

## Issue No. 1478

Date: 24 Ashwin 2079 / 10 October 2022

<p><b><u>Today's Programme:</u></b> : Business Meeting</p> <p><b><u>Forthcoming Programme:</u></b></p> <p>17 Oct. – Regular Weekly Meeting 24 Oct. – No meeting (Tihar Holidays)</p>	<p><b><u>Congratulatory Events</u></b></p> <p><b><u>Birthdays:</u></b> Rtn. Mahendra S. Rawal – 5 Oct.</p> <p><b><u>Wedding Anniversaries:</u></b> Nil</p>
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## Minutes of Meeting No. 1824

Date: 13 Aswin 2079 / 29 September 2022

1. President Rtn. Shiva K. Pradhan called the RCP Meeting No.1824 to order with 15 seconds of 'Silent Invocation' for world peace, health, and happiness.
2. Guests welcomed by the President: Please see the 'World Heart Day' celebration summary below.
3. The last meeting minutes were reviewed and adopted.
4. Rotary Information: Rtn. Bijaya Mallapaty shared the following information:
  - Together with Rtn. Mahendra S. Rawal, Rotary Club of Patan's club registration renewal process for this year has been completed with the Tax office, Lalitpur municipality and the CDO's office.
  - Mr. Arun Chaudhary contributed NRs. 300,000 for the four consecutive year to the RCP's PEEF programme.
  - The RCP members contribution to support the flood victims in Pakistan (NRs. 418,600 equivalent to US \$3,270) has been transferred to the Rotary Club of Karachi, Pakistan after a lot of difficulties. Upon confirmation of receipt by the Rotary Club of Karachi, detailed e-mail information will be shared with all members.
5. Before the adjournment of the meeting by the President, Secretary Rtn. Khadak S. Bisht announced the meeting attendance of 49 guests including IW/spouses, 3 Rotaracts, 23 members and 9 make-ups.

### Summary of the meeting on 'World Heart Day – 29 September' celebrations

The Rotary Club of Patan and Nepal Non-communicable Diseases Alliances (NNCDA) had jointly celebrated the 'World Heart Day – 29 September' in a grand manner with a rally and official function in the morning with the participation of the Minister of Health and Population of the Nepalese Government, other dignitaries, and partners of Nepal Heart Net in Lalitpur.

In continuation of the above, the Rotary Club of Patan, together with the NNCDA, dedicated this meeting to celebrate the 'World Health Day – 29 September'. Master of Ceremony (MC) and Secretary of the RCP Rtn. Khadak S. Bisht requested the dignitaries to the Dias and welcomed all the participants as follows:

President of the RCP: Rtn. Shiva K. Pradhan as the chair of the meeting  
Chief Guest: Dr. Krishna Poudel, Chief of policy, planning and monitoring division, MOHP  
Representative from WHO as a Special Guest: Dr. Kedar Marahatta  
Rtn. Prakash R. Regmi from the RCP as the President of NNCDA  
Dr. Shanta Lall Mulmi, Co-chair of NNCDA  
Dr. Abhinav Baidhya, Vice President of NNCDA  
Ms. Sheela Shrestha, Chief of health education and communications, MOHP  
Rtn. Urvashi Rana, Assistant Governor, Rotary District 3292  
Members of Padmodaya Veterans Club  
Rotaract Club of Patan President and Secretary  
Inner Wheel Club President and Secretary  
Media persons, other guests, and the RCP family

## [Summary of the meeting on 'World Heart Day – 29 September' celebrations](#) (cont'd from page 1)

Dr. Shanta Lall Mulmi, Co-Chair of NNCDA, delivered a welcome statement welcoming all the dignitaries and participants to this celebratory meeting held jointly with the RCP.

Rtn. Prakash R. Regmi briefed on the RCP's practice of celebrating the World Heart Day every year, which was not done in a grand manner for a couple of years due to the Covid-19 pandemic but restarted from this year. He then made the key-note presentation with the support of power-point, a brief summary of which is captured below.

NNCDA Vice President Dr. Abhinav Baidhya talked about the establishment of the NNCDA in 2013, which has now been officially registered in January 2022. He also briefed on the just completed NCD Strategic Plan for the next five years, which was released later with presentation of its copies to the Chief Guest from the MOHP and other dignitaries present. He emphasized the role of all stakeholders including the civil society in this regard.

Special Guest Dr. Kedar Marahatta, representing WHO, spoke on the complementary work of WHO with the MOHP in creating enabling environment to support ongoing work on the prevention and control of non-communicable diseases (NCD).

Chief Guest Dr. Krishna Poudel from the Ministry of Health and Population (MOHP) addressed how the MOHP is dealing with the issue of NCD with a strategic plan, while Nepal is still struggling with the communicable diseases including malnutrition. He emphasised the role of civic society and organisations such as the Rotary as an example case of collaboration in the eradication of Polio in Nepal. He highlighted the need to work on a multi-sectoral basis as different organs/levels of the government are responsible to work on the improvement of health of all citizens. The focus should be on modifiable risk factors with awareness raising and preventive work such as in the control of smoking and alcohol consumption.

President Rtn. Shiva K. Pradhan gave a 'Vote of Thanks' on behalf of the organisers to the dignitaries and all the participants of today's meeting and invited them to join in the fellowship dinner that followed.

Brief Summary of Rtn. Prakash R. Regmi's key-note presentation: Rtn. Prakash R. Regmi first explained the purpose of the 'World Health Day' celebrated on the 29<sup>th</sup> of September each year since the year 2000 with an annual theme of WHO, which for this year is 'Use heart for every heart'. Translating the meaning of the theme in Nepali 'Mana lagau, sabaiko mutu bachau', he explained the focus of the day as public awareness campaign for lifestyle modification for the prevention as over 80% of the risk factors are preventable. Rtn. Regmi captured the key messages of this year's theme in three headings and explained each of them – use heart for humanity, use heart for nature and use heart for you.

He mentioned that the heart disease is the world's number one killer with 18 million deaths yearly of which over 75% are from low- and middle-income countries. In Nepal, some 30,000 deaths happen yearly with 25% of total population affected. Giving concrete data from various research, he made the case for mortality reduction potential of lifestyle change.

Rtn. Regmi listed ten risk factors, nine of which are modifiable, i.e., Smoking, Diabetes, Hypertension, Cholesterol, Obesity, Stress, Diet, Age, Heredity and the one unmodifiable Gender (M/F). Together they account for over 90% of the risk of heart attacks and deaths, majority of which may be prevented.

Rtn. Regmi elaborated his views on heart health based on his knowledge and experience under the following twelve headings and gave his advice elaborating on each of these: 1. Longevity, 2. Age, 3. Tobacco, 4. Diet, 5. Alcohol, 6. Modern medicine, 7. Good and bad fats, 8. Dietary cholesterol, 9. Walking, 10. Stress, 11. Beware of unnecessary treatments, & 12. Know the individual response.

He concluded with the 'World Heart Day' message of 'Healthy lifestyle is the best medicine'.

### [Rotary Information](#)

(source: rotary.org)

*The 2022 Rotary All-Member Survey is your chance to tell RI about your experience as a member — what you like, what you don't, and how RI can make your membership experience even better.*

*The survey has been sent to all Rotary and Rotaract members for whom RI has a current email address.*