











Today's RCM has been merged with Blood Donation Camp with our Rotaracts and Interacts from MCKV @ MCKV Campus from 9.30am to 12pm.

Congratulations!

President Rtn Indra Goenka Secretary Rtn Sharad Dugar and TEAM 2021-22!

Changeover Ceremony

For the second year on the trot Rotary Club of Belur conducted its 55th Installation Ceremony virtually albeit What made the in hybrid mode. occasion even more memorable was the attendance of none other than RI President Shekhar Mehta as Chief Guest of the event. Besides, DG Prabir Chatterjee, DGE Ajoy Kumar Law, DGN Hiralal Yadav and a host of Rotarians spread across the world, alongwith several PDGs, Guests, members and spouses attended the meeting to usher in the 1st ever Lady President of our Club with great fanfare. The most unanticipated part of the occasion was an after-event affair whereby expressly Prasadam made Boxes reached members full of delectable savouries at their residences as a token of appreciation from the President Indra Goenka and her team.



Brand Seafood Products

Where Flavour comes to life



Minutes of the 2442 RCM cum 55th Installation Ceremony of Rotary Club of Belur held on Sunday, the 11th day of July, 2021 at 11.00 am on the WEBEX Virtual Platform, Kolkata.

The ceremony started with Ganesh Vandana by Rtn Rashmi Patwari. Lighting of lamp was done by President Rtn Indra Goenka and Nivedita Amitabh, spouse of President Elect Amitabh Mohan. Secretary Rtn Sharad Dugar, Treasurer Rtn Santosh Mohta, Joint Secretary Rtn Rashmi Patwari, Club Service Director Rtn Ammit Bhutoria were also present in this Hybrid event physically along with PE Amitabh Mohan.

A recorded video made exclusively by Rotary Leaders from India of our National Anthem was broadcast.

Rtn Indra Goenka, President-2021-22 requested Installation Chair PP Rtn Shankar Ramalingam to take over the proceedings and he started by welcoming the Guest of Honour DG Rtn Prabir Chatterjee, Special Guests DGE Rtn Ajoy Law, and DGN Rtn Hiralal Yadav, Club Members and their relatives, Prospective Members alongwith our International Friends and Partners from Singapore and Bangladesh; PP Rtn Tapan Rao, PP Rtn Shahul Hameed, PP Rtn Dr Romel, PP Rtn Sam Showket Hossain and PP Rtn Ranjit Chakraborti.

He then requested outgoing President Rtn Aloke Kanodia to address the meeting. In his message to the club Rtn. Aloke thanked every member for providing him unstinted support during his tenure and requested Past Secretary Rtn Amar Malhotra to present the Club Report for the year 2020-21.

On completion of the club report 20-21by Rtn Amar, Installation Chair PP Rtn Shankar Ramalingam introduced President Rtn Indra Goenka, which was followed by a poem recitation by PP Rtn Nirmal Saha in her honour.

Incoming President Rtn Indra Goenka was formally Installed with Charter and Collar. Thereafter IPP Rtn Aloke Kanodia and President Rtn Indra Goenka wore Lapel Pins simultaneously on their collars. At the onset of her address President Rtn Indra Goenka requested all to pay homage to the departed souls of Rotarians and their relatives during the year by observing I minute silence. Subsequently she addressed the August Gathering and revealed her goals with vision for the ensuing year. The President emphasised on adding more members with the catch line "More the Merrier". She announced the names of prospective members present in the meeting. The Club Roster and the 1st bulletin "Friendship" of 55th Year was then released.. President Indra then went on to announce a contributions of \$5000 to the TRF.

Theamount of \$ 1000 each was contributed by Rtn Raj Rani Agarwal, Rtn B.D Agarwal, Rtn G.D Agarwal, Rtn Rashmi Patwari and Foundation Chair PP Rtn Ajay Agarwal;

President Rtn Indra Goenka presented her Team for the year with the help of PPT slides.

The incumbent Club Secretary Rtn Sharad Dugar was then called upon to conduct club business which he dutifully complied by announcing the forthcoming programmes and Birthday, Anniversaries of club members.

The Installation Chair PP Rtn Shankar Ramalingam then introduced Special Guest DGN Rtn Hiralal Yadav and requested him to give his blessings, which DGN fulfilled with an encouraging speech.

The chair then turned the spotlight and greeted the Chief Guest and Rotary International President Rtn Shekhar Mehta who just join.

The Chair PP Rtn Shankar Ramalingam welcomed R.I President Rtn Shekhar Mehta and PDG Rtn Ravi Sehgal gave a stupendous introduction which was followed by a beautiful poem on him by PP Rtn Nirmal Saha. R I President Rtn Shekhar Mehta addressed the August Gathering and praised RC Belur for its amazing history and the sustainable Projects done by it over the years. His presence motivated all the members and guests alike.

The Chair then invited DGE Rtn Ajoy Law to give blessings which he gave very aptly.

PP Rtn Shashi Seth introduced Guest of Honour and our District Governor Rtn Prabir Chatterjee and invited him to address the congregation. DG Rtn Prabir Chatterjee appreciated RC Belur in his speech and motivated all to fulfil the vision given by Rotary International President Rtn Shekhar Mehta by creating an environment which helps to bring more members.

As the proceedings were drawing towards closure, the Chair requested PE Rtn Amitabh Mohan to give Vote of Thanks which he rendered appropriately.

President Rtn Indra Goenka informed that all the members would have received Prasadam Box and if not it would be delivered to all members at the end of the day including those Guests present on the dias.

Since there was no other matter pending to be discussed, the meeting was terminated by President Rtn Indra Goenka.

Rtn Indra Goenka, President

Rtn Sharad Dugar, Secretary



CLUB NEWS

Bal Vikas Kendra goes online:

Members we have a good new in respect to our pet project Bal Vikas Kendra. Since there is no letting up in the Covid situation and keeping in mind the needs of our special students, we at Bal Vikash Kendra have started online classes.

The best part is that these children have adopted the system in the best possible way and are not missing the lack of activities in their daily life.



The Awards and Recognition Ceremony 'SAMMAN' for Rotary Year 20-21 will be held on 8th August 2021. The details will be disclosed very soon.



दिमाग की बात दिल से

With PE Amitabh Mohan Featuring President Indra Goenka



Amitabh: Greetings Indra! How are you Indra: I am good Amitabh thank you!

Amitabh That's great. Now tell me... how is becoming the President of RC Belur affecting your frame of mind...?

Indra Well ... It is affecting a lot. Belur is a very prestigious club and has lot of very seasoned and experienced members. It's a great sense of responsibility. I see it as a boost in my learning curve. I think with so much of planning and visioning I already see a shift in myself and I am considering this year as an opportunity to grow rich in experience, enhance my personality and make a contribution to the seven focus areas of Rotary to serve and Change lives in RY 2021-22.

Amitabh: That's very candid sharing! We all know you as a person, your professional being... Now tell us any such incident in life that has changed your life by making you mentally stronger in life...?

Indra: Amitabh, I think I generally always was strong and focused but yes in recent times Joining Rotary was one of the turning points where I met people with whom I can be myself and do things that I like. (after a pause with emotions racing through her voice she added) Real turning point Amitabh was when I lost my father to heavenly design... it took me a year to come out of it where learning from my

father and spiritualism helped me rediscover my strengths and move on in life.

Amitabh: Respect your sharing your personal moment with us. You are a strong person that's why all Belurians chose you to lead us in these transforming times...! Now, let me pic on your experience... we say Mind Matters we would like to know what matters to your mind when it comes to dealing with stress?

Indra: I do it in a very normal way (with a little laugh). I tell myself that the things I am supposed to do are more important and situation will pass with time. I am in habit of talking to myself. I even resort to writing and analyzing... it helps. Sometimes when it crosses limits I talk to God. Focusing on task at hand, Self-introspection & Spiritualism together they do wonders for me also I don't believe in keeping anything under the carpet I believe in taking things head on and deal with it.

Amitabh: Indra your message for our readers... 'Aapke Dimagki Baat Dil Se..'

Indra: Ignoring the irrelevant and doing something that matters: I mean what matters to you, changes lives – yours and others positively.

Amitabh: Thank you for agreeing to be the first person to be interviewed in this Column. Best wishes for the Rotary Year ahead!!



PROGRAMME OF OUR CLUB: 31st July RCM on WEBEX Platform Guest Speaker - **Devendra Vyas**

Managing Director, SREI Equipment Finance Limited will give a talk on LEADERSHIP

PROGRAMME OF DISTRICT

MEMEBRSHIP SEMINAR: 24th July, between 3pm to 5.30pm on the virtual platform.

FELLOW CLUB CONNECT

Mandela Day was Celebrated by Rotary Club of Calcutta New Town; club of PDG Mukul Sinha, in association with other international Clubs; RC of Johannesburg, RC of Claremont, RC of Port Elizabeth all from different district. Our own PDG Ravi Sehgal was the Key Note Speaker along with Ms Razia Saleh & Chief Guest was Rotary International President Rtn Shekhar Mehta, who was unable to join & shared his message in a video clip. All the DG of 4 district attended the meeting as GOH. RC Belur's few member also attended the meeting.

The program was well conducted by new sets of Rotarians with touch of internationality. PDG Ravi Sehgal's presentation with proper researched material was really very good.



Celebrating the success of our Member:



Congratulations PP Rtn Kishan Kumar Kejriwal on completion of 25 years of MCKV by serving the cause of Education. MCKV group of Institutions is today has

created a name for itself and we are proud to have a 2nd generation Rotarian K. K Kejriwal as our member and spouse Sangita Kejriwal.

Just Married!



Our heartiest Congratulations to PDG Ravi Sehgals family and best wishes to the newly married couple for a blissful lifetime of togetherness.

ealth is wealth Boost your immunity this monsoon with these 7 foods:

Though monsoon comes as a welcome relief from the scorching heat, it also brings a series of seasonal diseases.

During the season, immunity takes a dip but you can always boost it with these food items

1.Pomegranates

It has antioxidants and vitamin C, thus it has been eaten throughout history for its immense health benefits. It helps to aid immunity, smoothens digestion, fights type 2 diabetes and keeps your blood pressure in check. So, the next time you want to pick up a snack, munch on a pomegranate.

2. Low-fat yogurt

Probiotic or good bacteria present in yogurt can help in boosting your immune system. Plus, yogurt is packed with vitamins and minerals, which can improve your overall health.

3. Watermelons

Watermelon is a delicious and refreshing fruit that's good for you. Interestingly, it is 92% water and also full of antioxidants that help protect your cells. It also contains vitamins A, B, and C, and lycopene, which helps shield you from UV rays. All these nutrients reduce the risk of getting infected during the monsoon season.



4. Broccoli

A power food, broccoli packs a solid nutritional punch. It contains iron, potassium, calcium, selenium, and magnesium. This wondrous vegetable is also rich in fibre, protein, and vitamins A, C, E, K. It also contains an array of B vitamins, including folic acid.



5. Spinach

Did you know? Spinach is one of the most beneficial green veggies for your health. After all, it is one of the easiest monsoon vegetables to grow and has numerous health benefits. It is packed with antioxidants and beta carotene, which may both increase the infection-fighting ability of our immune systems.



6. Oranges

Citrus foods like oranges are well known for their immune-boosting vitamin C nutrients —every variety of orange contains over 100% of your recommended daily amount. It also increases the absorption of iron into the body, and by increasing collagen production, protects cells from damage.



Poetic Salutation to RI President Shekhar Mehta

এই কলকাভার দামাল ছেলে, আজ রোটারির শিখরে, মহানগর উত্তাল হোলো, উল্লাসের প্রলম ঝড়ে l

আকাশ হমেছে আবির রাঙা, বাতাস বইছে সুমন্দ, তিল-দুই-ল্য়-এক রোটারি, ছড়ায় ফুলের সুগন্ধ

এপার বাংলা ওপার বাংলা, দুই বাংলা জুড়ে, গঙ্গা পদ্মা মিলে মিশে গাম, রবি নজরুল সুরে

বিশ্বরোটারির ভীর্থক্ষেত্র, আমেরিকার ইভান্সটনে, আমাদের শেথর সেনাপতি সাজে, রয়েছে সিংহাসনে

সেই মন্দিরের চূড়াম উড়বে, ভারতের জাতীয় নিশান, অন্দরে বসে শেখর গাইবে, সেবামঞ্জের গান

শেখর শেখালো উত্তরণের, নিগৃঢ় গুপ্ত চেতনা, স্বন্ন দেখে ধৈর্য রেখে, চাই কর্মে কঠোর সাধনা

এক সাথে থেকে কাছ থেকে দেখে, এটুকু বুঝেছি ভাই, তোমার মতো দূরদর্শী, খুব বেশী তো নাই।

তোমার তুলনা তুমিই শুধু, তুমি দুরন্ত দুর্বার, বিশ্বজয়ী শেখর মেহতা, তমি আমাদের অহংকার।

Poetic Salutation to President Rtn Indra Goenka

প্রতি বছর তিরিশে জুন, রাত বারোটার পরে, নেতৃত্বের বদল হয়, রোটারির অন্দরে।

পুরানোবর্ষ রেথে যা্ম, বহু সাফল্যের ইতিহাস, নতুন তথন নিয়ে আসে, নব স্বপ্লের উল্লাস

রোটারি বেলুড় ইতিমধ্যে, পঞ্চান্ন করেছে স্পর্শ, প্রথম মহিলা প্রেসিডেন্ট নিয়ে, শুরু হোলো নববর্ষ

এই বেলুডের সভ্য সভ্যা, সমাজকল্যাণ ভরে,

সবাই থাকে সদা প্রস্তুভ, প্রফুল্ল অন্তরে

এবার হমতো দেখবো আমরা নতুন কোনো অধ্যাম, যথন ইন্দ্রা বেলুড় মাতাবে, তার মেধা আর বিদ্যাম l

শ্রী রাধাকিসানজী গোমেঙ্কা, যার পূজনীয় পিতা, তার কি কোনো সুযোগ, কোনদিনই হবে বৃখা।

বিহারে জন্মে কলকাতা্ম বসে, মনস্তম্ব পরে, দিল্লি চলে গেলো, ব্যাংকে কর্ম করার তরে ভারপরে গেলো মুশ্বাইভে, করতে শিক্ষকভা, অবশেষে স্থান হোলো ভার, শহর কলকাভা l

স্থারীভাবে এথানেই এখন, সকল কর্মকান্ড, বিস্কৃতি ভার পরিচিভি আজ, সামল্যে ভরা ভাও l

কখনো ভেজিরনী ভিনি, কখনো দরদীমনা, কখনো দুঃস্কলের সহায়, কখনো বীরাঙ্গনা

ভালোবাসে কৌতুকবশে, রণ মূর্ভি ধরতে, একি সঙ্গে লেখালেথি, আর পড়াশোনাটা করতে

আবোল ভাবোল শ্বশ্ন দেখে, সেটাই কোরে সত্য, চমকে দিয়ে সবাইকে, হয় পাগলামীতে মত

এমন কল্যা ইন্দ্রা গোমেঙ্কা, হোলো বেলুডের কাণ্ডারী, সঙ্গে নিয়ে শারদ দুগার, যোগ্য সহকারী

জানি নিশ্চিত বেলুড় মুকুটে, বহু পালক হবে যোগ, নতুন বর্ষে ইন্দ্রা বহাবে, মহানন্দের ভোগ।

Penned by PP Rtn Nirmal Saha

7. Beetroot

During the monsoon, a lot of people suffer from indigestion. Consumption of beetroot helps



in the digestion process, weight loss, and builds immunity. In fact, beetroot also improves hemoglobin levels and is also beneficial for those experiencing hair and skin problems.

-Contributed by PP Rtn S.K Lohia



