



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. 1248

Date: 21 Falgun 2074 / 5 March 2018

<p><u>Today's Main Programme:</u> Business Meeting</p> <p><u>Forthcoming Programme:</u></p> <p>12 Mar.–Signing of MOU with Saraswati Govind Foundation and honouring Mr. Govinda Das Shrestha with a PHF Certificate & Pin. - Updates on Rotaract, Interact & RCCs</p> <p>19 Mar. - Classification Talk by Rtn. R.R. Pandey</p>	<p><u>Congratulatory Events</u></p> <p><u>Birthdays:</u> Nil</p> <p><u>Wedding Anniversaries:</u></p> <p>Rtn. Shiva K. Pradhan – 19 Falgun (3 Mar.) Rtn. Nirmal K. Pradhanang – 6 Mar. Rtn. Ramesh L. Maskay – 6 Mar. Rtn. Siba B. Rajbhandary – 8 Mar.</p>
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Minutes of Meetings No.1599

Date: 14 Falgun 2074 / 26 February 2018

1. President Rtn. Chandralekha Kayastha called the Meeting No. 1599 to order with 15 seconds of 'Silent Invocation' for World Peace and Happiness.
2. Guests welcomed by the President: Today's guest speaker Mr. Bishnu K. Gyawali, Mrs. Ramita Bajracharya, and 3 Rotaracts.
3. The last meeting minutes were reviewed and adopted.
4. 'Happy News' Contributions:
 - Rtn. Kiran Thapa - for 'Happy Birthday' (NRs. 500).
 - Rtn. Lalita Thapa - for the above, and for brother's son's wedding (NRs. 500).
 - Rtn. Bharat N. Joshi - for 'Happy Wedding Anniversary' in absentia (ha.ba.)
 - Rtn. Piyush B. and Ramita Bajracharya - for 'Happy Wedding Anniversary' (NRs. 500).
 - Rtn. Pushkar M. Shakya - for 'Happy Wedding Anniversary' in absentia (ha.ba.).
 - Rtn. Bijaya Bajracharya - for 'Happy Wedding Anniversary' in absentia (ha.ba.).
 - Rtn. Dr. Bishwa B. Sharma - for recovery from ill health (NRs. 500).
 - Rtn. Dr. Mukti N. Shrestha - for having his friend Mr. Bishnu K. Gyawali as guest speaker today.
 - President Rtn. Chandralekha Kayastha - for representing RCP in Nepal Heart Foundation function.
 - Rtn. Matsyendra L. and Chandralekha Kayastha - for reaching the target of raising NRs. 300,000 in the Club Service Fund with their matching of NRs. 150,000 (NRs. 1,000).
 - Rtn. Dr. Prakash R. Regmi - for his interview aired on Kantipur TV on 'Cardiac Arrest' (NRs. 500).
5. Other Contributions:
 - Rtn. Rabendra R. Pandey and Rtn. Ramesh Maskay paid their pledged contributions of NRs. 20,000 and NRs. 5,000 respectively, which was matched by the Kayastha family. With these contributions and the matching, the target of raising NRs. 300,000 for the Club Service Fund has been met. President Rtn. Chandralekha Kayastha encouraged continuation of contributions beyond the target.
6. Rotary News/Information:

President Rtn. Chandralekha Kayastha informed/reminded on:

- Participation at the Nepal Heart Foundation function on behalf of the RCP,
- Participation together with Rtn. Preeti Khemka in the RC Patan West organized new member experience, sharing programme following the recent District Conference,
- Rotary News Plus now available on the web,
- Presidents meet being organized at Sauraha by the District Governor, &
- Pre-PETS/SETS.

PDG Rtn. Tirtha M. Sakya informed about the planned TEACH event with representation of all the seven regions of the District.

7. Salutation: By PDG Rtn. Tirtha M. Sakya – RC Jumeirah – Dubai, UAE; Chartered: 2008; & Members: 46. District: 2450, Clubs: 142, & Members: 4499.
8. Before the closure of the meeting by the President, the Secretary announced: contribution of NRs. 6,050 (NRs. 2,300 for attendance and NRs. 3,750 for Sunshine Funds including for 1 mobile phone ring); attendance: 1 guest, 1 spouse, 3 Rotaracts, 22 members, and 5 make-ups.

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

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| Q. RI designated programme for the month of February | A. Peace and Conflict Prevention/Resolution |
| Q. Name & Club of RIPR to the recent DC of District 3292 | A. RI Vice President Hendreen Dean Rohrs, RC Langley Central, BC, Canada. |
| Q. Name of the Chief Minister of Province 7 of Nepal | A. Mr. Trilochan Bhatta |

Summary of talk on 'Organic Food against Cancer' by Mr. Bishnu K. Gyawali

Rtn. Dr. Mukti N. Shrestha introduced senior Scientist from National Agricultural Research Institute Mr. Bishnu K. Gyawali. He did his M.S. from University of the Philippines at Los Banos with Entomology major, and B.Sc. (Hons) from G.B. Pant University in Nainital, India, with Plant Protection major. Mr. Gyawali is an Integrated Pest Management (IPM) expert and recipient of 'Birendra Science and Technology Prize' from RONAST. He has done extensive research and published many publications in his field.

Mr. Gyawali made a power-point supported presentation on organic food against cancer in Nepal. Starting from the history of green revolution, he mentioned that the initiative to start producing healthy foods started seven decades ago. However, talking about integrated pest management, he mentioned extensive use of chemical fertilizers and pesticides with negative impact on the environment with only 2% going to control pests/diseases in organic food. He described crop/yield losses due to insects, diseases, nematodes, weeds, and provided extensive statistics on the use of pesticides in Nepal.

Talking about Cancer, Mr. Gyawali mentioned that 50 to 70 thousand new cases of Cancer are diagnosed per year with some 10 thousand going for treatment.

In terms of healthy food items (vegetables and fruit), he mentioned to use the colour codes of red for healthy heart, yellow for joints, green for purification and detox, and purple for longer life. He suggested to avoid tobacco, alcohol, being over-weight/obese and to control diet.

Following a Q/A session, on behalf of the RCP family, Rtn. Matsyendra L. Kayastha gave a 'Vote of Thanks' to Mr. Bishnu K. Gyawali. President Rtn. Chandralekha Kayastha added her thanks and concluded the session with the presentation of a 'Token of Appreciation' to Mr. Gyawali on behalf of the RCP.



May the Laugh Bug Bite You 😊😊😊😊😊

One day a little girl was sitting and watching her mother do the dishes at the kitchen sink. She suddenly noticed that her mother had several strands of white hair sticking out in contrast on her black hairs.

She looked at her mother and inquisitively asked, "Why are some of your hairs white, Mom?"

Her mother replied, "Well, every time that you do something wrong and make me cry or unhappy, one of my hairs turns white."

The little girl thought about this revelation for a while and then said, "Mom, how come ALL of grandma's hairs are white?"