

**Issue No. 1560**

**Date: 3 Ashar 2081 / 17 June 2024**

**Today's Programme:**

Regular Weekly Meeting with 1<sup>st</sup> Club  
Assembly of Rotary Year 2024-2025

**Congratulatory Events**

**Birthdays:**

Rtn. Sharada Prasai – 14 June

Rtn. Bharat N. Joshi – 16 June

**Wedding Anniversaries:** Nil

**Minutes of Meeting No. 1905**

**Date: 28 Jestha 2081 / 10 June 2024**

1. President Rtn. Mahendra S. Rawal called the RCP's Meeting No. 1905 to order with 15 seconds of 'Silent Invocation' for world peace, health, and happiness.
2. Guests welcomed by the President: Past President of Nepal Heart Foundation Mr. Dipendra Purush Dhakal from Nepal Heart Foundation, President Rtr. Hricha Aryal and Rtr. Stuti Aryal from the Rotaract Club of Patan and Interact Bhumi Tilija from the Interact Club of St. Xavier's, Godavari.
3. The last meeting minutes of the RCP were reviewed and adopted.
4. Happy News Contribution Pledges:
  - Rtn. Siba B. Rajbhandary – for 'Happy Birthday' in absentia (ha.ba.)
  - Rtn. Ramesh L. Maskay – for 'Happy Birthday' (NRs. 500).
  - Rtr. Hricha Aryal – for the Rotaract Club of Patan providing e-learning support with the donation of a projector to Adarsha Kanya School students together with other programmes on women empowerment, TEACH and road safety awareness. (NRs. 200).
  - Rtn. Lalita C. Thapa (NRs. 500), Rtn. Nirmal K. Pradhanang (NRs. 500), Rtn. Krishna Hachhethu (NRs. 1,000), Rtn. Prakash R. Regmi (NRs. 500), Rtn. Mahendra S. Rawal (NRs. 500), and Rtn. Shiv P. Khemka (NRs. 500) - for the successful 9-day trip of RHD screening/health camp under the RCP' global grant project in the far western districts of Bajhang, Bajura, and Achham including Khaptad together with our partner Nepal Heart Foundation represented by Mr. Dipendra Purush Dhakal today.
  - Rtn. Bishnu P. Sigdel – for the above and for his participation in the RI convention in Singapore (NRs. 500).
  - Rtn. Ganga R. Gautam – for 'Happy Landing' from Dar es Salaam, Tanzania (NRs. 500).
5. Rotary Information:
  - President Rtn. Mahendra S. Rawal shared the main highlight of today on the RHD project field visits to the far western districts by a 22-member team the RCP and Nepal Heart Foundation, which are detailed in the next point below. The RCP team also managed to participate in the meeting of the Rotary Club of Dhangadi and Nepal Heart Foundation's province level meeting and training event during the trip.
  - Several PEEF selection/distribution coordinators for this year, briefed on their experience on the completed exercise so far for this year. Reporting was done by Rtn. Jamuna K. Tamrakar, Rtn. Nirmal K. Pradhanang, Rtn. Ganesh R. Shrestha, and Rtn. Lalita C. Thapa. The names of a few of students in a few schools were not recorded, which needs to be reviewed and corrected. A briefing session of distribution coordinators was also suggested for the future.
  - Rtn. Bishnu P. Sigdel shared his first-time positive experience with the participation in the RI convention in Singapore. He also shared the flags of the clubs with whom he had exchanged the RCP flags.
  - Rotaract President Hricha Aryal briefed on their fund-raising efforts and thanked the RCP's support in this regard. She specially noted the support of Rtn. Prakash R. Regmi. For additional activities including for the outreach and professional growth of Rotaracts and for district level activities, sponsorship requests from the RCP are being submitted.
6. **Field visit of global grant project on RHD to the far western districts of Nepal** – A team of 22 from the RCP

and Nepal Heart Foundation (NHF) that included 7 medical doctors, 8 health staff, and 7 volunteers completed a very successful field visit for RHD screening, health check-up and awareness-raising camps during 1-9 June 2024. Briefing and experience sharing was provided by Past President of Nepal Heart Foundation Mr. Dipendra P. Dhakal and RCP members President Rtn. Mahendra S. Rawal, Rtn. Krishna Hachhethu, Rtn. Bishnu P. Sigdel, and Rtn. Prakash R. Regmi. The team was led by Rtn. Prakash R. Regmi who was felicitated for an excellent overall management and organisation of the trip, including superb collaboration with local government/non-government officials.

Mr. Dhakal from NHF highly appreciated the collaboration between the RCP and NHF for the joint mission of the two organisations with the team of volunteers from the RCP. The 9-day camps covering three remote districts of western Nepal were very much welcomed and appreciated by the locals. He also thanked all the Rotary colleagues for their hard work and whole-hearted support during the screening and check-up activities.

Rtn. Prakash R. Regmi summarised the experience of the whole trip including specific achievements of the trip that managed:

- Coverage of 28 schools
- Screening of 13,172 students
- ECHO screening of 1,050 students
- Check-up of 750 adult heart health patients
- Diagnosis of 121 children with heart problems with 22 heart surgeries required (including for some adults) urgently who will be provided with free treatment in Kathmandu. Note: fund-raising will be done to cover the treatment required for more than available funding in the global grant project.
- Several RHD awareness sessions, heart-health awareness public programmes, and a heart health camp.

Other members of the team also shared their observations and appreciation for the opportunity to participate in the service to the remote areas of western Nepal despite some heavy rains and storm in the Khaptad area. Suggestions were also made to see if these kinds of services could be expanded to cover further remote areas within the remote districts. Lack of adequate medicines and training of medical professionals in the health facilities, and general nutritional conditions of the children were also noted.

President Rtn. Mahendra S. Rawal honoured Mr. Dipendra Purush Dhakal of Nepal Heart Foundation with a 'Token of Appreciation' on behalf of the RCP.

7. Before the adjournment of the meeting by the President, Secretary, Rtn. Shiv P. Khemka announced: happy news contribution pledges of NRs. 5,200 (50% of NRs.2,600 each to the RCP's operational and sunshine funds), NRs. 4,400 for attendance to the operational fund, and the meeting attendance of 1 guest, 2 Rotaracts, 1 Interact, 23 members (including 2 via Viber), and 12 make-ups.



### **May the Laugh Bug Bite You** 😄 😄 😄 😄 😄

*Two hikers were walking through the woods when they suddenly confronted a giant bear. Immediately, one of the men took off his boots, pulled out a pair of track shoes, and began putting them on.*

*"What are you doing?" cried his companion. "We can't outrun that bear, even with jogging shoes."*

*"Who cares about the bear?" the first hiker replied. "All I have to worry about is outrunning you."*