

Vol 54 No 12

SEPTEMBER LITERACY MONTH

Date 23 SEPT 23

Up Coming District Program

President Elect Rtn. Sayan Mukherjee, Rtn. Prasun Krishna Dutta and Rtn Dr PK Pandit already registered for the program "BHUMICA"-

Meet & Greet program of 2024-25 .

Anyone else got any District appointment for the next Rotary Year , please inform.



District appointment for next year

1. PP Rtn. Dr. Pranab Kumar Pandit- Additional District Secretary Projects (Medical)
2. PP Rtn. Prasun Krishna Dutta - Zonal Secretary.

Today's Club Programs

1. Certification of Vocational trained students on 23 Sep'23 during RWM . Following 12 students successfully completed Ms. Office , Financial

Accounting, Taxation with GST training

COURSE DURATION :

MAY 2023 TO AUGUST 2023

- | | |
|--------------------|------------------|
| 1) SUBRODEEP DEY | 2) ALOK SAHA |
| 3) AJAY KUMAR DHAR | 4) ISMITA SEN |
| 5) SAYAN BASAK | 6) AYAN SAHA |
| 7) SURAJ NAG | 8) KUSAN SAHA |
| 9) NILANJAN GHOSH | 10) DEBAYAN SAHA |
| 11) PRADIP PODDER | 12) OSHMITA DAS |

Sample Certificate

Upcoming Club Programs

1. Awareness program on Dengue on 24.9.23 Sep'23 along with students of INTERACT members
2. Distribution of New clothing to the differently able persons of PRAPTI before Puja.

Lifestyle disease Lifestyle diseases can be defined as diseases linked with one's lifestyle. These diseases are non-communicable diseases. They are caused by lack of physical activity, unhealthy eating, alcohol, substance use disorders and smoking tobacco, which can lead to heart disease, stroke, obesity, type II diabetes and lung cancer. The diseases that appear to increase in frequency as countries become more industrialized and people live longer include Alzheimer's disease, arthritis, atherosclerosis, asthma, cancer, chronic liver disease or cirrhosis, chronic obstructive pulmonary disease, colitis, irritable bowel syndrome, type 2 diabetes, heart disease, hypertension, metabolic syndrome, chronic kidney failure, osteoporosis, PCOD, stroke, depression, obesity and vascular dementia. Lifestyle disease may soon have an impact on the workforce and the cost of health care. Treating these non-communicable diseases can be expensive. It can be critical for the patients health to receive primary prevention and identify early symptoms of these non-communicable diseases. These lifestyle diseases are expected to increase throughout the years if people do not improve their lifestyle choices.



PP Rtn. Pradip Chaudhary who is undergoing treatment at ZENITH Hospital. This time for low hemoglobin and yet to heal wounds of drainage

HAPPY BIRTHDAY

Rtn. Rohit Goel : 24 Sept



MINUTES OF 2670th RWM OF ROTARY CLUB KAMARHATI HELD ON 16th SEPTEMBER 2023, SATURDAY AT 6-30pm AT ROTARY CLINIC BUILDING, BASANTBIHAR, BELGHORIA, KOLKATA-56

1. In absence of President, PP Rtn Pradip Mukherjee took the chair and called the 2670th RWM to order and requested Rtn. Sebabrata Saha to lead the National Anthem.
2. Acting President informed about upcoming club programs to be held in coming days.
 - a) Certification program of vocational trained (IT return & GST) students from Aptech computer center sponsored by our Club on 23 Sept'23 during RWM.
 - b) Awareness program on Dengue with INTERACT members on 24 Sept'23, Sunday.
 - d) New Clothing (Sarees & T Shirt) for differently able persons of PRAPTI during Pooja
3. President congratulated PP Rtn. Prasun Krishna Dutta for being appointed as Zonal Secretary in District in next Rotary Year.
He also congratulated PP Rtn. Dr. PK Pandit for being appointed as Additional District Secretary, Projects (Medical)
4. Being requested by president, Secretary Rtn. Amit Kr Bhattacharya conducted the club business, read out the minutes of last RWM and it was confirmed proposed by PP Rtn. Sanjit Mukherjee and seconded by PP Rtn Govind Singhal.
5. President draw attention on the article on Dengue published on front page of Clarion and requested PP Rtn. Dr. PK Pandit to speak on Dengue.
6. PP Rtn. Dr. PK Pandit narrated briefly about Dengue Viral fever, how it caused, how this is spread, its causative organism, it's vector (female Aides aegypti mosquito). Signs & Symptoms , Diagnostic criteria, warning signs of severe Dengue like hemorrhagic dengue, dengue shock syndrome and treatment protocol. He also narrated briefly about preventive aspects and awareness of people how to stop spread of dengue by environmental sanitation and control of mosquito beading.
7. 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. PK Pandit on behalf of President, Secretary and members of RC Kamarhati offered toast of Goodwill and friendship to members of RC ANGELESS CENTRO, PAMPANGA, PHILIPINES, RID 3790, ZONE 2	Rotarians : 14	Gen. Medicine : 26 EYE : 05 Blood Sugar : 18 Uric Acid : 18

PP Rtn. Pradip Mukherjee
.Acting President

Rtn. Amit Kr Bhattacharya
Secretary 2023-24