



# INVICTUS

SRI LANKA - NEPAL

MAY 2022



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# PRESIDENT'S MESSAGE

## ROTARACT CLUB OF UNIVERSITY OF MORATUWA

Dear Rotaractors,

It is my utmost pleasure to share my thoughts with you all in the first joint bulletin between Rotaract Club of University of Moratuwa and Rotaract Club of Yala. Overcoming the physical barriers and joining hands with the virtual bridge, this fellowship between the two clubs grows stronger by collecting memories from rotaractors from both ends. Ever since the beginning of this friendship, the two clubs have worked together, bringing insightful initiatives. I believe that this joint bulletin will be a great testimony to the relationship that the two clubs maintained.

Being in one of the most robust youth movements that make the change and impact the lives of others, I believe that as a movement, we redefine the spirits of the lives of all the people around us while spreading positive energy and happiness. So, Rotaract has been the change to the people and influenced the youth community to develop their leadership skills while serving the community. We have seen thousand and one examples of how this movement changed the lives of many societies worldwide.

As Rotaract Mora, we have been fuelling this by creating sustainable communities and sustainable impacts for the last 26 years. This costs so much energy and volunteer hours for our very own Rotaractors. Without even considering the physical boundaries through this bond and fellowship, I have seen Rotaractors from both ends work together to bring an impact to the communities and fellow human beings. This is the beauty of this movement. Rotaractors from two corners of the world working together for a common goal to create memories and impact through the International Services Avenue of Rotaract.

We believe this partnership between two peer Rotaract clubs will bring more insightful projects and knowledge sharing in the future. We hope to have beautiful memories in both physical and virtual spaces in the years to come.

Thank you  
Rtr. Bimsara Somarathna  
President 2021-22  
Rotaract Club of University of Moratuwa  
RID 3220





# PRESIDENT'S MESSAGE

## ROTARACT CLUB OF YALA

Namaste and Warm Rotaract Greetings,

As I recollect my journey in Rotaract, I realize that with all the opportunities I got, I have learnt and grown as an individual. Back in RY 2017/18, I remember joining Rotaract Club of Yala with the sole intention to serve the community. As each tenure passed, I learned Rotaract is not just about giving back to the community. But it is also about creating your own story, your journey of personal growth. Rotaract has been shaping numerous young minds to be leaders in their communities to make a difference.

Rotaract has taught me the beauty of teamwork. And I feel glad that the teamwork did not just stay within the nation but extended beyond the borders for Rotaract Club of Yala with the collaboration and support from Rotaract Club of University of Moratuwa. What started off from a letterhead exchange has now progressed into conducting many fun fellowship events such as Joint Board Meeting followed by 2 Truths and a Lie, Experience Festivals Better, and meaningful projects such as Dusty Paws. Here we are publishing this e-bulletin, a memoir of all the amazing projects that both the clubs have done individually and jointly.

Rotaract Club of Yala and Rotaract Club of University of Moratuwa's relationship has always been so strong and valuable. The immortal connections and memories between the clubs and their members have been the cherries on the top of this wonderful experience. As we continue our journey in Rotaract movement, on behalf of the entire Rotaract Club of the Yala family, I would like to extend my best wishes to Rotaract Club of University of Moratuwa for Rotary International year 2021-22 and all the upcoming years in service. The world needs more of such passionate, energetic, and committed young leaders willing to bring out a positive impact on society by standing up for their convictions.

I and my fellow Rotaractors are grateful that we could share this priceless year of fellowship and learning with Rotaract Club of University of Moratuwa. And with the same amount of support and understanding between the two clubs, I am certain that in the days to come, we will succeed in driving the energy of our members in the right direction at the right time, bringing the best out of the clubs and the members, creating greater impact in the community while serving to change lives as the Rotary theme 2021-22 suggests. May this friendship and soon-to-be twin clubs create history and remain in all our hearts forever.

With Best Regards,  
Yours in Rotaract,  
Rtr. Alexa Rajbhandari  
President RY 2021-22  
Rotaract Club of Yala  
RID 3292, Nepal and Bhutan



# EDITORIAL



Rotaract is the ideal platform for the youth to not only serve the world but also to grow as better human beings capable of bringing constructive change to the world in the future. Rotaract's benefits do not end there; it also provides possibilities for members to not only work for their own local communities but also to form new connections and lend a helping hand to their fellows beyond geographical frontiers.

Our fellowship has grown in great strides across bounds since the Twin Club Agreement between Rotaract Club of University of Moratuwa and Rotaract Club of Yala, Nepal, which was signed on 8th April 2022. Coming from similar institutional backgrounds has increased the understanding and link between our clubs, and the path we've begun promises a wealth of new experiences and possibilities to explore. Our similarities and differences in numerous aspects are likely to bring a lot of flavor to our friendship, which will definitely last us for years despite the fact that it has only been written down for a short time.

We intend to provide our readers with a taste of the collaborative initiatives of the International Service Avenue of both clubs and the joint endeavors the two clubs have given life so far through the joint bulletin of Rotaract Club of University of Moratuwa and Rotaract Club of Yala Nepal.

Then let's take a glance at the inception of a tale about two twin clubs striving to make a difference in the world while creating lasting experiences and establishing camaraderie through service.

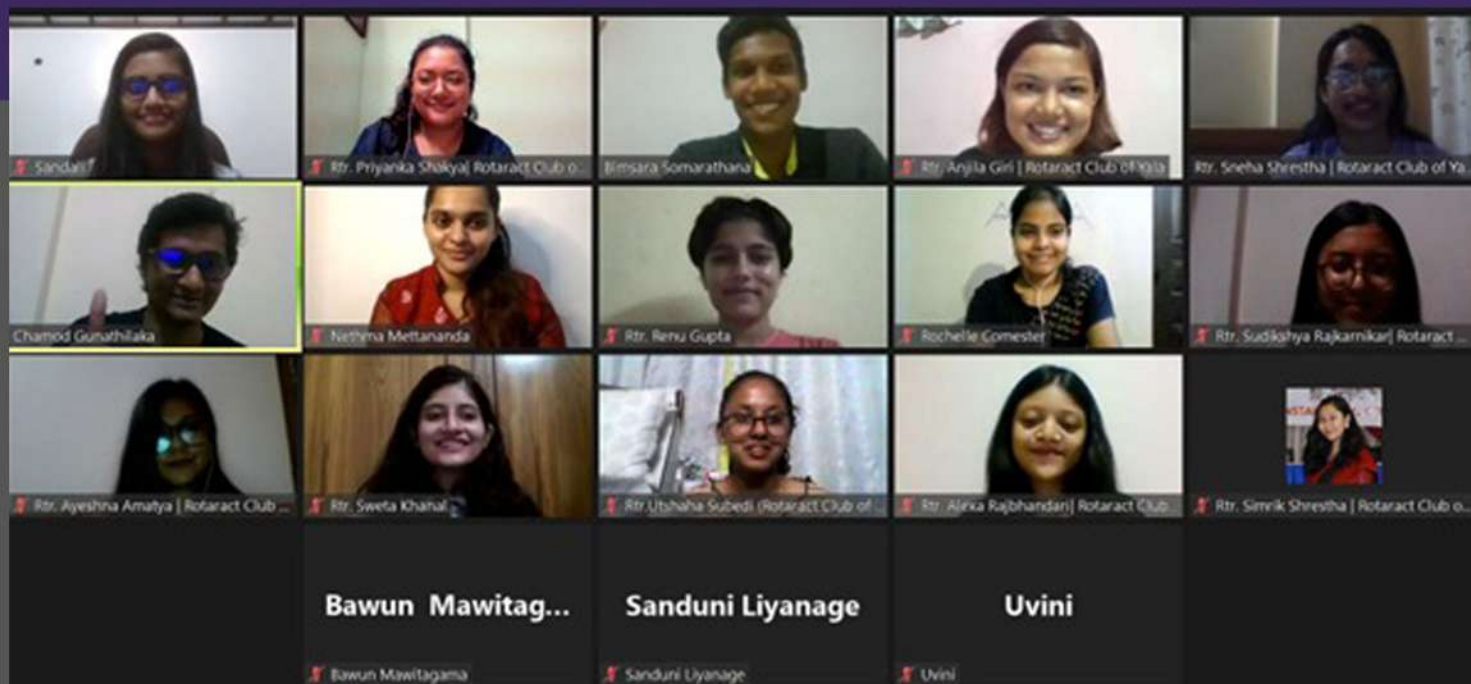
Happy reading!  
Viva La Rotaract.

Rtr. Samadhi Gunawardane  
Rtr. Nethma Mettananda  
Rtr. Imalsha Liyanage  
Rotaract Club of University of Moratuwa  
RID 3220



# 1

## FIRST JOINT MEETING



- The first joint meeting between Rotaract Club of University of Moratuwa and Rotaract Club of Yala was held online on the 21st of August 2021 via zoom with the purpose of completing the letterhead exchange between the two clubs.
- At the commencement of the meeting, the presidents of the two Rotaract clubs expressed their pleasure in being associated with the foreign club and their eagerness to work together.



- Deciding to brief each other about the projects they are working on, both clubs explained the signature projects carried out by their respective clubs.
- The two teams exchanged ideas on potential joint initiatives like a cultural exchange or an exchange of authentic food recipes of each country as advances to get acquainted during these unusual times.

- Sharing their letterheads on the screen, the two clubs completed the procedure of the letterhead exchange.
- Concluding the formal proceedings, the two clubs engaged in a fellowship activity named "two truths and a lie" creating great camaraderie among the members.



# 2

## DUSTY PAWS



- "Dusty Paws" is an inter mutual proposal of the International Service Avenue of Rotaract Club of University of Moratuwa and Environment, Wildlife and Animal Welfare Avenue of Rotaract Club of Yala .



- With the intention of feeding animals, treating their maladies, and elevating their well-being and habitats, this cooperative campaign reaches out to the strays in Sri Lanka as well as Nepal.



- Nourishing stray dogs in Sri Lanka and Nepal while cultivating community alertness on its duty, curing dogs with skin conditions, and demonstrating the sense of the lives of the strays to the public are a few of the targets that the project could fruitfully accomplish.
- This project was subsidized and sponsored by the two event partners NexGard company in Sri Lanka and Oxsa organization in Nepal in appreciation of the accomplishments of the Rotaractors.



# 3

## EXPERIENCE FESTIVALS BETTER



- The project “Experience Festivals Better” was initiated by Rotaract Club of University of Moratuwa in collaboration with Rotaract Club of Yala, Nepal.
- For this project details and pictures of cultural festivals celebrated in Sri Lanka and in Nepal were exchanged between the two countries.
- The aim of this cultural exchange was to enrich our knowledge and gather inspiration from the varying cultural elements unique to Sri Lanka and Nepal and form a bond between the two clubs.
- At first brief articles and brochures regarding relevant cultural festivals were written by both Rotaract clubs and then were exchanged together with specific photos which highlighted the significance of those festivals.



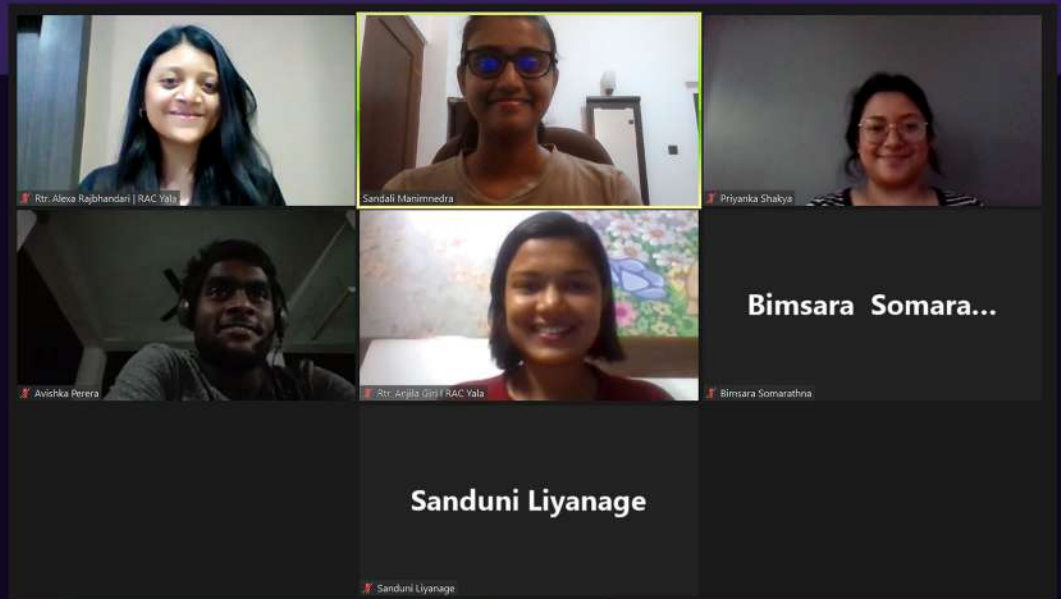
- Following the exchange both Rotaract clubs posted these brief articles on their respective social media platforms and made them published.



# 4

## TWIN CLUB AGREEMENT

- With ambitions and prospects of building more connections, the Twin Club Agreement was endorsed between Rotaract Club of University of Moratuwa and Rotaract Club of Yala, Nepal.



**ROTARACT TWIN CLUB AGREEMENT**  
The following twin agreement is between:

**ROTARACT CLUB OF UNIVERSITY OF MORATUWA**  
(R DISTRICT 10202)

**ROTARACT CLUB OF YALA**  
(R DISTRICT 10292)

**ROTARACT CLUB INFORMATION**

Name of Club	Rotaract Club of University of Moratuwa
R District Number	10202
Name of President	Rtr. Bimsara Somaratna
Name of Director - International Service	Rtr. Sandali Manimmedra / Rtr. Anjila Gopi
Contact Number	+94 77 620 7524
E-mail ID	president@moratuwa.org

**ROTARACT CLUB INFORMATION**

Name of Club	Rotaract Club of Yala
R District Number	10292
Name of President	Rtr. Alexa Rajbhandari
Name of Director - International Service	Rtr. Priyanka Shabya
Contact Number	+977 962611526
E-mail ID	yala@moratuwa.org

**AGREEMENT PERIOD OF VALIDITY**  
The Rotaract Club Twin Club Agreement commencing from 08th of April 2022 shall be valid till 08th of April 2023 provided that the conditions outlined in this agreement between the respective clubs.

**Club President Statement**  
By signing below, we jointly approve and recognize the establishment of the twin club agreement between the above-mentioned respective clubs.

**Rtr. Bimsara Somaratna**  
President 2021-2022  
RAC Moratuwa of Moratuwa  
R DISTRICT 10202 - Sri Lanka & Maldives

**Rtr. Alexa Rajbhandari**  
President 2021-2022  
RAC Yala  
R DISTRICT 10292 - Nepal

- The two clubs promise to cherish the memories that will be created within the validity period of a year from 8th April 2022 to 8th April 2023.

- The agreement gave life to intuitive and inter mutual dialogues through the projects such as "Dusty Paws" and "Experience Festivals Better" between the two nations.

- No doubt that The Twin Club Agreement paved the way for the socialization of Rotaractors in terms of training and functioning, worldwide, as one family.

- As for the prime intentions of the Twin Club Agreement,

- Highlighting the international aspect of Rotaract Service and Friendship.
- Basing a long-term relationship with another club that will precede ongoing campaigns.
- Appreciation and perception of another culture and nurturing goodwill,

were acknowledged.

**Rotaract**  
Rotary Club Partner

Signed on April 8, 2022 in approval of District Rotaract Representatives of the respective clubs.

For RAC YALA, I

Rtr. Surendra Rajbhandari District Rotaract Representative RDC 10202	Rtr. Alexa Rajbhandari President RAC Yala RDC 10292	Rtr. Priyanka Shabya International Service Director RAC Yala RDC 10292
	<i>Alexa Rajbhandari</i>	<i>Priyanka Shabya</i>



# INTERNATIONAL SERVICE AVENUE

ROTARACT CLUB OF  
UNIVERSITY OF MORATUWA

## BOON DIGITI



- Initiated under the International Service Avenue, the project “Boon Digi” aims to elevate the basic knowledge and practical skills in Information Technology (IT) of primary students of African and South Asian regions with the collaboration of ten Rotaract clubs.
- By utilizing learning management systems and web conferencing in an attractive manner, our Rotaractors have succeeded in having a global reach in sharing knowledge.
- The organized syllabus for the project was carried out in 4 phases this year.

An introduction to computing and MS word  
MS excel  
MS PowerPoint  
MS publisher and windows installation

- These lessons were conducted by sending recorded lectures with pdf content for the students to refer to and towards the end of each course, their knowledge was assessed using questionnaires, assessments, and quizzes.
- To commemorate the successful completion of the course, the students were awarded a certificate.





# INTERNATIONAL SERVICE AVENUE

ROTARACT CLUB OF  
UNIVERSITY OF MORATUWA

## RMMUN



- RMMUN, an acronym for Rotaract Mora Model United Nations, enforced by Rotaract Club of University of Moratuwa, connotes to exhilarate the diplomatic and debating qualifications of the future pioneers of the world.
- There are several sub-projects of RMMUN: Congrego, Colloquium, Covenant, Cognizant, and UN International Days and SLRMUN.



- As the largest sub-project is driven by RMMUN, Sri Lanka Rotaract Model United Nations (SLRMUN) can be conceded as the signature project of the International Services Avenue of Rotaract Club of University of Moratuwa, that administers real-life experience of MUN to over +150 ambitious delegates and provision of mentoring to its associates.
- Committee-wise, this sub-project principally convenes on influencing subjects associated with United Nations Children's Fund (UNICEF), Social, Humanitarian and Cultural Committee (SOCHUM), United Nations Security Council (UNSC), and United Nations Human Rights Council (UNHRC).





# INTERNATIONAL SERVICE AVENUE

ROTARACT CLUB OF  
UNIVERSITY OF MORATUWA

## CEYLON SAFARI



- This year, Ceylon Safari was carried out in three phases focusing on different areas possessing unique, prominent aspects of the island.

**Phase 01 - 10th to 13th of April**

**Phase 02 - 15th to 18th of April**

**Phase 03 – 19th to 20th of April**

The first phase of the tour revolved around the tourist attractions in the center of the island.

- “Ceylon Safari” was one of the most prominent projects of the International Service Avenue.
- After a lengthy break due to the pandemic, Ceylon Safari was back with the purpose of exploring the biodiversity, natural beauty, and cultural and historical value of Sri Lanka whilst strengthening the international relationships and cross-cultural understanding amongst individuals by organizing safe and sound travels throughout this pristine island.



- Focusing on a few of the ancient kingdoms of Sri Lanka, phase two was majorly allocated to discovering the ancient glory and the cultural aspect of Sri Lanka.
- The third and final phase of this journey was concentrated on exploring the captivating coastal areas of the island.



# INTERNATIONAL SERVICE AVENUE

ROTARACT CLUB OF YALA

## ROTARACT 360°



- On September 18, 2021, Rotaract Club of Yala along with Rotaract Club of Colombo Heritage, Rotaract Club of Ankara Incek, Rotaract Club of Chittagong South, Rotaract Club of Faisalabad City Gold, and Rotaract Club of Vadodara came together for Rotaract 360° Workshop.



- The Workshop mainly revolved around the Rotaract's involvement in International Service and International Understanding. Five speakers from five host clubs were invited to speak at the event. Rtr. Simrik Shrestha,

Professional Development Director of Rotaract Club of Yala represented Rotaract Club of Yala as she reflected on her tenure as an International Service Director for RY 2020-21. Some of the topics tackled in the workshop were approaching a foreign club, building better relationships with the said clubs, twin club agreement, ROTASIA, and problems faced during IS projects.



- The topics that were up for discussion were some of the most frequently asked questions in International Service Avenue and hearing the experienced speakers' views on the subject matter gave us a clear picture to move forward with International Service Avenue as a whole and how to conduct a successful IS project.



# INTERNATIONAL SERVICE AVENUE

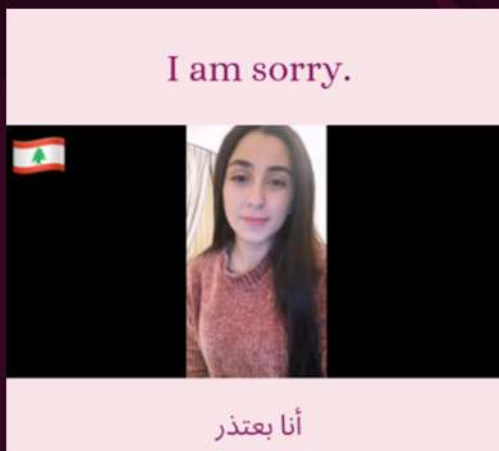
ROTARACT CLUB OF YALA

## LINGUAE



- Vibrant languages in different countries are a beautiful form of art. To honor this, UNESCO has marked February 21 as International Mother Language Day. It is a worldwide annual observance held to promote awareness of linguistic and cultural diversity and to promote multilingualism.

- To encapsulate the beauty of unity amidst diversity, Rotaract Club of Yala, RID 3292, Nepal, in collaboration with Rotaract Club of Tenerife Sur, RID 2201, Spain, and Rotaract Club of Saida, RID 2452, Lebanon, conducted a video project - Linguae: A Guide to Different Languages from Different Parts of the World. As this year's theme: "Using technology for multilingual learning: Challenges and opportunities" suggests, we took this opportunity and prepared a video with a few common phrases in Nepali, Spanish and Arabic languages to embrace the diversity of this International Mother Language Day. The video was then posted on the official social media handles of the club.





## ROTARACT CLUB OF YALA

## A world map with a dark blue background and light blue landmasses. Two yellow location pins are placed in South Asia. The upper pin is over Nepal and features the national flag of Nepal. The lower pin is over India and features the national flag of India.

- # Shanta Man, Babbal Jeevan
- Know the inner you—
- With the meaning, "Live your life cheerfully with a calm mind and heart", Shanta Man, Babbal Jeevan overall is a Self Awareness Webinar to help the participants to know their inner calmness.
- Day 3: 10<sup>th</sup> October 2020**
- Activate the Calmness in You**
- Date: October 10, 2020**
- Day: Saturday**
- Time: 7:00M**
- Visa: 9:00 pm to 5:00 pm  
(Nepal Time Zone)**
- Day 1: 07 October 2020
- Day 2: 07 October 2020
- 
- Dr. Ananta Prasad Joshi**  
President of Art of Living  
Facilitator for Day 3
- 
- Dr. Ananta Prasad Joshi**  
President of Art of Living  
Facilitator for Day 3
- Dr. Ananta is a Chartered Accountant by profession. He is also an Art of Living Teacher and a Life Coach. He has been conducting stress management, yoga and meditation classes from Art of Living Nepal for the past 8 years. He will be facilitating an experiential Workshop to activate the calmness in the participants on Day 3 to further help them overcome their stress and mental health issues.
- Dr. Ananta holds a degree in MBA from BP Koirala Institute of Health and Sciences, Furthermore, she has a Master's degree in Gerontology. She is a medical doctor to protect as well as a teacher of Art of Living Nepal. She has been conducting stress management, yoga and meditation classes from Art of Living Nepal for the past 8 years. She will be facilitating an experiential Workshop to activate the calmness in the participants on Day 3 to further help them overcome their stress and mental health issues.
- Hosted By:
- 
- 
- International  
Jore Host
- Hosted by  
**Reconnect**
- Club of  
Three Teachers
- In Association with:
- 
- International Council
- 

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- **Day 3: Activate the Calmness in You**, facilitated by Dr. Aastha Pudasaini, was planned with the objective to help the participants to reflect and care for their work life and to create awareness of Mental Health which is not much discussed in many organizations and in the society while elaborating on understanding the reason for stress, nature of mind and desktop yoga.



# ROTARACT LIFE IN PANDEMIC

## ROTARACT CLUB OF UNIVERSITY OF MORATUWA

When talking about health the first thing that comes to mind is the ongoing COVID-19 pandemic. COVID-19 is an infectious disease caused by the most recently discovered coronavirus. Though the exact origins of this new virus and disease are still unknown, the first outbreak began in Wuhan, China, in December 2019. The virus soon wielded the entire world in its fatal grasp unnerving everyone everywhere.

With the first case of COVID-19 back in 2019, the entire world had to take a step back from everything. We were introduced to a new virtual reality due to the pandemic. However, adapting to this new “normal”, Rotaract Mora was able to overcome these difficulties one by one.

Recruiting newbies is one of the most important steps in a club. As it is where the bond between all is formed which would determine the fate of the club. That specific step in the Rotaract club of the University of Moratuwa known as the “RotaSpark” project had to be conducted online due to the pandemic. Despite the technical and practical difficulties Rotaract Mora faced, the new beginning of another year of the club started off splendidly. With fun and interactive games and events carried out online and on virtual platforms to bring together all the new Rotaractors. Similarly, the Rotaract Club of the University of Moratuwa blazed through these trying times never backing down.

**STOP**  
COVID - 19





Going one more step forward, the Rotaract Club of University of Moratuwa initiated a project titled “no more corona”, to advocate for people about the ongoing pandemic. Details about the virus itself and precautions against it were discussed. Furthermore, as everyone is encouraged to obtain the two doses and the booster vaccine against covid-19, the “No More Corona” project made sure to teach everyone about the importance of getting vaccinated.

Nowadays, life is slowly getting back to normal thanks to the efficiency of medical staff followed by successful vaccination programs. Having said that, people are advised to continue the sanitary practices learned as armor against the virus as it is still a potential threat. Wearing a mask in public places, sanitizing exposed surfaces, and maintaining a reasonable distance in crowded places are some of the habits that we should carry on practicing to make sure to not go back to the beginning of this menace. Also, getting vaccinated with both doses of anti-covid vaccines and the booster vaccine is a must in order to protect ourselves and our loved ones. We should make it our mission to come out of the other end of this tug war as proud winners.





# ROTARACT LIFE IN PANDEMIC

## ROTARACT CLUB OF YALA

In January 2020, the first case of COVID-19 was discovered in Nepal. This created panic amongst the people in Nepal. As of April 30, 2022, there have been 978,810 total cases and numerous waves of the pandemic that sent the country to a complete lockdown multiple times affecting the livelihood of the people. What used to be busy streets with buzzing people suddenly became barren with not a single soul in sight.

At such times of despair, Rotaract Club of Yala took a stance to become a light in our community. We conducted projects targeted at the community and the members to ease the despair. Keeping in mind the situation different organizations are going through, the club collected funds and delivered rations to needy people including orphanages and old age homes. We were able to provide daily necessities such as rice, beaten rice, lentils, and vegetables to the ones who have been economically affected due to COVID-19.

With this, we also realized that the stray dogs had been starving and struggling for their survival during the lockdown period. To feed our furry friends, we organized “Pause to feed the paws in Need” – where we had an online fundraiser with which we collected enough funds to feed the dogs. The campaign continued throughout the lockdown period where we were able to feed dogs from different parts of Kathmandu and Lalitpur area.

**STOP**  
COVID - 19





With uncertainty looming over us, we were all in panic. According to a scientific brief released by the World Health Organization (WHO), in the first year of the COVID-19 pandemic, the global prevalence of anxiety and depression increased by a massive 25%. Sensing the need to calm our inner selves, Rotaract Club of Yala hosted “Shanta Maan, Babbal Jeevan” – a three-day virtual program with motivating themes: Stay Calm, Understanding

Calmness, and Activate the Calmness in You. The session enabled us to generate awareness of the importance of mental health and to cultivate emotional self-awareness for a self-reflective experience to better identify, understand and manage our emotions.

Moreover, with the sudden surge of cases in July of 2021, to promote the need for people to wear masks, Rotaract Club of Yala conducted the ‘Mask up to keep the numbers down!’ project. For this project, we posted 3 different impactful posters on our social media handles to tell people why it is necessary to wear masks properly, sanitize hands and maintain social distance. We visited different places in and around Yala to distribute masks and sanitizers to people. We distributed 500 masks to different individuals who were seen roaming around without following COVID protocols. We taught children and the elderly how to wear masks properly. Also, 60 sanitizers were distributed to the front-line contributors like traffic police, parking lot attendants, security guards, street vendors, and bus drivers. Besides, we displayed creative placards with strong messages to emphasize wearing masks and following covid protocols.

Little drops of water make a mighty ocean. Similarly, our little united efforts help in solving every problem. We hope that the small efforts we took during created an everlasting impact on our communities.





# OUR TEAM



**Rtr. Bimsara Somarathna**  
President 2021/2022  
Rotaract Club of University of Moratuwa



**Rtr. Alexa Rajbhandari**  
President 2021/2022  
Rotaract Club of Yala



**Rtr. Sanduni Liyanage**  
Secretary 2021/2022  
Rotaract Club of University of Moratuwa



**Rtr. Anjila Giri**  
Secretary 2021/2022  
Rotaract Club of Yala



**Rtr. Chamod Gihantha**  
Vice President International Service Avenue 2021/2022  
Rotaract Club of University of Moratuwa



**Rtr. Avishka Perera**  
International Service Avenue Co-Director 2021/2022  
Rotaract Club of University of Moratuwa



**Rtr. Sandali Manimendra**  
International Service Avenue Co-Director 2021/2022  
Rotaract Club of University of Moratuwa



**Rtr. Priyanka Shakya**  
International Service Avenue Director 2021/2022  
Rotaract Club of Yala





**Rtr. Ravindu Wickramage**  
Co-Chairperson 2021/2022  
Rotaract Club of University of Moratuwa



**Rtr. Sarasi Yapa**  
Co-Chairperson 2021/2022  
Rotaract Club of University of Moratuwa



**Rtr. Pulinda Kasun**  
Writer  
Rotaract Club of University of Moratuwa



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**Uthpala Karunawardhana**  
Writer  
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**Pipuni Panchali Karunaratne**  
Writer  
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