

Issue No. 1386

Date: 6 Poush 2077 / 21 December 2020

<p><u>Today's Programme:</u> Joint Meeting hosted by the RCP with the Network of Rotary Clubs of Lalitpur (NRCL)</p> <p><u>Forthcoming Programme:</u> 28 Dec – Election of RY 2021-2022 Board, and Joint meeting with Rotaract Club of Patan 4 Jan – Business Meeting</p>	<p><u>Congratulatory Events</u></p> <p><u>Birthdays:</u> Nil</p> <p><u>Wedding anniversaries:</u> Nil</p>
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Minutes of Meeting No. 1734

Date: 29 Mangshir 2077 / 14 December 2020

1. President Rtn. Nirmal K. Pradhanang called the virtual RCP meeting No. 1734 to order with 15 seconds of 'Silent Invocation' for world peace, health, and happiness.
2. Guests welcomed by the President: Guest Speaker Mr. Sumir Kumar Rimal, Ms. Monika Niroula and spouses of RCP members.
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. Piyush B. Bajracharya (NRs. 1,000), Rtn. Rabendra R. Pandey (NRs. 1,000), and Rtn. Gabriele Mallapaty (NRs. 1,000) – for 'Happy Birthday' and the talk programme of Mr. Sumir K. Rimal.
 - Rtns. Shiv P. and Preeti Khemka – for '19th Happy Wedding Anniversary' (NRs. 1,000).
 - Rtn. Bijaya Mallapaty (NRs. 1,000), Rtn. Nirmal K. Pradhanang (NRs. 1,000) and Rtn. Lalita C. Thapa (NRs. 500) – for happy birthdays, wedding anniversaries and today's talk programme.
 - Rtn. Siba B. Rajbhandary – for having the virtual meeting of RCP formally with banner, Presidential garland & gong (NRs. 500).
5. Rotary News/Information:
 - President Rtn. Nirmal K. Pradhanang informed about the circulation of RISAO newsletter, and the recovery of PDG Rtn. Tirtha M. Sakya who shall be attending the meetings from next week. He also requested for maximum participation during the next weekly meeting being hosted by the RCP with NRCL.
 - Rtn. Bijaya Mallapaty informed about the start of work by Splash/Prabhav on drinking water and toilets for the Child Care Centre run by KWAS in Khokana. The public schools in Lalitpur District are being opened from 1 Poush, and we will be monitoring the attendance of students to start the delayed PEEF scholarship distribution of this year.
 - President Rtn. Nirmal K. Pradhanang briefed on the progress of our project of school reconstruction at Anandakuti School of NRs. 6.4 million. Tender processes have begun with the work planned to start in the beginning of January 2021.
6. Salutation: By PP Rtn. Keshab B. Mathema – RC of Saida, Port Sidon, Lebanon; Chartered: 1954; & Members: 32. Very active club, which received RI Presidential Citation in 2019-2020. District: 2452, Clubs: 142, & Members: 4499.
7. Before the closure of the meeting by the President, on behalf of the Secretary, Rtn. Bijaya Mallapaty announced: total contribution pledges of NRs. 7,000 to the RCP's sunshine fund, and the attendance of 2 guests, 28 members and 2 spouses.

Rotary Questions/Answers presented by Rtn. Shiva K. Pradhan

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| Q. What is 'Rotex' in Rotary? | A. Society of Rotary Youth Exchange (RYE) alumni |
| Q. Name the first Rotary Convention that was held outside the USA | A. 1921 Convention in Edinburgh, Scotland |
| Q. Name the District Secretary of D-3292 for the Rotary Year 2020/21 and his/her home club | A. Rtn. Sushil Rijal, RC Biratnagar Midtown |

Summary of Talk Programme by Mr. Sumir Kumar Rimal on 'Ayurvedic/Herbal treatments'

President Rtn. Nirmal K. Pradhanang welcomed the guest speaker Mr. Sumir Kumar Rimal and Rtn. Bijaya Mallapaty introduced him. Mr. Sumir Kumar Rimal is the Owner/Managing Director of Suri Herbal Products Industry in Thimi, which produces over 80 Ayurvedic products. Mr. Rimal has over four decades of experience and knowledge of Ayurveda. In his industry, he has been responsible for all aspects of planning, production, treatment, and marketing the Ayurvedic products in Nepal and in foreign countries. A Tribhuvan University graduate, Mr. Rimal also worked with Arogya Bhawan and is the current Vice President of the 'Association of Traditional Ayurvedic Medicine Practitioners of Nepal'. He has a shop and clinic in Dillibazar.

Mr. Sumir K. Rimal introduced Ayurveda as an original Nepali discipline, which is holistic and deals with wellness, not only illness. Using a power point presentation, he mentioned that Ayurveda is one of the ancient medical sciences in the world that promotes life and longevity. The concept of Ayurveda is based on the combined study of body, senses, mind, and soul.

Describing the two types of therapies in Ayurveda, Mr. Rimal mentioned that the 'Preventive Therapy' promotes and strengthens health, focusing on lifestyle, seasonal regimens, and diet. Whereas the 'Curative Therapy' relieves disorders and focuses on purification through – Purgation, Emetics, Vapor Treatment, Oil Massage, Anima of various herbal decoction and Medicinal Treatment (Virechan, Baman, Swedan, Snehan, Basti Krya and Samsodhanam). He listed the elements of Ayurvedic life – high immunity, good memory, intelligence, freedom from disorder, facial glow, optimum strength of senses and physique, peace of mind and vitality & youthfulness.

Mr. Rimal explained the following three fundamental principles of Ayurveda, which need to be in a dynamic equilibrium for the maintenance of good health:

- i. Doshas – (Vata/Air & Ether, Pitta/Fire & Water, & Kapha/Earth & Water) that govern the physico-chemical and physiological activities of the body
- ii. Dhatus – (Rasa/Chyle, Rakta/Blood, Mamsa/Muscles, Meda/Adipose Tissues, Asthi/Bone and Cartilage, Majja/Bone marrow, and Sukra/Reproductive System) deal with the formation of basic structure of a body cell/tissues.
- iii. Malas – (Sweda/Sweat, Mutra/Urine and Purisha/Faeces) are substances that are partly utilized in the body and partly excreted in a modified form after serving their physiological purpose.

Mr. Rimal elaborated on the six tastes of Ayurveda (Madhur/Sweet, Amla/Sour, Lawan/Salty, Katu/Pungent, Tikta/Bitter and Kasaya/Astringent), how each is significant for disease control, and in which products each of these tastes are found. Various herbs, barks, leaves, flower, roots, roots bark, rhizome and resins together with a variety of metal, ocean origin and animal origin materials are used in different proportions for various treatments.

Following a very useful Q/A session, Rtn. Piyush B. Bajracharya gave a 'Vote of Thanks' on behalf of all the RCP family to Mr. Sumir K. Rimal. As an expert and practitioner of Ayurveda, he summarised the vast subject of Ayurveda in an excellent and comprehensive manner and responded to the questions of the RCP members. President Rtn. Nirmal K. Pradhanang concluded the session mentioning that the RCP would like to have more such interactions with Mr. Rimal.

A quick glance at Rotary's Expenditures in 2019-2020

(Excerpt from RI's Annual Report 2020)

The Rotary Foundation: Total Expenditures: \$362 million in the following categories:

<i>PolioPlus</i>	151.8
<i>Global grants</i>	95.6
<i>District grants</i>	33.6
<i>Disaster response grants</i>	8.4
<i>Other grants</i>	13.2
<i>Rotary Peace Centres</i>	4.5
<i>Program operations</i>	20.6
<i>Fund development</i>	19.2
<i>General administration</i>	14.6