

ललित धारा

RI District 3292

Club No. 23126

Chartered: 29 August 1985

President & Editor: Bijaya Mallapaty

President Elect & Assistant Editor: Chandralekha Kayastha

Secretary: Bishwa Bandhu Sharma

Issue No. 1169

Date: 6 Bhadra 2073 /22 Aug 2016

Today's Programme:

Classification Talk by Rtn. Ramesh Maskay, &
Membership related discussion during Rotary's '**Membership and New Club Development' month**

Forthcoming Programme:

29 Aug: Charter Day Celebration
2 Sept: 2nd Board Meeting hosted by Rtn. Lalita Thapa
5 Sept: Business Meeting

Congratulatory Events

Birthdays: NIL

Wedding Anniversaries: NIL

Minutes of Meetings No. 1522

Date: 31 Shrawan 2073 / 15 Aug. 2016

1. President Bijaya Mallapaty called the meeting No. 1522 to order with 15 seconds of 'silent invocation' for Peace and Happiness.
2. Guests welcomed by the President: Mr. and Mrs. Pashupati Gyawali and Chandrakala Mainali, Bir Hospital Trauma Centre visiting through contact of RCP Facebook page posting.
3. The President also formally welcomed Rtn. Shiv Prakash Khemka (Classification – Electricals and Electronics Business) as a new member to the RCP family.
4. The last meeting minutes were adopted.
5. 'Happy News' Contribution:
 - Rtn. Lalita Thapa – for having two guests joining us on their own initiative
 - Rtn. Gautam Shakya – for joining the meeting after two months of gap (NRs. 500).
 - Rtn. Kedar B. Shrestha – for the participation of Rtn. Kiran Shrestha
 - Rtns. Nirmal K. Pradhanang & Siba B. Rajbhandary – for participating in a successful 'District Stewardship Seminar' where Rtn. Gabriele Mallapaty's intervention was highly appreciated.
 - Rtn. Mahendra S. Rawal – for the confirmation of new membership of Rtn. Shiv P. Khemka
 - Rtn. Dr. Prakash R. Regmi – for the clearance of Australian Aid funding for the RHD programme.
6. Rotary News/Information:
 - The District Stewardship Seminar was successfully completed with the participation of four Members of the RCP. Rtns. Nirmal K. Pradhanang and Siba B. Rajbhandary briefed on the seminar.
 - An update on the preparations for the Charter Day ceremony was made. Printing of both 'Souvenir' and 'Rotary Ka Kura' are moving ahead well for the planned releases. The responses to the advertisements in the Souvenir has been better than anticipated with funds of some NRs. 145,000 being raised.
 - Reminder was made on the payment of dues, which is way overdue.
 - PEEF - Rtn. Ganesh R. Shrestha updated on the status of distribution. Of the 27 schools, 12 schools remains to be covered, which is planned as early as possible. Rtns. Siba B. Rajbhandary and Mahendra Thapa also shared their experiences of the distribution this year.
7. Salutation: By PP Rtn. Jamuna K. Tamrakar – Rotary Club of Eagletown, Thirukkazhakundram, Tamil Nadu, India; Chartered: 2002; and Members: 41. District: 3230, Clubs: 108, and Members: 4534.
8. Before the closing of the meeting by the President, the Joint Secretary announced: contribution of NRs. 5,000 (3,100 for attendance & 1,900 for sunshine fund) with the attendance of 2 guests, 23 members and 8 make-ups – 1 actual and 7 by seniors).

Talk Programme by Rtn. Matsyendra L. Kayastha's on 'health benefits of Pomegranate and some other fruits'

Rtn. Matsyendra L. Kayastha shared the health benefits of pomegranate and some other fruits based on his extensive review on the subject through internet. Pomegranate in Nepal is already known to be good for health and generally recommended to the sick while it falls under a relatively expensive category of fruits. His review indicated several of its values such as it being anti-oxidant, anti-inflammatory, preventive against prostate cancer for men and breast cancer for women, and useful in reducing blood pressure, arthritis/joint pains and clearing arteries to avoid heart diseases. Rtn. Kayastha also talked about the benefits of dates, papayas including its seeds, pumpkin seeds, different kinds of berries (blueberries, blackberries and raspberries) and guava.

Rtn. Dr. Mukti N. Shrestha also added to the benefits of 'Pomegranate' and 'Daareem' (Nepali Name), which is from the same family. Added benefits mentioned were increase in oxygen in body, anti-aging and helping in erectile dysfunction etc.

An interesting discussion followed with Rtn. Dr. Prakash R. Regmi advising that while Pomegranate is generally a healthy fruit with good fibre, moderation in consumption, especially if one has specific problems that do not tolerate the rich element content such as potassium. He advised that while healthy for preventive measures and as part of a good healthy diet, there is no alternative to medication if one already is victim of a disease.

Rotary Q/A compiled by Rtn. Siba B. Rajbhandary & presented by Rtn. Dr. Mukti N. Shrestha

Questions

2nd AKS member of RID 3292
Nepalese book with highest print

Answers

DG Rtn. Jaya R.L. Shah
'Munamadan' by Laxmi Prasad Devkota

Rotary Information: *Membership and New Club Development Month*

(Source: rotary.org)

A FRESH APPROACH

Give your members a meaningful Rotary experience by offering them opportunities to make a positive difference and connect with others. They'll make valuable friendships and feel good about Rotary and the work we're doing to make the world a better place.

Find ideas to help your club take a fresh approach with these resources:

- [Rotary Club Health Check](#) — Identify your club's problem areas and make changes to help it stay relevant for members and the community.
- [Strengthening Your Membership](#) — Develop a long-term strategy for strengthening your club's membership.
- [Membership Assessment Tools](#) — Analyze your member profile to identify prospective members and diversify your membership.
- [Connect for Good](#) — Encourage members to get involved for a more meaningful Rotary experience.
- [Connect to Membership Leads](#) — Find prospective members who want to get involved.
- [Be a Vibrant Club](#) — Use these proven strategies and new ideas to give your club a boost.

For more details please visit rotary.org or use the link below:

Link: <https://www.rotary.org/myrotary/en/learning-reference/learn-topic/membership>