

Issue No. 1409

Date: 24 Jestha 2078 / 7 June 2021

<p><u>Today's Programme:</u></p> <p>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. 1757

Date: 17 Jestha 2078 / 31 May 2021

1. President Rtn. Nirmal K. Pradhanang called the virtual meeting No. 1756, to order with 15 seconds of 'Silent Invocation' for Nepal & world peace, health, and happiness, particularly during the COVID-19 pandemic.
2. Guests welcomed by the President: Rotaract Club of Patan President Kritika Sharma, Rtr. Peshal Bhattarai, Rtr. Ankit Basnet, Mr. Shivaji Roy Yadav, and two Inner Wheel 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. Kamala Maharjan – for 'Happy Birthday' (NRs. 500).
 - Rtn. Bishwa B. Sharma – for 'Happy Birthday' in absentia (ha.ba.).
 - Rtn. Kedar B. Shrestha – for his second 'Janko' (to have seen 1000 moons) and best wishes of the RCP family (NRs. 2,000), and his youngest granddaughter's graduation in Kenya with recognition as the best and outstanding student (NRs. 1,000) (Total NRs. 3,000).
 - Rtn. Nirmal K. Pradhanang – for the 'Janko' mentioned above & birthday of Rtn. Kamala Maharjan (NRs. 1,000).
5. Rotary News/Information:
 - President Rtn. Nirmal K. Pradhanang shared the following:
 - Ongoing District Training Assembly closing today to which several RCP members have been participating (Rtns. Mahendra B. Thapa, Kiran Thapa, Rabendra R. Pandey, Preeti Khemka, Pushkar M. Shakya, and Bijaya Mallapaty; and resource persons PDG Rtn. Tirtha M. Sakya and Rtn. Siba B. Rajbhandary).
 - Rotaract Club of Patan – District Rotaract Representative's visit coinciding with 600th general meeting held 3 days ago which he joined.
 - District's plan to hold the strategic planning workshop for our region (Region 3) on 6 June 2021.
 - Congratulated all the RCP family for the successful completion of support to frontline health workers, and specially thanked Rtns. Prakash R. Regmi, Shiv P. Khemka, Preeti Khemka and Rabendra R. Pandey and Pushkar M. Shakya for all their support.
 - DG is holding his last meeting with this year's Presidents and team on 1 June 2021.
 - Rtn. Gabriele Mallapaty has submitted the final report to TRF of our last remaining Global Grant on international scholarship of Ms. Monika Niroula upon successful completion of her studies.
 - PDG Rtn. Tirtha M. Sakya informed about the fund-raising drive during 15 May to 15 June initiated by RI President Elect Shekhar Mehta in RI Zones 6 to 9 with special recognitions.
 - Rotaract Club of Patan President Kritika Sharma informed about their 25th Charter Day being held on 30 June 2021 and requested participation of the RCP members. On this occasion, they are publishing 25 years of achievements of the Rotaract Club of Patan and are requesting support from the RCP including with any articles.

- Rtn. Mahendra S. Rawal, Coordinator of Lalitdhara Souvenir briefed on the committee's meeting and plans for the 36th Lalitdhara Souvenir publication to be printed by 20 August 2021. He suggested that articles be completed by end June 2021 and requested for advertisements as usual. The contribution for advertisements is suggested to be the same as current year. Members photos will be in colour, therefore, all members are requested to send colour digital photographs. He also requested for new ideas for the cover page.
6. Salutation: By PP Rtn. Rabendra R. Pandey - RC of Carlow, Ireland; Chartered: 1986; and Members: 24 (Current President Rtn. Sinead McAuliffe). District: 1160, Clubs: 75, and Members: 2365.
 7. Before the closure of the meeting by the President, the Secretary announced: total contribution pledges of NRs. 4,500 to the sunshine fund of the RCP, and an attendance of 1 guest, 2 IW members, 3 Rotaracts and 29 members.

Rotary Questions/Answers presented by Rtn. Mahendra S. Rawal

- Q.** What does RYLA stand for and which age group does it include?
A. Rotary Youth Leadership Award. Age group: 14-30 years
- Q.** How much does it cost in US\$ to protect a child from Polio? **A.** It costs just 60 US cents
- Q.** Who is the District Rotaract Representative (DRR) of D-3292 in RY 2020-21? **A.** Rotaract Sandip Poudel

Summary of talk programme by Rtn. Prakash R. Regmi on Depression, Anxiety and Panic Attacks

Instead of the 5th Monday programme (Entertainment meeting day for RCP), due to the ongoing COVID-19 pandemic, President Rtn. Nirmal K. Pradhanang requested Rtn. Prakash R. Regmi to talk on the above mentioned subjects in the absence of our mental health specialist Rtn. Bishwa B. Sharma.

Rtn. Prakash R. Regmi made a power point presentation covering these subjects and calling it 'The lockdown syndrome'. The power point presentation has already been shared by e-mail to all members.

Describing 'anxiety' as a major health issue during the lockdown, Rtn. Regmi mentioned that from a feeling of nervousness and worrying, it may lead to an anxiety disorder. The anxiety disorder increases the stress hormone (Cortisol) and impacts in many ways causing – weakened immune system, heart disease, high blood pressure, high blood sugar, digestive issues, nerve problems and headaches. Anxiety disorder also leads to depression and at times also leads to a panic attack.

Describing the effects of stress, he listed as symptoms - sleeping problems, lack of focus, increased heart rate, reduced sex drive, upset stomach, chest pains and muscle tension.

Rtn. Regmi talked further about 'stress management' giving an example of anxiety as a bucket of water, which fills up when we keep adding stressors till it overflows. Therefore, before it overflows, it is essential to manage it by taking actions such as rest and relaxation, talking to trusted people, doing things one enjoys and with good time management. Examples of helpful activities are exercise, yoga, meditation, engaging in one's hobby, and listening to music.

Rtn. Regmi also elaborated on how to read palpitation and manage it, and suggested the method of 4 A's to stress management – Avoid (unnecessary stress), Adapt (to the situation), Alter (the situation) and Accept (things you cannot change). Finally he suggested spirituality (atmagyan) by listening to learned people.

Following the closure of the official meeting, a Q/A session was held and on behalf of all present President Rtn. Nirmal K. Pradhanang thanked Rtn. Prakash R. Regmi for his excellent presentation and response to questions.