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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. 1235

Date: 18 Mangsir 2074 / 4 December 2017

Today's Main Programme

Talk Programme by Dr. Siraya Chunekamrai from Thailand on Prevention from unseen killer called 'Metabolic Syndrome'

Forthcoming Programme:

11 Dec – Business Meeting and Election of New Board

Congratulatory Events

Birthdays:

Rtn. Dr. Aruna Uprety – 1 Dec.

Wedding Anniversaries:

Nil

Minutes of Meetings No.1586

Date: 11 Mangsir 2074 / 27 November 2017

1. President Rtn. Chandralekha Kayastha called the meeting no. 1586 to order with 15 seconds of 'Silent Invocation' for Peace and Happiness.
2. Guests welcomed by the President: Guest Speaker Mr. Ishwor R. Balami and his family Mrs. Anu Balami and Ms. Ichha Balami; PP of RC Butwal Rtn. Benu R. Pradhan, Ms. Tara Pradhan, PP of RCP Mr. Khrushchev and Mrs. Kalpana Pradhan Shrestha; Rotaracts - President Rubina Shakya and Sajal Khadka; and spouses of RCP members.
3. The last meeting minutes were reviewed and adopted.
4. 'Happy News' Contributions:
 - Rtn. Mahendra S. Rawal – for 'Happy Wedding Anniversary'.
 - Rtn. Keshab B. Mathema – for 'Happy Wedding Anniversary' in absentia (ha.ba.).
 - Rtn. Ganesh R. Shrestha – for 'Happy Birthday' additional specially for having completed 70 years (NRs. 1,000). On this happy occasion, Rtn. Kedar B. Shrestha honoured Rtn. Ganesh R. Shrestha with a special shawl with Rotary International emblems' design on behalf of all the RCP family.
 - Rtn. Nirmal K. Pradhanang – for the 70th anniversary of Rtn. Ganesh R. Shrestha.
 - Rtn. Matsyendra L. Kayastha, Rtn. Gabriele Mallapaty (NRs. 500), Rtn. Chandralekha Kayastha (NRs. 500) – for the participation of PP of RCP Mr. Khrushchev and Mrs. Kalpana Pradhan Shrestha.
 - Rtns. Padam L. and Kamala Maharjan – for the above, Rtn. Ganesh's 70th anniversary, and for getting a certificate of training on 'Joreko' (soul purification) (NRs. 500).
 - Rtn. Kedar B. Shrestha (NRs. 400 including for today's attendance of over 25 members), Rtn. Ganesh R. Shrestha (NRs. 500), and Rtn. Ramesh Maskay (NRs. 500) – for 'Happy Landing' from Turkey and Morocco.
 - Rtn. Bijaya Mallapaty – for his appointment as an Assistant Governor of our District for Rotary Year 2018-19.
 - Rtn. Jeevan K. Shrestha – for 'Happy Landing' from Ethiopia and for son's medical graduation (NRs. 500).
5. Other Contributions:
 - Rtn. Santa K. Shrestha pledged NRs. 75,000 to the Club Service Fund, which will be matched by Rtns. Matsyendra L. and Chandralekha Kayastha as earlier pledged.
6. Rotary News/Information:
 - President Rtn. Chandralekha Kayastha reminded on several information already shared by e-mails: DRF Seminar and DRFR programme; reporting of activities for GML; and advocacy on RI President's forthcoming visit on newspaper.
 - The handover event of the bedside chairs/stools has been rescheduled for Thursday, 30 November at 11:00 a.m. at Kirtipur hospital.
 - Rtn. Bijaya Mallapaty confirmed that all the formalities of Club Registration were completed for this year with the help of Rtn. Jeevan K. Shrestha.

7. Salutation: By PP Rtn. Kedar B. Shrestha – Rotary Club of Manila – Midtown, Philippines; Chartered: 1985; and Members: 27. District: 3810, Clubs: 79, and Members: 2207.
8. Before the closure of the meeting by the President, the Secretary announced contribution of NRs. 8,000 (NRs. 2,800 for attendance, and NRs. 5,200 for sunshine funds, including a top-up of NRs. 200 by the President), attendance: 7 guests, 2 Rotaracts, 11 Inner Wheels/spouses, 26 members, and 5 make-ups.

Rotary Questions/Answers presented by Rtn. Preeti Khemka

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| Q. RI President Nominee for 2019-2020 | A. Rtn. Mark Daniel Maloney, RC Decatur, Alabama, USA |
| Q. When was RC Thimpu, Bhutan formed? | A. 2012 |
| Q. Largest Country in the world without a river | A. Saudi Arabia |

**Summary of Talk Programme by Guest Speaker
Mr. Ishwor R. Balami on 'Acupuncture'**

Rtn. Santa K. Shrestha introduced Guest Speaker Mr. Ishwor R. Balami and requested RC Butwal Charter President Rtn. Benu R. Pradhan to provide more details. Rtn. Pradhan summarized the guest speaker's bio-data. With a Master's Degree in Sociology from TU, Mr. Balami graduated in Acupuncture in 1995, obtained Moxa Preparation and Yamamoto Social Acupuncture training from Japan in 1995 and 2010 respectively. Mr. Balami is the Chief Acupuncturist at 'You, I Health Centre' at Durbar Marg (House of PDG Rtn. Ratna M. Shakya), has been practicing acupuncture for the last 23 years, and is involved in various professional societies.

Mr. Ishwor R. Balami explained the value of alternative medicine therapy of acupuncture, which is over a 5000 years old healing technique that started in China. This therapy includes three techniques – acupuncture, acupressure and moxibation. Together, they use special points (there are a total 365 points in human body) to generate 'Chi' or vital energy and use balancing the 'Yin and Yang' to treat many non-communicable diseases and cure pain.

These techniques are also used to clear specific blockages in the human body using various natural products such as 'Titepate' and 'Loquat' for preventive as well as curative treatments. Various use of these techniques, without side effects, include - aging problems, pain management, reviving lost energy, mental and emotional problems, arthritis-muscular problems etc.

Mr. Balami concluded that as all medical sciences have limits, and acupuncture also has its limits, but health problems can certainly be minimized with the use of the proven techniques of acupuncture.

After a lively Questions/Answers session, on behalf of the RCP family, Rtn. Ganesh R. Shrestha gave a 'Vote of Thanks' to Mr. Ishwor R. Balami for his excellent presentation and responses to the questions raised. President Rtn. Chandralekha Kayastha concluded the session with the presentation of a 'Token of Appreciation' to Mr. Balami.



May the Laugh Bug Bite You 😊😊😊😊😊

A biology teacher wished to demonstrate to his students the harmful effects of alcohol on living organisms. For his experiment, he showed them a beaker with pond water in which there were a lot of worms. When he added some alcohol into the beaker, the worms doubled-up and died.

"Now," he said, " what do you learn from this?"

An eager student gave his answer.

"Well the answer is obvious," he said " if you drink alcohol, you'll never have worms."