



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

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Date: 16 Baisakh 2076 / 29 April 2019

<p><u>Today's Programme</u></p> <p>5th Monday of the Month Entertainment (Subject: Cooking)</p> <p><u>Forthcoming Programme:</u></p> <p>6 May - Business Meeting 13 May - Talk Programme</p>	<p><u>Congratulatory Events</u></p> <p><u>Birthdays:</u> Rtn. Yagya B. Shrestha – 29 April Rtn. Shiva K. Pradhan – 2 May</p> <p><u>Wedding Anniversaries:</u> Rtns. Lalita and Kiran Thapa – 29 April Rtns. Padam L. & Kamala Maharjan – 29 April</p>
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Minutes of Meeting No.1657

Date: 9 Baisakh 2076 / 22 April 2019

1. During the President's travel abroad, Vice President Rtn. Mahendra B. Thapa called the RCP Meeting No. 1657 to order with 15 seconds of 'Silent Invocation' for World Peace and Happiness.
2. Guests welcomed by the Vice President: Today's speaker Dr. Khadak S. Bisht, Rotaract Club of Patan President Rtr. Peshal Bhattarai, International Services Director Rtr. Kritika Sharma, Professional Development Director Rtr. Smite Basnet, participant to RYLA from RCP Samuel Maharjan (recipient of RCP PEEF Scholarship) and spouse Bijaya Laxmi Shrestha/Deputy National Representative of the Inner Wheel District.
3. The last meeting minutes were reviewed and adopted.
4. 'Happy News' Contribution:
 - Rtn. Jamuna & Meera Tamrakar – for 'Happy Wedding Anniversary' (NRs 500).
 - Rtn. Padam L. and Kamala Maharjan – for successful Mega Health Camp last Saturday (NRs. 500).
 - Rtn. Mahendra S. Rawal – for today's talk programme.
 - Rtn. Lalita Thapa – for attending multi District PETS and today's talk by Dr. Khadak S. Bisht.
 - Rtns. Matsyendra L. and Chandralekha Kayastha – for the selection of their design for Himalayan Bank Branch Office of New Road in the design competition (NRs. 2000 each).
 - Rtn. Kedar B. Shrestha – for high attendance in today's meeting.
 - Rtn. Mahendra B. Thapa – for chairing today's meeting.
 - Rtn. Mukti N. Shrestha – for 'Happy Landing' from Turkey.
 - Rtn. Kiran Thapa – for attending Multi District PETS and today's talk program (Rs. 500).
5. Rotary News/Information:
 - Rtn. Peshal Bhattarai and Rtn. Maheswari Bisht Rawal briefed on the Mega Health Camp held on April 20, 2019 at Taudaha, Chovar in collaboration with RUNVAN, Rotaract Club of Patan, Star Hospital, Nepal Heart Foundation, Quest Pharmaceuticals and Kirtipur Municipality Ward No. 6. Rtns. Kamala and Padam L. Maharjan, Rtn. Piyush B. Bajracharya, Rtn. Maheswari Bisht Rawal & spouse Dr. Khadak S. Bisht, Rtn. Madan Tamrakar and spouse Krishna Laxmi participated in the Camp. The Camp benefited 300 people of the community. Different free services provided in the Camp were: Eye, ENT, General Check-up, Heart, Gynaecology, Kidney, Orthopaedist and Blood Donation along with other benefits like medicine distribution, Echo and ECG. Also 25 herbal plants were planted on the occasion of the Silver Jubilee of RUNVAN.
 - Rtn. Lalita Thapa briefed on the Multi District PETS of District 3292 and 3011 (Delhi). Rtn. Thapa highlighted on the advantage of attending the PETS, which was a great opportunity to listen to Senior Rotary Leaders.
 - RYLA participant from RC Patan Samuel Maharjan briefed on RYLA held from 6 -10 April at Sanga and the extent of benefits that he was able to achieve from RYLA. It was an opportunity to listen on topics like life, positive thinking, yoga, leadership, bridging the generation etc. from eminent speakers.
6. Salutation: By PP Rtn. Jamuna K. Tamrakar – RC Uttaradit, Thailand; Chartered: 1969; & Members: 27. District: 3360, Clubs: 58, & Members 1301.

7. Before the closure of the meeting by the Vice President, the Secretary announced: total contribution of NRs. 9,000 (NRs. 2,500 for attendance and NRs. 6,500 for sunshine funds), attendance: 1 guest, 3 Rotaracts, 1 student, 1 spouse, 23 members and 7 make-ups.

Rotary Questions/Answers presented by Rtn. Chandralekha Kayastha

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| Q. Frequency of Council on Resolutions (COR) meeting in RI | A. Online each year from 15 Oct. to 15 Nov. |
| Q. RI President's name, when RID 3292 was formed | A. PRIP Dong Korn Lee. |
| Q. Rocks that transform into Marble | A. Limestone. |

Talk Programme on 'Bird Flu/Avian Influenza' and its transmission to birds and human by Dr. Khadak S. Bisht

Rtn. Mahendra S. Rawal introduced guest speaker Dr. Khadak S. Bisht, spouse of Rtn. Maheshwori Bisht Rawal and Brother-in-law of Rtn. Mahendra S. Rawal. Dr. Bisht obtained Veterinary degree BVSC from India and Doctorate degree in Epidemiology from faculty of Veterinary Science, University Putra, Malaysia. Dr. Bisht started his career as a lecturer at Agriculture and Animal Science Institute, Rampur. He joined Govt. of Nepal, Department of Livestock Services as a Senior Veterinary Officer. Later he served as a national consultant in the FAO of the UN. He was Assistant Coordinator for Animal Health SAARC Project from 2011 – 2017 and currently he is South Asia Animal Health Specialist and Counterpart for Animal Health Department of all 8 SAARC member Countries.

Dr. Bisht described **Influenza** (also known as flu) as a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death.

Flu is different from a cold. People who are sick with flu often feel some or all of these symptoms: Fever* or feeling feverish/chills. Bird flu is commonly used for Avian influenza viruses that usually only infect birds and not humans.

Influenza is a term for a viral infection of the respiratory tract caused by an influenza virus. There are many types of "avian influenza". Some avian influenza viruses that can cause serious illness and death in birds are called "highly pathogenic avian influenza (HPAI)" and other that causes mild disease in birds are called "low pathogenic avian influenza (LPAI)". Avian influenza is a disease of birds, which does not affect humans except in rare circumstances. Avian influenza is also known commonly as "bird flu". All human influenza viruses have originally come from birds and there are many types of avian influenza viruses. Other animals also have their own influenza viruses, which generally do not infect other species (e.g. cats, horses, bats etc.). They have never been passed on to humans but it is always a possibility.

Pandemic influenza usually happens every 30-40 years and affects humans, which causes widespread (millions of cases of) disease and death worldwide in a short period of 2-3 months. **Seasonal influenza** happens yearly mostly during winter season or during cold months, affects humans and causes disease, but on a smaller scale. Vulnerable populations such as the elderly are at greater risk.

One of the bird flu viruses called H5N1 is very lethal and millions of birds in many countries have been infected and killed by H5N1. This virus has changed since it first emerged in birds and has now developed the ability to jump from bird to human. The most frequently identified subtypes of avian influenza that have caused human infections are H5, H7 and H9 viruses. Currently circulating Influenza, A subtypes in humans are H3N2 and H1N1 viruses.

Transmission from bird to human can be through contact with sick or dead birds/chickens, contact with faeces of sick or dead birds/chickens, plucking, preparing sick or dead birds/chickens for food, eating sick or dead birds/chickens, not cooking chickens or eggs thoroughly before eating, not washing hands after touching raw chicken and juices and not washing surfaces that have been used to prepare food.

Following a Q/A session, on behalf of the RCP, Rtn. Mukti N. Shrestha gave a 'Vote of Thanks' to Dr. Bisht for his excellent presentation in a comprehensive and simplified way. Rtn. Shrestha being a veterinary Doctor himself also added on his concept of 'One Health' approach for public health and animal welfare for public health.

Vice President Rtn. Mahendra Thapa concluded with the presentation of 'Lalitdhara Souvenir' as a 'Token of Appreciation' to Dr. Bisht.