

Issue No. 1651

Date: 16 Chaitra 2082 / 30 March 2026

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| <p><u>Today's Programme:</u></p> <p>Regular Weekly Meeting with 5th Monday celebration</p> | <p><u>Congratulatory Events</u></p> <p><u>Birthdays:</u> Nil <u>Wedding Anniversaries:</u> Nil</p> |
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Minutes of Meeting No. 1994

Date: 9 Chaitra 2082 / 23 March 2026

1. President Rtn. Khadak S. Bisht called the RCP's Meeting No. 1994 to order with 15 seconds of 'Silent Invocation' for world peace, health, and happiness.
2. Guests welcomed by the President: Sakal Parivartan/Sakal Bio Enzyme Team: Presenter - Project Lead Ms. Dipika Shrestha, Founder Ms. Sujata Shrestha, Ms. Sarala Maharjan and colleagues; and Rotaract Club of Patan President Rtr. Nirdesh Subedi.
3. The last meeting minutes of the RCP were reviewed and adopted.
4. Happy News Contributions:
 - Rtn. Lalita C. Thapa – for 'Happy Birthday' (Rs. 500).
 - Rtn. Bishnu P. Sigdel – for 'Happy Birthday' (Rs. 500).
 - Rtn. Bishwa B. Sharma – for purchasing a new vehicle (Rs. 500).
 - Rtn. Sandhya Regmi – for today's environment friendly presentation, and for receiving 'Token of Appreciation' for two of her paintings from the 'Rastria Lalitkala Exhibition' (Rs. 500).
 - Rtn. Maheswari Bisht Rawal – for today's presentation, and for being sportive in successfully reaching 5 kms run (Rs. 500).
 - Rtn. Krishna Hachhethu – for 'Happy Landing' from Varanasi, India (Rs. 500).
 - Rtn. Lochan Gyawali – for 'Happy Landing' from Thailand & having a reunion with old classmates in Sikkim & Darjeeling (Rs. 800).
 - Rtn. Prakash R. Regmi – for attending the District programme where his book 'Muta ka Kura' was used as a 'Token of Appreciation' (Rs. 500).
 - Rtn. Preeti Khemka – for attending the very punctual District Learning event for the next year's Assistant Governors and District Learning facilitators (Rs. 500).
 - Rtn. Khadak S. Bisht – for attending the District Learning Seminar for District Trainers and the AGs (Rs. 500).
5. Other Contributions:
 - Rtn. Prakash R. Regmi pledged to contribute Rs. 10,000 to the RCP's 'Animal Welfare for Public Health' activity of this Rotary Year as pledged earlier. (So far, total pledges by the RCP members have reached Rs. 250,000 of the estimated budget requirement of Rs. 300,000).
 - President Rtn. Khadak S. Bisht encouraged interested members to make voluntary contributions to meet the target of Rs. 300,000.
 - Rtn. Prakash R. Regmi sponsored the regular weekly meeting cost (Rs.16,250) of today's meeting to reduce the burden to the operational budget of the RCP.
6. Rotary Information:
 - President Rtn. Khadak S. Bisht:
 - Confirmed that next Monday will be the 5th Monday meeting with entertainment, and requested members to come with items such as jokes, poems, and interesting anecdotes.
 - Informed that in the forthcoming District Conference in Pokhara during 17-19 April 2026, there will be a presentation by Rtn. Prakash R. Regmi on the RCP's activities related to the RHD prevention. The District has also formed a committee for the next Rotary Year with 'Focus on Heart' being led by Rtn. Regmi.
 - Suggested visits to a 'Haat Bazaar' exhibition related to 'Zero Waste' during 30 and 31 March 2026 from 10:30 to 16:00 hours at Nepal Academy of Fine Arts, Naxal.

- Rtn. Mahendra S. Rawal briefed on the completion of the hearing awareness programme at Siddhimangal School on the occasion of 'World Hearing Day – 17 March' jointly organized by the B. P. Eye Foundation and RC - Patan. From the RCP, he participated together with Rtn. Bishnu Sigdel.
7. Before the adjournment of the meeting, Secretary Rtn. Bishwa B. Sharma announced: happy news contributions of Rs. 5,300 to the sunshine fund and Rs. 4,850 for attendance (incl. telephone rings Rs.150) to the operational fund of the RCP, and the meeting attendance of 6 guests, 1 Rotaract, 23 members, & 10 make-ups.

Summary of presentation by Sakal Bio Enzyme – A session of ingredient awareness and label literacy with live demonstration

President Rtn. Khadak S. Bisht welcomed the entire team of Sakal Bio Enzyme and Rtn. Ganga R. Gautam introduced the company team and today's presenter.

Sakal Bio Enzyme, a women-led eco-innovative company was established in 2024. It is committed to producing natural, non-toxic, and eco-friendly personal hygiene and home care products, using bio enzyme technology. In a market dominated by harmful chemical cleaners, the company offers a safe and sustainable alternative for households and communities. Their vision is to create a cleaner, healthier Nepal by promoting environmentally responsible products that protect both public health and nature.

Presenter Ms. Dipika Shrestha is the Project Lead of Sakal Parivartan, an initiative focused on raising awareness about product ingredients and label literacy, along with practical live demonstrations. In addition, she serves as the Head of Product Management at Sakal Bio Enzyme, where she plays a key role in developing innovative and impactful eco-friendly solutions.

Ms. Shrestha made her presentation with a practical demonstration using the example of 'shampoo' commonly available in the market and comparing it with their product with natural ingredients without any chemicals. She very much appreciated the opportunity to make the 'awareness raising' presentation to the RCP and explained in detail the difference between the ingredients used in commercial shampoos, which are chemicals-based and Sakal's natural herbal-based product. It became apparent how unhealthy and harmful to the hair and skin the commercial shampoos can be. She elaborated on the herbal-based ingredients used by them to have the same or better effect without the disadvantages of the chemical-based products. It is similar with other cleaning products and therefore, the focus currently must be awareness-raising to change habits for public health.

Rtn. Maheswari Bisht Rawal gave a 'Vote of Thanks' on behalf of the RCP family for the excellent presentation and the 'Questions/Answers' session managed by the Sakal Bio Enzyme team. President Rtn. Khadak S. Bisht concluded the session with his own words of thanks and presentation of 'Token of Appreciation' from the RCP. The token of appreciation included the RCP's Lalitdhara Souvenir, Rtn. Prakash R. Regmi's book 'Mutu ka Kura' and Rtn. Lalita C. Thapa's book 'Ama'.



May the Laugh Bug Bite You: Enjoy some fun & the pun on 5th Monday of March



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| Q: Can February March? | A: No. But April May! |
| Q: Did you hear about the painter who was hospitalised? | A: Reports say it was due to too many strokes! |
| Q: Music Teacher: What's your favourite musical instrument? | A: Kid: The lunch bell! |
| Q: What did the triangle say to the circle? | A: You're pointless! |
| Q: What do you call a person that chops up cereal? | A cereal killer! |
| Q: What do you call two fat people having a chat? | A: A heavy discussion |
| Q: What kind of emotions do noses feel? | A: Nostalgia! |
| Q: What's easy to get into but hard to get out of? | A: Trouble!* |
| Q: Why can't a leopard hide? | A: Because he's always spotted! |
| Q: Why did the barber win the race? | A: Because he took a short cut! |
| Q: Why did the tree go to the dentist? | A: To get a root canal! |
| Q: Why was the maths book sad? | A: Because it had too many problems! |