



RISE
TOGETHER
EMPOWERING UNITY

Rotary



NEWSLETTER

QUARTERLY MAGAZINE OF ROTRACT CLUB OF KMC



Published by :

Rotaract  | Kathmandu
Medical College



**RISE
TOGETHER**
EMPOWERING UNITY

Rotary



EDITORIAL BOARD



Editor-in-Chief
Rtr. Dr. MD. Matim Ansari
Public Image Chair



Editor
Rtr. Dr. Saumya



Editor
Rtr. Prajwol Neupane



Editor
Rtr. Abinish Singh



Designer
Rtr. Subodh Acharya

Rotaract



Kathmandu
Medical College



**RISE
TOGETHER**
EMPOWERING UNITY

Rotary



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.

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

Rotaract  **Kathmandu**
Medical College



**RISE
TOGETHER**
EMPOWERING UNITY

Rotary



From the President

Dear Rotaractors and Friends,

I am delighted to present to you our latest newsletter, which highlights the incredible journey our club has undertaken from October to December. This period has been filled with meaningful service, impactful events and moments of connection that embody the heart of Rotaract.



I am incredibly proud of all we have achieved together over these months. Your dedication, teamwork and passion have not only strengthened our club but also left a lasting impact on our community.

As we continue our journey, I encourage you to take some time to enjoy this newsletter and reflect on all we've accomplished. Let it inspire us as we look ahead to new opportunities for growth, service, and fellowship in the coming months.

Thank you for being a vital part of our Rotaract family, and I look forward to seeing what we can achieve together in the new year.

Also, I would like to congratulate Rtr. Rhijuta Pokharel who is elected as President for next tenure.

Warm regards,

Rtr. Dr. Pujan Pokharel

President (RY 2024-2025)

Rotaract Club of Kathmandu Medical College

Rotaract  **Kathmandu**
Medical College



RISE
TOGETHER
EMPOWERING UNITY

Rotary



TIMELINE



Blood Donation



The Rotaract Club of Kathmandu Medical College initiated the 11th Late Rtr. Sachin Memorial Nationwide Blood Donation for RY 2024-25. The club participated in the Zonal Blood Donation Campaign at the premises of 'The Art of Living' on November 30, 2024.

Following this, we hosted the 11th Late Rtr. Sachin Memorial Blood Donation event in collaboration with the Rotaract Club of Kathmandu Medical College - Duwakot, with support from the Nepal Red Cross Society, Bhaktapur. A total of 33 pints of blood was collected, which will be stored for emergency situations.



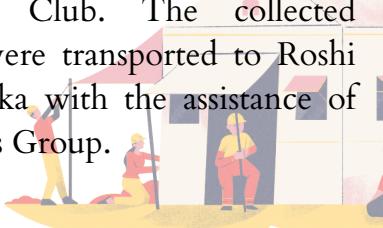
Relief Drive in Roshi Rural Municipality



The Rotaract Club of Kathmandu Medical College, in collaboration with Deurali Club, Lions Club of Kathmandu Anubhuti, 100s Group, and Rotary Club of Rajdhani, organized a relief drive in Roshi Rural Municipality on October 11, 2024.

The club donated 13 bags of food, clothing, and medications to the residents of Roshi Rural Municipality who were affected by the flood on September 28, 2024.

The collection of food, clothing, and medications was carried out by KIST Medical College, Kathmandu Medical College, and Deurali Club. The collected items were transported to Roshi Gaupalika with the assistance of the 100s Group.



Cleaning Campaign



Before And After



Rotaract Club of KMC organized a cleaning campaign at Sankhamul (Art of living) yoga park on 6th October 2024 with 20 enthusiastic members under the guidance of the President Rtr. Dr. Pujan Pokhrel.

The initiative aimed to clean the park, raise public awareness and encourage participation.

The members reached the cleaning site early in the morning armed with masks, gloves, trash bags, and brooms to clean the yoga park. The participants collected litter, plastic bags and engaged with coordinators of Art of living.

By the end of the day, several bags of waste were filled and disposed off in designated areas, leaving Sankhamul looking more vibrant and inviting.





RISE
TOGETHER
EMPOWERING UNITY

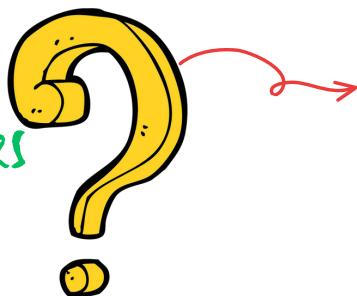
Rotary



ROTRACT CLUB T-SHIRT



LOVE it? GET YOURS
TODAY!



CONTACT :
PRERANA ROKAHA
9867416975
PRICE:
NPR. 850

Rotaract  Kathmandu
Medical College

Relief Drive in Konjyosom Rural Municipality



Rotaract Club of Kathmandu Medical College in collaboration with Deurali Club and KIST Medical College organized a relief drive in Konjyosom Gaupalika on October 26, 2024.

The clubs collectively donated food, clothes, and medications to the residents of Konjyosom Rural Municipality who were affected by flood on September 28, 2024. Seven volunteers from different organizations went to the venue and distributed the items in the Municipality.





RISE
TOGETHER
EMPOWERING UNITY

Rotary



Zonal Dashain Greetings Exchange



Rotaract Clubs from Zone VI and Zone VII collaborated to organize Dashain Greetings Exchange program on October 3, 2024 at Universal Engineering and Science College. The event brought together around 50 Rotaract members from multiple Rotaract clubs, including 5 members from Rotaract Club of Kathmandu Medical College. The participants enjoyed a vibrant afternoon filled with a joint meeting, greetings exchange, engaging performances, and delicious food. This event made the celebration of Dashain memorable to everyone who participated.



Rotaract | Kathmandu
Medical College

World Heart Day 2024



The free BP and Blood Sugar Screening Program was conducted on the occasion of World Heart Day 2024 for patients at KMC Hospital by the Rotaract Club of Kathmandu Medical College. The aim of the program was to raise awareness about the rise in BP and blood sugar levels and their correlation with cardiac diseases. Blood pressure measurements were taken for 90 people, and blood sugar levels were measured for 55 people, all free of cost.



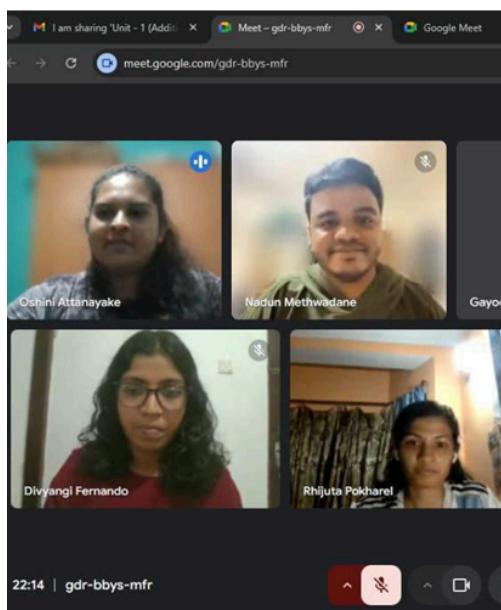


**RISE
TOGETHER**
EMPOWERING UNITY

Rotary



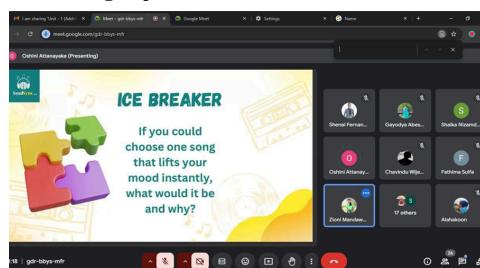
Joint general meeting with the Rotaract club of University of Ruhuna, Sri Lanka (International Letterhead Exchange)



It enhanced mutual understanding and strengthened the bond between the Rotaract Club of Kathmandu Medical College and the Rotaract Club of University of Ruhuna. The meeting also opened avenues for future collaborations that can create a positive impact in both Nepalese and Sri Lankan communities, fostering international goodwill and teamwork. It also encouraged cultural exchange and enhanced international partnerships under the International Service Avenue. Conducted virtually, the meeting served as an excellent platform for members to exchange ideas, strengthen their bond, and outline strategies for impactful collaboration in the future. This initiative highlighted the importance of international partnerships in creating sustainable and meaningful service projects.



This joint general meeting which was hosted on 29th Oct and 30th Oct provided a valuable platform for both clubs to discuss potential collaborative projects that align with the shared mission of service and cultural exchange.



Rotaract  **Kathmandu
Medical College**



RISE
TOGETHER
EMPOWERING UNITY

Rotary



Anti-Microbial Resistance Panel Discussion



Panel Discussion on Antimicrobial Resistance Awareness



PROF. DR. SUMAN SHRESTHA
HOD, Department of Surgery



ASSOC. PROF. DR. KHALASA POKHAREL
Director of Quality Control



ASSOC. PROF. DR. SUBASH PANT
Department of Internal Medicine



ASSOC. PROF. DR. SANJAYA MAIN DIXIT
Department of Pharmacology



DR. BIJAY KC
DR. Resident



TUESDAY
NOVEMBER 26



1 PM - 2 PM
LECTURE HALL E

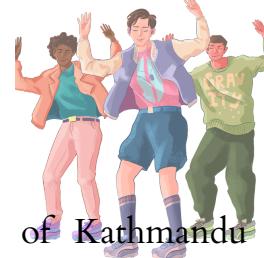
Organized By Perioperative Critical Care Unit under Department of Anesthesia and Intensive Care in Collaboration with Rotaract Club of Kathmandu Medical College



The Rotaract club of Kathmandu Medical College conducted insightful AMR panel discussion held on November 26, in honor of Anti Microbial resistance (AMR) awareness week in collaboration with perioperative critical care unit under department of Anesthesia and critical care. The event created a platform for meaningful dialogue and knowledge sharing, emphasizing the importance of collective action in perceiving the effectiveness of antimicrobials for future generations.



Rotaract | Kathmandu
Medical College



Deusi Bhailo Programme



Rotaract Club of Kathmandu Medical College organized Deusi Bhailo Programme on the auspicious occasion of Tihar for 4 days where we visited our teachers' homes and played Deusi Bhailo along with them. This year, Rotaract club of Kathmandu Medical College started participating in Zonal Deusi Bhailo Celebration which will continue in future as well. Overall, this was a fun event with the aim of collecting funds for Poor Patient Fund.



Poor Patient Fund (PPF)



The Poor Patient Fund (PPF) avenue, a compassionate initiative aimed at supporting underprivileged patients provided essential medications worth Rs. 42,728 to five needy patients admitted to different departments of KMC. By alleviating the financial burden, PPF, through its limited resources, ensured that a lack of finances would not hinder access to necessary medical care and also reflected its commitment to the health and well-being of patients.





CONGRATULATIONS



Secretary Elect
Rtr. Mandish Prasad Phuyal



President Elect
Rtr. Rhijuta Pokharel



Treasurer Elect
Rtr. Tripti Regmi

The Publication Committee of Rotaract Club of Kathmandu Medical College extends its warm congratulations to the newly elected board leaders for Rota Year 25/26. Leading with great enthusiasm and inspiration with new visions, we hope RACKMC will be led to new heights this coming rota year. As you take the helm, we eagerly await the dynamic projects, meaningful collaborations, and compassionate leadership that will elevate our club to new heights of excellence.



RISE
TOGETHER
EMPOWERING UNITY

Rotary



Rotaract Club of Kathmandu Medical College

RI Dist. 3292 Nepal-Bhutan

Club Id No: 78432

Sponsored by Rotary Club of Kathmandu North

BOARD OF DIRECTORS FOR RY 2024/2025



Rtr. Sakshi Pandey
Secretary



Rtr. Pujan Pokharel
President



Rtr. Priya Shrestha
Treasurer



Rtr. Vaibhav Kasaundhan
Immediate Past President



Rtr. Shaleen Bikram Thakuri
Vice President



Rtr. Sikhya Bhatta
Vice President



Rtr. Kiran Shreepali
Vice President



Rtr. Rhijuta Pokharel
Rotary Foundation



Rtr. Matim Ansari
Public Image chair



Rtr. Aastha Poudel
Membership Chair



Rtr. Akanshya Prasai
Joint Secretary



Rtr. Santosh Sapkota
**Poor Patient
Fund Director**



Rtr. Mandish Phuyal
**Poor Patient
Fund Director**



Rtr. Pooja Sharma
**Community
Service Director**



Rtr. Hridayaraj Sangroula
**Community
Service Director**

Rotaract | Kathmandu
Medical College



RISE
TOGETHER
EMPOWERING UNITY

Rotary



Rotaract Club of Kathmandu Medical College

RI Dist. 3292 Nepal-Bhutan

Club Id No: 78432

Sponsored by Rotary Club of Kathmandu North

BOARD OF DIRECTORS FOR RY 2024/2025



Rtr. Nabin Maharjan
**Professional Service
Director**



Rtr. Nadun Methwadane
**International
Service Director**



Rtr. Tripti Regmi
Medicine Director



Rtr. Sabita Duwal
SAP Director



Rtr. Jyoti Kalwar
Club Service Director



Rtr. Prerana Singh Rokaha
Club Service Director



Rtr. Aayush Lamichhane
Promotion Officer



Rtr. Nischal Mainali
Club Administrator



Rtr. Ujjwal Giri
Sergeant at Arms



Rtr. Nishma Subedi
**IT and Communication
Officer**



Rtr. Shraddha Adhikari
Learning Facilitator



Rtr. Sanskar Kushwaha
Partner in Service

Thank You

Rotaract  Kathmandu
Medical College