

ललित धारा

RI District 3292

Club No. 23126

Chartered: 29 August 1985

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

Issue No. 1427**Date: 18 Ashwin 2078 / 4 October 2021**

<u>Today's Programme:</u> Business Meeting and KEEA programme <u>Forthcoming Programme:</u> 11 Oct. – Classification talk of Rtn. Nabin B. Maharjan 18 Oct. – Dashain Holiday (No regular weekly meeting)	<u>Congratulatory Events</u> <u>Birthdays:</u> Rtn. Mahendra S. Rawal – 5 Oct. <u>Wedding Anniversaries:</u> Nil
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Minutes of Meeting No. 1774**Date: 11 Ashwin 2078 / 27 September 2021**

1. President Rtn. Mahendra B. Thapa called the virtual RCP meeting No. 1774 to order with 15 seconds of 'Silent Invocation' for world peace, health, and happiness.
2. Guests welcomed by the President: Rotaract Club of Patan President and IW members/spouses including IW President Meena Shakya (Total 9 guests).
3. The last meeting minutes were reviewed and adopted.
4. Pledges of 'Happy News/Sunshine' contribution:
 - Rtn. Nirmal K. Pradhanang - for 'World Heart Day – 29 Sept.' and 'World Rabies Day – 28 Sept.' (NRs. 500).
 - Rtn. Khadak S. Bisht – for 'Tourism Day–27 Sept.', 'Rabies Day–28 Sept.' & 'Drink Beer Day-24 Sept.' (NRs. 500).
 - Rtn. Rabendra R. Pandey – for 'World Tourism Day-27 Sept' and 'World Heart Day-29 Sept' (NRs. 1,000).
 - Rtns. Gabriele and Bijaya Mallapaty – for 'Happy Landing' from New York and 'World Heart Day' (NRs. 2,000).
 - Rtn. Prakash R. Regmi – for 'World Heart Day-29 Sept.' (NRs. 1,000).
 - Rtn. Mahendra B. Thapa – for 'World Heart Day', 'World Tourism Day' & 'World Rabies Day' (NRs. 500).
 - Rtn. Preeti Khemka – for elder son's 'Happy Birthday' (NRs. 500).
5. Rotary News/Information:
 - Rtn. Mahendra S. Rawal briefed on the AGM of AKAA held last Saturday with participation from the RCP. President Rtn. Mahendra B Thapa also addressed the AGM and was joined by Rtns. Mahendra S. Rawal, Pushkar M. Shakya and Khadak S. Bisht. They also visited the site of reconstruction of Anandakuti Vidyapeeth Mudita Bhawan, which had progressed very well with 85% of work already conducted. In addition, functional WASH facilities need to be ensured.
 - President Rtn. Mahendra B. Thapa informed about the 'Early Bird Registration' in the next District Conference and the District's request for a 100% participation from all clubs.
6. Salutation: by PP Rtn. Chandralekha Kayastha - Rotary Club of Bali Nusa Dua, Indonesia; Chartered: 1992; and Members: 32. District: 3400, Clubs: 89, and Members: 1617. She also gave a short briefing about the club and its programmes.
7. Before the adjournment of the meeting by the President, Acting Secretary Rtn. Khadak S. Bisht announced: contribution pledges of NRs. 6,000 to the RCP's sunshine fund, and the meeting attendance by 25 members and 9 guests.

Rotary Questions/Answers presented by PP Rtn. Ganesh R. Shrestha

- Q.** What is the Rotary monthly theme for the month of September? **A.** Basic Education and Literacy Month
- Q:** Name the countries where Rotary is piloting the 'WASH in School Target Challenge'?
A: Belize, Guatemala, Honduras, India and Kenya
- Q:** When is World Literacy Day? **A:** On 8 September

**Summary of the Rotary Club of Patan's celebration of
'World Heart Day-29 September' with a talk programme by Rtn. Prakash R. Regmi on
the 'Use heart to connect with hearts – an awareness raising presentation'**

Rtn. Prakash R. Regmi (MD, FACC, Professor of Cardiology, Past President of the RCP and Nepal Heart Foundation, and President of Nepal NCD Alliance) made a Power Point presentation on the above subject on the occasion of the forthcoming 'World Heart Day – 29 September'.

The first part of Rtn. Regmi's presentation highlighted the World Heart Day message of this year 'Use Heart to Connect with Hearts' to connect with oneself and everyone, and to support people with heart problems. He explained the three themes of equity, prevention, and community. The World Heart Day is used to raise global public awareness since 2000 as heart disease is the world's number one killer causing 18.6 million deaths every year. Eighty percent of these deaths are from low and middle-income countries.

In the context of Nepal, annually there are 30,000 deaths due to heart disease with 25% of the total population affected. Furthermore, 33% of adults have hypertension, 25% have high cholesterol, 7-10% have diabetes, and 1% have RHD with 3,000 children dying from it.

The focus of this year's 'World Heart Day' is to emphasize three aspects: public awareness campaign is an effective method, lifestyle modification is a highly effective tool, and 80% of risk factors can be prevented. These three aspects are closely linked to the permanent agenda of the World Heart Day of awareness raising and the promotion of a healthy lifestyle. Rtn. Regmi elaborated on the power of healthy lifestyle with detailed examples of correlation between a change in lifestyle and mortality risk reduction based upon several recent studies. He summarized the risk factors under nine categories that can be modified with change in lifestyle – smoking, diabetes, hypertension, cholesterol, obesity, stress, diet, age, and heredity.

The second part of his presentation was on his personal experience and thought on various aspect of heart disease and its relation to lifestyle. He explained the dos and don'ts, and his views and insights with rich examples under fifteen headings, i.e., Diet, Tobacco, Alcohol, Modern Medicine, Self-Repair, Age, Good and Bad Fats, Dietary Cholesterol, Walking, Lab. Reports, Stress, Unnecessary Treatments, New Drugs, Individual Response, and Best Medicine.

Rtn. Prakash R. Regmi's presentation, which was original and comprehensive with personal example and advice, was highly appreciated by all. Following a Q/A session moderated by Rtn. Khadak S. Bisht, Rtn. Kedar B. Shrestha gave a 'Vote of Thanks' on behalf of all present. President Rtn. Mahendra B. Thapa added his own words of thanks before concluding this excellent session.

Rotary Information: Rotary International Zone Structure

source: rotary.org

Every Rotary year, the Rotary International Board of Directors makes minor changes to the list of zones based on decisions to merge or create new districts or grant district requests to change zones. In addition, the Board conducts a comprehensive review, at least every eight years, to comply with RI Bylaws that districts and clubs be divided into 34 zones of approximately equal number of Rotarians. The next comprehensive review by the RI Board may start in June 2023.

Nepal is part of ZONE 6 together with Bhutan and eastern parts of India.

The following are the Districts in Zone 6: 3030, 3100, 3110, 3120, 3240, 3250, 3261, 3262, and 3291 in India, and 3292 (Nepal and Bhutan).