



Rotary Club of Sonarpur

Rotary District : 3291



PRESIDENT :
Rana Safui

SECRETARY:
Gautam Ray



RI PRESIDENT :
Sakuji Tanaka

DISTRICT GOVERNOR:
Uttam Ganguli

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How India has had remarkable success in polio fight

By Fergus Walsh BBC medical correspondent, in Delhi

One by one the young children open their mouths to receive the two drops of polio vaccine. Then they hold out their hand to get their "purple pinky" - one finger painted with indelible purple ink to show they've been immunised.



Some of the children try, and fail, to suck off the ink because they want to get another toy - some stickers, a balloon or pencil - as a reward for coming to the booth.

There are 7,000 impromptu vaccination booths across the

capital. Across India, these regular National Immunisation Days aim to reach more than 170 million children under five - the group most at risk from polio. I'm here to witness India's successful fight against polio.

Several of the booths in Delhi are staffed by volunteers from Britain; they are all members of Rotary - the worldwide network of clubs of business and community volunteers.

The Rotary volunteers - wearing bright yellow shirts - attract a lot of attention. Veronica Stabbins, from Windsor in Berkshire, is here with her husband Adrian - they immunise around 200 children in two hours.

She said: "This is our third visit to India volunteering for Rotary. It is wonderful to be part of trying to eradicate this dreadful disease. When we go home we try to raise awareness of what still needs to be done."

Another Rotary member, Jenny Schwarz from Merseyside, said: "I've been raising money to fight polio for 25 years. My dream is to have a polio-free world."

All the Rotary volunteers - there are more than 40 of them from Britain, and 500 from around the world - pay all the expenses of their trip and then often use the experience to do further fund-raising at home.

Remarkable achievement

India used to be the epicenter of polio. In 1985, there were an estimated 150,000 cases in India and as recently as 2009 there were 741, more than any other country in the world.

The world is now at a crossroads - it can build on the success of immunisation in India which has been polio-free for a year.

If it does not, the risk is the virus will re-establish itself here and in other countries. But its last case was in January 2011 - a remarkable achievement. But it won't be officially removed from the list of polio endemic countries until the result of lab tests confirm that it is no longer to be found in sewage.

That confirmation is expected in the next few weeks. It will leave three endemic countries: Pakistan, Afghanistan and Nigeria where the virus has never been under control. All saw an increase in cases last year.

The success in India has been achieved through a partnership between the Indian government, with support from the World Health Organization (WHO),

Rotary, Unicef and with major contributions from the Bill and Melinda Gates Foundation.

Last year the UK government doubled its support to the Global Polio Eradication Initiative (GPEI).

A visit to St Stephen's Hospital in Delhi offers a stark reminder why polio used to be one of the world's most feared diseases. Mohammad Zaid is 11 and he caught polio as a baby. The virus attacked the cells in his spinal cord, paralysing his legs which are now wasted.

He gets about by crawling, but is at the hospital for surgery. Mohammad will need four operations - to straighten each hip and knee - before he can be fitted with metal calipers so that he can finally walk.

Dr Mathew Varghese, head of orthopaedics, said children with polio don't just suffer physically: "Many of them drop out of school early and they face a stigma being disabled - and all this from a disease which can be prevented with a vaccine."



District Programme

1. 9th September : SNID
2. 27th September : ICM on New Generation at G.D. Birla Sabhaghar

Club Programme

- 9th September :
1. Distribution of Mosquito net at Janakalyan Samity.
 2. Micro Credit funding at Janakalyan Samity.
 3. Tree Plantation in Usthi area with our RCC

Thought of the Day

"Most of the shadows in this life
are caused by our standing
in our own sunshine."

- R.W. Emerson

We meet every Friday, 7.30pm. at ' HARMONY ', 20A, Kali Mohon Banerjee Lane, Kolkata 700025

Minutes

Meeting no 1068

Dated 31.08.2012

President, Rtn. Rana Safui called meeting no. 1067 to order.

National Anthem led by Rtn. Pradeep Kr. Choudhury.

Minutes of the last meeting confirmed.

Discussions.

- President initiated a discussion on formation of Trust. Rtn. Samir Ray submitted a revised draft of Trust Deed. Members discussed and finalized the provisions of the Deed and proposed names for the Executive Committee. It has also been discussed and resolved that the members of the club will make compulsory contribution of Rs. 1000/- each to form the Corpus of the Trust.
- Rtn. Gautam Ray informed Members of the club about RCC, Janakalyan Samity's appeal to postpone the date for execution of projects from 2nd September to 9th September because of sudden demise of one of their members. Members discussed and revised the date for 9th September.
- Rtn. Sanjay Dasgupta informed the club about his visit to Ashram Anandam, Sonarpur, along with other members of Committee, formed earlier, and discussed the findings about the proposed School Building Reconstruction and extension project.
- Rtn. Samir Ray has been universally selected for DGNC
- Rtn. Pradeep Kr. Choudhury has been decided to be the Club nominee for Kirtiman Award.
- Members of the Club discussed and resolved not to publish souvenir in the current Rotary Year.
- Club has decided to have its Installation Ceremony for the year 2013-2014 on 30th June 2013.

President handed over the business to Secretary Rtn. Gautam Ray, who announced the receipt of bulletins from neighboring clubs, and upcoming District events. Secretary handed back the meeting to the President.

Having no other business, President terminated the meeting.

Members Present: 11

Sunshine Collected : Rs. 220/-

Teachers' Day: Savita shows students the way

— Times Of India · MHOW, INDORE:

Loved by her students and admired by her colleagues, Savita Goyal is no different from other teachers at Government Primary Girls School in Umariya village, about eight km from Mhow. Her's, however, is a different tale. Oblivious to the reason behind her own blindness, Savita, an orphan, was picked by an organization -- Mahesh Drishtiheen Kalyan Sangh (MDKS) -- working for thousands like her in Indore. Though abandoned by her parents when she was four months old, she is now a part of a family where every member admires her acumen in the field of teaching.

So is her capability that one cannot question the alacrity with which Savita teaches the students of Classes I and II in the school. Savita, while talking to TOI, said she reads lessons and then teaches them to her students with the help of Braille book. Head mistress of her school Sharmila Sagwariya said Savita is loved by her whole staff and everybody cooperates with her in completing all kinds of tasks. Her colleagues Shakuntala Benzamin and Sarla Bobde said the students like her and refuse to take oral lessons from any other teacher in case she is on leave. Shrishti Satish of Class I and Priyanka Chatar Singh of Class II said she is just like any other teacher and she never makes them realize that she is blind. Savita studied up to Class VIII in Bal Vinay Mandir, Indore, and completed her schooling from Ahilyashram. After clearing the contractual teachers' exam, she was appointed as a teacher in 2009 on

contract basis. She will be posted permanently very soon. Meanwhile, she continued with her studies from Old GD College in Indore.



Giving a new lease of life to Savita, MDKS arranged her marriage with a blind member of the organization. She tied the knot with Krishna

Kumar Goyal, a contractual teacher at Government Middle School, Bhikangaon in Khagone district. The only problem Savita has is the couple has to stay away from each other due to posting at different places.

Health Corner**Apple peels can save you from high blood pressure:**

An apple a day can keep high blood pressure and hypertension away, as long as you don't remove its peel, scientists say.



Scientists in Canada have found that it is more effective than other "superfoods" including green tea and blueberries as a source of antioxidants and chemical compounds called flavonoids that combat the potentially life-threatening condition.

For the outer layer contains up to six times the amount of chemical ingredients that can combat potentially life threatening high blood pressure.

Apples have long been known as natural source of antioxidants and chemical compounds called flavanoids, all of which are good for the heart, the 'Telegraph' reported.

But peeling apples first before eating means missing out on most of the health benefits, said researchers from Nova Scotia in Canada.

Scientists tested the peel and the fleshy fruit of apples separately on samples of an enzyme called ACE which is known to cause hypertension and high blood pressure in humans.

The peel was significantly much more effective in inhibiting ACE in living organisms, the researchers from Nova Scotia Agricultural College told the journal Food Chemistry.

Researchers in Nova Scotia tested the peel and the fleshy fruit of apples separately.

The peel was found to be up to six times more effective, according to the team's results in the journal Food Chemistry.

The researchers from Nova Scotia Agricultural College said: "Apples are one of the most popular and frequently consumed fruits in the world."

"Apple peel is a rich source of flavonoids which provide numerous health benefits -- apple peel flavonoids inhibited the ACE, an enzyme associated with hypertension" they said.

Four Way Test**Of the things we think, say or do**

- Is it the **TRUTH** ?
- Is it **FAIR** to all concerned ?
- Will it build **GOODWILL** and better **FRIENDSHIP** ?
- Will it be **BENEFICIAL** to all concerned ?

**GLOBAL
POLIO ERADICATION
INITIATIVE**



every last child