

# 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. 1450****Date: 14 Chaitra 2078 / 28 March 2022****Today's Programme:**

Graduate Studies Scholarship Award Programme

**Forthcoming Programme:**

4 April – Business Meeting

**Congratulatory Events****Birthdays:** Nil**Wedding Anniversaries:** Nil**Minutes of Meeting No. 1797****Date: 7 Chaitra 2078 / 14 March 2022**

1. President Rtn. Mahendra B. Thapa called the regular weekly meeting number 1797 to order virtually by Zoom with 'Silent Invocation' of 15 seconds for world peace, health, and happiness.
2. Guests welcome by the President: Guest Speaker Rtn. Joyce Shaffer from RC Bellevue, Seattle, WA, USA.
3. The last meeting minutes were reviewed and adopted.
4. Contributions/pledges for 'Happy News':
  - Rtn. Lalita C. Thapa – for 'Happy Birthday' (NRs. 1,000).
  - Rtns. Padam L. and Kamala Maharjan – for 'Happy Landing' from the USA (NRs. 1,000).
  - Rtn. Mahendra B. Thapa – for having Rtn. Joyce Shaffer as guest speaker today (NRs. 500).
5. Other Contributions: Rtn. Bijaya Mallapaty informed of a contribution of **NRs. 1,000,000** (10 Lakh) from his relative aunt Dr. Subarna Laxmi Malla Singh in the USA to the RCP's PEEF Trust Fund in her and her daughter Pratibha Singh's name. She was very much impressed and appreciated the excellent work done by the RCP in providing scholarship support to poor students, particularly girls, of public schools in Lalitpur District.
6. Rotary News/Information:
  - President Rtn. Mahendra Thapa:
    - Requested interested members joining the Rotary District Conference being held in Jhapa from 1 to 3 April 2022 to register by 25 March 2022 and inform him accordingly, and
    - Informed about a request from RC Himalayan Patan to participate in a 'Walkathon for Women's Health' being organised on 9 April 2022 and requested interested members to inform him accordingly.
  - Rtn. Lalita C. Thapa Informed about the DTTS (District Team Training Seminar) being held in Hetauda during the last week of March 2022.
7. Salutation: By Rtn. Mahendra S. Rawal - Rotary Club of Atlanta, Georgia, USA; Chartered: 1913; and Members: 487. District: 6900, Clubs: 69, and Members: 4523. He also provided the highlights of Atlanta city.
8. Before the adjournment of the meeting by the President, Joint Secretary Rtn. Khadak S. Bisht announced: contributions of NRs. 2,500 to the Sunshine Fund of the RCP, and the meeting attendance of 1 Guest Speaker, 1 Inner Wheel/Spouse, 25 members & 6 make-ups.

**Rotary Questions/Answers presented by Rtn. Khadak S. Bisht**

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|---|---------------------------|
| Q. When is World Rotaract Week celebrated in the Rotary Year 2021-22?       | A. 7 -13 March 2022       |
| Q. What is the theme of Rotaract District 3292 for the Rotary Year 2021-22? | A. Doing Things Awesomely |
| Q. When did Rotary Club of Patan's KEEA award start?                        | A. 16 December 2013       |

**Celebration of 'Brain Awareness Week 14-20 March' with a talk programme  
by Rtn. Joyce Shaffer from RC Bellevue, Seattle, WA, USA**

President Rtn. Mahendra B. Thapa welcomed guest speaker Rtn. Joyce Shaffer and Rtn. Mahendra S. Rawal introduced her. Rtn. Joyce Shaffer has a PhD in Psychology from the University of Washington and has been a nurse, speaker, global bicyclist, author, and a member of the Rotary Club of Bellevue, Seattle, WA, USA. She has been very active in the advocacy and promotion of the positive impact of music and dance on the health of human brain, including to avert Dementia significantly.

Rtn. Joyce Shaffer mentioned that she had been to Nepal in 1969 and gave her virtual talk with the support of a power point presentation. She worked jointly with Dr. Liliانا Alberto of Argentina to prepare the presentation and in raising awareness during the 'Brain Awareness Week – 14 to 20 March 2022' and the designation of 'Brain Day International – 20 March 2022' with events in four continents of the world. She has connected with RI President Shekhar Mehta on this and will be reporting to him on her advocacy and awareness raising work within Rotary and beyond.

Rtn. Shaffer explained the proven benefits of hearing music to the human brain from pre-natal stage to adulthood simply by listening to background music to enhance learning, and in elders to improve cognitive decline. Even better, is 'making music', which includes singling alone or with others, playing any musical instruments and/or dancing on music. While music and dance are low cost, easy, and fun activity in all cultures, it promotes social, emotional, behavioural, neurochemical, immunochemical, and neurocognitive health for all. Taken together, music and dance for eight years before the age of 18 may reduce the risk of Dementia by as much as 60%.

Rt. Shaffer also emphasised the links, of music and dance for the strengthening of human brain, with the work of Rotary on several focus areas of Rotary. She advocates inclusion of music and dance programmes in school curriculum and encourages learning of more than one language in schools to further brain health.

Following an excellent Q/A session, on behalf of the Rotary Club of Patan, Rtn. Bijaya Mallapaty gave a 'Vote of Thanks' to Rtn. Joyce Shaffer for her an eye-opening talk on the incredibly positive role of music and dance on human brain. He also noted the RCP's thanks to Rtn. Robert Rose from RC Bellevue for connecting Rtn. Shaffer to the RCP for this talk programme. President Rtn. Mahendra B. Thapa concluded the session with his own words of thanks to Rtn. Shaffer.

**Rotary Information: The names and designated positions/titles of the Rotary Club of  
Patan's Club Officials/Board of Directors for Rotary Year 2022-2023:**

Rtn. Shiva K. Pradhan	President
Rtn. Mahendra B. Thapa	Immediate Past President
Rtn. Mahendra S. Rawal	President Elect
Rtn. Preeti Khemka	President Nominee & Joint Treasurer
Rtn. Gabriele Mallapaty	Vice President
Rtn. Khadak S. Bisht	Secretary
Rtn. Bharat N. Joshi	Treasurer
Rtn. Kedar B. Shrestha	Sergeant-at-Arms/Fellowships & Events Coordinator
Rtn. Ganesh R. Shrestha	Joint Secretary
Rtn. Prakash R. Regmi	Chairperson - Club Administration
Rtn. Rabendra R. Pandey	Chairperson - The Rotary Foundation
Rtn. Jamuna K. Tamrakar	Chairperson - Membership
Rtn. Pushkar M. Shakya	Chairperson - Public Image
Rtn. Bijaya Mallapaty	Chairperson - Service Projects
Rtn. Shiv P. Khemka	Director - Youth Services



**May the Laugh Bug Bite You** 😊😊😊😊😊

I went to the liquor store Tuesday afternoon on my bicycle, bought a bottle of Scotch and put it in the bicycle basket.

As I was about to leave, I thought to myself that if I fell off the bicycle, the bottle would break. So I drank all of the Scotch before I left for home.

It turned out to be a wise decision because I fell off my bicycle several times on the way home.