



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. 1254

Date: 3 Baisakh 2075/ 16 April 2018

| | |
|---------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><u>Today's Main Programme:</u></p> <p>Classification Talk of PDG Rtn. Tirtha M. Sakya</p> | <p><u>Congratulatory Events</u></p> <p><u>Birthdays:</u> Nil</p> <p><u>Wedding Anniversaries:</u></p> <p>Rtn. Mahendra B. Thapa – 14 April Rtn. Dr. Prakash R. Regmi – 15 April</p> |
|---------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Minutes of Meetings No.1605

Date: 26 Chaitra 2074 / 9 April 2018

1. President Rtn. Chandralekha Kayastha called the Meeting No. 1605 to order with 15 seconds of 'Silent Invocation' for World Peace and Happiness.
2. Guests welcomed by the President: Spouse Mrs. Ramita Bajracharya and four Rotaracts, including President Rubina Shakya, from Rotaract Club of Patan.
3. The last meeting minutes were reviewed and adopted.
4. 'Happy News' Contributions:
 - Rtn. Matsyendra L. Kayastha – for Rtn. Chandralekha Kayastha's talk at an international conference.
 - Rtn. Chandralekha Kayastha – for the above (NRs. 500).
 - Rtn. Dr. Bishwa B. Sharma – for today's talk programme.
 - Rtn. Mahendra B. Thapa – for the success of Chandibhanjyang and Bandipur trip of the RCP Team.
 - Mrs. Ramita Bajracharya – for having a granddaughter (NRs. 500).
 - Rtn. Bharat N. Joshi – for a successful celebration of his 'Janko' (NRs. 2,000).
 - Rtn. Gabriele Mallapaty – for doing the first online review as RI 'Technical Cadre'.
5. Other Contributions: Rtn. Lochan Gyawali handed over a cheque of NRs. 32,640.00 from his father, former RCP Rotarian Chandrasekhar Gyawali, being his annual contribution to the RCP's PEEF Operational Fund.
6. Rotary News/Information:
 - President Rtn. Chandralekha Kayastha reminded on information shared by e-mail on: (i) Chandibhanjyang & Bandipur trip, (ii) TEACH Programme – Rtn. Mahendra Thapa elaborated on the RCP's participation of 4 members with presentation, (iii) Rotaract Programme with participation of Rtn. Shiv P. Khemka, (iv) Information on planned Women in Rotary conference, (v) Move of RISAO office, (vi) GG Project update on WASH, and (vii) RC Kathmandu's anniversary celebration coming Friday.
 - Fellowship Coordinator Rtn. Kedar B. Shrestha informed on the planned 3rd Birthday Fellowship date of Friday, 20 April 2018.
 - Rtn. Piyush B. Bajracharya briefed on his participation in the District Rotary ICM on Cancer, Trauma and Kidney held on 30 March 2018.
7. Salutation: By PP Rtn. Kedar B. Shrestha – RC Cotabato, North Cotabato, Philippines; Chartered: 1951; & Members: 35. District: 3870, Clubs: 39, & Members: 1035.
8. The RCP passed a '*motion of condolence*' to Rtn. Dr. Prakash R. Regmi and his family for the passing away of his father Kamal Raj Regmi on 5 April 2018.
9. Before the closure of the meeting by the President, the Secretary announced: contribution of NRs. 6,000 (NRs. 2,200 for attendance and NRs. 3,800 for Sunshine Funds including for Rotary Pin check contributions from 4 members); attendance: 21 members, 1 spouse, 4 Rotaracts and 7 make-ups.

Rotary Questions/Answers presented by Rtn. Lalita Thapa

- | | |
|--------------------------------------------|-----------------------------------------------------|
| Q. RI Designation for the month of April | A. Maternal and Child Health Month |
| Q. Rotary International's name before 1922 | A. International Association of Rotary Clubs (IARC) |
| Q. Capital of Peru | A. Lima |

Talk Programme of Rtn. Dr. Bishwa B. Sharma on health matters related to Prostate Gland

Rtn. Dr. Bishwa B. Sharma had been doing a lot of research on Prostate gland and its care as a patient, which he shared in his talk programme. Prostate gland within the male reproductive system is located just below the bladder. Chestnut shaped of about 20 grams, the prostate surrounds the beginning of the urethra, the canal that empties the bladder.

Prostate gland, sometimes called the second heart, enlarges with age. It is estimated that the enlargement could be 30% at age 50, 40% at age 60 and may reach progressively to 100% at age 100. The enlargement could be benign (not harmful) or malignant (cancerous).

Cancerous growth of Prostate gland is 10% due to genetic reasons, whereas 90% of it is caused by the environment and human behaviour. Therefore, Rtn. Dr. Bishwa B. Sharma's talk focussed on possible improvements in lifestyle and food habits to avoid Prostate Cancer.

Apart from the need to do regular exercise, Rtn. Dr. Sharma recommended eating seven seeds, including how to consume them, to mitigate the risks. The seven seeds – Flaxseed, Sesame seed, Pumpkin seed, Watermelon seed, Hemp seed and Sunflower seed.

In terms of fruits and vegetables, he mentioned Pomegranate, Avocado, Broccoli, Tofu and Tomato as very useful in containing cancerous growth of Prostate.

Another risk factor is the increase of Triglyceride, which is also related to eating habits, particularly from fat consumption. As fat is also an essential energy source, Rtn. Dr. Sharma mentioned the benefits of consuming coconut oil, olive oil and flaxseed oil. While coconut oil does not get rancid (not fresh – tasting or smelling unpleasant), care should be taken that olive and flaxseed oils are not rancid.

The excellent talk programme concluded with interesting Q/A session and tasting of a mix of all the seven seeds mentioned above, which Rtn. Dr. Sharma had brought with him.



Rotary International's new monthly theme for April is Maternal and Child Health!

Every day mothers risk their lives giving birth and millions of children die each year from treatable, preventable causes. At least 7 million children under the age of five die each year due to malnutrition, poor health care, and inadequate sanitation. To help reduce this rate, Rotary provides immunizations and antibiotics to babies, improves access to essential medical services, and supports trained health care providers for mothers and their children. Rotary's projects ensure sustainability by empowering the local community to take ownership of health care training programs.

Maternal and Child Health Care is also recognized as one of Rotary's Six Areas of Focus.