

Vol 54 No 26

JANUARY VOCATIONAL SERVICE

MONTH Date 20 Jan'24

•**Seasonal influenza (the flu)** is an acute respiratory infection caused by influenza viruses. It is common in all parts of the world. Most people recover without treatment. Influenza spreads easily between people when they cough or sneeze. Vaccination is the best way to prevent the disease.

Symptoms of influenza include acute onset of fever, cough, sore throat, body aches and fatigue. Treatment should aim to relieve symptoms. People with the flu should rest and drink plenty of liquids. Most people will recover on their own within a week. Medical care may be needed in severe cases and for people with risk factors. Signs and symptoms Symptoms of influenza usually begin around 2 days after being infected by someone who has the virus. Symptoms include: sudden onset of fever cough (usually dry) headache muscle and joint pain severe malaise (feeling unwell) sore throat runny nose. The cough can be severe and can last 2 weeks or more. Most people recover from fever and other symptoms within a week without requiring medical attention. However, influenza can cause severe illness or death, especially in people at high risk. Influenza can worsen symptoms of other chronic diseases. In severe cases influenza can lead to pneumonia and sepsis. People with other medical issues or who have severe symptoms should seek medical care. Hospitalization and death due to influenza occur mainly among high-risk groups. In industrialized countries most deaths associated with influenza occur among people aged 65 years or older (1). The effects of seasonal influenza epidemics in developing countries are not fully known, but research estimates that 99% of deaths in children under 5 years of age with influenza related lower respiratory tract infections are in developing countries (2). There are around a billion cases of seasonal influenza annually, including 3–5 million cases of severe illness. It causes 290 000 to 650 000 respiratory deaths annually. Symptoms begin 1–4 days after infection and usually last around a week

Epidemiology : All age groups can be affected but there are groups that are more at risk than others. People at greater risk of severe disease or complications when infected are pregnant women, children under 5 years of age, older people, individuals with chronic medical conditions (such as chronic cardiac, pulmonary, renal, metabolic, neuro developmental, liver or hematologic diseases) and individuals with immuno suppressive conditions/ treatments (such as HIV, receiving chemotherapy or steroids, or malignancy).

Diagnosis : Most cases of human influenza are clinically diagnosed. However, during periods of low influenza activity or outside of epidemics situations, the infection of other respiratory viruses (e.g. SARS-CoV-2, rhinovirus, respiratory syncytial virus, para influenza and adenovirus) can also present as influenza-like illness (ILI), which makes the clinical differentiation of influenza from other pathogens difficult. Laboratory confirmation is commonly performed using direct antigen detection, virus isolation, or detection of influenza-specific RNA by RT-PCR

Treatment: Most people will recover from influenza on their own. People with severe symptoms or other medical conditions should seek medical care.

People with mild symptoms should: stay home to avoid infecting other people *rest *drink plenty of fluid * treat other symptoms such as fever *seek medical care if symptoms get worse.

People at high risk or with severe symptoms should be treated with antiviral medications as soon as possible

Prevention: Vaccination is the best way to prevent influenza. Safe and effective vaccines have been used for more than 60 years. Immunity from vaccination goes away over time so annual vaccination is recommended to protect against influenza. The vaccine may be less effective in older people, but it will make the illness less severe and reduces the chance of complications and death. Annual vaccination is recommended for: pregnant women * Children between 6 month to 5 years * people over 65 * people with chronic medical conditions * health workers.

Upcoming District Programs

1) RLI GOA 24 on 19-21 Jan'24

2) **#Drive Hridaya #Season 5 #Fund** raising event to support underprivileged childrens heart treatment **#lead** project by Rotary Club of Calcutta Old City **#21st** January 2024 **#venue** The Spring Club **#please** support this noble cause and do the registration on following link

3. Annual Fundraising Concert for Life beyond Cancer on 23 Feb'24 at Rabindra sadan.



4. Multi district RYLA" NAVOTSAV" organized by Rotary Club of Asansol Greater RID 3240 with Rotary Club of Mithila RID 3250 in association with Rotaract Council, RID 3240 at Joychondi Hills Resort, Purulia from 2nd to 4th Feb'24. 3 days at a Resort with food, lodging and event activities @ Rs 1800/ only. Participants from RID 3291, 3240 & 3250 can attend. Confirm your participation / sponsor a candidate.

Upcoming Club Programs

1. Sit & Draw Competition
2. Distribution of Sanitary Napkins to two Girls School
3. Next Board Meeting will be on 18 Feb'24, Sunday at residence of PP Rtn Dr. SK Ghosh.

Happy Wedding Anniversary

Rtn. Ranjit Shaw &
Ann. Mrs. Sony Shaw : 21 Jan
Rtn. Syamal Kanti De &
Ann. Mrs. Santa De : 22 Jan



6-30pm AT ROTARY CLINIC BUILDING, BASANTBIHAR, BELGHORIA, KOLKATA-56

1. President Rtn. Dr. Amal Kr Khan took the chair and called the 2682nd RWM to order and requested Rtn Rohit Goel to lead the National Anthem.
2. President conveyed Birthday wishes for Ann. Mrs Rajni Goel (14 Jan). He also conveyed anniversary wishes for PP Rtn. Dr. S.K.Ghosh and Dr. Mrs. Mita Ghosh (18 Jan).
3. Being requested by President, Secretary Rtn. Amit Kumar Bhattacharya conducted the club business and got the minutes of last RWM confirmed, proposed by PP Rtn. Sanjit Mukherjee and seconded by PP Rtn. Ajoy Kumar Sarkar.
4. Being requested by President, PP Rtn. Sanjit Mukherjee spoke on our annual Picnic held on 31st Dec'23 at Deoulti Nirala Resort. In a picturesque location with full of fun frolic and good food 48 participant enjoyed the picnic thoroughly.
5. President thanked Rtn. Samit Roy and PP Rtn. Samir Kumar Ghosh for arranging Adamas School Bus for our transportation.
6. IPP Rtn. Biplab Sengupta reported about District Conference UTKARSHA held on 6&7 Jan'24 at Taj Tal Kutir. There were many motivational speaker and celebrities like Siv Khera, Miss Rituparna Sen, Miss Sweta Sardha , Capt Yogendra Singh Yadav PVC was part of the excellent conference. On 5th Jan'24 was election of DGND 2026-27 at same venue. Rtn. Tapas Bhattacharya of RC Dummum elected DGND 2026-27 with thumping majority.
7. President reported about Pediatric Health Check-up and Deworming camp organized on 8 Jan'24 at Uday Villa Junior Basic School, B.T.Road.. PP Rtn. Dr. J.B.Ganguly along with Club Secretary organised the whole show. 37 Students were given deworming medicine, other medications and snacks. Members raised a point of not informing anybody even in Club's WA group platform beforehand about such program; so they missed the program.
8. Next Board meeting will be held on 18 Feb'24, Sunday at residence of PP Rtn. Dr. S.K.Ghosh.
9. President informed about up-coming District Programs
 a) RLI GOA 24- on 19-21 Jan'24 at Goa b) DRIVE HRIDAYA 5th Season. a car rally for Fund Raising for Heart Surgery for underprivileged children will start on 21 Jan'24 from The Spring Club.
10. SIT & DRAW competition for school children in collaboration with INTERACT members will be held in this month of January'24 at Deshopriya Vidyaniketan. Date will be finalised soon.
11. As there were no other points to discuss, President terminated the meeting after attendance, Clinic report and International toasting.

INTERNATIONAL TOASTING	ATTENDENCE	CLINIC REPORT
PP Rtn. Dr. S.K.Ghosh on behalf of President, Secretary and members of RC Kamarhati offered toast of Goodwill and friendship to members of RC URUAPAN, MICH,, MEXICO, RID 4160, Zone 21.	Rotarians : 13	Gen. Medicine : 15 (11+4) EYE : 06 Blood Sugar : 10 Hemoglobin : 10

Rtn .Dr. Amal Kumar Khan
President 2023-24

****Those members yet to pay their Dues please pay immediately without further delay. Others please ignore.**

Rtn. Amit Kr Bhattacharya
Secretary 2023-24