

Issue No. 1377

Date: 19 Aswin 2077 / 5 October 2020

<p><u>Today's Programme:</u> Business Meeting</p> <p><u>Forthcoming Programme:</u> 12 Oct. – Classification talk of Rtn. Khadak S. Bisht</p>	<p><u>Congratulatory Events</u></p> <p><u>Birthdays:</u> Rtn. Mahendra S. Rawal – 5 Oct.</p> <p><u>Wedding anniversaries:</u> Nil</p>
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Minutes of Meeting No. 1725

Date: 12 Aswin 2077 / 28 September 2020

1. President Rtn. Nirmal K. Pradhanang called the virtual RCP meeting No. 1725 to order with 15 seconds of 'Silent Invocation' for world peace, health, and happiness.
2. Guests welcomed by the President: Inner Wheel President IW Meena Shakya, Spouses Mrs. Nani Shova Sakya, Mithila Rajbhandary and Mary Shrestha, and Rotaract Club of Patan President Rtr. Kritika Sharma.
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. Lalita C. Thapa - for Rtn. Prakash R. Regmi's presentations during the Inner Wheel Club's programme of 27 September and the RCP's meeting of 28 September (NRs. 500).
 - Rtn. Mahendra B. Thapa – for 'World Rabies Day', target to bring rabies cases to zero by 2030, and the RCP's work on this (NRs. 200).
 - Rtn. Khadak S. Bisht – for the above and for his successful participation in 'Bipasana' yoga (NRs. 1,000).
 - Rtn. Rabendra R. Pandey – for World Heart Day and for the completion of his son's self-isolation upon homecoming from the USA (NRs. 1,000).
 - Rtn. Prakash R. Regmi – for World Heart Day and several interviews he gave on TV and FM radio (NRs. 500).
 - Rtn. Nirmal K. Pradhanang – for World Rabies Day and World Heart Day (NRs. 500).
 - Rtn. Bijaya Shrestha – for the successful Inner Wheel Club's programme with the talk on 'Women's Heart Health' by Rtn. Prakash R. Regmi (NRs. 500).
 - Rtn. Kedar B. Shrestha – for good attendance (NRs. 500 to OF).
5. Rotary News/Information:
 - President Rtn. Nirmal K. Pradhanang:
 - Reminded members, on behalf of the treasurer, to clear their pledges and dues to the RCP.
 - Briefed on weekly Polio news and honouring of Rtn. Tunji Funsho as one of TIME's 100 most influential people for 2020 for his work in the eradication of Polio in Africa. (Already posted on RCP's Facebook page).
 - NRCL's 3rd meeting, which was participated by Rtns. Lalita C. Thapa and Mahendra B. Thapa from the RCP.
 - Rtn. Ganesh R. Shrestha briefed on the RCP's support to the victims of landslide in Sindhupalchowk through the Rotaract Club of Patan. A cheque of NRs. 80,000 was handed over to Rotaract Club of Patan President Kritika Sharma with food supplies being sent on 29 September.
 - Rtn. Bijaya Mallapaty briefed on his participation in Nepal Orthopaedic Hospital's procurement committee's work to procure equipment worth NRs. 1 crore from Nepal Government's contribution to NOH.
 - Rtn. Khadak S. Bisht informed about the influenza vaccine (Flu vaccine) now available & he recommended to take it.
 - PDG Rtn. Tirtha M. Sakya informed about his talk programme on RNLM/TEACH to NRCL on 25 September 2020.
 - Rtn. Mahendra B. Thapa informed about the 5th NRCL meeting being hosted by the RCP on 9 November 2020.
6. Salutation: By PP Rtn. Bijaya Mallapaty – RC Nuwara Eliya, Sri Lanka (Current President: Easter Kumar Gnanamuttu); Chartered: 1966; & Members: 27. District: 3220, Clubs: 65, & Members: 1793.
7. Before the closure of the meeting by the President, the Secretary announced: total contributions of NRs. 5,200 (NRs. 4,700 to the sunshine fund and NRs. 500 to the operational fund of the RCP), attendance: 29 members, IW President, 3 spouses and 1 Rotaract.

Rotary Questions/Answers presented by Rtn. Kamala Maharjan

- Q. Name the Rotarian from Zone 6 who is a member of the 2020-21 Nominating Committee for President of Rotary International in 2022-23 **A.** Rtn. Ravindra P. Sehgal (Member of the Rotary Club of Belur, West Bengal, India).
- Q. Chair of the District 3292 "Wash in Schools" (WINS) committee in RY 2020-21 **A.** PDG Rtn. Basudev Golyan
- Q. Name the first 100% 'Paul Harris Fellow' Club in District 3292. **A.** Rotary Club of Biratnagar

Summary of talk programme by Rtn. Prakash R. Regmi on the occasion of 'World Heart Day – 29 September 2020'

President Rtn. Nirmal K. Pradhanang opened the session introducing the occasion of 'World Heart Day - 29 September 2020' with some background information. Due to the Covid-19 pandemic, the RCP could not have the usual special programme with fellowship of the entire RCP family and guests. However, the RCP's 'Heart Hero', Professor of Cardiology Dr. Prakash Raj Regmi gave a talk on 'heart health' with a comprehensive power-point presentation to celebrate the World Heart Day (WHD).

Rtn. Prakash R. Regmi started by saying that the World Heart Federation initiated the WHD campaign since 2000 to raise global public awareness. Heart diseases (Cardio-Vascular Diseases - CVD), the largest killer of people, cause some 18 million deaths worldwide and while it has peaked in the developed countries, it is increasing in the developing world. Today, about 80% deaths occur in low and middle-income countries. In Nepal, 30% of all deaths are due to CVD, and doctors are themselves most affected due to their lifestyles.

Rtn. Regmi emphasized the preventable nature of the disease with the possibility of modifying the risk factors by as much as 90%. Therefore, the focus of the WHD has been on public awareness and lifestyle modifications for the prevention of CVD. The WHD theme changes every year, but the purpose remains the same – this year's theme is 'Use heart to beat CVD'. A Nepali version of the theme introduced by Rtn. Prakash R. Regmi is 'man lagau – muto bachau', which has been very popular.

Rtn. Regmi talked about different kinds of heart diseases with 'heart attack' as the major killer, which begins with 'Atherosclerosis' or various stages of damage in the arteries. Risk factors, common treatments, and their efficacy as well as the ongoing debate and new thinking on the use/side effects of aspirin, statin were explained with both pros and cons of differing views including the commercial interests of pharma industries.

An important recommendation made by Rtn. Regmi was to ensure adequate Vitamin D as a preventive mechanism for both CVD and strengthening of the immune system. The best way to do this is naturally - through appropriate exposure to sun. In the diet, milk, egg yolk and fish have Vitamin D. During Covid-19 pandemic time, the use of supplementary tablets is recommended.

Rtn. Regmi also talked about 'End RHD Campaign' to reduce Rheumatic Heart Disease in children by 50% by 2030 in Nepal and efforts made in this regard in partnership with Nepal Heart Foundation and the RCP. A book written by him on this is being released on 29 September 2020 during a virtual event at 4 p.m. in the presence of the Health Minister. All RCP family is invited to join this celebratory event with a talk programme by two prominent speakers on heart health and WHD (A zoom meeting link is being shared separately).

After an interesting Q/A session, President Rtn. Nirmal K. Pradhanang concluded by thanking Rtn. Prakash R. Regmi for an excellent talk programme on heart health on the occasion of the WHD.



Rotary Information:

2020 Rotary Reconnect Week, 5-11 October is a way for former Rotary programme participants and scholars like Peace Fellows, Youth Exchange Students, Rotary Scholars, ex-Rotaractors, and Interactors to reunite with the Rotary community. This is a week to see how Rotary shapes lives in the community and around the world. Together, members and alumni can find new ways to promote Rotary's ideal of service!