



VIKRAMSHILA CHAKRA

Weekly Club Bulletin of

ROTARY CLUB OF BHAGALPUR

RI DISTRICT 3250

CLUB NO. 16000



INAUGURATED ON
21ST JUNE 1959

CHARTERED ON
31ST JULY, 1959

100% PHF CLUB

RI PRESIDENT

Rtn Stephanie A Urchik

DISTRICT GOVERNOR

Rtn. Bipin Chachan, Major Donor

ASST. GOVERNOR

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PRESIDENT

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We Meet Every Saturday at 8 pm at Hotel Nihar

7.12.2024 (R.Y. 2024-25)

The Four Way Test

Of the things we think, say or do

1. Is it the TRUTH?
2. Is it FAIR to all CONCERNED?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all CONCERNED?

GREETINGS

BIRTHDAY

12th Dec Rtn Rakesh Kumar Saraf

MARRIAGE ANNIVERSARY

10th Dec Rtn Prerna & Rtn Nitesh
Santhalia

11th Dec Rtn Sangeeta & Rtn Anand
Shankar Rajhans

12th Dec Rtn Sunita & Rtn Rakesh
Kumar Saraf

Preventing Chronic Diseases: What You Can Do Now

·Most chronic diseases are caused by a short list of risk factors: tobacco use, poor nutrition, physical inactivity, and excessive alcohol use.

·By avoiding these risks and getting good preventive care, you can improve your chance of staying well, feeling good, and living longer.

Prevention steps and strategies

Quit Smoking

Stopping smoking (or never starting) lowers the risk of serious health problems, such as heart disease, cancer, type 2 diabetes, and lung disease, as well as premature death—even for longtime smokers.

Eat Healthy

Eating healthy helps prevent, delay, and manage heart disease, type 2 diabetes, and other chronic diseases. A balanced, healthy dietary pattern includes a variety of fruits, vegetables, whole grains, lean protein, and low-fat dairy products and limits added sugars, saturated fats, and sodium.

Get Regular Physical Activity

Regular physical activity can help you prevent, delay, or manage chronic diseases. Aim for moderate intensity physical activity (like brisk walking or gardening) for at least 150 minutes a week, with muscle-strengthening activities 2 days a week.

Limit Alcohol

Over time, excessive drinking can lead to high blood pressure, various cancers, heart disease, stroke, and liver disease. By not drinking too much, you can reduce these health risks.

Get Screened

To prevent chronic diseases or catch them early, visit your doctor and dentist regularly for preventive services.

Take Care of Your Teeth

Oral diseases—which range from cavities and gum disease to oral cancer—cause pain and disability for millions of Americans. To help prevent these problems, drink fluoridated water, brush with fluoride toothpaste twice a day, and floss daily. Visit your dentist at least once a year, even if you have no natural teeth or have dentures.

Get Enough Sleep

Insufficient sleep has been linked to the development and poor management of diabetes, heart disease, obesity, and depression. Adults should get at least 7 hours of sleep daily.

Know Your Family History

If you have a family history of a chronic disease, like cancer, heart disease, diabetes, or osteoporosis, you may be more likely to develop that disease yourself. Share your family health history with your doctor, who can help you take steps to prevent these conditions or catch them early.



DECEMBER IS
DISEASE PREVENTION
AND TREATMENT MONTH



GLIMPSES OF DISTRICT MEMBERSHIP CUM FOUNDATION SEMINAR II HELD AT DARBHANGA



Minutes of RWM 3097 held on 30.11.24 at Hotel Nihar from 8.00 pm

1. Meeting was called to order by Acting President Rtn. Dr Rajesh Kumar followed by National Anthem.
2. The four-way test recited by the members.
3. Minutes of the last weekly meeting no. 3096 was confirmed by the House.
4. Greetings was announced by Act-sgt-Arms Rtn. Amrita Kejriwal.
5. Secretary Rtn. Ashok Lohia read out club business: -
 - On 24.11.24, a cataract operation of Mrs. Abha Devi was done by our Rtn. Dr Sanjay Kumar Sharma at his clinic. The patient is healthy and recovering well. Rotary club of Bhagalpur extends heartfelt thanks and gratitude to Rtn. Dr Sanjay Kumar Sharma for his wonderful gesture and service above self towards community.
 - Our club has provided Drinking water as well Glucose water to the players and officials of the ongoing Badminton championship being held at Indoor Stadium from 27th November to 30th November 2024. Thanks to Rtn. Arvind Kumar Tiwary and Rtn. Satyajit Sahay for the arrangements and providing logistic support.
 - A BOD was held on 28th November 2024 at Hotel Nihar. Presidents/IP Presidents/President Elect/Secretary/Treasurer/Directors/Special Guest were present. The host was Rtn. Amrita Kejriwal. The discussions were held on some important matters and decisions were taken. The decisions taken are as follows: -
 - The follow up of last BOD were taken, considered and reviewed.
 - A Mega health check up camp is proposed at Nagarpara Navodaya Vidhyalaya on 15th December 2024. AG Rtn. Dr Sanjay Kumar is appointed as convenor.
 - An Interact club is planned to be set up at Nagarpara Navodaya Vidhyalaya. The convenor for this is Rtn. Raj Kumar who will be assist by Rtn. Mithilesh Kumar Sinha and others.
 - Two 2 tricycles are to be given to the handicapped BPL persons. One persons is selected and for other persons members are requested to suggest name. The budget passed for this project is Rs.15,000/=.
 - It is decided that Three 3 Sewing machines to be given to the BPL persons with necessary expertise in stitching to carry on his or her monetary need. The budget passed for this Rs.14,000/=.
 - Our club will also provide players kits and instruments to the Navoday vidhyalaya. The budget passed for this is Rs.10,000/=.
 - It is decided to keep amount received for Literacy seminar for future coming projects.
 - Rotarylet night will be celebrated on 11.01.2025. Budget passed for this is Rs.6,000/- . The convenor is Rtn. Papiya Kumar.
 - Persons from Vedanta contacted Rtn. Dr Shankar for Medical camp. Dr Shankar is requested to co ordinate with them and decide a date.
 - Rtn. Dr Rakesh Ranjan to give a talk on Prostate in RWM Dated 14.12.24.
 - The BOD ended with thanks to Rtn. Amrita Kejriwal for lavish dinner and arrangements provided for the meeting.
6. Rtn. Dr. Shankar suggested to held a meeting with Principal of Nagarpara Navodaya Vidhyalaya and club official.
7. Rtn. Dr Anjana Prakash suggested counselling of the students and know them importance of hygiene and sanitation in daily life.
8. Rtn. Amit Kejriwal updated on Dialysis projects.
9. Attendance 18, with greetings to RI and RC of Purnea the meeting was adjourned for fellowship.

Rtn. Dr. Rajesh Kumar
Acting President

Rtn. Ashok Lohia
Secretary

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