

# ललित धारा

RI District 3292

Club No. 23126

Chartered: 29 August 1985

President: Mahendra Thapa Past President &amp; Editor: Bijaya Mallapaty Past President &amp; Assistant Editor: Chandralekha Kayastha

**Issue No. 1416****Date: 11 Shrawan 2078 / 26 July 2021**

<b><u>Today's Programme:</u></b> Project presentation on AKAAs by Mr. Nabin B. Maharjan, and 'Zoom meeting tutorial: Do's & Don'ts' by Rtn Khadak S. Bisht <b><u>Forthcoming Programme:</u></b> 2 August – Business Meeting	<b><u>Congratulatory Events</u></b>  <b><u>Birthdays:</u></b> Nil  <b><u>Wedding Anniversaries:</u></b> Nil
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**Minutes of Meeting No. 1764****Date: 4 Shrawan 2078 / 19 July 2021**

1. President Rtn. Mahendra B. Thapa called the virtual RCP meeting No. 1764 to order with 15 seconds of 'Silent Invocation' for world peace, health, and happiness.
2. Guests welcomed by the President: Guest Speaker Ms. Bharati Thapa, Mr. Cool Deep Tuladhar from AKAAs, and Ms. Monika Niroula, RCP's Scholarship Graduate.
3. The last meeting minutes were reviewed and adopted.
4. Pledges of 'Happy News/Sunshine' contribution and to the Operational Fund marked as 'OF':
  - PDG Rtn. Tirtha M. Sakya – for 'Happy Birthday' in absentia (ha.ba.).
  - Rtns. Bijaya and Gabriele Mallapaty – for 'Happy Landing' from Germany and for the lucky escape of their close friends Heinz and Brigitte Söndgen from the recent floods in Ahrweiler, Germany (NRs. 2,000).
  - Rtn. Mahendra S. Rawal – for today's yoga presentation by Ms. Bharati Thapa (NRs. 500).
  - Rtn. Nirmal K. Pradhanang – for being one of the RCP's Representatives to the NOH (NRs. 500).
  - Rtns. Kiran and Lalita C. Thapa – for Rtn. Kiran Thapa's getting the 2<sup>nd</sup> dose of Covid-19 vaccine (NRs. 1,000).
  - Rtn. Mahendra B. Thapa – for today's talk programme & return of Rtns. Bijaya & Gabriele Mallapaty (NRs. 500).
5. Rotary News/Information:
  - Rtn. Mahendra S. Rawal briefed about the communication from the District on the RNLM/TEACH programmes for the new year reminding all clubs on the establishment of literacy committees, adoption of schools and advancing the programme activities in this regard.
  - Rtn. Jeevan K. Shrestha briefed on his participation in the installation programme of RC Kasthamandap. The meeting was conducted physically with very good media coverage. He suggested that the RCP also look into the possibility of physical meetings and do more media coverage of the excellent RCP's activities even during the pandemic.
  - Rtn. Kiran Thapa suggested that for disaster relief/emergency support, the RCP may consider the possibility of establishing a fund. This could be explored during the RCP Board meeting.
  - President Rtn. Mahendra B. Thapa:
    - Informed about the NRCL AGM meeting held on 17 July 2021. Rtn. Sarita Shrestha from RC Yala has been confirmed as the Chair of the NRCL for the Rotary Year 2021-2022.
    - Briefed on the payment of RCP dues by members. So far 28 members have already settled their dues. It was suggested to **those who have not yet settled their RCP dues to pay as soon as possible.**
6. Salutation: by IPP Rtn. Nirmal K. Pradhanang - Rotary Club of Kisli, Kenya; Chartered: 2010; and Members: 28. District: 9200 (Covering five countries of the region), Clubs: 153, and Members: 3982. He also gave a short briefing about the club and the country.
7. Before the adjournment of the meeting by the President, the Secretary announced: total contribution pledges of NRs. 4,500 to the RCP's sunshine fund and attendance of: 1 guest speaker, 2 guests and 27 members.

## Rotary Questions/Answers presented by Rtn. Kamala Maharjan

- Q. What is the Rotary monthly theme for the month of July?      A. There is no specific theme for July.  
Q. What is the name of RI President Shekhar Mehta's spouse?      A. Rashi Mehta  
Q. In Feb. 2021, a new Rotary Peace Centre welcomed its first 15 Peace fellows. Name the country and university that hosts the new Peace Centre?      A. Makerere University in Kampala, Uganda.

## Summary of Talk Programme on 'Practicing Chair Yoga and Pranayama for Immunity Boosting of Senior Citizens' by Guest Speaker Ms. Bharati Thapa

President Rtn. Mahendra B. Thapa welcomed and Rtn. Mahendra S. Rawal introduced Ms. Bharati Thapa as a Certified Professional Yoga Instructor. She is a Nepali from Baglung who was brought up in India but came back to Nepal in 2018. She got her yoga training at Nepal Yoga Academy and is currently devoting full-time as an Yoga Instructor. She is a passionate and dedicated yoga teacher and teaches adoptive yoga developed by Lakshmi Voelker, which is called 'Chair Yoga'. This yoga is very practical for senior citizens.

Ms. Bharati Thapa introduced the subject and did a practical demonstration of the 'Chair Yoga' and requested all the RCP team to join her. Even though it was a virtual session, the RCP family joined her in a comprehensive exercise of 'Chair Yoga', which covered all parts of the body including 'Asanas' and 'Pranayama'.

On behalf of the RCP team, Rtn. Padam L. Maharjan thanked Ms. Bharati Thapa for her excellent demonstration of the 'Chair Yoga' and shared some of his own experience as a long-time practitioner of yoga. President Rtn. Mahendra B. Thapa added his own words of thanks and concluded the session.

## Rotary Information: Board of Directors strengthens Rotary's Diversity, Equity, and Inclusion Statement

*(excerpts from rotary.org)*

At its June meeting, the RI Board of Directors, with guidance from the DEI Taskforce, took additional steps to ensure our organization values and lives the principals of diversity, equity and inclusion by revisiting and strengthening Rotary's 2019 DEI statement. The result is a new *Commitment to Diversity Equity and Inclusion* adopted in June 2021:

*At Rotary, we understand that cultivating a diverse, equitable, and inclusive culture is essential to realizing our vision of a world where people unite and take action to create lasting change.*

*We value diversity and celebrate the contributions of people of all backgrounds, across age, ethnicity, race, colour, disability, learning style, religion, faith, socioeconomic status, culture, marital status, languages spoken, sex, sexual orientation, and gender identity as well as differences in ideas, thoughts, values, and beliefs.*

*Recognizing that individuals from certain groups have historically experienced barriers to membership, participation, and leadership, we commit to advancing equity in all aspects of Rotary, including in our community partnerships, so that each person has the necessary access to resources, opportunities, networks, and support to thrive.*

*We believe that all people hold visible and invisible qualities that inherently make them unique, and we strive to create an inclusive culture where each person knows they are valued and belong.*

*In line with our value of integrity, we are committed to being honest and transparent about where we are in our DEI journey as an organization, and to continuing to learn and do better.*

The Board of Directors convened the Diversity, Equity, and Inclusion (DEI) Taskforce in 2020 and tasked it with assessing the current state of DEI within Rotary and developing a comprehensive plan of action with achievable, measurable, and meaningful outcomes for Rotary. This plan is currently in development and will be presented to the Board of Directors in October 2021.

Additionally, the Board agreed to:

- Provide DEI training for incoming, current, and past RI officers
- Promote the Rotary Code of Conduct
- Establish protocols to report Code of Conduct violations

More information about these decisions, and our ongoing focus on DEI, will be available on [rotary.org/dei](https://www.rotary.org/dei) in the coming weeks.