

**TODAY'S PROGRAMME**

**Club Meeting 2006-07  
at Nehru Childrens' Museum  
at 6.30 p.m.  
on 18th January, Thursday.  
Topic : Industrialisation & its  
impact on Environment  
Speaker : Mr. Subhas Dutta  
Wellknown environmentalist**

**FORTHCOMING PROGRAMMES**

DG Debashis Mitra will visit our club.  
Date will be notified later.

**1st February 2007** Club Assembly  
will be held at our weekly club  
meeting.

**IOL CAMP**

On 21st January 2007 IOL Camp will  
be organised at Sanatan Vidya  
Mandir, 9/1/1/A Kaspipore Road,  
Kolkata - 700 002 just after Kaspipore  
Railway Bridge, on your left. Time -  
10 a.m. Local M.P. Mr. Tarak  
Banerjee will be present there.

**GREETINGS OF THE DAY**

**BIRTHDAY WISHES TO –** 

- Rtn. Ajit Kumar Kundu      16th Jan.
- Rtn. Pran Kr. Bhattacharya 19th Jan.
- Rtn. Soumendra Nath  
Gupta                              19th Jan.
- Rtn. Megh Baran Guin      20th Jan.

**WEDDING ANNIVERSARY GREETINGS**

- Rtn. Manash Kundu              15th Jan
- Ann Sudakshina

**NEWS ABOUT OUR CLUB**

Under Vocational Service 18  
students are having computer  
training at Computer Training  
Centre of Rtn. Ranjit Ghosh's Office,  
B.T. Road.

**ROTARACT CLUB**

Rotaract Club of Delhi Public  
School Megacity has won A Charter  
from Rotary International. In due  
course this award will handed over  
to them.



**FORTHCOMING  
BOARD MEETING**

6th Board Meeting will be held on  
27th January '07 Saturday at 5.30  
p.m.

Venue : At the residence of Rtn.  
Ganga Prasad Roy, Jagat Tara  
Alaya, 101 Sovabazar Street,  
Hatkhola, Kolkata - 700 005.

Mobile : 98310 064465,  
(R) 2554 4955.

**WEDDING**

Rtn. Tapan Bose's son Devraj is  
going to get married on 6th  
February 2007. Congratulations  
Devraj !

**FOUR WAY TEST**

- Is it the truth?
- Is it fair to all concerned?
- Will it build goodwill and better  
friendships?
- Will it be beneficial to all concerned?

**CELEBRATE FAMILY OF  
ROTARY**

In his theme address and International  
Assembly RI President Boyd therefore,  
laid special emphasis on the Family of  
Rotary. He said, "The Rotarians who  
will be sitting in these seats long after  
we have left them are the newest  
Rotarians today. They are young  
professionals, many of them working  
parents who are balancing their  
careers with their family's needs.  
Today, with dual-income families the  
norm and lives busier than ever, we  
cannot ignore their call to make their  
families a part of Rotary. And for that  
reason, I will also have an emphasis  
on the family of Rotary".

Expressing his concern for the young  
Rotarians, he said, "To that Rotarian,  
it means more time away from the  
children, a significant expense for the  
meal, and probably the cost of child  
care as well. It is likely to be more of  
a burden than a pleasure." He  
suggested that a simple meal, a  
picnic, or a service project involving  
the whole family may be a good idea.

Further he urged the Rotary leaders,  
"In the year ahead, I ask all of you to  
work to make our clubs welcoming to  
those of all ages and to remember the  
importance of our programmes for  
youth: Interact, Rotaract, Youth  
Exchange, and many others. These  
young people are our future."

To carry forward this special concern  
he has set up Family of Rotary  
resource group with a mission to  
promote the importance of the Family  
of Rotary in strengthening Rotary and  
helping build Rotary's future.

## Editor's Desk

Hallo Rotarians,

Please tell me what you are doing for the mankind? What you are thinking about others? Others means those who need your help to stand up. Let them live. Please lend your hand as a Rotary friend. Try to improve your environment mentally and physically.

We can do it. We should.

Thank you,

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*Continued from 4.1.07 Bulletin*

### Does Food Affect Medicine?

However, Griseofulvin, an antifungal antibiotic, is better absorbed if taken after a fatty meal.

There is another group of medicines like iron salts, non steroidal anti-inflammatory medicines (pain killers) which are required to be taken always after food in order to reduce the undesirable gastric irritation effects of these medicines. Timing of medicines is very essential in order to avoid the effects of food on medicines' action. When medicines are advised to be taken before food, they should be taken at least one hour before or two hours after eating.

Food is also reported to affect the clearance (elimination from the body) of theophylline, an asthma medicine. Dietary intake of charcoal broiled food (beef) and high protein diets are associated with increased theophylline elimination, while high carbohydrate diets decrease elimination. Increased or decreased clearance may require dosage adjustment. The diet rich in vitamin K (cauliflower, beans, spinach, pork, fish etc.) may antagonise the effects of warfarin (anticoagulant) requiring dose adjustment of warfarin. It is not that we need to avoid certain foods during drug therapy. It is also important to take certain foods while on drug therapy. Diuretics like furosemide have a tendency to deplete potassium from the body. Potassium is

an important mineral needed for proper body function. In such a situation, it is advisable to take a potassium rich diet like dried apricots, bananas, dates, beans, potatoes, soyabeans etc. to restore excess potassium loss, unless one is on potassium supplement. Of course, there are diuretics, which have no potassium depletion effect.

In order to avoid the undesirable effect of food on medicines, follow your doctor's advice regarding when to take medicine: with food, after food, or before food; and what foods are to be avoided or what food should be taken. Always report to your doctor about unusual experiences or complaints that occur when you consume certain foods, while on drug therapy.

### Meditation in Treating Cancer and Heart Attack

Meditation has been proved to play a dominant role in reducing damage to body and diseases caused by modern day strainful existence.

Researches have shown that meditation reduces aging and thus helps one to live larger a healthier.

Meditation is found to be very useful to prevent a larger number of diseases including hypertension.

Meditation has been successfully used to treat Bronchial asthma. Heart diseases and cure them without any drugs.

Meditation has been found to ameliorate cancer and prolong survival in cancer patients.

Meditation in the process by which man integrates himself with nature, of which he is part.

### MINUTES

Minutes of the 1306th regular weekly meeting of the Rotary Club of North Calcutta held on Thursday 11th January 2007 at 7 p.m. at NCM Kolkata.

President Rtn. Dr. Anupam welcomed members and Guests. He called the meeting to order followed by National Anthem.

President requested Guest Speaker Sri Suman Bhaumik to take Chair on the Head Table.

Minutes of 1305th RWM was confirmed by the members.

Rtn. Sulata & Rtn. Sushobhan announced the birthday and wedding anniversary greetings.

Secretary Rtn. Aroon dealt the club business as under :

- IOL Camp to be held on 21st January '07 at 10 a.m. at Sonatan Vidya Mandir, Kossipore. Requested members to attend.
- Felicitation of Rtn. Goutam Ghosh by Natya Swapna Kalpa – A Group of Theatre/Drama personalities.
- Date of DG's Visit would be notified later.
- Our President Rtn. Dr. Anupam gave vote of thanks on the end of 1st Plenary Session on Club Services during District Conference 2007.

The President requested PE Rtn. Dr. Amit and VP Rtn. Sekhar to brief the house on their observations during District Conference 2007.

Inner Wheel members invited Rotarians to attend their function to be held on 13th January 2007 at Sovabazar Natmandir. Announcement of Felicitation of G.E.C. Team by the club. Then, PP Rtn. Gopinath Ghosh introduced the Guest Speaker – Sri Suman Bhaumik, Post Graduated in Mass Communication. Guest Speaker delivered his talk on "Commitment of Youth and Modern Times" in the context of present situation with reference to the period of Raja Rammohan Roy, Pandit Iswar Chandra Vidyasagar, Swami Vivekananda, Rabindra Nath Tagore and others. Members participated in the discussion. The session was appreciated by the members.

Rtn. Tanmoy offered Vote of Thanks which was interesting.

President thanked all members for their presence and terminated the meeting.

Members Present	16
Guests	2
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	18

Rtn. Aroon Roy  
Secretary

Rtn. Anupam  
Bhattacharyya  
President