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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. 1247

Date: 14 Falgun 2074 / 26 February 2018

<p><u>Today's Main Programme:</u> Talk Programme on 'Organic Food against Cancer in Nepal' by Mr. Bishnu K. Gyawali</p> <p><u>Forthcoming Programme:</u> 5 Mar. - Business Meeting 12 Mar. - Updates on Rotaract, Interact & RCCs 19 Mar. - Classification Talk by Rtn. R.R. Pandey</p>	<p><u>Congratulatory Events</u> <u>Birthdays:</u> Rtn. Kiran Thapa – 2 March</p> <p><u>Wedding Anniversaries:</u> Rtn. Bharat N. Joshi – 25 Feb. Rtn. Piyush B. Bajracharya – 15 Falgun (27 Feb.) Rtn. Pushkar M. Shakya – 27 Feb. Rtn. Bijaya Bajracharya – 2 March</p>
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Minutes of Meetings No.1598

Date: 7 Falgun 2074 / 19 February 2018

1. President Rtn. Chandralekha Kayastha called the Meeting No. 1598 to order with 15 seconds of 'Silent Invocation' for World Peace and Happiness.
2. Guests welcomed by the President: Today's guest speaker Ms. Nisha Agrawal and her team of Renu, Nitu, Payal, Dinesh and Aditya.
3. The last meeting minutes were reviewed and adopted.
4. 'Happy News' Contributions:
 - Rtn. Jamuna K. Tamrakar – for 'Happy Birthday' in absentia (ha.ba.).
 - Rtn. Nirmal K. Pradhanang – for 'Happy Birthday', for PDG Rtn. Tirtha M. Sakya's receiving of 'Service Above Shelf' award from Rotary, and for the RCP's Rota Quiz win (NRs. 1,000).
 - Rtn. Rabendra R. and Mrs. Chandra Lekha Pandey – for 'Happy Wedding Anniversary', a new car and the successful District Conference (NRs. 1,000).
 - Rtn. Yagya B. and Mary Shrestha – for 'Happy Wedding Anniversary' (NRs. 500).
 - Rtn. Siba B. Rajbhandary – for 'Happy Landing' from USA and the successful District Conference (NRs. 500).
 - Rtn. Piyush B. Bajracharya – for RCP's Rota Quiz win (NRs. 200), and for two copies of late Rtn. Narayan G. Halwai's book (NRs. 1,000).
 - Rtn. Lalita Thapa – for 'Happy Landing' from New Zealand, RCP's Rota Quiz win and today's talk programme (NRs. 1,000).
 - Rtn. Ramesh Maskay – for RCP's Rota Quiz win, PDG Rtn. Tirtha M. Sakya's 'Service Above Self' award, and spouse joining the Inner Wheel Club (NRs. 1,000).
 - Rtn. Kiran Thapa – for the RCP's Rota Quiz win, today's talk programme and PDG Rtn. Tirtha M. Sakya's 'Service Above Self' award (NRs. 500).
 - Rtns. Matsyendra L. and Chandralekha Kayastha – for quick recovery from sickness of Rtn. Chandralekha Kayastha, for the RCP's Rota Quiz win, & PDG Tirtha M. Sakya's 'Service Above Self' award (NRs. 5,000).
 - PDG Rtn. Tirtha M. Sakya – for being honoured by Rotary's 'Service Above Shelf' award (NRs. 1,000).
 - Rtn. Mahendra B. Thapa – for the above, the RCP's Rota Quiz win and Club Exhibit second prize.
 - Rtn. Bijaya Mallapaty – for the RCP's Rota Quiz win and PDG Rtn. Tirtha M. Sakya's award (NRs. 500).
 - Rtns. Padam L. and Kamala Maharjan – for the RCP's Rota Quiz win, Rtn. Nirmal K. Pradhanang's birthday and PDG Rtn. Tirtha M. Sakya's award (NRs. 1,600 pledged).
 - Rtn. Dr. Prakash R. Regmi – for the RCP's Rota Quiz win (NRs. 500).
 - Rtn. Kedar B. Shrestha – for the RCP's wins in Rota Quiz and Club Exhibit, Rtn. Preeti Khemka's speech as a select new member at the District Conference, PDG Rtn. Tirtha M. Sakya's award, and Rtn. Ganesh R. Shrestha being the co-chair of the District Conference (NRs. 1,000).
 - Rtn. Ganesh R. Shrestha – for all of the above good news (NRs. 2,000).
 - Rtn. Gabriele Mallapaty – for all of the above good news (NRs. 500).
 - Rtn. Shiv P. Khemka (NRs. 2,000) and Rtn. Preeti Khemka (NRs. 1,000) – for all the above good news and the RCP group's visit of their factory.
 - Rtn. Dr. Prakash R. Regmi – for improvements in father's health condition (NRs. 500).

5. Other Contributions:

- President Rtn. Chandralekha Kayastha confirmed that with the pledges of NRs. 20,000 by Rtn. Rabendra R. Pandey, NRs. 5,000 by Rtn. Ramesh Maskay, and family Kayastha's matching of NRs. 25,000 the target of raising NRs. 300,000 for the Club Service Fund will be met. She encouraged continuation of additional contributions by members to go beyond the target.
- Rtn. Ganesh R. Shrestha handed over NRs. 4,500 for the Club Service Fund, received from Rtn. Dhoju for the purchase of 30 copies 'Rotary ka Kura'.
- Rtn. Ganesh R. Shrestha also noted receipts of NRs. 12,000 to the Fellowship Fund of the RCP members from the reuse of registration of the couple Kayastha who were unable to join the District Conference.

6. Rotary News/Information:

- On behalf of the entire RCP family, President Rtn. Chandralekha Kayastha congratulated all on the glory of the RCP during the District Conference. Key successes: the win of Rota Quiz Tournament Cup, information on PDG Rtn. Tirtha M. Sakya honoured by the 'Service above Self' award, Rtn. Preeti Khemka's excellent speech delivery as a select new member, and the RCP named as the 2nd winner of the Club Exhibits.
- Rtn. Kedar B. Shrestha also briefed on the successes of the RCP during the District Conference. He gave a brief summary of the very well organized and successful District Conference in which a total of 11 participants from the RCP were able to join.
- PDG Rtn. Tirtha M. Sakya briefed about Rotary's highest 'Service above Self' award, which honours 150 people out of some 100,000 nominations every year. He will be the 5th recipient of this honour in Nepal.

7. Salutation: By PDG Rtn. Tirtha M. Sakya – RC Mirpukhas, Sind, Pakistan; Chartered: 1955, & Members: 35. District: 3271, Clubs: 78, & Members: 1418.

8. Before the closure of the meeting by the President, the Secretary announced: contribution of NRs. 22,800 (NRs. 2,100 for attendance and NRs. 20,700 for Sunshine Funds); attendance: 7 guests, 2 spouses, 21 members (plus 2 through 'Viber' connection), and 5 make-ups.

Rotary Questions/Answers presented by Rtn. Preeti Khemka

Q. Last recipient of 'Gopal-Kamala Rajbhandari Rotary Award for Voc. Excellence' A. Ms. Indira Rana Magar

Q. Minimum Qualification for an Assistant Governor A. 4 years in the club with good standing, Past President, at least 1 year in a District Committee, attend AGTS, PETS and DTA, & one year lapsed after being Club President.

Q. Name of female Tennis Grand Slam Winner of 2018 A. Ms. Caroline Wozniacki from Denmark.

Summary of Talk Programme on 'Pranic Healing' by Ms. Nisha Agrawal and her Team

Rtn. Rabendra R. Pandey introduced guest speaker Ms. Nisha Agrawal who is married to businessman Mr. Tej Prakash Agrawal. She has been practicing 'Pranic Healing' since 6 years, and has been an Instructor since 2015. She is a Trustee of GMCKS Foundation of Nepal, Kamaladi, and works at the Healing Light Centre, Radha Bhawan, 4th floor, 406, Tripureshwor. They also have centres at Bouddha, Dilli Bazar, Baneshwor, Lazimpat.

Ms. Agrawal presented 'Pranic Healing' founded by Grandmaster Choa Kok Sui with the help of a video, power-point presentation and demonstrations with the assistance of her team. She summarized it as a no-touch, no-drug energy healing system, which helps physical, emotional, psychological, financial and spiritual needs. It is a simple, powerful, proven science, using natural laws not based on any religion. It compliments all medical systems.

The technique uses 'Prana' or life-force also called 'Chi' in Chinese, which is used to clear negative energy following the principles of self-recovery and life force energy. Pranic Healing is spread in 120 countries and practices in 27 languages.

More details on Pranic Healing around the world can be found in the web: www.globalpranichealing.com, www.worldpranichealing.com, or by contacting the Healing Light Centre at Radha Bhawan, Tripureswor (Phone 9851012576). Free tickets were also distributed to all present to join 'Stress Healing' experience sessions.

A practical demonstration of the power of Pranic Healing was done on Rtn. Dr. Prakash R. Regmi, whose pain reduced from a level 10 of 10 pain to 7/8 of 10 pain within a matter of a few minutes of healing. Mrs. Chandra Lekha Pandey also mentioned that she was advised knee replacement of both her knees. But after 9 months of treatment with Pranic Healing, her pain is much better.

Following a Q/A session, on behalf of the RCP family, Rtn. Dr. Prakash R. Regmi gave a 'Vote of Thanks' to Ms. Nisha Agrawal and her entire team. President Rtn. Chandralekha Kayastha added her thanks and concluded the session with the presentation of a 'Token of Appreciation' to Ms. Agrawal and her team on behalf of the RCP.