



**ROTARY CLUB OF CALCUTTA METROPOLITAN**

Club Regn. No. : 043290002/3842 • Charter Recd. : 17.06.1986

# METRO VOICE

Website : [www.rccmetropolitan.org](http://www.rccmetropolitan.org) RY 21-22

Rotary 

PRESIDENT : DR SOMEN GHOSH • HONY. SECRETARY : PP SASHI DHACHOLIA • EDITOR : PP SASHI DHACHOLIA

1605th REGULAR MEETING

VOL 36, NO. 02

17th July 2021

Rotary 



 **SERVE TO  
CHANGE LIVES**

**Rotary Club of Calcutta Metropolitan**  
cordially invite you to a seminar - cum - interactive session  
on

**“MAAN KI BAAT - A JOURNEY WITHIN”  
WORKSHOP ON MENTAL WELLNESS**

**Babita  
Jhunjhunwala**

**Speakers:**

**Renu  
Todi**

**Saroj  
Agarwal**

**Rajshree  
Gaggar**

**Co Host Clubs**

- ◆E-Club of District-3170, Belgaum-RID-3170
- ◆Rotaract Club of Bharatpur Height, ◆Nepal- RID-3292
  - ◆RC of Calcutta South Central
  - ◆RC of Calcutta South City Towers-RID-3291
- ◆RC of Calcutta Park Point-RID-3291 ◆RC of Charnock City-RID-3291
- ◆RC of Kakarvitta, Nepal- RID-3292 ◆RC of Kolkata Temple City-RID-3291
- ◆RC of Melawati, Kuala Lumpur, RID-3300
- ◆RC of Mumbai Malabar Hill- RID-3141
- ◆RC of Mumbai Wadala East- RID-3141
- ◆RC of North Calcutta- RID-3291

**Sat, 17th JULY '21 at 7 p.m**  
**Meeting ID: 756 546 6446**  
**Password: RCCM**

**Dr. Somen Ghosh**  
*President*  
**Sashi Dacholia**  
*Hony. Secretary*

**To Join**  
  
**ZOOM**



## Wishing Rtn Dr Somen Ghosh and his team A Successful Year



### Know Your Speakers



At "Mann Ki Baat- a journey within", they cater to individuals via one-to-one sessions, as well as group workshops on all things related to mental wellness.

They are a team of 4 well trained and certified counsellors -

1. Saroj Agarwal
2. Rajshree Gaggar
3. Babita Jhunjunwala
4. Renu Todi

The different areas of counselling they specialise in providing therapy are:

1. Child Counselling
2. Premarital Counselling,
3. Marital Counselling,
4. Relationship Counselling,
5. Life Skill Training,
6. Anger Management,
7. Stress Management,
8. Confidence and Esteem building and more.

Their past associations for group workshops:

[1] DTPA (Direct Taxes Professional Association), [2] EIRC (Eastern India Regional Council of Chartered Accountants), [3] ACAE (Association of Corporate Advisors and Executives), [4] Rotary Club of Central Calcutta, [5] Jain Vishva Bharti University- Ladnu [6] Avantika [7] Manisha [8] CAFÉ (Career After Family Enterprise), [9] Agarwal Mahila Mandal of Bangalore and [10] Ladies wings of several residential complexes in Kolkata.

Their mission is to create awareness about mental wellness and to eradicate the taboo around the word 'counselling' in society so that everyone can live a happier life.

#### SAROJ AGARWAL

Saroj Agarwal is a mental health practitioner. She has been trained in basic counselling, psychotherapy and relationship Counselling. She has been a school counsellor in our Lady Queen of Mission's School at Salt Lake for about a year and now she is a mental health practitioner. She is more into bringing into focus the stigma and the myths of counselling through deliberations on various prestigious platforms and am trying to break the stigma related to counselling because counselling actually helps. She has deliberated across various prestigious organizations and associations on topics related to mental health and continue to do so.

#### RAJSHREE GAGGAR

Rajshree Gaggar, has done her Masters in Clinical Psychology from Annamalai University, Chidambaram, after which she also studied methods of Psychotherapy, Relationship Counselling and Marital Counselling. She wants to help people get over the apprehensions associated with counselling and seeing a counsellor. Coming from a joint family, she has the necessary requisites of empathy, compassion, understanding and a listening ear- some qualities required in a counsellor.

#### BABITA JHUNJHUNWALA

Babita Jhunjunwala is a mental health practitioner. She realized the importance and benefits of counselling when she has to go a counsellor for my issues, and it is then that she forayed into the field of counselling. It has been 5 years since. She was trained in psychological counselling, psychotherapy, and relationship counselling. She believed that bringing a change in a person's life might not change the world, but it would change the world of that one person.

#### RENU TODI

Renu Todi is a member of Rotary Club of Calcutta Metropolitan and has always had a deep sense of service and contribution which manifested as me becoming a certified psychological counsellor and a psychotherapist. She has always been a seeker of knowledge and have forayed into avenues like pranik healing, past life regression, access bars, access foundation. Her prime focus now remains in Adolescent, relational and child counselling along with anger and stress management. She is a firm believer that the quality of one's life depends on the quality of the relationships in his/her life. Hence her motto is to guide people through personal challenges, help ease emotional burden and empower people to achieve a healthier mind.



## Celebrating 36th Installation Virtually on 06.07.2021

For any Rotary Club, Installation is the most important event of any Rotary Year and we are no exception to this. Every year, it is being held with a colorful ceremony and members keenly look forward to meet the new Team and enjoy an evening of fellowship. Now due to Covid, it is being held virtually for the last two years. A virtual meeting also has huge an advantage, the most important is the participation of Rotarians, Guests etc from different parts of the world, which was not possible in physical meet. Virtual meets may also become the norm for each club once this pandemic situation is over.

36th Installation ceremony of the Club was held on 6.7.2021 virtually. Emcee PP Rtn Subir Dutta welcomed all the guests to the virtual meet. He particularly welcomed Special Guest DGN Rtn Hiralal Yadav, DGE Rtn Ajoy Kumar Law, Guest of Honour Shri Samit Ghosh, Founder of Ujjivan Small Savings Bank and DG Rtn Prabir Chatterjee.

President (2020-2021) Rtn Harsh V Rungta presented his activities report for the RY-2020-2021 through power point and addressed the audience. He briefly spoke of all important activities done particularly about raising of funds through Hony Member Rtn Bickram Ghosh, 2 major Global Grants projects worth Rs.2.50 crores, distribution of 13 Oxygen Concentrators to various hospitals, Vaccination of Covid injection to the teachers and Staff of PACE Learning Centre, Pace Rotary Vocational Centre at Piyali, Elixir of life containing oxygen plants and other equipment related to Covid and others.

After the introducing President Rtn Dr Somen Ghosh by the PP Rtn Utpal Chatterjee, the formal handing over of charge of collar and Charter virtually by President Rtn Harsh V Rungta (2020-2021) to President of RY-2021-2022 Rtn Dr Somen Ghosh in presence of DG Rtn Prabir Chatterjee, DGE Rtn Ajoy Kumar Law and DGN Rtn Hiralal Yadav.

President Rtn Dr Somen Ghosh introduced his Board members briefly each of them for the RY-2021-2022. President Rtn Dr Somen Ghosh in his address spelt out the vision for RY-2021-2022.

DGN Rtn Hiralal Yadav and DGE Rtn Ajoy Kumar Law also addressed the audience. PP Jayanta Chatterji introduced the Guest of Honour Shri Samit Ghosh, who in his address spoke about the Micro credit and how during the pandemic period, they supported the people. He is looking forward partner with our Club. This is his second visit to the club.

PP Gaurang Jalan introduced the DG Rtn Prabir Chatterjee. DG Rtn Prabir Chatterjee in his address spoke about the Club activities and complimented IPP

Rtn Harsh V Rungta for his wonderful work during his year. He particularly spoke about PACE Learning Centre, which role model project of the district-3291. He also mentioned about our association Mahavir Seva Sadan. The Club doing Global Grants projects / raising funds worth more than 2.50 crores during IPP Rtn Harsh V Rungta tenure is commendable, which club in the district doing such huge projects. He also spoke about RI President Rtn Shekhar Mehta mantras like "Each one member should bring one member", empowerment to the women and contribution to the Foundation.

Emcee PP Rtn Subir Dutta requested all dignitaries to release the special edition of Metro Voice on the occasion of Installation ceremony.

Another important event of the day was induction of new member Ms Runjhun Gupta, who was proposed by PP Utpal Chatterjee, by DG Rtn Prabir Chatterjee. Emcee then displayed the Four Way Test, Objective of Rotary and Code of Conduct to her. DG then requested PDG Rtn Shyamashree Sen to induct Ms Runjhun Gupta as member of the Club. PDG Rtn Sen briefly described her what is Rotary all about and looking to her profile, she was confident that will wonderfully.

President Rtn Dr Somen Ghosh then handed over cheque of USD 110 as his contribution and USD 10 by Hony Secretary Rtn Sashi Dhacholia as their token of their gesture.

PE Rtn Dr V K Nevatia gave the vote of thanks and since it was a virtual meeting, there was no fellowship.



Emcee PP Subir Dutta welcomed the Guests



IPP Harsh V Rungta presented his Activities report

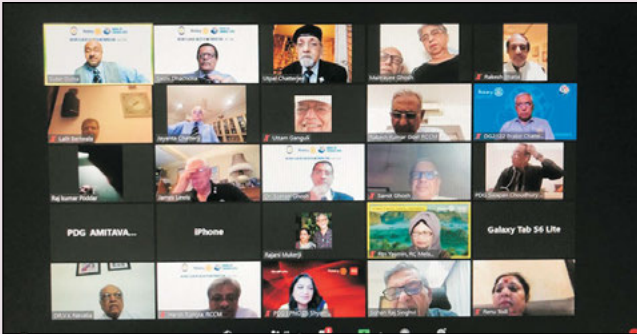
## Celebrating 36th Installation Virtually on 06.07.2021



Outgoing Hony Secretary Rakesh K Goel



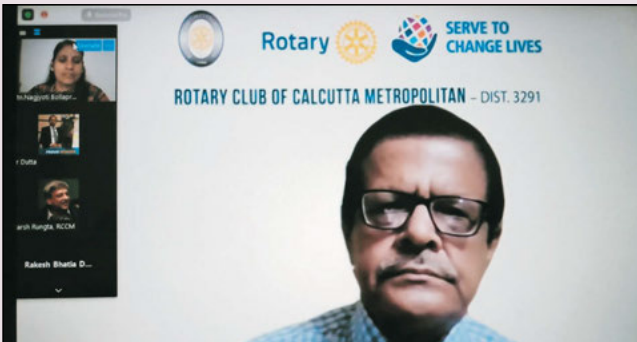
Collar and Charter of the Club handed over virtually



A view of virtual audience



President Dr Somen Ghosh presenting his Board for RY-2021-2022



Incoming Hony Secretary PP Sashi Dhacholia



Presidential address by Dr Somen Ghosh



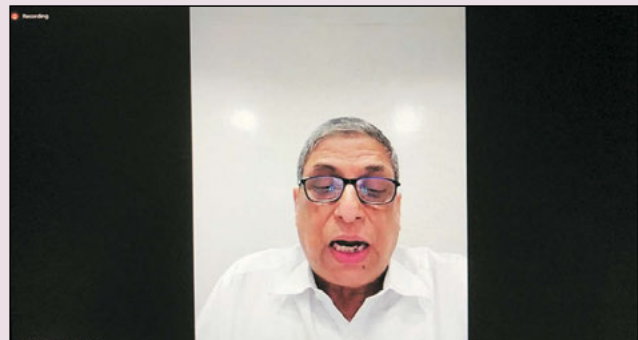
A view of Presentation by IPP Harsh V Rungta



DGN Hiralal Yadav addressing the audience



PP Utpal Chatterjee introducing President Dr Somen Ghosh



DGE Ajoy Kumar Lawa also addressed the audience



## Celebrating 36th Installation Virtually on 06.07.2021



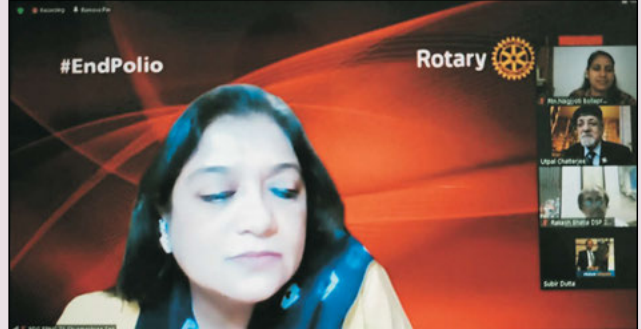
PP Jayanta Chatterji introducing Samit Ghosh, Guest of Honour



Runjhun Gupta was introduced by PP Utpal Chatterjee



Guest of Honour Samit Ghosh spoke on Micro credit etc



PDG Shyamashree Sen gave a talk on Rotary to Runjhun Gupta



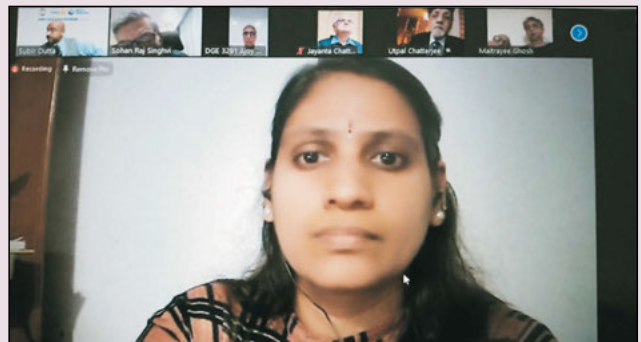
PP Gaurang Jalan introducing DG Prabir Chatterjee



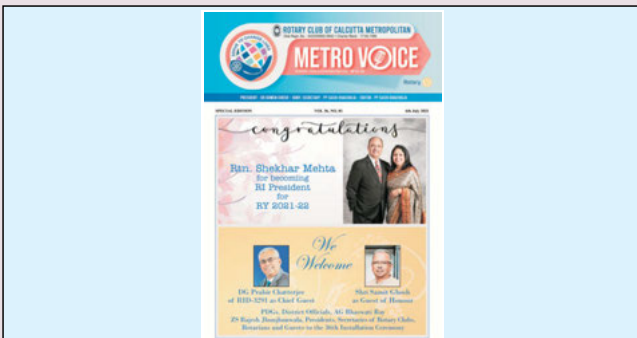
DG Prabir Chatterjee finally inducted Runjhun Gupta as member of RCCM



DG Prabir Chatterjee made a very inspiring speech



Rtn B Nagjyoti from RC of Vishrambag Sangli- RID-3170



Release of special edition of Metro Voice



IW President Vilas Bhandari attended the meeting

## Celebrating 36th Installation ...



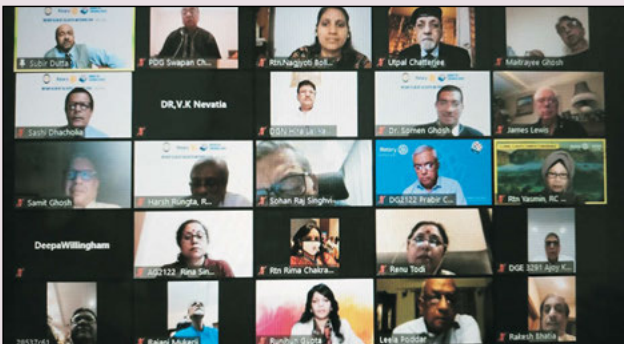
President Dr Somen Ghosh thankful to all



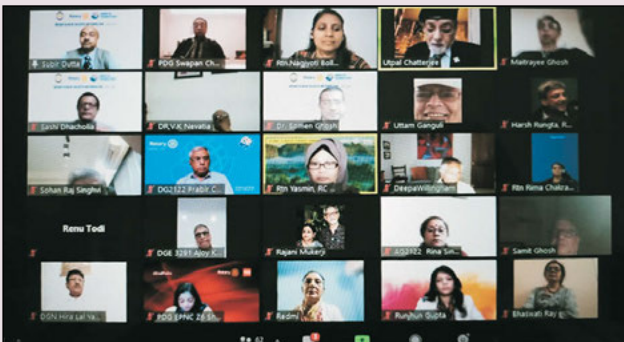
PE Dr V K Nevatia gave the vote of thanks



Rtn Yasmin Yusof of RC of Melawati



Audience from International Rotary Clubs



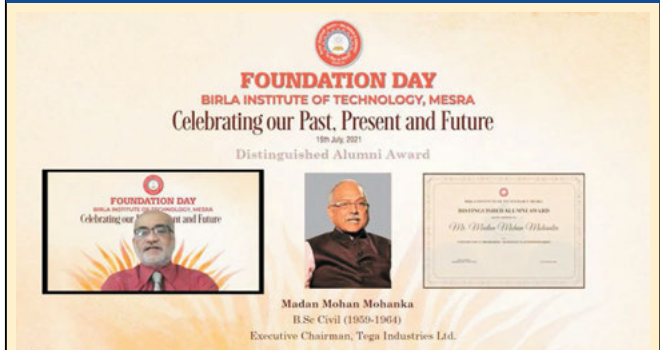
Another view of audience

## We Welcome New Member Rtn Runjhun Gupta



Rtn Runjhun Gupta was inducted as member of the Club by DG Rtn Prabir Chatterjee. She was introduced by PP Rtn Utpal Chatterjee. Looking to her profile, the Club will be benefitted in various areas by her contribution.

## We are proud of you - Rtn Madan Mohan Mohanka



The Birla Institute of Technology Mesra, Ranchi conferred "Distinguish Alumni" to our member Rtn Madan Mohan Mohanka, the highest award given by the Institute over the last 60 years towards his contribution to Engineering, Technology and Entrepreneurship and where he got his engineering degree.

Rotary  |  SERVE TO CHANGE LIVES

**EACH ONE BRING ONE**



*Shekhar Mehta*  
**Shekhar Mehta**  
 President, Rotary International



## Health Care of Palm Trees

Recently, we have planted full grown 8 Palm Trees at PLC, in place of damaged Palm Trees due to cyclones, their proper health care like coco-peat, fertilizer and sandy soil are being taken up properly so they stay strong and flourish.



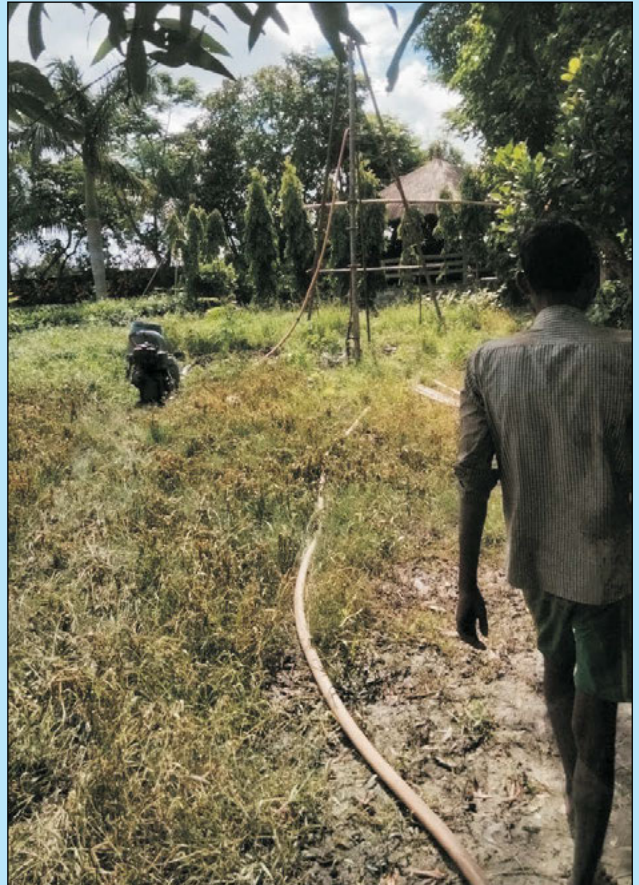
## THE 4 WAY TEST

Of the things we think, say, or do:

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

## Soil Testing for PACE Rotary Vocational Centre

Finally, soil testing has started at PLC before the construction of the Centre.





**Minutes of 1604th Regular Meeting of Rotary Club of Calcutta Metropolitan along with 'Thanks Giving' held on Wednesday, 30th June, 2021 at 7.00 PM on Zoom**

1. President Rtn Harsh Rungta called 1604th Regular meeting of RCCM to order
2. President displayed the club bulletin Metro Voice dt 28th June published on the occasion
3. President then requested the members to approve minutes of the 1603rd RWM as published in the bulletin. The same were approved by the members.
4. President then thanked the entire team of the year 2020-21 for working tirelessly during the year enabling the club to achieve astounding success in all its activities and projects.
5. President gave a brief resume of the performance of the club during the year covering various projects and other activities.
6. President, in particular, thanked Rotarians PP Gaurang Jalan, PP Jayanta Chatterji, PP Sashi Dhacholia, PP Dr Naresh Goyal, PP Sohanraj Singhvi, PP Utpal Chatterjee and some others in always coming forward to take responsibilities with new challenges and make a success of it.  
He thanked all the members for their constant support and encouragement.
7. All the members present were unanimous in their praise of the President Harsh in leading the club brilliantly and setting new and higher benchmark of achievements. PP Jayanta Chatterji, PP Raj Kumar Poddar, PP Dr Naresh Goyal, Hony Secretary Rakesh K Goel, PP Sashi Dhacholia, PP Utpal Chatterjee, Rtn Rajshree Jain also spoke on the occasion.
8. Members then wished PE Rtn Dr Somen Ghosh all the success during his tenure and assured him of all the support with active participation.
9. President then requested the Hon Secy Rtn Rakesh Goel to make club announcements
10. Hon Secy made the following club announcements:
  - i) Monday, 12th July : PE Rtn Dr Somen Ghosh and Ann Sohini celebrate their wedding Anniversary. Members extend their best wishes
  - ii) Tuesday, 6th July : Club's 36th Installation ceremony at 7.30 pm on Zoom
11. Incoming Hon Secy PP Rtn Sashi Dhacholia made the following announcements:
  - i) Thursday, 1st July: Distribution of Dry ration at Piyali. Members were requested to participate and attend
  - ii) Saturday, 17th July: Rtn Renu Todi is organising a Wellness project. Members are invited to attend. Details will be informed in due course.
12. There being no further announcement, President Rtn Harsh Rungta thanked all the members and terminated the meeting

**We are grateful to the Presidents and Members of the following Co-host Clubs for joining the workshop on Mental Wellness - "Maan Ki Baat - a Jouney Within" held on 17.7.2021**

Name of Club	District	Name of President
1 E-Club of District-3170, Belgaum	3170	Rtr Anant Nadgouda
2 Rotaract Club of Bharatpur Height, Nepal	3292	Rtn Kishor Rijal
3 RC of Calcutta South Central	3291	Rtn Faisal Arif
4 RC of Calcutta South City Towers	3291	Rtn Koushik Banerjee
5 RC of Calcutta Park Point	3291	Rtn Kamal Kumar Dugar
6 RC of Calcutta Charnock City	3291	Rtn Sudipta Chaudhuri
7 RC of Kakarvitta, Nepal	3292	Rtn Rohit Budhathoka
8 RC of Kolkata Temple City	3291	Rtn Dr Dhrunajyoti Chakraborti
9 RC of Melawati, Kuala Lumpur	3300	Rtn Mahendra Daniel
10 RC of Mumbai Malabar Hills	3141	Rtn Vipul Thakur
11 RC of Mumbai Wadala East	3141	Rtn Yussafbhai Azad
12 RC of North Calcutta	3190	Rtn Krishna Ghosh

**Forthcoming Events**

**CLUB**

- |                   |   |
|-------------------|---|
| <b>25.07.2021</b> | 1st Board and followed by 1st Trust meeting at 11.00 AM   |
| <b>31.07.2021</b> | Virtual RM  |
| <b>15.08.2021</b> | Celebration of Independence Day and Regular Meeting at Mahavir Seva Sadan at 11.00 PM. DG Prabir Chatterjee will grace the occasion |



**Sponsored by : A WELL WISHER**

We meet every Saturday at 2.00 pm at The District Grand Lodge of Bengal, 19 Park Street, Kolkata 700016  
Published by : Rtn. Sashi Dhacholia, Mobile : 98310 14640, E-mail : sashidhacholia@gmail.com (For Private Circulation Only)  
www.rccmetropolitan.org