

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. 1178

Date: 8 Kartik 2073 / 24 Oct. 2016

Today's Programme: : Talk Programme related to earthquakes by
Geo-Science Expert Dr. Nirendra Maskey

Forthcoming Programme:

31 Oct: No Weekly Meeting (Tihar)

7 Nov: Business Meeting

14 Nov: Talk Programme by Mr. Robin Marsten – Tourism and his 39
years' residency experience in Nepal

21 Nov: 4th Club Assembly

**ROTARY'S ECONOMIC AND
COMMUNITY DEVT. MONTH**

Congratulatory Events

Birthdays: NIL

Wedding Anniversaries: NIL

Minutes of Meetings No. 1530

Date: 1 Kartik 2073 /17 Oct. 2016

1. Due to the President's travel abroad, Vice President Rtn. Lalita Thapa called the meeting no. 1530 to order with 15 seconds of 'Silent Invocation' for peace and happiness.
2. Guest welcomed by the Vice President: Mrs. Ramita Bajracharya, spouse of IPP.
3. The last meeting minutes were reviewed and adopted.
4. 'Happy News' Contributions:
 - Rtn. Dr. Mukti N. Shrestha – for attending world veterinary congress; conference in Columbia, Cartagena; and 'Happy Landing'.
 - Rtn. Chandralekha Kayastha – for the help received from Rtn. Jeevan K. Shrestha by the Architects' Community to avoid having to register in multiple municipalities when applying for building permits.
 - Rtn. Dr. Prakash R. Regmi – for celebrating 'Happy Dashain' (NRs. 500.00 + NRs. 200.00 for Rtn. M.L. Kayastha's 'Happy Dashain').
 - Rtn. Dr. Bishwa B. Sharma – for having Vice President Rtn. Lalita Thapa conducting today's meeting.
 - Vice President Rtn. Lalita Thapa – for a happy 'Vijaya Dashmi' celebration and welcoming the participants in today's meeting.
 - Rtns. Matsyendra L. Kayastha & Nirmal Pradhanang – for celebrating 'Happy Dashain'.
 - Rtn. Ganesh R. Shrestha – for hosting Guru Ananda from Malaysia during 'Kuchhi Bhoja' in Dashain.
 - Rtn. Piyush Bajracharya – for fixing marriage of his nephew.
5. Rotary News/Information:
 - Rtn. Mahendra B. Thapa briefed on Global Grant Project of vocational education for Kamalari Girls in western development Region of Nepal, where 100% implementation has been achieved. We are in the process of completing the financial reports and follow up of the program. The number of participants trained were: in tailoring - 20; in Goat-raising - 20; in garment - 30; in fresh house management – 10; and in sweets & snacks making – 30.
 - Rtn. Dr. Bishwa B. Sharma informed about the rally being organized by our District on 24 October to mark 'World Polio Day'. Detailed information has already been shared by email.
6. Salutation: By PP Rtn. Dr. Prakash R. Regmi - Rotary Club of Jakarta Central, Indonesia; Chartered: 2002; Members: 29. District: 3400, Clubs: 89, and Members: 1617.
7. **Main Programme:** Due to the cancellation of the classification talk of today, several members provided briefing/talk on various subjects as follows:
 - **Rtn. Nirmal Pradhanang** briefed on the Global Grant for Mirge, Dolakha. This Global Grant was approved on Sept. 22, 2016 with a duration of 18 months from Oct. 2016. From RC Patan, Rtn. Nirmal

Pradhanang is the primary contact while secondary contacts are Rtns. Gabriele Mallapaty, Shiva K. Pradhan and Ramesh L. Maskay. The International Partner is RC Wollaton Park, UK and Rtn. Christopher O'Brian is the primary contact. The local cooperating organization is Laligurans Bright Future Boarding School, Mirge, Dolakha.

The total budget of this GG is US\$58,500 out of which contributions of RC Wollaton Park, UK is US\$17,400, DDF (District 1220) is US\$8,700, TRF is US\$22,400, and RC Patan is US\$10,000.

Main Areas of Assistance are (i) Equip newly constructed buildings of the school with lightings, furniture, computers and various tools & equipment; (ii) Provide clean potable water in the school premises with provision of tapped water to 120 families of the village; (iii) Arrange training to school teachers in "Adult Education", to Female Community Health Volunteers (FCHV) in "Water & Sanitation", and to provide vocational training in "Managing Small Business".

- **PP Rtn. Matsyendra L. Kayastha** talked about the benefits of the fruits - 'Papaya' and 'Banana' for health. In summary, Papaya is one of the healthiest fruits, which is also very good for digestion, and helps prevent constipation. Crushed papaya seeds taken with lime juice are good even for cirrhosis. Banana is also a very healthy fruit and is consumed maximally around the world. It is a great source of potassium, and good for heart and preventing type 2 Diabetes. Even diabetics may have banana in limited quantity. Ripe bananas with dark spots are even better as it is anti cancerous.
- **PP Rtn. Krishna B. Basnyat** talked on economic impact caused by the earthquakes of April 2016. It was not only a 'Natural Disaster', but also a 'Financial Disaster'. He also talked about its effect on the insurance business.
- **PP Rtn. Dr. Prakash R. Regmi** talked about the health benefits of 'Milk'. This very good drink is known to be a complete food with rich source of calcium and protein. He also alerted about research findings that drinking too much milk (3 or more glasses) might cause bone fractures, prostate cancer in men and ovarian cancer in women, and harm to kidney and pancreas. Alternate food can be curd for calcium and protein - one cup of curd, consumed everyday, is very good for health.

8. Before the closure of the meeting by the Vice President, the Secretary announced: contribution of NRs. 5,150 (NRs. 2,500 for attendance and NRs. 2,650 for sunshine fund including NRs. 50 for a mobile ring), with the attendance of 24 members, 1 spouse, and 5 make-ups.

Rotary Q & A presented by Rtn. Shiv P. Khemka

Questions

When did Herbert Taylor become president of RI?

Name of two RI Presidents who have given 'one' word theme, and the themes

Answers

In 1954-55, the year of Rotary's 50th Anniversary.

'Act' in 1961-62 by Joseph Abbey and 'Participate' in 1968-69 by Kyoshi Tagasaki.

Rotary Information: Rotary Day at UN Highlights Role of Business in Building a Better World

From the United Nations' earliest days in the aftermath of World War II, the organization's humanitarian mission has always dovetailed with Rotary's efforts to administer aid and build peace. This year's Rotary Day at the United Nations, 12 November, will highlight the role businesses can play in that collaboration as we work toward a more just and equitable world.

The theme of this year's gathering at UN headquarters in New York City, "Responsible Business, Resilient Societies," recognizes Rotary's role at the intersection of commerce and cause. As leaders in their professions and communities, Rotary members often use their professional skills and networks to advance social causes, particularly economic development.

The six Rotary Responsible Business honorees and two business partners will be recognized at the UN gathering for their inclusive business practices and outstanding contributions to improving their communities.

(For details with the names of the honorees, please go to <https://www.rotary.org/myrotary/en/member-news/announcements>)