



ललित धारा



RI District 3292 Nepal - Bhutan

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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. 1286

Date: 10 Mangshir 2075 / 26 November 2018

<p><u>Today's Programme:</u> Talk Programme by Ms. Sharada Jnawali on 'Healthy Food/Fermentation'</p> <p><u>Forthcoming Programme:</u> 03 December – Business Meeting</p>	<p><u>Congratulatory Events</u></p> <p><u>Birthdays:</u> Nil <u>Wedding Anniversaries:</u> Rtn. Mahendra S. Rawal – 26 Nov.</p>
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Minutes of Meeting No.1636

Date: 3 Mangshir 2075 / 19 November 2018

1. President Rtn. Gabriele Mallapaty called the Meeting No. 1636 to order with 15 seconds of 'Silent Invocation' for World Peace and Happiness.
2. Today as 'World Toilet Day' was remembered.
3. Guests Welcomed by the President: Mrs. Nasma Scheibler-Shrestha and Mr. Giovanni Scheibler, Rtn. Chris O'Brien & Mrs. Dorothy O'Brien from RC Wollaton-Park, U.K., Ms. Yin Ji Wu, Mr. Mahesh Pakhrin, Mr. Min Bajracharya, Mrs. Shanta Shrestha and Mrs. Shanti Mathema.
4. The last meeting minutes were reviewed and adopted.
5. 'Happy News' Contribution:
 - Rtn. Ganesh R. Shrestha – for 'Happy Birthday' in absentia (ha.ba).
 - Rtn. Piyush B. Bajracharya – for today's talk programme.
 - Rtns. Mahendra S. Rawal, Kedar B. Shrestha (NRs. 500), Preeti and Shiv P. Khemka (NRs. 1000) – for the RCP Team's success in the Rota Quiz and today's talk programme.
 - Rtn. Mukti N. Shrestha – for the success of the conference of Veterinary Practitioners Association in Nepal.
 - Rtns. Gabriele and Bijaya Mallapaty – for the RCP Team's success in the Rota Quiz, today's talk programme, and having the guests from our partner Rotary Club in the U.K. (NRs. 1,000).
 - Rtn. Lila B. Bania – for having the Rotary Clubs of Nepal in Tourism Board Budget.
 - Rtn. Chris O'Brien – for participating in today's meeting and being grandparents to a Chinese child (NRs. 1,000).
 - Ms. Yin Ji Wu – for a successful visit of Mirge, Dolakha and participating in today's meeting (NRs. 1,000).
6. Rotary News/Information:
 - i. Outstanding success of the RCP Team in the zonal round of Rota Quiz 2018.
 - ii. Request to register early for the District Conference being held in Butwal during 22-24 February 2018.
 - iii. Spelling contest organised by RCP's Rotaract and Interact Clubs for students from Pragati & Sunakothi schools.
 - iv. WASH preparatory training at Adarsha Kanya Niketan, Mangal Bazar, being held on 20 November 2018.
 - v. Joint programme with Inner Wheel at Kitini School with training on 'Menstrual Hygiene Pads Stitching' being held on 23 November 2018.
7. Salutation: By PP Rtn. Kedar B. Shrestha – RC Haman, Gyeongsangnam, Korea; Chartered: 1978; & Members 35. District: 3720, Clubs: 102, & Members 4204.
8. Before the closure of the meeting by the President of RCP, the Secretary announced: total contribution of NRs. 9,200 (NRs. 3,900 for attendance and NRs. 5,300 for sunshine funds), attendance: 7 guests, 17 members, 2 spouses and 8 make-ups.

Rotary Questions/Answers presented by Rtn. Mukti N. Shrestha

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| Q. The 'Motto' of The Rotary Foundation | A. Doing good in the world |
| Q. Serial No. of Nepal when joining the Rotary International | A. 111 th nation. |
| Q. Prime Minister of Nepal when Singha Durbar caught fire | A. Mr. Kirti Nidhi Bista |

Summary of Talk Programmes:

- (i) *'The benefits of traditional Nepali oil massage for new born babies'* by **Nasma Scheibler-Shrestha**, and
(ii) *Germany's role & contribution in Bhaktapur Renovation Project from 1976 to 1981* by **Giovanni Scheibler**

Rtn. Kedar B. Shrestha presented the couple. They got to know each other while working for the Bhaktapur Development Project. Nasma worked there during 1977 to 1980. Giovanni was working as an expert on building technology and architecture while also doing research on Bhaktapur's architectural heritage. They got married in 1981 and moved to Zurich, Switzerland and have two daughters and a son.

Nasma explained the physical and emotional qualities of the traditional Newari baby massage through the help of a power point presentation and video spots. When Nasma was massaging her first child in Switzerland with her mother's help, a lot of people expressed curiosity about this age-old Nepalese practice. She devoted her time on this and further refined the traditional techniques and started teaching the Nepalese baby massage in Switzerland. With the support of her husband Giovanni, she was not only teaching parents of new born children, but also giving courses to midwives and other health professionals to spread this knowledge more widely including in Austria and Germany. She also set up a specialized school with basic courses as well as advanced training possibilities on the subject.

In 1998, the baby massage system developed by her was patented. It is described in her book 'Babymassage – Die Sprache der sanften Berührung in der Newar-Tradition' in German language.

She has published articles on this and been on several Swiss television programmes as well as other European newspapers and magazines. In 2004, under the patronage of UNICEF, a touring exhibition was organized in Switzerland on 'babymassage according to the method of Nasma Scheibler-Shrestha'. In 2005 she brought the revised techniques back to Nepal. In Dhulikhel hospital, as part of the 'mother and child care' programme, she taught the health professionals and advocated 'knowledge transfer' to staff of health posts and hospitals with the support of Swiss Development Cooperation and the Swiss Embassy in Kathmandu. The training and advocacy continue every year in Nepal in select hospitals, health posts with the cooperation of traditional midwives.

Giovanni shared his experience on his work for five years in the Bhaktapur Development Project (BDP). This unique town planning project tried to develop and beautify Bhaktapur while supporting its traditional architecture. During this time, he learnt a lot about the culture, religion, tradition, art and architecture of the Newars in Bhaktapur. He wrote a thesis on the architecture of Bhaktapur, which was accepted as a doctoral thesis in 1982. The BDP's work that was completed by 1985 has been an important contributor to the growth of tourism in Bhaktapur. Today, with the entrance fees levied on tourists visiting Bhaktapur, the city is able to maintain and continue further improvements.

Following a Questions/Answers session, on behalf of the RCP family, Rtn. Bijaya Mallapaty gave a 'vote of thanks' to this celebrity couple for their honourable work both in the town planning of Bhaktapur and the traditional Newari 'babymassage' technique. The babymassage technique is an outstanding example of a successful technology transfer from Nepal to the West and the RCP appreciated the efforts of Mrs. Nasma Scheibler-Shrestha and Mrs. Giovanni Scheibler. President Rtn. Gabriele Mallapaty concluded the session with presentation of 'tokens of appreciation' to the guests.