

Issue No. 1575

Date: 7 Aswin 2081 / 23 September 2024

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| <p><u>Today's Programme:</u></p> <p>Regular Weekly Meeting</p> | <p><u>Congratulatory Events</u></p> <p><u>Birthdays:</u> Nil <u>Wedding Anniversaries:</u> Nil</p> |
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Minutes of Meeting No. 1919

Date: 31 Bhadra 2081 / 16 September 2024

1. President Rtn. Preeti Khemka called the RCP's Meeting No. 1919 to order with 15 seconds of 'Silent Invocation' for world peace, health, and happiness.
2. Guests welcomed by the President: Today's speaker Dr. Prasiddha B. Pandey, his spouse Mrs. Qiu Jing, Director of NOH Dr. Kailash K. Bhandari, Inner Wheel Tara Pandey, and guests from NOH and friends of Rtn. Pushkar M. Shakya.
3. The last meeting minutes of the RCP were reviewed and adopted.
4. Happy News Contribution Pledges:
 - Rtn. Mukti N. & Praveena Shrestha – for 'Happy Wedding Anniversary' (Rs. 500).
 - Rtn. Bijaya Mallapaty (Rs. 500), Rtn. Ganesh R. Shrestha (Rs. 500), Rtn. Nirmal K. Pradhanang (Rs. 500), Rtn. Gabriele Mallapaty (Rs. 500), Rtn. Preeti Khemka (Rs. 500), and Rtn. Mahendra S. Rawal (Rs. 500) – for the presentation by Dr. Prasiddha B. Pandey today and the participation of NOH Director Dr. Kailash K. Bhandari whom several of the RCP members know well.
 - Rtn. Pushkar M. Shakya – for the participation of his four guests today (Rs. 500).
 - Rtn. Kamal B. Nyachhyon – for 'Happy Landing' from Canada (Rs. 500).
 - Rtn. Khadak S. Bisht – for participation in the FNCCI meeting in Dharan with a presentation by him on Nepal's livestock situation (Rs. 500).
 - Rtn. Som Paneru – on behalf of his spouse Mrs. Sajani Amatya for fund-raising for NGO 'Sathi', which is working on domestic violence and being successful to lay the foundation for its own house (Rs. 1,000).
5. Rotary Information:
 - Rtn. Bijaya Mallapaty briefed on action taken to respond on Senior Citizens Home again. In consultation with Rtn. Matsyendra L. Kayastha, Rtn. Jeevan K. Shrestha and him prepared the response sent by the President of the RCP.
 - Rtn. Mahendra S. Rawal briefed on the planned 'Quiz Contest' being held in collaboration with Heart Club Nepal on 20 September 2024 from 2-4 p.m. at Siddhi Mangal School. Students from the RCP's 4 adopted schools and an additional PEEF supported school will be participating. He requested all interested members to join.
6. Before the adjournment of the meeting by the President, Secretary Rtn. Ganga R. Gautam announced: happy news contribution of Rs. 6,000 (50% of Rs.3,000 each to the RCP's operational and sunshine funds), Rs. 6,200 for attendance to the operational funds, and the meeting attendance of 9 guests, 1 IW, 21 members, & 11 make-ups.

Summary of the talk programme by Dr. Prasiddha B. Pandey, Sports and Spine Surgeon of Nepal Orthopaedic Hospital (NOH) on 'Old Age and Bone Health'

President Rtn. Preeti Khemka welcomed today's speaker Dr. Prasiddha B. Pandey together with the Director of NOH Dr. Kailash K. Bhandari and other guests, and Rtn. Mahendra S. Rawal introduced the speaker. Dr. Pandey did his MBBS in Bangladesh and Masters in Orthopaedic Surgery from Fudan University in China and is married to his spouse Qiu Jing from China. Dr. Pandey started as a Medical Officer with the NOH in 2005 and worked as an

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honorary Orthopaedic Surgeon there during 2011 to 2013. Since 2013, he has been working as an orthopaedic consultant. He is also very much interested in art and Buddhist philosophy and has been a guest speaker on these in various Chinese Universities.

Dr. Pandey made a comprehensive presentation with the support of a power point presentation (full presentation has been shared with all members electronically) on 'Old Age and Bone Health'. Defining 'Bone', he explained the importance of bone and muscular health and how best to take preventive measures to strengthen it. Elaborating on osteoporosis, a bone disease that develops when bone mineral density and bone mass decreases, or when the structure and strength of bone changes with age, he described how it may lead to a decrease in bone strength that can increase the risk of fractures (broken bones). He gave the global statistics of osteoporosis that causes over 2 million fractures every year and 70% of these happen in people over 65. Also 4 out of 5 people with osteoporosis are women.

Dr. Pandey further discussed the symptoms, risk factors, diagnosis, treatment of osteoporosis, and gave some advice on helpful types of diet (calcium rich foods) and medication as preventive measures. A popular way to examine bone density is to do a T-scores and consult for appropriate treatment if the scores are -2.5 or below. He also briefed on treatments that include medication, nutrition, hormone replacement therapy, and exercise.

On behalf of the RCP family, Rtn. Khadak S. Bisht thanked Dr. Prasiddha B. Pandey for his excellent presentation and the detailed Questions/Answers session, which were very relevant and useful to the RCP family. President Rtn. Preeti Khemka concluded the session with a presentation of 'Token of Appreciation' to Dr. Pandey and to Dr. Bhandari.



Rotary Information:

RI President Stephanie A. Urchick's message for September 2024 (excerpts only) (Source: rotary.org)

The Magic of Rotary is belonging, and it's a feeling that can appear when you least expect it. Earlier this year, I was in Slovakia serving as a president's representative during a six-week trip through Europe. When I wrote to Katarina Cechova, governor of District 2240 at the time, I mentioned that my grandmother Veronica Zilka grew up in a small village in the area before settling in the U.S.

It wasn't long before Cechova tracked down my grandmother's village, Jakubova Vol'a. She even organized a visit for me, where I received an unforgettable Slovakian welcome. When I entered the community center of Jakubova Vol'a, a small crowd of people dressed in traditional Slovakian clothing greeted me. They sang with beautiful and powerful Central European voices that reminded me of my grandmother. When I walked into the community center and heard traditional music from my childhood — when I saw a woman play the accordion the way my dad played — I suddenly felt like a little girl sitting at my grandmother's house in Monessen, Pennsylvania. I burst into tears of joy at the memories.

But the magic didn't stop there. District Governor Cechova really outdid herself. A local genealogist worked with a videographer to make a short film about my grandmother. We watched the video together in the community center. When the video ended, I turned around and saw a man standing in the back of the room. I quickly learned that this stranger, Frantisek Zilka, was my second cousin. His grandmother and mine had been sisters. I felt like I had been struck by lightning. I visited my newfound cousin's home, which happens to be the home where my grandmother was born. There, he shared old photographs I had never seen of my dad, my uncle, and my grandmother.

Since then, I can't stop thinking about my family of Rotary. When I refer to you as my family, I'm not just being kind. I really think of everyone in Rotary as my family. But I never would have imagined that my Rotary family would introduce me to long-lost personal family. As members of Rotary, we have a unique opportunity to share the same magic with each other and with the world. I encourage you to consider how you can help spread that magic and ensure other members of your club — other members of our Rotary family — feel like they truly belong.