

Issue No. 1539

Date: 23 Poush 2080 / 8 January 2024

Today's Programme:

Business Meeting followed by the RCP's
Birthday Fellowship

Congratulatory Events

Birthdays: Nil
Wedding Anniversaries: Nil

Minutes of Meeting No. 1884

Date: 9 Poush 2080 / 25 December 2023

1. President Rtn. Mahendra S. Rawal called the RCP's Meeting No.1884 to order with 15 seconds' of 'Silent Invocation' for world peace, health, and happiness.
2. Guests welcomed by the President: Guest speaker Rtn. Dhruva M. Shrestha, District Mental Health Sub-Committee Chair; Ms. Minu Sharma, National Zoonoses and Food Hygiene Research Centre; Ms. Nijita Poudel, Nurse & RHD trainee, Siddhi Mangal School; and Ms. Sandhya Chaulagain and Pratik Neupane from the Rotaract Club of Patan.
3. The last meeting minutes of the RCP were reviewed and adopted.
4. Happy News Contributions:
 - Rtn. Santa K. Shrestha – for receiving an award for his contributions to Brahmakumari, Narayanghat, and for the recognition for contributing land to the Bandipur radio as its chair (NRs. 2,000).
 - Rtn. Mahendra S. Rawal – for 'Merry Christmas' best wishes, and for having Rtn. Dhruva M. Shrestha as today's guest speaker (NRs. 500).
5. Other Contributions:
 - Rtn. Bijaya Mallapaty handed over two contribution cheques:
 - NRs. 22,000 (Euro 150) from Rtn. Gabriele Mallapaty's sister Ms. Maneula Mucke from Germany to the RCP's PEEF Trust Fund.
 - NRs. 50,000 from Rtn. Gabriele Mallapaty and himself to the RCP's Animal Welfare for Public Health project as pledge earlier.
 - Rtn. Khadak S. Bisht confirmed the contribution payment of NRs. 50,000 from Rtn. Maheshwari Bisht Rawal and himself made to the RCP's Animal Welfare for Public Health project as pledged earlier.
6. Rotary Information:
 - Rtn. Khadak S. Bisht briefed on the plans of the RCP to have this year's vaccination, neutering, spaying, and rabies orientation programme in Harisiddhi on Saturday, 7 January 2024 with the implementing partner 'National Zoonoses and Food Hygiene Research Centre' (NZFHRC). He requested members to contribute (NRs. 2,500 for each dog's care including vaccination, neutering/spaying) as the RCP is planning to continue this programme beyond this first phase. He also requested for participation of the RCP family during the 7 January activity at Harisiddhi School.

Ms. Minu Sharma from the NZFHRC also added how pleased they were to work with the RCP in this endeavour. They plan to start the activity from 6 in the morning till about 11, The dogs after vaccination, neutering/spaying, and marking would be released the same evening or the next morning depending upon the condition of the dogs.

In this connection, an advance payment cheque of NRs. 150,000 (50% cost of the planned activity) was handed over by President Rtn. Mahendra S. Rawal to Ms. Minu Sharma, NZFHRC.
 - President Rtn. Mahendra S. Rawal suggested to have a half yearly review or club assembly of the RCP to go over what has been achieved in the first six months of this Rotary Year and to review the plans for the remainder of the year.
 - Rotaract Pratik Neupane briefed on the plans of the Rotaract Club of Patan to campaign for the market recognition of their club and the RCP. Following research in this area, they also plan to have an international youth exchange programme with India's Mumbai city. In this regard, they would appreciate guidance and sponsorship from the Rotary Club of Patan. It was suggested that they present the plan to the RCP for its Board's review.
7. Before the adjournment of the meeting by the President, Vice President Rtn. Khadak S. Bisht announced: happy news contributions of NRs. 2,550 including for one mobile ring (50% of NRs. 1,275 each to the operational and sunshine funds of the RCP), NRs. 3,100 for attendance to the operational fund, and the meeting attendance of 1 Rotarian guest speaker, 1 guest, 14 members, 2 Rotaracts, and 12 make-ups.

Rotary Club of Patan's Board for Rotary Year 2024-2025

A committee was formed by the RCP Board for the election of RCP's 2024-2025 Board under the coordination of President Elect Rtn. Preeti Khemka and the membership of President Rtn. Mahendra S. Rawal and Sergeant-at-Arms Rtn. Kedar B. Shrestha. On behalf of the committee, Rtn. Kedar B. Shrestha presented the following nominations as per the RCP By-Laws, which was approved by the 'House' by acclamation.

1. President - Rtn. Preeti Khemka
2. Immediate Past President - Rtn. Mahendra Singh Rawal
3. President Elect - Rtn. Khadak Singh Bisht
4. Vice President - Rtn. Shiv Prakash Khemka
5. Treasurer - Rtn. Gabriele Mallapaty
6. Secretary - Rtn. Ganga Ram Gautam
7. Joint Secretary – Rtn. Ganesh R. Shrestha
8. Sergeant-at-Arms - Rtn. Kedar Bhakta Shrestha
9. Director/Chair, Club Administration - Rtn. Krishna Hachhethu
10. Director/Chair, Membership - Rtn. Kamal Bahadur Nyachhyon
11. Director/Chair, Public Image - Rtn. Prakash Raj Regmi
12. Director/Chair, The Rotary Foundation - Rtn. Rabendra Raj Panday
13. Director/Chair, Service Projects - Rtn. Bijaya Mallapaty
14. Director/Chair, Youth Services - Rtn. Maheswari Bisht Rawal

Summary of the talk programme by Rtn. Dhruba Man Shrestha, RC Rajdhani, District Chair – Mental Health Sub-Committee, on 'Mental Health and Substance Abuse'

President Rtn. Mahendra S. Rawal welcomed Rtn. Dhruba M. Shrestha for today's talk programme and Rtn. Jamuna K. Tamrakar introduced him.

Rtn. Dhruba M. Shrestha did his MBBS and M.D. in Psychiatry from India and is the 3rd Psychiatrist of Nepal. He joined Rotary in 2004 and currently is District Chair of Mental Health Sub-Committee. He had held several senior level positions including as Director of Mental Hospital and Professor of Nepal Medical College. He had chaired several NGOs and Association in the fields of mental health and drug abuse prevention and is a renowned authority in the field of Psychiatry in Nepal.

Rtn. Dhruba M. Shrestha thanked the RCP for this opportunity to give a talk programme in the presence of several senior members of the RCP whom he personally knew.

Rtn. Shrestha made a comprehensive presentation with the support of 115 pages of power point. The presentations were excellent, but given the subject, time was not adequate to dwell on all the issues in detail. However, the key issues were covered very well starting from Rotary International President Gordon R. McNally's priority for this Rotary Year on mental health. Key priorities are to erase any stigma associated with discussion of emotional well-being, to raise awareness about mental health needs, and to improve access to mental health services. The presentation is being shared separately with all members to benefit from the detailed information included.

Given the deplorable condition and treatment of mental health patients in Nepal at the time, Rtn. Shrestha took the initiative to establish 'Maryknoll Nepal NGO' with 'Ashadeep' a residential rehabilitation institution in 1995 for chronic mental patients released and freed from the Central and Dhulikhel jails. Rtn. Shrestha elaborated on all aspects of health – physical, mental, social, and spiritual with a focus on the two dimensions of mental health – absence of mental illness and presence of well-adjusted personality that contributes effectively to the life of a community.

Rtn. Shrestha emphasized that mental health issues are more common than many other illnesses combined. As WHO quotes, 1 in 8 people is suffering from some sort of mental disorder at some time in their lives, which necessitates raising of awareness and provision of adequate resources to deal with this alarming situation. For example, in Nepal, while some 15% of out-patients in general hospitals are due to symptoms of mental and emotional health issues, there are only 200 Psychiatrists in the whole of the country. Describing the types of mental disorders and its causes, he iterated the urgent need to put all aspects of mental health as a priority at all levels with a slogan of 'Mental Health for All'.

Rtn. Shrestha also briefly went over the presentation on substance abuse and dependency with information on drugs commonly used in Nepal and identification of high-risk groups and possible prevention and treatments.

Following a Questions/Answers session, Rtn. Khadak S. Bisht gave a 'Vote of Thanks' to Rtn. Dhruba M. Shrestha on behalf of the RCP family for his excellent presentation, and President Rtn. Mahendra S. Rawal concluded the session with his own words of thanks and honouring Rtn. Shrestha with a 'Token of Appreciation'.