

Issue No. 1678

Date: 19 Ashwin 2083 / 5 October 2026

<u>Today's Programme:</u> Business Meeting on Zoom	<u>Congratulatory Events</u> <u>Birthdays:</u> Rtn. Mahendra S. Rawal – 5 Oct. <u>Wedding Anniversaries:</u> Nil
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Minutes of Meeting No.2020

Date: 13 Ashwin 2083 / 29 September 2026

- Rtn. Shikha Prasai MCed the meeting and the 'World Heart Day – 29 September (WHD)' programme of today and welcomed all the participants.
- President Rtn. Shiv P. Khemka called the meeting no. 2020 to order with 15 seconds of 'Silent Invocation' for world peace, health, and happiness.
- Guests welcomed by the President: Chief Guest DG Rtn. Vishnu B. Karkee, Joint host of the WHD programme – Rtn. Prakash R. Regmi, President, Nepal NCD Alliance, all the dignitaries, Rotarians and participants.
- The last weekly meeting minutes issue number 1677 of the RCP were reviewed and approved.
- Happy News Contributions:
 - Rtn. Rtn. Krishna Hachhethu – for 'Happy Birthday' and the 'World Heart Day' programme of today (Rs. 1,000).
 - Rtn. Bijaya Mallapaty – for 'Happy Landing' from Male, Maldives, and 'Happy Birthday' (Rs. 1,000).
 - Rtn. Kedar B. Shrestha – for being the 'Happy Great Grandfather' for the second time through his granddaughter in New York, USA (Rs. 1,000).
 - Rtn. Preeti Khemka and Rtn. Shiv P. Khemka – for the 'Happy Birthday' of their elder son (Rs. 1,000).
 - Rtn. Rabendra R. Pandey – for joining the WHD programme today with spouse (Rs. 1,000).
 - Rtn. Ganga R. Gautam (Rs. 500), Rtn. Prakash R. Regmi (Rs. 1,000), Secretary General of Nepal Diabetic Society Ms. Bijay L. Shrestha (Rs. 500), Rtn. Khadak S. Bisht (Rs. 500), Rtn. Shiv P. Khemka (Rs.1,000), - for the WHD programme of today.
 - Rtn. Gabriele Mallapaty - for 'Happy Landing' from Male, Maldives, and 'Happy Birthday' of spouse (Rs. 1,500).
 - Rtn. Shikha Prasai – for being the MC for today's programmes (Rs. 500).
- Other Contributions:
 - Rtn. Sandhya Regmi contributed Rs. 25,000 to the RCP's KPAD Fund on the occasion of the WHD and also pledged to become PHF Level 2 contributor to The Rotary Foundation.
 - Rtn. Rabendra R. Pandey matched Rtn. Sandhya Regmi's contribution of Rs. 25,000 to the RCP's KPAD Fund as per his pledge made earlier.
- President Rtn. Shiv P. Khemka, on behalf of the RCP, handed over a cheque of Rs. 200,000 to DG Rtn. Vishnu B. Karkee in support of the victims affected by the recent devastating floods through the District's Disaster Relief Fund.
- Before the adjournment of the meeting by the President, Secretary Rtn. Krishna Hachhethu announced happy news contributions of Rs. 10,500 to the Sunshine Fund of the RCP, and the attendance of 10 visiting Rotarians, 2 Rotaracts, 28 members, 11 spouses, 51 guests and 8 make-ups.

Summary of the RCP's 'World Heart Day – 29 September' programme held jointly with Nepal NCD Alliance (NNCDA) at Royal Tulip Hotel, Gwarko, Lalitpur

MC of the programme: Rtn. Shikha Prasai

100+ Participants included:

Joint Chairperson of the meeting – President of the RCP - Rtn. Shiv P. Khemka

Joint Chairperson of the meeting - President of Nepal NCD Alliance (NNCDA) – Rtn. Prakash R. Regmi

Chief Guest – Rotary District 3292 Governor – Rtn. Vishnu B. Karkee

President of Southeast Asia Regional NCD Alliance – Dr. Abhinav Baidhya

Senior Consultant Cardiologist – Dr. Abani Bhusan Upadhyaya

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**Summary of the RCP's 'World Heart Day – 29 September' programme held jointly with
Nepal NCD Alliance (NNCDA) at Royal Tulip Hotel, Gwarko, Lalitpur** **(Cont'd from...1)**

Chair, Kathmandu Institute of Child Health – Dr. Bhagwan Koirala
Coordinator, Nepal Heart Net/President Cardiac Society of Nepal – Dr. Chandra Mani Adhikari
DG Nominee Rtn. Amit Giri

Assistant Governor Rtn. Uttam Mani Paudyal

Nepal Heart Foundation President – Dr. Satya N. Suwal

All the dignitaries and members of: Nepal NCD Alliance, Nepal Heart Foundation, Nepal Heart Net, Heart Club Nepal, Padmodaya Veterans Club, Rotary Clubs, Rotaractors, Inner Wheels, Journalists, Representatives of Sun Pharmaceutical Industries Limited, and RCP members and spouses.

President of the RCP Rtn. Shiv P. Khemka and President of Nepal NCD Alliance Rtn. Prakash R. Regmi welcomed all the dignitaries, guests and participants on this special day which has been celebrated by the RCP every year.

Welcome remarks were given by Dr. Abhinav Baidhya, President of Southeast Asia Regional NCD Alliance. Inauguration of the programme with flying heart balloons was done by Chief Guest DG Rtn. Vishnu B. Karkee together with the dignitaries on the dais.

Rtn. Regmi made his presentation 'What's New on Heart Health?' supported by power point on WHD theme of 2026 - 'Don't Miss a Beat' as a day to raise awareness on heart health and promote healthy lifestyle. He briefed on WHO's efforts in this regard with an annual theme since 2000. In Nepali, the theme has been translated as 'Mutu lai dhadkina diun'.

Other presenters were Dr. Chandra Mani Adhikari, Coordinator, Nepal Heart Net/President Cardiac Society of Nepal; Dr. Abani Bhusan Upadhyaya, Senior Consultant Cardiologist; Dr. Bhagwan Koirala Chair, Kathmandu Institute of Child Health; Chief Guest DG Rtn. Vishnu B. Karkee, and the President Rtn. Shiv P. Khemka from the RCP. The presentations and remarks not only highlighted the issues, but also presented progress made with new technologies in heart health, including new less-invasive procedures, with a focus on Nepal.

It was emphasised that the heart disease/stroke is the world's number one killer causing 20.5 million deaths every year. In Nepal, it causes some 30,000 deaths every year. While some 80% of annual deaths occur in low-and middle-income countries, 80% of these deaths are preventable.

Highlights were made on the issues of youth spending too much screen-time as against playtime influenced very much by the use of social media. Because of screen-time of even over 7 hours per day, and other unhealthy behaviours like unhealthy food, lack of exercise, smoking, high alcohol consumption, mental stress, youth are facing many health and physical problems.

Another area of major concern is Rheumatic Heart Disease (RHD) in children. It can be completely cured if detected and treated in time. But more than 1000 people die from this disease every year in Nepal. In this regard, Nepal Heart Foundation (NHF) has been spearheading the campaign to RHD in children. NHF has already raised over 2 crore Rupees in its 'End RHD' Trust Fund with a new target of raising it to 3 crores. The funds are used for prevention, screening, and treatment of RHD, and without any administrative cost. The aim is to reduce RHD in children by 50% by 2030 with a screening target of a million children. While the fund-raising efforts will continue, during the meeting, the following contributions/pledges were made towards the 'End RHD' Trust Fund with NHF:

- Padmodaya Veterans Club - Rs. 155,555.55
- RC Mahabouddha President on behalf of the Regent School of Dhapakhel – Rs. 1,11,111
- Mr. Shivaji Ray Yadav – Rs. 1,01,000
- Rtns. Shiv P. and Preeti Khemka - Rs. 25,000
- DG Rtn. Vishnu B. Karkee also informed that the Rotary District 3292 has pledged a matching fund of up to US \$5,000 to the Rotary Clubs for the RHD programme.

Noting that lifestyle changes and public awareness events have proven to be very effective, the following specific suggestions were in line with 'Don't Miss a Beat' theme of this year:

- See the Signs: Spotting early, subtle symptoms of cardiovascular issues (like mild shortness of breath or unusual fatigue) instead of ignoring them.
- Protect Your Heart: Committing to regular health screenings—such as checking blood pressure, blood sugar, and cholesterol—alongside healthy daily choices.
- Demand Action: Encouraging communities and policy leaders to make heart diagnostics and preventative care more available.

In simpler and practical terms, Rtn. Regmi also advised to ***“Eat Less, Think Less and Speak Less, but Walk More, Sleep More and Donate More”*** that was echoed by many speakers.

Vice President of the RCP Rtn. Lalita C. Thapa gave a 'Vote of Thanks' on behalf of all the organisers and participants, which was followed by photo sessions and a fellowship dinner.