



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. 1336

Date: 16 Mangshir 2076 / 2 December 2019

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| <u>Today's Programme:</u> Business Meeting | <u>Congratulatory Events</u> <u>Birthdays:</u> Rtn. Lila B. Bania – 2 Dec. <u>Wedding Anniversaries:</u> Rtn. Keshab B. & Shanti Mathema – 30 Nov. |
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Minutes of Meeting No. 1685

Date: 9 Mangshir 2076 / 25 November 2019

1. President Rtn. Lalita C. Thapa called the RCP Meeting No. 1685 to order with 15 seconds of 'Silent Invocation' for World Peace and Happiness.
2. Guests welcomed by the President: Guest speaker Dr. Umesh Shrestha, Mr. Bijaya R. Maharjan, Rtns. Maheshwor B. Shrestha, H.D. Joshi and Naresh B. Sijapati and spouses of RCP members.
3. The last meeting minutes were reviewed and adopted.
4. 'Happy News'/Sunshine Contribution:
 - Rtn. Mahendra S. and Ambika Rawal – for 'Happy Wedding Anniversary' in absentia (ha.ba.).
 - Rtn. Bishwa B. Sharma – for acting as the Secretary & the talk programme of Dr. Umesh Shrestha (NRs. 500).
 - Rtn. Prakash R. Regmi – for the publication of his article in the front page of Nepal Cardiac Society about Rheumatic Heart Disease (RHD) in Jajarkot (NRs. 500).
 - Rtn. Matsyendra L. Kayastha – for being 'Happy' (NRs. 1,000).
 - Rtn. Kedar B. Shrestha – for good attendance today (NRs. 500).
 - Rtn. Bijaya Mallapaty – for hosting the Past Presidents' meeting & fellowship on 24 November (NRs. 500).
 - Rtn. Khadak S. Bisht – for the registration of his membership in Rotary International records (NRs. 500).
 - Rtn. Kamal B. Nyachhyon (NRs. 500) and Rtn. Madan R. Tamrakar – for the talk programme of Dr. Umesh Shrestha today.
 - Rtn. Shiva K. Pradhan – for hiking to Lilikot.
 - Rtn. Ganesh R. Shrestha – for the talk programme of Dr. Umesh Shrestha and Rtn. Ganesh Shrestha's spouse Rtn. Bijaya L. Shrestha's participation in the meeting today (NRs. 1,000).
 - Rtn. Lalita C. Thapa – for the article of Rtn. Prakash R. Regmi, presence of Rtns. Sharada Prasai & Bijaya Shrestha in today's meeting, talk programme of Dr. Umesh Shrestha and the cake from 'Prakriti Premi Samuha' by Rtn. Ganesh R. Shrestha (NRs. 1,000).
5. Other Contributions:
 - Rtn. Bijaya Mallapaty contributed NRs. 1,850 to the PEEF Programme Fund from his participation in Nepal Orthopaedic Hospital board meeting. He also updated on the smooth functioning of the new Board of NOH under the chairmanship of local government authority while the executive committee of Nepal Disabled Association is under investigation.
 - Rtn. Nirmal K. Pradhanang handed over the cheques contributing the equivalent of US \$100 each to TRF annual fund and Polio Plus (Total contribution: US \$200).
6. Rotary News/Information:
 - Rtn. Siba B. Rajbhandary updated on the current situation of the Bhaktapur Cancer Hospital Board. In view of the ongoing dispute, he had resigned from its Board.
 - Rtn. Prakash R. Regmi requested all interested in participating in the District Conference in Pokhara to pay the registration fee latest within a week to allow planning of logistics for the RCP group.

- Rtn. Nirmal K. Pradhanang informed about the planned trip to the RCP's GG project site in Mirge planned for 6-8 December 2019 and requested confirmation of interested members to join.
 - President Rtn. Lalita C. Thapa also informed about the planned field visit to Bhattedanda project during 6-7 December 2019.
 - Rtn. Kedar B. Shrestha informed about the postponement of the planning RCP outing to end February 2020.
 - President Rtn. Lalita C. Thapa confirmed the nomination of Rtn. Siba B. Rajbhandary as the RCP's proposed member to the District nominating committee for the selection of the District Governor for 2022-2023 as per the deadline announced last week.
7. Salutation: By PP Rtn Bijaya Mallapaty – RC Madras Metro; Chartered: 1985; & Members: 49. District: 3230, Clubs: 81, & Members: 1749.
8. Before the closure of the meeting by the President, the Secretary announced: total contribution of NRs. 9,000 (NRs. 2,500 for attendance and NRs. 6,500 for sunshine fund including a top-up of NRs. 100 by the President), attendance: 3 guests, 3 visiting Rotarians, 25 members, 2 spouses and 5 make-ups.

Rotary Questions/Answers presented by Rtn. Nirmal K. Pradhanang

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| Q. Charter President of 2 nd Rotary Club (Biratnagar) of Nepal | A. Rtn. Nagendra Prasad Rijal |
| Q. First RI President from SAARC region | A. Rtn Nitish C. Laharry, RC Calcutta (1962-63) |
| Q. Charter President of RC Patan West | A. Rtn. Tika Man Vaidya, 1 st Governor, District 3292 |

Talk programme by Dr. Umesh Shrestha from 'Prakriti Premi Samuha'

Rtn. Ganesh R. Shrestha introduced Dr. Umesh Shrestha awarded by Gorakhpur School of Natural Therapeutics as Doctor of Naturopathy and Doctor of Yoga. Dr. Shrestha is not involved in any paid profession and has done self-study, practice and research on Yoga. Advocate of appropriate 'Ahar, Bihar and Bichar' (Diet, Activities and Thinking), Dr. Shrestha has been an expert of true yoga, true meditation and true governance. He is the founder of 'Prakriti Premi Samuha' (Nature Lovers Group) established in 2001, has written several books and articles on natural health in English and Nepali. He directs and teaches several short and long courses on natural health.

Dr. Umesh Shrestha started his talk programme by asserting that it is simple to be healthy. His mother was unhealthy at an early age of 48/49 with difficulty in breathing and walking despite good nutrition, which motivated him to self-study some 30 years ago. His study and research made it very clear to him that human beings are the creation of nature and the law of wellbeing of human beings is inherent in the nature. Anyone who follows the law of nature can remain healthy and happy. The law of the nature is not complicated, and the response of the body should guide what is right and what is wrong.

Advocating the practice of appropriate 'Ahar, Bihar and Bichar' (Diet, Activities and Thinking), he suggests using common sense and advocates the formula of healthy and happy life through 'one's health at one's own hands'. He emphasized the natural know-how of health and happiness through these practices evidenced by the reaction of the body. Elaborating on diet, he mentioned that the best diet is what is digested well and accepted by the body. It would contain 1/3 grains (including meat/protein products in very small quantity), 1/3 green vegetables and 1/3 salads/fruits. Similarly, on activities he suggests the movement of all body parts through yoga and avoiding a sedentary life. As for the thinking, he underscored positive thinking and avoid negative/sad thinking. If these are followed, one would only require medical treatment on an exceptional basis. He has been very active promoting and campaigning natural health through the Prakriti Premi Samuha, which has a very strong following.

Following several interesting comments and a Q/A session, Rtn. Matsyendra L. Kayastha gave a 'Vote of Thanks' on behalf of the RCP family and President Rtn. Lalita Thapa concluded the session with the presentation of 'Token of Appreciation' and the RCP's Souvenir to Dr. Umesh Shrestha.