



GOLMURI WHEEL

Fortnightly Bulletin

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January 8, 2024

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Editorial Team :

PP Rtn Dr Anup Gupta
Rtn Loveleen Mishra
Rtn R Santosshi

Minutes of Meeting dated January 8, 2025

Date : January 8, 2025 (7:00 PM to 8:00 PM)

Venue: Linde Pavillion, Golmuri Club

Presided by: President Rtn. Subhrajit Basu

1. The meeting was called to order by President Rtn. Subhrajit Basu.
2. Minutes of meeting held on December 18, 2024 were passed.
3. Birthday greetings were conveyed to
 - Rtn J. D. Singh (3rd Jan)
 - Rtn Dr S. S. Razi (3rd Jan)
 - Rtn Chanchal Kumar (11th Jan)
 - Rty Spouse A. S. Dutt (3rd Jan)
 - Rty Let Shubhaangi Basu (6th Jan)
 - Rty Let Taniya Chauhan (11th Jan)
 - Rty Let Vishakha Tulsyan (11th Jan)
4. Wedding Anniversary greetings were conveyed to
 - Not Applicable
5. Secretary's Announcements made by Rtn. Punit Kauntia
 - The Annual Picnic along with the 6th Board Meeting of the year will be hosted by Rty Spouse Ritika and Rtn Punit Kauntia on 25th January at their farmhouse.
 - Saraswati Puja will be celebrated on 3rd February (Monday). Dr. Bani Deb and PP Rtn Dr Tamal Deb have invited members to join us for lunch with the students of SDDS at 1 PM. This is a highly anticipated event for the students.
 - The District TB Seminar has been rescheduled to 23rd February to accommodate the DG's availability.
 - The Galudih Annual Medical Camp has been scheduled for 16th February.
 - Mjunction's Support: Confirmation of Rs. 2 lacs has been received for the Saheli Center entrepreneurship initiative focusing on tailoring. Rtn Prantik Sarkar was appreciated for his effort.
 - The next regular meeting is scheduled for 15th January 2025. Agenda will be shared in due course.
 - Members were requested to clear their semi-annual club dues.

Minutes of Meeting (contd.)


6. District TB Seminar Update: PP Rtn Dr Tamal Deb updated the progress on the District TB Seminar, which will be held on 23 February 2025, either at Beldih Club or Alcor. He informed that the said seminar will be unique and interesting and requested for all members' support.
7. Rtn Nidhi Basu introduced our guest speaker, Dr Sujata Mitra, Advisor MTMH, Ex-Director MTMH & Ex-HOD (Nuclear Medicine) TMH. Topic: Cancer Awareness and Screening
8. Dr Sujata Mitra delivered an informative and impactful awareness session on Cancer. She provided valuable insights on cancer prevention through regular screening and early treatment interventions. Her presentation was followed by an engaging Q&A session, where she addressed various questions from members and their spouses.
9. Rtn Dr Shalabh Rastogi delivered a hearty vote of thanks.
10. PP Rtn P. M. Dutta presented a token of appreciation to the guest speaker, Dr Sujata Mitra.
11. SAA report was presented by Rtn. Indira Dhar: Total members - 38 || Members present- 17 || >> Attendance 45% || Spouses present - 6 || Club Guest – 1.
12. National Anthem was sung by all.
13. Meeting was adjourned for fellowship.

Meeting Glimpses



Speaker Session Highlights

MTMH



Cancer Awareness and Screening

Dr Sujata Mitra
Advisor to Chairman
Meherbai Tata Memorial Hospital (MTMH)

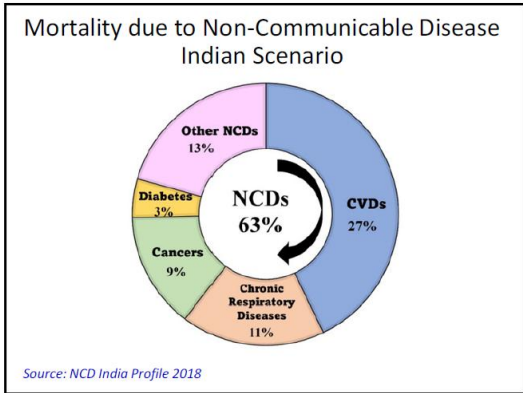
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MTMH

Flow of Presentation

- Common Cancers in India: Facts and Figures
- Screening and Early Diagnosis
- Facilities available at Jamshedpur

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New Cancer Patients: MTMH figures

Type of Cancer	19-20	20-21	21-22	22-23	23-24
Breast Cancer	263	355	388	428	426
Cervical Cancer	188	167	158	201	183
Head & Neck Cancer	290	324	316	276	316
Lung Cancer	144	145	179	154	156
Blood Cancer	69	136	126	137	98

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What is Disease Screening ?

- A test to done on a person without any symptoms to determine the **likelihood** of disease
- It helps to identify disease at an early stage where treatment is more effective. In cancer, it helps to improve disease outcome.
- Not a diagnostic modality

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Common Cancer Screening Tests

- 1. Clinical History and Examination:** A doctor takes a family history and asks for symptoms that may be missed. Examines for lumps, bruises, ulcers that have been missed.
- 2. Laboratory tests:** Certain urine, stool or blood tests or body tissues are used for screening.
- 3. Imaging tests:** These tests obtain images of areas inside of your body. A mammogram is an example of an imaging test that screens for cancer.
- 4. Genetic tests:** if there is family history of one of the hereditary cancers, these may be used.

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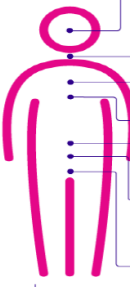
Speaker Session Highlights

Cancer Screening Tests in Practice MTMH

- Clinical examination.
- Urine and Stool examination, Tumour markers like PSA, Ca-125.
- PAP smear.
- Mammography
- Low dose CT Thorax
- Genetic test like BRCA 1 & 2 in Breast cancer

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Key Signs and Symptoms of Cancer MTMH



- Very heavy night sweats
- Fatigue
- Unexplained bleeding or bruising
- Unexplained pain or ache
- Unexplained weight loss
- An unusual lump or swelling anywhere on your body
- A new mole or changes to a mole
- Skin changes or a sore that won't heal
- Croaky voice, hoarseness or a cough that won't go away
- Mouth or tongue ulcer that lasts longer than 3 weeks
- Coughing up blood
- Difficulty swallowing
- Breathlessness
- Persistent heartburn or indigestion
- Unusual changes to the size, shape, or feel of a breast, or chest, including nipple or skin changes
- Persistent bloating
- Appetite loss
- A change in bowel habit, such as constipation, looser poo or pooing more often
- Blood in your poo
- Unexpected vaginal bleeding, including after sex, between periods or after the menopause
- Blood in your pee
- Problems peeing

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NHM Recommended Cancer Screening in India

Type of Cancer	Age of beneficiary	Screening Method	Frequency of Screening
Oral	30-65 years	-Mouth Cavity Examination -Biopsy	Once in 5 years
Cervical	30-65 years	-VIA Screening -PAP smear -Biopsy -Colposcopy	Once in 5 years
Breast	30-65 years	-Clinical Breast Examination -Mammography -Biopsy	Once in 5 years

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Breast Cancer Screening

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Breast Cancer: Risk Factors

Relative Risk < 2	Relative Risk 2-4	Relative Risk > 4
Early menarche, late menopause	One first degree relative with breast cancer	Mutation BRCA1 or BRCA2
Nulliparity	CHEK2 mutation	Atypical hyperplasia
Oestrogen & Progesterone	Age > 35 years for first birth	Radiation exposure before age 30
HRT	Proliferative breast disease	
Alcohol use	Dense breasts	
Post menopausal obesity		

Familial breast cancer happens due to mutations of BRCA 1 and 2 genes, which are found in approximately 10-15% of breast cancer cases in Indians females

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Breast Cancer Screening Modalities MTMH


- Clinical breast examination (CBE)
- Mammography
- MRI

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Speaker Session Highlights

Screening for Breast Cancer

- Breast cancer can be diagnosed early via screening mammography.
- A screening mammogram typically involves 2 x-ray images of each breast
- The overall sensitivity of screening mammography is ~ 75%, specificity ~90%.
- Advantages: low cost technique, performed by non- medical trained staff



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ACS Breast Cancer Screening Guidelines

- Annual screening mammography should start at 40- 45 years for **average risk** women and should be continued if overall health is good and life expectancy is of 10 years
- High-risk women** (e.g. BRCA 1 or 2 mutation, strong family history, h/o prior chest wall radiation, LCIS): Annual screening mammography should be started at 25-30 years.
- 'Breast Self-Examination' (BSE) is not recommended by ACS for routine screening of breast cancer. There is no survival benefit, increased rate of unnecessary biopsies and anxiety
- However, WHO recommends that every women should have '**Breast awareness**'.

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Cervical Cancer Prevention and Screening

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Prevention of Cervical Cancer FOGSI guideline for HPV Vaccine

MTMH

Preferred target age group	9 - 14 years
Number of doses for girls aged < 15 years, not immunocompromised or HIV infected	2 doses
Number of doses for girls aged ≥ 15 years or immunocompromised and/or HIV infected girls	3 doses

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Prevention of Cervical Cancer FOGSI guideline for HPV Vaccine

MTMH

Interval	Two doses: 0 & 6 months (second dose may be given at 5-15 months) Three doses: 0, 1, 6 months (Bivalent) 0, 2, 6 months (Quadrivalent)
Catch-up vaccination (15-29 years)	<ul style="list-style-type: none"> 3 doses Girls/ women who have been sexually active should be counselled regarding reduced efficacy and importance of screening from the age of 25-30 years (Not to be considered in public programs unless resources are available after vaccinating and screening the respective target age groups)
Older age groups (> 26 years)	<ul style="list-style-type: none"> 3 doses Women aged > 26 years who have been sexually active should be counselled regarding reduced efficacy in older age group and the importance of screening

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Screening for Cervical Cancer

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Target Age Group (years)	25 - 65
Age to start (years)	Cytology at 25 Primary HPV Testing / Co-testing at 30
Frequency	Primary HPV Testing or Co-testing – every 5 years Cytology – every 3 years

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Speaker Session Highlights

Screening for other Cancers

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Screening Guidelines for Prostate Cancer

- Recommended to start at age 50 years and beyond.
- PSA blood test and the digital rectal examination.

**Information should be provided to men regarding the benefits and limitations of testing so that an informed decision concerning testing can be made with the clinician's assistance.*

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Screening for Colorectal Cancer

For persons with average risk of colorectal cancer, regular screening should start at 45 years.

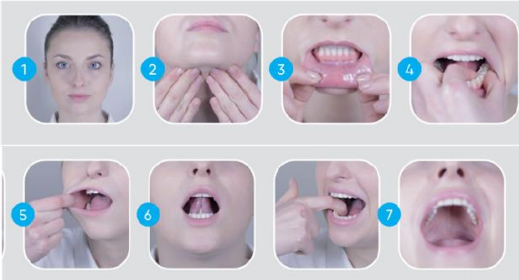
This can be done with a stool-based test (FOBT, FIT, FIT-DNA) or with direct examination like colonoscopy.

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Screening for Oral Cancer

Physical examination of mouth



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Screening for Lung Cancer

American Cancer Society Guidelines

Yearly screening by low dose CT scan for people aged 50 to 80 years old who smoke or formerly smoked and have a 20-year or greater pack-year history.

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MTMH Expansion : Enhanced Services

- PET-CT: Early diagnosis and disease recurrence (*it is not a screening tool*)
- LINAC: State of Art radiation therapy, enhanced capability
- Infrastructure: Day care chemotherapy, increased bed availability
- Palliative care unit
- *Cancer Screening Packages*

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Speaker Session Highlights

Cancer Screening Packages at MTMH MTMH


1. Six different types, depending on age and gender.
2. Covers breast and cervical cancer, prostate cancer, colorectal cancer, lung cancer and leukaemia
3. Prior appointment may be taken (contact Mr Amitav Chatterjee, 9934118984).
4. Person undergoes a physician's check up, who recommends a suitable screening package.
5. All blood tests and imaging done on same day, report available in the evening.
6. The physician checks all reports the same evening and counsels accordingly.

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Thank You

Any Questions?

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 THE MAGIC OF ROTARY

 Rotary Club of Jamshedpur East

Guest Speaker



Dr Sujata Mitra
Advisor to Chairman MTMH, Ex-Director
MTMH & Ex-HoD (Nuclear Medicine) TMH

Topic
Cancer Awareness and Screening 

January 8, 2025 | at 7:00 PM
Linde Pavilion, Golmuri Club

Glimpses of District Conference



Glimpses of District Conference. Attended by Dr Bani Deb, PP Rtn Dr Tamal Deb, Rtn. Maneesh Jain and Rtn. Vandana Jain. Rtn. Vandana was the aide to OTT star Prashansa Sharma and Rtn. Maneesh was the aide to Dr Narendra Bhandari , the person who headed the Chandrayaan Mission and was also the aide to Suren Poruri.

RI Presidential Message - January 2025

**Stephanie A. Urchick**
President 2024-25

I always walk into meetings at my home club of McMurray, Pennsylvania, with a smile on my face.

A few years ago, someone arrived late. Instead of scolding the person, we cheered. Since then, we've made it a tradition to applaud all members when they arrive for meetings. It's tough not to smile with a greeting like that.

There's nothing more powerful for engaging and retaining members than a club that's vibrant, welcoming, and — yes — fun.

Think back to what drew you to Rotary. Chances are, it wasn't just the service projects or professional networking. It was the people — the friendships, the shared laughter, and the joy of working toward a common purpose. That's what keeps us coming back.

If you're looking for that sense of joy in your meetings, don't be afraid to ask yourself and your fellow members some tough questions. If you were a prospective member, would you join your current club? It's a powerful question but don't stop there.

Do members of your club feel that they belong? Are your meetings fun? If not, what can you do about it together?

At your next meeting or event, try something new to bring out a few extra smiles. It's the simple things that create lasting bonds and make clubs simply irresistible.

Here's one example of a club moving in the right direction. The Rotary Club of Fukushima, Japan, has been combining environmental responsibility with community fun since 2021. In Japan, people have made picking up trash into a sport known as SpoGomi, and every year the club hosts a game. This year, more than 400 participants cheered each other on while they came together to improve their community.

This event is an excellent example of how Rotary clubs can have fun, make a difference, and raise awareness for broader global challenges all at the same time. And the inclusive, family-friendly format allows people of all ages to participate.

When we enjoy what we do, that energy becomes contagious. It's what attracts new members and keeps our clubs strong and engaged. It helps people feel that they belong.

Retention and culture go hand in hand. The healthier our club culture, the more likely members are to stay. Rotary magazine is an outstanding resource for inspiration on how to enhance our club culture and deepen member engagement. I encourage you to explore the stories and strategies in these pages, drawing from other clubs' successes to find ideas that work for you.

Together, we can create a more engaged, enjoyable, and inclusive Rotary that every member can feel proud to be part of. Let's continue with renewed commitment and enthusiasm, living The Magic of Rotary.

50 Things Every Rotarian Should Know About Rotary

11 - WOMEN IN ROTARY Until 1989, the Constitution and Bylaws of Rotary International stated that Rotary club membership was for males only. In 1978 the Rotary Club of Duarte, California, invited three women to become members.

The RI board withdrew the charter of that club for violation of the RI Constitution. The club brought suit against RI claiming a violation of a state civil rights law which prevents discrimination of any form in business establishments or public accommodations. The appeals court and the California Supreme Court supported the Duarte position that Rotary could not remove the club's charter merely for inducting women into the club.

The United States Supreme Court upheld the California court indicating that Rotary clubs do have a "business purpose" and are in some ways public-type organizations. This action in 1987 allowed women to become Rotarians in any jurisdiction having similar "public accommodation" statutes. The RI constitutional change was made at the 1989 Council on Legislation, with a vote to eliminate the "male only" provision for all of Rotary.

❖ The “Magic” Corner ❖

DID YOU KNOW?

Some famous Rotarians have included:

- Neil Armstrong first man to walk on the moon, USA.... as well as Edwin “Buzz” Aldrin, the second man to walk on the moon
- Sir Donald Bradman
- Sir William Deane, governor general, Australia
- Pope Francis, when he was Cardinal Jorge Bergoglio
- Sir Edmund Hillary, explorer and mountaineer, New Zealand
- King Farouk of Egypt
- Prince Frederik of Denmark (became Frederik IX King of Denmark in 1947)
- Walt Disney,
- Thomas A. Edison
- Prince Philip, Duke of Edinburgh
- Prince Rainier III of Monaco
- Charles A. Lindbergh
- Douglas MacArthur, army general, USA
- Margaret Thatcher, prime minister, England
- Ted Turner, founder of cable television station CNN
- Orville Wright, aviation pioneer, USA
- Sir Winston Churchill, prime minister, England
- James Cash Penney, founder of JC Penney Co., USA

Lots of US Presidents and president hopefuls who’ve been members of Rotary, including

- George W. Bush, president, USA
- Jimmy Carter, president, USA
- Hillary Rodham Clinton
- Dwight D. Eisenhower, president, USA
- Herbert Hoover, president, USA
- John F. Kennedy, president, USA
- Richard Nixon, president, USA
- Ronald Reagan, president, USA
- Franklin D. Roosevelt, president, USA
- Harry S. Truman, president, USA
- Woodrow Wilson, president, USA

Upcoming Events



**Annual Picnic
& Board Meeting
At Punit's Farmhouse**

Saturday, January 25, 2025 10 AM
Hosted by Ritika and Rtn Punit Kauntia

Rotary  |  THE MAGIC OF ROTARY

**BLOCK
YOUR
SEAT!**

**FEBRUARY
23
SUN**

Registration Fee Rs 1000/- <small>(Includes Breakfast, Lunch and Kit)</small>	Registration at 9:00 AM Breakfast 9:00 – 10:00 AM Meeting starts at 10:00 AM	Eminent SPEAKERS Contextual AGENDA
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HOTEL ALCOR
JAMSHEDPUR

*In the event of over-registration, priority will be given to ensure wider representation from the different clubs to promote diversity.

india
SANS
TB

DISTRICT SEMINAR
R.I. District 3250

Hosted by
ROTARY CLUB OF JAMSHEDPUR EAST

Republic Day Celebrations
At **SDDS**

The unfurling of the National Flag
at 10:00 AM
& Sweets Distribution to Students

Sunday, January 26, 2025
Fellowship hosted by
Rtn. Nidhi Basu



Saraswati Puja, followed by Bhog
at **SDDS**

All Members and Spouses are Welcome

Monday, February 3, 2025 1 PM
Hosted by Dr Bani Deb and PP Rtn Dr Tamal Deb

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Club of Jamshedpur East

Rotary Corner | The Golmuri Club | Jamshedpur 831003 | India