



COMMUNIQUE

QUARTERLY BULLETIN OF THE
ROTARY CLUB OF CALCUTTA METROPOLITAN EAST
OCTOBER - DECEMBER 2022

2022-2023



**14 PROJECTS COMPLETED
AND MANY MORE TO FOLLOW**

Rotary Club of Calcutta Metropolitan East Senior
members at World Spine Day, 2022

EDITOR'S NOTE

Dear Readers,

It gives me great pleasure to present to you the second edition of our Rotary Club of Calcutta Metropolitan East's magazine, *Communique*. As we enter the second quarter of the Rotary year from October to December 2022, we have much to celebrate and be proud of.

Our club has completed a remarkable 14 projects in various fields of charity, a testament to the dedication and hard work of our members. These projects have touched the lives of countless individuals and communities, and we are committed to continuing this pace of service. I am particularly inspired by the leadership of our President, Dr Amitabh Chanda, who has been a driving force behind our success. His motivation and passion for service have been infectious, and we are fortunate to have him at the helm.

As we move forward, I urge all members to continue to work together, with the same spirit of camaraderie and dedication, to make a positive impact on the lives of those around us.

Thank you for your continued support, and I hope you enjoy this edition of *Communique*.

Sincerely,
Neha Agrawal



PUJA PARIKRAMA

On October 2nd, the club arranged a puja parikrama for old boarders from Anand Ashram. Two cars were arranged and went to see iconic Kolkata pujas like Ekdalia Evergreen and Garia Mitali Sangha.



WORLD SPINE DAY

On 16th October, 2022, the rotary club marked World Spine Day with a district-level event focused on the importance of maintaining a healthy spine

The Rotary Club of Calcutta Metropolitan East was proud to host a **district level** World Spine Day on October 2022, and we were thrilled to have the support of 10 co-host clubs.

The event was a great success, with a turnout of over 100 attendees. We were grateful to have such a strong showing of support from the community and from our fellow Rotary clubs.

The day was filled with educational seminars, interactive exhibits, and a variety of health screenings and treatments. We were fortunate to have a number of expert speakers on hand to provide valuable information on spinal health and wellness.

A few patients, who underwent spinal operation (including a famous Bharatnatyam dancer) by President Dr. Amitabha Chanda, shared their highly positive experience after operation.

The feedback we received from attendees was overwhelmingly positive, and we were thrilled to see our event covered in several local publications.



We are grateful to our co-host clubs and to all of the attendees who helped make World Spine Day such a success. We are already looking forward to next year's event and hope to continue promoting spinal health and wellness in our community.



रोटारि क्लब अफ क्यलकाटा मेट्रोपॉलिटन इस्टर साथे आरएन टैगोर हसपिटाले कर्मसूची



कलकाता: एउठरि स्पाइन काउन्सिल २०२२-के विश्व स्पाइन दिवसेर प्रचारिभियानेर थिम हिसाबे धेयणा करा हयेछे। एहि दिनटि हल १६ई अक्टोबर। थिमटि रोडोषेर वैश्विक बोकार अंश हिसाबे स्पाइनेर बाधा एवंग अकमतर वैचिरोर उषर विश्ववापी सहा सेवा जेकर देय एवंग मनसम्पन्न अपरिहार्य स्पाइन आरजेसेर प्रयोजनियताके सहोधन करे। विश्वेर आनुमानिक ५४० मिलियन मानुष येकान समये पिठेर बाधाय डुगछेन, एटि बहरेर पर बहर धरेर अकमतार साथे वेचे थाकार प्रधान करण। एहि समस्यार कथा माथाय रेथे, रोटारि क्लब अफ कलकाटा मेट्रोपॉलिटन इस्ट एवंग आरएन टैगोर हसपिटाले, रोटारि डिस्ट्रिक्ट ३२९१-एर पुष्टपोषकतय स्पाइनेर सचेतनतामूलक अनुष्ठानेर आयोजन करेछे। आरएन टैगोर हसपिटालेर सिनियर कनसालटेन्ट एवंग लिड निडुरोसार्जन ओ रोटारि क्लब अफ क्यलकाटा मेट्रोपॉलिटन इस्टर सजपति, डाः अमिताभ चन्द १०० जनेरओ वेशि दर्शकेर समवेशेर सामने “पिठेर बाधा एवंग घाडेर बाधा प्रतिरोध ओ चिकित्सा” विषये बरुता करेछिलेन। अनेक रोगीके, यानेर स्पाइनेर रोग आछे तानेर डाः अमिताभ चन्द

अपारेशन करेछिलेन एवंग तार अडिजतार कथा जानियेछेन। पिठेर बाधा एवंग घाडेर बाधार रोगीदेर मेटोते आर एन टैगोर हसपिटाले एकटि निवेदित स्पाइन क्लिनिक शुरु करेछे। एहि अनन्य क्लिनिकटि एकई साथे एकजन स्पाइन सर्जन, एकजन थिजिओस्ट्रिस्ट एवंग एकजन बाधा बाबधुपना डाक्टर द्वारा परिचालित हवे। एहि विश्व स्पाइन दिवसे, आमरा #एउठरिस्पाइनकाउन्सिल-एर उषर जेकर दिये स्पाइनेर बाधिगुल्लि वैश्विक बोकार उषर फोकस करार जन्य पदकेप नेओयार आह्वान जानानो हयेछे, समस्त अक्षल, संस्कृति, पटुर्भूमि एवंग जीवन जुडे निम पिठेर कथा निओ जीवनयापनेर विभिन्न चालेजुलिके हाइलाइट करे; क्यलकार, स्टेरॉक, हाटेर रोग, डायोबेटिस एवंग आलेक्जिमेर रोगेर जेये वेशि प्रचलित एमन अवस्थाके अग्रधिकार देओया। डाः अजय कुमार ल, डाः अडिजिं सि पि, डाः सुमित्ता मुखर्जि एहि अनुष्ठाने उपस्थित छिलेन। आर एन टैगोर हसपिटालेर सिनियर कनसालटेन्ट एवंग लिड निडुरोसार्जन एवंग रोटारि क्लब अफ कलकाटा मेट्रोपॉलिटन इस्टर प्रेसिडेन्ट डक्टर अमिताभ चन्द बलेछेन ये, “विश्ववापी आनुमानिक एक बिलियन मानुष स्पाइनेर बाधाय डुगछेन।

Prabasher Khabar

आर एन टैगोर हॉस्पिटल्स का स्पाइन अवेयरनेस प्रोग्राम



कोलकाता, 18 अक्टूबर (निर्वा)। हाल ही में आर एन टैगोर हॉस्पिटल्स ने रोटी क्लब ऑफ कलकत्ता मेट्रोपॉलिटन इस्ट के साथ मिलकर एक स्पाइन अवेयरनेस प्रोग्राम का आयोजन किया। इसके साथ ही स्पाइन क्लिनिक का शुभारंभ भी किया गया। एवरीस्पाइनकाउन्सिल को 2022 के विश्व रीढ़ दिवस अभियान के विषय के रूप में घोषित किया गया है। यह विषय बीमारी के वैश्विक बोझ के हिस्से के रूप में रीढ़ की हड्डी में दर्द और विकलांगता की विविधता पर जोर देता है और गुणवत्ता आवश्यक रीढ़ की हड्डी तक पहुंच की आवश्यकता को संबोधित करता है। दुनिया में अनुमानित 540 मिलियन लोग किसी भी समय पीठ के निचले हिस्से में दर्द से पीड़ित हैं, यह विकलांगता के साथ वर्षों तक जीने का प्रमुख कारण बना हुआ है। इसी समस्या को ध्यान में रखते हुए रोटी डिस्ट्रिक्ट 3291 के तत्वावधान में आर एन टैगोर हॉस्पिटल्स ने रोटी क्लब ऑफ कलकत्ता मेट्रोपॉलिटन इस्ट और नौ अन्य रोटी क्लबों के साथ मिलकर एक स्पाइन अवेयरनेस प्रोग्राम का आयोजन किया। आरएन टैगोर हॉस्पिटल्स के सीनियर कंसल्टेंट और लीड न्यूरोसर्जन और रोटी क्लब ऑफ कलकत्ता मेट्रोपॉलिटन इस्ट के अध्यक्ष, डॉ अमिताभ चंदा ने 100 से अधिक लोगों के सामने पीठ दर्द और गर्दन के दर्द की रोकथाम और उपचार पर बात की।

Dainik Bishwamitra

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» रोटारि क्लब अफ क्यलकाटा मेट्रोपॉलिटन इस्टर साथे आरएन टैगोर हसपिटाले एकटि स्पाइन सचेतनता कर्मसूची

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📅 October 18th, 2022 🗨️ 0 Comments 👁️ 66 Views





খবর ইন্ডিয়া Online

7.9k Followers

রোটারি ক্লাব অফ ক্যালকাটা মেট্রোপলিটন ইস্টের সাথে আরএন টেগোর হসপিটাল একটি স্পাইন সচেতনতা কর্মসূচী এবং স্পাইন ক্লিনিক চালু করার আয়োজন করেছে



17 Oct 2022 . 7:10 PM

সম্প্রীতি মোল্লা, কলকাতাঃ রোটারি ক্লাব অফ ক্যালকাটা মেট্রোপলিটন ইস্টের সাথে আরএন টেগোর হসপিটাল একটি স্পাইন সচেতনতা কর্মসূচী এবং স্পাইন ক্লিনিক চালু করার আয়োজন করেছে।

এভারিস্পাইনকাউন্ট ২০২২-কে বিশ্ব স্পাইন দিবসের প্রচারাভিযানের থিম হিসাবে ঘোষণা করা হয়েছে। এই দিনটি হল ১৬ই অক্টোবর। থিমটি রোগের বৈশ্বিক

Daily Hunt

Be active to avoid spine problem: Surgeon

SUBHAJOY ROY

Calcutta: A sedentary lifestyle can lead to spine ailments as the increased body weight puts an excess load on the spine, a neurosurgeon said at a discussion on spine health in a city hospital on Sunday.

Like any other part of the human body, the spine suffers wear and tear over the years. Increased body weight, a result of a sedentary lifestyle, means the worn-out spine has to carry additional load.

The Telegraph



R. N. Tagore Hospitals with Rotary Club of Calcutta Metropolitan east organize Spine Awareness Program Also inaugurates Spine Clinic

EOI CORRESPONDENT

KOLKATA, OCT 17/-/ EVERYSPINECOUNTS has been announced as the theme of 2022's World Spine Day campaign, which is on 16th October. The theme emphasizes diversity of spinal pain and disability as part of the global burden of disease and addresses the need for access to quality essential spinal health services worldwide. With an estimated 540 million people in the world suffering with low back pain at any one time, it remains the leading cause of years lived with disability,

sources informed.

Keeping this problem in mind, R. N. Tagore Hospitals along with Rotary Club of Calcutta Metropolitan East and nine other Rotary Clubs, under the auspice of Rotary District 3291 organized a spine awareness program. Senior Consultant and Lead Neurosurgeon of R. N. Tagore Hospitals and President of Rotary Club of Calcutta Metropolitan East, Dr. Amitabha Chanda spoke on "PREVENTION AND TREATMENT OF BACK PAIN AND NECK PAIN" in front of a gathering of 100 plus audience. Several

patients, who were operated by Dr. Amitabha Chanda for spine disorders, shared their experience. R. N. Tagore Hospitals are starting a dedicated Spine Clinic to cater patients of back pain and neck pain. This unique clinic will be run by a spine surgeon, a physiatrist, and a pain management doctor simultaneously.

This World Spine Day, we are calling for action to focus on the global burden of spinal disorders while emphasizing #EVERYSPINECOUNTS, highlighting the diverse challenges of living with low back pain in all regions,

cultures, backgrounds, and across the life course; prioritizing a condition that is more prevalent than cancer, stroke, heart disease, diabetes and Alzheimer's Disease combined.

Dr. Abhijit C P, Dr. Ajay Kumar Law, Dr. Susmita Mukherjee were present in this program.

Senior Consultant and Lead Neurosurgeon of R. N. Tagore Hospitals and President of Rotary Club of Calcutta Metropolitan East, Dr. Amitabha Chanda said that, "An estimated one billion people worldwide suffer with spinal pain. It affects people

across the life course and is the biggest single cause of disability on the planet. Effective management and prevention is therefore key and this year's World Spine Day will be encouraging people to take steps to be kind to their spines."

Mr. R Venkatesh - COO, Narayana Health East & South regions said, World Spine Day highlights the importance of spinal health and well being. Promotion of physical activity, good posture, responsible lifting and healthy working conditions will all feature as people are encouraged to look after their spines and stay active."

Echo of India

EYE CAMP AT DIGHIR GANGULY FOUNDATION

Rotary Club Of Calcutta Metropolitan East undertook a project at Ramkrishna Seva Ashram in Taki steered by the Dighir Ganguly Foundation. Our club donated free spectacles to the people who come from extremely poor backgrounds from Taki who are unable to afford eye check-ups & spectacles. Under the 'Dighir Alo' project the foundation carried out free check ups & our club donated the spectacles.



SEWING MACHINE DISTRIBUTION

On 24th October 2022, The Rotary Club of Calcutta Metropolitan East donated a total of 10 sewing machines to Ramkrishna Vivekananda Mission Suryapur Centre Teacher's Training College for Hearing Impaired & Visually Impaired girls for a tailoring training course for unemployed girls which is certified by the Technical Education Department of the West Bengal State Government to help them be self-employed. The sewing machines were procured from Singer in collaboration with Rotary Club of Calcutta Presidency under the Sui Dhaga Project.



CHARNOCK CITY JOINT MEETING ON BREAST CANCER AWARENESS



On 28th October 2022, Rotary Club of Calcutta Metropolitan East held a joint meeting with Rotary Club of Calcutta Charnock City on Breast Cancer Awareness.

SAREE DISTRIBUTION AT SARADA MISSION ASHRAM

On 12th November 2022, Rotary Club of Calcutta Metropolitan East donated 20 sarees to the Sarada Mission Ashram who run a coaching school & vocational training centre for cottage handicrafts having more than 200 students.





ASHA NIKETAN CHILDREN'S DAY

Rotary Club Of Calcutta Metropolitan East celebrated Children's Day at Asha Niketan by providing one month's groceries for the children and adults at Asha Niketan. Set up in 1973, Asha Niketan provides residential, educational, vocational and outreach services for orphan children and adults with intellectual disabilities. Our club spent quality time with all children and also appreciated the song and dance programme put up by them.





BLANKET DISTRIBUTION - RAMKRISHNA MISSION NARENDRAPUR

Rotary Club Of Calcutta Metropolitan East had undertaken the initiative of donating blankets to the poor & needy section of society at Ramkrishna Mission Narendrapur on the onset of the winter season.



UJJIBAN PROJECT

'Ujjiban' , a cancer survivor meet scheduled on 27th November, 2022 at Rotary Sadan is the flagship program of the NGO Picnic Garden Lila Seva Society. Started in 2010, it has completed 10 years. It involves a Meet of Blood Cancer survivors treated by Haemato-Oncologist Dr. Soumya Bhattacharya.



In this year's annual meet, the cancer survivors and their families attended and related their experiences. They performed songs and recitations. Drawing materials were distributed among children.

On this occasion our President Rtn Dr Amitabha Chanda, regaled the guests with his lovely voice. He received an honorarium for his performance which he donated to the trust fund of the club for welfare work.





BLANKET DISTRIBUTION IN AMARKANAN VILLAGE

On 12th December 2022, our Rotary Club was instrumental in distributing 200 blankets to the distressed people in Amarkanan Village, Bankura through Ramakrishna Mission, Narendrapur.

The Mission deserves a big thanks for providing administrative help. A special thanks goes out Ranjit Da who has been providing strong assistance to the Club in identifying the candidates for more than 25 years.





SIT-AND-DRAW COMPETITION, SWEATER DISTRIBUTION AND TEACHERS' FELICITATION

On 17th December 2022, Rotary Club of Calcutta Metropolitan East, at the Shibmandir Seva Pratisthan, **distributed sweaters** to economically deprived school children and organised a **sit-and-draw competition** for them.

Two dedicatedly **outstanding teachers there were felicitated** for their continued outstanding work.



FREE MEDICAL CAMP AND DISTRIBUTION OF MEDICINES

On 18th December, the Club distributed medicines and conducted a Bone Densitometry camp for screening of Osteopenia/Osteoporosis.

Almost 200 patients were attended to. Along with normal screening, a special BMD screening was done among elderly for osteoporosis. Among other doctors, our President, Dr Amitabh Chanda, was present as well for the screenings. Medicines worth Rs 1,00,000 were also distributed.

