



# ललित धारा

RI District 3292

Club No. 23126

Chartered: 29 August 1985

President & Editor: Bijaya Mallapaty

President Elect & Assistant Editor: Chandralekha Kayastha

Secretary: Bishwa Bandhu Sharma

**Issue No. 1198**

**Date: 7 Chaitra 2073 / 20 March 2017**

**Today's Programme:** Classification Talk by Rtn. Shiv P. Khemka

**Forthcoming Programme:**

27 Mar.- About Rotary: Q/A and discussion

03 Apr. - Business Meeting

10 Apr.– Talk Programme by Mr. R.K. Manandhar, Founder Chairman of Image Group of Companies: Evolution of Electronic Media in Nepal

17 Apr. – 5<sup>th</sup> Club Assembly

**Congratulatory Events**

**Birthdays:**

Rtn. Lalita Thapa – 19 Mar.

**Wedding Anniversaries:** NIL

**Minutes of Meetings No.1550**

**Date: 30 Falgun 2073 / 13 March 2017**

## **Joint Meeting with the Rotaract Club of Patan**

1. President Rtn. Bijaya Mallapaty and President Rtr. Mohini Maharjan called the meeting nos. 1549 and 516 respectively to order with 15 seconds of 'Silent Invocation' for peace and happiness. The minutes for the Rotaract Club of Patan is taken separately by the Rotaract Club of Patan.
2. Guests welcomed: Guest Speaker Dr. Huma Bokkhim; Mr. Matrika Devkota, Mr. Shashi Gyawali & Mr. Yubraj Chand from KOSHISH; all the Rotaracts and Inner Wheels/Spouses.
3. The last meeting minutes were reviewed and adopted.
4. 'Happy News' Contributions:
  - Rtns. Lalita Thapa and Shiv P. Khemka – for 'Happy Holi'.
  - Rtn. Santa K. Shrestha – for 'Happy Wedding' of son Abhisekh Shrestha (NRs. 1,000).
  - Rtn. Ganesh R. Shrestha – for 'Happy Holi' and joining the 'Janti' of Abhisekh Shrestha (NRs. 500).
  - Rtns. Bijaya Mallapaty, Piyush Bajracharya, & Nirmal K. Pradhanang – for having this Joint Meeting with the Rotaract Club of Patan.
  - Rtns. Matsyendra L. and Chandralekha Kayastha – for supporting 'KOSHISH' (NRs. 500).
  - Rtn. Ramesh Maskay – for last week's wedding anniversary, completion of golden jubilee of completion of engineering from Punjab Ludhiana University, Holi and this joint meeting (NRs. 1,000).
  - Rtn. Lochan Gyawali – for very good publicity Nepal's Tea (his Jun Chiyabari and others) is getting abroad.
  - Rtn. Kedar B. Shrestha – for having good participation of members (25+) in today's meeting.
  - Rtn. Dr. Prakash R. Regmi - for a wonderful family trip of 3 days to Sauraha, Pokhara and Bandipur with 'organic home stay' (NRs. 500).
5. An amount of NRs. 25,000 was provided to KOSHISH as the Rotary Club of Patan's contribution to this outstanding organization of self-help for mentally ill persons. Sponsors Rtns. Matsyendra L. and Chandralekha Kayastha handed over the cheque to KOSHISH's Founder President Mr. Matrika Devkota. To recall, Mr. Devkota was a strong contestant for the District's 4<sup>th</sup> 'Gopal - Kamala Rajbhandary Rotary Award for Vocational Excellence' as proposed by the Rotary Club of Patan.
6. An amount of NRs. 10,000 was provided as the Rotary Club of Patan's contribution to the annual blood donation campaign of the Rotaract Club of Patan. Sponsor Rtn. Lalita Thapa handed over the cheque to Rotaract Club of Patan President Rtr. Mohini Maharjan.
7. Rotary News/Information:
  - As part of the Rotaract Week (8 to 13 March) activity, this joint meeting and a Blood Donation Campaign was planned. The date of the **Blood Donation Campaign has been rescheduled for Saturday, 25 March 2017 from 10:00 a.m. at Mangal Bazar, Patan. Maximum participation of the RCP family to encourage this annual campaign is strongly recommended.**

8. Salutation: By PP Rtn. Kamal B. Nyachhyon – RC of Amman-Petra, Jordan; Chartered: 1986; & Members: 41. District: 2450, Clubs: 142, & Members: 4499.
9. Please see below for a summary of today's talk programme.
10. Before the closure of the meeting by the President, the Joint Secretary announced: contribution of NRs. 7,600 (NRs. 2,700 for attendance and NRs. 4,900 for sunshine funds); attendance: 4 Guests, 8 Rotaracts, 26 Members 1 Spouse and 6 make-ups.

### **Summary of Talk Programme by Guest Speaker Dr. Huma Bokkhim, Senior Food Research Officer on "Creating informed consumers on Food"**

Rtn. Lochan Gyawali introduced Dr. Huma Bokkhim, Senior Food Research Officer, Department of Food Technology & Quality Control, Ministry of Agriculture Development, Government of Nepal. Dr. Bokkhim comes from Taplejung, Mechi Zone, and did her M.Sc. and PhD. in Food Science & Technology from Belgium and Australia respectively. She has been working in this field since 1995, attended several seminars/workshops, and published many papers, and travelled widely.

Dr. Huma Bokkhim made a very interesting presentation with power point slides (shared with all separately) with the aim of "Creating informed consumers on Food". She started with the elements of sensitization of the subject, explaining access and excesses of information available, need of quality and reliable information and expert opinion to create a society of aware consumers. Talking about the dynamics of food choices, she explained in detail what mandatory labelling is all about, and what informed consumers should be looking at, instead of the commercial advertisements that often make unsubstantiated claims.

In many countries, public policy requires nutritional labelling, which is so far optional in Nepal. Explaining many of the common symbols used by the producers, Dr. Bokkhim gave a lot of tips on what and how to look at the nutritional labels. In Nepal for example the symbol 'NS' signifies a quality standard despite it not being mandatory. Continuing on the ethics of food labelling, she explained some of the common but false claims made purely for commercial purposes. For example, the labels of 'all natural', 'no cholesterol', 'sugar free', 'fat free', even when these are often not true.

Dr. Bokkhim also explained the differences in the concepts of 'Expiry Date', 'Best Before', 'Sell By', and 'Use By'. Expiry Date is generally used for sensitive products, for example in baby food, while others show when the good starts losing its prime condition, but still edible. She also explained the elements of behavioural information pathway where consumers may not practice what they have learned, and emphasized the need of a good relation between consumers and information to have a 'win win' situation.

Dr. Bokkhim informed about a 'Food Fair' being held in Bhrikuti Mandap, Kathmandu, during 18-19 Chaitra (31 March – 1 April 2017) promoting local food and encouraged everyone to visit.

In a very productive Q/A session, Dr. Bokkhim responded to many concerns raised during the meeting with practical responses.

On behalf of all the RCP family and the Rotaracts, Rtn. Kedar B. Shrestha gave a 'Vote of Thanks' to R. Huma Bokkhim for the excellent presentation and responses to the questions raised, and the President presented her with 'Lalithara Souvenir' and 'Rotary Ka Kura' as a 'Token of Appreciation'.

### **Rotary Information**

*Rotary gives three core ideas to help members describe Rotary to a new audience:*

- *Rotary joins leaders from all continents, cultures, and occupations.*
- *Rotary exchanges ideas, bringing our expertise and diverse perspectives to help solve some of the world's toughest problems.*
- *Rotary takes action to bring lasting change to communities around the world.*

*(Source: Rotary.org)*