



## DISEASE PREVENTION & TREATMENT DECEMBER IS DISEASE PREVENTION MONTH



### Healing lives



Our health is everything. Yet 400 million people in the world can't afford or don't have access to basic health care. Rotary believes good health care is everyone's right.

Disease results in misery, pain, and poverty for millions of people worldwide. That's why treating and preventing disease is so important.

### Rotary Mission

- Rotarians lead efforts both large and small. Temporary clinics are set up, blood donation drives are organised and training facilities in underserved communities struggling with outbreaks and health care access is a regular agenda. Rotarians design and build infrastructure that allows doctors, patients, and governments to work together.
- Rotarians combat diseases like malaria, HIV/AIDS, Alzheimer's, multiple sclerosis, diabetes, and polio. Prevention is important, which is why Rotary also focuses on health education and brings to people, routine hearing, vision, and dental care tests.
- Disease does not prevent itself. Rotarians use their extensive experience and leadership to educate and equip communities to stop the spread of life-threatening diseases. Clean Water & Sanitation is the single most important way
- Rotary clubs have hundreds of health projects underway around the world at any given time. Sustainability is a critical part of Disease Prevention- **and a big priority for Rotary -**

## **Some of the District Committees that have been constituted under this area of focus are**

### **Polio Plus**

<b>Chairman</b>	Dr Subhranka Chakrabarty	Burdwan South	9434006727	subhranka@yahoo.co.in
Co-Chairman	Subrata Sain	Katwa	9832209689	subratasain11@gmail.com
Co-Chairman	Mandip Singh Lally	Asansol	9434049824	mandeepsingh@yahoo.in
Member	Dr Siben Dutta	Dispur	9954332144	sibendutta@rediffmail.com
Member	Soumya De Sarkar	Malda Central	9434129883	soumyadsgsc@gmail.com

### **Alzheimer's Disease and Dementia –Educate and collaborate.**

<b>Chairman</b>	Dr Debomallaya Bhyuan	Orchid City Shillong	9863063162	necsi@rediffmail.com
Co-Chairman	Dr Chirayath Vargheese	Orchid City Shillong	9436101652	dr_vargheese@yahoo.com
Co-Chairman	Dr Rekha Khandelwal	Silliguri Midtown	9832013510	dr_khandelwal@hotmail.com
Member	Prabir Seal	Silliguri Midtown	9547723909	prabirseal@sify.com
Member	Dr Megnand Bhowmick	Alipurduar	9434061758	-

### **Malaria Control -Train people, assist Govt, collaborate with local NGOs, distribute mosquito nets.**

<b>Chairman</b>	Dr Suren Gogoi	Tezpur	9435081492	00surengogoi00@gmail.com
Co-Chairman	Dr Abdul Hussain	Karimganj	9435074947	hussain.karimganj@gmail.com
Co-Chairman	Saumyabrata Dutta	Karimganj	9435075295	saumy0269@gmail.com
Member	Rajeev Thakur	Guwahati Luit	9864108226	raajeevthaakur@gmail.com
Member	Dipak Kr Bhagat	Amenity Bardhaman	9434008029	dbhagat_bwn@yahoo.co.in

### **HIV/AIDS -Awareness**

<b>Chairman</b>	Sunila Verma	Gangtok South	9733351329	sunila.verma@gmail.com
Co-Chairman	Dr. Jyotsna Puri	Shillong	9436105858	mrs_rhythm@yahoo.co.in
Co-Chairman	Dr. Lalthanpuui Hnamte	Aizwal	9856090790	-
Member	Dr Heirangkhongjam	Polocity Imphal	-	jibonh65@yahoo.co.in
Member	Jibon Kumar			
Member	Dhrubaraj Shrestha	Darjeeling	9434496975	drs6773@yahoo.com

### **Diabetic Camps -to provide advice, education & detect specially in adolescents**

<b>Chairman</b>	Sunil Kr Sinha	Siliguri Uttarayan	9434068755	sunilsinha495@gmail.com
Co-Chairman	Aashish Das	Guwahati Luit	9864066710	getaashish3240@gmail.com
Co-Chairman	Dr. Soumen Bhowmick,	Durgapur Steel City	9434122967	soumenbhowmick72@gmail.com
Member	Sanjay Bajla	Kalimpong	9932482008	sbajlas@gmail.com
Member	Mukesh Bagaria	Greenland Silchar	9435070659	mukubag@gmail.com

### **Eye Cataract Screening & Surgery Camp –to detect and remove cataract in persons from BPL. Fit IOL**

<b>Chairman</b>	Dr. Sankar Lal Saha	Bolpur Rangamati	9434002962	-
Co-Chairman	Kamal Krishna Tah	Burdwan	9434215480	-
Co-Chairman	Arnab Kr Dey	Burnpur	9434777710	arn_mon_123@yahoo.co.in
Member	Manish Kr Saraf	Raniganj	9475550999	manish@ujjeewanhealthcare.com
Member	Dr Soumen Bhowmick	Durgapur Steel city	9434122967	soumenbhowmick72@gmail.com
Member	Pritikona Paul	Hailakandi	9435179818	-

### **Gift of Life Heart surgery of poor children**

<b>Chairman</b>	Kiran Joshi	Shillong	9436119625	kjca07@gmail.com
Co-Chairman	Gaurang Desai	Asansol	9732000678	gaurang.desai678@gmail.com
Co-Chairman	Arun Sarmah	Guwahati Metro		

Member	Gurdeep Singh	Greater Tezpur	9435080830	gurdeept2@gmail.com
Member	Rajendra P Choudhury	Siliguri Uttarayan	9832022119	rajfin@rajcons.com
Member	Dr Debomallya Bhuyan	Orchid City Shillong	9863063162	necsi@rediffmail.com

### **Oral hygiene --in school students**

<b>Chairman</b>	Dr. Navadal Sharma	Tezpur	9678002770	navadal.sharma@gmail.com
Co-Chairman	Dr. Neisatuo Mero	Kohima	9436070224	dr.nmero@gmail.com
Co-Chairman	Dr Gokul Ch Sharma	Imphal	9863282846	
Member	Dr Paritosh Datta	Tinsukia	9435335066	
Member	MK Bagchi	Asansol	9434432915	

### **Mental health disorders invite speakers, spread awareness, participate in social counseling,**

<b>Chairman</b>	Dr Kirti Ranjan Dey	Tinsukia	9435035603	kirtiranjandey@yahoo.com drkrdey@gmail.com
Co-Chairman	Dr. Prosenjit Ghosh	Silchar Green Land	9435072563	p_ghosh72@yahoo.com
Co-Chairman	Dr Kamal Narayan Kalita	Tezpur	9435113426	knkalita@gmail.com
Member	Amit Agarwal	Guwahati	9864265279	info@abdosindia.com
Member	Dr. Purnanda Das	Gauhati South	9864053996	

### **Prevention of Breast cancer//Cervical cancer by organising camps in rural areas for awareness and education. Arrange tests for early detection.. Vaccination for prevention.**

Advisor	PDG Dr. Salil Dutta	Siliguri	9832067283	drsalildutta@sify.com
<b>Chairman</b>	Minoti Borthakur	Gauhati South	9435193690	minoti_barthakur@yahoo.co.uk
Co-Chairman	Dr Kamal Krishna Das	Chanchal	9434170754	dkkdbapi@yahoo.in
Co-Chairman	Dr Sikha De	Burdwan	9434391337	rtndrsikhade@gmail.com
Member	Dr H Devi Priyoshakhi	Imphal	9436034546	-
Member	Bibhu Das	Doomdooma	9954456686	bibhudas72@yahoo.in

### **TB control- Participate in the all India Rotary efforts.**

<b>Chairman</b>	Dr Debasish Das	Shillong	9863063608	childrenhospital.shill@gmail.com
Co-Chairman	Iqbal Ahmed	Tinsukia	9435037597	-
Co-Chairman	Dr Narayan Ch Paul	Raiganj	9434154882	kanapal100@gmail.com
Member	Dr Sudha Agarwala	Bongaigaon	9435121182	-
Member	Dr Dilip Kr Das	Dharmanagar	9436137019	drdilipkumardas@yahoo.co.in

### **SPORTS**

<b>Chairman</b>	Gangadhar Khandelwal	Burdwan South	9233306791	sarada_200@yahoo.co.in
Co-chairman	Sanjana Baruah	Aizwal	9612905586	sanjana.baruah@gmail.com
Co-chairman	Dilip Somani	Jorhat	9435051264	somani_dilip@yahoo.com
Member	Deepak Kajaria	Durgapur Central	9332613037	dkajaria@rediffmail.com
Member	Anurag Jain	Gauhati West	9435016657	anuragrotary@gmail.com
Member	Arun Agarwal	Nagaon	9435061476	nggarun@rediffmail.com

### **PHYSICALLY CHALLENGED**

<b>Chairman</b>	Dr KS Elangbam	Shillong	9436102942	drksingh@gmail.com
Co-chairman	Dr AJ Ghosh	Orchid City Shillong		
Co-chairman	Dr Neena Das	Tinsukia	9435035572	drneena123@hotmail.com
Member	Anukamba Subha	Kalimpong	9434234169	kpgrotary2016@gmail.com
Member	Temsusenla Kichu	Dimapur	8974266020	temsulakichu@gmail.com
Member	Susanta Dutta Roy	Aerocity Durgapur	7407676030	sdroy12@rediffmail.com

### **PROJECT SMILE**

<b>Chairman</b>	Dr Pijush Kanti Roy	Siliguri	9434007003	slg_drpijush@yahoo.com
Co-chairman	Dr Firdos Ahmed	Burdwan Greater	9433092926	drfirdos_ahmed@rediffmail.com
Co-chairman	Dr Ramen Dutta	Dispur	9864034052	rmsosramen@yahoo.co.in
Member	<b><u>Two more members to be selected by committee</u></b>			
Member				

## **ORGAN & BODY DONATION**

<b>Chairman</b>	SB Dutta	Silchar	9435073019	sbdutta1@rediffmail.com
Co-chairman	Dr Prosenjit Ghosh	Greenland Silchar	9435072563	-
Co-chairman	Dr Samar Das	Malda Central	9434050189	surgeon_samar@yahoo.com
Member	Dr Jishan Ahmed	Dibrugarh	9435031369	dr.jishan@gmail.com
Member	<b><u>Two more members to be selected by committee</u></b>			

## **TOBACCO/SMOKING**

<b>Chairman</b>	PDG Trilok Singh	Jorhat	9435091019	triloksingh_jpd@hayoo.co.in
Co-chairman	Basker Choudhury	Digboi	9435337404	chaudhuryb@indianoil.in
Co-chairman	Naresh Agarwal	Gangtok	9434081181	naresh2804@yahoo.co.in
Member	Prem Agarwal	Burdwan South	9332236454	premkagarwal@yahoo.co.in
Member	Sunil Patni	Greater Tezpur	9435080429	sunilpatni_3240@yahoo.com

## **AIR & VEHICLE POLLUTION**

<b>Chairman</b>	Harkishore Chanda	Hailakandi	9435578905	-
Co-chairman	Prabir Kr Paul	Asansole Greater	9732215591	prabirpaul12@gmail.com
Co-chairman	Chanchal Kr Ghosh	Aerocity Durgapur	9932159225	ckg1950@yahoo.com
Member	Chandan Mall Agarwal	Siliguri	9832012708	achandanmall@gmail.com
Member	Sudip Kr Dhar	Orchid City Shillong	9463102468	-
Member	Subrata Sarma	Gauhati West	9864062040	sarma.subrata@gmail.com

## **YOGA FITNESS & NUTRITION**

<b>Chairman</b>	Dr Yogesh Verma (PDG)	Gangtok	9434022314	yogeshverma3240@gmail.com
Co-chairman	NRC Nair	Dimapur	9436003069	ramchandranair1939@rediffmail.co.in
Co-chairman	Dr Soumen Bhowmick	Durgapur Steel	9434122967	soumenbhowmick72@gmail.com
Member	Dr Bharat Bora	Tezpur	8876225837	bharatphysio18@gmail.com
Member	Mrs. Anamika Choudhury	Gauhati South	9954078106	anamikaco8@gmail.com
Member	Pawan Golchha	Gauhati Luit		

## **Swatchh Bharat**

<b>Chairman</b>	PDG Prabhat Kedia	Guwahati	9435048453	prabhatkedia@gmail.com
Co-Chairman	Ritesh Misruff	Tezpur	9435081448	drr32400607@gmail.com
Co-Chairman	Shirsendu Sadhu	Amenity Burdwan	9332235114	shirsendu_bdn@yahoo.co.in
Member	Prafulla Kumar Saikia	Dispur	9435045734	shirsendusadhu@gmail.com
Member	Mrinal Khound	Digboi	9435036937	pksaikia@hotmail.com
Member	Manish Misruff	Tezpur	9435081316	-
Member	Bhasker Bardhan	Jalpaiguri	9434043582	misruffmanish@gmail.com
				easytech@rediffmail.com

## **Project-Run for a Cause**

<b>Chairman</b>	Somesh Chandra Das	Malda	9434095155	shitudemorial@yahoo.co.in
Co-Chairman	Sundeeep De	Ukhra	0341-2665222	-
Co-Chairman	Dr Navneet Swargiri	Duliajan	9435038119	navneetswargiri@gmail.com
Member	<b><u>Three more members to be selected by committee</u></b>			
Member				
Member				

## **Naujivan**

**Plastic & cosmetic surgery for burns ----free treatment of patients below poverty line inflicted with serious burns**

<b>Chairman</b>	Dr Mainak Mukharjee	Burdwan Greater	9434058275	dr.mainak@gmail.com
Co-Chairman	Dr Asit Chatterjee	Durgapur Central	9434008564	asitchatt@gmail.com
Co-Chairman	Dr Deepak Kr Sharma	Darjeeling	9434121999	deepaksu93@sancharnet.net
Member	Bishnu Pada Ghosh	Malda	9434154183	bishnu1_bpg@yahoo.in
Member	Dr Nakshatra Bijoy Choudhury	Tinsukia	9435035113	look4nakshatra@rediffmail.com

**"Keep someone Alive-with 25 minutes and 250 cc blood"**

### **Blood Donation Camps**

<b>Chairman</b>	Ritesh Misruff	Tezpur	9435081448	dr32400607@gmail.com
Co-Chairman	Dr Prasanta Ghosh,	Tagoreland	9434008821	prasanta1958@gmail.com
Co-Chairman	Benu Lal Barman	Silchar	9435071197	blbarman2012@gmail.com
Member	Manish Misruff	Tezpur	9435081316	misruffmanish@gmail.com
Member	Dhiraj Ray	Bolpur Santiniketan	9434307066	rtndhiraj@rediffmail.com

### **“Baagbaan”**

#### **Care of senior citizens**

<b>Chairman</b>	Renu Verma	Gangtok	9434174740	renuverma63@yahoo.co.in
Co-Chairman	Sudarshan Khound	Dibrugarh	9435530345	khounds@gmail.com
Co-Chairman	Punam Chand Agarwal	Gangtok	9434339433	pca.skm@gmail.com
Member	Sanjay Agarwal	Gauhati West	9435018016	sanju_1118@yahoo.com
Member	OP Singhi	Gangtok	9434000633	singhiop@gmail.com
Member	Bishal Gurung	Kurseong	9641815309	vshal72@hotmail.com

### **“Dhanvantri”**

#### **Medical mission to Myanmar--**

<b>Chairman</b>	Dr Rintu G Niyogi	Durgapur Steel City	9434792440	rgniyogi@hotmail.com
Co-Chairman	Dr Iqbal Rahman	Siliguri Midtown	9832060876	dr_iqbal3@yahoo.co.in
Co-Chairman	Dr MS Konwar	Tinsukia	9435035189	drkonwarmailbox@rediffmail.com
Member	To be selected by Chairman			
Member				

### **“Hasna Jaruri hai”**

**Laughter therapy ---If a person laughs full heartedly, he will be healthy, his or her mind & body will dance with joy & Laughter. It is an easy way to lifelong fitness. When one feels worried about his/her Health, Laughing full-heartedly is the best remedy. This has been scientifically proved. For fitness of body and exuberant joy of mind, full-hearted laughter is a never failing remedy. Laughing knowingly or unknowingly, with purpose or without purpose, singly or in a group rejuvenates life and promotes joy and enthusiasm. While laughing, the person is in a state of meditation and enjoys enormous peace of mind. The body becomes active & the mind feels the joy, agonies will disappear and the person will feel very happy.**

**Clubs can plan organising groups who gather at one place and practice laughter therapy. This could be in the mornings or in the evenings. It could be in an urban area or a rural area. Start a laughter club in the town.**

<b>Chairman</b>	Raj Kumar Todi	Dibrugarh	9435532002	rajtoddi@gmail.com
Co-Chairman	Achinta Gayan	Bongaingaon	9435020768	achinta1@rediffmail.com
Co-Chairman	Aashish Das	Guwahati Luit	9864066710	getaashish3240@gmail.com
Member	Prakash Rupani	Guwahati West	9085006000	prakashrupanis@gmail.com
Member	Biman Saha	Durgapur Central	9233303095	bimansaha237@gmail.com