

# THE TWIN PULSE

## Joint Bulletin

Rotaract Clubs of Colombo  
Uptown & Baneshwor Royal



# PRESIDENT'S MESSAGE

**RTR.DUNALI WANNISINGHE**

**Rotaract Club of Baneshwor  
Royal**

Dear Fellow Rotaractors and Friends,

It is with great excitement that I extend my heartfelt greetings as we mark the beginning of a powerful partnership between the Rotaract Club of Colombo Uptown and the Rotaract Club of Baneshwor Royal, Nepal. This twin club agreement is more than just a collaboration—it is a shared commitment to serving fiercely and inspiring hope in the communities we touch.

Rotaract is built on the foundation of connection, impact, and service beyond borders. This partnership symbolizes our dedication to pushing boundaries, embracing new ideas, and working together to create real, lasting change. With our combined strengths, we have the opportunity to uplift lives, foster friendships, and drive initiatives that reflect the true essence of Rotaract.



As we step into this journey together, let's lead with passion, challenge ourselves to do more, and set an example of what it means to serve with heart and purpose. The road ahead is filled with possibilities, and I look forward to the milestones we will achieve as one team, united by service and hope.

Here's to a future of bold action and lasting impact!

**Yours in Rotaract,  
Rtr. Dunali Wanasinghe  
President 2024-25  
Rotaract Club of Colombo Uptown**





# PRESIDENT'S MESSAGE

**RTR.DIPESH TIKHATRI**

**Rotaract Club of Baneshwor Royal**

Dear Rotaractors ,

The joint twinship between RAC Baneshwor Royal and RAC Colombo Uptown is one of the great collaborations between the clubs. I feel very excited to commence this agreement and establish the better relationship within our clubs. The Rotaract journey has crossed the international boundaries marking the importance of service globally . I feel happy and mostly responsible for this step being taken. My sincere happiness has also been uplifted hugely. These partnerships enrich our perspectives, amplify our impact, and remind us that we are part of a worldwide community dedicated to positive change. Let us continue to strengthen these ties, learn from one another, and work together to create a brighter future for all.



Let's shine a light on the incredible impact of our International Service efforts, especially our twin club relationships. These partnerships open doors to cross-cultural collaboration, shared projects, and lasting friendships. I encourage everyone to explore opportunities for international engagement and celebrate the global spirit of Rotaract. Let's make a difference, together, across borders. Our twin club relationships embody the spirit of service without borders. By working together, we amplify our ability to make a difference. Let's celebrate the power of shared action and the lasting impact of our international partnerships.

**Yours in Rotaract,  
Rtr. Dipesh Tikhatri  
President 2024-25  
Rotaract Club of Baneshwor Royal**





# INTERNATIONAL SERVICE DIRECTORS' MESSAGE

**RTR.GINURI & RTR. ASHANI**

## **Rotaract Club of Colombo Uptown**

With great enthusiasm, we unveil our joint bulletin, marking the dynamic partnership between the Rotaract Club of Colombo Uptown and the Rotaract Club of Baneshwor Royal!

Bound by a shared vision and an unwavering passion for service, our collaboration has transcended borders, bringing together diverse cultures, innovative ideas, and a commitment to making a lasting impact.

From meaningful projects that uplift communities to unforgettable moments of cultural exchange, our journey together has been nothing short of inspiring. Each initiative has reinforced the power of teamwork, proving that when we unite with purpose, we create waves of change that ripple across the world.



As we celebrate our achievements, the friendships we've built, and the lives we've touched, we look ahead with excitement for the many milestones yet to come.

Here's to service, unity, and the boundless power of global connections! Thank you for being a part of this incredible journey.  
**Together, we inspire. Together, we serve fiercely!**

Viva la Uptown !  
International Service  
Directors(2024-2025)





# INTERNATIONAL SERVICE DIRECTORS' MESSAGE

**RTR AVINAV KHATIWADA**

**Rotaract Club of Baneshwor  
Royal RID:3292**

To me, International Service is about building bridges of friendship and understanding. Our twin club relationships are a testament to the power of human connection. I'm grateful for the friendships I've formed, and I hope you will too. The warmth and camaraderie I've experienced through our twin club projects are truly special. It's a reminder that service is not just about projects; it's about building lasting relationships. I hope you'll join me in fostering these connections.



My own journey in Rotaract has been deeply enriched by our International Service efforts. The friendships and experiences I've gained through our twin club connections are invaluable. I encourage you to explore these opportunities and create your own meaningful connections.

**Viva la Rotaract !**





# ROTARACT CLUB OF COLOMBO UPTOWN

The Rotaract Club of Colombo Uptown was initially chartered on the 3rd of May, 1995 with the sponsorship from the Rotary club of Colombo Uptown. It is a community-based club that serves the nation with a passion and purpose. Consisting of a diverse member base, the club holds a variety of projects aiding different sections of the society for over 10 years. It is an unmatched catalyst in promoting peace & harmony, coexistence, tolerance & professional ethics.





# ROTARACT CLUB OF BANESHWOR ROYAL

Rotaract Club of Baneshwor Royal is a non-profit, non-political, non-religious, and volunteer service club based in Nepal for young Rotaractors aged 18 to 35. The club is dedicated to serving the community, building leadership and professional skills, and cultivating lifelong friendships around the world.

**Rotaract**  
Baneshwor Royal





# ROTARACT CLUB OF COLOMBO UPTOWN

## SIGNATURE PROJECTS

**"Run For Their Lives" (RFTL)** is an annual 5 km charity run launched in 2010 to support the Apeksha Hospital, the National Cancer Institute in Maharagama, Sri Lanka. The event aims to raise cancer awareness and encourage public participation in charitable activities through a fun and engaging experience.

The 5 km course run includes fun activities and photo ops, ensuring an enjoyable experience for everyone involved. Since its inception, RFTL has grown significantly, from 300 runners in the first year to over 4,000 in 2023, with the support of over 300 organizations, corporate leaders, and celebrities. Over the years, RFTL has raised more than Rs. 40 million for the Apeksha Cancer Hospital.



**"Beyond the Pedals" (BTP)** was a 10 km charity cycling rally organized by the Rotaract Club of Colombo Uptown. After its successful launch in 2022, which supported De Zoysa Maternity Hospital, the 2023 edition focused on raising funds for dialysis treatments for kidney patients at the University Hospital KDU.

The rally aimed to assist patients facing financial challenges while also raising awareness about the importance of kidney health and dialysis. By partnering with the University Hospital KDU, which provided a list of patients in need, BTP ensured that the funds raised made a direct and meaningful impact.





# ROTARACT CLUB OF COLOMBO UPTOWN

## SIGNATURE PROJECTS

**"Anonymous Hope"** is a collaborative project led by the Rotaract Club of Colombo Uptown, Peace City Hatton, and Kandy Hill Capital, along with international Rotaract clubs from India and the Philippines.

Now in its fifth year, the project aligns with the United Nations Sustainable Development Goal 1 - No Poverty. It involves collecting and donating clothing and stationery for rural communities in Hatton. Over the years, "Anonymous Hope" has distributed over 800 kg of essentials, making a meaningful difference in the lives of underserved families and children.



**"Echo for Eco"** initiative by the Rotaract Club of Colombo Uptown continues its mission to address critical challenges threatening the sustainability of natural ecosystems. Building on the successes of previous years, this year's project focuses on preserving coral reefs and fostering a more environmentally conscious Sri Lanka.

This initiative will continue its coral planting campaign in the Seenigama area. The organizing committee will oversee the adoption and placement of coral reef structures to support the rejuvenation of the Seenigama coral reef.





# ROTARACT CLUB OF BANESHWOR ROYAL

## SIGNATURE PROJECTS



## LIBRARY PROJECT



## GLOBAL YOUTH DIALOGUE



## TRASH COLLECTION

## PIANT YOUR HEART GREEN



# PROJECTS WE DID TOGETHER

## ROOTS OF TOMORROW

Roots of tomorrow is a joint initiative by our International Services Avenue in collaboration with the Rotaract Club of Baneshwor Royal. This project, in partnership with EarthLanka, aims to plant Kumbuk trees in the City Canal of Colombo to contribute to environmental preservation, and reforestation, and promote sustainable practices among local communities.



## Paint Your Heart Green- Shared Hearts

The tree plantation event is our signature and major event that we did across international boundaries.

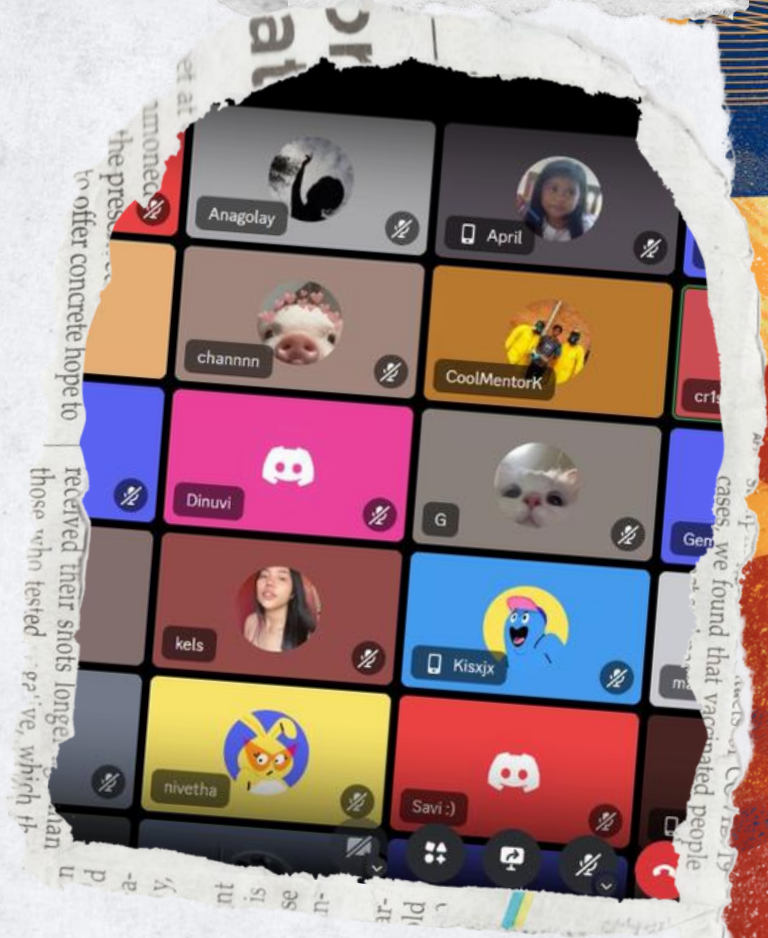




# PROJECTS WE DID TOGETHER

## GAME O' RAMA

Game O' Rama was an online gaming event organized as a joint initiative by the Rotaract Clubs of Colombo Uptown, Colombo Heritage, and SLIT. This groundbreaking initiative captured global attention, with over 80 participants from nine Rotaract clubs spanning five countries. This event was conducted via Discord, by creating a dedicated server for the event fostering a vibrant and inclusive environment where gamers could connect, compete, and build friendships beyond borders.



More than just a gaming event, Game O' Rama became a platform for cultural exchange and mutual understanding. Participants from diverse cultural and geographical backgrounds shared stories, laughter, and friendly competition, breaking down barriers and forming lasting connections.





# TWIN DAY

## CULTURAL NIGHT

The Cultural Night under its International Service Avenue in partnership with the Rotaract Club of Baneshwor Royal (RID 3292), Nepal. This virtual event brought together two vibrant clubs dedicated to service and international fellowship. The Rotaract Club of Baneshwor Royal, known for its impactful initiatives in community development and youth empowerment in Nepal, joined hands with the Rotaract Club of Colombo Uptown, renowned for its diverse projects supporting sustainable development and vulnerable communities in Sri Lanka.



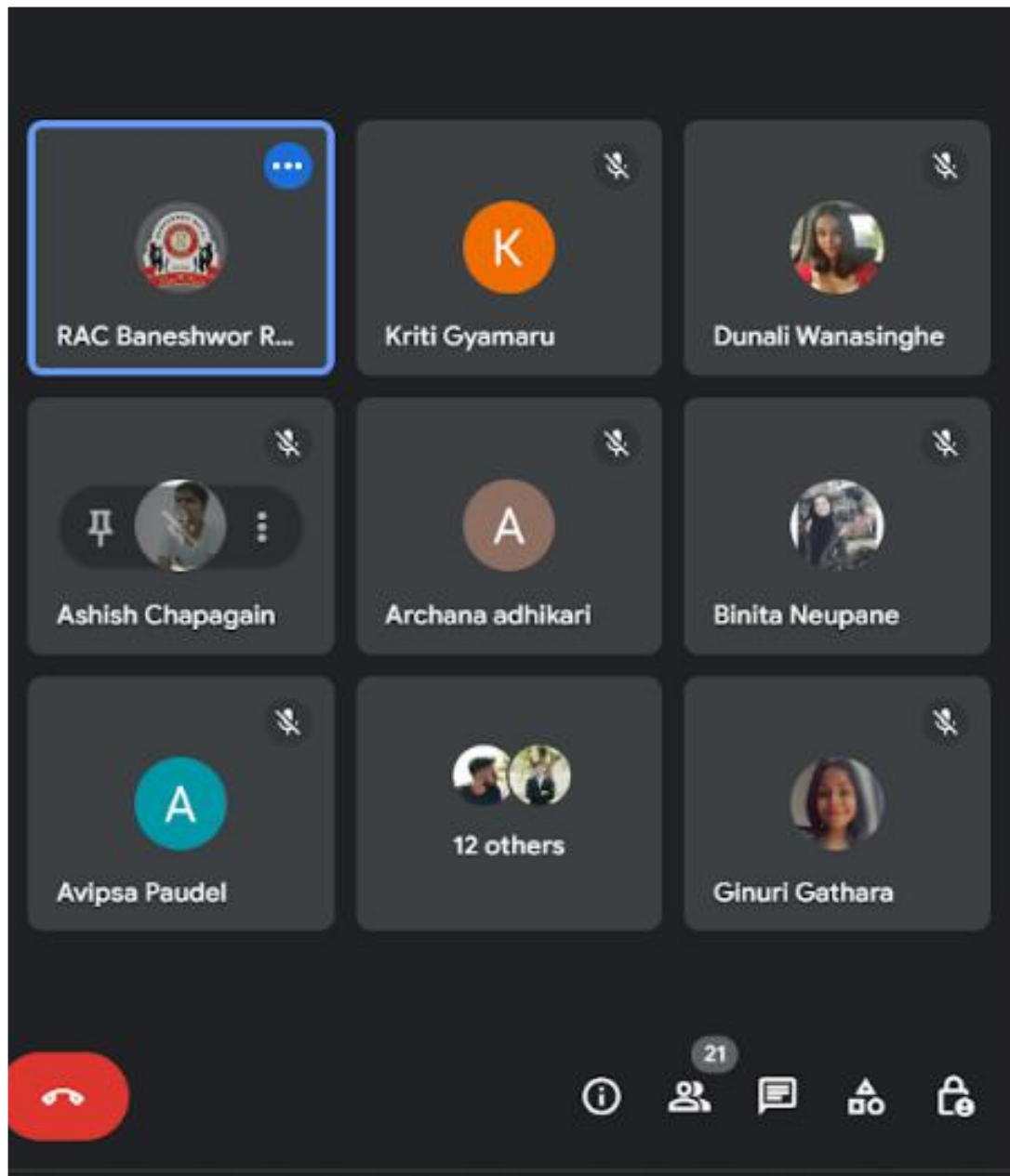
This exchange highlighted the shared dedication of both clubs toward creating meaningful change in their communities and beyond. It also laid the groundwork for potential collaborations between Sri Lanka and Nepal, emphasizing shared values and aspirations.

A curated slideshow showcased the rich cultural heritage of Sri Lanka and Nepal, featuring iconic landmarks like the Sigiriya Rock Fortress and Pashupatinath Temple, along with images of traditional foods such as Sri Lankan rice and curry and Nepali momos.





# JOINT GM





# LETTERS OF FRIENDSHIP



## ROTARACT CLUB OF BANESHWOR ROYAL

## ROTARACT CLUB OF COLOMBO UPTOWN







**THE FRIENDSHIP CONTINUES...**