

Mar-2010



S U D A R S H A N

CLUB MAGAZINE

ROTARY CLUB OF FARIDABAD CENTRAL

RI - Distt-3010

Rtn.Dr. Ashish Ghosh
Distt. Governor

Rtn.Madhu Khurana
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Rtn.Suresh Sharma
Hony. Secretary

Rtn.Vinod Gupta
Treasurer



Rtn. Manoj Gupta

S U D A R S H A N

Dear Rotarians,

Another edition of our monthly club magazine "Sudarshan" is in-front of you. We feel proud that with your continuous support and overwhelming response, we have been able to successfully publish our club magazine for past eight months. We sincerely trust that you will keep showering your support to continue this successful journey.

The submissions included in this issue cover a wide array of topics. We hope that our selections will be able to offer a small glimpse into some of the work that is being done by our club.

Keep sending your suggestions and inputs.

Happy Reading!.....

Rtn. Manoj Gupta
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Message.....

Rtn. Vinod Kumar Gupta

Failure is one of the toughest things in today's life to deal with and happens so frequently in life, on various levels. As it is a hard core truth that no one likes experiencing failure, it is also an unavoidable truth that each attempted goal includes the possibility of failure as well as that of success. On failing, we feel bad as it directly affects our ego. Try to take advantage of a failure by analysing what you could have done differently and rest assured that you will never suffer the same failure again. To understand our failures is a key component in dealing with them and being able to move on to new goals and projects.

One of the most important parts of getting over failure is to move on to the next thing. Success breeds successful-feeling people, so don't hesitate to go ahead with your next goal. Choose something that you are particularly knowledgeable or interested in and success will come all that much easier.

Most of us have difficulty getting over large failures, but there are some ways to speed the recovery process. It may sound simplistic, but simply taking stock of our successes can be a great way to get over a recent failure. Take the time to write down some of the successes you've enjoyed throughout your life. Include everything from the dramatic and memorable to the mundane achievements that meant something to you. Before long you'll be reminded of the feeling of success.

Reminding ourselves what it feels like to succeed can be a wonderful tool that seems to help open one up for the possibility of success. We tend to remember our failures with more clarity than our successes. Throughout life much of what we experience is based on what we've experienced in the past. If we take the time to think more about success than failure, we will find more success than failure in our daily lives.

By focusing on success we draw success to ourselves. Everyone fails, and not just once or twice, but throughout life. If we remember that failure is just a lesson that was too big to learn with success, we'll realise that everything in life is about learning. You really can't fail at life, but you can teach yourself to learn even more from living if you're open to understanding your own failure and working beyond them. All the best for your successful life.

ANNOUNCEMENTS

We are pleased to inform all our club members that Dist 3010 is organising **Rotary Family Talent Hunt Program “Pancham”** in the field of singing Hindi film songs to select best talent among the Rotary family members, their spouses, children, Inner wheel members, Rotractors, Interactors, RVC. There will be four categories for participants depending on their **age**. The necessary form is enclosed which requires to be submitted by participants from our club to event co-ordinators Rtn. I J Kalia and Rtn. Naresh Verma. The last date for receiving entries is 14th April, 2010 and audition date is 16th April, 2010 for Faridabad region. Participation fee is Rs. 600/- for children up to category II and Rs. 900/- for rest of the participants. Further details can be obtained from Rtn. I J Kalia & Rtn. Naresh Verma.

AGENDAS THIS MONTH

- ✓ Solemnizing marriage of economically weak blind couple. Our Rtn. T M Lalani & others came forward for extending help. Our Club is thankful to Rtn. Vinod Gupta for coordinating it. The marriage date would be informed to members shortly.
- ✓ Extending help in specific areas of Nehru Nagar where in the past also our club carried out social work. Our club is thankful to Rtn. Anil Kumar for co-ordinating it.
- ✓ Helping economically weak students in school run by Sai Ashram. Our Club is thankful to Rtn. Prem Amar for his kind support and co-ordination.

ORS Distribution Camp – 20th MAR 2010 AT Nehru Nagar Slum Area, Faridabad

**ROTARY CLUB OF
FARIDABAD CENTRAL**

WELCOMES YOU

IN ORS CAMP

AT NEHRU NAGAR SLUM AREA, NIT, FARIDABAD

ON SATURDAY AT 10:30 AM, MARCH 20, 2010

PRESIDENT

(Rtn. Madhu Khurana)

SECRETARY

(Rtn. Suresh Sharma)

CO-ORDINATOR

(Rtn. Anil Kumar)

Speaker meeting on awareness on TB – 24th MAR 2010
AT Sarvodaya Hospital Sector 8, Faridabad

ROTARY CLUB OF FARIDABAD CENTRAL

(Distt 3010)



WELCOMES YOU



ON AWARENESS PROGRAM OF **TUBERCULOSIS**

ON MARCH 24, AT 7:30 PM ONWARDS

VENUE: SARVODYA HOSPITAL, SECTOR-8, FARIDABAD

PRESIDENT

(Rtn. Madhu Khurana)

SECRETARY

(Rtn. Suresh Sharma)

CO-ORDINATOR

(Rtn. Dr. Rakesh Gupta)

TUBERCULOSIS (TB)

What is tuberculosis?

Tuberculosis (TB) is an infectious disease caused by bacteria whose scientific name is [*Mycobacterium tuberculosis*](#). It was first isolated in 1882 by a German physician named Robert Koch who received the Nobel Prize for this discovery. TB most commonly affects the lungs but also can involve almost any organ of the body. Many years ago, this disease was referred to as "[consumption](#)" because without effective treatment, these patients often would waste away. Today, of course, tuberculosis usually can be treated successfully with antibiotics.

How does a person get TB?

A person can become infected with tuberculosis bacteria when he or she inhales minute particles of infected [sputum](#) from the air. The bacteria get into the air when someone who has a tuberculosis lung infection coughs, sneezes, shouts, or spits (which is common in some cultures). People who are nearby can then possibly breathe the bacteria into their lungs. You don't get TB by just touching the clothes or shaking the hands of someone who is infected. Tuberculosis is spread (transmitted) primarily from person to person by breathing infected air during close contact.

What happens to the body when a person gets TB?

When the inhaled tuberculosis bacteria enter the lungs, they can multiply and cause a local lung infection ([pneumonia](#)). The local [lymph nodes](#) associated with the lungs may also become involved with the infection and usually become enlarged. The hilar lymph nodes (the lymph nodes adjacent to the heart in the central part of the chest) are often involved.

In addition, TB can spread to other parts of the body. The body's immune (defense) system, however, can fight off the infection and stop the bacteria from spreading. The immune system does so ultimately by forming scar tissue around the TB bacteria and isolating it from the rest of the body. Tuberculosis that occurs after initial exposure to the bacteria is often referred to as primary TB. If the body is able to form scar tissue (fibrosis) around the TB bacteria, then the infection is contained in an inactive state. Such an individual typically has no symptoms and cannot spread TB to other people. The scar tissue and lymph nodes may eventually harden, like stone, due to the process of calcification of the [scars](#) (deposition of calcium from the bloodstream in the scar tissue). These scars often appear on X-rays and imaging studies like round marbles and are referred to as a granuloma. If these scars do not show any evidence of calcium on X-ray, they can be difficult to distinguish from [cancer](#).

Sometimes, however, the body's immune system becomes weak, and the TB bacteria break through the scar tissue and can cause active disease, referred to as reactivation tuberculosis or secondary TB. For example, the immune system can be weakened by old age, the development of another infection or a cancer, or certain medications such as cortisone, anticancer drugs, or certain medications used to treat [arthritis](#) or [inflammatory bowel disease](#). The breakthrough of bacteria can result in a recurrence of the pneumonia and a spread of TB to other locations in the body. The kidneys, bone, and lining of

the brain and spinal cord (meninges) are the most common sites affected by the spread of TB beyond the lungs.

What are the symptoms of tuberculosis?

As previously mentioned, TB infection usually occurs initially in the upper part (lobe) of the lungs. The body's immune system, however, can stop the bacteria from continuing to reproduce. Thus, the immune system can make the lung infection inactive (dormant). On the other hand, if the body's immune system cannot contain the TB bacteria, the bacteria will reproduce (become active or reactivate) in the lungs and spread elsewhere in the body.

It may take many months from the time the infection initially gets into the lungs until symptoms develop. The usual symptoms that occur with an active TB infection are a generalized tiredness or [weakness](#), [weight loss](#), [fever](#), and night sweats. If the infection in the lung worsens, then further symptoms can include coughing, [chest pain](#), coughing up of sputum (material from the lungs) and/or blood, and [shortness of breath](#). If the infection spreads beyond the lungs, the symptoms will depend upon the organs involved.

Is there a vaccine against tuberculosis?

[Bacille Calmette Guérin](#), also known as BCG, is a vaccine given throughout many parts of the world. It is derived from an atypical *Mycobacterium* but offers some protection from developing active tuberculosis, especially in infants and children. This vaccination is believed to be important in parts of the world where TB is quite common. This is not the case in the United States. When BCG has been administered, future PPD and Tine skin tests remain positive and can cause some [confusion](#) when trying to diagnose TB. It is also important to realize that even with a BCG vaccine in childhood, tuberculosis can still occur in an adult exposed to the tuberculosis bacteria, which calls into question the real utility and effectiveness of this vaccination.

A new blood test is now available that can help distinguish between a prior BCG vaccine and a positive PPD due to TB infection. This test involves mixing the patient's blood with substances that produce a TB-like immune response. After a period of time, the immune cells, if infected with TB, produce interferon-gamma, a protein produced by the body to defend against an infection. This test, like most, is not perfect, but with the proper clinical information can help distinguish a real TB infection from a positive reaction on the test due to a prior BCG vaccine.

How is tuberculosis treated?

A person with a positive skin test, a normal [chest X-ray](#), and no symptoms most likely has only a few TB germs in an inactive state and is not contagious. Nevertheless, treatment with an antibiotic may be recommended for this person to prevent the TB from turning into an active infection. The antibiotic used for this purpose is called [isoniazid](#) (INH). If taken for six to 12 months, it will prevent the TB from becoming active in the future. In fact, if a person with a positive skin test does not take INH, there is a 5%-10% lifelong risk that the TB will become active.

Taking isoniazid can be inadvisable (contraindicated) during [pregnancy](#) or for those suffering from alcoholism or [liver disease](#). Also, isoniazid can have side effects. The side effects occur infrequently,

but a rash can develop, and the individual can feel tired or irritable. Liver damage from isoniazid is a rare occurrence and typically reverses once the drug is stopped. Very rarely, however, especially in older people, the liver damage (INH hepatitis) can even be fatal. It is important therefore, for the doctor to monitor a patient's liver by periodically ordering blood tests called "liver function tests" during the course of INH therapy. Another side effect of INH is a decreased sensation in the extremities referred to as a [peripheral neuropathy](#). This can be avoided by taking vitamin B6 (pyridoxine), and this is often prescribed along with INH.

A person with a positive skin test along with an abnormal [chest X-ray](#) and sputum evidencing TB bacteria has active TB and is contagious. As already mentioned, active TB usually is accompanied by symptoms, such as a cough, [fever](#), [weight loss](#), and fatigue.

Active TB is treated with a combination of medications along with isoniazid. [Rifampin](#) (Rifadin), [ethambutol](#) (Myambutol), and [pyrazinamide](#) are the drugs commonly used to treat active TB in conjunction with isoniazid (INH). Four drugs are often taken for the first two months of therapy to help kill any potentially resistant strains of bacteria. Then the number is usually reduced to two drugs for the remainder of the treatment based on drug sensitivity testing that is usually available by this time in the course. Streptomycin, a drug that is given by injection, may be used as well, particularly when the disease is extensive and/or the patients do not take their oral medications reliably (termed "poor compliance"). Treatment usually lasts for many months and sometimes for years. Successful treatment of TB is dependent largely on the compliance of the patient. Indeed, the failure of a patient to take the medications as prescribed is the most important cause of failure to cure the TB infection. In some locations, the health department demands direct monitoring of patient compliance with therapy.

Surgery on the lungs may be indicated to help cure TB when medication has failed, but in this day and age, surgery for TB is unusual. Treatment with appropriate antibiotics will usually cure the TB. Without treatment, however, tuberculosis can be a lethal infection. Therefore, early diagnosis is important. Those individuals who have been exposed to a person with TB, or suspect that they have been, should be examined by a doctor for signs of TB and screened with a TB skin test.

MUST READ

This is a letter written by Abraham Lincoln to the Headmaster of a school in which his son was studying.

A WORD TO TEACHERS

"He will have to learn, I know, that all men are not just and are not true.

But teach him if you can, the wonder of books.. but also give him quiet time to ponder the eternal mystery of birds in the sky, bees in the sun and flowers on a green hillside.

In school, teach him it is far more honorable to fall than to cheat.....

Teach to have faith in his own ideas, even if everyone tells him he is wrong.

Teach him to be gentle with gentlepeople and tough with the tough.

Try to give my son the strength not to follow the crowd when everyone getting on the bandwagon...

Teach him to listen to all men; but teach him also to filter all he hear son a screen of truth, and take only the good that comes through.

Teach him, if you can, how to laugh when he is sad... Teach him there is no shame in tears.

Teach him to scoff at cynics and to be beware of too much sweetness..

Teach him to sell his brawn and brain to highest bidders, but never to put a price on his heart and soul.

Teach him to close his ears to a howling mob.. and stand and fight if thinks he is right.

Treat him gently, but do not cuddle him, because only the test of fire makes fine steel.

Let him have the courage to be impatient.. Let him have the patience to be brave. Teach him always to have sublime faith in himself, because then he will have faith in humankind.

This is a big order, but see what you can do. . He is such a fine little fellow my son!

- Abraham Lincoln"

This letter never seems to age. It is all about Behaviours and Attitudes that is so vital for the teachers and trainers as they deal with their students and participants alike irrespective of the subjects they teach or the topics they train them in.

It is time we make that commitment to ourselves to learn to understand the science of human behaviour that is so very key in enabling and harnessing the true potential of people be they children or adults. You may like to invest for a worthwhile learning in a unique distance learning program entitled Diploma in Behavioural Training & Development

Top 10 Tips To Save Energy

1. Setting Your Thermostat

Install a programmable thermostat compatible with your heating and cooling system. Make sure to set it comfortably low in the winter and comfortably high in the summer.

2. Lower Your Water Heater Temperature

Lower the thermostat on your hot water heater to 120° Fahrenheit.

3. Washing Clothes or Dishes

Follow the full load guideline. Never use the dishwasher or washing machine unless it houses a full load.

4. Using Power Strips

Plug your electronics into power strips. When turning off these electronics, power down using the power strip to prevent stand-by mode from drawing electricity unnecessarily.

5. Power down Computers and Monitors

Turn off your computer and monitor when they are not being used. Contrary to popular beliefs, turning them on and off will not cause damage. If you are away from your computer at different intervals, make sure you have set the power save options.

6. Drying Dishes

Air dry dishes rather than using the heated drying cycle.

7. Washing in Cold Water

Wash clothes in cold water. This not only reduces hot water usage, but it is better for your clothing as well.

8. Use Compact Fluorescent Lighting

Use compact fluorescent bulbs to light your home. Not only do these bulbs use less energy, but they last longer than traditional bulbs.

9. Take Showers

Take short showers instead of baths. The amount of water used, and heated is significantly less for a shower.

10. Look for the Energy Star Label

Buy products that have the Energy Star label on them. All Energy Star products meet strict guidelines set by the US Department of Energy.

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