



Rotary Club of Sonarpur

Rotary District : 3291



PRESIDENT :
Rana Safui

SECRETARY:
Gautam Ray



RI PRESIDENT :
Sakuji Tanaka

DISTRICT GOVERNOR:
Uttam Ganguli

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

NO. 7

VOL : XXVII

17th Aug. 2012

Club Events

EIRWT helping grant project handed over



15th August: Flag Hoisting Ceremony



DG Rtn. Uttam Ganguli handing over Educational Scholarship to Interactor Shamasree Barua

Health Corner

10 tips for a healthy lifestyle

Sometimes it can feel as though eating a healthy diet, getting enough exercise and finding the time to find yourself is impossible. But learning to live a healthier lifestyle is easy when you change one small thing at a time. Follow Rosalind Ryan's advice and you'll soon be full of beans

Tuesday 19 February 2008

1. Let it beet

It sounds bizarre, but beetroot could be a secret weapon against high blood pressure. Now, researchers from Barts and the London School of Medicine say drinking 500ml of beetroot juice could dramatically reduce blood pressure after just one hour.

2. Think outside the box

Us lazy Brits will spend 17 years of our lives on the sofa, with seven years of that devoted to watching TV. Next time you hear yourself say, "I haven't got time to go to the gym" or you opt for ready meals

because you're too busy to cook fresh food, think about switching off the box and doing something healthy instead.

3. Don't take the biscuit

It may be a good idea to steer clear of the biscuit tin before you go shopping. A team from the University of Singapore recently discovered that the smell of chocolate chip cookies could make women splurge on unnecessary clothes when they hit the shops. The smell activates the part of your brain that wants instant gratification, although that's no excuse for maxing out your credit cards.

4. Embracing good health

Giving your partner a hug doesn't just warm the heart, it can protect it too. A study by the University of North Carolina in 2005 found that hugging your other half for 20 seconds could lower blood pressure and reduce levels of the stress hormone cortisol. High levels of cortisol have been linked to heart disease and other conditions such as diabetes.

5. Pouring salt on the wound

We eat around 9.5g of salt a day, but the Government wants us to cut this to no more than 6g, as high levels of salt can push up your blood pressure, raising your risk of cardiovascular conditions.

6. Sunny side up

Get outside in the sunshine for a natural boost. The sun's rays on the skin help your body produce vitamin D, which has been shown to fight heart disease, depression, osteoporosis and even some types of cancer.

7. One is the magic number

One of the largest studies into diet and cancer – the Europe-wide EPIC study – found that eating just one extra portion of fruit and vegetables a day could cut your risk of dying early from any cause by 20 per cent.

8. Holding back the years

Add 14 years to your life by following four very easy principles; don't smoke, take regular exercise, drink sensibly and eat five portions of fruit and veg a day. If you only manage one thing, give up smoking as the study found this had the biggest impact on your health.

9. A step in the right direction

A world-wide study has just established that women up to the age of 40 and men up to 50 need 12,000 steps a day to help shift that middle jiggle. Invest in a pedometer to make sure you're hitting your target.

10. Laughter is the best medicine

Studies have found that those with a positive attitude suffer less from conditions such as heart disease. Find something to laugh at every day to give your feel-good hormones a boost.

District Programme

1. 18th August : 1st President, Secretary, AG, ZS Meet
2. 15th September : ICM on New Generation

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

Minutes

Meeting no 1065

Dated 10.08.2012

In the absence of President, PP, Rtn. Sarbendu Dutta called meeting no. 1065 to order.

National Anthem led by Rtn. Sanjib Ray.

Minutes of the last meeting confirmed.

Discussions:

- PP, Rtn. Sarbendu Dutta requested Rtn. Gautam Ray to inform the members about the preparations of Independence Day Programme. Rtn. Gautam Ray informed about programme chalked out with the Interact school headmistress and the preparations therein.
- Members discussed about Tree Plantation and in the absence of Rtn. Sanjay Dasgupta, IPP informed the club that Prantikpally-Shatipally Resident's Association has decided to 'go-alone', as their date requirement for Tree Plantation could not be matched. IPP also informed the members about his discussions with D.G. and possibilities of mass plantation in a different location. Rtn. Sanjib Ray also showed interest and promised to give feedback after discussing with local bodies of his locality.
- PP, Rtn. Sarbendu Dutta requested Club Service Director to organize 'Hilsa Utsav'. Members discussed and proposed 26th August as a possible date.

Before handing over the business to the Secretary Rtn. Gautam Ray, PP, Rtn. Sarbendu Dutta conveyed Birthday wishes to Rtn. Gautam Ray. Secretary Rtn. Gautam Ray announced the receipt of bulletins from neighboring clubs, and upcoming District events. Secretary handed back the meeting to PP, Rtn. Sarbendu Dutta. Having no other business, President terminated the meeting.

Members Present: 8 Sunshine Collected : Rs. 160/-

Providing sanitation, artificial limbs in Lagos

Posted on July 20, 2012 by Rotary International

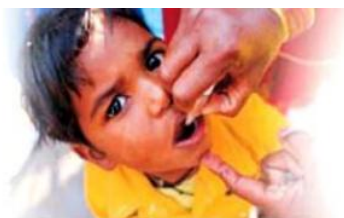


At the Shyllon primary school in Lagos, students lacked proper toilet facilities, using the grounds of the school for their sanitation needs. The smell was often unbearable, and the girls found it embarrassing to use an open toilet. Water is scarce, making the environment very unhealthy and disease-prone.

Learning of this situation, my Rotary club undertook a project to provide 10 toilets and a water tank to provide adequate water during the day.

By Suman Ramesh, president of the Rotary Club of Lagos-Palm Grove Estate, Lagos State, Nigeria

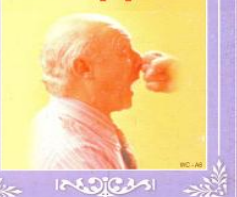
**GLOBAL
POLIO ERADICATION
INITIATIVE**



every last child

Thought of the Day

If you don't know
how to speak
better learn how
to keep quite



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 ?

Cheering India's polio gains



Every day of my life, I'm reminded of the permanent effects of the horrific poliovirus. Stricken with polio at the age of six months in Coimbatore, Tamil Nadu, India, I underwent a series of surgeries and physical rehabilitation after my adoption into a Canadian family, learning to walk on crutches by age four. Polio affected my lungs, and I contracted pneumonia nine times before my 11th birthday.

Great Sayings

When I Asked God for Strength
He Gave Me Difficult Situations to Face

When I Asked God for Brain & Brawn
He Gave Me Puzzles in Life to Solve

When I Asked God for Happiness
He Showed Me Some Unhappy People

When I Asked God for Wealth
He Showed Me How to Work Hard

When I Asked God for Favors
He Showed Me Opportunities to Work Hard

When I Asked God for Peace
He Showed Me How to Help Others

God Gave Me Nothing I Wanted
He Gave Me Everything I Needed
- Swami Vivekananda

What is Bucket Seat?

