



RISE
TOGETHER
EMPOWERING UNITY

Rotary



NEWSLETTER

INCLUDES:
WORDS
TIMELINE
EVENTS
GALLERY

Published by :



Kathmandu
Medical College

July-September Edition | 2024

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MESSAGE FROM THE DISTRICT REPRESENTATIVE



Dear Rotaractors and Rotary Family, Namaskar!

As we step into the Rotary Year 2024-25, I am deeply honored and excited to serve as your District Rotaract Representative. Our chosen theme for this year, "Rise Together: Empowering Unity" includes the essence of what we aim to achieve. It is a call to action, a reminder that our greatest strength lies in our unity and collective efforts.

Rotaract has always been a beacon of hope, change, and progress. Each one of you plays a vital role in this incredible movement, and together, we have the power to create lasting impact. This year, I encourage all of us to focus on empowering each other, fostering a sense of belonging, and working collaboratively towards our common goals. When we rise together, we can overcome any challenge, and achieve remarkable success.

Empowering unity means recognizing and valuing the unique strengths and perspectives that each member brings to the table. It is about building an inclusive and supportive community where everyone feels heard, respected, and valued. Let us strive to create an environment where every Rotaractor can thrive, where innovation and creativity are encouraged, and where we are all united in our mission to serve.

This year, we will focus on several key areas: community service, professional development, and international collaboration. By working together on impactful projects, we can address pressing issues in our communities, support each other's growth and development, and build stronger connections with our fellow Rotaractors around the world. Let us harness the power of our collective energy and enthusiasm to make a difference.

I urge each of you to take an active role in our initiatives, to bring your ideas and passion to the forefront, and to support one another in every endeavor. Together, we can create a year filled with meaningful experiences, lasting friendships, and significant achievements.

As we embark on this journey, let us remember that our strength lies in our unity. Together, we will rise, empower, and make a positive impact that resonates far beyond this year.

Warm Regards,

Rtr. Bikram Chhetri
District Rotaract Representative
RI District 3292 Nepal & Bhutan
RY 2024-25

MESSAGE FROM THE PRESIDENT

Dear Rotaract Members,

I hope this message finds you well! As we embrace the new season, I want to take a moment to reflect on our recent accomplishments in past 3 months and share our vision for the upcoming months.



Together, we have made significant strides in our community, from successful service projects to engaging social events. Your dedication and enthusiasm continue to inspire me and make a meaningful impact.

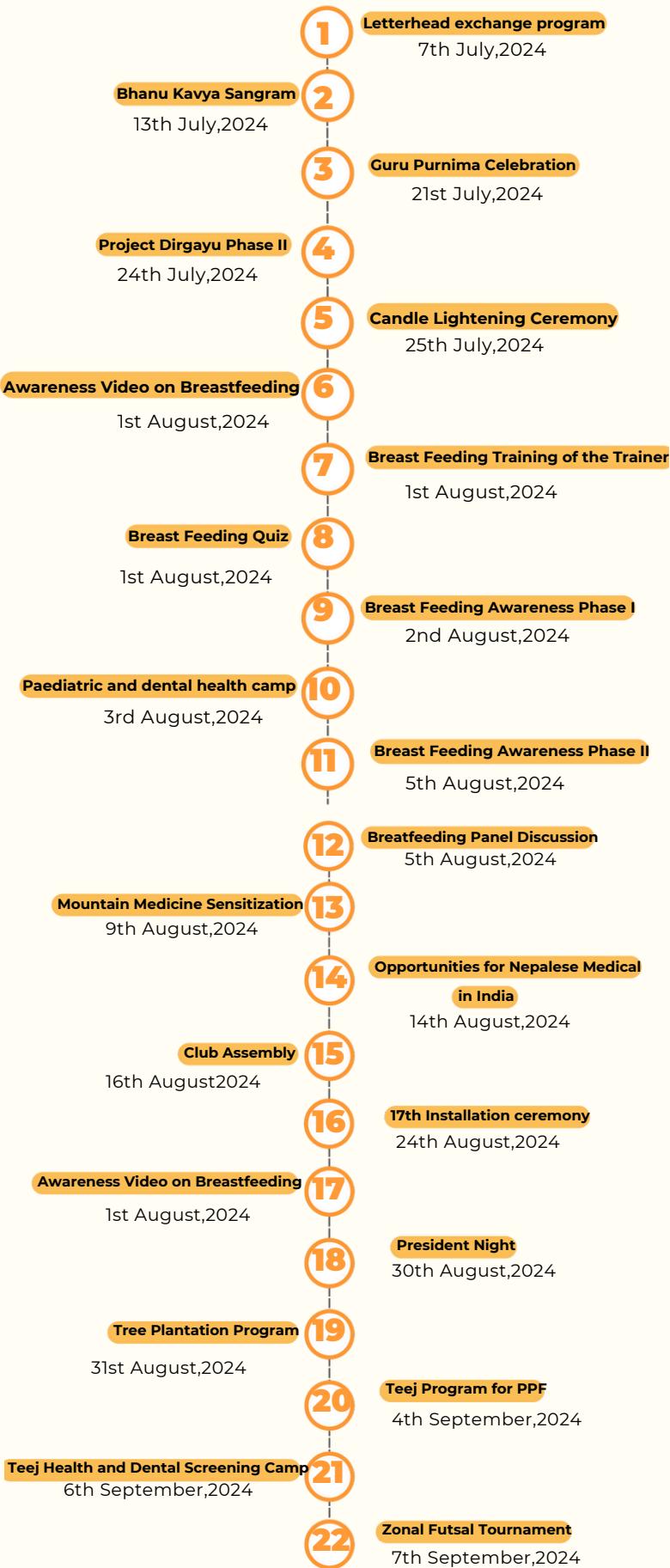
Looking ahead, we have exciting initiatives planned, including volunteer opportunities, workshops, and fundraising events. I encourage each of you to get involved, share your ideas, and bring your unique talents to our club.

Thank you for your commitment to service and fellowship. Together, we can achieve great things!

Let us imagine impactful ideas and bring them into action, to hold onto our theme for this year.

As we are releasing this newsletter during festive season, I wish all of you to have a great one.

Warm regards,
Rtr. Dr. Pujan Pokharel
President (RY 2024-25)
Rotaract Club of Kathmandu Medical College



TIMELINE



RaCKMC successfully organized an engaging panel discussion and a quiz session on 26th Bhadra, 2081 in KMCTH, Sinamangal to increase awareness. Dr. Binita Pradhan graced the event as the guest, while Rtr. Dr. Pujan Pokharel chaired the program. The panel discussion featured insightful contributions from our esteemed group of Panelists including: Prof. Dr. Sailesh Pradhan, Assoc. Prof. Dr. Anil Pokhrel, Mr. Kiran Yogi, and Mr. Om Maharjan.

PANEL DISCUSSION ON BLOOD DONATION



BLOOD DONATION CAMP

The Rotaract Club of Kathmandu Medical College successfully organized a blood donation camp which saw contributions from 17 donors, with Himal Blood Transfusion Centre serving as the blood bank partner. The camp took place on 26th Bhadra, 2081 from 12 PM to 4 PM at OPD Building KMCTH, Sinamangal. This project was an initiative to encourage KMCTH students to donate blood and to increase awareness about blood donation.

TEEJ HEALTH AND DENTAL CAMP



Rotaract Club of Kathmandu Medical College hosted 'Teej Health and Dental Camp' at Gokarneswor Temple on the auspicious occasion of Haritalika Teej on 6th September 2024. The camp was organized by Rotaract Club of Kathmandu North, Vision Club Kathmandu, Gokarneshwor Yuba Upakar Club in collaboration with Rotaract Club of Kathmandu Medical College, Rotaract Club of Kantipur Dental College, Rotaract Club of Reliance College and was supported by Rotary Club of Kathmandu North. About 90 people received health and dental check up along with free medications. A total of 8 medical students and 2 medical officers from Kathmandu Medical College participated in the camp.

Rotaract club of Kathmandu Medical College in collaboration with Leo club of Dreamland successfully organised "Teej Utsav" with the theme of "Uniting hearts for Poor Patient Fund". This event was graced with the presence of over 90 participants and teachers and residents from different departments. As a fundraiser, this programme was successful in meeting the targeted fund for PPF. PPF director Rtr. Dr. Santosh Sapkota thanked our respected teachers, performers, volunteers and coordinators for their significant contributions to make the event successful.

TEEJ UTSAV



PROJECT दीर्घयु: SUBSTANCE ABUSE AWARENESS PROGRAM (PHASE I)

Rotaract Club of Kathmandu Medical College successfully organized the 1st phase of Substance Abuse Awareness Program under the Project: DIRGHAYU with a slogan “BE SMART DON’T START” on the occasion of International Day against Drug Abuse and Illicit Trafficking on 27th June in Kaustuv Academy School, Pepsicola. There were 2 sessions for class 7 and 8 respectively. Around 120 students were present and had the privilege to learn about various substance abuse like drugs , alcohol ,tobacco, cannabis and other newer forms of addiction like Hookah and Vape. The students were asked questions in between to make the session effective and interactive.



PROJECT दीर्घयु: SUBSTANCE ABUSE AWARENESS PROGRAM (PHASE II)



Rotaract Club of Kathmandu Medical College has successfully organized the 2nd phase of Substance Abuse Awareness Program under the Project:DIRGHAYU with a slogan “BE SMART DON’T START” on 31st July in Shikshantar School, Sinamangal. There were 3 sessions for class 8 , 9 and 10 respectively. Around 90 students were present and had the privilege to learn about various substance abuse like drugs , alcohol ,tobacco, cannabis and other newer forms of addiction like Hookah and Vape. The students were asked questions in between to make the session effective and interactive and queries were answered in the end.



**PROJECT: "ममता" –
TRAINING OF TRAINERS
ABOUT BREASTFEEDING**

Rotaract Club of Kathmandu Medical College in collaboration with Pediatric department successfully organized Training of trainers about Breastfeeding on the occasion of World breastfeeding week 2024 on 1st August . A live drama was played by our residents giving information about importance of exclusive breastfeeding, problems while breastfeeding and management. There were around 20 participants from MBBS and Nursing. It was great opportunity for everyone to learn more about breastfeeding.

RacKMC successfully organized Breastfeeding Awareness Program, under project “ममता” on the occasion of World Breastfeeding Week on August 2. We had two sessions in PNC and pediatric ward, where information about breastfeeding practices among mothers and families were given. It was an interactive session where mothers were keen to know about importance of early breastfeeding.

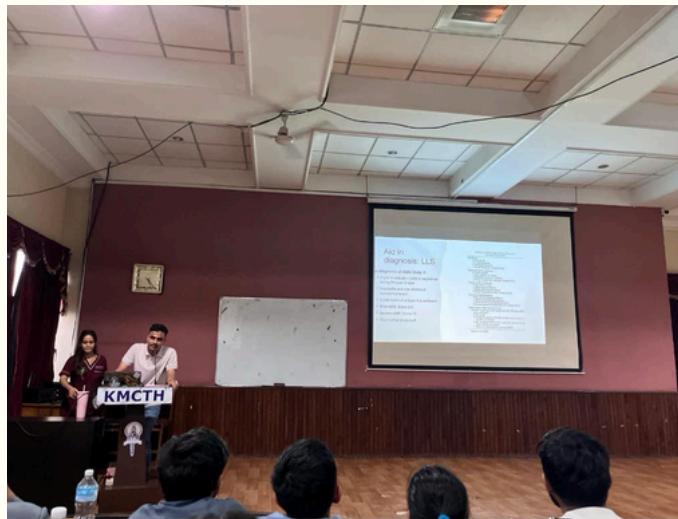
**PROJECT “ममता”-
BREASTFEEDING AWARENESS
PROGRAM (PHASE -I)**



**PROJECT “ममता”- BREASTFEEDING
AWARENESS PROGRAM (PHASE -II)**



Rotaract Club of Kathmandu Medical College (RaCKMC) successfully organized Breastfeeding Awareness Program (Phase -II) under project “ममता” on the occasion of World Breastfeeding Week on August 5 in ANC ward , where information about breastfeeding practices among mothers and families were given. It was an interactive session where mothers were keen to know about importance of early breastfeeding.



MOUNTAIN MEDICINE SENSITIZATION

On 9th August 2024, the Rotaract Club of Kathmandu Medical College, in collaboration with the Mountain Medicine Society of Nepal (MMSN), successfully conducted a highly informative Mountain Medicine Sensitization session. The event featured insightful talks from esteemed speakers: Dr. Aakash Sherpal and Dr. Sanjeev Kharel. We were honored to host around 20 guests from MMSN and a total audience of approximately 120 medical professionals and students from various prestigious medical colleges, including Kathmandu Medical College, Nepal Medical College, Kist Medical College, College of Medical Science, Manipal College of Medicine, and Maharajgunj Medical Campus.

On the occasion of Bhanu Jayanti, Rotaract Club of Kathmandu Medical College held the vibrant “भानुकाव्यसंग्राम” poetry competition under the literary project “काव्यमञ्जरी” to honor our Aadhikavi Bhanu Bhakta Acharya and to encourage the medical students to expand their literature horizon. 8 medical students from MBBS and BDS showcased their poetic talents and around 30 people were present including judges, guests, participants, audiences, and organizers.

Rtr. Apeksha Sapkota secured first position whereas Rtr. Tek Bahadur Khadka and Rtr. Jenisha Maharjan secured second and third position respectively.

भानुकाव्यसंग्राम (BHANU KAVYA-SANGRAM)





ZONAL FUTSAL TOURNAMENT FOR ZONE VI

The Rotaract Club of Kathmandu Medical College in collaboration with the Rotaract Club of Rudramati Babarmahal-Kathmandu, proudly organized Zonal Futsal Tournament for Zone VI. The competition saw 5 teams battle it out on 7th and 12th September 2024. RacKMC Team A clinched the title and RacKMC Team B was successful in securing the runner-up position.

Rtr. Bhabindra Rawal was declared the best player. Rtr. Shiva Bhujel and Rtr. Piyush Poudel showcased their skills being the best defender and the best goalkeeper while Rtr. Rhijuta Pokharel remained the top goal scorer of the tournament.

Rotaract Club of Kathmandu Medical College, RID 3292 exchanged letterhead with Rotaract Club of K.D.K.C.E. , RID 3030 on 7th July, 2024. This was in hope that this exchange will make a gateway to everlasting friendship and establish a great bond between both the clubs. Rotaract Club of Kathmandu Medical College with great enthusiasm, feels elated to connect and collaborate in this movement together

LETTERHEAD EXCHANGE WITH ROTARACT CLUB OF K.D.K.C.E.



TREE PLANTATION PROGRAM AT DHUNGIN



Rotaract Club of Kathmandu Medical College conducted “Plantation programme” in collaboration with Rotaract Club of Balkumari at Patale View Tower on August 31st. Altogether 20 plants were planted by 8 enthusiastic volunteers of which 5 were from Rotaract Club of Kathmandu Medical College. The initiative not only enhances the local ecosystem but also improves air quality, creating a healthier environment for the community.

On 23rd September 2024, Rotaract Club of Kathmandu Medical College (RacKMC) successfully organized an interactive female reproductive health awareness session at KIST College, Kamalpokhari, under Project “Pink”. The session engaged over 100 science students from class 11, providing vital information on female health and addressing reproductive health issues. The event aimed to promote open dialogue and reduce stigma around these topics, contributing to greater awareness and understanding among the participants.

FEMALE REPRODUCTIVE HEALTH AWARENESS



PROJECT “कल्याण” : PEDIATRIC HEALTH AND DENTAL CAMP ALONG WITH BOOK DONATION

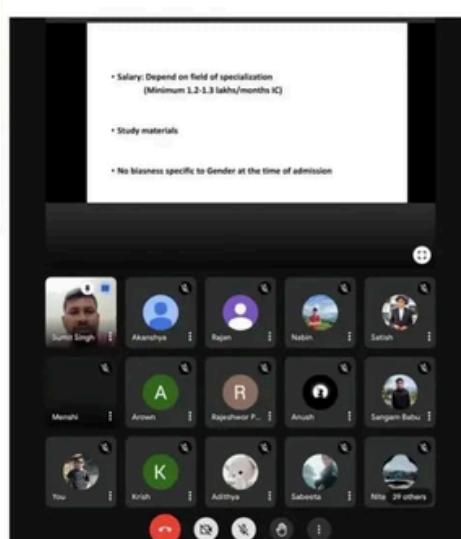


Rotaract Club of Kathmandu Medical College organized Pediatric Health and Dental Camp along with Book Donation under project “कल्याण” on August 3, 2024 at Srijansil Children Welfare, Kageshwori Manohara with the help Dr. Puja Bhattarai (Pediatric Resident) and Dr. Milan Rai (Dental Surgeon). It was an initiative dedicated to improve the lives of children living in orphan homes through comprehensive support in education and health. Through this, the club strive to create a nurturing environment that promotes the overall well-being and development of these children.

Rotaract Club of Kathmandu Medical College in collaboration with Rotaract Club of Chitwan medical college, Rotaract Club of KIST Medical college and Rotaract Club of Kathmandu University Medical School successfully organized a webinar on “Opportunities for Nepalese Medical graduates in India” on 14th August, 2024.

Dr. Sumit Singh (MBBS, KMC; MD Radiation Oncology, AIIMS) shared his invaluable insights. There were around 60 participants from different medical colleges. The session was interactive and fruitful.

OPPORTUNITIES FOR NEPALESE MEDICAL GRADUATES IN INDIA



GURU PURNIMA CELEBRATION



The Rotaract Club of Kathmandu Medical College, in collaboration with the Rotaract Club of Duwakot, Leo Club of Dreamland, and Leo Club of Durbarmarg, successfully organized a Teacher's Day celebration on 21st July, 2024. The event saw enthusiastic participation from over 250 attendees. The celebration aimed to honor the contributions of our teachers in shaping the future, while also fostering fellowship among the clubs and participants. Special thanks are extended to the presidents of all the collaborating clubs for their leadership and to everyone who worked diligently, both directly and behind the scenes, to ensure the event's success.

The Rotaract Club of Kathmandu Medical College, in collaboration with the Rotaract Club of Kathmandu University Medical School, successfully organized a free health check-up desk at the "Taste the Culture" event on 21st September 2024. The desk provided free health consultations to attendees, ensuring a positive impact on community health. The event was held at Hyatt Ground, Bouddha from 11 AM to 4 PM and was made possible by the dedication and hard work of the participating volunteers.

HEALTH DESK AT TASTE THE CULTURE



PPF(POOR PATIENT FUND)



The Poor Patient Fund (PPF) avenue, a compassionate initiative aimed at supporting underprivileged patients provided essential medications worth Rs. 36844 to five needy patients admitted to different departments of KMC. By alleviating the financial burden, PPF; through the limited resources it has, ensured that lack of finances should not hinder access to necessary medical care and also reflected its commitment towards health and well-being of the patients.

The Rotaract Club of Kathmandu Medical College, in collaboration with the Leo Club of Kathmandu Dreamland, organized a heartfelt candlelight ceremony on 25th July to honor the memories of those who lost their lives in recent tragic events—a plane crash at Tribhuwan International Airport on 24th July that claimed 17 lives and the bus accidents at Trishuli River on 12th July. We expressed our heartfelt condolences to the families of the victims and wish them the strength to endure these difficult times. We also hope that the missing persons will be found soon.

CANDLE LIGHTNING CEREMONY



PHOTO GALLERY









