



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. 1358

Date: 19 Jestha 2077 / 1 June 2020

<u>Today's Programme:</u>	<u>Congratulatory Events</u>
<ul style="list-style-type: none">- Business Meeting- Talk programme by Rtn Lila B. Baniya on the impact of Covid-19 in the Nepalese economy with a focus on tourism sector.- Briefing by PDG Rtn. Tirtha M. Sakya on RNLM/TEACH programme.	<p><u>Birthdays:</u> Rtn. Kamala Maharjan – 29 May Rtn. Bishwa B. Sharma – 2 June</p> <p><u>Wedding Anniversaries:</u> Nil</p>

Minutes of Meeting No. 1707

Date: 12 Jestha 2077 / 25 May 2020

1. President Rtn. Lalita C. Thapa called the virtual RCP Meeting No. 1707 through 'Google Meet' to order with 15 seconds of 'Silent Invocation' for world peace and happiness.
2. Guests welcomed by the President: AG Rtn. Deepak Rajbhandary from RC Kantipur, today's guest speaker Dr. Ramesh Kandel and Rotaract Club of Patan IPP Rtr. 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. Matsyendra L. Kayastha – for 'Happy Birthday' (NRs. 1,000).
 - Rtn. Chandralekha Kayastha – for Rtn. Matsyendra L. Kayastha's birthday (NRs. 500).
 - Rtn. Lalita C. Thapa – for the above, participation of AG Rtn. Deepak Rajbhandary and the guest speaker Dr. Ramesh Kandel (NRs. 1,000).
 - Rtn. Maheswari Bisht Rawal – for having Dr. Ramesh Kandel as today's guest speaker (NRs. 500).
 - Rtn. Kedar B. Shrestha – for good attendance during today's virtual meeting (NRs. 500 to OF).
 - Rtn. Kiran Thapa – for today's meeting (NRs. 500).
 - Rtn. Nirmal K. Pradhanang – for all RCP family being healthy (NRs. 500 to OF).
 - Rtn. Rabendra R. Pandey – for having his neighbour from 'Arogin' as today's guest speaker (NRs. 500).
5. Rotary News/Information:
 - Before the formal meeting, Rtn. Deepak Rajbhandary from RC Kantipur briefed on an initial concept paper to propose a district level global grant to provide testing kits related to Covid-19 pandemic. The concept paper is being further developed, but he wanted to have the view of clubs in terms of their willingness to contribute towards this planned project, which would be with an estimated total budget of NRs. 6 Crore. RC Kantipur is expected to contribute NRs. 5 Lakh and other clubs are being requested to indicate what they could contribute. The RCP welcomed the efforts made and agreed to review it further and comment accordingly.
 - President Rtn. Lalita C. Thapa:
 - informed about a virtual meeting of women Rotarians organized by Women in Rotary Chairperson Rtn. Manju Karki being held on Tuesday, 26 May 2020 at 11:00 hrs. The meeting will discuss opportunities and constraints and share experiences to encourage women in Rotary.
 - briefed on a NRCL meeting held on 24 May on Covid-19 pandemic and plans to work together for the next two years. A workshop is being held on this on 6 June 2020 for half a day. Suggested participants are President, President Elect, Secretary & Service Project Director.
 - Rtn. Nirmal K. Pradhanang reported on the progress of vaccination of street dogs of Ward Nos. 18 and 25 of Lalitpur. Our implementing partner Sneha's Care has so far had 15 events and vaccinated 1,671 street dogs and a few cats.
 - The RCP passed a 'motion of condolences' to the family on the passing away of the spouse of RCP's PP (2004-2005) Rtn. C. P. Maskey on 24 May 2020.
 - A WASH virtual meeting is being held on Thursday, 27 May 2020 at 18:00 hrs to share India's experience.

- It was suggested to see how the RCP sponsored annual blood donation campaign could be done as blood shortages have been reported during this Covid-19 pandemic. Rotaract Club of Patan IPP Rtr. Peshal Bhattarai is checking the possibilities and will revert.
6. Salutation: By PP Rtn. Yagya B. Shrestha – RC Banff, Alberta, Canada; Chartered: 1924 & Members: 34. District: 5360, Clubs: 48 & Members: 2226.
 7. A contribution of NRs. 5,000 was pledged (NRs. 4,000 for the sunshine fund and NRs. 1,000 for the 'OF' of the RCP). Attendance: 1 guest, 1 Rotarian guest, 28 members and 1 Rotaract.

Rotary Questions/Answers presented by Rtn. Bijaya Mallapaty

- Q.** Programmes of Rotary **A.** Interact, Rotary Youth Exchange, Rotary Youth Leadership Awards, New Generations Service Exchange, Rotary Peace Fellowships and Rotary Community Corps.
- Q.** Since the 2019 Council on Legislation (CoL) decision, Rotaract is no longer a Rotary Programme; what is Rotaract now? **A.** Rotaract is a special membership type
- Q.** The upper age limit for Rotaractors **A.** As of 1 July, Rotaracts will no longer be required to leave their club when they turn 31. Clubs will be able to set their own age limit.

Talk Programme by Dr. Ramesh Kandel on Alzheimer's Disease/Dementia

Rtn. Maheswari Bisht Rawal introduced Dr. Ramesh Kandel, MD, Geriatric Medicine, AIIMS, India, as Nepal's first registered Geriatrician and Dementia specialist. In 2019/2020, he was a consultant in healthy ageing with WHO-South East Asia Regional Office in India. Prior to that he founded the first department of geriatric medicine at Patan Academy of Health Sciences where he worked for 5 years as Assistant Professor. He has been involved in various committees of the government of Nepal, National Human Rights Commission and NGOs on geriatric health. He is the founder President of Nepal Association of Geriatrics and Gerontology and Geriatric Health Foundation, Nepal. He is the founder of Arogin Care Home and Neuro & Dementia Care Centre. He is currently working at Arogin and HAMS hospital.

Dr. Ramesh Kandel started his talk programme using a ppt presentation by defining "Dementia as a general term for a decline in mental ability severe enough to interfere with activities of daily living" and Alzheimer as a major cause of Dementia. Contrary to the myth, he mentioned that ageing does not automatically bring cognitive impairment citing examples of Nepalese centenarians Madhab Ghimire and Satya Mohan Joshi.

Dr. Kandel highlighted the enormity of this growing problem globally from 26.8 million in 2015 to a forecast of 74.7 million by 2030 and 131.5 million by 2050. Nepal in 2015 had an estimated 78,000 affected people, which is forecasted to reach 285,000 by 2050. For comparison, he mentioned that Nepal had 80,000 TB affected people in 2015 but with much wider awareness and treatment programmes. The main cause of Dementia is Alzheimer's disease corresponding to 55% of Dementia. In Nepal, causes of Dementia have been Alzheimer's (57%), Vascular (18%), Vit. B deficiency (11%), Parkinson's (7%), Pseudo-Dementia and others (7%).

He mentioned that Hypertension and Diabetes have major impact on Dementia, which increases with age and more women have it. Factors that increase the risk of Dementia are blood pressure, blood sugar, belly size, inflammation, cortisol, stress, genetics, and sedentary lifestyle. While in all other non-communicable diseases the trend is reducing, in Dementia it is increasing amazingly fast. It is estimated that early and accurate diagnosis could save the world US \$7.9 trillion.

Dr. Kandel described the three stages of Dementia from mild to moderate and severe. He outlined the principle goals for Alzheimer care as early diagnosis, optimizing physical health with regular activity and well-being, identifying, treating accompanying physical illnesses, and detecting & treating. In Nepal, these days all medication for treating Dementia are available. Treatment helps reduce the progression rate as there is no medication for complete cure. He emphasized the principal role of family in taking care of Dementia patients.

In terms of recommendations, he summarized four levels of responsibility - at the individual level, at family level, at societal level and at state level. The responsibilities are for the prevention of risk factors, establishing family support and environment, prioritizing senior citizens' health at the community, and establishing necessary infrastructure at the state levels. He ended his talk informing that 21 September is recognized as 'World Alzheimer's Day' and mentioning that "what is good for the heart is good for the mind".

After an excellent Q/A session, on behalf of the RCP family, President Rtn. Lalita C. Thapa thanked Dr. Ramesh Kandel for this expert talk programme and concrete responses to the questions raised also welcoming him to consider joining Rotary. (Dr. Ramesh Kandel can also be reached via his Facebook page).