

Issue No. 1637

Date: 7 Poush 2082 / 22 December 2025

<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>
---	---

Minutes of Meeting No. 1980

Date: 29 Mangshir 2082 / 15 December 2025

1. President Rtn. Khadak S. Bisht called the RCP's Meeting No. 1980 to order on Zoom from Sotang with 15 seconds of 'Silent Invocation' for world peace, health, and happiness.
2. Guests welcomed by the President: Rtn. Isabelle Buschulte, from Friends of Chepel, Germany; and Mr. Karma Sherpa and Mr. Pemba Sherpa from Chepel.
3. The last meeting minutes of the RCP were reviewed and adopted.
4. Happy News Contribution Pledges:
 - Rtn. Piyush B. Bajracharya – for 'Happy Birthday' (Rs. 500).
 - Rtn. Gabriele Mallapaty – for 'Happy Birthday' (Rs. 1,000).
 - Rtn. Rabendra R. Pandey – for 'Happy Birthday' (Rs. 1,000)
 - Rtn. Bijaya Mallapaty – for 'Happy Birthday' of spouse Rtn. Gabriele Mallapaty (Rs. 1,000).
 - Rtn. Bishnu P. Sigdel – for the excellent 'Health Camp' in Sotang and Chepel (Rs. 500).
 - Rtn. Khadak S. Bisht – for the virtual meeting and the excellent 'Health Camp' in Sotang and Chepel (Rs. 500).
 - Rtn. Shikha Prasai – for all the 'Happy Birthdays' (Rs. 500).
 - Rtn. Matsyendra L. and Chandralekha Kayastha – for attending the virtual meeting with the 'Health Camp' Team of the RCP in Sotang/Chepel and their trip to 'Haleshi Mahadev' (Rs. 1,000).
5. Rotary Information:
 - Rtn. Isabelle Buschulte highly appreciated the welcome and for being able to personally join the 'Health Camp' of the RCP/Nepal Heart Foundation in Sotang and Chepel, which has been sponsored by 'Friends of Chepel'.
 - President Rtn. Khadak S. Bisht:
 - Reminded on the discounted registration deadline for the RI Convention of this year.
 - Requested maximum participation from the RCP in the forthcoming District Conference being held in Pokhara. The registration could preferably be done online. It is also possible to have a day's trip of the RCP participants before or after the District Conference.
 - Mentioned about the wonderful 'Health Camp' ongoing in Sotang/Chepel. More detailed briefing on this would be done in the next weekly meeting.
 - Confirmed the next RCP Board Meeting being held on Friday, 26 December 2025.
 - Reminded members who need to pay the membership dues for the second half of this Rotary Year to make payments before the end of December 2025.
 - Informed that he will be joining the District Team next year in the role of a 'Learning Facilitator'.
 - Rtn. Lalita C. Thapa informed about many new courses and updates added in the RI's 'Learning Centre', which can now also be accessed through the Rotary App. She suggested all members to take advantage of these.
 - Rtn. Mahendra S. Rawal informed about the IT training being done for twenty teachers of the RCP's adopted schools in collaboration with the District and the RC Kathmandu during 25-27 December 2025. The RCP is contributing Rs. 15,000 to this training.

- Rtn. Maheswari Bisht Rawal reminded on the RHD health screening activity being conducted on Friday, 2 January 2025 from 10:00 to 15:00 hrs, in collaboration with the Interact Club of St. Xaviers, Godawari, and requested for good participation from the RCP.
6. Before the adjournment of the meeting by the President, IPP Rtn. Preeti Khemka announced: happy news contribution pledges of Rs. 6,000 to the sunshine fund of the RCP, and the meeting attendance of 3 guests, 20 members, & 9 make-ups.

Rotary Information: Presidential Message of Dec.2025

(Source: rotary.org)



Rtn. Francesco Arezzo, Rotary International President 2025-26

This month's special issue of Rotary magazine is all about happiness, that most elemental of human yearnings. More than a feeling, though, this state of positive well-being, and the conditions necessary to create and sustain it, should be considered a universal right.

December also marks Rotary's Disease Prevention and Treatment Month, when we highlight our members' work to promote health and wellness, including mental wellness. Globally, nearly 1 in 7 people have a mental health disorder, according to a recent World Health Organization report. Yet only 9 percent of people with depression receive adequate treatment.

We are fortunate in Rotary to have a powerful way to support emotional well-being and happiness: friendship. The connections we build in Rotary can be a powerful force for change. I know this from personal experience.

When my fellow members first proposed that I become club president, I demurred. I had a stutter. I was terrified of speaking. But having club members who supported me and surrounded me with affection enabled me to face my fear, and I found a way to stand confidently before a crowd.

Today, I regularly address audiences — some numbering in the thousands — in a language that is not native to me. The Rotary members in my life helped me create lasting change within myself.

That fellowship gives us the courage and means to create lasting change in the world as well, and mental health services are in desperate need of improvement. The WHO reports that governments on average devote only 2 percent of their health budgets to mental health, and only 11 percent of that funding reaches community-based services. In some countries, only one trained mental health professional is available for every 100,000 people. The WHO has called for strategic and urgent action to close the gap.

Rotary can answer that call by championing mental health awareness in our clubs, working with local health systems, funding training for community health workers, and supporting initiatives that bring care to places where none exists. Even small investments in mental health yield enormous returns in productivity, public health, and happiness.

While we are creating lasting change in the world, we cannot forget to take care of each other. Past RI President Gordon McInally wisely reminds us that we must go beyond asking, "How are you?" We owe it to each other to instead ask, "How are you really?"

As we transition to a new year filled with new possibilities, let us Unite for Good — for healing, friendship,