



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: Chandralekha Kayastha

Issue No. 1097

Date: 9 Chaitra 2071 / 23 March 2015

Today's Programme: Visit of 'KOSHISH' District Grant Project Partners

Forthcoming Programme:

24 March – Joint Meeting with other Rotary Clubs at Shanker Hotel
27/28 March – 'PETS' training (to be confirmed by the District)
30 March – 5th Monday of the Month Entertainment Programme

Congratulatory Events

Birthdays: Nil

Wedding Anniversaries: Nil

Minutes of Meeting No 1551

Date: 2 Chaitra 2071 / 16 Mar. 2015

1. President a.i. Matsyendra L. Kayastha called the Meeting No. 1551 to order with 15 seconds of 'silent invocation' for peace and happiness.
2. Guests welcomed: Rotaract President Sudeep Shakya. And, on behalf of all the RCP family, President a.i. Kayastha welcomed the new member of RCP Mr. Ramesh L. Maskay to the Club.
3. The last meeting's minutes were reviewed and adopted.
4. 'Happy News' Contributions:
 - Rtn. Lalita Thapa – for 'Happy Birthday' (NRs.500).
 - Rtn. Nirmal Pradhanang – for RCP's nomination of him as the 'Primary Contact' for a Global Grant for Street Children with NGO CPCS and Rotary Club of Bruxelles.
 - Rtn. Shiva K. Pradhan – for sponsoring the new member Rtn. Ramesh L. Maskay to the RCP.
 - Rtn. Ramesh L. Maskay – for joining the RCP as a member (NRs.1,000).
 - Rtn. Dr. Bishwa B. Sharma – for raising funds from 2 sponsors advertising in the Lalitdhara Souvenir.
 - Rtn. Mahendra Thapa – for the establishment of a 'Tea Auction Centre' in Jhapa.
 - Rtn. Dr. Nabal Pajiyar – for the 'Happy Wedding' of Rtns. Padam L. and Kamala Maharjan' son.
 - Rtn. Dr. Prakash R. Regmi – for a successful ICM with good media coverage, and TV coverage of him in a programme with 'Pokhareli Sisters'.
 - Rtns. Padam L. and Kamala Maharjan – for the 'Happy Wedding' of their son Pascal Maharjan with Sarah E. Lynes (NRs. 400).
5. Other Contributions:
 - Contributions to the Club Trust Fund announced: Rtn. Lalita Thapa – NRs. 8,000; Rtn. Kiran Shrestha – NRs. 10,000; and President a.i. Matsyendra L. Kayastha – NRs. 1,800 (10% of announced contributions).
 - President a.i. Matsyendra L. Kayastha also announced **a total contribution of NRs. 90,000 to the PEEF** as: conversion of annual contributions to 1 permanent contribution in his name and 1 permanent contribution in his and Rtn. Chandralekha Kayastha's name; and 1 permanent contribution in the name of their grandson Pranish L. Kayastha.
6. Rotary News/Information Sharing:
 - President a.i. Kayastha requested RCP members to the joint meeting with other Rotary Clubs on Tuesday 24 March at 5:30 p.m. at Shanker Hotel. This meeting will be in addition to the regular weekly meeting of the RCP.
 - President a.i. Kayastha also informed on the RYLA 2015 programme being held during 30 March to 2 April 2015 at DAV School, Jawalakhel, and requested interested members to sponsor participants at NRs. 2,500 each (The age bracket of participants is being confirmed with the RYLA Management Committee).

- Rtn. Bijaya Mallapaty briefed on the completion of the 'Saraswati Temple Project' with the handover of the 'Murti' to the Primary School of Chepel Village through RCP's planned Global Grant partner Mr. Karma Sherpa. A total contribution of NRs. 65,000 was made by Rtns. Kamal M. Dixit, Lochan Gyawali, Chandralekha and Matsyendra L. Kayastha, Rabendra R. Pandey and Gabriele and Bijaya Mallapaty.
 - Rtn Mahendra Thapa briefed on the planned PETS training during 27-28 March and a pre-PETS session being held on Saturday, 21 March 2015, which he will be conducting as a District Trainer.
 - Rotaract President Sudeep Shakya briefed on a successful completion of the 'Blood Donation' programme jointly held with the RCP. He again thanked Rtn. Lalita Thapa for her contribution through the RCP, and informed of a collection of 46 pints of blood including one from Rtn. Bijaya Mallapaty from the RCP.
7. Salutation: By PP Rtn. Santa K. Shrestha – Rotary Club of Faisalabad, Punjab, Pakistan; Club ID: 16075; Chartered: 1953; Members: 77. District: 3272, Clubs: 87, and Members: 2213.
8. **ICM on 'Heart Diseases in Nepal'**: The ICM that was jointly hosted by the Heart Foundation, Nepal Government and 6 Rotary Clubs under the overall coordination of Rtn. Dr. Prakash R. Regmi was successfully completed on 14 March 2015.

Rtn. Dr. Nabal Pajiyar gave a summary of his presentation during the ICM on the mind's relation to heart and health. He demonstrated two techniques with practical exercise by all present on 'Mind Control'. He also demonstrated two breathing techniques for good circulation and creation of energy from within the body. He ended with a departing message to 'give more to be happy'.

Rtn. Dr. Prakash R. Regmi summarised the ICM's 3 main messages. First, the need to manage all three possible health issues, i.e. blood pressure, sugar and cholesterol, together rather than only a single issue. Second, the vital importance of 'Lifestyle Modification' for the control of non-communicable diseases that includes diet, exercise, stress control and necessary medical treatment. And third, the need to undergo mandatory regular medical check-ups at least on a 6 monthly basis, particularly after reaching the age of 40 to 50 years.

Rtn. Dr. Regmi also welcomed all to join the inauguration session of the 'Training of Trainers' programme of the RCP's Global Grant Project on Rheumatic Heart Disease, being held on Thursday, 19 March 2015 at 0900 hrs at Nepal Heart Foundation, Lalitpur.

9. Before the adjournment of the meeting by the President a.i., the Secretary announced: contributions to Sunshine Fund - NRs. 4,500 (including NRs. 150 top-up by President a.i. Kayastha, and NRs. 500 of Rtns. Padam L. and Kamala Maharjan received just after the meeting), attendance: members 27, Rotaract 1, and make-up 8.



May the Laugh Bug Bite You 😊😊😊😊😊

A lady was in her front yard watering the flower plants, when her neighbour came out of the house and went straight to his mail box. He opened it, slammed it shut, and stormed back in the house.

A little later he came out of his house and again went to the mail box and again opened it, then slammed it shut again. Angrily, back into the house he went.

As the lady was finishing her watering, here he came out again, marched to the mail box, opened it and then slammed it closed harder than ever. Puzzled by his actions the lady asked him, "Is something wrong?"

To which he replied, "There certainly is! My stupid computer keeps giving me a message saying, "YOU'VE GOT MAIL!"