



# 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. 1356**

**Date: 5 Jestha 2077 / 18 May 2020**

<p><b><u>Today's Programme: Virtual Weekly Meeting</u></b></p> <p>Briefing by PDG Rtn. Tirtha M. Sakya on District's Literacy/TEACH programme</p>	<p><b><u>Congratulatory Events</u></b></p> <p><b><u>Birthdays:</u></b> Nil <b><u>Wedding Anniversaries:</u></b> Nil</p>
---	---

**Minutes of Meeting No. 1705**

**Date: 29 Baishakh 2077 / 11 May 2020**

1. President Rtn. Lalita C. Thapa called the virtual RCP Meeting No. 1705 through 'zoom' to order with 15 seconds of 'Silent Invocation' for world peace and happiness.
2. Guests welcomed by the President: Rotaract Club of Patan IPP Peshal Bhattarai.
3. The last meeting minutes were reviewed and adopted.
4. Pledges of 'Happy News/Sunshine' contribution and to the Operational Fund marked as 'OF':
  - Rtn. Bijaya Mallapaty – for 'Happy Birthday' (NRs. 500).
  - Rtns. Bijaya and Gabriele Mallapaty – for 'Happy Wedding Anniversary' (NRs. 500 each/Total NRs. 1,000).
  - Rtn. Santa K. Shrestha – for the safe birth of a grandson from his son and daughter-in-law while in London four days ago (NRs. 5,000).
  - Rtn. Khadak S. Bisht – for the positive feedback of his presentation last week by the RCP family (NRs. 500).
  - Rtn. Kedar B. Shrestha – for good attendance today (NRs 500 to the OF).
  - Rtn. Kiran Thapa – for missing last week's and attending today's virtual meeting (NRs. 1,000 to OF).
5. Rotary News/Information:
  - President Rtn. Lalita C. Thapa:
    - briefed on her participation at the handing over meeting of NRCL contribution to the Mayor of Lalitpur municipality for the Patan hospital. Mayor Chiribabu Maharjan was very appreciative of NRCL's support and looked forward to continued collaboration with Rotary.
    - mentioned of no enthusiastic response received from committee chairs on the proposed submission for 'District Awards'.
    - informed about the 'District BaSu Award' to journalist who has contributed to the areas of "good governance" and request for submissions sought.
    - informed about a presentation being made by PDG Tirtha M. Sakya on the District's Literacy/TEACH programme on Monday, 18 May 2020.
    - informed that a speaker is proposed by Rtn. Maheshwari Bisht Rawal on Alzheimer's disease /ageing.
  - Rtn. Bijaya Mallapaty informed about his participation in the vaccination of street dogs of Ward Nos. 18 and 25 of Lalitpur done on 12 May by our implementing partner 'Sneha's Care'. Rtn. Nirmal K. Pradhanang added that this has been ongoing with the coverage of 504 dogs so far.
  - Rtn. Nirmal K. Pradhanang briefed on the ongoing virtual District Training Assembly with excellent participation of the RCP and up to 180 total participants.
  - ***It was agreed to change the virtual weekly meeting time to regular time of 5:30 to 7:00 p.m. from the next meeting of 18 May 2020. From 5:30 to 6:00 would be informal get-together, while the meeting will start at 6:00 p.m. till 7:00 p.m. as usual.***
6. Salutation: By PP Rtn. Chandralekha Kayastha – RC Bolu, Turkey; Chartered: 1986 & Members: 32. District: 2430, Clubs: 86 & Members: 2276.

7. A contribution of NRs. 8,500 was pledged (NRs. 7,000 for the sunshine fund and NRs. 1,500 for the 'OF' of the RCP). Attendance: 31 members and 1 Rotaract.

### Summary of the 'Talk' by Rtn. Bishwa B. Sharma on 'Psychological Impact of Covid-19'

Rtn. Bishwa B. Sharma, Psychiatrist, gave a talk on 'Psychological impact of Covid-19 and its potential effect on the community'. He based his talk on his personal observations, references from CDC and Johns Hopkins University in the USA, and focused on the situation in Nepal. So far, there has been no mass panic in Nepal. As he has started to see patients, he observes that most patients have been the existing ones with some relapses and few new cases of anxiety, but not directly linked to Covid-19. Unlike the massive post-earthquake impact, he feels that the psychological impact of Covid-19 might increase only slowly. As the Covid-19 cases have been mostly asymptomatic in Nepal, the impact is related more to fear and Corona-phobia. He noted that our generation has been experiencing this kind of a situation for the first time where in contrast to family togetherness, one has to choose isolation. The long-term impact is still not known. He highlighted some of the social problems that have emerged during prolonged lockdowns as: abuse and marital conflicts, psychiatric issues due to daily routine disputes, impact on children's mental health, over-eating, disorganised behaviour, substance abuse and sleep disorder.

He suggested not to constantly watch all the news all the time - information/misinformation that might overwhelm and to be in touch with health care providers. In Nepal, he noted that so far, we did not have serious cases and any death due to Covid-19. While there has not been adequate number of tests and specific surveys, majority of the positive cases have been in the border areas in the south. There has also been mostly asymptomatic cases and possible circulation of a weaker strain of the virus. With the loosening of the lock-down, we need to be more careful and adjust to the new normal of social distancing. Following an extensive Q/A, on behalf of all present President Rtn. Lalita C. Thapa thanked Rtn. Bishwa B. Sharma for his talk and leading this important session.

### Rotary Questions/Answers presented by Rtn. Gabriele Mallapaty

- Q.** Full form of the abbreviation 'DRR' **A.** District Rotaract Representative
- Q.** Maximum amount Districts receive from Rotary Disaster Response Grants (RDRG) for Covid-19.  
**A.** Up to US\$ 25,000.
- Q.** What is Rotary Club Central?  
**A.** Rotary Club Central is an online tool to help clubs set and track their goals and achievements.

### Rotary Information

In October 2019, the Rotary International Board adopted the 2020–21 annual goals for Rotary International and The Rotary Foundation as follows:

#### **GOALS FOR PRIORITY 1 – INCREASE OUR IMPACT**

1. Eradicate polio and highlight Rotary's role.
2. Increase contrib. to the Annual Fund and PolioPlus while building the Endowment Fund to \$2.025 billion by 2025.
3. Improve the measurable impact of district grants, global grants, PolioPlus and the Rotary Peace Centres.
4. Build new partnerships, including opportunities with government agencies, to enhance the global footprint of humanitarian projects.

#### **GOALS FOR PRIORITY 2 – EXPAND OUR REACH**

5. Increase and diversify participation by starting new and innovative clubs and participant engagement channels, and by attracting new members in our existing clubs.
6. Increase the number of female members, members under 40, and Rotaractors joining Rotary.
7. Build awareness of Rotary and Rotarians as People of Action.

#### **GOALS FOR PRIORITY 3 – ENHANCE PARTICIPANT ENGAGEMENT**

8. Enhance the engagement among Interact, Rotaract and Rotary club members and other Rotary participants.
9. Increase collaboration between all participants, in particular between Rotary clubs and Rotaract clubs.
10. Build new partnerships to enhance the global footprint of our humanitarian projects.

#### **GOALS FOR PRIORITY 4 – INCREASE OUR ABILITY TO ADAPT**

11. Implement adjustment to our volunteer leadership structure.
12. Focus and potentially narrow our program efforts.