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RI District 3292

Club No. 23126

Chartered: 29 August 1985

Immediate Past President & Editor: Bijaya Mallapaty

President & Assistant Editor: Chandralekha Kayastha

Secretary: Mahendra Thapa

Issue No. 1227

Date: 23 Aswin 2074 / 9 October 2017

<p><u>Today's Main Programme:</u> Business Meeting</p> <p><u>Forthcoming Programme:</u></p> <p>16 Oct. – Classification Talk of Rtn. Siba B. Rajbhandary</p>	<p><u>Congratulatory Events</u></p> <p><u>Birthdays:</u></p> <p>Rtn. Mahendra S. Rawal – 5 Oct.</p> <p><u>Wedding Anniversaries:</u> Nil</p>
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Minutes of Meetings No.1578

Date: 9 Aswin 2074 / 25 September 2017

1. Prior to the official meeting, Rtn. Dr. Prakash R. Regmi briefed on today's main programme and welcomed all the participants, including Dr. Abani Bhusan Upadhyaya and Dr. Yadav Bhatta, on the forthcoming 'World Health Day – 29 September' with the theme of 'Share the Power'. The Rotary Club of Patan and the Non-communicable Diseases (NCD) Alliance shared this event. Rtn. Dr. Regmi read out the 'share the experience' notes completed by the participants about their promise and healthy habits, which he would elaborate in the presentation later.
2. President Rtn. Chandralekha Kayastha called the meeting no. 1578 to order with 15 seconds of 'Silent Invocation' for Peace and Happiness, and invited Dr. Abani Bhusan Upadhyaya and Dr. Yadav Bhatta to join the RCP Team on the Dias.
3. Guests welcomed by the President: All the participants to this special meeting sponsored through Rtn. Dr. Prakash R. Regmi by the representatives of the pharmaceuticals industry.
4. The last meeting minutes were reviewed and adopted.
5. 'Happy News' Contributions:
 - Rtn. Dr. Prakash R. Regmi (NRs. 1,000), Rtn. Kedar B. Shrestha (NRs. 500), Rtn. Gabriele Mallapaty, Rtn. Bijaya Mallapaty, PDG Rtn. Tirtha M. Sakya (NRs. 500), Rtn. Matsyendra L. Kayastha (NRs. 500), Rtn. Ganesh R. Shrestha, Rtn. Chandralekha Kayastha (NRs. 500), Rtn. Mahendra S. Rawal, Rtn. Bharat N. Joshi (NRs. 500), Rtn. Preeti Khemka (NRs. 500), Rtn. Krishna B. Basnyat (NRs. 500), Rtn. Pushkar M. Shakya (NRs. 500), Guests (NRs. 600), Rtn. Piyush B. Bajracharya, Rtn. Lalita Thapa, Rtn. Nirmal K. Pradhanang (NRs. 500), Rtn. Kiran Thapa (NRs. 500), Rtn. Rabendra R. Pandey (NRs. 500), and Rtn. Shiv P. Khemka (NRs.500) – on the happy occasion of 'Vijaya Dashami' and today's special programme to celebrate the 'World Heart Day'.
 - Rtn. Dr. Bishwa B. Sharma – for 'Happy Landing' from Prague, Czech Republic.
 - Rtn. Kedar B. Shrestha – for the attendance of over 25 members in today's meeting.
6. Rotary News/Information:
 - President Rtn. Chandralekha Kayastha reminded on the information already shared by e-mail on the Ethics Symposium on 16 October, Tea Party of the Rotaract Club of Patan on 27 September, and the results of the District Rotary Song Competition.
 - On the occasion of the 'World Heart Day – 29 September', two rallies by National Heart Foundation and Nepal Heart Foundation/Nepal Heart Network were held on 22 and 23 September 2017 respectively with very good participation from the RCP family.
7. Salutation: By PDG Rtn. Tirtha M. Sakya – Rotary Club of Islamabad Margalla, Punjab, Pakistan; Chartered: 1997; and Members: 22. District: 3272, Clubs: 81 and Members: 1749.
8. Please see box on next page for a summary of today's special programme.

9. Before the closure of the meeting by the President, the Secretary announced contribution of NRs. 12,100 (NRs. 3,200 for attendance, and NRs. 8,900 for sunshine funds), attendance: 18 guests, 3 Rotaracts, 32 members and 3 make-ups.

Rotary Questions/Answers presented by Rtn. Mahendra S. Rawal

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| Q. RI Dues amounts for this year | A. Semi-annual US \$ 30 plus US \$1.50 in the 1 st half |
| Q. Name of District 3292 Treasurer for this year | A. Rtn. Kumud Tripathy, RC Thamel |
| Q. Effective Date of the current Constitution of Nepal | A. 3 Ashwin 2072 or 20 September 2015 |

Interaction Program on 'Heart Health' on the occasion of the 'World Heart Day – 29 September' with fellowship dinner sponsored through Rtn. Dr. Prakash R. Regmi

Rtn. Dr. Prakash R. Regmi led today's main interaction programme on 'Heart Health' sponsored by the representatives of the pharmaceuticals industry. He welcomed Dr. Abani Bhusan Upadhyaya and Dr. Yadav Bhatta introducing both of them; other doctors, representatives of the pharmaceuticals industry (Sun Pharma and INTAS, Nepal), press, participants, Rotaracts, and all the Rotary Club of Patan family.

This event was organized to raise awareness on non-communicable diseases, particularly 'Heart Health' on the occasion of the 'World Health Day – 29 September' with the theme 'Share the Power'. The Rotary Club of Patan and the Non-communicable Diseases (NCD) Alliance shared this event.

Rtn. Dr. Prakash R. Regmi made a comprehensive presentation on latest research findings and practical advice given by medical doctors in the evolving circumstances of new findings. He provided the context of the advice given as three bodies make the principal guidelines used around the world: ACC/AHA (American), ESC (European), and CCS (Canadian). These guidelines are based on modern evidence-based research and have two categories of recommendations – one based on level of evidence of risk (A, B, & C with A coming from maximum research/analysis) and the other being the class (i, iia, iib & iii with i highly recommended). The guidelines are updated every 2/3 years.

The new research findings are challenging the old recommendation that "higher levels of heart disease is associated with higher levels of fat consumption". The presentation concentrated on the new findings, particularly on the use of 'Fat/Oils'. The new evidence-based research shows that good fat and oil are essential for heart health. The PURE study done by Prof. Salim Yusuf from Canada is highly respected. He went on to describe the history of the guidelines, and accusations that commercial interests, including by the pharmaceutical or heavy sugar-using industries, may have influenced them.

Rtn. Dr. Prakash R. Regmi summarized the suggestions on the use of fat in three categories (i) Unsaturated fat – love it; (ii) Saturated fat – limit it; and (iii) Trans-fat – lose it/avoid it. He described the commonly used oil/fat products and their category for easy understanding and use of good fats instead of the bad ones.

Many also criticize the new findings. However, while awaiting formal guidelines from the principal bodies mentioned above, he concluded that moderation and balance are recommended. In this context, he noted some key points for healthy heart: reduce carbohydrates, increase vegetable consumption. A balance plate of food should have vegetables (larger portion), fruits, whole grains and protein/fat (good fats e.g. avocado, olive oil, mustard oil) that should be complemented by exercise, good sleep and stress free life. Genetics is also a major determinant of health, therefore regular examination of health is strongly recommended.

Dr. Yadav Bhatta, Dr. Abani Bhusan Upadhyaya and others added and commented on the presentation of Rtn. Dr. Prakash R. Regmi with very interesting interaction with the participants.

On behalf of the Rotary Club of Patan, President Rtn. Chandralekha Kayastha thanked the presenters, commentators and all the participants for this excellent interaction programme.