



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. 1269

Date: 14 Shrawan 2075 / 30 July 2018

<p><b><u>Today's Programme:</u></b> 5<sup>th</sup> Monday Entertainment Programme (Theme: Yoga)</p> <p><b><u>Forthcoming Programme:</u></b> 6 Aug. - Business Meeting and Annual General Meeting 13 Aug. - 3<sup>rd</sup> Club Assembly</p>	<p><b><u>Congratulatory Events</u></b></p> <p><b><u>Birthdays:</u></b> Nil</p> <p><b><u>Wedding Anniversaries:</u></b> Nil</p>
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**Minutes of Meeting No.1620**

**Date: 7 Shrawan 2075 / 23 July 2018**

1. President Rtn. Gabriele Mallapaty called the Meeting No. 1620 to order with 15 seconds of 'Silent Invocation' for World Peace and Happiness.
2. Guests welcomed by the President: Guest speaker Ms. Shila Thapa, Ms. Pramila Dewan, Mr. Lila Bania, Rotaract Club of Patan President Peshal Bhattarai and Rtr. Rujan Shakya, and spouse Bijaya Shrestha.
3. The last meeting minutes were reviewed and adopted.
4. 'Happy News' Contribution:
  - PDG Rtn. Tirtha M. Sakya – for 'Happy Birthday' in absentia (ha.ba.).
  - Rtn. Rabendra R. Pandey – for attending the meeting of President Rtn. Gabriele Mallapaty for the first time, and for the talk programme of today – (NRs. 500).
  - Rtns. Nirmal K. Pradhanang & Gabriele Mallapaty, - for the talk programme on 'Down Syndrome' today.
  - Rtn. Kedar B. Shrestha – additional contribution for last week's 30+ members' attendance including Rtn. Kiran Shrestha's participation and for good attendance in today's meeting (NRs. 900).
  - Rtns. Kamala and Padam Lal Maharjan – for forthcoming travel to the USA (NRs. 500).
  - Rtn. Piyush B. Bajracharya – for the successful completion of the grandchild's 'Rice-feeding Ceremony' with the participation of the RCP family (NRs. 500).
  - Rtn. Ganesh R. Shrestha – for today's talk programme, successful inauguration of 'Dr. Mukti Narayan Praveena Foundation' and joining spouse in today's meeting (NRs. 700).
  - Rtn. Matsyendra L. Kayastha – for the inauguration of 'Dr. Mukti Narayan Praveena Foundation' in Nepal with a contribution of 1.6 crore as well as Warren Buffet's recent contribution of US \$4 billion in the USA (NRs. 500).
5. President Gabriele Mallapaty welcomed the new member Mr. Madan Raj Tamrakar whose membership has been approved by the RCP Board. RCP's Membership chairperson Rtn. Mahendra S. Rawal sponsored his membership. If no objection is received from any member within a week, his membership will be confirmed. Rtn. Jamuna K. Tamrakar made a brief introduction of Mr. Madan Raj Tamrakar as a respected member of the Tamrakar Society who is also related to him. A Banker by profession prior to retirement, he is active in sports and musical instruments. He is married to Mrs. Krishna Laxmi Tamrakar.
6. Rotary News/Information:
  - President Rtn. Gabriele Mallapaty briefed on: (i) completion of the interviews and selection of ten students from PEEF supported schools for KEEA by the RCP selection committee, (ii) Signing of tripartite MOU for the WASH GG Project implementation at Kitini School, (iii) Grand inauguration function of 'Dr. Mukti Narayan Praveena Foundation' attended by over 20 from the RCP family, and (iv) the planned talk programme organized by NRCL on 'Street Dog Management and Dog Bite' on 4 August at Ageno restaurant at 8:30 to 10:00 a.m.
  - Fellowship Coordinator Rtn. Kedar B. Shrestha briefed on the status of recently established 'TED' (Thirty Rupees every day), an entirely voluntary group of the RCP, as well as the RCP's regular birthday fellowship group. He reminded on the contribution amounts of NRs. 6,000 for six months for the 'TED' group, whereas the regular birthday fellowship contributions are NRs. 6,000 for single and NRs. 9,000 (NRs. 4,500 each) for couple members. The RCP Members' Fellowship Fund is managed by him together with Rtn. Ganesh R. Shrestha as its treasurer.
  - Rtn. Ganesh R. Shrestha, Distribution Manager of PEEF, briefed on the completion of this year's scholarship distribution for grades 7 to 10 to 365 students in 27 schools. For grade 11 students, it is planned to distribute once the admissions are completed. Rtn. Rabendra R. Pandey suggested exploring the possibility of bringing all the grade 11 students together for distribution.

- Rtn. Kedar B. Shrestha briefed on the plans to have the 5<sup>th</sup> Monday entertainment meetings with a theme. For the coming Monday the theme is 'Yoga' and the other two programmes will be on the theme of 'Magic' and 'Cooking'. Details of the programme will be worked out in consultation with all.
7. Salutation: By PP Rtn. Matsyendra L. Kayastha - RC Amman West, Jordan; Chartered: 1996; & Members: 33. District: 2450, Clubs: 142, & Members: 4499.
  8. A condolence motion was passed with 15 seconds of silence in memory of PP Rtn. Tek Chandra Pokharel of the Rotary Club of Kathmandu (our sponsor club) who passed away on 23 July 2018. May his soul rest in eternal peace and May God give strength to the bereaved family.
  9. Before the closure of the meeting by the President, the Secretary announced: contribution of NRs. 6,500 (NRs. 2,300 for attendance and NRs. 4,200 for Sunshine Funds), attendance: 4 guests, 23 members, 1 spouse 2 Rotaracts, and 7 make-ups.

### **Rotary Questions/Answers presented by Rtn. Kamala Maharjan**

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| <p><b>Q.</b> Full form of RNLM</p> <p><b>Q.</b> Name of RI Director for District 3292</p> <p><b>Q.</b> Location of Haleshi Mahadev temple</p> | <p><b>A.</b> Rotary Nepal Literacy Mission</p> <p><b>A.</b> Rtn. Basker Chokhalingum.</p> <p><b>A.</b> Khotang District, Province No. 1</p> |
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### **Summary of Talk by Ashoka Fellow Ms. Shila Thapa, Down Syndrome Advocate**

Rtn. Ganesh R. Shrestha introduced Ashoka Fellow and Down Syndrome Advocate Ms. Shila Thapa. Born in Bajhang and married to Col. Subhash Thapa, she is the mother of daughter Sashakta and son Satyam (with Down syndrome). She holds a B.A. degree from TU and a Diploma in basic physiotherapy from India. Ms. Thapa is the founder President of Satyam Day Care Centre and Down Syndrome Society in Nepal. She was also the President of Down Syndrome Association of Nepal during 2006-2010 and continues to be its member. She is renowned for her work on Down syndrome and has been honoured with several awards including the Ashok Fellow in 2008.

Ms. Shila Thapa made a comprehensive presentation on Down syndrome with the support of power point. Her life changed with the birth of her son Satyam with Down syndrome when she dedicated all her time caring for him and being the advocate of this ignored disability. During the treatment and operation of her son in Delhi, she got the inspiration to raise awareness about Down syndrome.

Ms. Thapa first explained what is Down syndrome – also known as trisomy 21, it is a genetic disorder caused by the presence of all or part of a third copy of chromosome 21. It is typically associated with physical growth delays, characteristic facial features, and mild to moderate intellectual disability.

Down syndrome is a diagnosis with different kinds of symptoms, not a disease. The syndrome got its name from the English doctor John Langdon Down who was the first to describe it back in 1866. In 1959 researchers found out that what caused the symptoms was the extra copy of chromosome 21.

Children and adults with Down syndrome all have some common characteristic and a varying degree of learning difficulties, which often cause a delayed or narrow motor- and language development. However, it is important to stress that people with Down syndrome are just as any other individual – with different interests and personalities. This means that support from the society and school needs to be focused on an individual basis, adapted to everyone's personal abilities and strengths.

World Down Syndrome Day (WDSD), 21 March, is a global awareness day, which has been officially observed by the United Nations since 2012.

Ms. Thapa explained about various activities they are doing to raise awareness and to support people with Down syndrome in Nepal, and trying to move from charity towards a rights-based approach. She also is working towards a foundation home, but it has been very difficult to get the attention from the Government or raise funds for this.

Following a Q/A session, Rtn. Rabendra R. Pandey gave a 'vote of thanks' to Ms. Shila Thapa admiring her courage and dedication, and for an excellent presentation, which was appreciated by all.

President Rtn. Gabriele Mallapaty presented a 'token of appreciation' to Ms. Shila Thapa on behalf of the RCP before concluding the session.