



ललित धारा

RI District 3292

Club No. 23126

Chartered: 29 August 1985

President: Khruschev Shrestha

President Nominee and Editor: Bijaya Mallapaty

Vice-President and Assistant Editor: Chandrakleha Kayastha

Issue No. 1081

Date: 15 Mangsir 2071 / 1 December 2014

Today's Programme: Regular Weekly Meeting and sharing of family information by the RCP Members

Forthcoming Programme:

- 6 Dec. - District TRF Seminar
- 8 Dec. - Kamalmani Dixit Educational Excellence Award 'KMDEEA' Ceremony
- 15 Dec. - Election of 2015-16 Officers

Congratulatory Events

Birthdays:

Rtn. Dr. Aruna Uprety – 1 Dec.

Wedding Anniversaries:

Rtn. Keshab B. Mathema – 30 Nov.

Minutes of Meeting No 1435

Date: 8 Mangsir 2071 / 24 November 2014

1. President a.i. Matsyendra L. Kayastha called the Meeting No. 1435 to order with 15 seconds of 'silent invocation' for peace and happiness.
2. Guests welcomed by President a.i. Kayastha – AG Rtn. Maheswor B. Shrestha.
3. The last meeting's minutes were reviewed and adopted.
4. 'Happy News' Contributions:
 - Rtn. Ganesh R. Shrestha – for 'Happy Birthday'.
 - Rtn. Dr. Nabal Pajiyar – for 'Happy Birthday' and for conducting successful programmes in Singapore, Malaysia, and Thailand (NRs. 500).
 - Rtn. Krishna B. Basnyat – for media coverage, and purchase of an apartment by his son in Hattiban.
 - Rtn. Siba B. Rajbhandary – for younger daughter's visit. He also read one out of the seven 'Thank You' letters written by students at Udaya Kharka School to the Donor. This school has 7 out of the 43 students sponsored by PEEF donor Dr. Prabhakar through his daughter.
 - Rtns. Gabriele and Bijaya Mallapaty – for 'Happy Landing' from Germany.
 - AG Rtn. Maheswor B. Shrestha – for signing a safe drinking water project agreement of NRs. 900,000 on behalf of the RC Kuponole for Gorkha.
 - Rtn. Dr. Prakash R. Regmi – for presenting the 'Nepal Experience on RHD' to the RHD Group in New Delhi.
 - Rtn. Mahendra Thapa – for attending the 'District TOT Seminar' successfully with representation of the RCP. Rtn. Kamal M. Dixit and Rtn. Kedar B. Shrestha were specifically felicitated for being the examples of 'timeliness' and 'discipline' respectively in the conduct of the RCP meetings.
 - Rtn. Kamal M. Dixit – for writing a piece based on old archives on Nepal's palaces 'Shree Mahal' and 'Shree Durbar' constructed in B.S. 1976/77, and for being felicitated in the District TOT Seminar (NRs.500).
5. Rotary News/Information Sharing:
 - (i) President a.i. Kayastha announced the formation of a nomination committee of President Elect Piyush B. Bajracharya (Coordinator), President a.i. Matsyendra L. Kayastha, and Sargeant-at-Arms Kedar B. Shrestha as per the RCP By-Laws for the election of the RCP Board for Rotary Year 2015-16.
 - (ii) President a.i. Kayastha also informed on the process of nomination of the 'District Governor Nominee' as per information received from the District, which will be dwelt at the next Board Meeting. He also informed on requests for suggestion for the 'Council on Legislation' on any amendments to the RI Constitution/By-Laws, and nominations for the District Vocational Award.
 - (iii) Rtn. Piyush B. Bajracharya informed on the participation of Rtn. Mahendra Thapa as the RCP's Representative to the District TOT Seminar.

- (iv) Rtn. Kamal M. Dixit urged AG Maheswor B. Shrestha to follow-up on the publication of a fourth edition of 'Rotary Ka Kura' in Nepali. Once cleared by the district, it will be published by RCP under his sponsorship as in the past. AG Shrestha promised to follow-up and revert.
 - (v) Rtn. Dr. Prakash R. Regmi briefed on the health status of President Khruschev Shrestha. Upon his return from Chitwan, he has been admitted at 'Kundalini' for rehabilitation since two weeks. During these two weeks remarkable improvements have been seen in movements of the affected left arm and leg. He is in very good spirits. His leg is expected to be functioning normally soon, but his left hand may move around 50%.
6. Salutation: By PP Ganesh R. Shrestha - Rotary Club of Macau, Macau; Club ID 16358; Chartered: 1947; Members 41. District: 3450, Clubs: 72, and Members 1927.
 7. Please see below for a brief summary of the 'Talk' given by Rtn. Dr. Prakash R. Regmi on 'Meditation and Heart'.
 8. Before the adjournment of the meeting by the President a.i., the Secretary announced: contributions to Sunshine Fund: NRs. 3,350, attendance: members 16, Rotarian AG 1, and make-up 9.

**Brief summary of the talk on 'Meditation and Heart' by
Rtn. Dr. Prakash R. Regmi**

Rtn. Dr. Prakash R. Regmi introduced 'Meditation' as one of the many alternative medications for a healthy heart. He focussed his talk on a new dimension of the medicinal value of 'Meditation' as a 'Healer'.

Rtn. Dr. Regmi mentioned four aspects of lifestyle that affect our life expectancy – diet, physical activity, mental, and behaviour. He explained how 'Meditation' is now seen to bring about behaviour change. This could be done through 'Motivation' and 'Yoga'. Yoga (Astanga Yoga) has 8 aspects of which 'Meditation' is the one that can be used for mental training to bring about physical benefits.

It is a gradual process of 'concentration of thought' to 'absence of thought'. Through a 'Cyclic Meditation' process of 'relaxation' and 'stimulation', one can generate energy that may be used for treatment. Trials cited in 2012 on target groups, who did 'Meditation' and who did not do it, found a result that showed 48% reduction in heart disease and death in those who did 'Meditation'.

ROTARY INFORMATION: RI PRESIDENT GARY C.K. HUANG'S DECEMBER MESSAGE

If you take a look at the Rotary calendar, it's easy to see where our priorities as an organization lie. The Rotary year begins in July; in August we mark Membership Month, in September we celebrate New Generations, October is for vocational service, and so on, turning our attention to different topics that are important in Rotary.

It's a great idea to do this, because it reminds us to talk about subjects that we might otherwise overlook during our busy Rotary year. But we all know that every topic on our calendar – from fellowship to our Foundation – is important. All of them are part of what makes Rotary what it is, and what makes all of us Rotarians.

In Rotary, December is Family Month. Looking back on my years as a Rotarian, I have seen how important family is in Rotary – and how important Rotary can be to our families. My wife, Corinna, chose to join Rotary just a few months ago, after many years as a Rotary spouse. All three of our children are also Rotarians. All of them joined their own club, in their own time. All of them have found unique interests in Rotary. As we have watched them find their own paths, we have been struck by how wonderful it is to have so many members of our family involved in Rotary service.

Rotary gives us something good that we can all do together. With Rotary, we always have interesting things to talk about at dinner. We are all involved in different service, in different clubs, so when we sit down together, we are talking about humanitarian needs of every kind, in every part of the world. There is always something new to learn.

Our conversations are also a wonderful way to teach our children, through our own actions, what is really important in life. They learn about what life is like in different parts of the world, and how all of us have an obligation to help others when we can. I can think of no better lessons to teach our families than the lessons of Rotary service.

I hope that in this Rotary year, many of you will encourage your family members to join Rotary, Rotaract, or Interact. Bringing your family into Rotary doesn't just Light Up Rotary – it lights up your own lives as well.