

Issue No. 1557

Date: 14 Jestha 2081 / 27 May 2024

Today's Programme:

- Regular Weekly Meeting with induction of new member Rtn. Krishna Hachhethu
- Presentation by Cancer Survivors Society of Nepal (CSSN) President Ms. Pratima Khanal
- Rotary Club of Patan's third 'Birthday Fellowship'

Congratulatory Events

Birthdays:

- Rtn. Matsyendra L. Kayastha – 25 May
Rtn. Kamala Maharjan – 29 May

Wedding Anniversaries: Nil

Minutes of Meeting No. 1902

Date: 7 Jestha 2081 / 20 May 2024

1. President Rtn. Mahendra S. Rawal called the RCP's Meeting No. 1902 to order with 15 seconds of 'Silent Invocation' for world peace, health, and happiness.
2. Guests welcomed by the President: Guest speaker Dr. Janak Basnet, World Cycle Traveller Rtn. Gyan Maharjan, Rotaract Club of Patan President Hricha Aryal, and Media person Ms. Subhechhya Bindu.
3. The last meeting minutes of the RCP were reviewed and adopted.
4. Happy News Contribution Pledges:
 - Rtn. Piyush B. Bajracharya (NRs. 500), Prakash R. Regmi (NRs. 500), Rtn. Mahendra S. Rawal (NRs. 500), and Rtn. Rabendra R. Pandey (NRs. 1,000) - for having Dr. Janak Basnet as today's guest speaker.
 - Rtn. Maheswari Bisht Rawal – for the above, for completing one year of Yoga Science examination and practicing yoga (NRs. 500).
 - Rtn. Lochan Gyawali – for 'Happy Landing' from Japan, not wearing Rotary Pin, and old due (NRs. 1,000).
 - Rtn. Krishna Hachhethu – for 'Happy Landing' from Sri Lanka and Maldives (NRs. 500).
 - Rtn. Bishnu P. Sigdel – for joining the forthcoming RI convention in Singapore (NRs. 500).
 - Rtn. Ganesh R. Shrestha – for bringing the cheques to the PEEF distribution coordinators (NRs. 500).
5. Rotary Information:
 - Rtns. Mahendra S. Rawal and Prakash R. Regmi briefed on the progress regarding the celebrations on 'World No Tobacco Day - 31 May'. Two events are planned with the NCD Alliance – Essay competition at the RCP's adopted schools and speech-writing expertise in Tokha school. The joint committee of the RCP and the NCD alliance are meeting to finalise the programme details.
 - Rtn. Maheswari Bisht Rawal briefed on the planned career counselling session to students of 10th grade at Mahendragram School on Friday, 24 May 2024 from 9:30 a.m. She requested all RCP and Rotaract members to participate.
 - Rtn. Bishnu P. Sigdel was congratulated for representing the RCP in the forthcoming RI convention in Singapore during 25-29 May 2024.
 - Rtn. Prakash R. Regmi briefed on the Global Grant Project on RHD screening planned in three districts of the far west – Acham, Bajhang and Bajura during 1 – 9 June 2024. A fifteen-member medical team from the Heart Foundation and the RCP has already been selected to which other RCP participants will be added. He requested interested RCP members to confirm their participation urgently. More details on the trip will be updated through Viber messages.
 - Rtn. Kedar B. Shrestha confirmed that the RCP's third 'Birthday Fellowship' will be held on Monday, 27 May 2024 following the regular weekly meeting at Yala Maya Kendra, Patan Dhoka. All members are requested to join with spouses. A participation fee of NRs. 1,500 for couples and NRs. 1,000 for single have been fixed.
 - Rtns. Preeti Khemka, Ganesh R. Shrestha, Gabriele and Bijaya Mallapaty shared some information to move forward with the PEEF selection/distribution campaign of this year.

- World cycle traveller Rtn. Gyan Maharjan shared his plans for his bicycle tour promoting Rotary with Rotary District flag from Nepal. He plans to go to several countries in Europe, South Korea, middle east, Australia, and New Zealand. RCP President Rtn. Mahendra S. Rawal presented him with a 'Token of Appreciation' and an RCP banner.
 - Rtn. Preeti Khemka reminded that this year's District Training Assembly (DTA) will be held on 8 June 2024 at DAV school and requested all Committee Chairs, and mandatorily new Chairs, to join the DTA. She also requested all RCP members to settle RY 2024-2025 dues by 15 June 2024.
6. Before the adjournment of the meeting by the President, Secretary, Rtn. Shiv P. Khemka announced: happy news contribution of NRs.5,500 (50% of NRs.2,750 each to the RCP's operational and sunshine funds), NRs. 4,900 for attendance to the operational fund, and the meeting attendance of 3 guests, 1 Rotaract, 24 members, and 7 make-ups.

Summary of talk programme by Dr. Janak Basnet on 'Holistic Health'

President Rtn. Mahendra S. Rawal welcomed Dr. Janak Basnet and Rtn. Maheswari Bisht Rawal introduced him also as her Yoga teacher at Tribhuvan University. Graduated in Yoga and Naturopathy (BNYS) from Rajiv Gandhi University of Health science, Bengaluru and post graduated in Clinical Psychology from Tribhuvan University, Dr. Basnet has many years of clinical experience in Yoga, Naturopathy, Acupuncture, Nutrition and Lifestyle Skills. He is also doing a PhD in 'Fasting'. He is the chair of Yoga and Naturopathy Doctor's Association, and Founder Director of Wellness Hospital, Ananda Natural Therapy Centre (Medispa).

Dr. Basnet thanked Rtn. Bisht Rawal and President Rawal for inviting him to the RCP for a talk programme and made a comprehensive presentation with the support of ppt slides on 'Holistic Health'. He first explained the concept of 'Holistic Health' as encompassing all - physical, social, mental, and spiritual aspects of human beings. This is in line with WHO's definition of health in that 'Health is a dynamic state of complete physical, mental spiritual and social well being and not merely the absence of disease or infirmity'.

In the continuum from illness to wellness, he dwelt on the eastern philosophy of 'Aahar, Bihar, Bichar, Bishram and Bikar' and mentioned that for optimal health one needs to give priority for health, good nutrition, regular yoga and exercise, healthy lifestyle, satisfaction, and happiness.

Explaining holistic wellbeing through Yoga, he narrated the eight stages of it – Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi to attain the ultimate goal of happiness or bliss, and further clarified the holistic approach of yogic therapy.

Dr. Basnet also talked about the benefits of 'Fasting' advocated since ancient times, with 'Intermittent Fasting' being very popular these days. Explaining the difference between fasting and starvation, he advocated fasting as a great tool to improve the body chemistry and improve the body's metabolism. Fasting is like servicing our body that is required to repair wear and tear, increase efficiency, and make it last longer. Using the analogy of 'washing cloth versus identifying specific case of dirtiness' he advocated full body servicing through fasting that is conducted with the help of health and wellness experts.

Following an interesting Questions/Answers session, on behalf of the RCP, Rtn. Prakash R. Regmi gave a 'Vote of Thanks' to Dr. Janak Basnet. President Rtn. Mahendra S. Rawal concluded the session with his own words of thanks and presentation of a token of appreciation to Dr. Basnet.

Rotary Information

Rotary Citation name change

The name of the Rotary Citation is changing to the Club Excellence Award. While the name is changing, the award's purpose and requirements will remain the same. This award recognizes Rotary, Rotaract, and Interact clubs that successfully achieve goals that are aligned with Rotary's action plan. The RI Board approved this change to better convey the award's purpose as a recognition of club excellence. This change will take effect on 1 July 2024. If you have any questions, write to our Awards staff at riawards@rotary.org.