

**Issue No. 1527**

**Date: 8 Ashwin 2080 / 25 September 2023**

**Today's Programme:**

'Celebration of 'World Heart Day'  
with the 'NCD' Alliance at Alice Conference, Lalitpur

**Forthcoming Programme:**

2 Oct. – Business Meeting (on Zoom)

**Congratulatory Events**

**Birthdays:**

Rtn. Krishna Hachhethu – 27 Sept.

**Wedding Anniversaries:** Nil

**Minutes of Meeting No. 1872**

**Date: 1 Ashwin 2080 / 18 September 2023**

1. President Rtn. Mahendra S. Rawal called the RCP's Meeting No.1872 to order with 15 seconds of 'Silent Invocation' for world peace, health, and happiness.
2. Guests welcomed by the President: Rtn. Rajendra Shakya from RC Tripureswor.
3. The last meeting minutes were reviewed and adopted.
4. 'Happy News' Contribution:
  - Rtn. Prakash R. Regmi – for 'Teej' festivities (NRs. 500).
  - Rtn. Lochan Gyawali – for the ripening of the persimmons in his garden (NRs. 200).
  - Rtn. Bishnu P. Sigdel – for his son's visit to China (NRs. 500).
  - Rtn. Bishwa B. Sharma – for his talk programme today (NRs. 500).
5. Other Contributions:
  - Rtn. Prakash R. Regmi confirmed his payment of US \$2,300 (US \$1,800 to the Annual Fund and US \$ 500 to PolioPlus) to the TRF through the District as his remaining contribution, as pledged earlier, to become a Major Donor of Rotary.
  - Rtn. Mahendra S. Rawal confirmed his contribution of US \$ 50 to TRF PolioPlus as pledged earlier.
  - Rtn. Siba B. Rajbhandary pledged to contribute NRs. 10,000 to the RCP (RHD Project Well-wishers Fund) for the implementation of the Global Grant Project on RHD
6. Rotary Information:
  - President Rtn. Mahendra S. Rawal:
    - Briefed on the participation of RCP Rotarians (himself, Lalita C. Thapa, Sunil Gupta & Bishnu Sigdel) in the District Inter-City meeting on 'Mental health and wellbeing' held on 16 September 2023.
    - Informed about the public rally being organised by the District, jointly with the government, from Lagankhel on 'World Mental Health Day – 10 October' in light of Rotary's priority on mental health and requested RCP family to participate.
  - Rtn. Ramesh L. Maskay informed on his participation in the Patan High School's celebrations of its 100<sup>th</sup> year.
  - Rtn. Rajendra Shakya, PP of RC Tripureswor, briefed about his draft book on his 17/18 years of experience with various aspects of Rotary. He presented copies of the book to the RCP and requested for comments to further improve it for final publication and wider sharing.
  - Rtn. Khadak S. Bisht informed about the planned training activity on Thursday, 21 September 2023, on vermicompost at the project site of organic vegetables and poultry farming project training site to people with disabilities at Sunakothi.

- Rtn. Pushkar M. Shakya briefed on the status of his son's health, currently at Medicit hospital, following the unfortunate accident with electric shock at Square hotel's swimming pool. He has been contacting several consultants, including specialist neurologists, as his son is still in comma despite some signs of reaction. He hopes to bring him for homecare shortly. Rtn. Shakya also explained the details surrounding the accident and how difficult it has been to deal with the police case, the hotel, and even the hospital. In the absence of a regulatory body to check the quality of installations for a swimming pool, attempts were made to cover-up the incompetencies at several levels.

President Rtn. Mahendra S. Rawal appreciated Rtn. Pushkar M. Shakya's taking the time to come to the club meeting to brief on the situation of his son's health. The entire RCP family prays for his son's quick recovery.

7. Salutation: By Rtn. Gabriele Mallapaty - RC Suva East, Fiji; Chartered: 1980; & Members: 33. District: 9920, Clubs: 49, & Members: 1715.
8. Before the adjournment of the meeting by the President, Secretary Rtn. Shiv P. Khemka announced: happy news contribution of NRs. 1,700 (50% or NRs. 850 each for the Sunshine Fund and the Operational Fund), NRs. 5,000 for attendance, including for 2 phone rings, to the Operational Fund of the RCP, and the meeting attendance of 1 guest, 22 members, and 10 make-ups.

### [Summary of the talk programme by Rtn. Bishwa B. Sharma on 'Stress in Modern Life'](#)

Rtn. Bishwa B. Sharma started his rich and succinct presentation with the support of a ppt by introducing stress as 'our body's response to any factor that interacts with it', and that stress can be physical, psychological, or psycho-social. Stress may be helpful to adapt to new circumstances, but prolonged or repetitive stress is harmful.

Rtn. Sharma emphasised that negative chronic stress is the father of all maladies in psychiatry, and pervasive in all aspects of health issues. Chronic stress is a major factor that makes our nerve cells weak, and its death lies behind the aging of the brain.

Despite all kinds of research targeting to stop aging, it is inevitable! However, brain aging may be delayed significantly primarily by altering our lifestyle e.g., nutrition, social functioning, spirituality, social work, and environmental-friendly living.

Of all the possibilities of lifestyle improvements, Rtn. Sharma flagged two very important aspects of our daily life, i.e., **physical exercise** and **quality sleep**. He recommended all the RCP family to give priority to these two factors explaining how these may delay our brain's aging as well as for protecting the brain's functioning at its optimum.

Following a Questions/Answers session, President Rtn. Mahendra S. Rawal thanked Rtn. Bishwa B. Sharma for his excellent, practical, and thought-provoking presentation done at a short notice for the benefit of the RCP family.

### [Rotary Information](#)

(source: [rotary.org](http://rotary.org))

### [The all-member survey is coming in October](#)

The 2023 Rotary All-Member Survey is your chance to tell us about your experience as a member — what you like, what you don't, and how we can make your membership experience even better.

The survey is sent to all Rotary and Rotaract members for whom we have a current email address. To ensure that you receive it, sign in to My Rotary and update your email address by 1 October.

Then, look for the Rotary All-Member Survey in your inbox in early October.

8-Sep-2023