



# 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. 1240

Date: 24 Poush 2074 / 8 January 2018

<p><b><u>Today's Main Programme:</u></b> 5<sup>th</sup> Club Assembly</p> <p><b><u>Forthcoming Programme:</u></b> 15 Jan. – Vocational Service Award Programme</p>	<p><b><u>Congratulatory Events</u></b> <b><u>Birthdays:</u></b> Nil <b><u>Wedding Anniversary:</u></b> Rtn. Ganesh R. Shrestha – 7 Jan.</p>
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## Minutes of Meetings No.1591

Date: 17 Poush 2074 / 1 January 2018

1. Due to the travel of the President, PP Rtn. Matsyendra L. Kayastha called the Meeting no. 1591 to order with 15 seconds of 'Silent Invocation' for World Peace and Happiness.
2. The last meeting minutes were reviewed and adopted.
3. 'Happy News' Contributions:
  - Rtn. Matsyendra L. Kayastha – for chairing today's meeting, 'Happy New Year' and for his talk program on Salt, Sugar and Pomegranate (NRs.1,000).
  - Rtn. Mahendra Thapa, Rtn. Dr. Prakash R. Regmi and Rtn. Shiva P. Khemka - for 'Happy New Year'.
4. Other Contribution:
  - PDG Rtn. Tirtha M. Sakya handed over NRs. 5,000 to Club Service Fund. Rtn. Dr. Bishwa B. Sharma had contributed NRs 5,000 to Club Service Fund during the last Board Meeting. Both these contributions were matched by Rtns. Matsyendra L. and Chandralekha Kayastha as pledged earlier.
  - Rtn. Yagya B. Shrestha pledged to contribute NRs. 5,000 to the Club Service Fund.
5. Rotary News/Information:
  - Rtn. Matsyendra L. Kayastha informed about rescheduled 2nd National Conference on Literacy & WASH to 2 - 3 Feb. 2018 with the deadline for registration by 15 January 2018.
  - Rtn. Matsyendra L. Kayastha updated on contributions to the Club Service Fund: total contribution till to date has been NRs. 250,000 including NRs. 5,000 pledged by Rtn. Yagya B. Shrestha. To meet the target of the President of NRs. 300,000 only NRs. 25,000 contribution is required from the members out of which Rtn. R.R. Pandey has pledged to contribute NRs. 20,000. The NRs. 25,000 will be matched by Rtns. Matsyendra L. and Chandralekha Kayastha.
6. Salutation: By PP Rtn. Jamuna K. Tamrakar – Rotary Club of Fredericksberg, Denmark; Chartered: 1934; & Members: 58. District: 1470, Clubs: 71, & Members: 2541.
7. Please see below for a summary of the 6th Board Meeting and Rtn. Matsyendra L. Kayastha's presentation.
8. Before the closure of the meeting by the PP Rtn. Matsyendra L. Kayastha, the Secretary announced: contribution of NRs. 3,350 (NRs. 1,500 for attendance, & NRs. 1,850 for sunshine funds including NRs. 150 by Rtn. Matsyendra L. Kayastha collected for the Himalayan Rock Salt); attendance: 15 members and 7 make-ups.

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

- |                                                                             |                            |
|-----------------------------------------------------------------------------|----------------------------|
| Q. What was the Theme for Rotary Centennial year?                           | A. Celebrate Rotary        |
| Q. Where can Rotary Clubs enter their goals online in Rotary International? | A. The Rotary Club Central |
| Q. Longest river of the world                                               | A. River Amazone           |

## 6<sup>th</sup> Board Meeting of the RCP held on 1 December 2017

Rtn. Mahendra Thapa presented the following minutes/decisions of the 6<sup>th</sup> Board Meeting hosted by Rtn. Kedar B. Shrestha, which were endorsed/approved by the 'House':

1. Decisions of the 5<sup>th</sup> Board Meeting of RY 2017-2018 were reviewed.
2. It was decided to have a club exhibit for the District Conf. A preparation committee was proposed with the composition of Rtns. Gabriele Mallapaty (Coordinator), Shiva K. Pradhan and Mahendra Thapa (Members).
3. 5th Club Assembly will be held on 8 January 2018 with the AG being requested to participate. All Committee Chairpersons/Directors are requested to provide timely progress reports to Rtn. Kiran Thapa for the preparation of a power-point presentation.
4. Rtn. Dr. Prakash R. Regmi briefed on the progress of the Vocational Service Awards programme being held on 15 January 2018.
5. For the 2<sup>nd</sup> National Conference on Literacy and WASH in schools being held in Biratnagar during 2-3 February 2018, a preparation committee for a poster was proposed with the composition of Rtns. Mahendra S. Rawal (Coordinator), Kiran Thapa and Shiva K. Pradhan (Members). It was also agreed to sponsor the conference with NRs. 10,000 contribution from the RCP.
6. Confirmation of Hosts and Dates of Next Board Meetings:
  - 8<sup>th</sup> Board Meeting: Hosts Rtns. Kiran and Lalita Thapa for Saturday, 3 March 2018 at 5:30 p.m.
  - 9<sup>th</sup> Board Meeting: Host Rtn. Dr. Prakash R. Regmi for 30 March 2018 at 5:30 p.m.
7. Treasurer Rtn. Bharat N. Joshi presented the financial status of the RCP as of 31 December 2017. It was agreed to remind the collection of remaining NRs. 42,000 for advertisements in the Souvenir, and annual RCP dues from two members.
8. It was decided to increase the fees of Office Assistant Basant Ale Magar from NRs. 12,000 to NRs. 15,000 per month and fuel charge from NRs. 1,300 to NRs. 2,000 per month.
9. It was decided to increase the RCP contribution by US \$100 to the RCP's GG 1860104 - WASH in PEEF supported schools.
10. The World Heart Day: It was agreed that RCP will celebrate it in a grand manner on 29 September in lieu of regular weekly meeting (irrespective of the day it may fall every year) under the coordination of Rtn. Dr. Prakash R. Regmi.
11. RCP will congratulate Rotaract Club of Patan Rtr. Rujen Shakya for being the 'Runner-up' and 'Mr. Intelligent' in the recently held 'Mr. & Miss Rotaract' competition of the Rotary District 3292.
12. On behalf of all present, Rtn. Dr. Prakash R. Regmi gave a 'Vote of Thanks' to Rtn. Kedar B. Shrestha for hosting the Board Meeting, followed by an excellent fellowship lunch.

## Summary of Talk Programme by Rtn. Matsyendra L. Kayastha on 'Salt, Sugar and Pomegranate'

Rtn. Matsyendra L. Kayastha gave an interesting talk on the health effects of Salt, Sugar and Pomegranate. Salt is one of the basic necessity in human life. Even the word 'Salary' was derived from salt. There are different types of salt in use today of which table salt is the most commonly used form. However, table salt is processed by heating in 1200 degrees Fahrenheit and removing all the minerals and elements that are otherwise needed for our body. Table salt does have iodine for combating iodine deficiency. However, iodine in table salt have synthetic chemicals added to them which can be toxic to the human body.

As an alternative to table salt, Nepal has one of the best salts in the world - the Himalayan Rock Salt (Sire noon). Rock salt has 84 minerals and elements including calcium, potassium, magnesium and iodine, but contains less sodium compared to table salt. Himalayan Black Salt (Bire noon), which contains a bit of sulfur is also considered the next best alternative to table salt.

Processed white sugar is the worst enemy to human health. Consumption of sugar should be limited to 6 teaspoons a day for women and 9 teaspoons a day for men. It is alarming to note that a single can of coke contains around 7 teaspoons of sugar. Instead of processed white sugar, natural forms of sugar such as sugarcane juice and molasses should be consumed since these are beneficial to health.

Pomegranate is considered a nutritious super food. Pomegranate seeds are a great source of fibre and the juice is a rich source of Vitamin C, Potassium, Iron and antioxidants. As per recent studies, antioxidants found in pomegranate appears to protect the heart and prevent clogging of arteries. An experiment showed that eating one pomegranate a day for a year could unclog 30 percent of the blocked arteries. As 80 percent of men above 45 years and women above 55 years can develop clogging of arteries, it is a good idea to eat a Pomegranate a day.