



Issue No. 1312

Date: 27 Jestha 2076 / 10 June 2019

<p><u>Today's Programme:</u></p> <p>Business Meeting</p>	<p><u>Congratulatory Events</u></p> <p><u>Birthdays:</u> Rtn. Siba B. Rajbhandary – 11 June Rtn. Ramesh L. Maskay – 12 June</p> <p><u>Wedding Anniversaries:</u> Nil</p>
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Minutes of Meeting No.1662

Date: 13 Jestha 2076 / 27 May 2019

1. As the President is on travel abroad to attend RI convention in Hamburg, Germany, Vice President Rtn. Mahendra B. Thapa called the RCP Meeting No. 1662 to order with 15 seconds of 'Silent Invocation' for World Peace and Happiness.
2. Guests welcomed by the Vice President: Mr. Dhir P. Bhandari, and Rotaract Club of Patan President Rtr. Peshal Bhattarai and International Services Director Rtr. Kritika Sharma.
3. The last meeting minutes were reviewed and adopted.
4. 'Happy News' Contribution:
 - Rtn. Matsyendra L. Kayastha – for 76th special 'Happy Birthday' celebrated with sweets and honored with 'Dosalla' by President of the 'Platinum Group' of RC Patan Rtn. Kedar B. Shrestha (NRs. 7,600).
 - Rtn. Kamala Maharjan – for 'Happy Birthday' celebrated with sweets (NRs.500).
 - Rtn. Bishwa B. Sharma – for 'Happy Birthday' in absentia (ha.ba.).
 - Rtns. Padam L. and Kamala Maharjan – for visiting Gurukul, Sukra Raj School in Pokhara, Mukti Nath and Kusheshwore Mahadev and for getting honorary degree of Prof. & Doctor to Rtn. Padam L. Maharjan. Also contributed for golden pinnacle in Saraswoti temple (worth 72 lacs) with Saraswoti statue (worth 17 lacs) in Kirtipur, TU premises (NRs. 500 + NRs. 5,100).
 - Rtn. Madan R. Tamrakar – for successful operation of daughter in Sydney, Australia (NRs. 500).
 - Rtn. Kedar B. Shrestha – for welcoming Rtn. Matsyendra L. Kayastha in the 'Platinum Group' of RC Patan and for today's good attendance in the meeting (NRs. 500).
 - Rtn. Mahendra B. Thapa – for today's meeting with good attendance and for 'Happy Birthday' of Rtn. Matsyendra L. Kayastha.
 - Rtn. Prakash R. Regmi – for 76th Birthday of Rtn. Matsyendra L. Kayastha (NRs. 500).
 - Rtn. Kiran Thapa – for 76th Birthday of Rtn. Matsyendra L. Kayastha who introduced him to Rotary and for going to attend RI convention at Hamburg, Germany (NRs. 500).
 - Rtn. Chandralekha Kayastha – for 76th Birthday of spouse Rtn. Matsyendra L. Kayastha (NRs. 500).
 - Rtn. Nirmal K. Pradhanang – for 14 month old grandson (daughter's son) starting to run (NRs. 500).
 - Rtn. Lalita Thapa – for everybody's happiness (NRs 500).
 - Rtn. Siba B. Rajbhandary – for successful conduct of Interact quiz programme last Friday at Sunakothi School: 2 teams from each schools (Pragati Sikshya HSS, Kopundole and Shree Bal Kumari SS, Sunakothi) had participated. First and second prizes were won by teams from Pragati Sikshya. Special support was provided by Rtns. Preeti Khemka, Kamala Maharjan Nirmal K. Pradhanang and Rtrs. Peshal Bhattarai and Kritika Sharma (NRs. 500).
 - Rtn. Santa K. Shrestha – for scoring 91% and 93% in exams in Silligudi by grandsons (sons of two daughters) (NRs. 1,000).

5. Rotary News/Information:

- Rotaract Peshal Bhattarai briefed on the programme of Heart Disease Prevention & Control and Heart Disease Awareness jointly organized by Nepal Heart Foundation and Rotaract Club of Patan with 25 participants and 3 speakers including Dr. Prakash R. Regmi at Nepal Heart Foundation.
- PEEF: Rtns. Matsyendra L. Kayastha, Siba B. Rajbhandary, Jamuna K. Tamrakar and Padam L. Maharjan briefed on PEEF scholarship distribution programme and WASH programme in respective schools.

6. Please see below for a summary of today's talk programme on 'Hypertension' by Rtn. Prakash R. Regmi.

7. Salutation: By PP Rtn. Ganesh R. Shrestha – RC Bangor Mail, USA; Chartered: 1937; & Members: 138. District: 7790, Clubs: 52, & Members 1807.

8. Before the closure of the meeting by the Vice President, the Secretary announced: total contribution of NRs. 22,000 (NRs. 3,100 for attendance and NRs. 18,900 for sunshine funds), attendance: 1 guest, 2 Rotaracts, 24 members, and 7 make-ups.

Rotary Questions/Answers presented by Rtn. Madan R. Tamrakar

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| Q. Age group for RYLA | A. 14 to 30 years |
| Q. Chair of District Membership Attraction and Engagement Committee | A. DGN Rajiv Pokhrel |
| Q. Name of the first film of Nepal | A. Satya Harishchandra, released on 14 Sept. 1951 |

Summary of Talk Programme on Hypertension by Rtn. Prakash R. Regmi

Rtn. Prakash R. Regmi gave a very interesting talk on Hypertension with statistics of High Blood Pressure/Hypertension. Worldwide, 1.8 billion people suffer from Hypertension. In Nepal, 32 – 35% of the adult population (above the age of 18 years) are suffering from Hypertension whereas only 50% are aware of it, 50% of people are not aware and do not treat it. However, even out of 50% of those who are treated with medicine, only 10% are under control. Therefore, 90% are either not treated or not controlled even after treatment.

Hypertension is symptomless as only 5% get symptoms. Blood pressure is pumping of heart with pressure on walls of blood vessels. Rtn. Regmi briefed on the techniques to check the blood pressure, which should be done in a seated or lying position with proper back rest. The heart and the arm should be at a same level and with at least 5 minutes of rest before checking. Rtn. Regmi said that normal BP should be 120/80 and up to 140/90 do not need treatment. Rtn. Regmi stressed that BP up to 140/90 can be cured without medicine and simply by changing life style, exercise and taking more fruits. But for Diabetes and Kidney patients, it has to be below 130/80.

High BP is taken as hereditary also. If anyone has high BP below the age of 12 years, it should be either hereditary or secondary Hypertension, which means chances of problem in Kidney, chances of tumor in gland above kidney or kidney stone etc. These can be cured, for example by removing gland or stone from kidney.

Rtn. Regmi also stressed that BP is treated on an individual basis. Different types of medicine are given to patients on an individual basis depending upon the response in the patient's health conditions.

Systolic BP/higher level up to 140 may not require treatment, if controlled by proper life style and exercise. Diastolic BP/lower level up to 100 is not considered as very serious. Systolic BP above 140 generally needs treatment by medication. Although there may be side effects of BP medicines like leg swelling, gums swelling in the mouth and skin pigments, these are reversible by stopping the medicines.

If high Blood Pressure patients are not treated with medicines, there are 30% chances of heart attack and stroke. In 1 in 1000 cases of high BP, there are cases of blood vessel wall being very thin, which can cause burst in blood vessel of eyes, brain hemorrhage, etc.

As per Rtn. Regmi, these days it is difficult at times to convince people to go for treatment as they also go for Ayurvedic medicines, which may have side effects of depression etc.

The interesting talk programme concluded with excellent Q/A session participated by many members.