



ललित धारा

RI District 3292

Club No. 23126

Chartered: 29 August 1985

President: Khruschev Shrestha

President Nominee and Editor: Bijaya Mallapaty

Vice-President and Assistant Editor: Chandralekha Kayastha

Issue No. 1076

Date: 10 Kartik 2071 / 27 October 2014

Today's Programme: Vocational Award Ceremony

Forthcoming Programme: 4 Nov. – Business Meeting

Congratulatory Events

Birthdays: NIL

Wedding Anniversaries: NIL

Minutes of Meeting No 1430

Date: 3 Kartik 2071 / 20 October 2014

1. President a.i. Matsyendra L. Kayastha called the Meeting No. 1430 to order with 15 seconds of 'silent invocation' for peace and happiness.
2. Guests welcomed by President a.i. Kayastha: Rtn. Nirmal Pradhanang's family – spouse Bijaya, granddaughter Dilasha, daughter Anusha and son-in-law Dipen; and Mrs. Mithila Rajbhandary.
3. The last meeting's minutes were reviewed and adopted.
4. 'Happy News' Contributions:
 - Rtn. Lalita Thapa – for 'Happy Landing' from China.
 - Rtn. Dr. Prakash R. Regmi – for participation in the Conference of the Cardiac Society of Nepal with a paper presentation on 'Rheumatic Heart Disease' during last Friday/Saturday.
 - Rtns. Gabriele and Bijaya Mallapaty - for 'Happy Tihar' in family with the visits of daughter and son from Tokyo and New York (NRs.400).
 - Rtn. Lochan Gyawali – for the appreciation of his Company's Nepali Tea by the Queen of Sweden (NRs.500).
 - Rtn. Siba B. Rajbhandary and Rtn. Nirmal Rajbhandary – see point 8 below.
 - Spouse Mithila Rajbhandary – for having Rtn. Nirmal Pradhanang as a new member of the RCP.
 - Rtn. Padam L. Maharjan – for having Rtn. Nirmal Pradhanang, family friend since 1972, as a new member of the RCP. ('Happy News' contribution made by e-mail from abroad).
5. Other Contributions:
 - Rtn. Krishna B. Basnyat contributed NRs. 1,000 to the PEEF Operational Fund from his participation at the NOH Board.
 - **Rtn. Lalita Thapa announced a permanent contribution of NRs. 10,000 each year for the 'Blood Donation' activity of the Rotaract Club of Patan.**
6. Rotary News/Information Sharing:
 - A committee for the 'Rota Quiz' was formed: Coordinator Rtn. Chandralekha Kayastha with Membership of Rtn. Piyush B. Bajracharya, Rtn. Shiva Pradhan and Rtn. Jamuna K. Tamrakar (subject to his agreement).
 - Request for co-hosting of the District Conference with NRs. 25,000 and sale of raffle tickets worth NRs. 100,000 was received. This needs to be further discussed with the District Governor and presented to the Board.
 - Rtn. Dr. Prakash R. Regmi updated the 'House' on the plans for the RCP's Vocational Award ceremony to recognize three outstanding personalities for vocational excellence on 27 October. The Committee has selected Ms. Rita Thapa, founder of TEWA for 'Social Service, Ms. Dil Kumari Chaudhary for 'Women Empowerment' through her service to 'Kamlari' girls, and Ms. Gita Banjara for 'Humanitarian Service' through service to Psychiatric patients.

7. Induction of Rtn. Nirmal Pradhanang - Rtn. Siba B. Rajbhandary introduced Rtn. Nirmal Pradhanang and his family. Rtn Pradhanang holds a M.Sc. in Radio Engineering specialized in Aviation Communication, Navigation and Surveillance. His work experience spans over 40 years at home and abroad with ICAO, ADB, JICA and World Bank Projects in Somalia, Lesotho, Tanzania, Bhutan and Nepal. He is currently engaged with Japan Airports Consultants at 'TIA Modernization Project' as a Resident Engineer. Rtn. Nirmal Pradhanang is married to Bijaya and they have a son Binit, a daughter Anusha, and two grandchildren Dilasha and Arniko.

Following the introduction, 'Guru' Rtn. Kamal M. Dixit performed the induction of Rtn. Pradhanang with a special '**Rotary Dikchhya**' written in Nepali poetic verses (Please see the RCP's Facebook Page for the complete text). PDG Rtn. Tirtha M. Sakya 'pinned' him with the Rotary Pin and President a.i. Matsyendra L. Kayastha welcomed with 'Khada' and presented some Rotary reading materials while Rtn. Chandralekha Kayastha welcomed spouse Bijaya with a flower bouquet.

Rtn. Nirmal Pradhananga gave a brief acceptance speech in which he thanked Rtn. Siba B. Rajbhandary for introducing him to the RCP and appreciated the high level of commitment of the RCP Members.

8. Salutation: By PP Rtn. Siba B. Rajbhandary - Rotary Club of Maseru, Lesotho; Club ID 17439; Chartered: 1977; Members 22. District: 9370, Clubs: 49, and Members: 1126. Rtn. Rajbhandary also recalled his first UN job in Lesotho with first daughter born there, and contributed NRs. 200 for this 'Happy Memory'. Rtn. Nirmal Pradhanang had also worked in Lesotho and added NRs. 200 contribution as 'Happy News'.
9. Please see below for a brief summary of update on Lifestyle and Heart Health presented by Rtn. Dr. Prakash R. Regmi.
10. Before the adjournment of the meeting by the President a.i., the Secretary announced: contributions to 'Sunshine' Fund: NRs. 3,150; attendance: guests 4, spouse 1, members 20, and make-up 10.

Summary of Update on Lifestyle and Heart Health by Rtn. Dr. Prakash R. Regmi

Rtn. Dr. Prakash R. Regmi briefly presented what is new in 'Life Style Management' based on recent Swedish research findings. These research findings highlight 5 lifestyle factors that reduce risk to 'Heart Attack' with indication of percentage as follows:

- i. Diet (Mediterranean food that includes fruits, vegetables, low fat, wholegrain and fish) 20%
- ii. Moderate Alcohol (10-30g/day) 15%
- iii. Exercise (for example 40 minutes of walk/day) 12%
- iv. Waist measure (<38" for men and <32" for women) 10%
- v. Not smoking 29%

Put together, good behavior on all five areas could reduce the risk of heart attack by 86%, which compares very well against the risk reduction from medication. The findings suggest a total of 73% risk reduction if all four types of preventive medicines are taken. The conclusion drawn, therefore, is that lifestyle and behavior changes can have better risk reduction than the preventive medication group.

Rtn. Dr. Regmi also presented similar research findings on the risk reduction of Stroke in Women with behavior changes or lifestyle management.



May the Laugh Bug Bite You 😄😄😄😄😄

Traffic Police Officer: Sir, it says on your driving license that you need to be wearing eye glasses.

Driver: I have contacts, Officer.

Traffic Police Officer: I don't care who you know, you have a violation !!