



# 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

**NO. 21**

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## “Take steps to curb issues of HIV stigmatisation”

Source: **THE HINDU**, Chennai, December 8, 2012



A concerted effort: College students and officials of various organisations in a campaign against prevention of HIV/AIDS.

Indian Community Welfare Organisation (ICWO), Tamil Nadu State AIDS Control Society (TANSACS), --- (REACH), and Rotary International District 3230, organised an awareness campaign,

‘Getting to Zero,’ at Egmore recently.

The programme was inaugurated by Kumar Jayant, Project Director, TANSACS, and released a poster ‘Zeroing New HIV/AIDS in India.’ In his address, he said that Tamil Nadu is in the forefront in fighting against the disease. He explained the theme of the campaign, ‘Getting to Zero,’ which means zeroing on cases of new HIV infection, zeroing on AIDS-related deaths, zeroing on issues of stigmatisation, and zeroing on cases of HIV-tuberculosis co-infection. He said that the need of the hour is a multi-sector partnership in achieving the goal of getting to zero. Venkatakrishnan, Chairman, Rotary International District 3230, said that Rotary Clubs have a long-term commitment in educating the public on HIV/AIDS and various programmes have been initiated in this regard.

Speaking on the occasion, A.J. Hariharan, Secretary, ICWO, said accomplishing the target is not an easy task and it requires commitment from different stakeholders. He said that at present the emphasis should be on preventive measures.

Concerted efforts has to be taken to curb issues pertaining to stigmatisation, discrimination, and human rights violation meted out to people living with HIV, said Mariaselvam, Regional Manager, Action Air India. It is also important to create a conducive atmosphere to such people to lead a life with dignity. J. Lavanya, District Tuberculosis Officer, DTO TB, and R.P. Darrmalingam, Managing Director, Jubilee Plot and Housing, spoke on the occasion. As many as 500 students from Mar Gregorios College of Arts and Science, Stella Maris College, Mohamed Sathak College of Arts and Science, Kandaswamy Naidu College and Loyola College took part in the campaign.



## Quote :

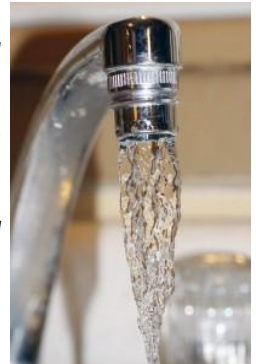
“ If people are not laughing at your goals, your goals are too small...”

Azim Premji



## What are the various minerals in our water?

Most of us think that water is just that: pure water. However, many times a good spring water will contain a ton of minerals and nutrients that we need to help keep us healthy and balanced. To begin with, water contains bicarbonate, which is present in all of our organs and fluids. This mineral is a buffer to help maintain the correct pH balance in your body. It also helps you to aid with digestion. Water and bicarbonate tends to be enough to help with an upset stomach. Sodium, which is also known as salt, is also found in our spring water. This helps to regulate the water present in the body. Sodium also helps you to generate electrical signals to your brain, and communicate with the muscles and central nervous system. Water also contains tons of calcium, which we know to be important for our bones. Calcium also helps the body to clot blood, develop muscles, and assist the central nervous system to function. Lastly, magnesium is a mineral that is vital to our bodily structure and its function. Most of this is stored in our skeletal system, and helps us to create energy. Water not only helps to keep us hydrated, especially during the summer, but also contains some of the nutrients and minerals that our bodies need. So go drink some water and start living a little healthier now.



**We meet every Friday, 7.30pm at Hotel Park Palace, 49/2, Gariahat Road, Kolkata 700019**



## Minutes

## Meeting no 1169

Dated 21.12.2012

President, Rtn. Rana Safui called meeting no. 1067 to order.  
National Anthem led by Mr. Chandan Goswami.  
Minutes of the last meeting confirmed.

**Discussions:**

- President discussed an appeal for "Child Heart Surgery" received by him from the parents of Kid Syd. Sarifuddin. Members present decided to forward the application to District 3291 office for grant and pursue the matter with District Governor and other District officials.
- President & members present discussed and finalized 30<sup>th</sup> December as the date for Blanket distribution at Jagaran Sangha, Subhashgram, Nutan Pally, Kolkata – 700 147, after Rtn. Subrata Das confirmed the status of the organization.
- Members discussed and decided to have a fellowship night on 31<sup>st</sup> December 2012 in the club's endeavor to bid farewell to the year 2012 and welcome 2013.

President handed over the business to Secretary Rtn. Gautam Ray, who announced the receipt of bulletins from neighboring clubs and upcoming District / Club events. Secretary handed back the meeting to the President after announcing the Birthdays of our members in the following week.

President called the Annual General Meeting of the club.

President confirmed the Minutes of the last AGM held on 16<sup>th</sup> December 2011, before announcing the agenda of the AGM:

- (1) Club accounts for the Rotary Year 2011-2012
- (2) Election of Board members for the Rotary year 2013-2014.
- (3) Miscellaneous

President called upon IPP Rtn. Santanu Ghosh & Election commissioner PP Rtn. Sanjib Ray for placing the Final Accounts of Rotary Year 2011-2012 and conducting the election proceedings respectively.

- IPP Rtn. Santanu Ghosh requested members to clear up their queries, if any, on accounts of Rotary Year 2011-2012, photocopies of which were distributed beforehand. There being no queries from none except PP Rtn. Sarbendu Dutta, who required more time to examine the accounts, the House passed the said accounts.
- Election commissioner PP Rtn. Sanjib Ray announced the names of members who filed their nominations for the post of Secretary, Treasurer, President elect and Directors along with the names of their proposers. There being no contest in any of the posts put to election, Election commissioner PP Rtn. Sanjib Ray announced, all those who filed nomination papers, elected uncontested. PP Rtn. Pradeep Kr. Choudhury requested for at least 50% attendance by Board members of the Rotary year 2013-2014 in Board meetings.
- Members discussed and resolved to induct Mr. Chandan Goswami in our club. Rtn. Pradeep Kr. Choudhury briefed the members about the incumbent member.
- The house discussed and resolved to accept the resignation of Rtn. Sripati Pradhan, seizing him to be a member from this day.

Having no other business, President terminated the meeting.

Members Present: 14

Sunshine Collected : Rs. 280/-

**District Programme**

1. 12<sup>th</sup> & 13<sup>th</sup> January 2013 : 'Prashanti', Conference of Peace at Swabhumi
2. 20<sup>th</sup> January 2013 : Sub-National Immunization Day

## Health Corner

**Kiwi and tomatoes are full of Vitamin C, and can help your flu.**

Source: Indian Express on November 26, 2012



Everyone has suffered from flu symptoms. The flu is a very contagious upper-respiratory virus, and is known to cause *chills, fever, nasal congestion, fatigue, dry cough*, and body aches. When one has the flu, it is best that they stay home, rest, and avoid coming into contact with others. The good news is that there are ways to help relieve your symptoms. Warm liquids and fluids can help reduce your symptoms. This can include soups and teas, as well as broths. Foods that are high in *Vitamin C* are one of the best treatments for the flu. This is because *Vitamin C* is an *antioxidant* that is known for its abilities to fight diseases. Taking *Vitamin C* supplements can be dangerous, so opting for foods high in *Vitamin C* is a better choice. Some of these foods include bell peppers, both red and green; citrus fruits and juices; berries; kiwi; tomatoes and their juices; Brussel sprouts; broccoli; cabbage; and cantaloupe. The Office of Dietary Supplements recommends that we eat 5 servings of fruits and vegetables daily. When one has the flu, at least this much should be eaten. The good news is that although often the flu can bring an upset stomach, and reduced appetite, there are plenty of fruit and vegetable juices, smoothies, and broths that will give you the same benefit. If the flu has you down, ingest some *Vitamin C* and kick the flu out the door.

**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 ?

**Did You Know?****Why green is so commonly used in hospitals??**

Green is the complementary colour of red. It goes well with medical accessories and doesn't shout for attention. Green, which provides a high-contrast environment, reduces eye fatigue and makes bright red blood splashes less conspicuous. Also, we can find green as neutral even if we observe in spectrum. Earlier the colour used was white... the combination of bright operating lights and an all-white environment led to eyestrain for the surgeon and staff. By the 1950s and 1960s, most hospitals had abandoned white and apparels were selected in favor of various shades of green.

Courtesy: General Knowledge

**Club Programme**

30<sup>th</sup> December '12: Blanket Distribution at Jagaran Sangha, Subhashgram, Nutan Pally, Kolkata – 700 147  
31<sup>st</sup> December '12 : Family get together & Fellowship

**THOUGHT OF THE DAY**

**"2get" and "2give"  
creates many problems  
So, Just double it.....  
"4get" and "4give"  
solves many problems**

**GLOBAL  
POLIO ERADICATION  
INITIATIVE**



**every last child**