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DECEMBER IS



DISEASE PREVENTION AND TREATMENT MONTH

"Treatment without prevention is simply unsustainable."

Bill Gates



www.rotary.org



"By recognizing that infectious disease is not some faraway exotic issue but a global problem, and by sharing the responsibility for its prevention, diagnosis, and control, the whole world will be a lot safer." - Seth Berkley

This year let us join our hands together to carry our gratitude into action, and spread awareness to change the world, particularly with regard to public healthcare and disease prevention. In our Rotarian district, we are privileged to have access to immunizations and healthcare resources, and extremely lucky to reap its benefits. Now, with the fourth wave of COVID-19 speculated to be just round the corner, it is our foremost duty as Rotarians to take part in disease prevention in other less-fortunate communities and beyond.

Wishing all my dear Rotarian friends, here and everywhere, a bright, prosperous, and of course, a disease-free New Year 2023!

-Souvik

**MINUTES OF THE 2091st MEETING OF RC CALCUTTA
JADAVPUR HELD AT CALCUTTA ROWING
CLUB ON WEDNESDAY, 7th DECEMBER 2022 AT 7:00
PM**

President Rtn. Pausali Paul called the 2091st meeting of RC Calcutta Jadavpur (RCCJ) to order. The meeting was held at Macklyn Lounge, Calcutta Rowing Club, Kolkata.

On the request of the President, Dev Sahoo, the young guest led the singing of the National Anthem.

President Pausali welcomed young cancer survivor Dev Sahoo and his mother, Professor Gyananjan Nag, Sri Sandipan Mahapatra and Smt. Balaka Hati from Anweshan, an NGO located at Garia. She then requested Rtn Partha Sarkar to introduce Dev Sahoo to the members. Rtn Partha Sarkar introduced Dev as a talented boy of around 10 years who got cancer in the eyes in a very early age. He informed that he was cured as of then but his vision in the left eye was diminishing and his eyesight was almost nil. He had tremendous passion for drawing and wanted to pursue with Drawing in Nehru Children's Museum for a three year certificate program. The first instalment of Rs 2000 for first six months was handed over by President to the mother of Dev. Rest of the members assured for the donations of the next instalments.

Presidents then briefed about the projects done in last fortnight

- 1) that Rtn. Dr. Aditi nag Chaudhuri, Rtn Dr. Kunal Ray, Dr. Jharna Ray, Rtn Manab Paul and President herself went to Panthanibas on 26th November where students of Pathshala performed in the Bijoya Diwali Meet at Panthanibas where they were hugely applauded by the residents and eminent dignitaries present. Mr. Arijit Ghosh, one of the residents of Panthanibas was kind enough to donate two desktop computers along with one printer for the use of the children.
- 2) that on 27th November, blankets were distributed among the grade 4 staff of Panthanibas.
- 3) That On 4th December, a medical camp was organised at Loreto Rainbow Home where the general Health Check up along with Nutritional guidance were provided to nearly 90 orphans who reside there. Dr. Dipannita Nag, Sr. Soham Kar and nutritionist Koyel Pal Chowdhury were kind enough to render their valuable service to this mission.

President then informed that the proposed upcoming Cervical cancer project stood cancelled due to some problem at RCC Canning. It was decided that President of RCC Canning would have to meet the board and talk about the problems and discuss about the probable solutions.

President then informed about the CSR project on installation four tubewell in four different villages of 24 Parganas (S). A committee of members Rtn. Samirendu Dutt, Rtn. Jaydeb Banerjee, Rtn Chandan Das, Rtn. Mainak Sengupta and president herself was proposed by her to steer the projects and it was approved by the house. It was decided that more members would be incorporated as and when necessary.

An update on upcoming drama was given by president that the rehearsals were going on in full swing

President then was happy to announce that

- 1) IPP Rtn. Dr. Kunal Ray and Rtn. Dr. Jharna Ray donated Rs. 10000 to the Trust on the occasion of their anniversary.
- 2) Dr. Subrata Chakraborty donated Rs.4000 to the Trust.

President then requested IPP, Dr. Kunal Ray to introduce the guests from Anweshan. Secretary of the organization then delivered a talk about the work of Anweshan done to cultivate the scientific aura of the backward children of the society. Secretary, Shri Sandipan Mahapatra requested members to come forward and help Anweshan doing their job. It was decided in the house that the literacy team would visit Anweshan soon and cultivate the possibilities of collaboration.

With the consent of the house President declared the Chair of upcoming Pediatric Cancer Fundraising Program would be IPP Dr. Kunal Ray.

In the club business, Secretary, Dr. Mainak Sengupta along with members wished Rotarian Gautam Chakravarty and his partner, Debi Di for their upcoming anniversary on 12th December.

Minutes of 2090th RCM were confirmed by the house.

Meeting ended with vote of thanks to the members.

Ideas, Feedback & Suggestions



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HAPPY BIRTHDAY WISHES!!

Rtn. Nabagopal Bhattacharya

-26th December

A friend like you is a treasure
for life. *Wishing You* another
year of joy and Friendship.

Happy Birthday.



Photo courtesy: The FB Page of Rtn. Shakhi Banerjee

ভালোবাসা অবিনশ্বর



Rtn. Shakhi Banerjee

Member, RCCJ

দুটি হাতের ছোঁয়ায়
যে ভালোবাসার বন্ধন ছিল
সেই ছোঁয়ায় আত্মা হল
অবিনশ্বর।

চোখ ছুঁয়েছিল মন কে আর
মন ছুঁয়েছিল আত্মা।
সেই চোখ, মন ও আত্মার মিলনে
সৃষ্ট এক কলুষ হীন ভালোবাসা।
তার প্রলেপে ছিল শান্তি।
আর তার উষ্ণতায় ছিল দহন।

সে আগুনে দগ্ধ হয়ে তুমি খাঁটি
সোনা হয়ে ওঠো।
আশাহীন, অপ্ৰাপ্তির তপস্যায়
শুদ্ধ হয়ে
সেই চোখে চোখ রেখে
চলে যেয়ো নির্বাণের পথে।

যদি না ডুবে যাও বিস্মরণের মাঝে,
তবে সেই ভালোবাসার হাতে হাত
রাখতে
আবার জন্ম নিয়ে পৃথিবীর বুকে।

শাখী ০২-১১-২০২২.



Rtn. Dr. Mainak Sengupta
Secretary, RCCJ

Science Club of RCCJ at Udbhas **18th December, 2022**

Today at Udbhas, the third chapter of Science Club was conducted by Rtn. Dr. Chitra Mandal. She exhibited:

- 1) Isolation of DNA from ripe banana.
- 2) Isolation of DNA from mouth
- 3) Water walking, an experiment based on capillary action

The experiments, which otherwise need sophisticated instruments and expensive chemicals were done easily with some innovations in front of the underprivileged students of Udbhas, involving them in the activities. Two teachers from Udbhas were present and appreciated the projects and they plan to adopt those for their upcoming Science Exhibition to be held on 22nd & 23rd Jan, 2023.

Rtn. Chitra Mandal also talked about this year's Nobel Prize winner in Physiology - Svante Pääbo. Chitradi's friend Rekhadi from USA was with the team and she showed the children some critical structures of macromolecules.

Apart from Chitradi, Rtn. Pausali Paul, Rtn. Aditi Nag Chaudhuri and Rtn. Partha Sarkar were present in today's project.

Some glimpses of the Program



Some glimpses of the Program





Rtn. Dr. Mainak Sengupta
Secretary, RCCJ

Cervical Cancer Awareness and Screening Program at Fatehpur Gram Panchayet, Haringhata Block

18th December, 2022

On 18th December, a Cervical Cancer Awareness and Screening Camp was held at Fatehpur Gram Panchayet, Haringhata Block as part of an ongoing project of RCCJ, K.K. Chatterjee Memorial Association and NASI. Speaker Dr. Ranti Ghosh, Consultant, Medical Oncology Dept. CNCI explained the disease process, importance of periodic screening, Vaccine for prevention of Cervical Cancer in easy vernacular language to the gathering of local women. Almost 30 women including Asha workers were present. The Awareness talk was followed by Screening Camp by team of health workers from CNCI. Rtn. Paromita Das Dutta spearheaded the initiative.

Some glimpses of the Program



Some glimpses of the Program



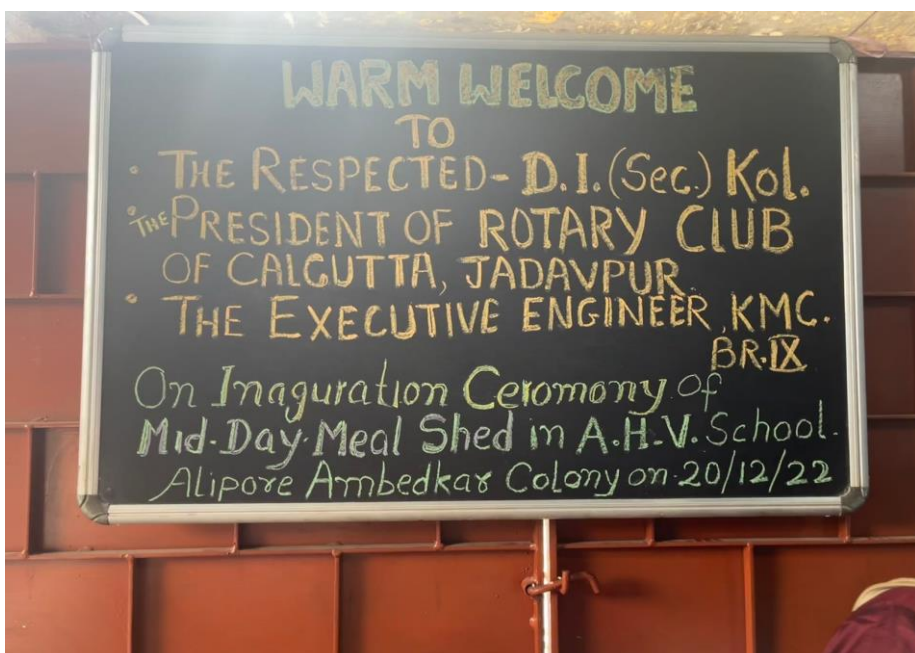
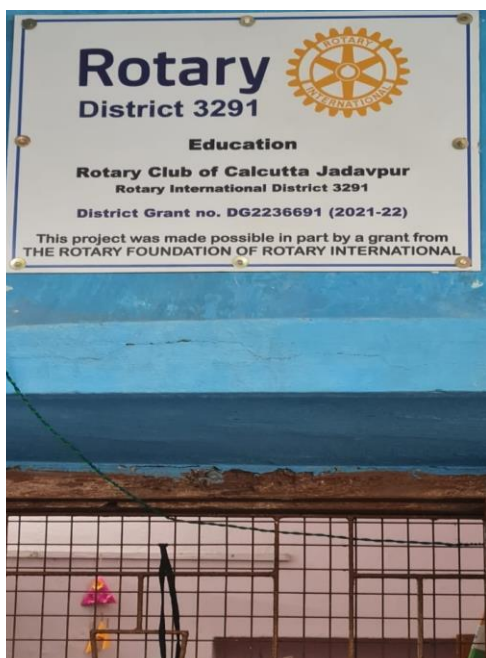


Rtn. Dr. Mainak Sengupta
Secretary, RCCJ

Mid-day Meal facility construction at Adarsha Hindi School **19th December, 2022**

On 19th Dec, the Mid-day Meal facility construction at Adarsha Hindi School was inaugurated by IPDG Prabir Chatterjee in presence of President Pausali Paul, IPP Dr. Kunal Ray, Dr. Aditi Nag Chaudhuri, Jaydeb Banerjee, Dr. Jharna Ray, Secretary of the school, Headmasters of both Primary and Secondary section, teachers and students. It will be quite helpful for the students to have a covered space to have their food which can also be used as an area for indoor games. The work was done as a part of Dil Se, District project 3291.

Some glimpses of the Program



Some glimpses of the Program



RI NEWS CORNER!!

Connection is a Cure!

Dave King

Exacerbated by COVID-19 pandemic seclusion, loneliness has become a global public health crisis. In the U.S., even before the pandemic, a quarter of Americans aged 65 and older described themselves as socially isolated, including 4 percent, or 1.3 million people, experiencing severe social isolation, according to a 2011 study. And loneliness doesn't just affect older people. In Britain, 5 percent of adults, or 2.6 million people, said in a government survey that they felt lonely "often" or "always" during a month in the pandemic's early days in 2020. About 14 percent felt that their well-being had been affected by feeling lonely in the past week; that's about 7.4 million people across Britain whom the Office for National Statistics refers to as "the lockdown lonely."

Such is the concern in the UK that in 2018 the government appointed a minister for loneliness as part of a "Tackling Loneliness" strategy that has invested more than 50 million pounds (about \$59 million) to work with a range of charitable partners. Studies in Europe and the U.S. link chronic loneliness to poor physical health and an increased risk of dementia, coronary heart disease, and stroke. Researchers have likened loneliness to high blood pressure or smoking 15 cigarettes daily as a risk factor for premature death. A well-known Harvard University study that tracked 724 people over their entire adult lives clearly determined social relationships as the best predictor of a person's long-term physical and emotional well-being. The connection between poor physical health and loneliness is so evident that doctors in the UK, Australia, Canada, Korea, the Netherlands, and elsewhere have adopted "social prescribing" by routinely screening their patients for loneliness and directing them to activities within their communities. In one pilot project, health care providers managed to decrease patients' sense of loneliness by 49 percent.

In leading studies, several groups stand out as reporting more loneliness than others. They include those between the ages of 16 and 24 and those over 75 years old, according to the BBC Loneliness Experiment survey, as well as single and widowed people. Women are often found to report significantly more loneliness than men, though some researchers caution that the gender difference might be due to men being more reluctant to report undesirable feelings such as loneliness. Additional risk factors for loneliness include mental illness and poor physical health.

In June 2022, at the start of Loneliness Awareness Week, the UK government published further research that demonstrated how mental health distress can play a significant role in the onset and continuation of chronic loneliness. The report also suggests a solution: targeted early intervention. "People experiencing chronic loneliness were shown in our study to be nearly four times more likely than people without chronic loneliness to be in mental distress," explains Sokratis Dinos, co-director of health and social care at the London-based National Centre for Social Research. "Poor mental health can lead to difficulties connecting with others, social withdrawal, and loneliness, while loneliness can equally contribute to poor mental health. Our research highlights the benefit of targeted support for people at different life stages and community-based activities for people with shared interests to improve outcomes."

Source: <https://www.rotary.org/en/connection-cure>