



Breakfast Chatter

Rotary Club of Kathmandu Mid-Town
District 3292, Club 26776, Chartered 08 Nov. 1989



June 23rd, 2009

Weekly Bulletin

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Prof. Dr. Gopal Prasad Pokharel

Executive Director, Institute of Foreign Affairs

The Institute of Foreign Affairs was originally designed to cater to the professional training needs of the Nepalese Foreign Service officials and is also a 'think-tank' on foreign policy issues. Dr. Pokharel will speak on foreign policy related issues.



Calendar

Date	Theme
June 26 th	Prof. Dr. Gopal Prasad Pokharel , Executive Director, Institute of Foreign Affairs (see above)
July 1 st	The new Rotary year begins on July 1 st . 'The Future of Rotary is in your Hands'. Please remember to renew your membership before July 1 st – a check can be left with Mr. Dahal at our weekly breakfast meetings. 
July 3 rd	Chirag Bangdel Artist, poet, teacher, radio DJ and so much more says his grandfather Lain Singh Bangdel has been a great source of inspiration to him. He will talk to us on this occasion about the contemporary art scene in Kathmandu – perhaps read a poem – and share some of his most recent works with us. 

Inner Wheel plans for '09-'10

New Inner Wheel District called for in Nepal



In a joint meeting organised by Inner Wheel Club of New Road City, four clubs called for the Inner Wheels of Nepal to have their own district. The clubs driving the momentum for this move were the Inner Wheel Clubs of New Road City and Butwal.



CP Rtn. Roop extols virtues of Vipassana

This week Charter President **Rtn. Dr. Roop Jyoti** shared a few thoughts on the art of meditation. Vipassana, which means to see things as they really are, is one of the world's most ancient techniques of meditation. It was rediscovered by Gotama Buddha more than 2500 years ago and was taught by him as a universal remedy for universal ills, it is the art of living. This non-sectarian technique aims for the total eradication of mental impurities and the resultant highest happiness of full liberation. Healing, not merely the curing of diseases, but the essential healing of human suffering, is its purpose.



Vipassana is a Pali word. Passana means to see and Vipassana means a special way of seeing, seeing the truth within ourselves. The entire practice is actually a mental training. Just as we use physical exercises to improve our bodily health, Vipassana can be used to develop a healthy mind.

Vipassana is a way of self-transformation through self-observation. It focuses on the deep interconnection between mind and body, which can be experienced directly by disciplined attention to the physical sensations that form the life of the body, and that continuously interconnect and condition the life of the mind. It is this observation-based, self-exploratory journey to the common root of mind and body that dissolves mental impurity, resulting in a balanced mind full of love and compassion. The scientific laws that operate one's thoughts, feelings, judgements and sensations become clear. Through direct experience, the nature of how one grows or regresses, how one produces suffering or frees oneself from suffering is understood. Life becomes characterized by increased awareness, non-delusion, self-control and peace.

Rtn. Roop spoke very personally and gave the example of his father, who had embraced meditation for several decades. When, Maniharsha Jyoti, learnt that he had lung cancer he used Vipassana to help him achieve balance of mind; it enabled him to remain calm and peaceful. With the help of Vipassana he was able to give up his attachment to life, and so his last days were very peaceful. It was like "water evaporating from a saucer" recalls CP Rtn. Roop, "...he passed away without a ripple. He remained calm and peaceful till the end without suffering."


Vipassana has been found to be genuinely helpful, great emphasis is put on preserving the technique in its original, authentic form. Vipassana is not taught commercially, but instead is offered free. No person involved in its teaching receives any material remuneration. There are no charges for the courses - not even to cover the cost of food and accommodation. All expenses are met by donations from people who, having completed a course and experienced the benefits of Vipassana, wish to give others the opportunity to benefit from it also.

Of course, the results come gradually through continued practice. It is unrealistic to expect all problems to be solved in ten days. Within that time, however, the essentials of Vipassana can be learned so that it can be applied in daily life. The more the technique is practiced, the greater the freedom from misery, and the closer the approach to the ultimate goal of full liberation. Even ten days can provide results that are vivid and obviously beneficial in everyday life.


All sincerely interested people are welcome to join a Vipassana course to see for themselves how the technique works and to measure the benefits. All those who try it will find Vipassana to be an invaluable tool with which to achieve and share real happiness with others.

Slam-dunk for Mid-Town


On Saturday our intrepid Mid-Towners were out in force to watch the citizens of Kirtipur and the students of **Mangal Secondary School** 'Make Dreams Real'. During this function, which was attended by DGN **Tirtha Man Shakya** and Special Guest **Mr Kiyushi Baba** (Japan), Mid-Towners and Rotaractors turned over the completed basketball court to the Chairperson of the school -




Rotaract Club of Kathmandu Mid-Town
Sponsored by Rotary Club of Kathmandu Mid-Town
Charter Date: 5th November, 1997
Rt. District 3242



“Handing over function of the Basketball Court”
“A dream of 2000 - A reality in 2009”
Major Donor: Rotary Club of Landshut/ Germany
Other Donors: Mangal Higher Secondary School
PP Rtn. Giridhar Lal Manandhar
PP Rtn. Dr. Chandra Lekha Tuladhar
(Rotary Club of Kathmandu Mid-Town)



Coordinated by
Rotaract Club of Kathmandu Mid-Town & Rtn. Dr. Chandra Lekha Tuladhar



Date: 20th June, 2009 Venue: Mangal Higher Secondary School, Kirtipur Time: 9:00 Am - 11:00 Am



Dr Shiva Saran Maharjan. Chief Guest DGN Tirtha Man Shakya, who threw the first ball, inaugurated the basketball court. Mid-Towners, Rotaracts, Interacts, special guest, school faculty and students soon followed-up by throwing many more balls and generally having a good time. The occasion of this official hand-over was also used to induct 3 new Rotaracts and a token of Appreciation and 'Kaledioscope CD'



was presented to the Chief Guest.

RC Mid-Town's involvement with the **Mangal Secondary High School** dates back to 1998 and in the intervening 11 years has contributed greatly to the general uplifting of the school. Mid-Town has contributed both to its physical and the academic betterment of the school. Through several joint efforts it has been able to "Make Dreams Real" for more than 1000 Nepalese children.

There were also some memorable moments along the way.... like the time in 1999 when **PP Rtn. Lekha** arranged for a bulldozer to flatten the grounds (photo right) and in the process of walking around to observe the works she fell and broke her arm. **PP Lekha** looks back on that time and in all that has been accomplished since then; she says, *"I feel great relief and great satisfaction in completing this project."*



Get your cameras out

A Rotary day in photos

On **10 October 2009**, Rotary clubs worldwide will take photos of Rotarians in action. The Rotarian is looking for a wide variety of photographs that showcase all aspects of Rotary life for its first "**Rotary Day in Photos**" feature. Please e-mail up to three of your club's best high-resolution photos to rotarian@rotary.org. All photos must be taken on 10 October and submitted by 17 October. Be sure to specify who's in the photo, what they're doing, where they are, and who took it.

An invitation to a book launch by next week's speaker

You are cordially invited to the launch of

Mist Around The Stupa


a book by Chirag Bangdel

Published by: Chautara Publishing, The Netherlands

JUN 26
2009

4:45
PM

Public Information Centre,
The World Bank, Heritage Plaza, Kamaladi



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Mid-Town Humor



"Kids can shoot a basket from 50 feet away,
but can't hit a trash can
two inches from their nose?"

Please send information/suggestions/photos for the next volume to:

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