

THE ROTA BEAT

March Edition



March 2026 Highlights

- 2 MAR** *Holi Celebration*
- 25 MAR** *9th Board Meeting*
- 21 MAR** *Co-Hosted and Participated in AGLS & DTLS Program*
- 30-31 MAR** *Co-Hosted and Participated in Zero Waste Exhibition*



March Happy Moments



Rtn. Babu Ram Acharya
Rtn. Swastika Tripathi
Anniversary: 10 March



Rtn Shobha Badal
Birthday: March 16



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Meeting Updates

REGULAR WEEKLY MEETING #493

The Rotary Club of Matribhumi Baluwatar held its regular weekly meeting on 11th March at the Rotary Hall, ABI Group, Dhumbarahi.

The session focused on impact sharing among members. The highlight was an inspiring talk by Rtn. Subash Sharma Sapkota, Joint Secretary and Club Administration Chair, who shared his Rotary journey from Interactor to Rotarian, motivating everyone present.

The meeting concluded with a warm fellowship session.

REGULAR WEEKLY MEETING #494

The Rotary Club of Matribhumi Baluwatar successfully conducted its 494th regular weekly meeting on 18th March at the Rotary Hall, ABI Group, Dhumbarahi.

The primary agenda focused on planning a new signature service project to further enhance the club's impact in the community. President Nirmal Dhakal engaged senior past presidents and members in an open discussion to generate ideas for future initiatives. The meeting proved to be highly productive, with several valuable and impactful ideas emerging to guide the club's upcoming projects.

The session wrapped up on a positive note, reflecting strong commitment and enthusiasm toward future service initiatives.

REGULAR WEEKLY MEETING #495

The Rotary Club of Matribhumi Baluwatar successfully held its regular weekly meeting on 25th March at the Rotary Hall, ABI Group of Company Building.

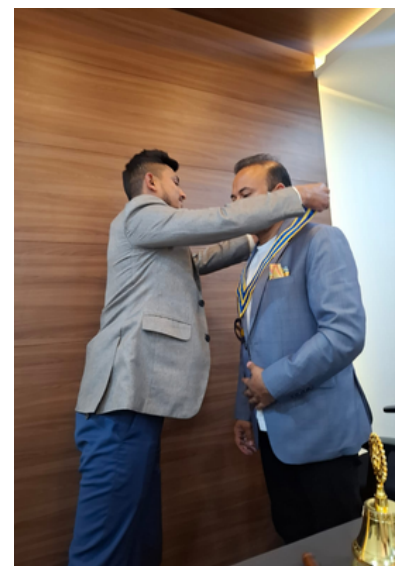
The meeting focused on fellowship, updates, and key club matters. A major highlight was the finalization of the Elector (Voting Delegate) to represent the club for the District Governor 2028–29 selection at the 18th District Conference.

The meeting concluded with positive engagement and a shared commitment to continued service.

9TH BOARD MEETING

The 9th Board Meeting of the Rotary Club of Matribhumi Baluwatar was successfully held on March 25 at the Rotary Hall, ABI Complex, Dhumbarahi. The meeting was presided over by President Nirmal Dhakal and witnessed the active participation of the majority of board members.

Several important agendas and key decisions were discussed during the meeting. The session concluded on a positive note and was followed by a warm fellowship dinner, strengthening the spirit of camaraderie among members.



AGLS & DTLs RY 2026-27

On 21st March, Rotary International District 3292 (Nepal & Bhutan) successfully conducted the Assistant Governor Learning Seminar (AGLS) and District Team Learning Seminar (DTLS) for the Rotary Year 2026–27 under the leadership of Incoming District Governor Rtn. Vishnu B. Karkee. The one-day workshop was designed to equip Assistant Governors and District Officers with practical insights and hands-on learning to effectively plan and execute their roles in the upcoming Rotary year. The seminar also focused on enhancing leadership capacity while strengthening understanding of Rotary’s goals, values, and implementation strategies.



The event, co-hosted by the Rotary Club of Matribhumi Baluwatar, witnessed active participation from its members, who are set to serve as Assistant Governors and in various district roles including Committee Chairs, Co-chairs, Advisors, and members. Their involvement reflects the club’s strong presence and commitment at the district level.

Key plenary sessions included topics such as effective communication about Rotary, image building, and organizational culture, along with discussions on strengthening The Rotary Foundation and supporting district initiatives.

Held at Best Western Plus, Kathmandu, the program was conducted with high professionalism, with Incoming District Secretary Rtn. Gautam Shrestha serving as the Master of Ceremony.

The seminar proved to be highly impactful, fostering collaboration, leadership development, and a shared vision for a successful Rotary year ahead.



Moments of AGLS & DTLs





Congratulations



Rtn. Bishnu Hari Dahal

on his appointment as the
Chair, Membership Committee
for the Rotary Year 2026/27



Rtn. Nigam Humagain

on his appointment as the
Advisor, Rotaract Committee
for the Rotary Year 2026/27



Rtn. Babu Ram Acharya

on his appointment as the
Assistant Governor of Zone 15
for the Rotary Year 2026/27



Rtn. Nirmal Dhakal

on his appointment as the
Co-Chair, Information Technology Committee
for the Rotary Year 2026/27



Rtn. Binod Adhikari

on his appointment as the
Co-Chair, District Road Safety committee
for the Rotary Year 2026/27



Rtn. Subidhya Khanal Dahal

on her appointment as the
Co-Chair, Youth Protection Committee
for the Rotary Year 2026/27



Rtn. Subash S. Sapkota

on his appointment as the
Regional Chair, District Interact Committee, Region 3
for the Rotary Year 2026/27



Rtn. Nura Dhungana

on his appointment as the
Member, District Sergeant At Arms committee
for the Rotary Year 2026/27

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FACES OF ROTARY

From Rotary Matribhumi Baluatar

ROTARY

SERVICE ABOVE SELF

FELLOWSHIP

In Conversation with Rtn. CA Rabin Dhakal

Rtn. CA Rabin Dhakal is a passionate Rotarian, Chartered Accountant, and social entrepreneur dedicated to creating meaningful impact through service. Beginning his career as an entrepreneur, he went on to complete his CA and now successfully leads his own firm, serving reputed corporate clients. Viewing Rotary as a family, Rabin has grown into a proactive, positive, and purpose-driven leader through his experiences and connections. Known for his dynamic leadership and problem-solving approach, he has quickly advanced in his Rotary journey and currently serves as the President Elect of the Rotary Club of Matribhumi Baluatar. He continues to contribute with dedication and fresh ideas, supporting the club's vision for greater community impact.

- **What does Rotary mean to you personally?**

For me, Rotary is a family. A family that never gives up on you. My engagement with diverse personalities, people from different occupation and business backgrounds has positively affected me and shaped me into becoming a more positive, proactive and a passionate person.

- **What inspired you to get involved in Rotary and youth leadership platforms?**

I was always keen on helping others. But, helpless and unsatisfied with my interpersonal skills, leadership and project/program management approaches, I was looking for some motivation so I can learn and apply these skills. I got to know about rotary through a magazine kept in a hotel reception. I researched and found it ideal to pursue my learning and serving objectives.

- **How has your journey in Rotary shaped your personal or professional life?**

The happiness and deep satisfaction I experienced during service projects has impacted my view on project necessity and approach. I have experienced the humanity and service above self in true meaning. Rotary has taught me about humanity and how humanity creates families worldwide. I have learnt leading and motivating team members which has been effective on my official and personal networks.



- **What leadership lessons have you learned through Rotary?**

I've become more proactive and passionate in my work, life, and public involvement. Through my journey in Rotary, I've learned that leadership isn't a fixed formula, it requires adaptability, learning from mistakes, and facing challenges with confidence. What once made me anxious now motivates me, as I believe every problem has a solution with the right mindset, patience, and effort.

- **What motivates you to stay active and committed in Rotary?**

The fact that there are multiple problems in my community, country, and the world and my one simple effort can minimize or eradicate the problem to make the world a better place always motivates me to stay active and committed. The networking and learning opportunities Rotary provide is insanely great.

- **What changes would you like to see Rotary bring in your community?**

The major challenge in my community is people are highly dissatisfied and demotivated with working and living in Nepal. I would like to see Rotary bring positivity and passion to people living in my community. I would like to see Rotary install the problem-solving attitude in my people.

- **What does fellowship in Rotary mean to you?**

Fellowship in rotary, to me, is a quality time spent with people from diverse backgrounds, work ethics and culture. It is a moment to share one's ideas, plans and ambitions whilst learning and evaluating feedbacks. It is being yourself and living by your rules without being judged. I experience relief from mental fatigue and worries when getting engaged in fellowship.



ZERO WASTE EXHIBITION

“PROMITING RECYCLE & UPCYCLE ENTERPRISES”



A two-day “Zero Waste Exhibition 2026” was successfully held at Nepal Academy of Fine Arts on March 30–31, marking the International Day of Zero Waste. Organized by the Environmental Sustainability Rotary Action Group, the event was proudly hosted by Rotary Club of Matribhumi Baluwatar along with 34 other Rotary clubs.

The exhibition brought together innovators, entrepreneurs, and environmental advocates under the theme “Promoting Recycle & Upcycle Enterprises.” It featured over 40 stalls showcasing creative recycled and upcycled products, along with live demonstrations, panel discussions, and networking sessions.

The event created a strong platform for youth innovators, green startups, and policymakers to collaborate on sustainable solutions. With an footfall of 3,000–3,500 visitors, it significantly raised awareness about responsible consumption and circular economy practices.

Organizers highlighted that such initiatives will inspire long-term environmental responsibility and strengthen collective efforts toward building a zero-waste future in Nepal.



Some Moments from RCMB

Celebrating Holi!

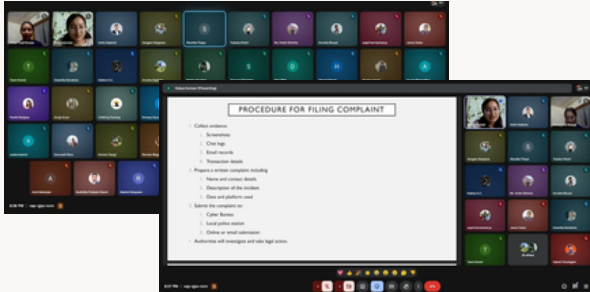
His first ever
Holi





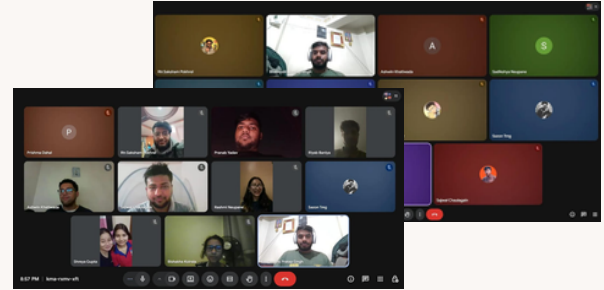
WORLD ROTARACT WEEK 2026

ROTARACT CLUB OF MATRIBHUMI BALUWATAR MOMENTS



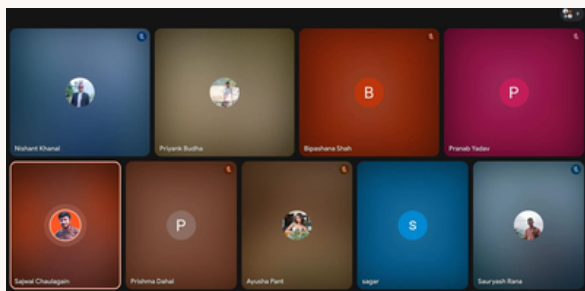
Day 1: Cyber Unmasked: Open Discussion on Cyber Law

World Rotaract Week 2026 kicked off with " Cyber Unmasked: Open Discussion on Cyber Law" on 9th March via Google Meet where RAC Matribhumi joined as a co-host club, organized by RAC Pashupati Nepal Law Campus and their Sister Club RAC Reliance College. The session created an engaging space for rotaractors to explore cyber law and digital rights. It was an insightful start to the week.



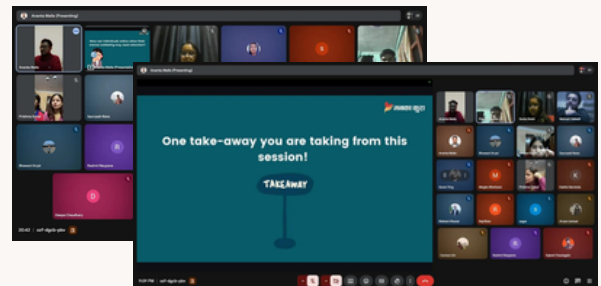
Day 2: Rotaract Diaries: Service, Smiles and Stories

Celebrating the 2nd day of World Rotaract Week, RAC Matribhumi Baluwarat in collaboration with RAC KNE and RAC Pashupati Kathmandu conducted " Rotaract Diaries: Service, Smiles and Stories " on 10th March via Google Meet. The session brought together fellow rotaractors to share their experiences and Rotaract journey - filled with service, growth, and unforgettable memories. From inspiring stories to heartfelt reflections, the event truly captured the spirit of Rotaract.



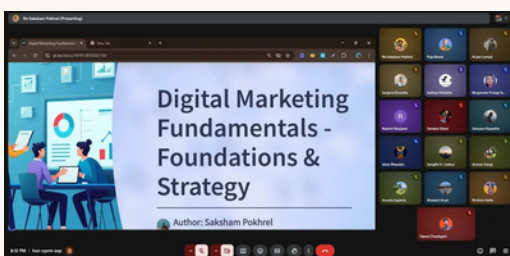
Day 3 : General Meeting

On 11th March, RAC Matribhumi Baluwarat conducted a General Meeting online as part of Rotaract Week. The club members discussed the meeting agendas and shared ideas and contributed to the preparation as we geared up to lead Day 4 of Rotaract Week in collaboration with other clubs of Zone IX.



Day 4 : Mental Health Wellbeing Session

On 12th March, 2026, RAC Matribhumi Baluwarat took the lead in collaboration with other Rotaract Clubs of Zone IX to conduct the " Mental Health Wellbeing Session ", facilitated by Mankaa Kura via Google Meet. The session created a safe and open environment to talk about mental health, emotional wellbeing, and self-care. It reminded everyone of the importance of mental wellbeing and coping mechanisms.

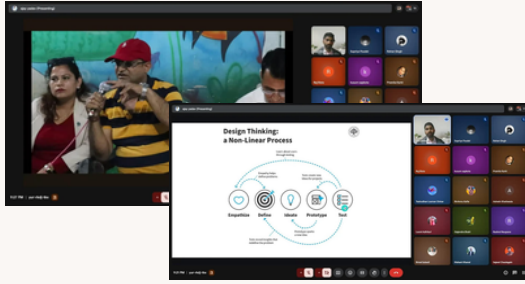


Day 5 : Basic Digital Marketing in 2026

On 13th March, RAC Matribhumi Baluwarat, in collaboration with other clubs of Zone IX, conducted " Basic Digital Marketing in 2026 ", an initiative led by RAC KNE and facilitated by SEO/Digital Marketing Expert Saksham Pokhrel . It was an empowering learning experience that highlighted the importance of adapting to the evolving digital marketing.



UNLEASHING
INFINITE
POTENTIAL



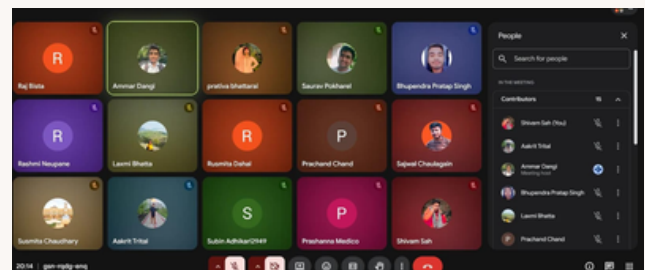
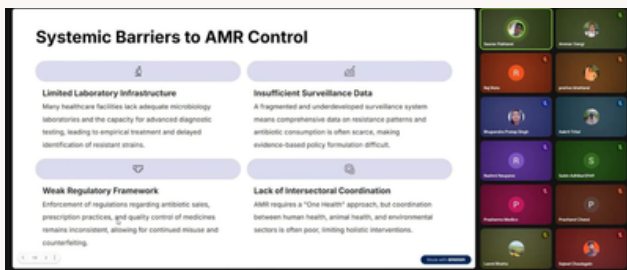
Day 6 : Design Thinking

On 14th March, 2026, under the initiative of RAC Pashupati Kathmandu, RAC Matribhumi Baluwater collaborated with other clubs of Zone IX to organize " Design Thinking ", facilitated by Ajay Yadav, social entrepreneur and youth development advocate. The session focused on how innovative thinking can create impactful solutions for communities. Rotaractors explored creative problem solving approaches, learned to think from different perspectives, and understood the importance of empathy in designing solutions.



Day 6 : Words Matter : Mastering Communication Etiquette

On 14th March, at Apex College, Mid Baneshwor, RAC Tripureshwor conducted " Words Matter : Mastering Communication Etiquette ", an exclusive session delighted to help master the art of professional presence. RAC Matribhumi joined as a co-host club along with RAC Baneshwor, RAC Sokedhara, and RAC Kathmandu Height. Facilitated by Ankush Adhikari, the session focused on effective communication, professional etiquette, and the importance of how we present ourselves in different settings.



Day 7 : Understanding AMR : Anti Microbial Resistance

On the last day of World Rotaract Week, 15th March, 2026, under the lead of their sister club RAC Matribhumi Baluwater IOM, in collaboration with other clubs of Zone IX, organized " Understanding AMR : Anti Microbial Resistance " , facilitated by Dr. Saurab Pokharel, Past President of RAC Matribhumi IOM. The session discussed the growing global concern of AMR, responsible use of antibiotics, and preventive aspects.



RACBIOM MOMENTS

Healthy Me, Healthy Community- Phase 2

On 5th day of World Rotaract Week, we conducted a School Health Program (SHP) on Mental Health at Shivapuri Secondary School, engaging students in meaningful conversations about emotional well-being, self-care, and supporting one another.

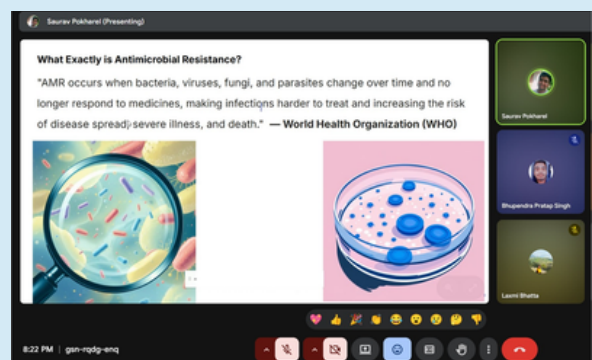
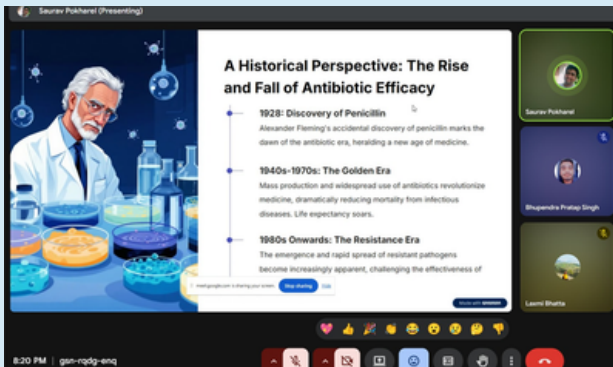
Through interactive discussions and activities, students learned the importance of recognizing feelings, reducing stigma around mental health, and building healthy coping habits.

Road Safety Awareness

RAC Matribhumi Baluwater IOM being with our twin club RAC Kantipur Dental College conducted a session on Road Traffic Awareness today on 3rd Day of World Rotaract Week, 11th March in coordination with Basundhara Police Team at Kantipur Dental College. The program encompassed awareness on traffic rules and road safety among the members of both clubs.



Interact and Rotaract movements in the month of March



Understanding AMR

On last day of World Rotaract Week 25-26, we hosted a virtual session on 'Understanding AMR: Anti-microbial Resistance' on 15th March in collaboration with the clubs of Zone 9. The session was facilitated by Dr. Saurav Pokhrel (Past President). The session was an informative one which discussed about the growing global concern of AMR, responsible use of antibiotics and other preventive aspects of AMR.



RAC MB IOM successfully completed our club's official DRR visit on 27th March at Basic Science Building, IOM. The event was graced by Rtr. Dinesh Gaire (DRR), Rtr. Roshan Karki (PDRR), Rtr. Sairas Adhikari (DS) and Rtr. Sandip Chhetri (District Fellowship Chair).

The event comprised of reviewing club documents and activities, active discussions and providing suggestions for further strengthening club's functioning. It was an informative and exciting event for our club to be alongside district officials as they motivate us to grow as Rotactors.



ROTARACT CLUB OF MATRIBHUMI BALUWATAR IOM MOMENTS

RAC MB IOM cohosted various programs during the World Rotaract Week 25-26 to celebrate the week with fellow Rotaractors from different clubs.

CYBER UNMASKED: OPEN DISCUSSION ON CYBER LAW

WORLD ROTARACT WEEK

March 9, 2026 8:00 PM

Google Meet

OPEN FOR CO-HOST

In collaboration with

MENTAL HEALTH WELLBEING SESSION

FACILITATED BY

मनका कुरा

March 12, 2026 08:00 PM

Jointly Organized by

BASIC DIGITAL MARKETING IN 2026

CELEBRATING ROTARACT WEEK

Meet Our **TRAINER**

SAKSHAM POKHREL
SEO / Digital Marketer Expert

Event Details
13 March, 2026 | 08:00 PM | Online

In Collaboration

ROTARY PLATFORM MADE EASY

10 March 2025 Starting At: 08:00 PM

Co-Host Clubs:

SESSION FACILITATOR
ADLT Rtr. Diwas Shrestha

DESIGN THINKING

CELEBRATING ROTARACT WEEK

FACILITATED BY:

AJAY YADAV
Social Entrepreneur
Youth Development Advocate

Date: 14 March, 2026 / Venue: Online

Collaborators

April Happy Moments



Rtn. Swastika Tripathi
Birthday: 18 April



Rtn. Nigam Humagin
Anniversary: 19 April

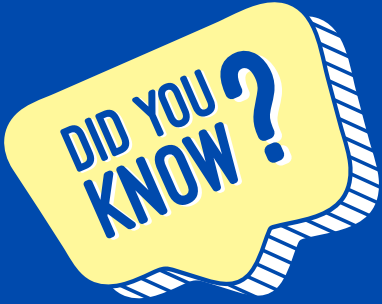


Rtn. Bishnu Hari Dahal
Birthday: 28 April



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That Rotary International launched its global polio eradication initiative, PolioPlus, in 1985?

Since then, Rotary and its partners have helped reduce polio cases by over 99.9% worldwide. Through funding, advocacy, and volunteer efforts, Rotary continues to play a leading role in the global fight to end Polio—bringing the world closer than ever to a polio free future.



APRIL

Environment Month

THE GREATEST THREAT TO OUR PLANET IS THE BELIEF THAT SOMEONE ELSE WILL SAVE IT.

-ROBERT SWAN





Rotary UNITE FOR GOOD
 Rotaract Club of Matribhumi Baluwatar
 Rotaract District 3292

CONGRATULATIONS SECRETRY ELECT

RY 2025/26

RTR. PRISHMA DAHAL

WISHING YOU A YEAR FILLED WITH LEADERSHIP, GROWTH, AND ACHIEVEMENT.



Rotary UNITE FOR GOOD
 Rotaract Club of Matribhumi Baluwatar
 Rotaract District 3292

CONGRATULATIONS TREASURER ELECT

RY 2025/26

RTR. AYUSHA PANT

WISHING YOU A YEAR FILLED WITH LEADERSHIP, GROWTH, AND ACHIEVEMENT.