

Rotary Club of Balaju | Cultivating Resilience Report

ROTARY CLUB OF BALAJU

Final Report

Panel Discussion Program

Cultivating Resilience: Youth, Climate Change, and Sustainable Agriculture in a Migrating World

The poster features the Rotary Club of Balaju logo at the top left. The main title 'CULTIVATING RESILIENCE' is prominently displayed in large, bold letters, with 'YOUTH, CLIMATE CHANGE, AND SUSTAINABLE AGRICULTURE IN A MIGRATING WORLD' below it. The event details include the date '6 JUNE 2026 SATURDAY', time '8:30 AM ONWARDS', and format 'PANEL DISCUSSION PROGRAM'. The venue is 'Best Western Plus Kathmandu Hotel'. The Rotary motto '~ Service Above Self ~' is centered. Below this, the 'OUR PANELISTS' section lists four individuals with their photos and titles: Rtn. Dinesh Manandhar (Climate Expert), Ram Bdr. K.C. (Senior Horticulturist, NARC), Rtn. Chandani Rana (Migration Expert), and Rtn. Gobinda Neupane (Horticulturist & Community Development). A 'MODERATOR' section lists Rtn. Khadak Singh Bisht (Animal Health Expert). At the bottom, logos for Rotary Club of Balaju, Rotary District 3292, and UNITE FOR GOOD are shown, along with the 'Co-Hosts' list: RC Kathmandu, RC Hetauda, RC Gongabu, RC Bagmati, and RC Kathmandu Heritage.

Organized by	Rotary Club of Balaju
Co-hosted by	RC Kathmandu, RC Hetauda, RC Gongabu, RC Bagmati, and RC Kathmandu Heritage
Date	6 June 2026, Saturday
Time	8:30 AM onwards
Venue	Best Western Plus Kathmandu Hotel, Kathmandu

Service Above Self | Unite for Good

Report Summary

Purpose of the report

This report documents the objectives, proceedings, key discussion points, findings, recommendations and proposed way forward from the panel discussion organized by the Rotary Club of Balaju. It is prepared as a professional record for sharing with Rotary members, co-host clubs, partners and concerned stakeholders.

Program title	Cultivating Resilience: Youth, Climate Change, and Sustainable Agriculture in a Migrating World
Organizer	Rotary Club of Balaju
Co-hosts	RC Kathmandu, RC Hetauda, RC Gongabu, RC Bagmati, and RC Kathmandu Heritage
Date and time	6 June 2026, Saturday, 8:30 AM onwards
Venue	Best Western Plus Kathmandu Hotel, Kathmandu
Participants	Around 40 participants from diverse professional backgrounds
Core themes	Climate resilience, youth migration, sustainable agriculture, food and nutritional security, and community-based development

Table of Contents

1. Introduction
 2. Objectives of the Program
 3. Program Overview
 4. Profile of Moderator and Panelists
 5. Major Discussion Highlights
 6. Key Findings
 7. Recommendations
 8. Proposed Follow-up Action Plan
 9. Way Forward
 10. Conclusion
 11. Closing Note
- Annex 1: Program Flyer
- Annex 2: Photo Glimpses of the Program

1. Introduction

The Rotary Club of Balaju organized a panel discussion program titled "Cultivating Resilience: Youth, Climate Change, and Sustainable Agriculture in a Migrating World" on 6 June 2026 at Best Western Plus Kathmandu Hotel, Kathmandu. The program was co-hosted by RC Kathmandu, RC Hetauda, RC Gongabu, RC Bagmati, and RC Kathmandu Heritage.

The event was conducted under the spirit of Rotary's guiding principle, "Service Above Self," and aligned with the broader Rotary message of "Unite for Good." Around 40 participants from diverse professional backgrounds attended the program, including Rotarians, experts, professionals, development practitioners, and individuals interested in climate resilience, agricultural sustainability, food security, migration, and youth engagement.

The program created a meaningful platform to discuss the interlinked challenges of climate change, youth migration, rural agricultural decline, food and nutritional insecurity, and the need for sustainable agricultural transformation in Nepal.

2. Objectives of the Program

1. To discuss the relationship between climate change, youth migration, and sustainable agriculture.
2. To explore practical approaches for promoting climate-resilient agriculture in Nepal.
3. To highlight the importance of food security and nutritional security in a changing society.
4. To identify opportunities for youth employment and entrepreneurship in agriculture.
5. To promote community-based and collaborative action for sustainable agricultural development.
6. To encourage continued Rotary engagement in agriculture, climate resilience, and community development.

3. Program Overview

The panel discussion brought together experienced professionals from the fields of climate change, horticulture, migration, community development, agriculture, animal health, and public health. The session was moderated by Rtn. Khadak Singh Bisht, PhD, an Animal Health Expert, One Health Specialist, and Epidemiologist.

Name	Role	Area of Expertise
Rtn. Khadak Singh Bisht, PhD	Moderator	Animal health, One Health, epidemiology
Rtn. Dinesh Raj Manandhar, PhD	Panelist	Climate, environment, WASH and urban development
Ram Bahadur K.C.	Panelist	Horticulture, agriculture policy, planning and NARC experience
Rtn. Chandani Rana	Panelist	Migration, gender equality, safe migration and anti-trafficking
Rtn. Gobinda Neupane	Panelist	Agriculture, horticulture and community development

The discussion focused on pressing issues such as climate change, rural-to-urban migration, youth migration abroad, increasing fallow land, changing dietary patterns, food insecurity, nutritional challenges, and the importance of building resilient agricultural systems in Nepal.

4. Profile of Moderator and Panelists

4.1 Rtn. Khadak Singh Bisht, PhD

Moderator | Animal Health Expert | One Health Specialist | Epidemiologist

Rtn. Khadak Singh Bisht, PhD, moderated the panel discussion with his extensive professional background in animal health, epidemiology, and One Health. With more than 35 years of experience, he has contributed significantly to animal disease management and public health.

As moderator, Dr. Bisht guided the discussion in a systematic and meaningful manner. He connected the issues of climate change, migration, food security, livestock, agriculture, and community resilience, helping the panelists present their experiences and recommendations in a coordinated way.

4.2 Rtn. Dinesh Raj Manandhar, PhD

Climate Expert | Environmental Science Specialist | WASH and Urban Development Professional

Rtn. Dinesh Raj Manandhar, PhD, is an experienced environmental science and climate-related development professional. He holds a PhD in Environmental Science from Kathmandu University and has more than 36 years of professional experience in Nepal and several other countries, including Ghana, Sierra Leone, Sweden, Tajikistan, Thailand, and Timor-Leste.

His professional work has focused on water, wastewater and solid waste management, WASH policy, water quality, water safety planning, climate-resilient guidelines, rainwater harvesting, capacity building, project management, and urban development. He has worked with government institutions, UN agencies, private sector organizations, academic institutions, and NGOs.

In the panel discussion, Dr. Manandhar highlighted the relationship between climate change, water systems, urban development, and community resilience. He emphasized that climate-resilient planning, sustainable resource management, and practical adaptation measures are essential for protecting livelihoods and strengthening sustainable agriculture in Nepal.

4.3 Ram Bahadur K.C.

Senior Horticulturist | Agriculture Policy and Planning Expert | NARC

Ram Bahadur K.C. is a senior horticulturist with more than 40 years of professional experience in the Department of Agriculture and Nepal Agricultural Research Council. He has made important contributions to Nepalese agriculture, particularly in policy, planning, varietal development, and horticultural research.

His expertise covers different agricultural commodities, including vegetables, fruits, coffee, and potato. He also has specialized knowledge in vegetable seed production, grafting technology in tomato, integrated pest management, and climate-resilient agricultural practices.

During the discussion, Mr. K.C. emphasized the importance of local food systems, indigenous crops, resilient crops, and practical household-level food and nutritional security. He highlighted that Nepal should promote locally produced vegetables, fruits, cassava, plantain, sweet potato, eggs, and other accessible food sources to strengthen food and nutritional security.

He also stressed the importance of post-harvest technology, collection centers, grading, packing, processing, and value addition. His recommendations included the development of youth-based agricultural enterprises, animal fattening centers, slaughterhouses, and value-added processing industries such as juice, jam, jelly, and marmalade production.

4.4 Rtn. Chandani Rana

Migration Expert | Researcher and Consultant | Gender Equality and Safe Migration Advocate

Rtn. Chandani Rana is a researcher and consultant with more than 25 years of experience in women's rights, safe migration, anti-trafficking, and gender equality. She has worked with a wide range of national and international organizations and is currently pursuing a PhD focusing on climate change and migrant women.

She currently serves as the Vice President of ABC Nepal, an organization dedicated to combating human trafficking, promoting safe migration, and advancing gender equality. She is also the Vice President of the National Network for Safe Migration, where she contributes to national advocacy and policy initiatives related to migration governance.

Her mother club is the Rotary Club of Patan South, where she served as President during Rotary Year 2022-2023. Her long engagement with Rotary reflects her commitment to community service, leadership, women's

empowerment, and social justice. For Rotary Year 2026-2027, she has been appointed Chair of the Maternal and Child Health Subcommittee.

In the panel discussion, Rtn. Rana highlighted the connection between migration, gender, climate change, and rural livelihoods. She emphasized that migration affects not only employment patterns but also family structures, women's workload, agricultural labor availability, and community resilience.

4.5 Rtn. Gobinda Neupane

Development Practitioner | Agriculture and Community Development Expert

Rtn. Gobinda Neupane is a development practitioner with more than 35 years of professional experience in programme development and management in agriculture and community development sectors. He holds an MSc in Agriculture from the University of London, UK.

He has worked with the Government of Nepal's Department of Agriculture, Pakhribas Agriculture Centre, Dhankuta, UK-funded agricultural research organizations, CARE International in Nepal, and the Department for International Development. He has extensive experience working with bilateral and international agencies on policies and programme management.

His areas of expertise include climate change, livelihood and enterprise development, governance, rural small infrastructure development, water and sanitation, commercial horticultural crop research, and agricultural promotion.

During the panel discussion, Rtn. Neupane emphasized the importance of community-based development, local participation, and practical agricultural enterprises. He highlighted that sustainable agriculture requires strong community ownership, market-oriented production, livelihood promotion, and collaboration among farmers, local governments, development organizations, and service institutions.

5. Major Discussion Highlights

5.1 Climate Change and Sustainable Agriculture

The discussion emphasized that climate change is one of the major threats to agricultural sustainability. Changing weather patterns, rising temperatures, irregular rainfall, drought, flood, and climate-related disasters have affected agricultural productivity and rural livelihoods.

The panel highlighted the importance of climate-resilient agriculture, including the promotion of local crops, indigenous varieties, diversified farming systems, improved water management, and community-based adaptation practices. It was emphasized that Nepal's diverse agroecological zones provide strong potential for building resilient agricultural systems if supported by proper policy, research, and market linkage.

5.2 Migration and Agricultural Decline

Migration was discussed as one of the major factors influencing Nepal's agricultural future. Rural-to-urban migration and foreign employment have contributed to labor shortages in rural farming communities. As a result, many agricultural lands are becoming fallow, while urban areas are experiencing increasing population pressure.

The discussion emphasized that migration should not only be understood as a social or economic issue, but also as an agricultural, food security, and community resilience issue. The panel highlighted the need to create meaningful employment opportunities within Nepal so that youths can see agriculture as a dignified and profitable sector.

5.3 Changing Food Habits and 21st Century Diet

The panel also reflected on changing dietary patterns in the 21st century. One of the important messages was to promote the consumption of locally produced vegetables and fruits. The idea of "eat your own vegetables" was emphasized as a practical household-level approach to food security, nutrition, and sustainability.

The discussion also noted that many countries are shifting toward more organized and sustainable food systems. Increasing attention is being given to plant-based diets due to environmental concerns. Balanced dietary choices and climate-friendly food systems were discussed as important elements of future sustainability.

In Nepal, the increasing number of vegetable and fruit retail shops indicates gradual dietary change among consumers. However, this change should be linked with local production, farmer-friendly markets, and improved supply chains.

5.4 Food and Nutritional Security

Food security and nutritional security were major parts of the discussion. The panel suggested the promotion of a balanced plate approach. Under this approach, half of the plate should consist of vegetables and fruits, one quarter should consist of cereals, and the remaining quarter should include protein sources from plant or animal origin.

The discussion also highlighted the importance of simple, locally available, and affordable nutrition sources such as eggs, poultry meat, bananas, vegetables, and fruits. Eggs and poultry meat were discussed as practical protein sources because they are relatively easier and faster to produce compared to larger livestock such as sheep, goats, and buffalo.

The panel emphasized that household-level nutrition can be improved through locally produced food, dietary diversity, and awareness of balanced consumption.

5.5 Resilient Crops and Local Food Systems

The panel highlighted the importance of resilient crops such as cassava, plantain, sweet potato, indigenous crops, and local varieties. These crops can grow under relatively low-input conditions and can support food availability during climate stress, economic hardship, or supply disruption.

Promoting such crops can reduce dependency on imported food, diversify the local food system, and strengthen household-level resilience. The discussion also emphasized the need to preserve and promote traditional knowledge, local seed systems, and climate-adaptive farming practices.

5.6 Youth Employment and Agro-based Enterprises

Youth migration and employment were central concerns of the panel discussion. Although various skill training programs are being implemented, the panel noted that many trained youths still face difficulty in converting their skills into sustainable income-generating activities.

- Establishment of animal fattening centers at major entry points and production zones
- Development of modern slaughterhouses in urban areas
- Proper utilization of hides, skins, bones, feathers, and other by-products
- Establishment of fruit and vegetable collection centers in production areas
- Promotion of post-harvest technology
- Grading, packing, storage, transportation, and processing facilities
- Production of value-added products such as juice, jam, jelly, marmalade, and other processed foods

These activities can reduce post-harvest loss, increase farmers' income, promote local enterprise, and create meaningful employment opportunities for youths.

5.7 Community-Based Agricultural Development

The discussion emphasized that sustainable agriculture cannot be achieved through technical solutions alone. It requires strong community participation, institutional collaboration, and local ownership.

Community-based agricultural development should involve farmers, youth groups, women's groups, cooperatives, local governments, Rotary clubs, experts, and development organizations. Such collaboration can help identify local problems, mobilize local resources, and implement practical solutions.

The panel emphasized that climate resilience must be built from the community level, where people directly experience the effects of climate change, migration, food insecurity, and agricultural decline.

6. Key Findings

7. Climate change is directly affecting agricultural productivity, rural livelihoods, water systems, and food security in Nepal.
8. Youth migration and rural-to-urban migration have contributed to labor shortages in agriculture and the expansion of fallow land in rural areas.

9. Migration has gendered impacts, especially on women, families, rural labor systems, and community resilience.
10. Food and nutritional security should be promoted through local production, balanced diets, vegetables, fruits, eggs, poultry, and other accessible protein sources.
11. Indigenous crops, local varieties, cassava, plantain, and sweet potato have strong potential to support climate resilience and food security.
12. Youth employment in agriculture requires more than training. It requires enterprise models, market linkage, access to finance, post-harvest facilities, and policy support.
13. Post-harvest technology and value addition can play an important role in reducing losses, increasing farmers' income, and creating employment opportunities.
14. Community-based development and local participation are essential for sustainable agricultural transformation.
15. Rotary clubs can play an important role in awareness, coordination, community mobilization, and follow-up action.
16. The formation or strengthening of a Rotary Action Group on Agriculture can help continue the objectives and outcomes of the panel discussion.

7. Recommendations

17. Promote climate-resilient agriculture through local crops, indigenous varieties, improved water management, and adaptation-based farming practices.
18. Encourage the production and consumption of locally grown vegetables, fruits, eggs, poultry, and other nutritious food items.
19. Promote resilient crops such as cassava, plantain, sweet potato, and other locally suitable crops for food security.
20. Reduce dependency on imported food by strengthening local production systems and farmer-friendly markets.
21. Encourage youth entrepreneurship in agriculture through practical enterprise models, access to finance, technical support, and market linkage.
22. Establish collection centers in fruit and vegetable production areas with proper grading, packing, storage, and transportation facilities.
23. Promote value-added processing industries such as juice, jam, jelly, marmalade, and other food processing enterprises.
24. Develop animal fattening centers and modern slaughterhouses to strengthen livestock value chains and create employment.
25. Utilize agricultural and livestock by-products such as hides, skins, bones, and feathers for industry development.
26. Integrate gender equality and safe migration perspectives into climate and agricultural development programs.
27. Strengthen collaboration among Rotary clubs, local governments, experts, farmers, youth groups, cooperatives, and development organizations.
28. Form or strengthen a Rotary Action Group on Agriculture at the district level to continue the initiative and convert discussion outcomes into action.

8. Proposed Follow-up Action Plan

The following action matrix is proposed to convert the ideas generated through the panel discussion into practical follow-up initiatives.

Priority Area	Proposed Action	Possible Lead/Partners	Timeframe
Rotary Action Group on Agriculture	Form/strengthen a district-level platform on agriculture and climate resilience.	Rotary Club of Balaju with co-host clubs	Short term
Youth agri-enterprise orientation	Conduct practical orientation on value chains, agribusiness and local employment opportunities.	Rotary clubs, experts and partner institutions	Short term
Resilient crop promotion	Promote local crops, indigenous varieties, cassava, plantain, sweet potato and household	Agriculture experts and local partners	Medium term

	nutrition gardens.		
Post-harvest and value addition	Support collection centers, grading, packing, processing and value-added products.	Rotary partners, cooperatives and local governments	Medium term
Migration and gender dialogue	Integrate safe migration, gender equality and climate vulnerability into community discussions.	Migration experts and community organizations	Medium term
Knowledge sharing	Document lessons and conduct follow-up dialogues at local and provincial levels.	Rotary clubs and stakeholders	Ongoing

9. Way Forward

The panel discussion should be considered an important starting point for continued action in the areas of climate resilience, youth engagement, sustainable agriculture, and food security. The ideas generated through the discussion can be further developed into practical projects, training programs, community interventions, and policy advocacy initiatives.

The Rotary Club of Balaju, together with co-host Rotary clubs and concerned stakeholders, can take the lead in developing follow-up activities. These may include community-level awareness programs, youth entrepreneurship training, demonstration farms, resilient crop promotion, post-harvest technology support, and local food system strengthening.

A Rotary Action Group on Agriculture can serve as a long-term platform for connecting experts, Rotarians, farmers, youths, local governments, and development partners. Through this platform, Rotary can contribute to sustainable agricultural development, climate resilience, and livelihood improvement in Nepal.

10. Conclusion

The panel discussion on "Cultivating Resilience: Youth, Climate Change, and Sustainable Agriculture in a Migrating World" successfully created a platform for meaningful dialogue on some of the most urgent issues facing Nepal's agriculture sector.

The program highlighted that climate change, migration, food security, nutrition, youth employment, and community development are closely connected. Addressing these issues requires practical, inclusive, and collaborative solutions.

The insights shared by the panelists showed that Nepal has strong potential to build a resilient agricultural future through local food systems, climate-smart practices, indigenous crops, youth entrepreneurship, gender-sensitive migration governance, community participation, and institutional collaboration.

The program concluded with a shared understanding that collective efforts are essential to promote sustainable agriculture, resilient communities, and a better future for youths in Nepal.

11. Closing Note

Participants appreciated the relevance and timeliness of the panel discussion. The program sparked important conversations on climate resilience, agricultural sustainability, migration, nutrition, and youth employment.

The Rotary Club of Balaju and co-host clubs expressed their commitment to promoting continued dialogue, collaboration, and action in support of sustainable agriculture and resilient communities. The program reflected Rotary's spirit of "Service Above Self" and its collective commitment to "Unite for Good."

Annex 1: Program Flyer

The flyer features a green and white color scheme with a globe background. At the top left is the Rotary Club of Balaju logo. The main title 'CULTIVATING RESILIENCE' is in large, bold letters, with 'RESILIENCE' in a larger, orange font. Below the title is the subtitle 'YOUTH, CLIMATE CHANGE, AND SUSTAINABLE AGRICULTURE IN A MIGRATING WORLD'. The event details include the date '6 JUNE 2026 SATURDAY', time '8:30 AM ONWARDS', and format 'PANEL DISCUSSION PROGRAM'. The venue is 'Best Western Plus Kathmandu Hotel'. A central banner reads '~ Service Above Self ~'. Below this is the 'OUR PANELISTS' section with four portraits and names: Rtn. Dinesh Manandhar (Climate Expert), Ram Bdr. K.C. (Senior Horticulturist, NARC), Rtn. Chandani Rana (Migration Expert), and Rtn. Gobinda Neupane (Horticulturist & Community Development). A 'MODERATOR' section features Rtn. Khadak Singh Bisht (Animal Health Expert). At the bottom, it lists 'Co-Hosts' including RC Kathmandu, RC Hetauda, RC Gongabu, RC Bagmati, and RC Kathmandu Heritage, along with the Rotary District 3292 logo and the 'UNITE FOR GOOD' slogan.

Rotary
Club of Balaju

CULTIVATING RESILIENCE

**YOUTH, CLIMATE CHANGE, AND
SUSTAINABLE AGRICULTURE
IN A MIGRATING WORLD**

6 JUNE 2026
SATURDAY

8:30 AM
ONWARDS

**PANEL DISCUSSION
PROGRAM**

VENUE: Best Western Plus Kathmandu Hotel

~ Service Above Self ~

OUR PANELISTS

Rtn. Dinesh Manandhar
Climate Expert

Ram Bdr. K.C.
Senior Horticulturist,
NARC

Rtn. Chandani Rana
Migration Expert

Rtn. Gobinda Neupane
Horticulturist &
Community Development

MODERATOR

Rtn. Khadak Singh Bisht
Animal Health Expert

Co-Hosts
RC Kathmandu | RC Hetauda
RC Gongabu | RC Bagmati
RC Kathmandu Heritage

Rotary
District 3292

**UNITE
FOR
GOOD**

Program flyer of the panel discussion.

Annex 2: Photo Glimpses of the Program



Moderator Rtn. Khadak Singh Bisht, PhD, facilitating the discussion.



Panel discussion session in progress with panelists and participants.



Panelists and participants during the technical discussion session.



Group photograph of organizers, panelists and participants.



Participant interaction and sharing during the program.





