

Issue No. 1670

Date: 1 Bhadra 2083 / 17 August 2026

<u>Today's Programme:</u> 3rd Club Assembly of the RCP	<u>Congratulatory Events</u> <u>Birthdays:</u> Rtn. Khadak S. Bisht – 19 Aug. <u>Wedding Anniversaries:</u> Nil
--	--

Minutes of Meeting No.2013

Date: 25 Shrawan 2083 / 10 August 2026

- President Rtn. Shiv P. Khemka called the meeting no. 2013 to order with 15 seconds of 'Silent Invocation' for world peace, health, and happiness.
- Guests welcomed by the President: Mr. Suman L. Pradhan of Sky IT, Journalist Mr. Gopal J. Thapa, President of RC Patan Durbar Square Rtn. Indra Shrestha, Ms. Kalpana Maharjan, Ms. Parbati Raut Dangol, former Rotaract President Peshal Bhattarai, and Mr. Prajwal Amatya.
- The last meeting weekly minutes number 2012 of the RCP were reviewed and approved.
- Happy News Contributions:
 - Rtn. Khadak S. Bisht – for today's presentation and the participation of guests (Rs. 500).
 - Rtn. Rabendra R. Pandey – for today's KPAD committee meeting, meetings with Sahid Ganga Lal Hospital (SGLHC) including with its new Director, and international partners for a planned global grant project (Rs. 1000).
 - Rtn. Jeevan K. Shrestha – for participating in three meetings today – KPAD committee, regular weekly meeting, and Membership Committee (Rs. 500).
 - Rtn. Maheswari Bisht Rawal – for today's presentation and meeting with the participation of prospective members (Rs. 500).
 - Rtn. Prakash R. Regmi – for the administrative support of Rtn. Shikha Prasai for the meeting (Rs. 500).
 - Rtn. Shikha Prasai – for the tree plantation activity and for the joint meeting with 10 Rotary Clubs (Rs. 500).
 - Rtn. Shiv P. Khemka – for today's presentation, the joint meeting of 10 Rotary clubs, meetings on planned global grant, and installation of Interact Club of St. Xaviers (Rs. 1,000).
- Other Contributions:
 - Rtn. Bijaya Mallapaty announced a pledge of Rtns. Ganesh R. and Bijaya Shrestha, for an additional contribution of Rs. 7,500 for this year's GSSA due to the decreases in the interest earnings in their trust fund contribution to the RCP for this purpose.
- Rotary Information:
 - Rtn. Gabriele Mallapaty reminded all PEEF selection/distribution coordinators to complete this year's campaign as early as possible as recommended by the auditors to close the advances in this regard. It was noted that delays were also due to some school closures.
 - Rtn. Khadak S. Bisht briefed on the meeting of ten Rotary clubs at Godavari Village Resort with the participation 60 participants, including 6 RCP members, on environment focussed on recently completed tree plantation activity at Hattiban, Lalitpur. The meeting was a good opportunity to share experience and getting commitments for similar joint activities.
 - Rtn. Mahendra S. Rawal shared updates on the STAR project activity of graduation ceremony for people with disabilities following the ten-day training on 'Mushroom Cultivation'. The next batch of training under this project had also begun on 9 August 2026.
 - Rtn. Maheswari Bisht Rawal briefed on the installation ceremony of the Interact Club of St. Xaviers. She also requested for feedback and support requested by this club.

- Ms. Kalpana Maharjan briefed on the activities of 'rescue of youth trafficking' and 'prevention of child marriages through awareness raising' under the District's committee in this regard. She also requested for sponsorships from the RCP for the rescue of ten persons.
 - President Rtn. Indra Shrestha of RC Patan Durbar Square introduced himself and appreciated the collaboration with the RCP as well as the support of AG Rtn. Preeti Khemka.
7. Before the adjournment of the meeting, Secretary Rtn. Krishna Hachhethu announced: happy news contributions of Rs. 4,500 to the Sunshine Fund and Rs. 5,800 to the Operational Fund of the RCP, and the meeting attendance of 1 visiting Rotarian, 5 guests, 24 members, 1 former Rotaract, and 7 make-ups.

Talk Programme by Rtn. Khadak S. Bisht on 'Can We Commit as Plastic-Smart Rotary Families?'

IPP Rtn. Khadak S. Bisht made a power-point presentation on the use of plastic with the aim of making Rotary families plastic-smart.

The presentation was divided in five parts: 1. Learning the basic plastic types, 2. Linkages of plastics to climate and health, 3. Identification of Plastics to reduce first, 4. Suggestions for five practical family commitments to manage plastic use, and 5. Recommendation to lead by example and track progress. The full presentation has been shared electronically with all members.

Rtn. Bisht emphasised the need to understand plastic types & impacts in order to separate them for recycling or prioritized for reduction in use. He noted that plastic lifecycles contributed to 3.4% of global greenhouse gas emissions. Beyond climate impacts, plastics pose severe health risks - they break down into microplastics and nanoplastics that enter food systems and the human bloodstream, releasing over 3,200 hazardous chemicals linked to hormone disruption and cancer.

To drive immediate reduction of plastic use at home, Rotary families were recommended to adopt five simple habits:

- Carry reusable shopping bags.
- Avoid plastic bottles/glasses and use refillable water bottles.
- Avoid disposable cutlery, cups, and straws.
- Refuse styrofoam or thermocol packaging.
- Separate clean, dry plastic waste for proper recycling.

Rtn. Bisht also suggested a feasible way to implement this initiative through a structured four-step pathway: building awareness, conducting a seven-day family audit to track baseline waste, taking on a five-item reduction challenge, and sustaining the habits over three months.

Finally, Rotary clubs are urged to lead by example by eliminating single-use bottled water, banners, and disposable plastic tableware during their official meetings.

Following interesting comments by several members and a Questions and Answers session, President Rtn. Shiv P. Khemka thanked Rtn. Khadak S. Bisht for the excellent presentation and the discussion on the important topics of reducing plastic use and concluded the session.

Rotary Information: Welcome to the new rotary.org

(Source:rotary.org)

We've refreshed rotary.org to make it faster and easier to find what you need.

With a modern look, better search function, and simpler navigation, the newly updated rotary.org tells Rotary's story in a clearer, more engaging way, while also enhancing the online experience for members, participants, and the public.

The rotary.org upgrade is the first of two planned updates to Rotary's online tools. An updated endpolio.org will launch in the coming months.

Discover more of what Rotary has to offer. Visit the new rotary.org.