



# 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. 1330**

**Date: 27 Aswin 2076 / 14 October 2019**

<p><b><u>Today's Programme:</u></b> Business Meeting</p> <p><b><u>Forthcoming Programme:</u></b> 21 Oct. - Regular Weekly Meeting 28 Oct. - No Meeting (Tihar Holidays) 4 Nov. – Business Meeting</p>	<p><b><u>Congratulatory Events</u></b></p> <p><b><u>Birthdays:</u></b> Rtn. Mahendra S. Rawal - 5 Oct.&amp; Rtn. Madan R., Tamrakar – 12 Oct.</p> <p><b><u>Wedding Anniversaries:</u></b> Nil</p>
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**Minutes of Meeting No.1679**

**World Heart Day**

**Date: 12 Aswin 2076 / 29 September 2019**

1. President Rtn. Lalita Thapa called the RCP Meeting No. 1679 to order with 15 seconds of 'Silent Invocation' for World Peace and Happiness.
2. Guests welcomed by the President: All the partners of the 'World Heart Day' celebration - Nepal Heart Net, Nepal NCD Alliance, Sun Pharma and the Rotary Club of Patan; Guest speakers - Dr. Arun Sayami, Dr. Abhinav Baidya, Dr. Anil Bhattarai and Dr. Urmila Shakya; DG Rtn. Kiran L. Shrestha; Inner Wheel President and Members; Rotaract Club of Patan President, IPP and Secretary; other guests and spouses of the RCP members.
3. The last meeting minutes were reviewed and adopted.
4. 'Happy News'/Sunshine Contribution:
  - Rtn. Prakash R. Regmi – for the 'World Heart Day' celebration at the RCP and for contributing NRs 10 Lakh to establish a RHD Trust at the Nepal Heart Foundation (NRs. 1,000).
  - Rtn. Matsyendra L. Kayastha – for having a 'Good Heart' at the age of 75 (NRs. 1,000).
  - Rtn. Ganesh R. Shrestha – for the 'World Heart Day' and participating in a 3 Day activity with the 'Prakriti Premi Group' (NRs. 500).
  - Rtn. Kedar B. Shrestha – for the 'World Heart Day' and good participation of the RCP members (NRs. 500).
  - Rtn. Lalita Thapa (NRs. 500), Rtn. Mahendra S. Rawal, Rtn. Pushkar M. Shakya, Rtn. Mukti N. Shrestha, Rtn. Bijaya Mallapaty (NRs. 500), Rtn. Ramesh Maskay (NRs. 500), Rtn. Kiran Thapa (NRs. 500), Rtns. Shiv P. and Preeti Khemka (NRs. 1,000) – for the 'World Heart Day' celebration at the RCP with the participation of all the partners.
  - Rtn. Padam L. Maharjan – for participating in 5 miles walk yesterday (NRs. 500).
5. Other Contribution: Rtn. Kedar B. Shrestha handed over his annual contribution of NRs. 50,000 to the RCP's KPAD Fund as pledged earlier.
6. Salutation: By PP Rtn. Keshab B. Mathema – RC Leiria, Portugal; Chartered: 1962; Members: 46. District: 1970, Clubs: 86 & Members 2091.
7. Before the closure of the meeting by the President, the Secretary announced: total contribution of NRs. 10,400 (NRs. 3,000 for attendance and NRs. 7,400 for sunshine fund), attendance: 22 guests, 1 visiting Rotarian, 16 Inner Wheel members and spouses of the RCP members, 33 members, 3 Rotaracts and 5 make-ups.

## **Celebration of 'World Heart Day'**

Coordinator of the World Heart Day celebrations at the RCP, Rtn. Prakash R. Regmi conducted the programme welcoming all the partners and guest speakers. He made a presentation iterating the theme of the 20<sup>th</sup> World Heart Day – 'My heart, your heart, our heart – be a heart hero (Do something new for your heart)'. This day is celebrated with public awareness campaign globally since 2000. He emphasized that CVD (Cardiovascular disease) is the biggest killer of people in the world causing some 18 million deaths annually while it is preventable with effective awareness and lifestyle modification. He also gave 10 take-home messages prescribed by the ACC/AHA.

Dr. Abhinav Baidya presented the factors to change one's behaviour. Knowledge, attitude change and practice (KAP) are required for any behavioural change but having knowledge does not automatically change attitude. And a change of attitude does not mean people will automatically practice the required behavioural change for a healthy lifestyle.

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## Celebration of 'World Heart Day'

(Cont'd from page 1)

He briefed on heart-healthy behaviours explaining the risk factors and key other factors, which determine our health behaviour – personal opinions, our influences, societal norms, physical environment and infrastructure and public policies.

Dr. Urmila Shakya talked about the importance of pre-natal care to prevent heart disease. She also explained about hereditary heart disease in a child and today's science that allows examination of a child's heart in mother's womb after 18 weeks of conception.

Dr. Arun Sayami advised not to overly worry about the academic guidelines that are too scary. He emphasized the importance of regular heart check-up and mentioned the good news that all heart health treatments are now possible in Nepal. The key is to bring the patient to the hospital in time! He advised a four-point formula of diet, exercise, avoiding pollution and relaxation for a healthy heart, emphasizing that being 'happy' was most important.

Dr. Anil Bhattarai explained the difference between surgery vs natural healing and at what stage modern practice of surgery is required.

Following a lively Questions/Answers session, Rtn. Prakash R. Regmi gave a 'Vote of Thanks' to all the guest speakers, partners and sponsors of this special 'World Heart Day' celebration at the RCP.

President Rtn. Lalita Thapa thanked Rtn. Prakash R. Regmi for organizing and conducting this session and appreciated the presence of DG Rtn. Kiran Lal Shrestha. Concluding the session, she invited all for a fellowship dinner.

## Rotary Information

### Parts of October 2019 Message by Rotary International President Mark Daniel Maloney

Rotary's long-term, sustained battle against polio has defined our organization for decades. We have a right to be proud of all that we have accomplished through the years. Our progress is real and noteworthy. In 1988, polio was endemic in 125 countries, with more than 350,000 new cases a year worldwide. Since then, Rotary and our Global Polio Eradication Initiative partners have reduced the incidence of polio by more than 99.9 percent, vaccinated more than 2.5 billion children against the virus, and prevented 18 million cases of paralysis. Over the years, Rotary has helped country after country move into the polio-free column. This includes India, which some considered impossible not long ago. Of the three types of poliovirus, type 2 has been eradicated and type 3 could soon be certified as eradicated. Nigeria has not reported a case of wild poliovirus in nearly three years. If this trend holds, we will be down to just one type of wild poliovirus in only one section of the world, Afghanistan and Pakistan.

There are major challenges in that region. But it is crucial that we remain optimistic. Look at all that we have accomplished so far. This is no time to get discouraged or to think that the task is impossible. We will end polio forever, but only if we remain steadfast and vigilant. World Polio Day is a time for Rotarians from all over the globe to come together, recognize the progress we have made in our fight against polio, and plan the action we must take to end polio forever. The key word is action, because we still have important work to do.

This year, we want to see as many Rotary clubs as possible holding World Polio Day events around the world. Need some ideas? How about organizing a viewing party for friends and club members to watch Rotary's Online Global Update? You could also dedicate a club meeting to World Polio Day or create a fundraising event. Remember, every dollar raised is matched 2-to-1 by the Bill & Melinda Gates Foundation.

Mark your calendar to tune in to Rotary's **World Polio Day** Online Global Update on **24 October**. This year we will stream our program on Facebook in multiple time zones around the world. Visit the Rotary International Facebook page to RSVP to your region's program. And do not forget to follow the event on social media and share it with your network.

When we reach our goal, polio will become only the second human disease eradicated on the planet, and Rotary will receive international acclaim. But what matters most is the children who will never again have to face this terrible, disabling virus. Rotary must continue to connect the world in the effort toward polio eradication. It is up to us. Let us finish the job.