages. The significance of this endeavor cannot be overstated, as it addresses a critical need that has long hindered education and community development. These schools were selected through a collaborative process that puts the voices and needs of local communities at the forefront.

One of the primary factors in selecting these schools was the urgent demand expressed by the local communities. The lack of proper sanitation facilities has been a pressing concern, with existing toilets in various states of disrepair or nonexistence. Moreover, many of these schools have faced the brunt of natural disasters like earthquakes, leaving their infrastructure in shambles. This project is a beacon of hope for these communities, promising improved health and hygiene for their children.

Spanning across the rugged landscapes of rural Nepal, these schools often face challenging road

access. However, the difficulties of terrain have not deterred this project's determination to provide adequate facilities for every child. The project goes beyond the mere construction of toilets; it envisions separate provisions for boys, girls, students with disabilities, and the teachers who guide them. This inclusive approach ensures that every individual's needs are taken into account.

In line with modern standards of hygiene and sanitation, the facilities provided by this project extend to more than just toilets. Adequate handwashing facilities and incinerators are also incorporated into the infrastructure. These additions are not mere conveniences but integral components of creating a holistic and healthy learning environment.

Recognizing that knowledge is as crucial as infrastructure, the project includes a health education program. Installing toilets is not enough; teaching students, teachers, and non-teaching staff about proper hygiene practices is equally imperative. This educational aspect of the project is designed to be sustainable and impactful, aiming to instill habits that will improve the overall health and well-being of the school community.

The impact of this initiative is profound and far-reaching. In total 2,369 students and 119 teaching and non-teaching staff members stand to benefit directly from these improved facilities. Beyond the immediate beneficiaries, the effects will ripple through generations of children attending

these schools, fostering healthier communities and stronger futures.

In conclusion, the water and sanitation project spanning the Syangja, Gulmi, and Khotang districts of Nepal stands as a testament to the transformative power of holistic initiatives. By addressing the immediate needs of sanitation infrastructure while also incorporating education and awareness, this project paves the way for a

brighter and healthier future for children and communities alike.

The Rotary club of the Himalayan Gurkhas and students and staffs (beneficiaries) from 6 schools would like to express their sincere thanks to Rotary Foundation, Rotary Club of Kirriemuir, UK FCDO (UK Direct Aids) and Special Thanks to Rtn. Barbara and her team for organizing fund and coordinating the project.

Details of the six school

1. Bhanu Secondary school
(Chapakot -1 Chaughera, Syangja)
2. Gangodaya Secondary School
(Rawa Besi - 5, Khotang)
3. Jana Jyoti Secondary School
(Rumiwa - Gulmi)
4. Ranbir Janahit Secondary School
(Walling - 1, Khahare - Syangja)
5. Tallo Kumerdung Basic School
(Waling - 4, Syangja)
6. Trivubhan Secondary School
(Aiselukharka - Khotang)

Funding Partners/Coordinators

The Rotary foundation,
UK Foreign, Commonwealth & Development
Office (FCDO)

Rotary District 1010, Scotland

Rotary Club Kirriemuir, Scotland

Rtn Siri Gurung – Coordinator Host Club Nepal

Rtn. Barbara Lovegrove – Coordinator
International Partner - Scotland

Some Comparative Photographs of the Project

Bhanu Secondary School, Chapakot-1, Chaughera, Syangja district, Nepal

Before



After (New water and sanitation facility)



Janajyoti Technical and General Secondary School, Ruru Khetra-6, Rimuwa, Gulmi district, Nepal

Before



After (New water and sanitation facility)



Ranabir Janahit Secondary School, Waling-1, Syangja district, Nepal

Before



After (New water and sanitation facility)



Tribhuvan Secondary School, Aiselukharka, Khotang district, Nepal

Before



After (New water and sanitation facility)



Before



After (New water and sanitation facility)



Tallo Kumerdung Basic School, Waling-4, Syangja district, Nepal

Before



After (New water and sanitation facility)



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