

Issue No. 1516

Date: 1 Shrawan 2080 / 17 July 2023

<p><u>Today's Programme:</u></p> <p>Rotary Club of Patan's 2nd Club Assembly</p>	<p><u>Congratulatory Events</u></p> <p><u>Birthday & Wedding Anniversaries:</u> Nil</p>
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Minutes of Meeting No. 1862

Date: 25 Ashadh 2080 / 10 July 2023

1. President Rtn. Mahendra S. Rawal called the RCP's Meeting No.1862 to order with 15 seconds of 'Silent Invocation' for world peace, health, and happiness.
2. Guests welcomed by the President: Mr. Matrika Devkota, Founder and Executive Director of KOSHISH, and Rtn. Sandra Fiedeldy from RC Rosebud-Rye, Australia and Managing Director of Sarangi Social Enterprise Inc., Nepal.
3. The last meeting minutes were reviewed and adopted.
4. 'Happy News' Contribution Pledges:
 - Rtn. Krishna B. Basnyat – for 'Happy Birthday' in absentia (ha.ba).
 - Rtns. Matsyendra L. & Chandralekha Kayastha – for their 50th 'Happy Wedding Anniversary' (NRs. 5,000).
 - Rtns. Gabriele Mallapaty (NRs. 500), Bijaya Mallapaty (NRs. 500), Shiv P. Khemka (NRs. 500), Preeti Khemka (NRs. 500), Lalita C. Thapa (NRs. 500), and Mahendra S. Rawal (NRs. 500) - for having today's guests and for the 50th 'Happy Wedding Anniversary' of Rtns. Matsyendra L. and Chandralekha Kayastha.
 - Rtn. Prakash R. Regmi – for appearing in Image TV show talking about health issues (NRs. 500).
 - Rtns. Padam L. & Kamala Maharjan – for attending in the meetings of two Rotary Clubs of New York, and participating in the International Yoga Day celebrations (NRs. 500).
5. Rotary Information:
 - President Rtn. Mahendra S. Rawal informed that the next weekly meeting agenda of the RCP will be the second club assembly with the participation of the Assist Governor. Rtn. Gabriele Mallapaty added that the presentation for this is being prepared and will be shared with all the committee chairs soon.
 - Rtn. Shiv P. Khemka reminded all on the request to support with advertisements in the Lalitdhara Souvenir shared electronically earlier.
6. Salutation: By Rtn. Ganga R. Gautam - RC Wattala, NW Province, Sri Lanka; Chartered: 1985; & Members: 23. District: 3220, Clubs: 65, & Members: 1,793. He also shared some key information about the city of the club.
7. Before the adjournment of the meeting by the President, Secretary Rtn. Shiv P. Khemka announced: happy news contribution pledges of NRs. 9,000 (50% or NRs. 4,500 each to the Sunshine Fund and the Operational Fund of the RCP), and the meeting attendance of 2 guests, 27 members and 6 make-ups.

Rotary Questions/Answers presented by Rtn. Nabin B. Maharjan

- Q.** How many Strategic Priorities and Goals RI has set within its frameworks of Strategic Plan? **A.** 4 Strategic priorities and 16 Goals.
- Q.** What is the full form of AWARE? **A.** Accept Women as Rotary Equals
- Q.** Who coined the term Artificial Intelligence and When? **A.** John McCarthy in 1956.

Summary of the presentation on behalf of 'KOSHISH', a mental health self-help NGO supported by the RCP

Mr. Matrika Devkota, Founder and Executive Director of KOSHISH, and Rtn. Sandra Fiedeldy from RC Rosebud-Rye in Australia and Managing Director of Sarangi Social Enterprise Inc., Nepal, introduced themselves and Rtn. Fiedeldy made a power-point supported presentation briefing on KOSHISH and possible collaboration with the Rotary Club of Patan in support of their sustainable food production project for the mental health self-help centre in Pharping.

Rtn. Fiedeldy has been in touch with Rtn. Gabriele Mallapaty for a possible District Grant support from her Rotary club. She presented the rationale for the project in support of food production for the KOSHISH centre while at the same time providing training to the mental health patients residing in the transit home of KOSHISH in Pharping.

KOSHISH has 3 ropanis of land and plan to lease 1.5 ropanis of additional land for this purpose. The farming would be to produce organic fruits with trees using grafting method of plantation, and to have organic vegetables to sustainably support the centre. KOSHISH would expand it in the long-term to include poultry/animals in order to create an additional source of income for the centre. Special consideration would be given for working with people with mental illness.

Rtn. Fiedeldy provided the plan in terms of the stages of the project from preparation, planting and training that would take about one year. The project budget is estimated at a total to NRs. 800,000 to NRs. 1,000,000 that would be funded with a Rotary District Grant through her club in Melbourne. She has also identified local level trainers to execute the project.

Following a Q/A session, President Rtn. Mahendra S. Rawal thanked Rtn. Fiedeldy and Mr. Devkota for their excellent presentation. Noting our collaboration with KOSHISH since a long time, this new proposal would also be reviewed by the RCP Board as early as possible for further possible collaboration.



Rotary Information:2023-24 presidential initiatives ([rotary.org](https://www.rotary.org))

Rotary International President R. Gordon R. McNally is passionate about mental health and helping remove the stigma that sometimes prevents people from getting quality care. During this year, Gordon will focus on three initiatives that Create Hope in the World: prioritizing mental health, building peace through virtual exchanges, and empowering girls.

- **Prioritizing Mental Health.** Rotary has long been involved in mental health and wellness initiatives. Our culture of Service Above Self builds community and promotes acts of kindness, two proven methods to build and maintain mental wellness. Gordon is asking clubs and districts to expand on our culture of care by erasing the stigma associated with emotional well-being, raising awareness of mental health needs, and improving access to quality preventive care and interventions. He also encourages members to work with the Rotary Action Group on Mental Health Initiatives, a global community with expertise in helping people improve their mental health. Other action groups specialize in related topics, such as addiction prevention.
- **Peacebuilding Through Virtual Exchanges.** Rotary has a long history of working for peace through personal connections. Inspired by what we've learned during the COVID-19 pandemic, Gordon is encouraging districts to incorporate virtual components into more programs, events, and activities — especially Rotary Youth Exchanges and Rotary Friendship Exchanges. This will give people new ways to experience other cultures, make participation more accessible, and build understanding.
- **Empowering Girls.** Gordon is continuing this initiative that focuses on elevating the voices and unlocking the power of girls and women around the world. He is encouraging members to keep finding ways to improve girls' health, well-being, education, economic security, and self-determination. Empowered girls become empowered women who can change the world.