



ललित धारा



RI District 3292

Club No. 23126

Chartered: 29 August 1985

Immediate Past President & Editor: Bijaya Mallapaty

President & Assistant Editor: Chandralekha Kayastha

Secretary: Mahendra Thapa

Issue No. 1217

Date: 16 Shrawan 2074 / 31 July 2017

Today's Main Programme: 5th Monday Entertainment Programme

Forthcoming Programme:

- 7 Aug. - Business Meeting
- 14 Aug. – 3rd Club Assembly & preparation for DG visit
- 21 Aug. – Guest Speaker (being confirmed)
- 29 Aug. (Tuesday) – DG's visit and Charter Day

Congratulatory Events

Birthdays: Nil

Wedding Anniversaries: Nil

Minutes of Meetings No.1569

Date: 9 Shrawan 2074 / 24 July 2017

1. President Rtn. Chandralekha Kayastha called the meeting no. 1569 to order with 15 seconds of 'Silent Invocation' for Peace and Happiness.
2. Guests welcomed by the President: Today's Guest Speaker Mr. Narayan Prasad Bhattarai and 4 Rotaracts including Rotaract President Rubina Shakya. (International partners of Global Grant Project for Kirtipur Hospital scheduled to visit RC Patan today have postponed their visit to next week as they had to operate on emergency cases at the Kirtipur Hospital).
3. The last meeting minutes were reviewed and adopted.
4. 'Happy News' Contribution:
 - Rtn. Jeevan K. Shrestha – for being re-appointed as the DG (NRs. 500).
 - Rtns. Padam L. and Kamala Maharjan – for having an old friend and architect as guest speaker (NRs. 500).
 - Rtns. Chandralekha and Matsyendra L. Kayastha – for having an old friend and architect as guest speaker (NRs. 500).
 - Rtn. Kiran Thapa – for having today's meeting in 'Kiran' hall.
5. Other Contributions:
 - Rtn. Piyush Bajracharya contributed NRs. 1,000 to the PEEF Operational Fund from his attendance to the NOH Board Meeting.
 - Rtn. Siba B. Rajbhandary informed that the book 'Lalitpur Ko Kirtipataka Hijo Ra Aaja' written by Late Rtn. Narayan G. Halwai with lot of efforts in its research and studies was completed and published by his spouse Munu Rajkarnikar with the support of her family. She wished all the Rotarian friends of RC Patan to have the book free of cost. The contributions received from the members will go to the PEEF Operational Fund. A total of NRs. 11,200 was collected including NRs. 500 from the guest speaker.
6. Rotary News/Information:
 - President Chandralekha Kayastha informed that 'COTS' has been arranged by AG Surendra G. Joshi for the clubs of zone 10 on August 19, 2017 and he has requested the club officers to participate.
 - Rtn. Ganesh R. Shrestha informed that this year in PEEF a total NRs. 808,000 has been distributed to 390 students in 27 schools of Lalitpur District.
 - Secretary Rtn. Mahendra Thapa informed about the International Fellowships of Cricket Loving Rotarians (IFRC), Nepal, tournament going to be held in Nashik, India in 16 – 19 Nov. 2017. Registration Fee: US\$ 300 for accommodation, food, t-shirt, trouser, etc. Last date of registration – July 27, 2017.

7. Salutation: By PP Rtn. Santa K. Shrestha – Rotary Club of Firunelveli Town, Tamil Nadu, India; Chartered: 1984; & Members: 44. District: 3212, Clubs: 69, & Members: 2017.
8. Please see below for a summary of the talk programme by guest speaker Mr. Narayan P. Bhattarai. .
9. Before the closure of the meeting by the President, the Secretary announced: Contribution of NRs. 4,050 (NRs. 2,350 for attendance, and NRs. 1,700 for sunshine funds; attendance: 1 guest speaker, 4 Rotaracts, 24 members, and 5 make-ups.

Rotary Questions/Answers presented by Rtn. Ramesh L. Maskay

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| Q. Number of Zones of Rotary International and Zone Number of District 3292 Nepal and Bhutan | A. 34 & Zone 6A |
| Q. Name of RI Fiscal Agent for District 3292 | A. PDG Rtn. Tirtha M. Sakya |
| Q. Number of Countries in the World today | A. 196 |

Summary of Talk Programme by Guest Speaker Mr. Narayan Bhattarai on 'Acupressure Therapy'

Rtn. Padam L. Maharjan introduced Mr. Narayan P. Bhattarai who was born in Sukaura near Bandipur, Tanahun. He passed SLC from JP High School, ISc from Tri-Chandra College and Bachelor of Architecture from Engineering University, Lahor in 1969. He started serving in the Building Department, then to Ministry of Education to look after educational buildings where he built more than 1000 vocational workshops, primary schools, and girls hostels in different districts of Nepal. He was involved in designing many buildings in Nepal including the Agricultural Development Bank in Ramshahpath.

He started his talk with introduction of Acupressure, which is a method of treatment for all kinds of diseases. This is our old traditional method being practiced for people of all ages starting from new born babies to the people in the last days of their lives.

This can be learnt by anybody very easily, and can be done by self also. It does not cost anything as it does not need any sort of equipment. It can be practiced at any time of the day except right after food.

Acupressure originated in Nepal. Later it was practiced extensively in China, Korea, Japan, etc. It was even adopted by USA after US Secretary of state Henry Kissinger's visit to Pakistan & China in 1972.

Mr. Bhattarai gave some demonstration of Acupressure on some members of the RCP who felt the changes in the body immediately after receiving the acupressure.

The interesting talk concluded with lively questions and answers.

On behalf of RCP family, Vice President Rtn. Dr. Bishwa B. Sharma thanked Mr. Narayan P. Bhattarai for the very interesting talk. President Chandralekha Kayastha also thanked Mr. Narayan P. Bhattarai and presented a copy each of 'Lalithdara Souvenir' and 'Rotary Ka Kura' as a 'Token of Appreciation' from the RCP family.



May the Laugh Bug Bite You 😊😊😊😊😊

A student at a management school came up to a pretty girl and hugged her without any warning. The surprised girl said, "What was that?" The guy smiled at her, "Direct marketing!" The girl slapped him soundly. "What was that?!" said the boy, holding his cheek. "Customer feedback."