



ROTARY CLUB OF KATHMANDU HEIGHT

Kathmandu, Nepal

RI District 3292 Nepal - Bhutan

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Physiotherapy Equipment Donation

Dakhsin Dhoka, 14th November - The Rotary Club of Kathmandu Height, together with the generous support of the families of Rotarians, has donated essential physiotherapy equipment to the Disabled Rehabilitation Centre (DRC) Nepal in Gokarna, Kathmandu. The donation aims to strengthen the centre's rehabilitation services, which had long suffered from a shortage of necessary tools.

The contribution includes a specialized set of physiotherapy equipment such as weight cuffs (1 kg, 2 kg, and 4 kg), along with TheraBands, a wedge pillow, a yoga block, a balance board, a therapy mat, and other supportive items. Physiotherapists visit the centre every Wednesday, but the lack of adequate equipment had been a major challenge. This donation therefore addressed an urgent need and will significantly enhance the quality of therapy sessions.

This project was made possible through a significant financial contribution from Aiden Ravi Upadhyaya's family, who marked his birthday by supporting a meaningful social cause through the Rotary Club of Kathmandu Height. The club supplemented the contribution to meet the complete requirements of the centre, ensuring that the equipment delivered was comprehensive, durable, and immediately usable.

The initiative directly benefits 26 children, including 20 differently-abled children, who rely on regular therapy to improve mobility, muscle strength, and overall independence.

During the handover program, the President of the Rotary Club delivered an inspiring motivational message, encouraging the children to believe in their abilities and maintain confidence in their future. His words brought bright smiles and provided a valuable psychological boost. Members of the Rotaract Club of Kathmandu Height were also present, adding support and encouragement.

This humanitarian effort reflects Rotary's spirit of Service Above Self, bringing hope, dignity, and meaningful improvement to the lives of vulnerable young children.

