

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. 1437****Date: 12 Poush 2078 / 27 December 2021****Today's Programme:**

Talk programme by Rtn. Prakash R. Regmi on 'End Rheumatic Heart Disease (RHD) Campaign

(The RCP's weekly meetings will be conducted by zoom only till the end of February 2022)

Congratulatory Events**Birthdays: Nil****Wedding Anniversaries: Nil****Minutes of Meeting No. 1784****Date: 5 Poush 2078 / 20 December 2021**

1. President Rtn. Mahendra B. Thapa called the hybrid meeting (physical as well as by zoom) number 1784 to order with 15 seconds of 'Silent Invocation' for world peace, health, and happiness.
2. The last meeting minutes were reviewed and adopted.
3. Contributions/pledges for 'Happy News':
 - Rtn. Rabendra R. Pandey – for 'Happy Birthday' (NRs. 1,000 pledge by zoom) and for a 4 days golf holiday with spouse at Miraaya CG Retreat in Nawalparasi (NRs. 500 pledge by zoom).
 - Rtn. Gabriele Mallapaty – for 'Happy Birthday' (NRs. 500 pledge by zoom).
 - Rtn. Lalita C. Thapa – for being nominated an Assistant Governor for RY 2022-2023 (NRs. 500 pledge by zoom).
 - Rtn. Khadak S. Bisht – for fruitful walks and hiking (10 kms) in the last two Saturdays respectively (NRs. 1,000).
 - Rtns. Shiv P. and Preeti Khemka – for the 20th 'Happy Wedding Anniversary' (NR. 2,000).
4. Other Contributions: Rtn. Gabriele Mallapaty pledged to contribute NRs. 6,500 on the occasion of her 65th birthday to the RCP's PEEF Programme Fund.
5. Rotary News/Information:
 - President Rtn. Mahendra B. Thapa informed on the following:
 - PEEF Scholarship Distribution at Dhapakhel school.
 - Theatre play on 'Putali Ko Ghar' by Women in Rotary Committee of District 3292 on 8 January 2022 at Nach Ghar in support of various programmes for women. Women Rotarians were specially requested to attend.
 - Rotary International's and The Rotary Foundation's position statement on COVID-19 vaccination.
 - President Elect Rtn. Shiva K. Pradhan shared his experience of the good training event organized by District 3292 for the Presidents and Assistant Governors of Rotary Year 2022-2023. Rtn. Lalita C. Thapa and himself participated from the RCP.
 - President Rtn. Mahendra B. Thapa confirmed that the RCP's Lalitdhara Souvenir printing, which has delayed very much, will be released before the end of December 2021.
 - Rtn. Bijaya Mallapaty informed that the government is paying through the ward offices NRs. 4,000 allowance per month to senior citizens with 70+ years of age. The RCP members meeting the age criteria should claim and, if they would wish, may contribute to the RCP's social programmes.
6. Salutation: By PP Rtn. Keshab B. Mathema - Rotary Club of Carbondale, Illinois, USA; Chartered: 1920; and Members: 67. District: 6510, Clubs: 48, and Members: 1653. He also gave a brief on the club.

7. Before the adjournment of the meeting by the President, Joint Secretary Rtn. Khadak S. Bisht announced: contribution of NRs. 6,400 (NRs. 3,000 cash contribution and a pledge of NRs. 2,500 by zoom to sunshine fund, and NRs. 900 to the operational fund of the RCP), and the meeting attendance of 1 Rotaract, 23 members (9 physical presence and 14 by zoom), and 5 make-ups.

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

- Q:** When and where will the Rotary Convention in 2022 take place? **A:** Houston, Texas, USA during 4-8 June 2022.
Q: What are the Core Values of Rotary? **A:** Service, Fellowship, Diversity, Integrity, & Leadership
Q: Chair of the District Conf. Committee of District 3292 in 2021/22 **A:** Rtn. Beni Gopal Mundara of RC Biratnagar.

Summary of talk programme by Rtn. Mukti N. Shrestha on 'Rabies- a dreadful viral disease'

Rtn. Mukti N. Shrestha made the presentation on Rabies with the support of a power point presentation, which has been shared with all separately. Introducing the subject, he mentioned that Rabies is almost always fatal, if untreated. Until a couple of decades ago, effective quality vaccine was not available.

Rtn. Mukti N. Shrestha mentioned that there are quality vaccines available these days against Rabies, but the human deaths have not stopped. Currently, according to WHO 60,000 people die of Rabies in the world with two million people getting post exposure shots every year. Of the above deaths, 95% are in Asia and Africa. Nepal has some 100 to 200 deaths occurring every year with about 4,000 people getting post exposure shots.

Rabies virus is found in rabid animal saliva, brain, nerves lungs, kidney, skin and eyes and transmitted to man by animal bites through saliva. 94% of Rabies is transmitted to man by dog bites while other animals like jackal, fox, wolf mongoose and blood sucking bats also transmit the disease.

Explaining Rabies symptoms in animals, Rtn. Shrestha highlighted Furious Rabies behaviour attacking and biting any object coming in front of the affected animal with excessive salivation with abnormal behaviour such as difficulty in breathing and swallowing. The other type of symptom is Dumb Rabies with dull, depressed, calm behaviour with excessive drooling of saliva. Once the virus is transmitted to human, symptoms include pain sensation, irritation, itchiness at the site of the bite, fever, cold feeling, tiredness, muscle pain, and disorientation.

Rtn. Shrestha flagged a difficulty of diagnosing Rabies in the beginning, with symptoms usually only seen in 30 to 60 days of bite. Therefore, it is important to keep the biting animal in a cage or confinement for 10 days of observation. If the animal dies within 10 days, it should be sent to a Rabies lab for diagnostic confirmation. In Nepal, Rabies diagnostic service is available at the central animal disease investigation laboratory, Tripureshwor, Kathmandu.

Talking about prevention and control of Rabies, Rtn. Shrestha suggests washing of wound with soap and water thoroughly immediately after animal bite and application of antiseptics like spirit or iodine, and after consultation with a veterinary doctor, take post exposure Rabies vaccination as early as possible.

To further prevent Rabies, it is important to control stray dog population in the communities, and regular Rabies vaccination of community owned dogs and cats. In this context, Rtn. Shrestha talked about the RCP's unique project 'One Health – Animal Welfare for Public Health' sponsored by 'Dr. Mukti Narayan Praveena Foundation' which has been vaccinating against Rabies in Lalitpur district. He further advocated for joint ventures with other Rotary clubs to expand the coverage of the project more widely to control human death by Rabies.

Rtn. Khadak S. Bisht commented and praised the presentation acknowledging the need to do more in this area. Following a Q/A session, President Rtn. Mahendra B. Thapa also thanked Rtn. Mukti N. Shrestha for his excellent presentation and responses to questions, with the RCP's appreciation for the project sponsored by his foundation.