

Issue No. 1528

Date: 15 Ashwin 2080 / 2 October 2023

<p><u>Today's Programme:</u></p> <p>Business Meeting (on Zoom)</p>	<p><u>Congratulatory Events</u></p> <p><u>Birthdays:</u> Rtn. Krishna Hachhethu – 27 Sept. Rtn. Mahendra S. Rawal – 5 Oct</p> <p><u>Wedding Anniversaries:</u> Nil</p>
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Minutes of Meeting No. 1873

Date: 8 Ashwin 2080 / 25 September 2023

1. President Rtn. Mahendra S. Rawal welcomed all the participants to this special meeting celebrating the 'World Heart Day – 29 September' in partnership with the Non-Communicable Diseases (NCD) Alliance and called the RCP's Meeting No.1873 to order with 15 seconds of 'Silent Invocation' for world peace, health, and happiness.
2. The last meeting minutes were reviewed and adopted.
3. Other Contributions:
 - Rtn. Sandhya Regmi contributed US \$300 towards a Paul Harris Fellow (PHF) Pin & Certificate through the Rotary Club of Patan.
 - Rtn. Jeevan K. Shrestha contributed NRs. 25,000 to the RCP (RHD Project Well-wishers Fund) for the implementation of the Global Grant Project on RHD.
 - Rtn. Krishna Hachhethu pledged to contribute US \$300 towards a Paul Harris Fellow (PHF) Pin & Certificate through the Rotary Club of Patan.
 - Rtn. Mahendra S. Rawal contributed US \$300 towards a Paul Harris Fellow (PHF) Pin & Certificate through the RCP as pledged earlier.
 - Rtn. Ramesh L. Maskay pledged to contribute NRs. 25,000 to the RCP (RHD Project Well-wishers Fund) for the implementation of the Global Grant Project on RHD.
4. The meeting attendance was over 40 guests, 27 members, 6 Rotaracts and 10 make-ups.

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

Upon request of President Rtn. Mahendra S. Rawal, Rtn. Prakash R. Regmi conducted the celebration of 'World Heart Day – 29 September' jointly organised by the RCP and the Nepal NCD Alliance.

The participants included:

President of the RCP Rtn. Mahendra S. Rawal
President of Nepal NCD Alliance Rtn. Prakash R. Regmi
Co-President of Nepal NCD Alliance Mr. Sata Lall Mulmi
Keynote Speaker Dr. Diljan Mansoor
Sr. Cardiologist Dr. Abani Bhusan Upadhyaya
Sr Consultant Paediatric Cardiologist Dr. Urmila Shakya,
Prof. Ram Kishor Shah and Dr. Prem Raj Baidya
Assistant Governor Rtn. Tika N. Lohani
Nepal Heart Foundation President, Secretary General, and Cardiologists
Family of the RCP and the Nepal NCD Alliance
Padmodaya School 2031 Veterans Club's members
Rotaract Club of Patan President and members
Members of Sun and Quest Pharmaceuticals

Summary of the 'Celebration of 'World Heart Day' with the 'NCD' Alliance at Alice Conference, Lalitpur' (Cont'd. from Page 1)

Rtn. Prakash R. Regmi welcomed all the participants and started the programme with a presentation on the World Heart Day (WHD) Theme 2023, as a day to raise public awareness done since 2000. He mentioned that heart disease/stroke is the world's number one killer causing 20 million deaths every year. In Nepal, it causes some 30,000 deaths every year. While 75% of annual deaths occur in low and middle income countries, 80% of these deaths are preventable.

Explaining the theme of 2023, i.e., ***Use Heart to know your Heart***, Rtn. Regmi emphasised the evergreen agenda of WHD to raise awareness and promote healthy lifestyle, which is more powerful than medicines. Like human personality, he recommended to know one's heart's personality to learn about the possible risks of heart disease. He suggested to check the BMI, abdominal circumference, blood sugar, HBA1C and LDL cholesterol to try to keep them all within the recommended norms. In summary, Rtn. Regmi advised the WHD 2023 message of taking control of your wellbeing yourself.

Keynote speaker of today, Dr. Diljan Mansoor, internal medicine physician, currently runs a food diabetic and heart (FDH) clinic while concurrently running a restaurant of low-carbohydrate diet. He has done a lot of research on how to reduce weight. Dr. Mansoor gave a comprehensive presentation, with the support of power point, explaining the technical medical details of relationship of food and heart disease.

Dr. Mansoor demonstrated how carbohydrate and fat intake are harmful for heart health. He explained the importance of insulin generation in human body and how resistance to it is created. Detailing the relationship of food with liver and pancreas, Dr. Mansoor went on to elaborate on micronutrients, protein, glucose etc. and the role of each in the creation of insulin resistance that causes all kinds of disfunction in the human body and heart.

Explaining how fat spills in the blood stream, how fat toxicity happens, he advised on the monitors to find out if one has fat toxicity. In summary Dr. Mansoor concluded with the advice to all to have low carb and low-fat diet for heart health.

Following the presentation of the keynote speaker, Rtn. Regmi managed a session with an expert panel of senior cardiologists responding to the questions/comments of the audience that was very interesting and useful.

Dr. Santa L. Mulmi, Co-President from Nepal NCD alliance and President Rtn. Mahendra S. Rawal made the closing remarks on behalf of their respective organisations thanking all the speakers, expert panel, and participants and Rtn. Prakash R. Regmi for an excellent moderation of the session for a very lively World Heart Day celebration 2023. Rtn. Regmi added his own words of thanks to all, which was followed by a fellowship dinner.

On this occasion, the Padmodaya School 2031 Veterans Club's members handed over to the Nepal Heart Foundation's President and Secretary-General, an additional NRs. 146,000 (Rs. 11 lakh contributed earlier) as contribution to the Nepal Heart Foundation's Rheumatic Heart Disease (RHD) Trust Fund.



May the Laugh Bug Bite You 😊😊😊😊😊

The school staff brought balloons to a school. One was given to every student, who had to inflate it, write their name on it and throw it in the hallway. The professors then mixed all the balloons. The students were given 5 minutes to find their own balloon. Despite a frantic search, no one found their balloon.

At that point the professors told the students to take the first balloon that they found and hand it to the person whose name was written on it. Within (several) minutes everyone had their own balloon.

The professors said to the students: "These balloons are like happiness. We will never find it if everyone is looking for their own. But if we care about other people's happiness... We will find ours as well."