

Issue No. 1641

Date: 5 Magh 2082 / 19 January 2026

<p><u>Today's Programme:</u></p> <p>Regular Weekly Meeting</p>	<p><u>Congratulatory Events</u></p> <p><u>Birthdays:</u> Rtn. Kedar B. Shrestha – 18 Jan. Rtn. Shikha Prasai – 20 Jan. <u>Wedding Anniversaries:</u> Nil</p>
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Minutes of Meeting No. 1984

Date: 28 Poush 2082 / 12 January 2026

1. President Rtn. Khadak S. Bisht called the RCP's Meeting No. 1984 with 15 seconds of 'Silent Invocation' for world peace, health, and happiness.
2. Guests welcomed by the President: Guest speaker Dr. Angela Vaidya, Panellist Dr. Prem Raj Vaidya, Two guests from Heart Club – Vice Chair Mr. Mohan Maskey and Secretary General Mr. Suman Shrestha and Interact Club of St. Xaviers - President Itr. Ugain Raut and the Secretary of the club.
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4. The last meeting minutes of the RCP were reviewed and adopted.
5. Happy News Contribution Pledges:
 - Rtn. Pushkar M. Shakya – for 'Happy Birthday' (Rs. 500).
 - Rtn. Kamal B. Nyachhyon – for 'Happy Birthday' (Rs. 500).
 - Rtn. Mahendra B. Thapa – for 'Happy Birthday' in absentia (ha.ba.).
 - Rtn. Mahendra S. Rawal – for participating in a meeting with the NCD Alliance and today's participation of Heart Net friends (Rs. 500).
 - Rtn. Prakash R. Regmi – for today's meeting & for participating in NCD Alliance meeting as its Chair (Rs. 500).
 - Rtn. Khadak S. Bisht – for having the speaker and guests today, and for his interview with Sagarmatha Radio on the RCP's programmes on disability (Rs. 1,000).
 - Rtn. Bishnu P. Sigdel – for having the talk programme with guests today and participating in the NCD Alliance meeting (Rs. 500).
6. Other Contributions:
 - Rtn. Mahendra S. Rawal contributed Rs. 3,000 from his participation to the NOH Board to the RCP's PEEF Programme Fund.
 - Rtn. Rabendra R. Pandey's contribution to the RCP's social activities fund with the donation of a bottle of whisky was auctioned generating Rs. 15,000.
7. Rotary Information:
 - President Rtn. Khadak S. Bisht:
 - Briefed on his participation in the Charter Day/DG visit of RC Tripureswor.
 - Informed about his participation in the AG's monthly meeting with the group of Rotary Clubs of his zone including the RCP. Assistant Governor for 2026-2027 for this zone, Rtn. Rtn. Uttam Paudel, also joined the meeting.
 - Rtn. Prakash R. Regmi:
 - Provided an update on the RCP's trip to Sotang/Chepel with four patients referred for free surgery/treatment in Kathmandu. Two have come and the other two are being approached.
 - Briefed on the RHD Heart Screening Camp at Bhakundebesi, Kavre, of 9 January 2026 held in collaboration with Nepal Heart Foundation and RC Kavre-Banepa. From the RCP, Rtns. Khadak S. Bisht, Prakash R.

Regmi, and Ganesh R. Shrestha participated. A total of 1,250 students were examined with 5 requiring referral for treatment in Kathmandu.

- Rtn. Maheswari Bisht Rawal briefed on the RCP's committee work on 'Women Empowerment' with preparations for awareness-raising session with Radio Sagarmatha planned for 8 March 2026.
 - Interact Club of St. Xaviers Itr. Ugain Raut informed about their charity fund-raising programme of a 'Sangeet Festival' to support social activities of the club being organised at Bhrikuti Mandap and at a school.
8. Presentation on 'Heart Health': The presentation was made by guest speaker Dr. Angela Vaidya. The session was moderated by Rtn. Ganga R. Gautam and had Dr. Prem Vaidya from Nepal Heart Foundation and Rtn. Prakash R. Regmi as panellists.

Rtn. Shikha Prasai introduced Dr. Angela Vaidya, Cardiologist (Daughter of Dr. Prem Raj Vaidya), who made a comprehensive presentation introducing 'Heart Health' and issues related to its preventive care, lifestyle modification for the prevention of heart problems, and its treatment. It was an interactive session with questions from the moderator as well as members, which were responded by the guest speaker and the panellists. Early detection of a problem was highlighted as the key issue with suggestion for annual check-up. It was noted that currently in Nepal, focus is on treatment rather than on prevention, which is even more important.

President Rtn. Khadak S. Bisht, on behalf of the RCP, thanked the guest speaker Dr. Vaidya and all the panellists for the excellent presentation and the interaction, and presented a 'Token of Appreciation' to all the guests including those from 'Heart Club' before concluding the session.

9. Before the adjournment of the meeting by the President, Secretary Rtn. Bishwa B. Sharma announced: happy news contribution of Rs. 3,500 to the sunshine fund and Rs. 3,600 for attendance to the operational fund of the RCP, and the meeting attendance of 4 guests, 2 Interacts, 26 members including 6 on Zoom, & 9 make-ups.

[Rotary Information: Podcast dated 9 January 2026](#)

(Source: rotary.org)

WHO, UNICEF, Rotary: Polio Fight to the Finish

In 2026, many Western governments have pulled back funding and reduced their commitments to the United Nations. And later this month, the United States will officially withdraw from the World Health Organization. Today, civic organizations like Rotary represent a powerful "third force" in global affairs. For example, in 1988, alongside UNICEF and others, Rotary and the WHO became founding partners of the Global Polio Eradication Initiative, or GPEI. The campaign now stands as one of the largest, most successful public health efforts to date. Leadership from the GPEI visited Rotary International Headquarters to discuss the status of the campaign today.

From Rotary Voices

The Rotary Voices podcast features in-depth interviews with thought leaders, Rotary news updates, and immersive stories from Rotary magazine. Learn more about Rotary International, and how to participate in Rotary clubs at <https://rotary.org>.