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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. 1245

Date: 29 Magh 2074 / 12 February 2018

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| <p><u>Today's Main Programme:</u> Classification Talk by Rtn. Pushkar M. Shakya</p> <p><u>Forthcoming Programme:</u> 19 Feb. - Talk Programme on 'Pranic Healing' by Ms. Nisha Agrawal assisted by Renu and Nitu.</p> | <p><u>Congratulatory Events</u></p> <p><u>Birthdays:</u> Rtn. Shiv P. Khemka – 12 Feb. Rtn. Padam L. Maharjan – 13 Feb.</p> <p><u>Wedding Anniversaries:</u> Rtns. Kiran Shrestha-13 Feb., PDG Tirtha M. Sakya-14 Feb., Kedar B. Shrestha-15 Feb. & Kamal B. Nyachhyon-15 Feb.</p> |
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Minutes of Meetings No.1596

Date: 22 Magh 2074 / 5 February 2018

1. President Rtn. Chandralekha Kayastha called the Meeting No. 1596 to order with 15 seconds of 'Silent Invocation' for World Peace and Happiness.
2. Guests welcomed by the President: Rotaract President Rubina Shakya and three Rotaracts from the Rotaract Club of Patan.
3. The last meeting minutes were reviewed and adopted.
4. 'Happy News' Contributions:
 - Rtn. Jeevan K. Shrestha – for being the 'Chief Guest' in the Engineering Campus function.
 - Rtns. Chandralekha and Matsyendra L. Kayastha – for a successful hosting of the Board Meeting followed by fellowship (NRs. 2,000).
 - Rtn. Bijaya Mallapaty – for the above and for the visit of children (NRs. 500).
 - PDG Rtn. Tirtha M. Sakya – for the success of National Literacy and WASH Conference, Biratnagar.
 - Rtn. Ganesh R. Shrestha – for 'Happy Landing' from Malaysia, fellowship at Kayastha family, and for appointment as a District TRF Fund-Raising Regional Chair (NRs. 500).
 - Rtn. Dr. Prakash R. Regmi – for 'Happy Landing' from Bombay attending Cardiology Seminar (NRs. 500).
 - Rtn. Preeti Khemka – for her selection to be a speaker as one of new members at the forthcoming District Conference in Birgunj (NRs. 500).
5. Other Contribution: Rtn. Kedar B. Shrestha donated a contribution of NRs.12,300 to the 'Fellowship Fund' of the RCP members. The funds were raised for the individualized mugs he presented to RCP members.
6. Rotary News/Information:

President Rtn. Chandralekha Kayastha reminded on information already shared: i. DTTS/AGs training seminar, ii. District Conference in Birgunj wherein there will be 12 participants from the RCP, iii. Planned Chepel trip with 5 members from the RCP, and iv. Selection of Rtn. Preeti Khemka as a new member speaker during the District Conference.
7. 2nd National Conference on Literacy and WASH in Schools, Biratnagar: Chair of the Conference PDG Rtn. Tirtha M. Sakya presented a 'Token of Appreciation' to President Rtn. Chandralekha Kayastha as one of host clubs of the conference. He also briefed on the successful conference with the participation of 360 registrants. The Conference had several achievements including the three MOUs to further Literacy and WASH in Schools, and to include TEACH achievements by the District Award Committee.
8. Cardiology Seminar, Bombay: Rtn. Dr. Prakash R. Regmi, who participated in this seminar briefed on important new developments. Famous teacher on Cardiology, US Doctor Valentin Fuster attended the seminar. Some of the evidence-based key developments explored during the seminar are captured below:
 - To cancel the 'borderline hypertension' category in blood pressure and consider it as 'hypertension, stage 1';

- Benefit of imaging to look at Femoral Artery for improved diagnosis of risk;
- Possible reduction (some 50%) of 'Genetics Risk' through behaviour change; and
- Improvement in Poly-Pill – reduction of composition of Poly-Pill from four to three medicines for those who already have coronary heart disease.

Other information Rtn. Dr. Regmi shared was on mechanisms of 'Knowing Your Risk', move towards interventions instead of surgery, increasing use of the Atrial Fibrillations, and no evidence of benefit from the use of popular supplements.

9. Rotaract Rujen Shakya from the Rotaract Club of Patan presented the plans for organizing a Youth Leadership Camp of 2 days together with Rotaract Club of Metro Kathmandu. The objecting is the professional development of Rotaracts, and requested support and guidance for this from the Rotary Club of Patan.
10. Salutation: By PDG Rtn. Tirtha M. Sakya – RC Hong Kong Island West, Hong Kong; Chartered: 1954, & Members: 50. District: 3450, Clubs: 64, & Members: 1742.
11. Before the closure of the meeting by the President, the Secretary announced: contribution of NRs. 6,200 (NRs. 1,800 for attendance and NRs. 4,400 for Sunshine Funds); attendance: 4 Rotaracts, 18 members, and 8 make-ups.

Rotary Questions/Answers presented by Rtn. Preeti Khemka

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| Q. Names of 'lyrics writer' and the 'club' of D3292 song competition 2017 winner | |
| A. Rtn. Hari Bhakta Budathoki, RC Pashupati, Kathmandu | |
| Q. Number of current female AGs of D3292 | A. 2 (out of 24) |
| Q. Name of youngest summiteer of Mt. Everest | A. Phurba Tenjing Sherpa |

7th Board Meeting of the RCP held on 3 February 2018

Rtn. Mahendra Thapa presented the following minutes/decisions of the 7th Board Meeting hosted by Rtns. Matsyendra L. and Chandralekha Kayastha, which were endorsed/approved by the 'House':

1. Decisions of the 6th Board Meeting of RY 2017-2018 were reviewed.
2. Board approved the opening of a separate bank account as required for the Global Grant Project GG1860104 – WASH in PEEF supported schools with Century Commercial Bank with a signatory panel of any two among President Rtn. Chandralekha Kayastha, Treasurer Rtn. Bharat N. Joshi, and Primary Contact Rtn. Mahendra S. Rawal.
3. Primary Contact of GG1641893 project Rtn. Nirmal K. Pradhanang briefed the Board on the status of the project with plans to propose a reprogramming of the surplus funds, for the approval of the RI, for the upgrade of WASH facilities in the school.
4. Board noted that Rtn. Siba B. Rajbhandary handed over the PHF 'Pin' and Certificate to Ms. Jabina Rajbhandary in the USA on behalf of the Rotary Club of Patan.
5. Rtn. Ganesh R. Shrestha briefed on the offer of printing revised 'Rotary Ka Kura' for the District by Mr. Kanak Mani Dixit.
6. Treasurer Rtn. Bharat N. Joshi presented the financial status of the RCP as of 31 January 2017.
7. Confirmation of Hosts and Dates of future Board Meetings:
 - 10th Board Meeting: Host Rtn. Dr. Bishwa B. Sharma for 4 May 2018
 - 11th Board Meeting: Hosts Rtns. Siba B. Rajbhandary and Shiva K. Pradhan for 2 June 2018.
 - 12th Board Meeting: President Elect Rtn. Gabriele Mallapaty
8. On behalf of all present, Rtn. Krishna B. Basnyat gave an elaborate 'Vote of Thanks' to Rtns Matsyendra L. and Chandralekha Kayastha and their whole family for hosting the Board Meeting, followed by an excellent fellowship lunch. The hosts also added their appreciation to everyone joining.