

# ललित धारा

RI District 3292

Club No. 23126

Chartered: 29 August 1985

President: Shiva K. Pradhan Past President & Editor: Bijaya Mallapaty Past President & Assistant Editor: Chandralekha Kayastha

**Issue No. 1499**

**Date: 6 Chaitra 2079 / 20 March 2023**

**Today's Programme:**

Regular Weekly Meeting with briefing on the District Conference held during 17-18 March 2023

**Congratulatory Events**

**Birthday:**

Rtn. Lalita C. Thapa – 19 March

**Wedding Anniversary:** Nil

**Minutes of Meeting No. 1845**

**Date: 29 Falgun 2079 / 13 March 2023**

1. President Rtn. Shiva K. Pradhan called the RCP's Meeting No.1845 to order with 15 seconds of 'Silent Invocation' for world peace, health, and happiness.
2. Guests welcomed by the President: Guest speaker Ms. Sandhya Regmi, Assistant CDO of Lalitpur District Mr. Amardeep Sunuwar, and Rotaract Rashik Adhikari.
3. Rtn. Bijaya Mallapaty introduced the RCP's new Office Assistant Mr. Ayush Nakarmi who started the orientation with the departing Office Assistant Mr. Basant Ale Magar from 13 March 2023.
4. The last meeting minutes were reviewed and adopted.
5. 'Happy News' Contributions:
  - Rtn. Ganesh R. Shrestha – for acting as the Secretary for today's meeting (NRs. 500).
  - Rtn. Bijaya Mallapaty (NRs. 500), Rtn. Gabriele Mallapaty (NRs. 500), Rtn. Lochan Gyawali (NRs. 500), Rtn. Rabendra R. Pandey (NRs. 500), and Rtn. Prakash R. Regmi (NRs. 500) – for starting the RCP's weekly meetings in the new venue and having today's guest speaker Ms. Sandhya Regmi.
  - Rtn. Maheswari Bisht Rawal – for having Ms. Regmi & Mr. Sunuwar as guests today (NRs. 500).
  - Rtn. Shiva K. Pradhan – for having Ms. Regmi as today's guest speaker (NRs. 200).
6. Other Contributions:
  - Rtns. Bijaya Mallapaty, Ganesh R. Shrestha, Prakash R. Regmi and Kedar B. Shrestha handed over a contribution of NRs. 5,000 each to the RCP Members' Fellowship Fund. Rtns. Bishwa B. Sharma and Rabendra R. Pandey contributed NRs. 5,000 each electronically later. Total contribution NRs. 30,000.
  - Rtn. Ganesh R. Shrestha briefed on the souvenir presented to Rtn. Yagya B. & Mrs. Mary Shrestha on the occasion of their 50<sup>th</sup> wedding anniversary. He also handed over the balance of NRs. 17,600 from the RCP family to Rtn. Yagya B. Shrestha. Rtn. Yagya B. Shrestha thanked the RCP family for their participation in the celebration of the happy occasion and contributed the amount of NRs. 17,600 to the RCP Members' Fellowship Fund.
7. Salutation: By Rtn. Lochan Gyawali - Rotary Club of Chichibu, Saitama, Japan; Chartered: 1964; & Members: 52. District: 2570, Clubs: 54, & Members: 1785. He also talked briefly about the location in Japan.
8. Before the adjournment of the meeting, by the President, Joint Secretary Rtn. Ganesh R. Shrestha announced: happy news contributions of NRs. 5,450 (NRs. 3,750 to the Sunshine Fund and NRs. 1,700 to the Operational Fund of the RCP), and the meeting attendance of 2 guests, 17 members, 1 Rotaract and 11 make-ups.

**Rotary Questions/Answers presented by Rtn. Piyush B. Bajracharya**

- Q. RID 3292 has established a 'District Disaster Relief Fund'. What is the amount of this Fund?     **A. Rs. 10 million**
- Q. How many journalists are awarded Rotary Journo Award and what is the amount of prize money for each?  
**A. Seven persons and Rs. 25,000 each.**
- Q: What does RNLM stands for in RID 3292?     **A. Rotary Nepal Literacy Mission**

**Summary of talk programme by Ms. Sandhya Regmi on the topics:  
'A Holistic Approach for Mitigation of Environment Pollution in Nepal'**

President Rtn. Shiva K. Pradhan welcomed Ms. Sandhya Regmi and Rtn. Prakash R. Regmi introduced her. She is his youngest sister. Ms. Regmi is a PhD scholar on environment, with a ME in electrical engineering from National University of Singapore, a ME in electrical power engineering from Dresden University of Technology, Germany, and over 20 years of professional experience in international consulting, contracts and project management in Nepal and abroad. She has also contributed a lot in fine arts, literature and social/philanthropic works. Well versed in several languages and well-travelled, Ms. Regmi has several professional affiliations and has received many awards and honours for her work. She is currently doing her PhD research work on 'Mitigation of Environmental Pollution in Nepal' at Lumbini Buddhist University.

With the support of the power-point, she gave a comprehensive presentation on environmental challenges facing the world with specific focus on Nepal. Ms. Regmi outlined the issues of global warming, climate change, deforestation, disappearance of biodiversity, depletion of ozone layer, pollution related diseases and irreversible destruction of nature.

Ms. Regmi briefed on the international conferences to address environmental challenges from Kyoto Protocol of 1997 to the latest COP27 held in Egypt in 2022. She outlined the environmental pollution scenario in Nepal with PM2.5 as high as 260µg/m<sup>3</sup> in 2014, which was over 10 times the WHO's set limit. This is even worse in Lumbini with one and a half times more pollution than Kathmandu.

She described various types and sources of pollution in the air, water and land. She emphasised the need to take both the legal and technological approaches to mitigate environmental pollution. While legal approaches require effective implementation of environmental legislations and regulations, the technological approach require the use of green energy following the principle of 4Rs, i.e. recycling, reusing, reducing and refusing with the strengthening of environmental institutions and empowering of the civil society.

Ms. Regmi detailed Nepal's environmental legislations and policies so far including international agreements and treaties that has been signed, and the structure of its implementation in Nepal. Key points made were on the need for environmental education and a 'Holistic Approach' from a Buddhist perspective. In summary, she emphasised a blend of all the three aspects of law, technology and ethics following a Buddhist spiritual science. She also cited several examples/case studies of successful environmental mitigation followed by different countries following this approach. The take-home message from these case studies and success stories for Nepal is to develop an appropriate model integrating these measures with a holistic approach to mitigate Nepal's environmental pollution.

On behalf of all the participants, Rtn. Mahendra S. Rawal gave a 'Vote of Thanks' to Ms. Sandhya Regmi for a very well-articulated and comprehensive presentation on environment, pollution and related issues suggesting the need for a 'holistic approach' to deal with it. Following a Questions/Answers session, President Rtn. Shiva K. Pradhan concluded the session with his own words of thanks and appreciation of Ms. Regmi.

**Rotary Information**

*(Source: rotary.org)*

All Rotary members are invited to participate in an exciting five-part webinar series designed to support you as you cultivate effective projects that will create a sustainable impact in your community and around the world. These webinars will offer tools and strategies to help you plan, find resources for, implement, and evaluate your projects, including youth service projects.

Learn more about the specific topics and register now:

*Promoting Projects: Tell Your Story, Thursday, 23 March, 10:00 Chicago time (UTC-5)*

*Planning a Project: Design for Results, Thursday, 6 April, 10:00 Chicago time (UTC-5)*

*Finding Project Partners and Resources: Build an Effective Team, Thursday, 20 April, 10:00 Chicago time (UTC-5)*

*Measuring Results: Demonstrate Your Impact, Thursday, 4 May, 18:00 Chicago time (UTC-5)*

*Expanding Reach: Partner with Youth in Service, Thursday, 18 May, 18:00 Chicago time (UTC-5)*

*Visit [rotary.org/webinars](https://www.rotary.org/webinars) for more information.*