

Issue No. 1542

Date: 15 Magh 2080 / 29 January 2024

<p><u>Today's Programme:</u></p> <p>Regular Weekly Meeting with 5th Monday Programme</p>	<p><u>Congratulatory Events</u></p> <p><u>Birthdays:</u> Nil</p> <p><u>Wedding Anniversaries:</u> Rtn. Bishwa B. Sharma and Dr. Aruna Uprety – 26 Jan. Rtn. Lochan and Sangita Gyawali – 30 Jan</p>
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Minutes of Meeting No. 1887

Date: 8 Magh 2080 / 22 January 2024

1. President Rtn. Mahendra S. Rawal called the RCP's Meeting No.1887 to order with 15 seconds' of 'Silent Invocation' for world peace, health, and happiness.
2. Guests welcomed by the President: Guest Speaker Dr. Prem Raj Baidya and his daughter Dr. Angela Baidya, Rotaract Club of Patan President Richa Aryal and Rtr. Nirdesh Subedi, newly revived Interact Club of St. Xaviers President Bhumi Tilija with Vice President and Treasurer.
3. The last meeting minutes of the RCP were reviewed and adopted.
4. Happy News Contributions:
 - Rtn. Lochan Gyawali – for the start of 'Gunkesari' flower in the new season (NRs. 500).
 - Rtn. Maheswari Bisht Rawal – for the campaign 'Mahila ko lagi Mahila' with a picnic organised with three village women's groups at Bajrayogini (NRs. 500).
 - Rtn. Mahendra S. Rawal – for having his classmate as today's guest speaker including the participation of his daughter (NRs. 500).
 - Rtn. Khadak S. Bisht – for the revival of the Interact Club of Godawari St. Xavier's school and participation during their installation programme (NRs. 500).
5. Other Contributions:
 - Rtn. Bishnu P. Sigdel contributed an equivalent of US \$300 to The Rotary Foundation for a PHF, as pledged earlier.
 - Rtn. Ramesh L. Maskay contributed NRs. 10,000 to the RCP's Animal Welfare for Public Health programme as pledged earlier.
 - Rtn. Lochan Gyawali's father, former RCP Rtn. Chandra S. Gyawali contributed NRs. 100,000 to the RCP's PEEF Programme Fund.
6. Rotary Information:
 - President Rtn. Mahendra S. Rawal:
 - Briefed on his and Rtn. Bishnu Sigdel's visit to Mrs. Nani Shova Sakya at the Mediciti Hospital. The Rotary Club of Patan family wishes her a quick recovery and good health.
 - Shared the Certificate of Appreciation presented to the RCP by 'Asha Kiran Kendra, Birgunj' through Rtn. Sunil Gupta for the RCP's participation in the social programme.
 - Briefed on the meeting of the President and Secretaries of the four clubs of Zone 17 coordinated by AG Rtn. Tika N. Lohani on 18 January 2024. A joint meeting of the four clubs is planned for the 3rd week of March 2024 with cost sharing among the clubs. The RCP President will be coordinating this event.

- Rotaract Club of Patan President Richa Aryal briefed on the selection of Rtr. Shruti Aryal in the District's Committee on 'Addiction Prevention' and plans of the committee in this regard. Letters for shared activities with the RCP was also presented.
 - Interact Club of Godawari St. Xaviers President Bhumi Tilija spoke a few words of appreciation and looked forward to collaborating with the Rotary Club of Patan and the Rotaract Club of Patan. She also informed on a planned 'School Mela' with a stall on 3 February 2024. With the proceeds from the sale of tea/coffee during the 'School Mela', they plan to contribute to Jajarkot/Rukum earthquake victims.
 - Rtn. Prakash R. Regmi reminded about the offer to sponsor heart health awareness related activity with the Rotaract Club of Patan and the Interact Club. He suggested to present proposals to the RCP in this regard.
7. Before the adjournment of the meeting by the President, Vice President Rtn. Khadak S. Bisht announced: happy news contributions of NRs. 2,000 (50% of NRs. 1,000 each to the operational and sunshine funds), NRs. 3,200 for attendance to the operational fund of the RCP, and the meeting attendance of 2 guests, 2 Rotaracts, 3 Interacts, 15 members, and 12 make-ups.

Rotary Questions/Answers presented by: Rtn. Lalita C. Thapa

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| Q. When was the current name 'Rotary International' adopted? | A. 1922 |
| Q. Who was the first District Governor of RID 3292? | A. Rtn. Tika Man Vaidya |
| Q. What is the full form of 'Aa. Kha. Chi.'? | A. 'Ati Kharab Chillo' called Trans Fat |

Summary of Dr. Prem Raj Baidya's talk programme on 'Trans Fat and its impact on human health'

President Rtn. Mahendra S. Rawal prefaced today's talk programme by noting that "when diet is wrong, medicine is of no use, and when diet is right, medicine is not needed", and welcomed Dr. Prem Raj Baidya who has also been his classmate. Rtn. Khadak S. Bisht introduced Dr. Baidya who did his MD and MS from Russia. He specialised in cardiovascular surgery and got advanced training on the subject in India. Dr. Baidya is an experienced senior consultant currently working at Kist Medical College and Teaching Hospital. He has a vast experience working at various hospitals such as Bir, Norvic, Escort (New Delhi), two hospitals in Sri Lanka, NMC and National Trauma Centre, and has been associated with several professional organisations in Nepal and abroad. Dr. Baidya was also a key medical professional who joined the Nepal Heart Foundation and the RCP team in the recent trip to Galkot for the implementation of the Rheumatic Heart Disease (RHD) project.

Dr. Prem Raj Baidya started his presentation explaining the new Nepali terminology 'Aa. Kha. Chi.' – ati kharab chillo or Trans Fat, which has been the cause of many heart attacks. The term 'Trans Fat' came only in use in 1978. He defined saturated and unsaturated fats, and explained in detail 'Trans Fat', which is a type of dietary fat. Of all the fats, trans fat is the worst for human health. Too much Trans Fat in the diet increases the risk of heart disease and other health problems. Trans Fats are made when liquid oils are turned into solid fats, like shortening or hydrogenated vegetable or margarine.

Dr. Baidya clarified that while fat is also essential for human body such as Omega 3, Trans Fat should be avoided as much as possible. Trans Fat is formed by burning the oil for long such as in frying all kinds of food. McDonalds, French Fries as examples from abroad while 'cell roti' and many other Nepali deep-fried delicacies have Trans Fat. He mentioned that pure Nepali 'Ghyu' (Ghee) is better for health as it is not hydrogenated, and generally home-fried food is better if the oil is not used to fry food for several times.

He further explained that the consumption of food with Trans Fat reduces HDL and increases LDL in cholesterol levels of human beings thus increasing the risk of heart problems as well as several other diseases such as Diabetes, Cancer, Alzheimer etc. Therefore, he strongly advised to use as little Trans Fat as possible for a better health.

Following a Questions/Answers session on this topic, Rtn. Prakash R. Regmi also made brief remarks and, on behalf of the RCP, gave a 'Vote of Thanks' to Dr. Prem Raj Baidya for his excellent presentation and awareness raising efforts. President Rtn. Mahendra S. Rawal added his words of thanks and suggested possible collaboration on awareness raising, particularly in the RCP supported schools.