

VISION

THE DOWNTOWN TIMES



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ECONOMIC & COMMUNITY DEVELOPMENT



Rtn. Anita Sarda
Service Project Chair

Empowering the individual means empowering the nation. And empowerment is best served through rapid economic growth with rapid social change.

Rotary celebrates October as Economic and Community Development Month, dedicated to empowering entrepreneurs and supporting community leaders to create sustainable opportunities. Rotary members are focused on providing long-term solutions to poverty and fostering economic stability. Across our global network of 1.4 million, we equip individuals with essential skills and resources to create pathways toward financial independence.

Through The Rotary Foundation, we invest in building the capacity of local entrepreneurs, especially women, in underserved communities. Our impact includes:

- *Providing training, access to well-paying jobs, and financial resources
- *Creating productive work opportunities
- *Developing community leaders who support local economic growth

Rotarians in District 3292 (Nepal and Bhutan) actively uplift local economies, improve educational resources, and offer vocational training that addresses unique regional needs.

Rotary's efforts extend globally across seven focus areas: peace and conflict prevention, disease prevention and treatment, water and sanitation, maternal and child health, basic education and literacy, economic and community development, and environmental sustainability. By addressing these critical humanitarian needs, Rotary builds a world where everyone has the opportunity to thrive, leaving a legacy of empowerment and sustainable change.

Together, we are building stronger communities and transforming lives. Rotary's commitment to sustainable development and empowerment creates ripple effects that reach far beyond borders, igniting hope and opportunity for generations. As Rotarians, we carry forward the promise of a world where everyone has the chance to thrive. Let us continue this journey, united in service and committed to a future where meaningful change is not only possible but inevitable.

CLUB ACTIVITIES

World Cerebral Palsy Day



·On 6th October,2024, Our club celebrated World Cerebral Palsy Day with Cerebral Palsy Children at CP Centre in Adarsh Vidyalaya run by our club. Cerebral Palsy Day Care Centre is our signature project. An awareness program was conducted by Prof. Dr. Hem Sagar Rimal, Developmental pediatrician and Neonatologist from Birat Medical College Teaching Hospital. The parents of CP Children were educated on the causes of cerebral palsy, how to prevent it, the importance of various vaccines, diet, regular checkups, and much more. The CP Children were given gift hampers consisting of a coloring book and coloring pens, soya chunks, puffed rice, and a food box. Their parents were also given food bags consisting of various essential daily provisions like rice, flour, lentils, oil, salt, puffed rice, rice flakes, etc. 14 Cerebral Palsy Children and their families were the beneficiaries.

Say No To Plastic Bags



·On 6th October,2024 , Our club distributed 20 jute bags with food items to the parents of Cerebral Palsy children and the staff of the Daycare Centre at Adarsh Vidyalaya. Our club's logo was printed on one side of the bag and "Say no to plastic bags" on the other. 14 parents of Cerebral palsy children and 6 staff of the Daycare center were the beneficiaries. This has significant environmental and social benefits. This will help reduce plastic waste and pollution, support sustainability, and lower carbon emissions. Economically, it saves money for the poor, creates jobs in jute production, and offers a safer alternative for carrying goods. Additionally, it promotes environmental awareness, encouraging long-term eco-friendly habits.

CLUB ACTIVITIES

World Polio Day

On 24th October, 2024, Our club took the initiative of organizing an awareness rally on the occasion of World Polio Day. The rally started from Rotary Bhawan and took a route engaging the main market areas of Biratnagar.



Rotary International has been a key player in the global effort to eradicate polio since 1985. Their campaign, "End Polio Now," focuses on raising awareness, funding vaccination efforts, and mobilizing volunteers.

Rotary collaborates with the World Health Organization, UNICEF, and the Bill & Melinda Gates Foundation to fund and implement vaccination initiatives.



All the five Rotary clubs of Biratnagar participated along with the Rotaractors and Interactors. About 200 people participated in all. We displayed a Polio awareness video outside Central Mall and City Cinema.

We also arranged for the polio jingle to be played along with the rally. Refreshments were arranged for everyone after the rally.



Volunteers help organize mass immunization days, ensuring that children in high-risk areas receive the polio vaccine. Rotary has contributed over \$21 billion to polio eradication and has leveraged matching funds from global partners.

Area Of Focus - Disease Prevention & Treatment

Polio is an illness caused by a virus that mainly affects nerves in the spinal cord or brain stem. In its most severe form, polio can lead to a person being unable to move certain limbs, also called paralysis.



Polio is caused by the poliovirus. It mainly targets nerve cells in the spinal cord and brain stem that control muscle movement. Nerve cells controlling sensation are generally not affected.

A vaccination effort throughout the world has led to only a small number of cases to occur around the world in recent years. But poliovirus still spreads within areas with low vaccination rates.



This rally helped raise awareness about Polio among the general public benefiting at-risk groups like children, parents, guardians, health workers, government & policy makers.

An awareness rally on World Polio Day can catalyze positive change by fostering awareness, encouraging vaccination, strengthening public health efforts, and contributing to the global movement for a polio-free world.



Rotary raises public awareness about polio, advocating for continued funding and support for eradication efforts.

Since the launch of the initiative, polio cases have decreased by over 99%, with only a few countries still reporting cases.



CLUB ACTIVITIES

Health checkup at Old Age Home



·On 25th October, 2024, Under our initiative, Rotary Arogya Mission, we organize monthly health checkup camps. This month, we organized a free health checkup camp at Birateshwar Vriddha Ashram, an old age home in Biratnagar, in collaboration with Awadh Narayan Memorial Clinic. Our Charter President, Rtn. Dr. Mamta Verma did the checkup for the senior residents of the ashram. She prescribed medicines to them, which we provided for free. 65 residents of the old age home were the beneficiaries. Health checkups in old age homes enable early detection, personalized care, reduced hospital visits, management of chronic diseases, and improved residents' quality of life.

Serving Food to Senior Citizens



·On 25th October, 2024, our club served food to senior residents of the Birateshwar Vriddha Ashram, an old age home in Biratnagar. Freshly prepared and nutritious meal was served to them. 65 elderly and senior citizens were the beneficiaries. Such programs promote social connections, provide essential nutrition, enhance emotional well-being, and improve the quality of life of the old and elderly.

Birthday

OCTOBER

7th October - Rtn. Santosh Rathi

9th October - Rtn. Namita Tibrewala

9th October - Rtn. Soni Nevetia

9th October - Rtn. Ram Niwas Kabra

10th October - Rtn. Uma Rathi

19th October - Rtn. Puja Mundra

27th October - Rtn. Priyanka Mundra

Editor's Note



Dear fellow Rotarians,
Greetings

As the air turns colder , we are delighted to bring you the October issue of our club magazine . This month celebrates the festivals of Dashain and Tihar , which syncs with our values of fellowship , service and commitment towards better of the society .This month, we proudly highlight our theme of Economic and Community Development. It's a time to focus on initiatives that empower individuals, uplift local businesses, and strengthen the foundations of our communities through sustainable economic growth. Together, we can help create vibrant, self-sustaining communities that thrive.

Thank you for your dedication and support. Here's to a month of meaningful impact and collective growth!

We are also embraced by the warmth and joy of Diwali, the Festival of Light.

Diwali is a time for reflection, gratitude, and the rekindling of hope—values that resonate deeply with our work as Rotarians. May this Diwali inspire us all to continue making a difference, lighting the way toward a brighter, more inclusive future.

Wishing you and your loved ones a joyous and prosperous Diwali filled with happiness, health, and harmony.

Rtn. Poonam Rathi

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