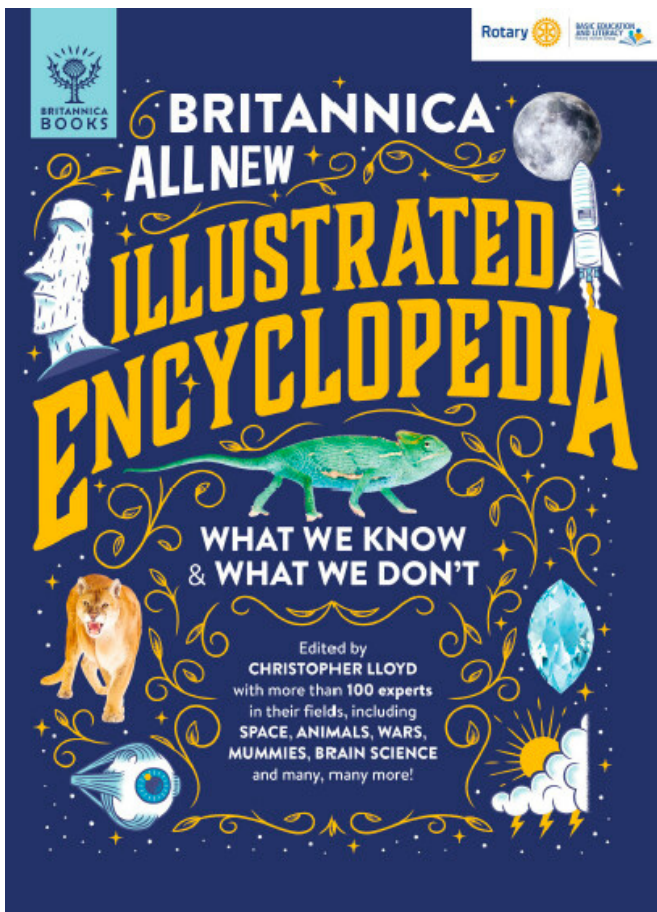


THE MIDTOWNER

BULLETIN OF THE ROTARY CLUB OF CALCUTTA MIDTOWN

President: Rtn. Neeraj Agarwal | Secretary: Rtn. Madhur Jhawar | Editor: Rtn. Richa Shah

CLUB NO. 16155 | DIST : 3291 | CHARTER DATE : JUNE 16, 1975



ILLUSTRATED ENCYCLOPEDIA BRITANNICA

BELRAG is offering an exceptional opportunity for Rotarians to support education your local communities or enhance your international projects. Through a partnership with the world renown and respected Encyclopedia Britannica, Rotarians can acquire the new, one volume Britannica Illustrated Encyclopedia: What We Know and What We Don't. The book is a valuable resource for all learners, age 8-108. Enhanced by engaging photos and graphics, the text guides the reader through topics on the Universe, Earth, Matter, Life, Humans, Ancient & Medieval Times, Modern Times, and Today & Tomorrow.

This special edition is branded for Rotary - including a Rotary logo on the cover, a

message by RI President Shekhar Mehta and information about Rotary our world-wide commitment to service. Space will be available for your club or district to include a bookplate acknowledging your support. Every order includes a donation to our Rotary Foundation!

Incoming RI President Shekhar Mehta recently shared: "Basic education and literacy is directly linked to Supporting Education - one of Rotary's seven areas of focus - that expands and creates opportunities for addressing other socioeconomic issues. By improving available basic education and literacy rates in our communities, Rotarians are able to have a broader impact by helping to reduce poverty, improve health, encourage community and economic development, and promote peace. Rotarians are encouraged to be people of action and support activities and training to improve education for all children and literacy for children and adults."

ROTARY PROJECTS IN INDIA

10 years of giving hope to burn victims....



Dr S Raja Sabapathy
Director, Ganga Hospital, Coimbatore

Over 600 burn victims have benefited immensely since 2012 through Hope after Fire (HAF), a unique flagship project of RC Coimbatore Metropolis, RID 3201, being implemented in partnership with the Ganga Hospital, Coimbatore.

Leading the project is club member Dr S Raja Sabapathy, director of the hospital and head of its reconstructive surgery wing. He points out that following a series of surgical reconstructions, the victims are able to return home in a much better

condition and, more importantly, able to use their limbs to do productive work. These surgeries are carried out free for needy patients, says Palaniappan, president, RC Coimbatore Metropolis. The club takes care of the hospital expenses and the consumables, while the hospital contributes by waiving surgeons' fees and other professional charges. The project value until Aug '21 is Rs.6.29 crore (\$845,276). Successive leaders of the club have wholeheartedly supported it through regular fundraising (about Rs.3.99 crore) and the hospital has contributed its services worth Rs.2.3 crore since 2012. Until August 2021, 1,010 reconstructive surgeries have been performed on 606 burn victims.

We want to spread awareness about HAF so that more people benefit from this initiative.



MEDICAL EQUIPMENT FOR COVID CENTRE IN MUMBAI

Medical equipment worth Rs.20 lakh were donated by RC New Bombay Seaside, RID 3142, to the Navi Mumbai Municipal Corporation for treating patients at its Covid care centre in Vashi, Mumbai. This project was done with support from GN Hearing India which had donated for this cause under its CSR

funding. The critical care equipment were handed over to the corporation commissioner Abhijit Bangar by DG Mayuresh Warke and Sunil Vinzanekar, MD of GN Hearing India.

"This CSR activity is a good example of organisations coming together to do something good for the to do something good for the community," said the DG.

Making the visually-challenged digital-savvy



Rotary Club of Thane West, RID 3142, along with RCs Thane Green City, Khargar Midtown and Creekside, distributed Braille Me devices to 15 visually-challenged people in Thane and Mumbai.

Braille Me is a sleek, multi lingual digital Braille display device that helps the visually-challenged access books, files and notes. It can work as a stand-alone or can

be connected to a computer or a smart phone. The device is equipped with 6-dot Braille cells, Bluetooth and an SD card facility. “The visually-challenged can now send messages on WhatsApp or SMS using this device. It also helps them in sharing text files and Excel sheets,” says Sadhana Vaze, the project lead and a past president of RC Thane West. RC Thane West is celebrating its golden jubilee this year and “we plan to distribute this device to 50 people to mark the occasion,” she says, adding that each device costs ₹30,000. Snehankit, an NGO working towards empowering the visually-challenged, is helping the club in identifying the beneficiaries.

RID 3141 builds low-cost houses for Palghar villagers



An ambitious low-cost housing project Aashiyana of RID 3141 for Adivasi families living in mud-brick huts across various padas (hamlets) in the Palghar district of Maharashtra has so far completed 110 pucca, concrete houses, while 215 units are under construction. The project team led by district project director Raj Khosla has got consent to deliver 425 houses. “Soon work on the balance 100 houses will start. Thanks to the large-heartedness and continued support of district Rotarians, we have got fresh commitments to build new houses which will be taken up in due course,” said IPDG Sunnil Mehra.

The GoI gave a subsidy of ₹1.2 lakh for a unit cost of ₹2 lakh and the project hit a stumbling block at the early stages itself as no contractor was willing to work under the existing terms of the housing scheme. District secretary Anil Jain devised a “brilliant idea of conducting a fundraiser called ‘game of housie’ that was played across the district by rolling the dices. And one of the conditions is that to participate in this game, a club has to sponsor a house. In the first month itself, 50 houses were committed by the district clubs, and the game was a phenomenal success,” said Mehra.

Home turf bids adieu to President Shekhar



At a glittering, gala event organised in Kolkata by the chairman of global membership Kamal Sanghvi, senior Rotary leaders from India felicitated RI President Shekhar Mehta and Rashi on the first day of his assuming charge as RI president.

The participants included RI Director Mahesh Kotbagi and his wife Amita, TRF Trustee Gulam Vahanvaty, several district governors, past district governors and members of Rotary Club of Calcutta Mahanagar, Mehta's home club.

Responding to the warm wishes and encomiums showered on him in an event filled with nostalgia, walk down memory lane, music and dance, Mehta was, for a moment, at a loss for words. But he soon regained his composure, reiterated his dreams for Rotary – a much higher membership achieved through the “Each one bring one” initiative, bigger and bolder projects, working passionately and relentlessly to take Rotary's public image to a pinnacle, so that it becomes the NGO of choice for those who want to help the less fortunate.

Mehta said that though he would be leaving for Evanston in a week or two, he would continue to live up to his reputation to wake up many of them late at night to discuss ideas and projects he had in mind for Rotary.

He thanked everyone present at the meet for their support to him, without which, he said, he would not have made it to RI's topmost post.



**SEPTEMBER 29- WORLD HEART DAY
HEART DISEASE AND STROKE, IS THE
WORLD'S LEADING CAUSE OF DEATH
CLAIMING 18.6 MILLION LIVES EACH
YEAR**

Cardiovascular disease has many causes: from smoking, diabetes, high blood pressure and obesity, to air pollution, and less common conditions such as Chagas disease and cardiac amyloidosis.



HEART FRIENDLY FOODS

1. Leafy Green Vegetables
2. Whole Grains
3. Berries
4. Avocados
5. Fatty Fish and Fish Oil
6. Walnuts
7. Beans
8. Dark Chocolate
9. Almonds
10. Tomatoes
11. Seeds
12. Garlic
13. Olive Oil
14. Edamame
15. Green Tea

**7 POWERFUL WAYS YOU
CAN STRENGTHEN YOUR HEART**

1. Get moving
2. Quit smoking
3. Lose weight
4. Eat heart-healthy foods
6. Don't overeat
7. Don't stress

This year on World Heart Day, we're asking the world to:

USE HEART TO CONNECT

The healthcare crisis we've all been living through has highlighted an urgent need to find different and innovative ways to connect people to heart health, particularly in lower resource areas and communities.

Harnessing the power of digital health to improve awareness, prevention and management of CVD globally is our goal for World Heart Day 2021. USE HEART TO CONNECT is about using your knowledge, compassion and influence to make sure you, your loved ones and the communities you're part of have the best chance to live heart-healthy lives. It's about connecting with our own hearts, making sure we're fuelling and nurturing them as best we can, and using the power of digital to connect every heart, everywhere.

**USE ♥ TO
CONNECT
PEOPLE
WITH ♥**

WAS THE SHAOLIN TEMPLE FOUNDED BY AN INDIAN MONK?



All of us born in the 1970s and 80s have watched THE SHAOLIN TEMPLE movies and at one point wondered if it was myth or legend, and if we could also train to become a kung-fu master!

Guess what? The Shaolin Temple exists even this day and is known to have been founded by a South Indian monk! Shocked? Read on....

A number of historical records and legends suggest that it originated from martial arts in India sometime in the 1st millennium AD. The first patron of the Shaolin Monastery was the devout Emperor Xiaowen. In 495 AD, It was built among the Song mountains in Henan province. The first monk who preached Buddhism there was the Indian monk named Buddhahadra, simply called Batuo. Thanks to Batuo, Shaolin became an important center for study and translation of original Buddhist scriptures. It also became a place of gathering for esteemed Buddhist masters. Historical sources on the

early origins of Shaolin Kung Fu show that at this time martial arts practice was existent in the Temple. Batuo's teaching was continued by his two disciples, Sengchou and Huiguang. In 506, Indian monks Ratnamati and Bodhiruci came to Shaolin to set up a scripture translation hall. Together with Huiguang, they translated master Shiqin's Vasubandhu commentary on the Daśabhūmika Sūtra an early, influential Mahayana Buddhist scripture. After that, Huiguang promoted the Vinaya in Four Parts- Dharmagupta-Vinaya, which was the theoretical basis for the Luzong School of Buddhism formed during the Tang Dynasty by Dao Xuan (596-667).



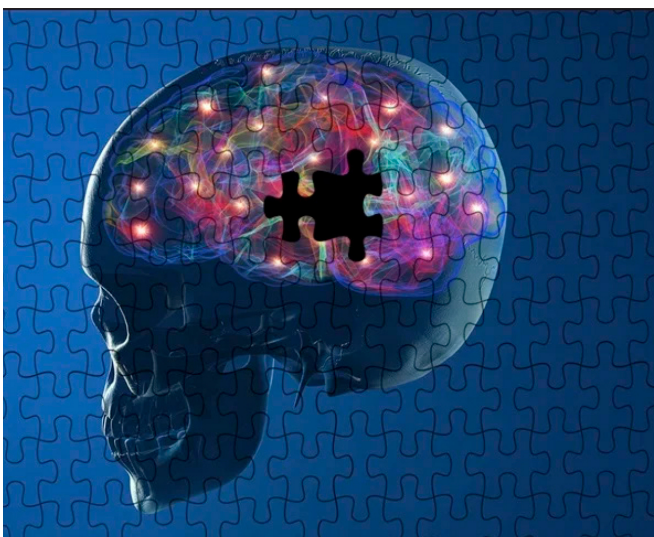


The 28th patriarch of Mahayana Buddhism in India, Bodhidharma (Dá mó), came to China around the 470s as a Chan Buddhist missionary and traveled for decades throughout China before settling on Mount Song in the 520s. Bodhidharma's teachings were primarily based on Lankavatara Sutra, which contains the conversation between Gautama Buddha and Bodhisattva Mahamatti, who is considered the first patriarch of Chan tradition.

Using the teachings of Batuo and his disciples as a foundation, Bodhidharma introduced Chan Buddhism, and the Shaolin Temple community gradually grew to become the center of Chinese Chan Buddhism. Bodhidharma is traditionally credited as the transmitter of Chan Buddhism to China, and regarded as its first Chinese patriarch. According to Chinese legend, he also began the physical training of the monks of Shaolin Monastery that led to the creation of Shaolin kung fu. In Japan, he is known as Daruma.

[CLICK HERE TO VISIT SHAOLIN TEMPLE](#)

FOOD FOR THOUGHT...



New hydrogel to treat Parkinson's

The Australian National University (ANU) in collaboration with The Florey Institute of Neuroscience and Mental Health have developed a new hydrogel that could help in the treatment of Parkinson's disease. Made from natural amino acids the gel will act as a gateway to safely transfer stem cells into the brain and restore damaged tissue by releasing a growth-enabling protein called GDNF (Glial cell line - derived neurotrophic

factor). The cost-effective technology is said to be easy to manufacture on a mass scale and could undergo clinical trials soon.

Birthday Greetings



30th Sept

**SHYAM
KEYAL**

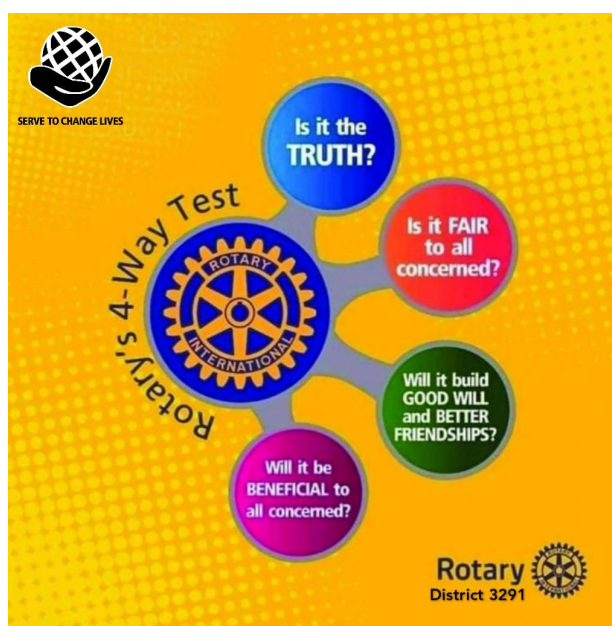
Anniversary Greetings



Seems like...

**LOVE DIDN'T CONVERT
TO MARRIAGE THESE DAYS !!**

» love «



DID YOU KNOW



A Swiss cheesemaker, has discovered that humidity, temperature, or nutrients are not the only things that influence taste... Music can also have physical effects on cheese."

EDITOR'S CORNER

Compiling each issue of the bulletin is a challenge as much as pleasure. My search for news, anecdotes and pictures takes me to different places I'd have not otherwise cared to visit. I hope you enjoy reading it as much as i did putting it together. Stay safe. Cheers!

Rtn. Richa Shah
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MEETING MINUTES

ROTARY CLUB OF CALCUTTA MIDTOWN

DISTRICT 3291

Club No. 16155 | Charter Date: 16/06/1975



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Minutes of the 2081st Continuous Meeting of Rotary Club of Calcutta Midtown and 5th of the Year 2021-2022 held on 09th September, 2021 over Zoom Platform at 6.30 pm

- **Meeting Called to Order:** President Rtn. Neeraj Agarwal called the 2081st continuous and 5th meeting for the year 2021-2022 to order.
- **National Anthem:** Rtn. Madhurr Jhaawar played the National Anthem and shared the screen over zoom.
- **Welcome by President:** President Rtn. Neeraj Agarwal welcomed Members of the club and guest Kamal Agarwal, to the meeting.
- **Minutes Confirmation:** Confirmation of minutes of the 2080th meetings was proposed by Rtn. Dr. Biman Chakraborty and seconded by Rtn Narinder Gulati.
- **Address By the President:** President Rtn Neeraj Agarwal congratulated Rtn. Richa Shah for the wonderful Bulletin 'Midtownner' which had been appreciated by many Rotarians from the club and outside. R
- **RCC Work:** President Rtn Neeraj Agarwal mentioned that work at RCC is going well. The workshop for learning sewing machine by girls is being conducted Twice a week. Currently being attended by 4-5 girls. Post Pujas Examination shall be conducted and certificates offered. The Doctor Chamber is engaged well with 12/13 patients visits regularly. Post Pujas Doctor Schedule will be decided to make the initiative more helpful. Further Banner of the Rotary Club with Initiatives taken in RCC will be put shortly to get more target audience. It was proposed to have an EYE CHECK UP camp on 13th November, 2021' at RCC.

President suggested that a letter to be sent to Alipore Correctional Home for re-starting the needle work course and introduce the Beautician Course for inmates alongwith Sewing Workshop. Rtn Sanjay suggested that training of students to be made more active at RCC and proper advertisement be done to get more students enrolled. In such case more sewing machines can be bought and installed at RCC itself. He further suggested that in case the workshop at Alipore Correctional Home is to be considered the same should be done in a much bigger manner to get more attention of the good social work done by the club. Rtn. Bhupeshji mentioned that it would be wise to engage RCC Secy. GOPAL and level the need of the RCC and ways to make it function better. The said suggestion was appreciated by the President and welcomed.

- **Toilet Project:** President Rtn Neeraj Agarwal mentioned that 81-120 toilets in 2nd Phase was Made at Sunderbans and 5 Rotarians paid a visit to inaugurate the same on 29th August '21. It was notified that list of 121-to 140 toilets had been provided by the organisation associated at Sunderbans. However, payment for the same was not given as they were asked to give a revised list.
- **Tubewell:** President Rtn Neeraj Agarwal mentioned that the area needed Tubewells as the current water resource is quite contaminated and unhealthy. It was suggested that we can give them Tubewells with the interest money earned from this Global Grant, provided the Foundation gives permission for the same.
- **Sponsorship to Medical Student:** Rtn. Bhupeshji mentioned that Trust or Corpus Money can be used for the sponsoring Deserving students for higher education. The said activity is not been done from past 3 years and the fund for the said purpose has remained Unutilised. The same can be considered now. Further it was also discussed by Rtn Dr Biman Chakraborty that NURSE training can also be explored. Rtn Bhupeshji an PDG RTN Surenderji further added that a Corpus fund as donated from time to time by Members for various activity is lying unutilised for few years. The same can be used to fund the sponsorship for the Nurse Training or higher education to deserving students.
- **TREE plantation and Donation Drive:** President Rtn. Neeraj Agarwal mentioned that the location for planting trees will be identified by gardeners and plantation activity will now start in next 15 days. Last Sunday of the month, 26th of September has been chosen for the Tree Plantation drive at Manicktala area.
- **Any other Matter:** President Rtn Neeraj Agarwal mentioned that:-
 1. KOLKATA KETTLE Trademark registration is under process. The Club has already made a payment of Rs 10,000/- apprx for the fees, filing & hearing of the matter at necessary department and there is assumed to be a further expense of Rs. 5,000/- apprx for getting the Certificate. It is expected to have the Trade Mark Certificate Post Pujas.

1. He further announced that an Email has been sent to secretariat for providing Receipts of all the Donors from the club who contributed \$100 each for the Rotary Foundation. The said receipts is expected soon. PDG Rtn Surenderji also added that corresponding with the secretariat directly may help club get the work done faster and obtain receipts timely.
 2. President further announced that a Pre Puja Fellowship is being planned and Rtn Narinder Gulatiji shall come back on the confirmation from RCTC or Tolly Club as a venue for hosting the same.
 3. Further it was also brought to everyone's notice that some more MOBILE PHONE requirements have come from the Blind School for the students. Rtn Mattu Sikri said that deserving candidates may be given some more mobile phones.
 4. Rtn Sanjayji also mentioned that Trust A/c may be utilised for the Salary of Subrata Sen and also other project expenses of the club. He asked to check on the Club account and Trust account PAN CARD in order to make sure there is no ambiguity in bank over same.
- **Vote of Thanks:** President Rtn Neeraj Agarwal gave vote of thanks to all the members of the club and Guest for attending the meeting.
 - **Secretary's Report:** Secretary Rtn. Madhurr Jhaawar announced the following:
The next meeting would be physically conducted on 23rd of September 2021, venue will be announced in due course.
Attendance was announced at 33%
Birthday Greetings were extended to 01st Sep- Rtn Neeraj and Rtn Bimanda, 04 Sep- Rtn O P Agarwal, 07 Sep- Rtn Debojit, 09 Sep- Rtn Anirudh, 11 Sep- Anne Nupur Prasad, 15 Sep- Rtn Pradip Bose . Anniversay Greetings were extended to Mrs and Mr. Rtn Lal Hiranandani.
 - **Closure of the Meeting:** President Rtn. Neeraj Agarwal closed the meeting by thanking everyone being present for the same.

Minuted by:

Rtn. Madhurr Jhaawar

Secretary 2021-22-RCCM