



THE ROTA BEAT



September Highlights

10
SEP

Serving Amidst Crisis

9
SEP

*Emergency Blood Collection:
A United Rotary Response Youth for a Better Tomorrow*

10
SEP

Extending Humanitarian Relief

19
SEP

*Annual Fellowship Event:
Celebrating Unity*

24
SEP

*Exchanging Dashain Wishes
& Dashain Fellowship*

September Happy
Moments



Rtn. Nura Dhungana
Birthday: 13th Sep



Rtn. Amrita Panthi
Birthday: 22nd Sep



Rtn. Puja Bhandari
Birthday: 24th Sep



Rtn. Binod Adhikari
Birthday: 27th Sep

Lets get connected,
digitally



THE ROTA BEAT

SPECIAL EDITORIAL MESSAGE

FROM THE PRESIDENT'S DESK

September tested our nation in ways few could have imagined. The GenZ movement, born from the youth's outcry against corruption and injustice, left scars that will remain in our collective memory for years to come. Lives were lost, dreams were shattered, and institutions were shaken. What Nepal endured on those dark days was more than just chaos — it was a reckoning.

Yet, even in the midst of despair, the true spirit of Rotary "Service Above Self" shone through. The theme of this year, "Unite for Good," was not just words on a pin — it became a living, breathing action. As hospitals struggled with blood shortages, communities faced insecurity, and basic services were disrupted, we Rotary Action Group, a group of 13 Presidents from Rotary International District 3292 chose not to watch but to act. We acted swiftly — organizing emergency blood donation drives, restoring police posts, supporting health workers, and reviving essential infrastructure for security forces.

Together with 13 fellow presidents, our Presidents' Rotary Action Group mobilized swiftly — collecting lifesaving blood, restoring destroyed police posts, supporting health workers, and even reviving essential infrastructure like water supply for security forces. These acts, though small in the scale of the nation's grief, carried with them a message of resilience: when society falters, service must stand tall.

As President of the Rotary Club of Matribhumi Baluwatar, I could not be prouder of how our club and our Rotary family responded. Team RCMB is a proud member of the Presidents' Rotary Action Group of RI District 3292, standing shoulder-to-shoulder in this united effort. While September is known as Basic Education and Literacy Month, we chose to redirect our focus to where it was needed most — immediate humanitarian relief.

This month reminded us that leadership is not about routine, but about response. It is not about comfort, but about courage. And above all, it is about standing united when it matters most.

Let us carry forward the lessons of September with humility, hope, and a renewed determination to truly "Unite for Good."

Rtn. Nirmal Dhakal

President 2025/26

Rotary Club of Matribhumi

Baluwatar



Emergency Blood Collection: A United Rotary Response

Sept 9, 2025 | Balaju Chowk

The morning after the protests, hospitals across Kathmandu faced an acute blood shortage. Rising to the urgency, the Presidents' Rotary Action Group—a coalition of 13 club presidents from Rotary International District 3292, including RCMB—mobilized an immediate humanitarian response.

On September 10, an emergency blood donation camp was organized at Balaju Chowk, where 74 pints of blood were collected within hours. This life-saving effort marked the beginning of a series of relief initiatives led jointly by the presidents' group.





Extending Humanitarian Relief Services

Relief efforts did not stop at blood collection. Together, we extended humanitarian support to communities and individuals most in need:

- Medical & Hospital Support:**
 Assisting injured individuals with hospital arrangements, medicines, and safe transport back to their homes.
- Food & Supplies Distribution:**
 Providing meals to frontline health workers and delivering essential supplies to families affected by the violence.
- Personal Assistance:** Club members personally reached out, ensuring dignity and care for those most vulnerable.





Restoring Security and Social Confidence



As law and order broke down—thousands of prisoners escaping and many police and traffic posts destroyed—communities were left anxious and insecure. Recognizing that security is the foundation of social stability, the Presidents' Rotary Action Group prioritized rebuilding police and traffic stations.



- **Basundhara Police Division:** Relief began with a cleaning and restoration campaign. Local residents soon joined, and together, the Chauki was rebuilt even better than before.
- **Thapathali Traffic Division:** We, the group restored the station with a cleaning and refurbishment campaign and provided 15 full bedding sets (blankets, pillows, bedsheets, and dasna) for officers who had lost their sleeping quarters to the fire.
- **Dharmasthali Police Division:** To restart immediate service delivery, we handed over computer sets and a printer.





Supporting Vital Infrastructure

Restoring Water Supply for Security Personnel at Baggikhana

The destruction caused by the GenZ protests left behind more than damaged buildings—it disrupted basic services that many rely on. At Baggikhana, nearly 400 police and traffic personnel were left struggling after their water supply and filtration plant was completely destroyed, leaving them without access to clean drinking water at a time when their responsibilities were most critical.

Understanding the urgency, the Presidents' Rotary Action Group, with generous financial support from Rotary International District 3292, stepped forward to address this challenge. Swift restoration efforts were carried out, and the water plant was successfully repaired and officially handed over to the security forces.

This initiative not only met the immediate needs of frontline personnel but also reflected Rotary's commitment to stand with communities in moments of hardship. By ensuring dignity, health, and basic living conditions, Rotary once again demonstrated the spirit of "Service Above Self" and truly embodied this year's theme—Unite for Good.



BEFORE





Rotary in Action: Living the Theme “Unite for Good”

While September is traditionally celebrated as Basic Education and Literacy Month in Rota Calender, RCMB set aside all scheduled activities to respond to the nation's urgent needs and united with its team - Rotary Action Group for immediate call of humanitarian relief.

In one of the most trying times for Nepal, Rotary once again proved that service knows no pause. Guided by our theme, “Unite for Good,” the 13 presidents of Rotary International District 3292 stood together—restoring hope, rebuilding trust, and reaffirming that Rotary's essence is always Service Above Self.



We know that no matter how heavy the storm, **the sun must rise again**. Even amidst pain and loss, life teaches us that smiles must return, joy must be shared, and fellowship must continue. With that spirit, after the dark days of September, Rotary reminded us to gather, to celebrate, and to keep hope alive through fellowship and service—embracing togetherness, happiness, and the Rotary spirit that not only keeps us moving forward but also re-energizes us to serve again.

Annual Fellowship Event: Celebrating Unity

Sept 19, 2025 | Raithane Resort, Panauti

After the traumatic and dramatic GenZ movement, fear and sorrow lingered in the hearts of many. As Rotarians, we recognized that while we too carry these emotions, we have a duty to act wisely and serve others, keeping our personal pain aside to meet the needs of society. To help the club members refresh, heal, and bring a silver lining of joy amidst challenging times, our Fellowship Chair, Rtn. Keshav Prasad Dahal, proposed organizing the annual fellowship event in September. The idea was warmly received, and the event was successfully brought to life.




UNITE FOR GOOD

Annual Fellowship Event

SEPT 19, 2025 RAITHANE RESORT, PANAUTI

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rotaryrcmb

rotaryrcmb

www.rcmatribhumibaluwater.org



On 19 September 2025, the Rotary Club of Matribhumi Baluwater hosted its Annual Fellowship Event at Raithane Resort, featuring an overnight stay package for attendees. The event saw enthusiastic participation from 19 Rotarians, non-Rotarians, and their family members, creating a vibrant environment of camaraderie and celebration.

The evening was filled with music, dance, games, and delightful culinary experiences, allowing members to connect, unwind, and strengthen the bonds of fellowship. The festivities reflected the club's commitment to building community and celebrating togetherness beyond formal meetings.

The fellowship concluded the following morning with a shared breakfast, official photographs, and the exchange of Dashain greetings, marking a joyful and memorable close to the event. This annual gathering once again underscored the spirit of unity, resilience, and warmth that defines the Rotary Club of Matribhumi Baluwater.





Dashain Greetings: Celebrating Festival and Fellowship

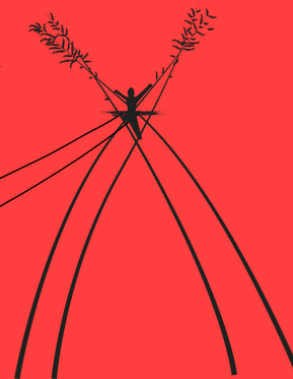
Sept 24, 2025 | Hotel Smart, Kathmandu

During Regular Meeting No. 474 held on 24 September 2025, members of the Rotary Club of Matribhumi Baluwatar came together to exchange Dashain greetings, embracing the warmth and joy of the festival. Heartfelt wishes were extended not only to those present but also to members who could not attend, accompanied by collective prayers for peace, happiness, and prosperity.

The festive exchange reflected the true spirit of Dashain, fostering camaraderie and strengthening the bonds of fellowship and unity among all members. This simple yet meaningful celebration highlighted how cultural traditions and Rotary values can come together to nurture connection and goodwill within the club.



यहाँ र यहाँहरूको सम्पूर्ण परिवारलाई यो बडा दशैंको
हादिक मंगलमय शुभकामना ब्यक्त गर्दछौं ।
रो. निर्मल ढकाल
अध्यक्ष
का साथै सम्पूर्ण रोटरी मातृभूमि बालुवाटार परिवार



Upcoming Happy Moments



Rtn. Basanti Moktan
Birthday: 25th Oct



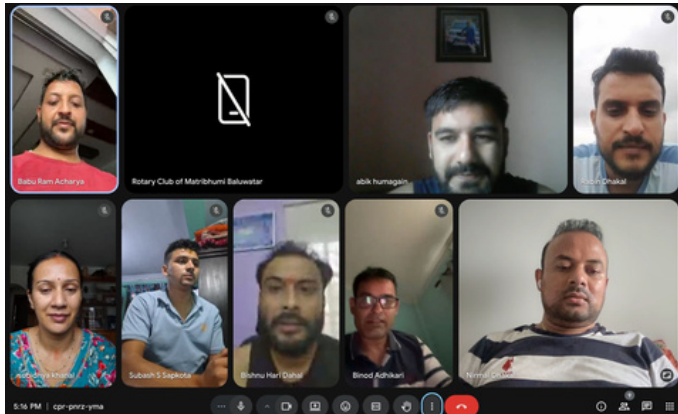
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Virtual Regular Meeting



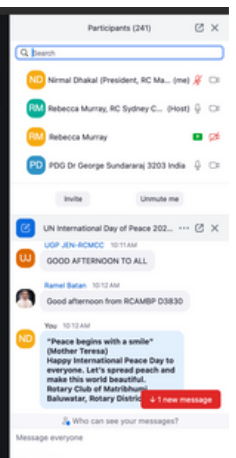
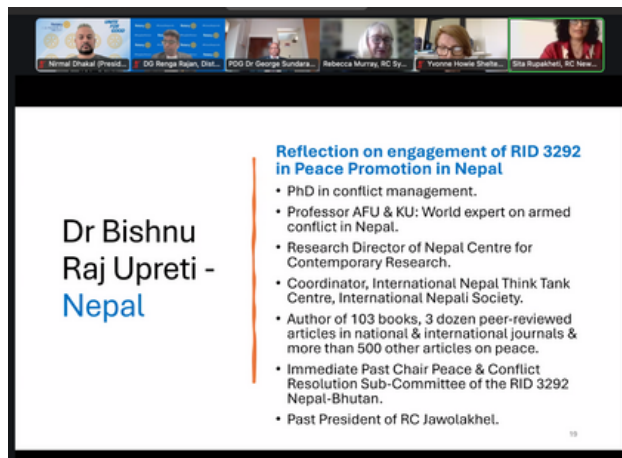
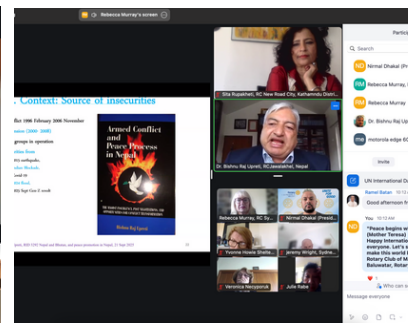
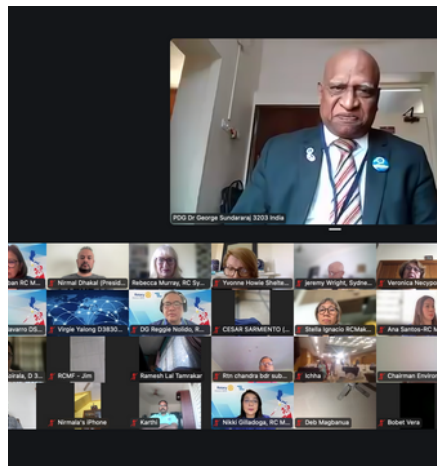
Sept 10, 2025 | Google Meet

On 10 September 2025, following the GenZ protests, RCMB held a virtual meeting via Google Meet. President Rtn. Nirmal Dhakal urged members to stay safe, exercise caution, and report any urgent needs, while the session reinforced the importance of staying connected and supporting one another during difficult times.

Rotary UN International Day of Peace Celebration

September 21, 2025 | Zoom

President Rtn. Nirmal Dhakal participated in a multi-country Rotary Zoom event celebrating the UN International Day of Peace. The session was attended by over 200 participants from various countries and featured four distinguished speakers, including Rtn. Dr. Bishnu Raj Upreti from RI District 3292, who shared valuable insights on peacekeeping and conflict management. The virtual program provided an enriching and highly practical experience for all participants.



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ICGGIC MOMENTS



7th Installation Ceremony of ICGGIC

7th Installation Ceremony of Interact club of Goldengate International college at Goldengate international college on September 1.



Board Meeting of ICGGIC

1st Board meeting of Interact club of Goldengate International college.



Project आशा

After the Gen-Z protest, on Sept 14, 2025, Interact Club of Matribhumi Baluwater organized a cleaning campaign at Pashupati Dharmasala, Gaushala.



ICMB MOMENTS

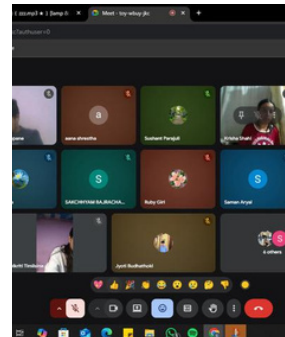
Interact and Rotaract events in the month of September

ICMB MOMENTS



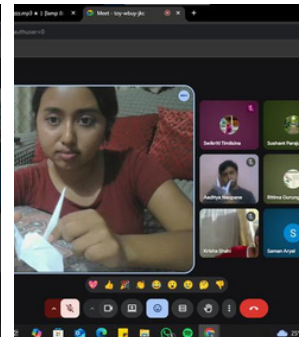
Candle lighting ceremony

Interact Club of Matribhumi Baluwater organized a Candle lighting ceremony on 14 Sep 2025 at Albert School



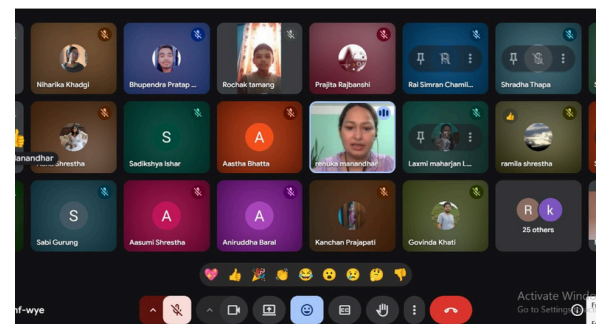
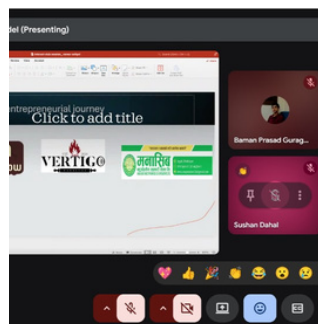
Origami workshop

Interact Club of Matribhumi Baluwater conducted an Origami workshop on 14 Sep 2025 where many interactors came together to relieve our stress after the protest



Career Catalyst

Interact Club of Matribhumi Baluwater organized a Career growth and confidence: the winning formula on 5th of September with guest speaker Mr Sarvesh Poudel Director at Vertigo BBQ Pvt. Ltd and Co-founder of Mellow Chocolates



Psychological Forat Aid amidst crisis

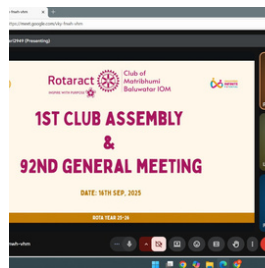
On Sep 12, 2025, Interact Club of Matribhumi Baluwater organized a Session by Renyka Manandhar, a professional counselor and a psychologist was conducted. This event was organized to help our members to relief stress and anxiety that was caused because of the Gen z protest.

ICMB MOMENTS



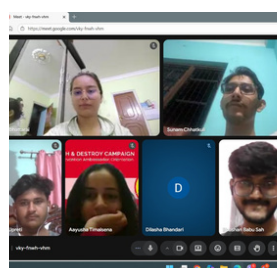
Candlelight Vigil

To those we have lost, we light a candle of hope and remembrance. Honoring the fallen of the Gen Z movement with love and solidarity, Rotaract Club of Matribhumi Baluwater IOM organized a candlelight vigil at TU Teaching Hospital



1st Club Assembly

Rotaract Club of Matribhumi Baluwater IOM successfully conducted 1st Club Assembly on September 16th with the active participation of club members. This event ensured discussions about the club's status, functioning and further plans.

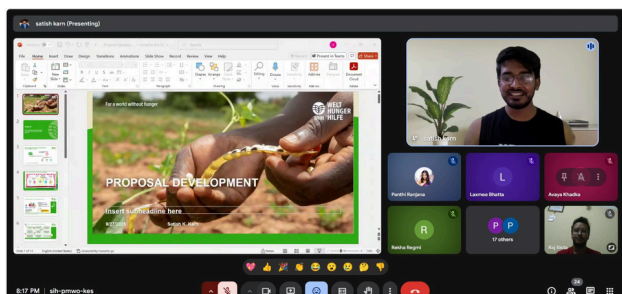


Twinship Renewal

Rotaract Club of Matribhumi Baluwater IOM signed MOU and renewed our twinship with Rotaract Club of Kantipur Dental College along with Letterhead Exchange. This marks the beginning of collaboration and fellowship with exchange of ideas to grow as twin clubs.



Interact and Rotaract events in the month of September



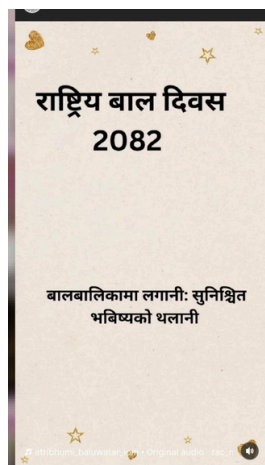
Proposal Writing Webinar

Rotaract Club of Matribhumi Baluwater IOM successfully conducted a webinar led by facilitator Mr. Satish Karn about essentials of proposal writing. The webinar consisted of insightful information and knowledge about basics of proposal writing.



Informative Videos Series

RCMB IOM also released three videos on the occasion of Children's Day, Dashain and World Rabies Day where the aim was to share useful facts and informations as well as to aware people about malpractices related to these topics





Presidents Rotary Action Group



Some
Moments..





Presidents Rotary Action Group



RCMB Youth Service Chair Rtn. Kalpana Timsina meeting with young leaders from Interact and Rotaract family

Capture the **MOMENT**

**Some
Moments..**





Deepest Condolences

to all the departed souls



We are shattered by the untimely loss of our brave soul during the Gen-Z protests of September 8 & 9. You were more than a protester—you were the voice of hope, the heartbeat of a new Nepal, and a true hero who dared to dream for all of us. Today, we bow our heads in sorrow, yet raise them in pride for the legacy you leave behind. Your courage and sacrifice for the nation will forever inspire us. Though gone too soon, your legacy will live in every Nepali heart. May your soul rest in eternal peace, and may your family find strength in this darkest hour.



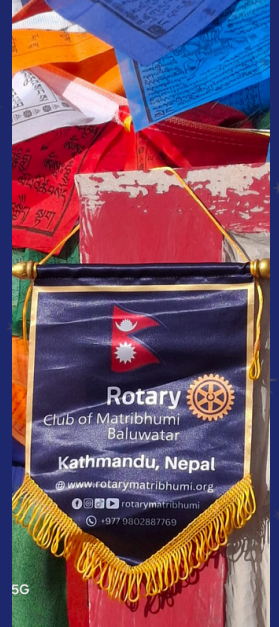
and

wish all the injured ones for speedy recovery.



ROTARY MATRIBHUMI BALUWATAR'S FLAG AT KAILASH MANSAROVAR - A PROUD MOMENT FOR RCMB

RCMB Youth Service Chair, Rtn. Kalpana Timsina, successfully completed her third pilgrimage to Kailash Mansarovar. In a truly remarkable gesture, she placed the Rotary Club of Matribhumi Baluwatar flag at YamaDwar, the main entry point of this sacred site. This historic moment fills the club with pride, as our flag now stands at one of the holiest destinations, symbolizing Rotary's spirit of service, unity, and global presence.



Looking Ahead...

September reminded us what it truly means to "Unite for Good." In the face of challenges, we stood together—serving, supporting, and restoring hope. As we move forward, RCMB carries this spirit with renewed energy, turning challenges into opportunities and fellowship into lasting impact.

MONTHLY NEWSLETTER #003

THE ROTA BEAT

September Edition

Rotary
Club of Matribhumi
Baluwatar
Club ID : 87769

We meet regularly at

Hotel Smart, Dhumbarahi, Kathmandu
Every Wednesday **5:00 pm to 6:00pm**

    / rotarmatribhumi