



# Rotary Club of Sonarpur

Rotary District : 3291



**PRESIDENT :**  
Rana Safui

**RI PRESIDENT :**  
Sakuji Tanaka

**SECRETARY:**  
Gautam Ray

**DISTRICT GOVERNOR:**  
Uttam Ganguli

R.I. Club No. 23960 Charter dt. 30.06.1986

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## Indian Olympic Athletes help 'Promote Polio

**Eradication'** Pratibha Masand, TNN | Aug 5, 2012, 03.48PM IST

MUMBAI: Polio is the next likely candidate for disease eradication in the world and some of the best athletes participating at the London 2012 Olympics are helping to spread the word about Rotary's campaign to rid the world of polio.

Indian Olympic athletes participating in the Rotary's "This Close" campaign are more than a dozen members of India's team, including members of the men's

boxing, men's and women's weightlifting, and men's and women's wrestling teams.

Appealing to parents, wrestler Sushil Kumar, said, "In 1988, 500 children were getting affected by polio in India every day. Today, our country is reaching steadily toward eradication of polio. We need your help to win this fight."

Vijender Singh, a member of the boxing team, said, "Polio vaccine can save a child from polio paralysis. Let us ensure that children are not paralyzed by giving them the vital drops.

Other Olympic athletes participating in the Rotary's "This Close" campaign include Olympic divers Tom Daley and Tonia Couch.

Deepak Kapur, Chairman, Rotary International's India National Polio Plus Committee (INPPC), said, "Global health and the Olympics share a common ethos. With key athletes supporting the cause at the Olympics, the focus of world including the conflict-laden countries, will once again will be on the dreaded disease that is so close to being eradicated from the world."

With no new polio cases being reported for more than a year, India's experience of containing the dreaded virus has been hailed as the biggest public health achievement worldwide.

There have been 96 cases of polio reported worldwide this year, as per the Centers for Disease Control and Prevention. The countries that have never been free of the disease are Afghanistan, Pakistan and Nigeria.

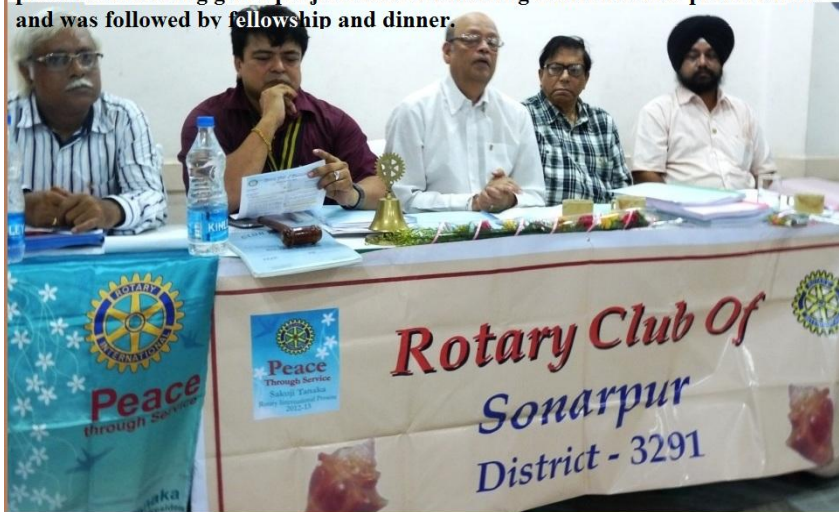
India was removed from WHO's polio endemic list on 25 February this year after completing over a year without reporting any case of polio.

Kapur said, "Reaching the ultimate goal of a polio-free world presents myriad challenges. As long as there is even a single polio-afflicted child anywhere in the world, children everywhere remain at risk.

After achieving the milestone of non-polio endemic nation in February this year, India needs to maintain the status for another two years to be certified polio-free by the World Health Organization. Import of polio from neighbouring countries and re-emergence of the disease are major threats to the campaign.

## Club Report

District Governor Rtn. Uttam Ganguli along with other District officials made his official visit of our club on 21st September 2012 at Hotel Park Palace. After scrutinising the Club documents he appreciated the Club's performance so far in the current year. Our club members had an interactive session with him discussing various issues like membership development, service projects, probable matching grant projects etc. The meeting concluded in a positive note and was followed by fellowship and dinner.



## Rotary Club Imphal surges ahead of other Asian units

TNN | Aug 6, 2012, 10.23PM IST

IMPHAL: The Rotary Club Imphal (RCI) has left behind the club's all other units in 11 Asian countries and bagged the best Rotary Club award. The countries under Zone 6 of Rotary International include India, Nepal, Afghanistan, Bangladesh, Brunei, Cambodia, Laos, Malaysia, Pakistan, Singapore and Thailand.

The 'Change-maker Winner of Zone 6' award

was conferred on RCI by the Rotary International president, Kalyan Bannerjee, the third Indian to head the world's oldest service club, from its headquarters in Chicago, USA.

The former RCI president, Pramod Chhabra, received the prestigious award at a glittering ceremony held in Siliguri recently, said a Rotarian. A statement issued by the present RCI president Rotarian Ng Indrakumar Singh, professor and head of Gynecology in the Jawaharlal Nehru Institute of Medical Sciences (Jnims), said the award was conferred in recognition of the humanitarian and community services undertaken by RCI since its inception in 1974.

The RCI has been undertaking various social services like providing free oxygen cylinders, holding free computer trainings, sewing/embroidery trainings, mega medical camps and child insurance programme for students.

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

## Minutes

## Meeting no 1161

Dated 21.09.2012

President, Rtn. Rana Safui called meeting no. 1161 to order.

National Anthem led by Rtn. Santanu Ghosh.

President welcomed District Governor Rtn. Uttam Ganguli, Dist. Sec. (Coordination) Rtn. Debasis Bhattacharya, AG Rtn. Sushit Biswas, ZS Rtn. Harbhajan Singh Theti, all Anne and their families to our meeting. Minutes of the last meeting confirmed.

Discussions:

- President submitted before the club the Deed for 'Rotary Club of Sonarpur Welfare Trust' duly registered. Members of the club applauded him for his effort and also lauded Rtn. Samir Ray for helping President to this effect.
- President discussed few probable bigger meaningful projects and requested members to come forward and improvise or add on his thoughts.

President handed over the business to Secretary Rtn. Gautam Ray for other announcements.

- Secretary announced an apology for erroneously reducing the 'Meeting numbers' of meetings between 8<sup>th</sup> July 2011 and 14<sup>th</sup> September 2012 by 90. He also informed that necessary rectification work has already been undertaken.

- Secretary announced the receipt of bulletins from neighboring clubs, and upcoming District events.

Secretary handed back the meeting to the President who handed over the meeting to AG Rtn. Sushit Biswas for his deliberations. AG handed back the meeting to the President after appreciating the Club's administrative as well as functional work.

President handed over the meeting to District Governor Rtn. Uttam Ganguli who briefed the members about his vision and his efforts to that effect. D.G. Rtn. Uttam Ganguli urged to focus on Education after Rotary's commendable work in eradication of Polio. He had an interactive session with the members whereby various issues like Membership development, Service projects, matching grant possibilities, TRF contribution etc. were discussed.

District Governor Rtn. Uttam Ganguli handed back the meeting to the President who terminated the meeting as there was no other business.

Members Present: 11

Sunshine Collected : Rs. 220/-



## Health Corner

## Nap away! It's great for health

ANAND HOLLA, Mumbai Mirror Sep 23, 2012, 12.00AM IST

*Stop pushing your brain and body to the limits. Extract peak performance out of your system by squeezing in a snappy shut-eye at work*

If you can ever have a best friend that's always misunderstood and underestimated, napping is that. At work, it is treated with contempt, associated with laziness and the power of its 20-odd minutes to rejuvenate your brain and body is so underrated that the only feeling you wake up to is guilt. The workaholic-loving, forever-wired life cycle that the Internet era has brought upon us, however, can't change the fact that napping is not just ingrained into our biology but also linked to better productivity.



## It's the brain that draws you to chocolate

IANS | Sep 24, 2012, 01.23PM IST

*What makes chocolate so irresistible? Scientists have traced the lure of chocolate to a part of the brain called neostriatum, and its production of a natural, opium-like chemical, enkephalin.*

The findings reveal a surprising extension of the neostriatum's role, as Alexandra DiFeliceantonio, from the University of Michigan, Ann Arbor and her team made the discovery.

DiFeliceantonio notes that the brain region had primarily been linked to movement. And there is

reason to expect that the findings in rats can tell us a lot about our own binge-eating tendencies, the journal "Current Biology" reports.

The researchers also found that enkephalin surged when rats began to eat the candy-coated morsels, according to a Michigan statement.

It's not that enkephalins or similar drugs make the rats like the chocolates more, the researchers say, but rather that the brain chemicals increase their desire and impulse to eat them.

"This means that the brain has more extensive systems to make individuals want to over consume rewards than previously thought," said DiFeliceantonio. "It may be one reason why overconsumption is a problem today."

"The same brain area we tested here is active when obese people see foods and when drug addicts see drug scenes," she says.

"It seems likely that our enkephalin findings in rats mean that this neurotransmitter may drive some forms of overconsumption and addiction in people," she 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