NIRAMAYA: Free from Disease

Project No. 4 | World Polio Day

Date: 2026/10/24

Location: Google Meet

Collaborated with: Interact Club of Venugram Belgaum, Interact Club of SSC, and Interact Club of Nashik Nine Hills

Guest: Dr. Swathi Kotur

Area of Focus: Awareness Against Polio

Introduction

On the occasion of **World Polio Day**, the Interact Club of Horizon G.B.S. organised an online seminar titled **"NIRAMAYA,"** a Sanskrit word meaning "free from disease." In collaboration with the Interact Club of Venugram Belgaum, Interact Club of SSC, and Interact Club of Nashik Nine Hills, we invited a medical professional, **Dr. Swathi Kotur**, based in the Philippines, to share valuable knowledge about polio, its symptoms, prevention, and the importance of vaccination. The session was attended by participants from different countries, representing unity in diversity. As we came together on one platform, we gained valuable insights about polio beyond what we could learn from books. The session was made interactive through a question-and-answer (Q&A) discussion and a Letterhead Exchange (LHE) among all the participating international clubs.

Summary

NIRAMAYA was an international awareness initiative that brought together Interactors from different clubs to understand polio and the importance of immunisation in protecting communities. With the guidance of guest speaker Dr. Swathi Kotur, participants learned about the symptoms and prevention of polio and the importance of vaccination. The interactive Q&A session helped clarify participants' queries, while the Letterhead Exchange strengthened friendship, cooperation, and global fellowship among the participating clubs.

Itr.Sanskriti Kandu
President(RY 26/27)

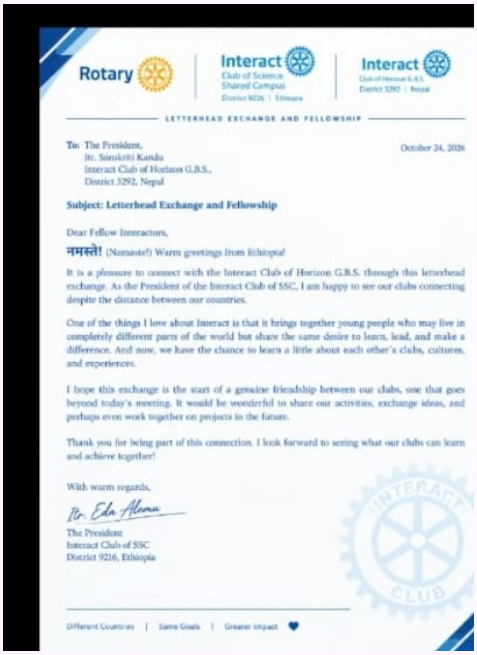
Interact Club of Horizon GBS
Butwal-1, Rupandehi

Email:
interactclubhorizongbs@gmail.com

NIRAMAYA — Project Photos



Appreciation token presented to guest speaker Dr. Swathi Kotur



LETTERHEAD EXCHANGE AND FELLOWSHIP

To: The President,
Itr. Sanskriti Kandu
Interact Club of Horizon G.B.S.,
District 3292, Nepal

October 24, 2026

Subject: Letterhead Exchange and Fellowship

Dear Fellow Interactors,

नमस्ते! (Namaste!) Warm greetings from Ethiopia!

It is a pleasure to connect with the Interact Club of Horizon G.B.S. through this letterhead exchange. As the President of the Interact Club of SSC, I am happy to see our clubs connecting despite the distance between our countries.

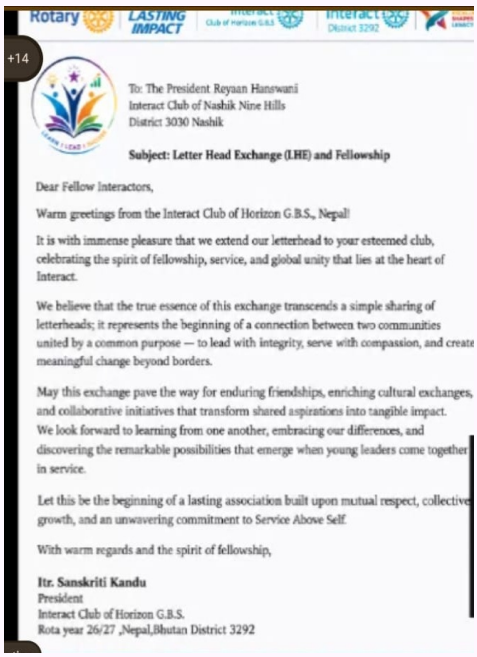
One of the things I love about Interact is that it brings together young people who may live in completely different parts of the world but share the same desire to learn, lead, and make a difference. And now, we have the chance to learn a little about each other's clubs, cultures, and experiences.

I hope this exchange is the start of a genuine friendship between our clubs, one that goes beyond today's meeting. It would be wonderful to share our activities, exchange ideas, and perhaps even work together on projects in the future.

Thank you for being part of this connection. I look forward to seeing what our clubs can learn and achieve together!

With warm regards,

Dr. Eda Alemu
The President
Interact Club of SSC
District 9216, Ethiopia



+14

To: The President Reyaan Hanswani
Interact Club of Nashik Nine Hills
District 3030 Nashik

Subject: Letter Head Exchange (LHE) and Fellowship

Dear Fellow Interactors,

Warm greetings from the Interact Club of Horizon G.B.S., Nepal!

It is with immense pleasure that we extend our letterhead to your esteemed club, celebrating the spirit of fellowship, service, and global unity that lies at the heart of Interact.

We believe that the true essence of this exchange transcends a simple sharing of letterheads; it represents the beginning of a connection between two communities united by a common purpose — to lead with integrity, serve with compassion, and create meaningful change beyond borders.

May this exchange pave the way for enduring friendships, enriching cultural exchanges, and collaborative initiatives that transform shared aspirations into tangible impact. We look forward to learning from one another, embracing our differences, and discovering the remarkable possibilities that emerge when young leaders come together in service.

Let this be the beginning of a lasting association built upon mutual respect, collective growth, and an unwavering commitment to Service Above Self.

With warm regards and the spirit of fellowship,

Itr. Sanskriti Kandu
President
Interact Club of Horizon G.B.S.
Rota year 26/27 ,Nepal,Bhutan District 3292

Letterhead Exchange (LHE) and international fellowship

Itr.Sanskriti Kandu
President(RY 26/27)

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