

Voyage



A News Bulletin
August 2021 Issue 2



ROTARY CLUB OF KABITIRTHA, CALCUTTA

Rotary International District 3291
Club Charter No. 30920
Club Charter Date: 30th JUNE 1995

RI PRESIDENT: Rtn. Shekhar Mehta 2021-22
DISTRICT GOVERNOR: Rtn. Prabir Chatterjee, 3291, 2021-22
PRESIDENT : Rtn. Subhomita Chakraborty
SECRETARY: Rtn. Mainak Dutta
EDITOR: Rtn. Malabika Guha

AUGUST: MEMBERSHIP AND NEW CLUB DEVELOPMENT MONTH

WELCOME ***NEW ROTARY YEAR 2021-2022*** ***NEW LEADERS, NEW THEME AND NEW GOALS*** ***Let's Dream and Act Together for a Better Tomorrow***

Members congratulate Rtn. Subhomita Chakraborty for assuming club presidentship and assure her full support to fulfill the RI theme : “**Serve to Change Lives**”.

Members thank IPP Rtn. Habibur Rahaman and his team for leading the club successfully.

Club - Installation

Ray of Hope And Aspirations

Amidst Rotary dignitaries and club members and their families, Rtn. Subhomita Chakraborty assumed the club leadership on 11th July 2021 with an aspiring zeal to serve the underprivileged and downtrodden people including women and children wholeheartedly to fulfill ‘**Serve To Change Lives**’

The presence of Rotary dignitaries, club members, their families and inspirational speech of the famous Olympic shooter, Mr. Jaydeep Karmakar, having snacks and lunch and spending few moments with them, sharing their joy and sorrows – all these elevated the sanctity of the entire installation scenario.

Club News :-

SUPPORT THE ENVIRONMENT WITH TREE PLANTING

On 25th July, Rotary Club of Kabitirtha organized a plantation program at Raj Nandini Park, New Alipore. Fifty saplings had been planted there. Members participated were Rtn. Subhomita Chakraborty, RTN. Mainak Dutta, PDG Rtn. Jhulan Basu, Rtn. Ranjana Basu, Rtn. Nitish Saha, Rtn. Rajarshee Saha and many more. Thomas fullers opined , “He that plants trees loves others than himself”, one of the best conditions of happiness is the link between man and nature and it should not be broken” – said Leo Tolstoy. Rotarians can be that link through their acts and deeds.

INDEPENDENCE DAY CELEBRATIONS

On 15th August 2021, our club members along with our RCC UDYOG observed our 75th independence day at Khidderpore. At about 11am, our national flag had been hoisted by our club president Rtn. Subhomita Chakraborty, accompanied by our National Anthem.

Thereafter educational kits, biscuit packets, toys and masks were distributed to the local children. One blood pressure unit and one weighing machine were given to Udyog.

Educational Scholarship :

Educational scholarships have been given to Mrinal Halder and Rajanto Mahato of class XII for their studies by our club president Rtn. Subhomita Chakraborty on 31st August. Members present were Rtn. Subhomita Chakraborty, Rtn. Malabika Guha, Rtn. Ranjana Basu, Rtn. Saswati Choudhury, Rtn. Rajarshee Saha and Rtn. Sanjay Mukherjee.

Anniversary Greetings

Birthdays

August 10 th	Rtn. Goutam Roy
August 16 th	Rtn. Jhulan Basu

Wedding

August 13th - Rtn. Saswati Chowdhury & Amiendu

District News

Empowering girls is his priority

Prabir Chatterjee
District Governor,
RID 3291

As RI president Shekhar Mehta hails from his District, “we will focus on some of the thrust areas like literacy, empowering girls and membership growth through *each one bring one* that he is championing to take Rotary to the next level,” says Prabir Chatterjee. He is confident of inducting over 1,000 new Rotarians, and starting 20 new clubs, taking the total number of Rotarians past 5,000; and clubs to 190 in the district.

Thirty new Rotaract clubs and 500 new rotaractors are his target, “I plan to do a number of projects to empower girls through awareness programmes, events on cervical cancer and MHM (menstrual hygiene), which will be held in schools, colleges, urban and rural clusters,” he explains. Self-defence techniques will be taught in schools, colleges and RCC venues through workshops titled *rotary Virangana* to boost the confidence of girls. “we plan to hold at least 10-15 *Virangana* sessions in a month across the district. Our 14 rotary eye hospitals will do 40,000 surgeries for needy patients.”

Over 25 happy schools will be done through a mix of global grants and club donations. His target for TRF giving is \$400,000. With Mehta branding the current DGs as ‘Changemakers’, “we need to empower the underprivileged through literacy, healthcare, water and sanitation projects. In fact, Rotary is ushering in peace by **“Serving to Change Lives.”**

Role of an Ideal District Governor

Three Rotarians – one district governor, one district secretary and one district treasurer went to a seaside village to conduct a literacy project for the children of local fishermen there. One day they decided to walk up and down the beach before lunch hour. Half way of the beach, they stumbled upon a lamp. As they rubbed the lamp, a genie appeared and said, ‘Normally I would grant you three wishes, but since there are three of you, I will grant you each one wish. The secretary went first “I would like to spend the rest of my life living in a huge house in St. Thomas with no money worries”. The genie granted him his wish and sent him off to St. Thomas, the treasurer went next. “I would like to spend the rest of my life living in a huge yacht cruising the Mediterranean with no money worries.” The genie granted him his wish and sent him off to the Mediterranean. Last but not the least, it was DG’s turn. And what would your wish be? Asked the Genie. “I want both of them back to complete our Project” – replied the DG.

International news

The Leader :

Remembering Paul P Harris

Paul P Harris, the father of Rotary Movement, was born on April 19, 1868 at Racine, Wisconsin, USA. When he passed away on January 27, 1947, he left behind for mankind a rich legacy OF FELLOWSHIP

and Brotherhood for International Understanding and Service to Humanity. To-day, the seed he sowed in 1905, has blossomed into a large tree having more than 33,000 clubs in more than 200 countries. We fondly remember him and pay our respectful homage to him on this auspicious day when we have stepped into another Rotary year to make it more eventful and meaningful.

Rotary International Supports Covid Vaccination

Help us to help you – get vaccinated.

Care for the people around you.

Vaccination is safe and effective, get vaccinated now.

Wear mask, wash hands, maintain safe distance.

Rotary India’s Covid Vaccination Task Force

Membership Growth

“My vision is to increase Rotary membership to 1.3 million by July 2022, and the call to action is simple: Each One, Bring One. This year, I want every Rotarian and Rotaractor to introduce a new person into their club.

Rotary’s two greatest assets are its members and The Rotary Foundation, and they are linked. Our Organisation is made up of more than 48,000 Rotary and Rotaract clubs, and without our dedicated club members, we can’t perform service. Our members also carry out the Foundation’s mission of doing good in the world, by working on grassroots projects and making contributions that support countless Foundation programmes and grants.”

--As opined by RI President Shekhar Mehta

Why I am a Rotarian

Paul P. Harris

“is it not a miracle that Rotary has brought together good and influential men of all civilized countries?

And is it not gratifying to know that there is a platform board enough for all men to stand on?

And is it not heartwarming to know that men of diverse faiths and allegiances can find so much in each other,

Which is wholesome and good?

Rotary is an integrating force in a world where disintegrating forces are far more numerous.

Rotary is an organization where integrating forces are far more powerful”

Rotary membership Growth

“আপন হতে বাহির হয়ে বাইরে দাঁড়া, বুকের মাঝে বিশ্বলোকের পাখি সাড়া।”

বিশ্বকবির এই গান আমাদের মেলবন্ধনের বার্তা দেয়। এই মেলবন্ধনের মধ্যে দিয়েই পরস্পরের প্রতি ভালবাসা, সহানুভূতি, করুণার সৃষ্টি হয়, যা আমাদের ভাল কাজ করতে উদ্বুদ্ধ করে। রোটারীতে আমরা সেই ভালবাসার হাত সমাজের দুর্বল, অসহায় মানুষদের দিকে বাড়িয়ে দিই। এই উদ্দেশ্য নিয়েই আমার রোটারীতে আসা, যার মূলমন্ত্র হল Service Above Self. নিঃস্বার্থভাবে মানুষের পাশে দাঁড়িয়ে তাদের সেবা করাই উদ্দেশ্য। এই কাজের জন্য অনেক উদারমনস্ক সহৃদয় মানুষের প্রয়োজন। আমরা আমাদের বন্ধুবান্ধব, পরিচিতজনদের যদি উৎসাহিত করে এই রোটারীতে যোগদান করতে পারি, তবেই আমরা এই মহৎ কাজে সার্থক হতে পারবো।

যদিও আগষ্ট মাস রোটারী মেম্বারশিপ মাস, কিন্তু সারা বছরই আমরা যদি প্রত্যেকে একজন করে সভ্য আনতে পারি তবে আমাদের যাত্রা সহজ ও সফল হবে। আমরা রোটারীর এই সেবা কাজকে অনেকদূর এগিয়ে নিয়ে যেতে পারবো।

-- রোটারীয়ান রঞ্জনা বসু।

General News

Forthcoming program –

1. Teachers day celebration on 5th September
2. Distribution of Puja garments to the needy people on Mahalaya
3. Blood donation Camp
4. Deshapriya Park Drive
5. Nursing Training
6. District program : Literacy on 19th September
7. International program: International webinar on Organ Donation and Transplantation on 28th August
8. Mega Blood Donation camp on 4th September, 2021
9. Project on Literacy on 19th September, 2021

Shraddhanjali :

Voyage pays deep respect to our greatest scientist, Prafulla Chandra Roy (founder of Bengal Chemicals and Pharmaceutical Works Ltd.) who has completed 161 years on 2nd August 2021. We remain ever grateful to him for his outstanding contributions to the community by motivating the youths to be self independent and move in multi-channel career openings. His valuable suggestions in this respect are always remembered with proper respect and importance.

“শুধু দু পাতা Milton বা Shakespeare পড়লে কি পেটের খিদে মেটে? শুধু কেরানী, চাকুরীজীবী, ডাক্তার, ইঞ্জিনিয়ার নিয়ে কোন দেশ এগিয়ে যেতে পারে না। তোমরা পরিশ্রম কর। স্বাধীন ভাবে উপার্জনের কথা ভাব। বাণিজ্য মুখী হও”।

Health Watch

Repetitive Stress Injuries or RSIs

RSIs are a common affair in the computer era. Be it a student or senior citizen, computers have infiltrated everyone's life. People who had perhaps never imagined that they would need a computer – are now forced to rely on the new technology. This persistent seated position before the computer does not give the joints & muscles sufficient time to recover, resulting in inflammation, swelling & eventual damage.

Early signs of injury are stiffness of the neck, tingling, numbness, or pain radiating to the arms, and feelings of weakness or fatigue. The fingers and arm joints may start to trigger.

Long hours in front of the computer take a toll on the eyes as well. Eye strain can cause headaches, neck pain, and transient blurring of vision.

A new science thus evolved to tackle this problem. It is called ergonomics or scientific study of the people and their working conditions especially to improve effectiveness. An ergonomically designed workplace goes a long way in reducing RSIs.

The seating arrangement is important while using a computer. Chairs should also have a contoured back support. The feet should reach the floor comfortably. The monitor should be placed at eye level directly in front (not to a side) at an arm's length from the eyes. The keyboard needs to be placed directly in front of the monitor. Elbows should be placed close to the side of the body to prevent the wrists from bending. The fingers and wrists should remain at a 90-degree angle to the upper part of the arm.

While working you should walk around or at least stretch your arms and legs every half an hour. If your work requires long hours on the computer, do static and seated exercises (you can get the information from the internet)

To make it easier on the eyes the lighting in the room should be soft from the side and not directly over head or from back. You should also take eye breaks from time to time.

Sports activities can also reduce RSIs. Jogging, walking, swimming, aerobic exercise are important to prevent RSIs. Listen to your body and seek prompt medical advice for any discomfort during work, sports or leisure activities. Immunity and resistance to disease and improvement in overall flexibility and strength can help prevent RSIs.

--Dr. Gita Mathai,
(Private Practitioner) Vellore

Quote

“What is your Pledge?”

“My Life”

“Life is insignificant. What else you can offer?”

“Devotion and Sacrifice”

--Netaji Subhas Chandra Bose