

Issue No. 1627

Date: 20 Ashwin 2082 / 6 October 2025

<p><u>Today's Programme:</u> Business Meeting on Zoom</p> <p><u>Forthcoming Meeting:</u> 13 October – Regular Meeting + Annual General Meeting 20 October – No Meeting (Laxmi Puja)</p>	<p><u>Congratulatory Events</u></p> <p><u>Birthdays:</u> Rtn. Krishna Hachhethu – 27 Sept. Rtn. Mahendra S. Rawal – 5 Oct.</p> <p><u>Wedding Anniversaries:</u> Nil</p>
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Minutes of Meeting No. 1970

Date: 9 Ashwin 2082 / 25 September 2025

1. President Rtn. Khadak S. Bisht called the RCP's Meeting No. 1970 to order with 15 seconds of 'Silent Invocation' for world peace, health, and happiness. He welcomed all the guests and participants to the meeting, which celebrates '**World Heart Day, 29 September 2025**' jointly with Nepal NCD Alliance.
2. The last meeting minutes of the RCP were reviewed and adopted.
3. Happy News Contributions:
 - Rtns. Rabendra R. Pandey (Rs. 1,000), Ganesh R. Shrestha (Rs. 1,000), Prakash R. Regmi (Rs. 500), Sandhya Regmi (Rs. 500), Sunil Gupta (Rs. 500), Nirmal K. Pradhanang (Rs. 500), Pushkar M. Shakya (Rs. 500), Shiv P. Khemka (Rs. 1,000), Preeti Khemka (Rs. 500), Khadak S. Bisht (Rs. 1,000), Krishna Hachhethu (Rs. 1,000), Shikha Prasai (Rs. 500), & Bishnu P. Sigdel (Rs. 500) – for the celebration of the 'World Heart Day-29 September' and the book release of 'Mutuka Kura' (Heart Matter) authored by Rtn. Prakash R. Regmi.
 - Rtn. Maheswari Bisht Rawal – for the 'Heart Day' celebration remembering grandparents who passed away with heart diseases (Rs. 500).
4. Other Contributions:
 - Rtn. Prakash R. Regmi contributed Rs. 50,000 to the RCP's KPAD Funds as pledged earlier.
 - Rtns. Ganesh R. and Bijaya Shrestha paid their contributions of Rs. 30,000 towards KEEA and advertisement in the Lalitdhara Souvenir as per earlier pledges.
 - Rtn. Rabendra R. Pandey re-confirmed his matching of the contributions by the RCP members to KPAD Funds.
5. Before the adjournment of the meeting by the President, Jt. Secretary Rtn. Krishna Hachhethu announced: happy news contributions of Rs. 9,500 to the sunshine fund of the RCP, and the meeting attendance of 108 guests and participants including 23 members & 11 make-ups.

Summary of the 'Celebration of 'World Heart Day, 29 September' with the Nepal NCD Alliance on 25 September 2025 at Alice Conference, Lalitpur

MC of the programme: Mr. Damodar Dhakal Deepak

150 Participants included:

Chairperson of the meeting - President of Nepal NCD Alliance Prakash R. Regmi

President of the RCP – Rtn. Khadak S. Bisht

Co-Chair of Nepal NCD Alliance – Mr. Santa L. Mulmi

Nepal Heart Foundation President – Dr. Satya N. Suwal

Special Guest – Rotary International District 3292 Governor Elect Rtn. Vishnu B. Karkee

Rotary PDG Rtn. Dilendra Shrestha and Assistant Governor Rtn. Dinesh P. Shrestha

All the dignitaries and members of Nepal NCD Alliance, Nepal Heart Foundation, Nepal Heart Net, Heart Club Nepal, Padmodaya Veterans Club, Rotaractors, Interacts, and Inner wheel members

Invited Rotary Club Presidents

Journalists and guests

RCP family including Rtn. Prakash R. Regmi's family, Rotaracts, Interacts and Inner Wheel.

Summary of the 'Celebration of 'World Heart Day – 29 September' with the Nepal 'NCD' Alliance on 25 September 2025 at Alice Conference, Lalitpur' (Cont'd... 2)

President of Nepal NCD Alliance Rtn. Prakash R. Regmi and President of RCP Rtn. Khadak S. Bisht welcomed all the dignitaries, guests and participants on this special day which has been celebrated by the RCP every year.

Rtn. Regmi made a presentation supported by power point on 'World Heart Day – 29 September' theme of 2025, i.e. 'Don't Miss a Beat' 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. In Nepali, the theme has been translated as 'Mutu lai dhadkina diun'.

Rtn. Regmi emphasised that the heart disease/stroke is the world's number one killer causing 20 million deaths every year. In Nepal, it causes some 30,000 deaths every year. While some 80% of annual deaths occur in low-and middle-income countries, 80% of these deaths are preventable.

Rtn. Regmi highlighted his presentation of this year as 'New Generation and Heart Health'. Following on a book titled 'Anxious Generation', he explained the issues of heart health and mental health of the youth of today. Describing the meaning of generational acronyms 'Silent generation', 'Baby-boomers', 'Generation X', 'Generation Y', 'Generation Z', 'Generation Alpha and Beta', he emphasised the issues of youth spending too much screen-time as against playtime influenced very much by the use of social media in smart phones. Because of screen-time of even over 7 hours per day, and other unhealthy behaviours like unhealthy food, lack of exercise, smoking, high alcohol consumption, mental stress, youth are facing many health and physical problems.

Rtn. Regmi shared key messages of the World Heart Day and elaborated on the need to 'Move' (walk/exercise) and 'Monitoring & Control of Blood Pressure' with early treatment. He also briefed on an area of concrete action by Nepal Heart Foundation's (NHF) 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, but not much is done in prevention actions, which needs to be expanded. Therefore, the NHF had established a trust fund 'END RHD FUND' with voluntary contributions, which has reached its target of 2 crore with the pledges also made today. Funds raised over 2 crores will be used for programmes together with the interest earned in the Trust Fund. Therefore, the fund-raising efforts will continue. Rtn. Regmi also emphasised that the funds are used only for prevention, screening, and treatment of RHD, and without any administrative cost. The aim is to reduce RHD in children by 50% by 2030.

It was noted that Rtn. Rabendra R. Pandey contributed Rs. 25 Lakh and Rtn. Regmi's total contributions reached 16.81 Lakh. Other pledges/contributions made were: Rtns. Bijaya and Gabriele Mallapaty - Rs. 50,000, Rtn. Santa K. Shrestha - Rs. 200,000, Rtns. Ganesh R. & Bijaya Shrestha – Rs. 100,000, Padmodaya Veterans Club 2031 batch – Rs. 100,000 annually reaching Rs. 13.51 Lakh till last year and this year Rs. 113,000, Medicare Hospital (Dr. Pradeep Yadav) – Rs. 11 Lakh, AG Rtn. Dinesh P. Shrestha – Rs. 25,000, Mr. Shivji Roy Yadav Rs. 51,000, and Rtns. Shiv P. and Preeti Khemka – Rs. 50,000

Bishal and Kalpana, two young heart patients supported and treated from the RHD funds were also present and acknowledged with a Dashain greetings and support of Rs. 5,000 each by Rtn. Regmi on this occasion.

On behalf of Nepal NCD Alliance, Rtn. Regmi thanked all for the enthusiastic support to the RHD cause and appreciated the collaboration with Nepal Heart Foundation. He also acknowledged the art gallery presented by Rtn. Sandhya Regmi with her beautiful paintings.

Fitting the occasion, a book on heart health named 'Mutu ka Kura' authored by Rtn. Prakash R. Regmi was launched. The two young heart patients who survived after open heart surgery, Bishal 16 yrs and Kalpana 14 yrs, were the chief guests for the book launching ceremony. Dr. Aruna Upreti and Senior Journalist/Writer Mr. Shreeram Singh Basnet made comprehensive comments on the book and congratulated Rtn. Regmi for this scientific effort to communicate so well in Nepali language for the benefit of all common people on heart health essentials for everyday life. Poet Saraswoti Aryal and Rtn. Maheswari Bisht Rawal read poems written by them for this occasion congratulating Rtn. Regmi.

Speaking few words about the book, author Rtn. Regmi thanked the chief editor Mr. Laxman Adhikari, language editor Ms. Rohini Ghimire, designer Mr. Nagendra Lama, Publisher Nepal Heart Foundation, and book reviewers Dr. A. B. Upadhyaya, Dr. Aruna Upreti, Mr. Shreeram Singh Basnet, and the chief guests for launching Mr. Bishal Gajmer and Ms. Kalpana Tamang for their support. He announced that the collections from sales of the books will be donated to Nepal Heart Foundation and will be used to support the heart disease prevention programmes.

Several speakers including Mr. Santa L. Mulmi of Nepal NCD Alliance, DG Elect Rtn. Vishnu B. Karkee, President of the RCP Rtn. Khadak S. Bisht made their remarks thanking all the speakers and participants for an excellent programme on this year's World Heart Day and the book launch.

The programme was followed by a fellowship dinner sponsored by Rtn. Prakash R. Regmi.