



# 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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## India fears polio virus importation from neighboring countries

Pratibha Masand, TOI | Jun 19, 2013, 07.59 PM IST

MUMBAI: India to make the polio vaccination activities more stringent and strict at the borders of the country. Fresh outbreaks in the horn of Africa from Polio endemic Nigeria have raised concerns of importation across the subcontinent. With Pakistan being a polio endemic country, Indian officials have become more cautious of polio virus importation from the neighboring countries-Pakistan and Afghanistan (both Polio endemic). While India has gone over two years without a case of Polio, it cannot be complacent until its borders are polio free too. Very recently, few countries in Africa - Kenya and Somalia - had reported new Polio cases which are being suspected to have happened due to virus importation through Nigeria, a currently affected country. This incident has raised an alarm in India since both Pakistan and Afghanistan are in the list of the currently affect countries. With WHO (World Health Organisation) suspending the special outreach program against Polio in Peshawar due to the latest brutal attack on female community workers, an alarm has been raised globally. "It is imperative to address critical issues arising in Polio eradication campaign across countries.

The chance of acquiring the polio virus from Pakistan and Afghanistan are acute. We have to take every precaution possible and ensure that there is no laxity in the campaigns" said Deepak Kapur, Chairman Rotary International's India National PolioPlus Committee (INPPC). "Members of Rotary Muslim Ulema committee have offered to extend their service or even visit Pakistan and share their voice/reasoning to dispel myths and rumors against polio vaccination", Kapur added. Both Pakistan and India share cultural, political and geographical similarities and therefore the people also have a similar mindset and a lot in common. Experts have observed that some lessons/good practices that have been successful in India have a fair chance of working well in Pakistan and could be emulated. "We have taken various cues from India's immunization campaigns both technical and social. Our team of Rotarians and officials have visited parts of Bihar and Uttar Pradesh to understand certain common indicators that will help us to enhance our outreach strategy and address the existing loop holes ", said Aziz Memon, chairman, Rotary International's Pakistan National PolioPlus Committee (PNPPC). "The approach followed especially in the minority communities of UP is fantastic and has worked wonders there. We are very positive that such examples would definitely help to reach the unreached and vulnerable children in our country too", added Memon. Addressing the Rotarians at a recently organized National Orientation and Planning Meet (NOPM), Dr Sunil Bahl-Deputy Project Manager, National Polio Surveillance Project (NPSP) India, WHO said "Maintaining immunity and preventing importation is the first and foremost action step for India to maintain Polio Free status. It is a mandate in our project to provide continuous vaccination at the border

crossing points". "Mapping the needs, we have established 5 vaccination posts along Indo-Pak border and 88 at Indo-Nepal since 2011. Likewise 2 posts have been established at Indo-Bangladesh and Indo-Myanmar borders each this year". India is leaving no stone unturned to check any importation into its borders from the neighbouring countries and ensure it achieves the three-year target for regional Polio-free certification. The goal of polio eradication is not specific to one particular country but it is a global urgency. The year 2018 has been set as a target by GPEI (Global Polio Eradication Initiative) to get rid of all types of Polio virus all across the world. The previously set targets have not been accomplished, but the world is preparing to finally get rid of the disease and help the three endemic countries to work towards the global polio eradication plan. As a result and tremendous efforts in Pakistan, number of polio cases slumped drastically from 198 cases in 2011 to 58 in the year 2012 and only 10 cases this year. It is important for Pakistan to sustain the polio eradication efforts in order, for India and other countries in the sub continent to maintain a polio free status.

The number of polio patients is dwindling at a rapid pace- only 223 new cases were recorded last year worldwide. More encouragingly, only 19 new polio cases have been reported so far this year. It's time to rid the world completely of this lethal disease, irrespective of the complications.



## Solihull children enjoy charitable day out at Drayton Manor.

Jun 21 2013 by Annette Belcher, Solihull News

DISADVANTAGED children from Solihull joined hundreds of kids from across the West Midlands for a free day out at Drayton Manor theme park.

Pupils from Langley School took part in the annual Kids Out event at the attraction on June 12, with their carers, guardians and teachers.

The event, organised in conjunction with the Rotary International District 1060 and originally started by Drayton Manor's founder, George Bryan OBE, provides underprivileged, disabled and special needs children with a free, fun-filled day out.

President Elect, Rtn. Gautam Ray & Secretary (2013-2014), Rtn. Debasis Chakraborty, Rtn. Dr. Malay Chatterjee, Rtn. Amal Bhattacharya attended the District RCC assembly at Meghnad Saha auditorium on 16<sup>th</sup> June 2013.

RCC Janakalvan Samitv. Usthi received the 3<sup>rd</sup> prize in Mother & Child

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

## Young sports stars' achievements recognised

Thursday 20th June 2013 in [News](#)

THE cream of Darlington's budding sporting talent was recognised in an awards ceremony last night.

Sporty youngsters attended the presentation of awards in the Darlington Sports Winner's Scheme, at Carmel College.

This year's awards included nominations for table tennis, swimming, hockey, football, golf, martial arts, squash, tennis and diving.

All nominees received a certificate, as well as trophies for the winners.

The awards, organised by Darlington Borough Council's leisure services department, were sponsored by Rotary International, Master Skills Sporting Academy, Sherwoods, Tees Valley Sport, Darlington College and Serco International Fire Training Centre.

### Minutes

#### Meeting no 1191

Dated 14.06.2013

President Rtn. Rana Safui called meeting no. 1191 to order.

National Anthem led by Rtn. Tapan Kr. Gooptu.

President welcomed guest, Dist. Coordinator Rtn. Tapan Kr. Gooptu,

Rtn. Shyamal Kanti Bhattacharya, Rtn. Subhasish Nag Chowdhury &

Rtn. Dipankar Ghosh of RC Cal. Ridge.

Minutes of the last meeting confirmed.

#### Discussions:

- Dist. Zonal Co-ordinator, Rtn. Tapan Kr. Gooptu enlightened us with his speech on Strategic Plan. He also emphasized on new lady membership.
- Rtn. Dipankar Ghosh of RC Cal. Ridge was selected as MC and Rtn. Sarbendu Kumar Dutta of our club was selected to give the Vote of Thanks for the joint Installation meeting.
- Against the plea of Kid Syd. Sarifuddin's father, members agreed and decided to give Rs.3000.00 for his child's schedule checkup on 24.06.2013
- Members requested Rtn. Sanjay Dasgupta along with Rtn. Dr. Malay Chatterjee to visit the site for the proper location for installation of water filter in ward no.79 in next week.
- The decisions taken in Joint Board meeting dtd. 03.06.13 was placed in club. Few members expressed their discontent on the upward revision of the Semi-annual club dues for the year 2013-14, which they found steep and sought revision of the amount. The same will be discussed in next RWM.

President announced the receipt of bulletins from neighboring clubs, and upcoming District/ Club events .

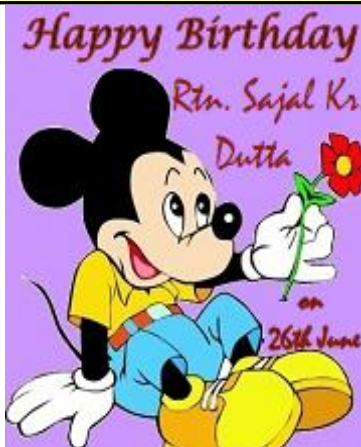
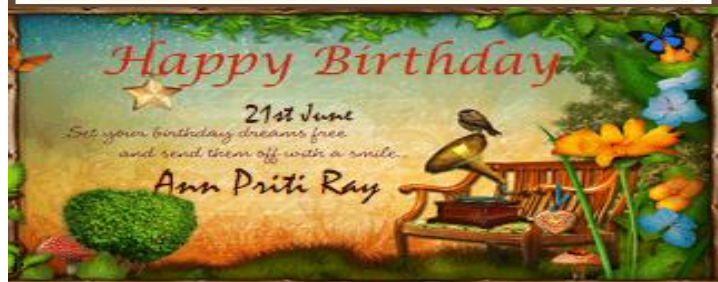
Having no other business, President terminated the meeting.

Members Present: 11 Sunshine Collected : Rs. 220/-

#### 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 ?



### District Programme

24<sup>th</sup> June 2013: Seminar on Peace & Conflict prevention/resolution, Rotary Sadan at 6.30 p.m.

### Club Programme

26<sup>th</sup> June : 9.30 a.m.: Safe Drinking Water project at KMC ward no.70.

30<sup>th</sup> June, 9.30 a.m.: Installation Ceremony of Rtn. Gautam Ray as President for the Year 2013-2014, & Club Charter Day observation. Venue: Hotel Park Palace

### Health Corner

#### Easy homemade remedies relieve arthritis and joint pain

Homemade remedies for arthritis, gout and other joint pain are never farther away than the kitchen cupboard or the refrigerator. Pharmaceutical companies have designer drugs that reduce inflammation to help relieve pain and often cause significant side effects. The ingredients for homemade remedies can be purchased at grocery and health food stores and many may already be stocked in your pantry, offering significant savings over costly pharmaceutical drugs.

1. On their own, turmeric, ginger and bromelain work as effective anti-inflammatory agents. Each works to relieve pain, stiffness and swelling. In combination, they provide a powerhouse of natural medicine. Research has shown that turmeric works as well as any anti-inflammatory drug to reduce pain in the joints. Ginger has been used for centuries to treat various ailments from nausea to joint pain. Bromelain is an enzyme derived from pineapples that possesses potent healing properties, relieving sufferers from inflamed muscle, tendon and soft tissue pain. Take these in combination on an empty stomach twice a day for pain relief.

2. Homemade remedies from stinging nettles are numerous. A traditional herbal treatment, stinging nettles are used to relieve symptoms of joint pain, arthritis and gout. A tea can be made from the dried herb or the fresh leaves. Use caution and wear gloves if harvesting fresh nettles. As their name implies, the little hairs on the plant can cause serious skin reactions including hives and other painful outbreaks. These are neutralized when heated into tea or when the plant is dried. The tea can be consumed hot or cold or used as a topical soak for painful joints.

3. Found in most spice cupboards and known for its spicy-hot taste, cayenne makes an excellent topical ointment that relieves joint pain. Capsaicin, the active ingredient in cayenne pepper, tricks the brain by causing local irritation to skin where signals then travel along nerve pathways, distracting the brain from the true source of pain. In time, repeated topical applications of cayenne pepper will reduce arthritis pain significantly. To make topical homemade remedies, mix 2 tablespoons of cayenne pepper with 1/2 cup of cocoa butter, lanolin or coconut oil. Apply it directly to the sore joint.

4. Pectin is found in the cells of many plants and acts as a thickener in preparations such as jellies. Grape juice is loaded with antioxidants, among them, anthocyanins, noted for its effect on reducing inflammation. Pectin regulates the flow of fluids in plant cells and is believed to act to relieve fluid buildup in the joints of arthritis sufferers.

