



ललित धारा



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. 1287

Date: 17 Mangshir 2075 / 3 December 2018

<u>Today's Programme:</u> Business Meeting	<u>Congratulatory Events</u> <u>Birthdays:</u> Rtn. Aruna Uprety – 1 Dec., Rtn. Lila Bania – 2 Dec., <u>Wedding Anniversaries:</u> Rtn. Keshab B. Mathema – 30 Nov. .
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Minutes of Meeting No.1637

Date: 10 Mangshir 2075 / 26 November 2018

1. President Rtn. Gabriele Mallapaty called the Meeting No. 1637 to order with 15 seconds of 'Silent Invocation' for World Peace and Happiness.
2. Guests Welcomed by the President: Guest Speaker Ms. Sharada Jnawali, Mr. Pradeep Chaudhary, Mr. Chian Tan Kok from Singapore, and Rotaracts – President Peshal Bhattarai and Kritika Sharma.
3. The last meeting minutes were reviewed and adopted.
4. 'Happy News' Contribution:
 - Rtn. Mahendra S. Rawal – for 'Happy Wedding Anniversary'.
 - Rtn. Nirmal K. Pradhanang – for 'Happy Landing' from Myanmar and Vietnam (NRs. 500).
 - Rtn. Ganesh R. Shrestha – for 10 days of nature walk trip and for PEEF scholarship distribution (NRs. 500).
 - Rtn Kedar B. Shrestha – for good attendance of RCP members today.
 - Rtn. Prakash R. Regmi – for taking the decision to leave his government job at Bir Hospital shortly and joining Star Hospital (NRs. 500).
 - Rtn. Gabriele Mallapaty – for excellent collaboration with Inner Wheels at Kitini School, and to welcome today's speaker.
 - Rtns. Matsyendra and Chandralekha Kayastha – for the success of the RCP Team in Rota Quiz; having the visit of daughter's family from the USA and travel with them to Pokhara, Chitwan & Manakamana (they donated NRs. 111,000 there); getting a new project contract for their company; and to welcome today's speaker who is their former client (NRs. 8,000).
 - Rtn. Lalita Thapa – for very interesting trip to Ilam, Dhankutta and Tehrathum.
 - Rtn. Siba B. Rajbhandary – for the success of the RCP Team in the Rota Quiz and successful minor surgery of himself (NRs. 500).
 - Rtn. Shiv P. Khemka – for having his friend Mr. Chian Tan Kok participate in the RCP meeting (NRs. 500).
5. Other Contribution: Contributions were handed over by the following for the RCP's 'Khagendra Raj and Piyush Priya Ability Development Fund' (KPAD Fund):
 - Rtns. Shiv P. and Preeti Khemka - NRs. 100,000
 - Rtn. Nirmal K. Pradhanang - NRs. 100,000
 - Rtn. Prakash R. Regmi - NRs. 100,000

President Rtn. Gabriele Mallapaty requested other members who have pledged to bring their contributions as early as possible.

6. Rotary News/Information:
 - i. Exemplary collaboration with the RCP's partners-in-service - the Inner Wheel Clubs of Patan and Madhyapur at Kitini School in training 125 girl students on menstrual hygiene pads stitching.
 - ii. Rtn. Mahendra S. Rawal read out the 'Token of Appreciation' presented to the RCP for their continued support, in particular, through WASH programme global grant project.
 - iii. Rotaract President Peshal Bhattarai briefed on the successful spelling contest jointly organised by Rotaract Club of Patan and our Interact Clubs of Sunakothi and Pragati schools.

- iv. Successful completion of WASH GG preliminary orientation session by our partner 'Prabhav' at Adarsh Kanya Niketan school in Mangalbazar.
 - v. Registration for District Conference being held in Butwal during 22-24 February 2018. Early confirmation was requested to facilitate transport and hotel bookings for the RCP Team.
7. Salutation: By PP Rtn. Matsyendra L. Kayastha – RC Papeete, Tahiti, French Polynesia; Chartered: 1959; & Members 27. District: 9920, Clubs: 49, & Members 1715.
8. Before the closure of the meeting by the President of RCP, the Secretary announced: total contribution of NRs. 14,350 (NRs. 3,000 for attendance and NRs. 11,350 for sunshine funds including for one mobile ring), attendance: 2 guests, 2 Rotaracts, 23 members, and 8 make-ups.

Condolences to Rtns. Bishwa B. Sharma and Aruna Uprety on the passing away of Rtn. Bishwa B. Sharma's father. A fifteen seconds silence was observed in memory of the departed soul.

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

- Q.** Where can a Rotarian find information about other clubs' meeting day, time and location?
A. The District Directory or through club locator on www.rotary.org and the mobile app.
- Q.** Name of the prestigious vocational award of RID 3292 and date of its establishment.
A. Gopal – Kamala Rajbhandari Rotary Award for Vocational Excellence established on 29 October 2010.
- Q.** Ranking of Nepal in the world by area. **A.** 93rd largest country.

Summary of Talk Programme by Ms. Sharada Jnawali on 'Healthy Food/Fermentation'

Rtn. Lalita Thapa introduced guest speaker Rotary Peace Fellow Graduate Ms. Sharada Jnawali with an M.A. in Economics from TU and a year's professional leadership course from Cornell, USA. She has over 30 years of development experience with international development agencies in project planning and management. Today's talk programme is related to her hobby and research topics - Nepali local traditional foods, spices, sprouting and particularly on 'fermentation'. She has co-authored two books on these topics – Nepali Home Cooking for Healthy Living and Nepali Heritage Cook Book.

Ms. Jnawali introduced 'Fermentation' as both science and an art. It is a metabolic process that converts carbohydrate or sugar to acids, gasses or alcohol. It has been a very good traditional method for healthy food in Nepal. Fermentation is a natural process applied to make (e.g. wine, cheese and beer) long before the biochemical process was understood. Louis Pasteur was the first scientist who proved fermentation process caused by living cells/organisms in the 1850s and 1860s.

Through her power point presentation, Ms. Jnawali explained various types of fermentation processes, products and its uses in different parts of the world. Some popular examples are gundruk, pickle, bamboo-shoot from Nepal; yogurt and cheese from the middle east; sourdough and sauerkraut from Europe; kimchi and soy sauce from Korea; miso and tofu from Japan etc.

Ms. Jnawali explained the health benefits of fermented food. Among them are creating protective lining inside the stomach to prevent attacks from external bacteria, generation of saliva for digestion, regulating appetite, enhancing nutrition, preventing from toxic effects of foods, improving food quality through flavour, digestibility, increasing antibodies and strengthening immune system through pro-biotic, managing cholesterol, improving bone health and many more.

Ms Jnawali also brought various samples of fermented Nepalese food that she had produced herself for tasting by the RCP family. Her excellent presentation and samples for tasting were very much appreciated by all. During the exciting Questions/Answers session, it was also cautioned that one should be watching for possible side effects of fermented food. People with high uric acid, arthritis, chronic illness and migraine attacks should avoid it.

On behalf of the RCP family, Rtn. Lochan Gyawali (who joined in crutches despite his leg injury) gave a 'vote of thanks' to Ms. Sharada Jnawali for her outstanding presentation and efforts to promote traditional Nepali fermented food for good health. President Rtn. Gabriele Mallapaty concluded the session with presentation of 'tokens of appreciation' to Ms. Sharada Jnawali.