



# 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. 1186*

*Date: 11 Poush 2016 / 26 Dec. 2016*

**Today's Programme:**

Talk Programme by Guest Speaker Dr.Pramod B. Shrestha on 'Development aid'.

**Forthcoming Programme:**

2 Jan - Business Meeting

**Rotary's Disease Prevention and Treatment Month**

**Congratulatory Events**

**Birthdays:** NIL

**Wedding Anniversaries:** NIL

*Minutes of Meetings No. 1538*

*Date: 4 Poush 2073 / 19 Dec. 2016*

1. President Rtn. Bijaya Mallapaty called the meeting no. 1538 to order with 15 seconds of 'Silent Invocation' for peace and happiness.
2. Guest welcomed by the President: Mr. Matrika Devkota, Mr. Shanker Gyawali & Mr. Keshar Devkota from 'KOSHISH'; and Rotaracts: President Mohini Maharjan, Vice President Rubina Shakya & Community Service Chair Peshal Bhattarai.
3. The last meeting minutes were reviewed and adopted.
4. Rtn. Preeti Khemka's membership as a Rotarian to the Rotary Club of Patan was confirmed and she was warmly welcomed to the RC Patan family.
5. 'Happy News' Contributions:
  - Rtn. Gabriele Mallapaty – for 'Happy Birthday'. (NRs. 500)
  - Rtn. Preeti Khemka – for the confirmation of her membership to the Rotary Club of Patan (NRs. 500).
  - Rtn. Dr. Prakash R. Regmi – for his trip to south India, where he visited Maharshi Sri Raman meditation centre in Madhurai and the 'Ashram' of Sadhguru near Kochin (NRs. 500).
  - Rtn. Bijaya Mallapaty – for the 'Talk Programme' of Mr. Matrika Devkota from 'KOSHISH'.
  - Rtn. Nirmal K. Pradhanang – for Rtn. Preeti Khemka's joining of the RCP.
  - Rtn. Krishna B. Basnyat – for his coverage on Image TV programme.
6. Other Contributions:

Rtn. Jeevan K. Shrestha contributed NRs. 1,000 to the PEEF Operation Fund from his attendance to the NOH Board Meeting.
7. Rotary News/Information:
  - Rtn. Kamalmani Dixit has been discharged from the B&B Hospital and continues treatment at home with good progress. We wish him a quick full recovery.
  - It was reminded that for those who paid membership dues in two instalments, **the second instalment is due by 31 December 2016**, after which date late fees will apply.
  - Rtn. Lochan Gyawali briefed on the planning visit of Bhattedanda with Rtns. Lalita Thapa, Mahendra Rawal and Gabriele Mallapaty in connection with the approved Global Grant Project to provide drinking water to earthquake affected areas. A trip report is being finalized.
  - The planned Global Grant on MicroHydro Project to Chepel, Solukhumbu is progressing with the AEPC getting the bids.

- Rotaract Club of Patan requested to organize a Heart Health Camp with the RCP, which will be reviewed with Rtn. Dr. Prakash R. Regmi.
8. Salutation: By PP Rtn. Yagya B. Shrestha - RC of Kindersley, Saskatchewan, Canada; Chartered: 1996; Members: 26. District: 5360, Clubs: 48, and Members: 2226.
  9. Please see below for a summary of the 'Talk Programme' by Guest Speaker Mr. Matrika Devkota, Founder President of 'KOSHISH'.
  10. The President Elect announced: Today's contribution of NRs. 4,350 (NRs. 2,000 for attendance and NRs. 2,350 for Sunshine Fund); and attendance: 3 guests, 3 Rotaracts, 20 members, and 8 make-ups. Before closing the meeting, the President wished everyone a very happy and peaceful New Year 2017.

### **Rotary 'Q & A' presented by Rtn. Nirmal K. Pradhanang**

- Q.** Where will be the next three RI Conventions after Atlanta?  
**A.** 2018: Toronto, Canada; 2019: Hamburg, Germany, & 2020: Honolulu, Hawaii, USA
- Q.** When was the membership opened to women in Rotary?  
**A.** 1989

### **Summary of 'Talk Programme' by Mr. Matrika Devkota, Founder President of 'KOSHISH' (Mental Health Self-Help Organization & our partner)**

Rtn. Gabriele Mallapaty presented Mr. Matrika Devkota, Founder President of 'KOSHISH', which is a mental health self-help organization. The RCP has been collaborating with KOSHISH and is currently providing support through a Rotary District Grant with District 5950 through the Rotary Clubs of Mound-Westonka and Bloomington, USA. Mr. Devkota is a well-known personality in supporting people with mental disability who was recently awarded 'Ashoka Fellowship' from the USA for his active self-help initiative in the field of Mental Health in Nepal.

Mr. Matrika Devkota introduced himself as one who himself had mental illness. After curing himself, he has been actively working for the rights of the mentally ill people at both - societal and government level. The NGO KOSHISH currently has two separate transit homes in Lalitpur – one for men and the other for women and children with a capacity of attending to 65 patients. KOSHISH provides short-term residential homes for the treatment and rehabilitation of mentally ill people and once cured reintegrates them in the communities. Patients come from all over Nepal and mostly through the social welfare offices.

Contrary to the stigma attached to mentally ill people, Mr. Devkota emphasized that every type of mental illness can be managed with proper support and a human response. As a good example, he presented Mr. Keshar Devkota who has recovered after being in the streets of Jawalakhel for 17 years and currently works as a receptionist at KOSHISH. Mr. Keshar Devkota presented himself, played guitar and sang a beautiful song with heart touching lyrics ".....forget me not as mad/insane, I have also the same heart as you....."

Mr. Devkota then showed an excellent documentary film depicting the story of KOSHISH and what it has done to take care of the mentally ill. The individual cases of forgotten men, women and the youth left on the streets to survive as beggars, but rehabilitated through the efforts of KOSHISH and living a normal life, was truly heart-warming.

On behalf of the RCP family, President Elect Rtn. Chandralekha Kayastha thanked Mr. Devkota for a wonderful presentation and touching life story of many that have been helped by KOSHISH.

President Rtn. Bijaya Mallapaty once again thanked Mr. Devkota and presented a copy each of 'Lalitdhara Souvenir' and 'Rotary Ka Kura' as a token of appreciation from the RCP. Both he and Mr. Devkota encouraged RCP members to visit the transit homes of KOSHISH.