

Issue No. 1578

Date: 5 Kartik 2081 / 21 October 2024

<p><u>Today's Programme:</u> Business Meeting on Zoom</p> <p><u>Forthcoming Programme:</u></p> <p>28 Oct. - Regular Weekly Meeting 4 Nov. - Tihar Holidays: No meeting 11 Nov.- Business Meeting</p>	<p><u>Congratulatory Events</u></p> <p><u>Birthdays:</u> Nil</p> <p><u>Wedding Anniversaries:</u> Nil</p>
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Minutes of Meeting No. 1922

Date: 18 Ashwin 2081 / 4 October 2024

- President Rtn. Preeti Khemka called the RCP's Meeting No. 1922 to order with 15 seconds of 'Silent Invocation' for world peace, health, and happiness. She welcomed all the participants to the meeting, which celebrates 'World Heart Day – 29 September', and because of its postponement due to the recent devastating rains/floods, also celebrates the start of 'Dashain'. On behalf of all, she wished for very best festivities.
- The last meeting minutes of the RCP were reviewed and adopted.
- Happy News Contribution Pledges:
 - Rtn. Mahendra S. Rawal – for 'Happy Birthday' and for passing 90 days after his spouse's successful open-heart surgery at Ganga Lal hospital (Rs. 1,000).
 - Rtn. Ganga R. Gautam (Rs.500), Rtn. Preeti Khemka (Rs. 500), Rtn. Rabendra R. Pandey (Rs.1,000), Rtn. Bishnu P. Sigdel (Rs. 500), Rtn. Ganesh R. Shrestha (Rs. 500), Rtn. Khadak S. Bisht (Rs. 500), Rtns. Matsyendra L. & Chandralekha Kayastha (Rs. 1,000), & Rtn. Bijaya Mallapaty (Rs. 500) - for the 'World Heart Day-29 Sept' together with the beginning of 'Dashain' festivities celebrations today.
 - Rtn. Prakash R. Regmi – for his daughter's giving birth to twin boys (Rs. 2,000).
 - Rtn. Sandhyya Regmi – for the above and for the WHD celebrations (Rs. 500).
- Other Contributions: As per the recent pledge for contributions from the RCP family to support the victims of the recent devastating rains/floods, the following members have pledged so far:

- Rtn. Santa K. Shrestha	- Rs. 100,000	(pledges announced earlier)
- Rtns. Bijaya and Gabriele Mallapaty	- Rs. 50,000	"
- Rtns. Shiv K. and Preeti Khemka	- Rs. 25,000	"
- Rtns. Matsyendra L. and Chandralekha Kayastha	- Rs. 20,000	"
- Rtn. Pushkar M. Shakya	- Rs. 10,000	"
- Rtn. Kedar B. Shrestha	- Rs. 10,000	"
- Rtn. Bishnu P. Sigdel	- Rs. 10,000	"
- Rtn. Ramesh L. Maskay	- Rs. 10,000	"
- Rtns. Ganesh R. & Bijaya L. Shrestha	- Rs. 10,000	"
- Rtn. Jeevan K. Shrestha	- Rs. 5,000	"
- Rtns. Khadak S. Bisht and Maheswari Bisht Rawal	- Rs. 10,000	"
- Rtn. Som Paneru	- Rs. 10,000	"
- Rtn. Ganga R. Gautam	- Rs. 5,000	"
- Rtn. Mahendra S. Rawal	- Rs. 5,000	"
- Rtn. Krishna Hachhethu	- Rs. 5,000	"
- Rtn. Sunil Gupta	- Rs. 5,000	"
- Rtn. Kamal B. Nyachhyon	- Rs. 10,000	"
- Rtn. Prakash R. Regmi	- Rs. 10,000	"
		<u>Total todate: Rs. 310,000</u>
- Award ceremony on the recently held Quiz Contest at the RCP's PEEF supported adopted schools: The first and second winning teams (4 students each) of Siddhi Mangal School and Mahendra Adarsha School, with the participation of the school headmasters, were awarded the medals and gifts. On behalf of the RCP, senior most Rtn. Matsyendra L. Kayastha honoured the students.
- Before the adjournment of the meeting by the President, Secretary Rtn. Ganga R. Gautam announced: happy news contribution of Rs. 8,500 (50% of Rs. 4,250 each to the RCP's operational and sunshine funds), and the meeting attendance of 22 members, & 8 make-ups, with a total participation of over 100 people.

Summary of the 'Celebration of 'World Heart Day – 29 September' with the Nepal 'NCD' Alliance on 4 October 2024 at Alice Conference, Lalitpur'

Participants included:

President of the RCP Rtn. Preeti Khemka
President of Nepal NCD Alliance Rtn. Prakash R. Regmi
Chief Guest – Senior Cardiologist Dr. Abani Bhusan Upadhyaya
Special Guest - Chief District Officer of Lalitpur, Mr. Tulsi B. Shrestha
Assistant Governor Rtn. Suresh Acharya
Co-President of Nepal NCD Alliance Mr. Santa Lall Mulmi
NCD Alliance, Nepal Heart Foundation and RCP family including Rotaracts, Interacts & Inner Wheels
Members of Sun Pharmaceuticals
Journalists and guests.

Master of ceremonies (MC) Rtn. Khadak S. Bisht introduced the programme conducted jointly by the RCP and the 'NCD Alliance'. The RCP President Rtn. Preeti Khemka gave her welcome and introductory address and handed over to the coordinator of the programme Rtn. Prakash R. Regmi for his keynote address.

Rtn. Regmi welcomed all the participants made a presentation supported by power point on 'World Heart Day' theme of 2024, i.e. **'Use Heart for Action'**, as a day to raise awareness on heart health and promote healthy lifestyle. He briefed on WHO's efforts in this regard with an annual theme since 2000. The aim is to empower individuals to take control of their heart health and to urge policy makers to formulate policies for heart health prevention.

Rtn. Regmi mentioned that heart disease/stroke is the world's number one killer causing 20.5 million deaths every year. In Nepal, it causes some 30,000 deaths every year. While 75% of annual deaths occur in low- and middle-income countries, 80% of these deaths are preventable.

He highlighted new research and findings on heart health and explained the topics under the headings of: office and out of office blood pressure, high BP and elevated BP, nighttime BP, Body Roundness Index, recommendations on exercise, recommendations on alcohol, and end 'RHD campaign'. Emphasising the risk factors, he flagged nine key areas – smoking, diabetes, hypertension, cholesterol, heredity, stress, diet, age <50 years, and gender (male). He also explained the new focus on measuring obesity by BRI (body roundness index) instead of the traditional BMI.

Rtn. Regmi then briefed on an area of concrete action by Nepal Heart Foundation's (NFH) to end Rheumatic Heart Disease (RHD) in children. RHD can be completely cured if detected and treated in time. But unfortunately, even now in Nepal, more than 1000 people die from this disease every year. The government spends a lot of resource to treat RHD through surgery, but not much is done in prevention actions. Therefore, the NFH had established a trust fund with voluntary contributions, which has reached its target of 1 crore with a goal to eradicate RHD from Nepal by 2030. Interest earned from this trust fund is used for end RHD prevention campaign. The NHF, considering recent reductions in interest rates, has decided to increase this fund to 2 crore rupees by the next World Heart Day and raising funds for this.

In this context, Mrs. Chandralekha Pandey, who suffered RHD some 70 years ago, in memory of her late mother Hem Lata Pradhan, together with her spouse Rtn. Rabendra R. Pandey handed over a cheque of Rs. 25 Lakh to Mr. Komal Ghimire, Secretary of Nepal Heart Foundation, to create a 'Hem Lata Pradhan Rheumatic Heart Disease Treatment Fund' within this trust fund.

Several other participants announced/handed over their contributions to this cause to Nepal Heart Foundation. They are - the Padmodaya School 2031 Veterans Club's members (Rs. 105,000), Bright Star Society (Rs. 21,000), Mr. Puspa M. Shrestha (Rs. 5000), Rtns. Matsyendra L. & Chandralekha Kayastha (Rs. 50,000), IW Vijaya Laxmi Shakya (Rs. 10,000), Rtn. Bijaya L. Shrestha (Rs. 10,000), Mrs. Mithila Rajbhandary (Rs. 50,000), Mr. Nirmal Shrestha (Rs. 111,000), and Rtn. Kamal B. Nyachhyon (Rs. 200,000). A total of Rs. 3,062,000 was raised today and these fund-raising efforts will continue to meet the target before the next year's WHD.

Chief Guest Dr. Abani B. Upadhyaya thanked all for the enthusiastic support to the RHD cause in his address and appreciated the collaboration with the RCP as well as the excellent presentation of Rtn. Regmi.

Dr. Santa L. Mulmi, Co-President from Nepal NCD alliance, made the closing remarks on behalf of the organisations thanking all the speakers, expert panel, and participants and Rtn. Prakash R. Regmi for an excellent session for a very lively World Heart Day celebration 2024 and invited everyone for the fellowship dinner.