

Issue No. 1638

Date: 14 Poush 2082 / 29 December 2025

Today's Programme:

1. Annual Meeting of the 'House' with election of 2026-2027 Board
2. Regular Weekly Meeting with 5th Monday entertainment

Forthcoming Meeting: 5 Jan.2026 – Business Meeting on Zoom

Congratulatory Events

Birthdays: Nil
Wedding Anniversaries: Nil

Minutes of Meeting No. 1981

Date: 7 Poush 2082 / 22 December 2025

1. President Rtn. Khadak S. Bisht called the RCP's Meeting No. 1981 to order with 15 seconds of 'Silent Invocation' for world peace, health, and happiness.
2. Guests welcomed by the President: Rtn. Padam Neopane from RC Livingston, New Jersey, USA: and Interact Club of St. Xaviers, Godawari, President Itr. Ugain Raut.
3. The last meeting minutes of the RCP were reviewed and adopted.
4. Happy News Contribution Pledges:
 - Rtn. Preeti Khemka - for the excellent 'Health Camp' trip to Sotang/Chepel with entertaining fellowships and visit to 'Haleshi Mahadev' during 13-18 December with the team of Nepal Heart Foundation and the RCP (Rs. 500).
 - Rtn. Shiv P. Khemka – for the trip as mentioned above and for being able to see the 'shooting stars' and observe the success of Kiwi plants in Chepel during the trip (Rs. 1,000).
 - Rtns. Gabriele and Bijaya Mallapaty – for the trip as mentioned above, and for the celebration of Rtn. Gabriele's birthday during the trip (Rs. 2,000).
 - Rtn. Lochan Gyawali – for the happy plucking of Tea on 'Shab-e-Yalda' season, expressing the matching of the ancestral definition of seasons in East Asia, which is something to celebrate (Rs. 500).
 - Rtn. Maheswari Bisht Rawal – for the trip as mentioned above with excellent 'Himal' views and observing the special potato farming (Rs. 500).
 - Rtn. Ganga R. Gautam – for participating in the training with Tribhuvan University and the Agriculture Forestry Department (Rs. 500).
 - Rtn. Prakash R. Regmi – for the trip as mentioned above, the participation of Rtn. Padam Neopane in today's meeting, and for Rtn. Lalita C. Thapa's appreciation of his book (Rs. 1,000).
 - Rtn. Padam Neopane – for his participation in today's meeting and the collaboration with the RCP (Rs. 5,000).
 - Rtn. Khadak S. Bisht – for the trip as mentioned above, and for his participation in the District's Training of Trainers held in Pokhara (Rs. 1,000).
 - Rtn. Lalia C. Thapa – for reading Rtn. Prakash R. Regmi's excellent recent book on 'Heart Health' (Rs. 500).
5. Other Contributions:
 - Rtn. Rabendra R. Pandey confirmed the payment of his contribution of Rs. 115,000 (KEEA, Vocational Award, and Animal Welfare for Public Health programmes) as pledged earlier.
6. Rotary Information:
 - President Rtn. Khadak S. Bisht:
 - Extended Christmas to all on behalf of the RCP.
 - Informed about his participation in the District's 'Training of Trainers' Camp in Pokhara.
 - Informed about the pledge of the District Governor Elect Rtn. Vishnu B. Karkee's to avoid the 'Khada' formality in the future.

- Reminded on the request to register for the District Conference participation online by 31 December 2025 to get the concessional rate of Rs. 10,000 per member.
 - Briefed on the forthcoming IT Training of teachers of the RCP's adopted schools in collaboration with the District and the RC Kathmandu.
 - Discussed possible ways to celebrate the next 5th Monday programme of the RCP.
 - Briefed on possible collaboration between the RCP and the District on RHD as agreed with the DG, DGE & DGN, and club to club support under the RCP's KPAD programme in Narayangadh and Baglung.
- Rtn. Maheswari Bisht Rawal reminded on the RHD health screening coordinated by her and Rtn. Prakash R. Regmi on Friday, 2 January 2025 from 10:00 to 15:00 hrs, in collaboration with the Interact Club of St. Xaviers, Godawari at the school and at the 'Ama Ghar'.
 - Rtn. Prakash R. Regmi informed about the plan to have a 'Health Camp' for heart-health screening and dental/eye health check-ups in two schools in Bhattedanda on 26 December 2025 in collaboration with the Health Department of Bagmati Province.
 - Rtn. Prakash R. Regmi and some participants of the Sotang/Chepel/Haleshi Mahadev trip briefed on it. In summary, the trip was excellent with significant achievements while at the same time being exciting and entertaining. In Sotang, 2,000 children at the school and 450 adults were examined, and in Chepel 50 children and 50 adults were examined. Therefore, a total of 2,550 persons were examined with four persons requiring referral to Kathmandu for further treatment, which would be fully covered by Nepal Heart Foundation funding. Participants of the trip included Nepal Heart Foundation Medical Team, The RCP Volunteers' Team, sponsors from German 'Friends of Chepel' and Lomus pharmaceuticals, Nepal.

It was noted that the hospital at Sotang and Chepel had very good capacities. Major findings of issues were related to blood pressure, chest infection/cough, stomach issues, diabetes, and RHD related. Major causes were tobacco use, consumption of alcohol, practice of not wearing shoes, and use of junk food/drinks. In Sotang, the local government banned the use of alcohol produced outside the local area to promote local productions, however, it might have led to the encouragement locally produced alcohol. There is a need for health education and awareness raising efforts.

- Rtn. Padam Neopane appreciated the collaboration with the RCP and Nepal Heart Foundation in the successful global grant for RHD prevention earlier and briefed on the key activities of his club - RC Livingston, New Jersey, USA. They have been very active with 'Gift of Life' programme supporting children with heart problems worldwide.

Rtn. Neopane shared their 'Gift of Life' brochure and on behalf of the RCP, President Rtn. Bisht shared the RCP's 'Lalitdhara Souvenir with him.

7. Salutation: By Rtn. Ganga R. Gautam - RC St. Moritz, Switzerland; Chartered: 1926; and Members: 57. District: 2000, Clubs: 153, and Members: 3981. He also provided some highlights about the club.
8. Before the adjournment of the meeting by the President, IPP Rtn. Preeti Khemka announced: happy news contribution of Rs. 12,500 to the sunshine fund and Rs. 2,700 for attendance to the operations fund of the RCP; meeting attendance of 1 guest, 1 Interact, 18 members (including on Zoom), & 11 make-ups.

[Rotary Information:](#)

(Source: rotary.org)

Distinguished Service Award nomination period open in January

The Rotary Foundation Distinguished Service Award honours Rotarians and Rotaractors who have demonstrated exemplary service to the Foundation and have received the Citation for Meritorious Service at least four years prior.

District governors may nominate one candidate from their districts to receive this award each Rotary year by submitting an online nomination form in January.

23-Dec-2025