



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. 1274 (Following Souvenir Issue No. 1273)

Date: 13 Bhadra 2075 / 29 August 2018

<p><u>Today's Programme:</u> District Governor's Club Visit, 4th Club Assembly Meeting & 33rd Charter Day Celebration</p> <p><u>Forthcoming Programme:</u></p> <p>03 Sept. - Business Meeting 10 Sept. - Kamalmani Educational Excellence Awards (KEEA) Programme</p>	<p><u>Congratulatory Events</u></p> <p><u>Birthdays & Wedding Anniversaries:</u> Nil</p>
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Minutes of Meeting No.1624

Date: 4 Bhadra 2075 / 20 August 2018

1. President Rtn. Gabriele Mallapaty called the Meeting No. 1624 to order with 15 seconds of 'Silent Invocation' for World Peace and Happiness.
2. Guests welcomed by the President: Ms. Preeti Rana, Ms. Shrijana Khadka, and Rotaracts: President Peshal Bhattarai and Kritika Sharma.
3. The last meeting minutes were reviewed and adopted.
4. 'Happy News' Contribution:
 - Rtn. Rtn. Bijay Bajracharya – for 'Happy Birthday' in absentia (ha.ba).
 - Rtn. Mahendra S. Rawal – for having two new guests today.
 - Rtn. Kiran Thapa – for Rtn. Aruna Uprety's classification talk.
 - Rtn. Nirmal K. Pradhanang – for very efficient service on payment of car taxes at the transport office.
 - Rtn. Shiv P. Khemka – for having two new guests and the classification talk of Rtn. Aruna Uprety (NRs. 500).
 - Rtn. Lalita Thapa - to welcome the new guests (NRs. 500).
 - Rtn. Gabriele Mallapaty – for having the new guests and attending the installation ceremony of the Rotaract Club of Patan (NRs. 500).
 - Rtn. Prakash R. Regmi – for having the new guests, and advance contribution for the DG's visit and Charter Day when he will not be available (NRs. 700).
 - Rtn. Ramesh Maskay – for having the new guests.
 - Rtn. Bharat N. Joshi – for 'Happy Landing' from Bangkok with a successful health check-up (NRs. 500).
 - Rtn. Kedar B. Shrestha – for good attendance with 22 members' participation.
5. Rotary News/Information:
 - (i) Rtn. Lila Baniya briefed on the District Membership and Public Image Seminar he attended together with two other participants from the RCP – PDG Rtn. Tirtha M. Sakya and Rtn. Kedar B. Shrestha. Rtn. Kedar B. Shrestha also added on the successful seminar with the presence of RI Director C. Basker.
 - (ii) Rtn. Shiv P. Khemka presented the completed RCP meeting sign, following Rotary branding, being installed at the reception of the Summit Hotel. He also encouraged everyone to 'like' and 'share' the RCP's Facebook page, which has already reached 3,975 now.
 - (iii) President Rtn. Gabriele Mallapaty reminded on (i) NRCL's waste management orientation programme wherein 3 to 4 Rotaracts from Rotaract Club of Patan are joining, and (ii) District's 'Women in Rotary' programme being held on 1 September at Basundhara, to which registration fee will be NRs. 500 for Rotarians and no registration fee for non-Rotarians. She encouraged all members to bring non-Rotarians and interested potential members to the programme
 - (iv) Rtn. Kedar B. Shrestha mentioned that there would be no weekly meeting on Monday, 27 August as the Charter Day celebrations are on 29 August 2018 for which he also reminded on the dress code.

6. Salutation: By PP Rtn. Prakash R. Regmi - RC Guadalajara, Jalisco, Mexico; Chartered: 1923; & Members: 33. District: 4150, Clubs: 65, & Members: 1135.
7. Before the closure of the meeting by the President, the Secretary announced contribution of NRs. 6,400 (NRs. 2,700 for attendance and NRs. 3,700 for Sunshine Funds), attendance – 2 guests, 2 Rotaracts, 22 members, 1 spouse, and 9 make-ups.

Rotary Questions/Answers presented by Rtn. Madan R. Tamrakar

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| Q. Second Rotary Club globally | A. Rotary Club of San Francisco |
| Q. No of regions and zones in District 3292 & Rotary Club of Patan's region and zone. | |
| A. 7 regions and 29 zones in District 3292, and the RCP is in region 3 and zone 10. | |
| Q. Largest District of Nepal and its Province | A. Dolpa, Province No. 6 |

Summary of Classification Talk of Rtn. Aruna Uprety

Rtn. Aruna Uprety gave an interesting classification talk with a lot of humour. While she is a medical doctor with the classification in Rotary as 'Women and Reproductive Health', she has been concentrating on Public Health with particular focus on Nutritional Health.

Upon completion of her medical studies in Russia, she started her professional life in 1986 in the Maternity Hospital followed by her work in the Family Planning Department of the Ministry of Health.

Following advice from her spouse Rtn. Bishwa B. Sharma, she switched her professional career to Public Health. She has also been a strong and successful advocate for the legalization of abortion.

After some social studies in Holland, she has worked in various difficult country situations – Afghanistan, Iran, and Sudan and a more peaceful place – Laos. She recounted several very interesting anecdotes of her experience during those assignments that included her work through Oxfam. Her international exposure also included Japan, the United States, and several other countries.

In 2011, upon return from her international assignments, she worked with Britain Nepal Medical Trust. Following this, she has been a freelance expert and working on nutritional health and advocating local nutritional food instead of unhealthy junk food. The junk food has been popular in Nepal too whereas we have all kinds of local food that are nutritional for all ages.

Rtn. Aruna Uprety also talked about a research done in 16 schools in Sindhupalchok with the surprising finding that parents were able to pay NRs. 30 to 50 to children for school tiffin leading to the conclusion that the developing junk food habit was not because of poverty, but a change of mentality. Because of this, Nepalese society is also beginning to have the problems of obesity.

The changing mentality is also a result of aggressive marketing and advertisements of junk food. Therefore, she has been a strong advocate and well-known name for awareness raising to promote local and homemade nutritious food against the junk food.

Following a Q/A session, on behalf of the RCP, President Rtn. Gabriele Mallapaty thanked her for a very interesting classification talk, which was entertaining at the same time very serious.