



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. 1260

Date: 14 Jestha 2075/ 28 May 2018

<p><u>Today's Programme:</u></p> <p>Rtn. Rabendra R. Pandey's classification talk</p>	<p><u>Congratulatory Events</u></p> <p><u>Birthdays:</u> Rtn. Kamala Maharjan – 29 May</p> <p><u>Wedding Anniversaries:</u> Nil</p>
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Minutes of Meeting No.1611

Date: 7 Jestha 2075 / 21 May 2018

1. President Rtn. Chandralekha Kayastha, President Rtn. Sharada Acharya and President Rtn. Laju Pradhan called the Meeting Nos. 1611 of RC Patan, 701 of RC Jawalakhel and 473 of RC Jawalakhel Manjushree respectively to order with 15 seconds of 'Silent Invocation' for World Peace and Happiness.
2. Guests Welcomed by the President Rtn. Chandralekha Kayastha: Today's speaker Dr. Kapendra Shekhar Amatya, President Rtn. Sharada Acharya and Members of RC Jawalakhel including PP Dr. Suniti Acharya, PP Viva Singh, PP Hema Adhikari, IPP Dr. Subash Pyakurel and Rtn. Sabina Karki who sang Birthday song For Rtn. Matsyendra L. Kayastha; President Rtn. Laju Pradhan and Members of RC Jawalakhel Manjushree; Past District Chair of Inner Wheel Bijaya Shrestha, Spouse Ramita Bajracharya and Rtns. Peshal Bhattarai and Rujen Sakya.
3. President Rtn. Chandralekha Kayastha briefed on the joint meeting of 3 Rotary Cubs of Lalitpur with Lady Presidents, which was a joint meeting of 3 generation of Rotary Clubs. RC Jawalakhel Manjushree was sponsored by RC Jawalakhel, which was sponsored by the RC Patan.
4. The last meeting minutes of the RC Patan were reviewed and adopted.
5. 'Happy News' Contribution :
 - Rtns Matsyendra L. Kayastha – for 'Happy 75th Birthday' (NRs.1000).
 - Rtn. Ramesh L. Maskay– for 'Happy Landing' from Dubai & welcoming Rotarian friend Ravin Lama (NRs. 500).
 - Rtn. Siba B. Rajbhandary – for the joint meeting of 3 generations and for welcoming Rtn. Matsyendra L. Kayastha into the RCP's Platinum Club (NRs. 500).
 - Rtns. Piyush Bajracharya, Yagya B. Shrestha and Lalita Thapa – for the joint meeting of 3 generations of clubs.
 - Rtn. Chandralekha Kayastha – for the special birthday of Rtn. Matsyendra L. Kayastha, joint meeting, and talk programme of Dr. Kapendra Shekhar Amatya (NRs. 1000).
 - PDG Rtn. Tirtha M. Sakya – for welcoming 3 lady Presidents in the joint meeting of 3 generations of clubs (NRs. 500).
 - Rtn. Ganesh R. Shrestha – for welcoming 3 generations of clubs and 'Happy Birthday' of Rtn. Matsyendra L. Kayastha (NRs. 500).
 - Dr. Prakash R. Regmi – for visits to various places of Nepal for heart screening of 6500 school children and establishing a trust in his late father's name in Palpa (NRs. 500).
 - Rtn. Preeti Khemka – for son's passing class 10 board exam with 90% & 100% in computer, and completing 2 days Reiki class (NRs. 500).
 - Rtn. Shiva P. Khemka – for son's passing class 10 Board exam with 90% & 100% in computer (NRs. 1000).
 - Rtn. Nirmal Pradhanang – for getting an invitation from China's Xichang Satellite Launching Centre and for witnessing the actual communication satellite, APSTAR-6C, being launched. (NRs. 500).
 - Rtn. Jamuna K. Tamrakar – for 'Happy Landing' from Dubai and for the joint meeting of 3 generations of clubs (NRs. 500).
7. Other Contribution: Rtn. Matsyendra L. Kayastha contributed **NRs. 75,000.00** to Club Service Fund of Rotary Club of Patan to mark his 75th birthday.
8. Rotary News/Information:
 - President Rtn. Chandralekha Kayastha reminded about the regional level ICM being held on 26 May 2018 at Hotel Shankar, and informed about the meeting of Task Force Team of NRCL with the request of NRCL to all clubs to allocate NRs. 10,000.00 in yearly budget for joint activities of NRCL.
 - PEEF Coordinator Rtn. Ganesh R. Shrestha briefed on PEEF distribution programme.

9. Salutation: By PDG Rtn. Tirtha M. Sakya - RC Johannesburg, South Africa; Chartered: 1921; & Members: 30. District: 9400, Clubs: 90, & Members: 1701.
10. Please see below a summary of today's talk programme by Dr. Kapendra Shekhar Amatya on Breast Cancer. Please see below for Summary of the Talk Program.
11. Guest Rotarian Ravin Lama from Mauritius spoke about his Club and read out the message of President Elect of his club Dr. Kaylash Allgoo (President 2018–19) about President's willingness to do joint projects for which fund is available. Flags were exchanged with RC Patan and Lalitdhara Souvenir was presented to Rtn. Lama. Rtn. Lama also presented a Medal of his Club as 'Token of Love' to President Rtn. Chandralekha Kayastha.
12. Before the closure of the meeting by all three Presidents, Secretary of RCP Rtn. Mahendra Thapa announced: contribution of NRs. 18,400 (NRs. 10,800 for attendance and NRs. 7,600 for Sunshine Funds), attendance: 22 members, 24 visiting Rotarians [RCJ: 19 & RCJM: 5], 2 spouses, 2 Rotaracts, 2 guests and 4 make-ups.

Rotary Questions/Answers presented by Rtn. Mahendra S. Rawal

Q. How many awards and recognitions were received by IPDG Rtn. Jaya Rajya Laxmi Shah for her achievements during her tenure 2016/17? **A.** 7: i. Presidential Citation Award to RID 3292 for the Rotary Year 2016/17, ii. Highest per capita APF contribution in Zone 6A to TRF, iii. Highest total contribution in zone 6A to TRF, iv. Highest contribution in Zone 6A to the Annual fund of TRF, v. Highest % of membership growth in zone 6A, vi. Highest growth of women members in zone 6A, & vii. Highest member growth in zone 6A.

Q. Subscription rate for 'The Rotarian' **A.** US \$24.00 for 12 monthly issues.

Q. South Asian nation that has prohibited the sale of cigarettes in its territory. **A.** Bhutan (Since 2004–1st in the world).

Summary of Talk Programme by Guest Speaker Dr. Kapendra Shekhar Amatya

Guest Speaker Dr. Kapendra S. Amatya was introduced by PP Rtn. Yagya B. Shrestha. Dr. Amatya is Head of Department and Consultant Surgical Oncologist at Nepal Cancer Hospital & Research Centre. Graduated from Beijing University, School of Health Science, he perused his Masters in Surgical Oncology. He has been working in Surgery and Oncology in several hospitals in Nepal. He is renowned and credited with starting several specialist Cancer surgeries and reconstructions. His areas of particular interest are Breast Cancer Surgery and Gastro Intestinal Cancer Surgery.

Dr. Amatya made a comprehensive presentation with power point slides on breast cancer. Breast cancer is the second most common cancer in Nepali women. It is believed that nearly 5000 women are diagnosed with breast cancer every year. Although being a very common cancer, women usually come for diagnosis in late stage. In an economically poor country like Nepal, early detection and diagnosis play a vital role in fighting breast cancer. There is no definite cause for breast cancer, but there are certain risk factors which are divided into changeable and non-changeable risk factors. Changeable risk factors include, alcohol consumption, having child after 30 years of age, not breast-feeding, obesity and lack of exercise, whereas non-changeable risk factors are age, hereditary, menarche before 12 years or Menopause after 50 years of age.

The most common signs of breast cancer is a lump in the breast which is mostly not painful. Beside this, other signs are nipple retraction, nipple discharge of blood and pus, change in skin colour, etc. The only way to fight breast cancer is with screening. Breast cancer screening comprises of 1) self-examination 2) clinical-examination 3) Mammogram and/or Ultrasound examination. Breast cancer detection is most important because if it is diagnosed in very early stage like 0 stage or 1st stage, nearly 85-95% can be cured. In stage 2, nearly 70% can be cured, whereas in stage 3, only 55% and in stage 4 only 10% can be cured. Breast cancer surgery does not guarantee that the whole breast will be removed. In early breast cancer, and with modern facilities, breast can be preserved with no compromise on treatment. New horizon of Oncoplastic breast surgery also looks at shape, size and contour of the breast so that with effective treatment of breast cancer, the femininity of a women is also preserved. About 1% of breast cancer happens in men and as men have lesser breast tissues, breast cancer in men usually advance to an advanced stage.

Following a Q/A session, Rtn. Dr. Prakash R. Regmi gave a 'Vote of Thanks' on behalf of RCP for his excellent presentation. President Chandralekha Kayastha also thanked Dr. Amatya and presented him Lalitdhara Souvenirs as 'Token to Appreciation'. Similarly, Dr. Amatya was thanked by President Sharada Acharya with Souvenir and Lapel Pin of RC Jawalakhel. President Rtn. Chandralekha Kayastha presented Lalitdhara Souvenir to President Rtn. Sharada Acharya and President Rtn. Laju Pradhan as 'Token of Appreciation' for the joint meeting. President Rtn. Sharada Acharya also presented Danphe Souvenir of RC Jawalakhel to President Rtn. Chandralekha Kayastha.