



# ललित धारा

RI District 3292 Nepal - Bhutan

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. 1280

Date: 22 Aswin 2075 / 8 October 2018

<p><b>Today's Programme:</b> Business Meeting</p> <p><b>Forthcoming Programme:</b></p> <p>15 Oct. - Global Grants briefing and update on Lalitpur waste-free Campaign</p> <p>22 Oct. - Dashain Holidays (No Meeting)</p>	<p><b>Congratulatory Events</b></p> <p><b>Birthdays:</b></p> <p>Rtn. Mahendra S. Rawal – 5 Oct.</p> <p><b>Wedding Anniversaries:</b> Nil</p>
--	--

Minutes of Meeting No.1630

Date: 15 Aswin 2075 / 1 October 2018

- President Rtn. Gabriele Mallapaty called the Meeting No. 1630 to order with 15 seconds of 'Silent Invocation' for World Peace and Happiness.
- Guests Welcomed by the President: DG Rtn. Chintamani Bhattarai, PDG Rtn. Dilendra R. Shrestha, DGE Rtn Kiran Shrestha, AG Rtn. Jayendra Rimal, President of Nepal Heart Foundation Mr. Dipendra Purush Dhakal, Guest Speaker Dr. Om Murti Anil, invited guests, Past and Present Rotaract Club of Patan Presidents, Rotaracts, Inner Wheels, and spouses of the RCP Members.
- The last meeting minutes were reviewed and adopted.
- 'Happy News' Contribution:
  - Rtns. Gabriele and Bijaya Mallapaty – for 'Happy Landing' from the USA welcoming the birth of their second grandson, and for today's special programme (NRs. 2,000).
  - Rtn. Prakash R. Regmi – for 'Happy Landing' from Bhairahawa following a very successful health camp and for today's special programme (NRs. 1,000).
  - Rtn. Rabendra R. Pandey – for his spouse joining today's special programme (NRs. 1,000).
  - Rtn. Kedar B. Shrestha – for excellent attendance of members today.
  - Rtn. Nirmal K. Pradhanang – for today's special programme and for winning a 'Bali Tour Package' (NRs. 500).
  - Rtn. Shiv P. Khemka – for son's birthday and today's special programme (NRs. 500).
  - Rtn. Mahendra S. Rawal – for hosting the 3<sup>rd</sup> Board Meeting of the RCP followed by fellowship (NRs. 500).
  - Rtn. Lalita Thapa – for 'Happy Landing' from a very difficult project site visit by road to Bhattedanda (NRs. 500).
  - Rtn. Matsyendra L. Kayastha – for having no problem with his heart (NRs. 500).
  - Rtn. Piyush B. Bajracharya – for today's special programme.
  - Rtn. Keshab B. Mathema – for 'Happy Landing' from USA and welcoming the birth of grandson (NRs. 1,000).
- RCP's Service Projects Chair Rtn. Bijaya Mallapaty and Coordinator of the committee on disabilities Rtn. Rabendra R. Pandey briefed on the background of a major proposal for the **RCP's long-term support to differently abled people**. The Rotary Club of Patan (RCP) has a long history of support to people with disability, including the successful completion of the District's 3H grant project (2008-2012) to raise awareness in this regard. This would be a second flagship project (first being the PEEF project) of the RCP. The RCP Board approved this visionary proposal noting the need of the RCP to take ownership to make it a success. The details of the proposal will be presented to the RCP 'House' in the business meeting of 8 October 2018. It is planned to have a Trust Fund with a target to reach NRs. 1 Crore within five years.

A very brief session on fund-raising during today's meeting, which will continue, already reached a praise-worthy commitment of NRs. 19 Lakh by the following RCP Members:

Rtn. Rabendra R. Pandey family	NRs. 10,00,000 (Pledged earlier)
Rtns. Bijaya and Gabriele Mallapaty	NRs. 2,00,000
Rtn. Santa K. Shrestha	NRs. 2,00,000
Rtn. Nirmal K. Pradhanang	NRs. 1,00,000
Rtn. Prakash R. Regmi	NRs. 1,00,000
Rtn. Siba B. Rajbhandary	NRs. 1,00,000
Rtn. Lalita Thapa	NRs. 1,00,000
Rtn. Kamal B. Nyachhyon	NRs. 1,00,000
Total:	<b><u>NRs. 19,00,000</u></b>

6. Before the closure of the meeting by the President, the Secretary announced: total contribution of NRs. 11,400 (NRs. 3,500 for attendance and NRs. 7,900 for sunshine funds), attendance: 6 visiting Rotarians, 17 guests, 7 Rotaracts, 14 Inner Wheels/Spouses, 32 members, and 3 make-ups.

**Summary of 'World Heart Day' celebration with a talk programme by Dr. Om Murti Anil followed by fellowship dinner (sponsored through Rtn. Prakash R. Regmi)**

Rtn. Prakash R. Regmi conducted the 'World Heart Day - 29 September' celebrations of the Rotary Club of Patan during today's special meeting followed by a fellowship dinner sponsored through him. He welcomed all the guests and participants to this celebration with the aim of encouraging healthy lifestyle on the occasion of the 'World Heart Day' that the RCP celebrates every year.

Rtn. Prakash R. Regmi introduced today's guest speaker Dr. Om Murti Anil, Director of Division of Interventional Cardiology at the Grande International Hospital in Kathmandu. Dr. Anil is a gold medallist and did his CMS from Chitwan, MD from Teaching in Kathmandu, and DM Cardiology from AIIMS in New Delhi, India. He worked at the Manmohan Cardiac Centre before joining Grande, and also runs his own clinic. He is a renowned cardiologist who has also been decorated with a Presidential Medal.

Dr. Om Murti Anil made an excellent presentation with the support of power point about Heart Healthy Lifestyle. He started with explaining the risk factors and leading to the diseases such as obesity, high blood pressure, and high cholesterol leading to heart attack, stroke and cancer. He explained the lifestyle in three groupings of (i) diet and exercise, (ii) smoking and alcohol, and (iii) stress, anxiety, anger and negativity.

- (i) On diet, he explained that preference should be on plant vs animal, vegetarian vs non-vegetarian, natural vs artificial, home made vs. outside, and healthy vs tasty. Among unhealthy diet, he listed - very sweet, lack of fruits, very fatty, very salty and lack of vegetables and fibre in food, and elaborated on each kind.

There have been many studies with findings that have brought about new concepts, which suggest that carbohydrates bring higher overall mortality but not cardiovascular diseases, lowered risk of fat, allowing more consumption of eggs etc. Some of the studies bring contradictory findings. Therefore, as a general rule, he iterated the preferences explained in the previous paragraph. On non-vegetarian food, he suggested fish, chicken without skin, mutton without fat, and egg yok 2 or less per week.

On exercise, he iterated that lack of it causes obesity, high blood pressure, high blood sugar and high blood cholesterol. He suggested 30 minutes of exercise of any kind every day.

- (ii) Smoking and alcohol – he suggested to stop it completely.  
(iii) Stress, anxiety, anger and negativity – All these have negative impact on health. Therefore, awareness and change of behaviour are very important. Overall health awareness at societal level requires change in culture and 'go back to nature' attitude and behaviour.

Dr. Om Murti Anil ended his talk first with a quote from Geeta that he believed – "The man, who is regulated in diet and recreation, restrained in action, who is disciplined in sleeping and waking.... He gets rid of all sorrow"; and second a quick reminder formula of 'abcdef' for a healthy lifestyle, i.e. a for (avoiding) anger, b for be positive, c for (avoiding) criticism, d for discipline, e for entertainment, and f for forgiveness.

Following a very interesting Q/A session, President of Nepal Heart Foundation Mr. Dipendra Purush Dhakal made some remarks on behalf of Nepal Heart Foundation. He thanked Dr. Anil for his excellent presentation and added that one key item had not figured, which impact the health very much. That is pollution of the environment – it is becoming increasingly important in the day to day life of all.

On behalf of the RCP, Rtn. Prakash R. Regmi and President Rtn. Gabriele Mallapaty thanked Dr. Anil, all the guests, participants and the sponsors of the event for a wonderful celebration of the 'World Heart Day' and invited everyone to the fellowship dinner.



**May the Laugh Bug Bite You** 😊😊😊😊😊

*What's the purpose of the propeller ?*

*To keep the pilot cool. If you don't think so, just stop it and watch him sweat.*