

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. 1438****Date: 19 Poush 2078 / 3 January 2022**

<u>Today's Programme</u>	<u>Congratulatory Events</u>
Business Meeting	<u>Birthdays:</u> Nil <u>Wedding Anniversaries:</u> Nil

Minutes of Meeting No. 1785**Date: 12 Poush 2078 / 27 December 2021**

1. President Rtn. Mahendra B. Thapa called the regular weekly meeting number 1785 to order virtually by Zoom 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. Shiva K. Pradhan – for his daughter's travel to the USA for further education (NRs. 500).
 - Pushkar M. Shakya – for attending the virtual meeting after some time (NRs. 500).
4. Rotary News/Information:
 - Rtn. Ganesh R. Shrestha updated on the status of the RCP's PEEF scholarship support selection and distribution for this year. The progress has been very good with delays in few schools including due to access problems because of road construction. President Rtn. Mahendra B. Thapa also added about the distribution in the schools assigned to him.
 - Rtn. Ganesh R. Shrestha also informed about an invitation to the RCP by Tri Padma School for a building handover programme on Thursday being participated by the Mayor of Lalitpur District.
 - President Rtn. Mahendra B. Thapa informed on the following:
 - Reminder received from the District on the theatre play '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. Interested members should inform him as early as possible.
 - Meeting of the Network of Rotary Clubs of Lalitpur (NRCL) participated by him from the RCP on 26 December 2021. As part of an activity related to the 7th focus area of Rotary, i.e. Environment, NRCL is planning to do a survey on how Rotary members are doing garbage management.
 - There have been no interested candidates from the RCP for the District Governor Nominee position. Therefore, no action is required from the RCP in this regard.
 - District has requested for articles by interested clubs on service project activities for the District Conference souvenir magazine. Interested members should submit articles as soon as possible.
 - Rtn. Rabendra R. Pandey suggested to plan for the RCP's participation in the District Conference being held in Birtamod in February 2022. President Rtn. Mahendra B. Thapa will be reserving 5 rooms, possibly at Siddhartha Hotel, and he requested interested members to register their names with him as early as possible.
 - Rtn. Pushkar M. Shakya confirmed that the handover ceremony of 'Mudita Bhawan' at Anandakuti school will be held at 13:00 hrs. on Saturday 15 January 2022. A detailed tentative programme is being sent.
5. Salutation: By President Rtn. Mahendra B. Thapa - Rotary Club of Curico, Chile; Chartered: 1928; and Members: 57. District: 4340, Clubs: 60, and Members: 1314.

6. Before the adjournment of the meeting by the President, Joint Secretary Rtn. Khadak S. Bisht announced: contribution pledges of NRs. 1,000 to sunshine fund of the RCP, and the meeting attendance of 22 members.

Rotary Questions/Answers presented by Rtn. Ramesh L. Maskay

Q: Jennifer E. Jones nominated as Rotary International President for 2022-23 is a member of which club?

A: RC of Windsor-Roseland, Ontario, Canada.

Q: When was the first Rotary Club chartered in China?

A: RC Shanghai in 1919. It was disbanded in 1952, it was readmitted in 2006, and membership is restricted to non-PRC passport holders.

Q: How many members does the Council of Governors of D-3292 have in the RY 2021/22?

A: 16 members (the DG, 12 PDGs, IPDG, DGE and DGN).

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

Rtn. Prakash R. Regmi presented the 'End Rheumatic Heart Disease (RHD) Campaign' with the support of a comprehensive power-point presentation. He outlined his presentation in five areas – background, RHD in Nepal, End RHD campaign, the gaps and conclusions.

Comparing 'End RHD Now' with Rotary's successful efforts of 'End Polio Now', he emphasized that as Polio can be eradicated so can RHD, and no child should die from preventable/eradicable diseases like Polio and RHD.

Explaining RHD, Rtn. Regmi mentioned that RHD is the end stage heart disease in children, which damage the valves of the heart caused by Group A Streptococcus (GAS) bacteria starting with sore throat and rheumatic fever. Traditionally, a sore throat in children is treated with saline gargling, turmeric water and Paracetamol whereas it should be treated with a full dose of Penicillin antibiotic.

In developing countries, the link of RHD with throat infection is not known to 99% of the population. For example, in Lalitpur of Nepal, a survey indicated that only 0.37% of the public was aware about the RHD. This is the reason RHD awareness programme is so important to highlight this neglected heart disease particularly in children. In Nepal, there are around one million existing RHD cases. An estimated 30,000 people get affected and 3,000 people die prematurely from RHD every year.

Rtn. Regmi mentioned that the Rotary Club of Patan had collaborated with Nepal Heart Foundation in 2015 to do a survey and raise awareness on RHD very successfully and even implemented an innovative idea of a 'RHD educator' for schools in Lalitpur District. This could be multiplied across the country.

Rtn. Regmi highlighted that Nepal Heart Foundation (NHF) has set a goal to reduce the burden of RHD by 50 by the year 2030 through the 'End RHD Campaign'. Giving detailed breakdown of RHD prevalence, he mentioned that RHD is spread in all districts of Nepal with higher concentration in poorer areas particularly in the Terai region. The government spends 30 Lakh in RHD treatment support, which is not adequate. He highlighted the need to expand case detection through heart screening. Apart from physical examination by heart specialists, it is now possible to do it through Echo test with portable machines with simple RHD focussed training to health care workers. He emphasized that if detected early treatment of RHD is possible at very low cost of Penicillin injections.

As for the challenges in the control of RHD, from limited funding to lack of interest and priority, Nepal faces many obstacles requiring a comprehensive RHD control programme. Therefore, NHF and SGNHC (Ganga Lal Hospital) has launched the 'End RHD Campaign, Nepal' mobilizing the national provincial and district network of NHF to cover awareness raising, treatment as well as monitoring and evaluation aspects. NHF has also established a RHD Research Fund in December 2019 and has already raised 75 Lakh out of a target of 1 Crore Rupees in 3 years, and is requesting everyone to contribute to it.

Rtn. Regmi elaborated on the gaps where the 'End RHD Campaign, Nepal' is focussing and also suggested possibility of further collaboration with the Rotary Club of Patan in this regard.

During the Q/A session, it was suggested to continue collaboration with the RCP in its PEEF supported schools, and with Rotary District through its RNLM programme throughout Nepal in its adopted schools to cover the 'End RHD Campaign'. President Rtn. Mahendra B. Thapa concluded the session with high praise for the efforts of the 'End RHD Campaign' and on behalf of the RCP thanked Rtn. Prakash R. Regmi for the excellent presentation.