



RI District 3292

Club No. 23126

Chartered: 29 August 1985

Past President & Editor: Bijaya Mallapaty Immediate Past President & Assistant Editor: Chandralekha Kayastha Secretary: Shiva K. Pradhan

Issue No. 1268

Date: 7 Shrawan 2075 / 23 July 2018

Today's Programme:

Talk by Down Syndrome Advocate & Ashoka Fellow Ms. Shila Thapa

Forthcoming Programme:

30 July – 5th Monday Entertainment Programme

6 Aug. - Business Meeting

Congratulatory Events

Birthdays:

PDG Rtn. Tirtha M. Sakya – 21 July

Wedding Anniversaries: Nil

Minutes of Meeting No.1619

Date: 32 Asadh 2075 / 16 July 2018

1. President Rtn. Gabriele Mallapaty called the Meeting No. 1619 to order with 15 seconds of 'Silent Invocation' for World Peace and Happiness. She also reminded that 15 July was 'World Youth Skills Day'.
2. Guests welcomed by the President: Guest speaker Mr. Madhav Mangal Joshi, Rotaract Club of Patan President Peshal Bhattarai and Rtr. Sajal Khadka, spouse Nirmla Shrestha. She also welcomed Rtn. Kiran Shrestha attending the meeting after a long time.
3. The last meeting minutes were reviewed and adopted.
4. 'Happy News' Contribution:
 - Rtns. Prakash R. Regmi, Jeevan K. Shrestha, Lalita Thapa – for Rtn. Kiran Shrestha's joining, and a good attendance in today's meeting.
 - Rtn. Kiran Shrestha – for joining the meeting after a long time (NRs. 1,000).
 - Rtns. Matsyendra L. Kayastha, Ramesh L. Maskay and Mukti N. Shrestha – for the talk programme by Mr. Madhav Mangal Joshi on 'Vastu'.
 - Rtn. Lochan Gyawali – for his company's tea used by the famous restaurant in Copenhagen, Denmark, named 'NOMA' (NRs. 500).
 - Rtn. Kedar B. Shrestha – for very good attendance with 33 members in today's meeting (NRs. 500).
 - Rtn. Shiv P. Khemka – for starting sport (Squash) with Rtn. Mahendra S. Rawal, completion of the financial year, and for the introduction to MIZUDASHI tea (cold-brew method) by Rtn. Lochan Gyawali (NRs. 1,000).
 - Rtn. Gabriele Mallapaty – for today's attendance, Rtn. Kiran Shrestha's participation, progress with a lot of efforts by Rtn. Shiv P. Khemka on the RCP' website and his promoting the RCP's Facebook Page (NRs. 500).
 - Rtn. Piyush B. Bajracharya – for son and daughter-in-law's visit from the USA and grandchild's 'Rice-feeding Ceremony' being held on 21 July 2018 to which all RCP members are invited (NRs. 500).
5. Other Contributions:
 - Rtn. Kiran Shrestha handed over NRs. 10,000 for an advertisement in the Lalitdhara Souvenir.
6. Rotary News/Information:
 - President Rtn. Gabriele Mallapaty informed about the RCP's participation at the installation ceremonies of RC Kathmandu, which is our parent and RC Jawalakhel, which was sponsored by us. Participants were Rtns. PDG Tirtha M. Sakya, Siba B. Rajbhandary, Gabriele and Bijaya Mallapaty.
 - Rtn. Mahendra Thapa informed about the participation at RC Yala's, which was sponsored by us, installation ceremony participated by himself, PDG Rtn. Tirtha M. Sakya, and Rtn. Kamal B. Nyachhyon.
7. Please see next page for a summary of today's talk programme.
8. Salutation: By PP Rtn. Pushkar M. Shakya - RC Colombo Central, Sri Lanka; Chartered: 1979; & Members: 36. District: 3220, Clubs: 65, & Members: 1793.
9. Before the closure of the meeting by the President, the Secretary announced: contribution of NRs. 9,000 (NRs. 3,300 for attendance and NRs. 5,700 for Sunshine Funds), attendance: 2 guests, 33 members, 2 Rotaracts, and 2 make-ups.

Rotary Questions/Answers presented by Rtn. Nirmal K. Pradhanang

- | | |
|---|--|
| Q. Name of 1 st four Rotarians | A. Gustav Loehr, Silvester Schiele, Hiram Shorey and Paul Harris |
| Q. Address of RI headquarters | A. One Rotary Center, Evanston, Illinois, USA. |
| Q. Name of Miss Nepal 2018 | A. Shrinkhala Khatiwada |

Summary talk programme by Mr. Madhav Mangal Joshi, Vastu Expert

Rtn. Kiran Shrestha introduced renowned Vastu Expert of Nepal Mr. Madhav Mangal Joshi. A former Rotarian and statistician by profession initially, his hobby of 'Vastu' led him to do a lot of research making him an expert of this field (His contact phone number is 9851037818).

Mr. Madhav Mangal Joshi appreciated the opportunity to be with the RCP and started his talk programme by defining Vastu as the science of earth energies that has five elements also known as 'Pancha Tatwa' (Earth, Water, Air, Fire or Sun, and Sky). A house and its different parts need to be positioned well to have a good balance between the body and the earth energies.

For human well-being, Mr. Joshi apportioned the role of 33% of each factor - (i) the Planets (Bhagya) (ii) Duty (Karma) and (iii) Vastu (earth energies). While the first factor is beyond our control, the remaining two are within our control. Therefore, if we plan and manage these well, we already would have 2/3 of the factors, which is well over the pass mark. In this context, Vastu becomes very important. Earlier Vastu was more equated with religion, but these days it is associated with reasoning, and with more and more research, its importance is increasingly recognized and practiced. Giving the analogy of medical practice, he mentioned that most of the wrongs could also be corrected, and demonstrated several tools used for diagnosis and corrections. Demonstrating a tool to measure positive and negative vibes, the meeting room had a very positive vibe – probably with the maximum attendance! Some of his specific advice with general recommendations are captured below:

- Instead of dividing the directions to North, South, East and West only, in Vastu, it is important to be precise and have North-East, North-West, South-East, South-West each occupying a quarter of the surroundings.
- The 'sky' or the floor height of a house – the more the better. Good air comes through the east and the north-eastern corner, bringing good forces.
- A compound is essential for a house to capture and retain the energy.
- The wall towards the northeast should be thinner with the one towards the south-west being the heaviest.
- The entrance to the house should not be in the south-west.
- The toilets and preferably kitchen also should not be towards northeast.
- It is important that couples do not sleep in a room towards northeast.
- Northeast is good for 'worship' room and for well/water tank.
- South-west is better for septic tanks – opposite of northwest for water source.
- The house is better located towards southwest with main entrance towards centre-right.
- Kitchen is best towards southeast or northwest.
- Toilets are better towards northwest, but never towards northeast.

Following a Q/A session, Rtn. Mukti N. Shrestha gave a 'vote of thanks' to Mr. Madhav Mangal Joshi for his excellent presentation and expert advice on various aspects of Vastu application, which was appreciated by all. He also summarized Vastu as 'living in nature with harmony' or 'living in harmony with nature'.

President Rtn. Gabriele Mallapaty presented a 'token of appreciation' on behalf of the RCP before concluding the very well attended session.