

Issue No. 1636

Date: 29 Mangshir 2082 / 15 December 2025

<p><u>Today's Programme:</u></p> <p>Regular Weekly Meeting on Zoom</p>	<p><u>Congratulatory Events</u></p> <p><u>Birthdays:</u> Rtn. Piyush B. Bajracharya – 12 Dec. Rtn. Rabendra R. Pandey – 14 Dec. & Rtn. Gabriele Mallapaty – 17 Dec.</p> <p><u>Wedding Anniversaries:</u> Nil</p>
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Minutes of Meeting No. 1979

Date: 22 Mangshir 2082 / 8 December 2025

1. President Rtn. Khadak S. Bisht called the RCP's Meeting No. 1979 to order with 15 seconds of 'Silent Invocation' for world peace, health, and happiness.
2. Guests welcomed by the President: Guest speaker Dr. Basant Pant; President Rtn. Saroj Bajracharya and Charter President Rtn. Diwaker Rajkarnikar of RC Bagmati, Kathmandu; and one Interact from Interact club of St. Xaviers, Godawari.
3. The last meeting minutes of the RCP were reviewed and adopted.
4. Happy News Contributions:
 - Rtns. Khadak S. Bisht and Maheswari Bisht Rawal – for their 36th 'Happy Wedding Anniversary' (Rs. 1,000).
 - Rtns. Shiv P. and Preeti Khemka – for their 24th 'Happy Wedding Anniversary' (Rs. 2,000).
 - Rtn. Sandhya Regmi (Rs. 500), Rtn. Gopal P. Dawadi (Rs. 500), Rtn. Pushkar M. Shakya (Rs. 500), Rtn. Sunil Gupta (Rs. 500) - for today's talk programme by Dr. Basant Pant, Neurologist, Annapurna Hospital, Kathmandu.
 - Rtn. Krishna Hachhethu – for 'Happy Landing' from Rome and Barcelona (Rs. 500).
 - Rtn. Prakash R. Regmi – for today's talk programme, and for attending a conference on cardiology in New Delhi, India, which gave important updates on the treatment of heart health issues (Rs. 500).
 - Rtn. Lochan Gyawali – for 'Happy Landing' from Japan (Rs. 500).
 - Rtn. Lalita C. Thapa – for today's talk programme, and for important international days last week including World AIDS Day, International Day of Persons with Disabilities, & International Volunteer Day (Rs. 500).
 - Rtn. Rabendra R. Pandey – for today's talk programme, and for the 95th 'Happy Birthday' of his eldest brother Dr. Mrigendra R. Pandey (Rs. 1,000).
 - Rtn. Saroj Bajracharya (Rs. 500), and Rtn. Diwaker Rajkarnikar (Rs. 500) – for participating in today's RCP's weekly meeting.
 - Rtn. Siba B. Rajbhandary – for 'Happy Landing' from Japan (Rs. 500).
 - Rtn. Santa K. Shrestha – for his '84th year grand ceremony' and the participation of the RCP family in the reception with best wishes (Rs. 8,500).
5. Rotary Information:
 - President Rtn. Khadak S. Bisht briefed on his participation in the eye screening/cataract activity with 15 other Rotary Clubs.
 - In view of the Health Camp trip with the participation of 8 members of the RCP to Sotang/Chepel during 13 to 18 December 2025 in collaboration with Nepal Heart Foundation, the RCP's next regular weekly meeting will be held virtually on Zoom.
 - Charter President of Rotary Club of Bagmati, Kathmandu spoke a few words introducing RC Bagmati and appreciating the collaboration with the RCP.
6. Before the adjournment of the meeting by the President, Secretary Rtn. Bishwa B. Sharma announced: happy news contributions of Rs. 18,000 to the sunshine fund and Rs. 4,900 (including for 2 mobile rings) for attendance to the operational fund of the RCP, and the meeting attendance of 3 guests, 1 Interact, 24 members, & 8 make-ups.

Summary of talk programme by Dr. Basant Pant, MD PhD Senior Neurologist, Annapurna Neurological Institute, Kathmandu

President Rtn. Khadak S. Bisht welcomed internationally renowned Senior Neurologist Dr. Basant Pant, MD PhD, and thanked Rtn. Sunil Gupta for arranging to have Dr. Pant to come to the RCP for this talk programme.

Rtn. Pushkar M. Shakya introduced Dr. Pant who has also been treating his son. Dr. Pant is the founder and Chairman of Annapurna Neurological Institute, Annapurna Research Centre, Neuro Foundation Nepal, Family Health Nepal, and President of Nepal Epilepsy Society. He is affiliated with several societies - as Past President of Nepalese Society of Neurosurgeons, Professor of FCPS Programme & Department of Neurosurgery at Kist Medical College, and Past Vice President of Asian Congress of Neurological Surgeons. Dr. Pant has done extensive research work and written a lot with special interest in Epilepsy and Spinal Tumour Surgery. He has contributed to numerous social and community level programmes in Nepal.

Dr. Pant thanked for this opportunity to speak to the RCP family where he personally knew several members. The title of Dr. Pant's talk today was 'Knowing Ourselves – a Path to Better Health'. The talk combined the theme that science and spirituality should be seen together. Reminding the definition of health as 'a state of complete Physical, Mental, Social and Spiritual well-being, not just the absence of disease', he highlighted the importance of 'consciousness', which differs from person to person. The 'Reality', which is filtered to us through our sensory organs is perceived differently by different people. He summarised the evolution's purpose of life as 'to live long and healthy and reproduce'. Through the help of a video clip, he demonstrated that animals also have consciousness and compassion to help and cooperate.

Summarising the milestones of human evolution, Dr. Pant presented a 'Positive' move towards 'Happiness' and away from 'Sadness'. The latest technological developments including AI have seen very rapid progress in human evolution in the last five decades compared to the historic past. Coming to the healing of a patient, he emphasised the importance of self, i.e. the patient, and the family support with only a smaller contribution of medical interventions.

Dr. Pant described the five aspects of health/treatment as – Promotive, Preventative, Curative, Rehabilitative and Restorative. He also talked about medical professionals' endeavours to Research, Academic excellence, Financial gains, Access to All (Patients) and Recognition. Concluding the talk, Dr. Pant informed about the latest developments in treatment in 'Neuroscience' with Brain Computer Interface (BCI) and emphasised the importance of an Integrated Healthcare Model with conventional medicine and traditional medicine for the benefit of the society.

Following a Questions/Answers session, on behalf of all the participants, Rtn. Prakash R. Regmi gave a 'Vote of Thanks' to Dr. Pant for his dynamic presentation with an outstanding explanation linking spirituality and consciousness with modern medicine and neurology in a very simple and understandable manner. He also congratulated Dr. Pant for receiving the prestigious national 'Chancellor National Innovation Award' from NAST recognising and honouring his exceptional contributions to functional neurosurgery and the development of modern neural medicine. President Rtn. Khadak S. Bisht concluded with his own words of thanks and presented a 'Token of Appreciation' to Dr. Pant and the guest Rotarians from the RC Bagmati, Kathmandu.

Rotary Information

(Source: rotary.org)

Michael K. McGovern, a member of the Rotary Club of South Portland-Cape Elizabeth, Maine, USA, has been selected to chair the Polio Oversight Board, the governance body that provides strategic direction and unified leadership for the Global Polio Eradication Initiative (GPEI).

McGovern's appointment is a significant milestone for Rotary International, which cofounded the GPEI in 1988 and has contributed more than US\$2.9 billion — along with countless volunteer hours — toward ending polio worldwide. In his new role, McGovern will help coordinate the work of the GPEI's partner organizations and steer efforts to safely and sustainably reach the goal of a polio-free world. He will also continue to chair Rotary's International PolioPlus Committee, a role he has occupied since 2014.

The transition comes at a critical moment in the polio eradication endgame. While global polio cases have dropped by more than 99.9%, challenges remain in areas with limited health infrastructure, persistent conflict, or complex access issues. McGovern will play a vital role in aligning strategy, ensuring accountability, and guiding resource allocation for the GPEI's partners. These include Rotary International, the World Health Organization, UNICEF, the U.S. Centres for Disease Control and Prevention, the Gates Foundation, Gavi, the Vaccine Alliance, and many national governments.

McGovern, a Rotarian, since 1986, has served as director & vice president of Rotary Int'l and trustee and vice chair of The Rotary Foundation. He will begin his two-year term as Polio Oversight Board chair on 1 January 2026.