



ललित धारा

RI District 3292

Club No. 23126

Chartered: 29 August 1985

Past President & Editor: Bijaya Mallapaty Past President & Assistant Editor: Chandralekha Kayastha Secretary: Mahendra S. Rawal

Issue No. 1327

Date: 30 Bhadra 2076 / 16 September 2019

Today's Programme:

Joint meeting with the Network of Rotary Clubs of Lalitpur (NRCL) with the participation of the NRCL Chair and members from other clubs

Congratulatory Events

Birthdays: Nil

Wedding Anniversaries:

Rtn. Mukti N. & Praveena Shrestha –19 Sept.

Minutes of Meeting No.1676

Date: 23 Bhadra 2076 / 9 September 2019

1. President Rtn. Lalita Thapa called the RCP Meeting No. 1676 to order with 15 seconds of 'Silent Invocation' for World Peace and Happiness.
2. Guests welcomed by the President: Guest Speaker Dr. Dipak Malla and spouse Dr. Rima Maharjan, Ms. Rojika Maharjan from NGO 'Chora Chori', Rotaract Club of Patan IPP Rtr. Peshal Bhattarai and Secretary Rtr. Kritika Sharma and spouses of RCP Members.
3. The last meeting minutes were reviewed and adopted.
4. 'Happy News'/Sunshine Contribution:
 - Rtns. Padam L. and Kamala Maharjan – for 'Happy Landing' from the USA (NRs. 500).
 - Rtn. Mukti N. Shrestha – for 'Happy Landing' from Canada and the USA attending World Veterinary Congress conference in Toronto.
 - Rtn. Mahendra B. Thapa – for participating in his 50 years old group on scholarship to India.
 - Rtn. Ganesh R. Shrestha – for contributing NRs. 15 Lakh to 'Prakriti Premi' Group. (NRs. 1,500).
 - Rtn. Kedar B. Shrestha – for very good participation (31 members) in today's meeting (NRs. 1,000).
 - Rtn. Lalita Thapa – for good participation (7 from the RCP) in RNLM/TEACH seminar and to welcome today's speaker with his spouse (NRs. 500).
 - Rtn. Kiran Thapa – for his friend Mr. Om Bikram Bishta's successful kidney transplant in the USA (NRs. 500).
 - Rtn. Matsyendra L. Kayastha – for being 'Happy' (NRs. 500).
 - Rtn. Lila B. Baniya – for 'Happy Landing' from Australia attending his youngest sister's master's level graduation ceremony (NRs. 1,000).
 - Rtn. Gabriele Mallapaty – for timely renewal of Club Registration (NRs. 500).
5. Other Contributions:
 - Rtn. Ganesh R. Shrestha paid NRs. 4,500 to the RCP's PEEF Programme Fund being interest earned on the advance received for distribution of PEEF scholarship to grades 7 to 10.
 - Mrs. Mithila Rajbhandary handed over NRs. 50,000 to the RCP's KPAD as pledged earlier in the name of her grandchildren (Grijesh, Dillon, Jarod, Everest, Maiti and Amaya).
6. Rotary News/Information:
 - Rtn. Bijaya Mallapaty briefed on the successful club registration renewal completed together with Rtn. Jeevan K. Shrestha and with the support of Rtn. Bharat N. Joshi. Receiving tax clearance was the most difficult part requiring several visits and meetings with the Director of Tax. Following the tax clearance, the renewals were required at the Municipality Office and finally at the CDO's office.
 - Rtn. Siba B. Rajbhandary briefed on the excellent talent show of Interact Club of Sunakothi held on 8 September 2019.
 - Rtn. Padam L. Maharjan briefed on his participation in a RC New York, USA function where 10 World War 2 veterans were honoured with 'Heroes' awards.

- Representative of the NGO 'Chora Chori' briefed about the NGO's work and their wish to collaborate with the RCP in Kitini school. She is also a Rotaract from the Rotaract Club of Himalaya Patan.
7. Salutation: By PP Rtn. Matsyendra L. Kayastha – RC Negombo Western Province, Sri Lanka; Chartered: 1938; Members: 29. District: 3220, Clubs: 65, Members 1793.
8. Before the closure of the meeting by the President, the Secretary announced: total contribution of NRs. 9,550 (NRs. 3,000 for attendance and NRs. 6,550 for sunshine fund including for 1 mobile ring), attendance: 3 guests, 31 members, 2 spouses, 2 Rotaracts and 6 make-ups.

Rotary Questions/Answers presented by Rtn. Chandralekha Kayastha

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| Q. Year of adoption of the name 'Rotary International' | A. 1922 |
| Q. Year RI officially adopted the 4 Way Test | A. 1943 |
| Q. Translator of the 4 Way Test and number of words in Nepali version | A. Late Rtn. Kamal Mani Dixit. 28 words |

Talk Programme by Dr. Deepak Malla on Diabetes

Rtn. Kiran Thapa introduced guest speaker Dr. Dipak Malla, MBBS, MD who is currently an Assistant Professor at the Department of Internal Medicine, Diabetes, Thyroid and Endocrinology unit of the Bir Hospital. He is also the Executive Director/Founder President of Pokhara Cancer Hospital and Research Centre. Dr. Malla is a renowned specialist in Diabetes/Endocrinology, has written several scientific publications and is a member of several health groups/organizations. Dr. Malla was accompanied by his spouse Dr. Rima Maharjan, MBBS, Obstetrician and Gynecologist who briefly talked about the current spread of 'Dengue' in Nepal.

Dr. Dipak Malla defined 'Diabetes' as a disease that occurs when one's blood sugar, is too high. Blood sugar (glucose) is the main source of energy and comes from the food we eat. Insulin is a hormone made by the pancreas, which helps glucose from food get into the cells to be used for energy. Sometimes the body doesn't make enough insulin or doesn't use insulin well. Glucose then stays in the blood and doesn't reach the cells. Over time, having too much glucose in your blood can cause health problems. Although diabetes has no cure, one can take steps to manage diabetes and stay healthy. He described various types of diabetes and gave some very important advice on risks and recommendations on various precautions to take. Some of them are listed below:

Risks:

- From family/ hereditary
- Obesity
- Lack of outdoor activity
- Biggest risk for diabetic patients is low sugar below 60

Precautions:

- Tight Sugar Control
- Aim to safeguard: Eye, Kidney, Nerve, Legs and Heart
- For diabetic patients – annual check-up is mandatory
- Check the legs regularly for any signs of dryness
- Do not wear tight shoes and check before wearing due to risk of wounds
- Avoid fasting – suggest eating small portions, but several times e.g. 3 meals and 3 snacks a day
- Frequent walks, recommended after food
- Early referral for any symptom

In terms of treatment, Dr. Malla summarized it in three categories – Diet, Discipline and Medicine. He emphasized the importance of reducing stress and taking medication at an early stage. Pre diabetic (5.9 to 6.4 of HbA1c - glycated hemoglobin test result) persons should have quarterly tests/consultations. For those without any family history, tests recommended once in three years, but suggested to avoid taking test packages offered without consulting a physician.

Following an interesting Q/A session, on behalf of the RCP, Rtn. Mahendra S. Rawal gave a 'Vote of Thanks' to Dr. Dipak Malla for his very interesting technical, scientific talk as well as practical advice.

President Rtn. Lalita Thapa concluded the session with presentation of a 'Token of Appreciation' and RCP's Souvenir to Dr. Dipak Malla.