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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. 1299

Date: 20 Falgun 2075 / 4 March 2019

<p><b><u>Today's Programme:</u></b></p> <p>Business Meeting</p> <p><b><u>Forthcoming Programme:</u></b></p> <p>11 March – Talk Programme (being confirmed)</p>	<p><b><u>Congratulatory Events</u></b></p> <p><b><u>Birthdays:</u></b></p> <p>Rtn. Kiran Thapa – 2 March</p> <p><b><u>Wedding Anniversaries:</u></b></p> <p>Rtn. Bijaya &amp; Rajani Bajracharya – 2 March Rtn. Shiva K. &amp; Tika Pradhan – 19 Falgun (3 March) Rtn. Nirmal &amp; Bijaya Pradhanang – 6 March Rtn. Ramesh L. &amp; Shobha Maskay – 6 March.</p>
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**Minutes of Meeting No.1649**

**Date: 13 Falgun 2075 / 25 February 2019**

1. President Rtn. Gabriele Mallapaty called the Meeting No. 1649 to order recalling a funny 'Chocolate Covered Peanut Day' with 15 seconds of 'Silent Invocation' for World Peace and Happiness.
2. Guests welcomed by the President: Today's guest speaker Mr. Birat Simha, Rotaract Club of Patan President Rtr. Peshal Bhattarai, International Services Director Rtr. Kritika Sharma and spouse Ramita Bajracharya.
3. The last meeting minutes were reviewed and adopted.
4. 'Happy News' Contribution:
  - Rtn. Lila B. Bania – for 'Happy Birthday' in absentia (ha.ba.).
  - Rtn. Bharat N. & Meera Joshi - for 'Happy Wedding Anniversary'.
  - Rtn. Piyush & Ramita Bajracharya– for 'Happy Wedding Anniversary' (NRs. 500).
  - Rtn. Pushkar M. & Rita Shakya – for 'Happy Wedding Anniversary' in absentia (ha.ba.).
  - Rtns. Kedar B. Shrestha (NRs. 1,000), Gabriele Mallapaty (NRs. 1,500), Ganesh R. Shrestha (NRs. 500), Siba B. Rajbhandary (NRs. 500), Bijaya Mallapaty (NRs. 1,200), Chandralekha Kayastha (NRs. 2,000), Matsyendra L. Kayastha (NRs. 2,000), Padam L. and Kamala Maharjan (NRs. 500), Jamuna K. Tamrakar (NRs. 500), Mahendra S. Rawal, Preeti Khemka (NRs. 500), Yagya B. Shrestha, Shiv P. Khemka (NRs. 2,000), and Rabendra R. Pandey (NRs. 1,000 including for 'ha.ba.' of wedding anniversary) – for the RCP Team's excellent performance winning the 'Trophy' of first prize award in the Rota Quiz competition, and overall performance of the RCP during the District Conference.
  - Rtns. Lalita Thapa (NRs. 1,000), Bishwa B. Sharma (NRs. 500), Kiran Thapa (NRs. 1,000) – for the above and for having Mr. Birat Simha as today's guest speaker.
  - Rtn. Ramesh L. Maskay – for participating in the WASH programme & for the Rota Quiz win (NRs. 500).
  - Rtn. Kedar B. Shrestha – for good attendance in today's meeting.
5. Rtn. Bishwa B. Sharma contributed 20 books 'Manasik Swasthya Ka Bibidh Anubhav, 2<sup>nd</sup> edition' written by him to the RCP. The proceeds of its sale to the RCP family at a discounted rate of NRs. 150.00 each will be going to the RCP Members' Fellowship Fund.
6. Rotary News/Information:
  - (i) Grand success of the RCP Team of defending champions to win the 'Trophy' for the second consecutive year with Rota Quiz 1st Prize Award during the District Conference in Butwal. President Rtn. Gabriele Mallapaty thanked all the supporters with 18 participants from RCP family joining in Butwal.
  - (ii) Participation of President Rtn. Gabriele Mallapaty, Rtn. Mahendra S. Rawal and partners from Prabhav/Splash in the 'Menstrual Hygiene' workshop with HECAP and GIZ.
  - (iii) Participation in WASH conference by Rtn. Ramesh L. Maskay in Thaiba School, Fulchowki.
  - (iv) Reminder on participation in District Stewardship Seminar being held on 9 March 2019.
  - (v) Rotaract President Rtr. Peshal Bhattarai briefed on the election of next year's Rotaract Club of Patan President Rtr. Sajal Khadka, and updated on the forthcoming 'Mr. & Ms. Rotaract' event on 9 March 2019 from 3 to 7 p.m. at the Academy. RCP members were requested to participate in large numbers and contribute to the event by purchasing its tickets at NRs. 1,000 each.
  - (vi) Rtn. Shiv P. Khemka informed on the completion of the new flag of the Rotary Club of Patan with a sample.
  - (vii) Rtn. Padam L. Maharjan informed of a talk programme by Prof. Dr. Jagadish Vaidhya on the importance of social service on 27 February 2019 at 5.30 p.m. at RC Kathmandu to which all from the RCP are invited.

7. Feedback from District Conference: Brief feedback on the District Conference in Butwal was summarized by Rtns. Bijaya Mallapaty, Kedar B. Shrestha, Siba B. Rajbhandary on behalf of all from the RCP family (18) who participated. Overall, a very successful District Conference with highest participation so far (about 1500), and good programmes with some excellent speakers. Time management should have been better. The RCP got maximum coverage during the conference. In addition to the excellent participation in several sessions by the PDG Rtn. Tirtha M. Sakyā, the video spot of Global Grant (GG 1637020) Micro-Hydro Power Plant for Community Development, Chepel, Solukhumbu was shown. The Rota Quiz competition was a grand success with the RCP winning the 1<sup>st</sup> Prize. The PEEF article was included in the District Conference Souvenir publication with several projects mentioned in another district publication 'Rotary District 3292 at a Glance' as well as coverage of the RCP projects during the sessions.
8. Salutation: By PP Rtn. Ganesh R. Shrestha – RC Amman West, Jordan; Chartered: 1996; & Members 33. District: 2450, Clubs: 142, & Members 4499.
9. Before the closure of the meeting by the President, the Joint Secretary announced: total contribution of NRs. 20,100 (NRs. 2,500 for attendance and NRs. 17,600 for sunshine funds including NRs. 100 for mobile rings), attendance: 1 guest, 2 Rotaracts, 1 spouse, 23 members and 7 make-ups.

### **Rotary Questions/Answers presented by Rtn. Chandralekha Kayastha**

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| <p>Q. Charter President of the 1<sup>st</sup> Club of Nepal</p> <p>Q. First District Governor of 3290 from Nepal</p> <p>Q. Current Prime Minister of Bhutan</p> | <p>A. General Kiran Shamsheer Rana</p> <p>A. Tamas Manekshaw, RC Kathmandu, 1996-97</p> <p>A. Dr. Lotay Tshering</p> |
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### **Talk Programme by Mr. Birat Simha on 'Mental Health in Nepal'**

Rtn. Kiran Thapa introduced his school mate and today's guest speaker Mr. Birat Simha. Mr. Simha graduated from the University of Kentucky, USA, and has worked for some 30 years with the UNFPA in several countries. Since his retirement, he has been an exceptional personality advocating the cause of 'Mental Health' in Nepal.

Mr. Birat Simha gave a global overview on 'Mental Health' starting with its definition by WHO, "physical, mental and social well-being" "There is no health without Mental Health". He summarized the enormous problem stating that one in four people is affected by mental ill health at some point in their life. Some 450 million people live with mental disorder, 300 million with Depression, 21 million with Schizophrenia and 50 million with Alzheimer's, and 1 person commits suicide every 40 seconds while 20 others attempt at the same time. An estimated 4% of global GDP is estimated to cost the society as direct/indirect costs of mental ill health, which is higher than the cost of cancer, diabetes and chronic respiratory disease combined.

Talking about Nepal, the problem is further exacerbated because of a lack of awareness and a culture of stigma attached to it. WHO estimates that 25% of Nepal's population is affected by mental challenges. The Nepal Health Research Council (NHRC) is launching a National Mental Health Survey. As per 2015 figures, there are only 0.22 psychiatrists and 0.06 psychologists per every 100,000 population and mostly based in Kathmandu. 15 people commit suicide every day in Nepal.

Mr. Simha described the priorities as (i) Multi-stakeholder collaboration: grassroots and community organizations, civil society groups, local and national government, private sector, religious groups and academic institutions; (ii) Right policies to be formulated and implemented; (iii) Improved access to mental health services; and (iv) Increase in the number of mental health specialists and non-specialists to deliver mental health care at community level.

He suggested that institutions like Rotary may help with a national dialogue on breaking the stigma against mental disorders and energize advocacy. With this dialogue, a network of critical mass could be created which will be supportive of priority action on mental health issues. In addition, media personnel could be sensitized to cover mental health stories responsibly, establishment of a suicide hot line, support to mental health rehabilitation centres, a referral service for mentally ill are among the action points. Mr. Simha is associated with 'Mental Health for All Group', which is trying to address these issues and would be willing to collaborate with Rotary.

Rtn. Bishwa B. Sharma, as a psychiatrist, appreciated Mr. Simha's sharing of this valuable information as someone personally affected, but courageous not only to discuss but working to improve the situation. Following a Q/A session, Rtn. Rabendra R. Pandey gave a 'Vote of Thanks' to Mr. Birat Simha on behalf of the RCP family. He also briefed on the RCP's endeavour to support 'Ability Development' with the establishment of a Trust Fund recently.

Before concluding the session, President Rtn. Gabriele Mallapaty added her thanks and presented a 'Token of Appreciation' to Mr. Birat Simha for his excellent talk programme.