



ललित धारा



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. 1236

Date: 25 Mangsir 2074 / 11 December 2017

Today's Main Programme

Business Meeting and Election of New Board for 2018-19

Forthcoming Programme:

18 Dec – Talk Programme by Rtn. Nugal Vaidya–“Rotary Image Building Project: Road Safety”

25 Dec – Talk Programme by Ms. Saru Joshi–“Social impact of female labour migration”

Congratulatory Events

Birthdays:

Rtn. Piyush B. Bajracharya–12 Dec.

Rtn. Rabendra R. Pandey – 14 Dec.

Wedding Anniversaries:

Rtns. Shiv P. and Preeti Khemka-11 Dec.

Minutes of Meetings No.1587

Date: 18 Mangsir 2074 / 4 December 2017

1. President Rtn. Chandralekha Kayastha called the meeting no. 1587 to order with 15 seconds of 'Silent Invocation' for Peace and Happiness.
2. Guests welcomed by the President: Guest Speaker Dr. Siraya Chunekamrai from Thailand, Dr. Alinika Obysekere from Sri Lanka, and Rotaracts - President Rubina Shakya and Rojal Shakya.
3. The last meeting minutes were reviewed and adopted.
4. 'Happy News' Contributions:
 - Rtn. Dr. Aruna Uprety – for 'Happy Birthday' in absentia (ha.ba.)
 - Rtns. Dr. Mukti N. Shrestha (NRs. 500), Rtn. Nirmal K. Pradhanang (NRs. 500) – for having the talk programme of Dr. Siraya Chunekamrai today.
 - Rtn. Dr. Prakash R. Regmi – for completing the training manual on RHD.
5. Other Contributions:
 - Rtn. Santa K. Shrestha handed-over the pledged amount of NRs. 75,000 to the Club Service Fund, which was matched, as earlier pledged, by Rtns. Matsyendra L. and Chandralekha Kayastha (NRs. 25,000 contributed earlier and NRs. 50,000 today).
 - Rtn. Kamal Nyachhyon's additional contribution made during the handover of 83 bedside chairs/stools to Kirtipur Hospital on 30 November 2017 was noted. This was done to add 17 chairs/stools (one each for all the 100 patient beds of the hospital) bringing his total contribution to NRs. 120,400. The hand-over ceremony was held in the presence of the Mayor of Kirtipur - Mr. Ramesh Maharjan, Director of Kirtipur Hospital - Dr. Shanker M. Rai and hospital staff, President Rtn. Chandralekha Kayastha, Mr. Sanjeeb Shrestha and 10 additional RCP members.
6. Rotary News/Information: President Rtn. Chandralekha Kayastha reminded on several information already shared by e-mails: RCP's annual outing, Mr. & Ms. Rotaract programme, DRF Seminar and DRFR programme, and inauguration of Lalitpur Community Heart Care Centre.
7. Salutation: By PP Rtn. Kedar B. Shrestha – Rotary Club of Sylhet-South, Bangladesh; Chartered: 1988; and Members: 40. District: 3280, Clubs: 158, and Members: 4415.
8. Before the closure of the meeting by the President, the Secretary announced contribution of NRs. 3,000 (NRs. 1,800 for attendance, and NRs. 1,200 for sunshine funds), attendance: 2 guests, 2 Rotaracts, 18 members, and 7 make-ups.

Rotary Questions/Answers presented by Rtn. Ramesh Maskay

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| Q. Designation of Month of December in Rotary | A. Disease Prevention & Treatment |
| Q. Three Priorities set by RI President 2017-18 | A. (i) Support and strengthen clubs, (ii) Focus and increase Humanitarian Service, & (iii) Enhance Public Image & Awareness |
| Q. Name and Country of Miss World 2017 | A. Manushi Chhillar, India |

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

Rtn. Dr. Mukti N. Shrestha introduced Dr. Siraya Chunekamrai, Vice President of World Veterinary Congress (WSAVA) who has been in Kathmandu to participate in the Asia Forum for Animals (AFA) conference and had kindly agreed to speak in today's RCP meeting. Dr. Chunekamrai holds a DVM, PhD from Cornell University and is a prominent equine surgeon. In addition to her many academic and other credentials, she is part of the 'Happy Life Project' with a deep desire to make a difference, which has made her a speaker on Health Vision and 'Metabolic Syndrome'.

Dr. Siraya Chunekamrai made a comprehensive presentation with eye-catching and easy to understand power point photographs to talk about 'New Paradigm Ahead' with the concept of 'Health is Wealth'. She gave the historical background of humanity moving from illness management towards wellness, or from infections/epidemics to development of medical technology with antibiotic, and to the current day chronic non-communicable diseases.

She presented today's top four causes of death – Cardiovascular diseases, cancer, medical errors, and pharmaceutical toxicities. Describing 'inflammation' due to excessive consumption of sugar as the secret killer, she went on to say that pharmaceuticals are destroying human 'microbiome' present in intestine that normally prevents a lot of diseases.

She emphasized the need for early prevention, and that natural treatments are not sufficient but needed supplements to address the 'metabolic syndrome crisis'. In terms of the supplements, she shared her positive experience with 'Genomeceutical', which she calls the new wellness paradigm. In summary, she advocated three course of action: (i) Nutraceutical and/or 'Genomeceutical' supplement, (ii) Metabolic Nutrition, & (iii) Exercise science. The supplements are available in many parts of the world from UNICITY Company, of USA, but not available/known in Nepal.

After a lively Questions/Answers session, on behalf of the RCP family, Rtn. Bijaya Mallapaty gave a 'Vote of Thanks' to Dr. Chunekamrai for her enlightening talk programme. The RCP has both NCD specialists and Yoga specialists, but it was necessary to learn more about the new supplements to practically be able to use them. President Rtn. Chandralekha Kayastha concluded the session with the presentation of a 'Token of Appreciation' to Dr. Chunekamrai as well as to Dr. Alinika Obysekere.



May the Laugh Bug Bite You 😊😊😊😊😊

A disappointed salesman of Coca-Cola returned from his assignment to Saudi Arabia.

**A friend asked, "Why weren't you successful with the Saudis?"
The salesman explained, "When I got posted, I was very confident that I would make a good sales pitch.
But I had a problem. I didn't know how to speak Arabic. So I planned to convey the message through three posters.**



**First poster : A man lying in the hot desert sand totally exhausted and fainting.
Second poster : The man is drinking Coca-Cola.
Third poster : Our man is now totally refreshed.
And then these posters were pasted all over the place.**

"Terrific! That should have worked!" said the friend.

**"The hell it should have!" said the salesman.
"No one told me they read from right to left!"**