**Minutes of 9th meeting of 12th Executive Committee of ABAN**

**Held on** **17th May 2021**

9th meeting of 12th Executive Committee of ABAN was held on Monday17th May 2021 via zoom.

**Presence**

* Mr. Uttam Prasad Pant, President
* Ms. Shiba Devi Kafle, General Secretary
* Mr. Madhav Prasad Bhatta  Treasurer
* Mr. Hemanta Raj Baral, Asst. General Secretary
* Mr. Nava Raj Nakarmi, Asst. Treasurer
* Mr. Uttam Lal Pradhan, Member
* Prof. Dr. Mandira Shahi, Member
* Mr. Deepak KC, Member
* Prof. Subash K.C., Member
* Dr. Jagan Nath Shrestha, Member
* Mr. Gobinda Neupane, Member
* Ms. Kamal Nayan Pradhan, Member
* Mr. Maheshwor Bhakta Shrestha, Immediate Past President
* Mr. Shankar Paudel, Past President, Advisor
* Mr. Tulsi Uprety, immediate Past Vice President

General Secretary Ms. Shiba Devi Kafle briefed the agenda items and requested the President Uttam Prasad Pant to chair the meeting. President Uttam Prasad Pant welcomed all members to the 9th meeting of 12th ECM. The meeting discussed on the following agenda items and reached to the decisions as below:

1. Well-beings of members
2. Whereabouts of Articles for the forthcoming ABAN Magazine
3. Any other business

In the beginning, President Pant informed the meeting that Ms. Padma Baidya lost her mother on 12 May 2021/29th Baishakh 2078. All ECMs expressed sorrow on the demise of Ms. Baidya’s mother. In this regard, meeting decided to condole formally later in appropriate time.

Going to the agenda, all ECM members shared their wellbeing experiences. President Pant mentioned his mother suffered from Covid 19 and it was good news that she defeated it within a short period of time. Past president Maheshwar Bhakta Shrestha said he participated 10 days Bipasyana training and it was very fruitful for physical and mental health. He suggested other members to participate in such training if they could manage the time. Likewise, advisor Mr. Shanker Poudel and other ECM members, turn by turn, shared their experiences and exchanged their views how we should gain confidence in this Covid 19 pandemic. Prof. Subas K.C. pointed out on the need of moral, psychological and other Covid related support of ABAN to the community. He added it is necessary to create a network among members and this would help increase the feeling of ownership. Also, some members informed the meeting that there are some helping groups to provide necessary services in difficult situations caused by Covid 19 pandemic.

Going to the second agenda, meeting discussed on whereabouts of articles for forthcoming ABAN magazine. After an intensive discussion it was realized that subcommittees, including publication subcommittee, are lacking to organize meetings. In this context, meeting advised all subcommittees to organize their meetings in regular basis and to report the development of their activities to the executive committee when it meets.

President Pant informed the meeting that Mr. Hari Thapa, media advisor to ABAN is running a Yog Shivir. Also, he shared the information about the yoga program conducted by Jivan Bigyan Online Prayogshala, Budhanilkantha from 5am to 7am. He said he has shared the link of this program via Viber Group "ABAN 12th Executive Committee". According to the organizer this yoga program helps increase immunity. Meeting advised all ECMs to share the relevant information to all ABAN members via common social media/link, such as Viber. Meeting also discussed on the possibilities of ABAN to provide help services to needy people with the collaboration of British Council and/or British Embassy.

**Adjournment**

As there were no other issues to discuss, President thanked all ECM members for their active participation and adjourned the meeting.