



Breakfast chatter



Weekly bulletin of the Rotary Club of Kathmandu Mid-Town
District 3292, Club 26776, Chartered 8 Nov. 1989; 'Best Club' in Nepal 2009/2010








Feb. 4th - Feb. 10th 2011



Vol. 32 of '10/'11

Special 'end polio now' issue

RC KTM Mid-Town is ready for Nepal Immunization Day Feb. 12th



calendar	
date	theme
<p align="center">February – World Understanding Month</p> <p>“Fear and Hate Must Go! And they will go when nations have goodwill based on understanding” – <i>Paul P. Harris, Founder</i></p>	
8 Feb.	<p>S hree Panchami</p> <p>The Hindu festival celebrating Saraswati, the goddess of knowledge, music and art. It is celebrated every year on the fifth day (Panchami) of the month Magh (January-February), the first day of spring. Traditionally during this festival children are taught to write their first words; brahmins are fed; ancestor worship (Pitrtarpan) is performed; the god of love Kamadeva is worshipped; and most educational institutions organise special prayer for Saraswati. The color yellow also plays an important role in this festival, in that people usually wear yellow garments, Saraswati is worshipped dressed in yellow, and yellow sweets are consumed.</p> 
11 Feb	Speaker to be announced.
12-13-14 Feb.	<p align="center">Nepal Immunisation Day</p>  <p align="center"><i>"If we all have the fortitude to see this effort through to the end, then we will eradicate polio."</i></p> <p align="center">- Bill Gates</p>
14 Feb.	 <p>Happy Valentines 2011</p> 
18 Feb.	NO MEETING TODAY -- weekly meeting postponed to Sunday Feb. 20th.
20 Feb.	<p align="center">Joint meeting with RC AT HINA LYCAVIT TOS</p>  <p>A short meeting followed by dinner hosted by VP Rtn. Dr. Alex Spachis at his home in Nag Pokhari (next to Geet Ghazal) 7 PM.</p>
25 Feb. (tentative)	 <p>Mr. Pasi Koistinen, CEO of Ncell will talk about how Ncell plays an important role in developing the telecommunication infrastructure and services in Nepal, contributing to the future prosperity of the country and its citizens. During 2009, doubled its mobile network covers more than 60 percent population.</p>  <p>Ncell more than which now of Nepal's</p>

	 
27 Feb.	Major Health Camp in Nawalparasi – in collaboration with RC ATHINA LYCAVITTO from Greece. Anyone interested in joining please contact VP Alex. or Rtn. Pabitra.
11-13 March	Gift of Sight, in Hetauda. Please contact PP Mani if you are interested in attending.
13-24 March	Mega Health Camp Bandipur – Rotarians and friends interested in attending please contact PP Dr. Lekha.
April 8-11 2011	Rotary District Conference District 3292 Nepal Theme: Commitment to Serve Venue: Nepal Army Officer's Club, Tundikhel, Kathmandu, NEPAL

Last week's speaker

Ending Polio in Nepal

District Community Service Coordinator **PP Rtn. Dr. Chandr Lekha Tuladhar** was our in-house speaker for the week. She answered some basic question about polio and told us what was happening on the Nepal front. She has also been working with our Rotaract 'Hanumans' and preparing them (see below) for volunteering on the Nepal Immunization Day Feb. 12th.



What is polio?

Polio, short for poliomyelitis, is a disease that can damage the nervous system and cause paralysis. **Poliomyelitis**, often called **polio** or **infantile paralysis**, is an acute viral infectious disease spread from person to person, primarily via the fecal-oral route. The term derives from the Greek *poliós* (πολιός), meaning "grey", *myelós* (μυελός), referring to the "spinal cord", and the suffix *-itis*, which denotes inflammation.

Where is polio found?

Before the availability of polio immunization, polio was common worldwide. However, with strong immunization programs and efforts to rid the world of polio, circulation of polio viruses is limited to a decreasing number of countries. The greatest risk is now in the Indian subcontinent and, to a lesser extent, in West and Central Africa.

How do people get polio?

The polio virus lives in the throat and intestinal tract of infected persons. The virus enters the body through the mouth, usually from hands contaminated with the stool of an infected person. Objects, such as eating utensils, can also spread the virus. Food and water are not thought to play a major role in the spread of polio.

What are the signs and symptoms of polio?

The polio virus attacks the nerve cells that control muscle movements. Many people infected with the virus have few or no symptoms. Others have short-term symptoms, such as headache, tiredness, fever, stiff neck and back, and muscle pain.

More serious problems happen when the virus invades nerves in the brain and causes paralysis of the muscles used in swallowing and breathing. Invasion of the nerves in the spinal cord can cause paralysis of the arms, legs, or trunk.

Who is at risk for polio?

Polio is most common in infants and young children, but complications occur most often in older persons.

What complications can result from polio?

Complications include paralysis, most commonly of the legs. Paralysis of the muscles that control breathing and swallowing can be fatal.

How can polio be prevented?

As of January 1997, the recommended schedule for polio vaccination for children was two doses of IPV at 2 and 4 months of age, followed by two doses of OPV at 12-18 months and 4-6 years.

3 types of Polio virus Type 1, 2, 3 are being targeted at Type 2 has now wiped out and currently we are attacking Type 1 & 3 The Polio vaccine being used for this NID is specific for Type 1 & Type 3 as an oral

१. पोलियो घोषा खुवाउदा :



लक्षित समूहका सबै बालबालिकालाई पोलियोको दुई घोषा खुवाउनु पर्छ ।

पाहुनाको बच्चा समेतलाई पोलियो घोषा खुवाउनु पर्छ ।

२. भि.भि. एम. बारे जानकारी :

पोलियो खोप विन जाउँदा स्वास्थ्य संस्था प्रमुख वा अन्य स्वास्थ्यकर्मीले महिला स्वास्थ्य स्वयंसेविका/स्वयंसेवकहरूलाई भि.भि.एम.बारे स्पष्टसँग बुझाई दिनु पर्दछ ।



वाहिरी गोलाकार भित्रको रङ्ग भन्दा चारकुने भित्रको रङ्ग सेतो भएको । भ्याक्सिनको म्याद मुद्धको छैन भने प्रयोग गर्ने ।
चारकुने भित्रको रङ्ग अर्धोपनि वाहिरी गोलाकार भित्रको रङ्ग भन्दा कम गाढा भएको । भ्याक्सिनको म्याद मुद्धको छैन भने प्रयोग गर्ने ।
भ्याक्सिन प्रयोग गर्न नहुने अवस्था : चारकुने भित्रको रङ्ग र वाहिरी गोलाकार भित्रको रङ्ग एउैनास भएको (भ्याक्सिन प्रयोग नगर्ने र सुपरीवेक्षकलाई जानकारी दिने)
भ्याक्सिन प्रयोग गर्न नहुने अवस्था : चारकुने भित्रको रङ्ग वाहिरी गोलाकार भन्दा गाढा भएको । भ्याक्सिन प्रयोग नगर्ने र सुपरीवेक्षकलाई जानकारी दिने)

❖ जो भि.भि.एम.बारे जानकारी दिन सम्भव भएसम्म भि.भि.एम. १ वा २ को अवस्थामा भएको पोलियो भ्याक्सिन भाइज एउटा र ३ वा ४ अवस्थामा भएको भाइजलाई सँगै राखेर लुब्या सरी पारक बाटाईदिने ।

३. औलामा चिन्ह लगाउने



- पोलियो खुवाइसकेका प्रत्येक बालबालिकाको बायाँ हातको कान्छ औलामा माथि चिन्मा देखाए भै नङ्ग र मासुमा पर्ने गरी मार्केरले चिन्ह लगाउनु पर्छ ।
- यदि गर्नुहोस्, यदि वस्तो चिन्ह नलगाएको बालबालिका भेटिएमा उक्त बालबालिकाले पोलियो घोषा नखाएको ठहरिने छ ।

bivalent vaccine, which is more potent and is known as bOPV (best available vaccine)

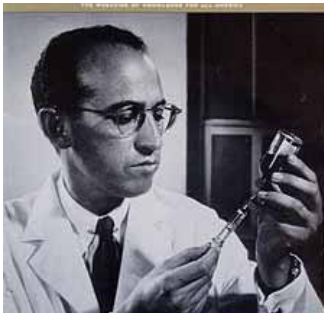
In Nepal how can you tell when a child has been vaccinated?

The little finger of the left hand is marked by a special indelible non-toxic marker – the left hand is chosen as chances of the mark being wiped out is less as the left hand less used and there is less likelihood of little finger being put into the mouth.

How is the potency of the vaccine monitored?

Potency of the vial is monitored by the change in colour of the square mark inside the black circle on the label. Maintenance of the whiteness or only a slight paler is considered as OK for administering the drops . If it turns dark or black then the vial has to be rejected . The vial has to be kept in a special blue ice box and away from direct sunlight

Fellowship



A Thought for the Day

“There is hope in dreams, imagination, and in the courage of those who wish to make those dreams a reality.”

Jonas E. Salk (October 28, 1914 – June 23, 1995) was an American medical researcher and virologist, best known for his discovery and development of the first safe and effective polio vaccine

पोलियो थोपा खुवाउनुहोस् ।
कसलाई ?
जन्मेदेखि ५ वर्ष मुनिका
 सम्पूर्ण बालबालिकाहरूलाई पहिले जतिपटक
 पोलियो थोपा खुवाएको भएपनि ।
फेरि खुवाउनु पर्छ ।

मिति : २०६७ माघ २९ गते (12 February 2011)
 दिन : शनिबार (Saturday)

नेपाल सरकार
 स्वास्थ्य तथा जनसंख्या मन्त्रालय
 एवं
 रोटररी इन्टरनेशनल
 राष्ट्रिय खोप समिती नेपाल

PolioPlus Partners

 Rotary International



This 1963 poster (right) featured Centre for Disease Control's national symbol of public health, the "Wellbee", encouraging the public to receive an oral polio vaccine.

Polio vaccine

Two **polio vaccines** are used throughout the world to combat poliomyelitis (or polio). The first was developed by Jonas Salk and first tested in 1952. Announced to the world by Salk on April 12, 1955, it consists of an injected dose of inactivated (dead) poliovirus. An oral vaccine was developed by Albert Sabin using attenuated poliovirus. Human trials of Sabin's vaccine began in 1957 and it was licensed in 1962. Because there is no long term carrier state for poliovirus in immunocompetent individuals, polioviruses have no non-primate reservoir in nature, and survival of the virus in the environment for an extended period of time appears to be remote. Therefore, interruption of person to person transmission of the virus by vaccination is the critical step in global polio eradication. The two vaccines have eliminated polio from most countries in the world, and reduced the worldwide incidence from an estimated 350,000 cases in 1988 to 1,652 cases in 2007.



Rotaract Preparation for NID

Rotaracts hold workshop on polio in preparation for NID

Over 60 Rotaracts and volunteers attended the workshop held in preparation for NID. The resource persons and speakers included: **W. William Schluter**, MD, MSPH /Medical Officer /Programme for Immunization Preventable Diseases /World Health Organization, and **Mr Jagat Man Shrestha** from WHO, Nepal and **Rtn Buddha Laishram** Jt Secretary RC KTM Mid-Town.





Rotaract News

Mid-T own Rotaracts bag 1st prize

The Rotaract Club of Kathmandu Mid-Town won the 1st Prize Award in the 3rd District Conference held at Butwal from 7-8th January 2011. Seven Members from Rotaract Club of Kathmandu Mid-Town in the Rotaract District Conference. **Rtr. Bijeta** shown receiving award.



The lighter side

Have a closer look at these trailers.....



Pease send information/suggestions/photos for the next volume to:
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