



ROTARY CLUB OF CALCUTTA METROPOLITAN

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

METRO VOICE

Website : www.rccmetropolitan.org RY 21-22

Rotary 

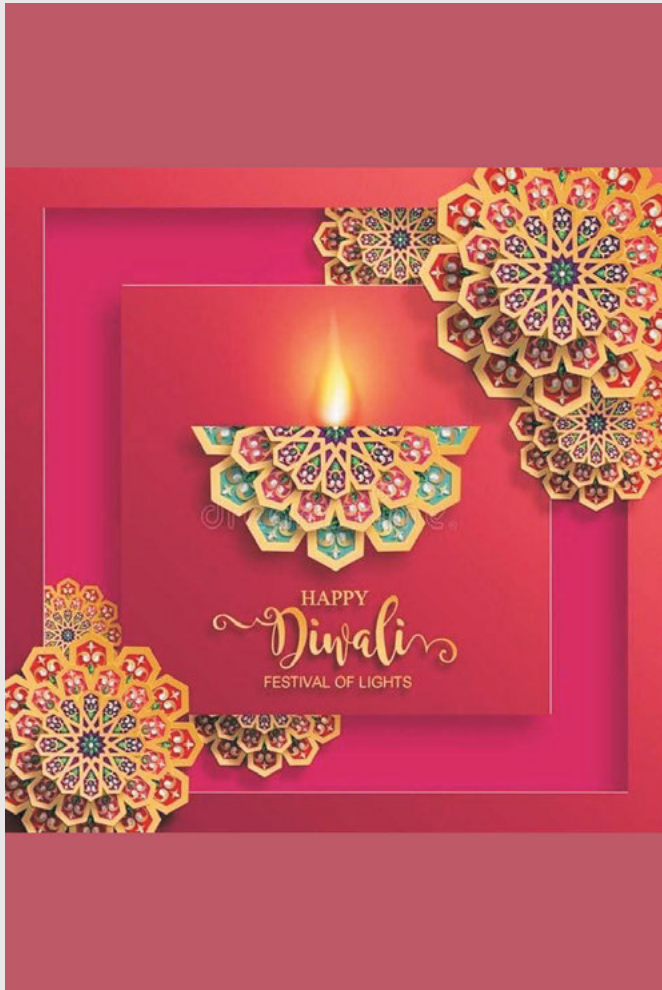
PRESIDENT : DR SOMEN GHOSH • HONY. SECRETARY : PP SASHI DHACHOLIA • EDITOR : PP SASHI DHACHOLIA

1612th REGULAR MEETING

VOL 36, NO. 09

30th October 2021

WE WELCOME MEMBERS TO THE 2ND CLUB ASSEMBLY OF THE CLUB



OUR MORAL COMPASS

FOUR-WAY TEST

of things we think, say, or do



Is it the **TRUTH**?



Is it **FAIR** to all concerned?



Will it build **GOODWILL & BETTER FRIENDSHIPS**?



Will it be **BENEFICIAL** to all concerned?



Rotary



LEARN HOW TO USE YOUR BREATH TO ACHIEVE INNER PEACE-FLOW WITH NIRVANA BY MEERA NAIR- A BRIEF REPORT HELD ON 9.10.2021



Meera Nair gave an overview of FLOW.

Flow a program from the Flow Code Coaching academy where coaches and experts create the Flow awareness through lectures, webinars, workshops, video, Group Flow sessions, one on ones and many more. The whole concept is based on our eastern philosophy.

The session was made easy and practical for end users to improve the emotional, physical and mental balance

What is Flow State

It is Being in the present, in the now where there are no judgements/inner critic which this leads to a no fear zone where your mind is sharp and alert yet calm and composed

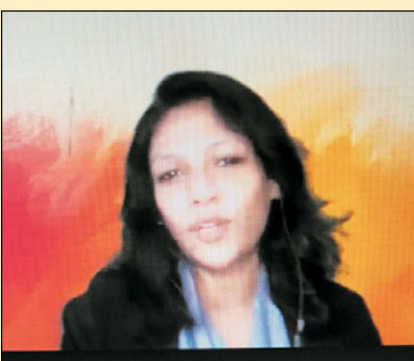
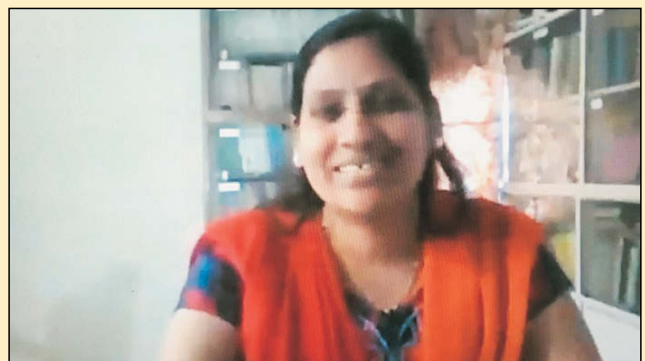
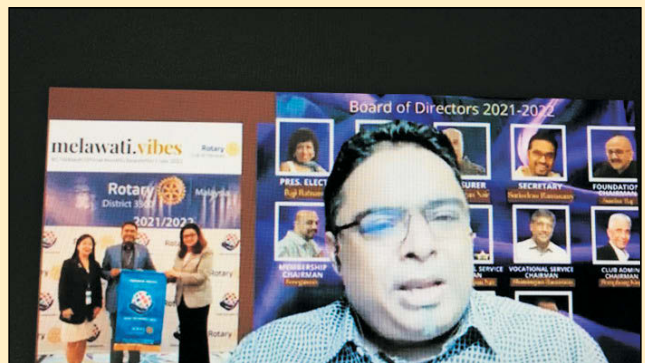
Why is it IMPORTANT TO BE IN A STATE OF FLOW The state of flow is the ultimate state, the most desirable state you want to be in. It is the foundation for deep inner peace & sense of empowerment. it is complete a stress free zone, a place where there is balance. When, you are in flow ---- it feels like time has stood still.

Flow code teaches participants to have total clarity of the mind so they can to get back to track and excel on both their professional and personal live with the right mind set and attitude.

Flow code is based on connecting the latest neuroscientific research,

She also highlighted some of the outcomes with regular practice of flow o better lung capacity o improved immune system to lead a healthy lifestyle o Prevents illnesses and help cope with, Cardio vascular diseases & hyper tension, Asthma and COPD, Diabetes, improved sleep pattern, lesser aches and pains, weight loss and many more **HOWEVER, ONE OF THE BIGGEST OUTCOME OTHER THAN PREVENTION OF PHYSICAL AILMENT IS Mental freedom which leads to higher level motivation.**

By Rtn Runjhun Gupta



INDUCTION OF SHARMISTHA DE



Her Career summary is Creative, results-oriented professional with over 16 years' experience across industries. Her education qualifications are MBA with specialization in Marketing (Symbiosis Centre for Distance Learning), Post Graduate Diploma in Public Relations (Bharatiya Vidya Bhavan) and Bachelor of Commerce (University of Calcutta)

Throughout her professional career she has been involved in many CSR initiatives. Apart from being an extremely responsible, dependable, co-worker and she wear the following hats, in her current organization:

- LGBTQ Ally
- PwD Ally
- Inclusion & Diversity Champ
- Mental Wellness Advocate

She is currently involved in Employee Giving Program covering the following:

1. Sponsor education: Support students who were orphaned or lost a parent to COVID-19
2. Donate for the holistic development of children who were orphaned or lost a parent to COVID-19

However, now she feel she have reached such a juncture of her life where she feel its time for her to give back to the society in a greater way. She feel Rotary is the appropriate platform through which she would be able to serve the society in the best possible way

ROTARY CODE OF CONDUCT



As a Rotarian, I will

1. Exemplify the core value of integrity in all behaviors and activities
2. Use my vocational experience and talents to serve in Rotary
3. Conduct all of my personal, business, and professional affairs ethically, encouraging and fostering high ethical standards as an example to others
4. Be fair in all dealings with others and treat them with the respect due to them as fellow human beings
5. Promote recognition and respect for all occupations which are useful to society
6. Offer my vocational talents: to provide opportunities for young people, to work for the relief of the special needs of others, and to improve the quality of life in my community
7. Honor the trust that Rotary and fellow Rotarians provide and not do anything that will bring disfavor or reflect adversely on Rotary or fellow Rotarians
8. Not seek from a fellow Rotarian a privilege or advantage not normally accorded others in a business or professional relationship



OBJECT OF ROTARY

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

1. *The development of acquaintance as an opportunity for service;*
2. *High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;*
3. *The application of the ideal of service in each Rotarian's personal, business, and community life;*
4. *The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.*

Rotary
PEOPLE OF ACTION

**OCTOBER IS
ECONOMIC AND
COMMUNITY
DEVELOPMENT MONTH**

Make a
difference
in the community
and across
the globe

Rotary Opens Opportunities

Rtn jerolin Lisbon Singh s

Wearing Your Rotary Pin

■ When you wear your pin people you know and work with will see that you are proud to be a Rotarian. They may even ask you about Rotary. You might tell them that Rotary is a group of people who pool their resources and use their talents to serve their communities. That Rotarians' dedication to serve is best expressed in our motto: Service Above Self.

Rotary
District 3291



DISTRIBUTION OF NEW CLOTHES TO ORPHANGES CHILDREN ON 10.10.2021 WHICH BRIGHTEN THEIR DAY AND BROUGHT SMILE

It was an initiative taken by the President Rtn Dr Somen Ghosh for providing new clothes particularly to the children who have no opportunity to get new clothes during the festivals. Recently we never did so it was really an memorable moments for all of us who were present both at Kalighat and Bansdroni in Kolkata on 10.10.2021. It was bright sunshine day and we were joined by the team of Rotractors led by their President Rtr Annesha Ghosh and others. We distributed 50 new clothes with their sizes (taken earlier from each children) each at Kalighat and Bansdroni.

NOTUN JIBAN AT KALIGHAT

Notun Jiban, an NGO is just situated near the Kalighat temple, which needs repairs for their sheds. The children were so excited to receive the new clothes. This NGO is looked after by Ms Jhumki Banerjee. We distributed new clothes to 50 children to this orphanage, which then and there brought smile to the children and they started wearing the new clothes. It was wonderful to see their excitement. Our Rotaractors led by Rtr Annesha Ghosh, IPP Rtr Subham Mohanta, Rtr Sanjiban Das, Rtr Payal Das, Rtr Sparsha Chatterjee, Rtr Aroonita Ghosh and Rtr Soumyajit Dutta. The Club was led our President Rtn Dr Somen Ghosh, PE Rtn Dr V K Nevatia, PE Rtn Rakesh Kumar Goel, Hony Secretary Rtn Sashi Dhacholia and Rtn Runjhun Gupta. A word about our new member, who joined on 6.7.2021, was deeply involved with this NGO and was so excited to be part of it.

The Club requested the NGO to provide the cost of putting proper sheds to their buildings, which club may consider to build it.



**DISTRIBUTION OF NEW CLOTHES TO ORPHANGES CHILDREN ON 10.10.2021
WHICH BRIGHTEN THEIR DAY AND BROUGHT SMILE**



SAVE THE ORPHANS, BANSDRONI

After the visiting the Notun Jiban, our second destination was Save the Orphan near Bansdroni. This orphanage and old age was interior of Bansdroni. The children were waiting patiently for us so that they get new clothes. Again our team of Rotaractors also joined. They are the who advised us to distribute new clothes as they are regularly distributing free rations for inmates. Again, we distributed new clothes 50 children in presence of Orphanage authorities. Our team was again led by our President Rtn Dr Somen Ghosh, PN Rtn Rakesh Kumar Goel and Hony Secretary Rtn Sashi Dhacholia. PE Rtn Dr V K Nevatia has to leave earlier because of some professional commitments. A day well spent with inmates of the both Orphanages.



CELEBRATION OF WORLD STUDENTS' DAY ON 15.10.2021

When you have meaningful projects with purpose, then travelling to far distance from Kolkata fruitful after tiring journey. Yes, we started early for Durga Tala, Masjidpur, Purba Bardhaman, West Bengal, which is around 140 KM from Kolkata for Celebration of World Students' Day, which consists of General Health Check-up with free prescribed medicines, Dental Check-up, Eye Check-up and Sit & Draw competition. The entire arrangement was done by Rotary Club of Durgapur-RID-3291. This was the joint project with them.

It was well arranged by PP Rtn Dr Manoj Hazra of RC of Durgapur and supported by their President Rtn Atul Sharma with team of dedicated Rotarians. Around 195 patients were registered for various check-up.

President Rtn Dr Somen Ghosh dream projects SAY NO TO PLASTIC was also visible, when he distributed paper bags to the villagers and participants of the event to make their village plastic free. President Rtn Atul Sharma shown keen interest for paper bags for their district. The hospitality by the In-laws of our President Rtn Dr Somen Ghosh, who provided us with breakfast tea and mouthwatering lunch to us. We are grateful to them. The masjidpur was provided with all infrastructure by PP Rtn Dr Manoj Hazra from time to time although he stays in Durgapur, which 60 KM from their house.



CELEBRATION OF WORLD STUDENTS' DAY ON 15.10.2021



AN INTERACTIVE SESSION WITH PROF. DR. SAMANTAK DAS, PRO VICE-CHANCELLOR, JADAVPUR UNIVERSITY

Amidst the uncertainties of pandemic staffs and students of PACE Learning Centre got a chance to have a wonderful interactive session on 24th October, 2021 with Prof. Dr. Samantak Das at school auditorium. The purpose of this visit was to motivate the students and teachers in this challenging time when everyone's mental well-being is affected.

The three-hour interactive session gave both the students and teachers an insight into the crisis that the education system is going through during the pandemic. Prof. Das shared his experience of teaching students at Jadavpur University for last 30yrs. The first two hours were spent interacting with parents and understand their perspective about the role played by the school in the community to transform the lives of many girls as well as women. Prof. Das showed the students positive ways to set their aspirations in this challenging time and how they can set examples for the entire community.

The teachers shared their experiences and challenges they are facing during this pandemic lockdown to keep students motivated. Prof. Das threw light on the topic and suggested small group discussions with students and parents. The anecdotes told by him of his teaching career helped the teachers relate with the problems they face in remote classroom teaching.

The best part of Prof. Das's visit was to have a close group discussion with the students at the end of which helped them shared their views on gender disparity and domestic violence which they are constantly exposed to. The session became very enjoyable and meaningful for all the students and teachers as Prof. Das turned it into an informal one with his humble approach. The day was meaningfully spent and it was a great learning experience for both the students and teachers who are eagerly awaiting Prof Das's next visit.

By Joyeeta Chatterjee
Principal, PLC

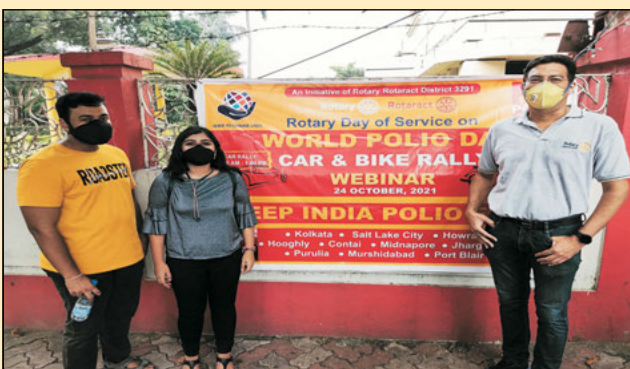


AN INTERACTIVE SESSION WITH PROF. DR. SAMANTAK DAS...



CELEBRATION OF WORLD POLIO DAY ON 24TH OCTOBER, 2021 - AN INITIATIVE BY DISTRICT-3291

World Polio Day on 24.10.2021 was celebrated in large scale by the District-3291 led by DG Rtn Prabir Chatterjee and Rotaract to keep India Polio free. There was Car & Bike rally organized by the District-3291. Our President Rtn Dr Somen Ghosh participated in the rally with the Rotaractors of the Club. It was a huge success and Rotary image was visible throughout the city.



CONGRATULATIONS MS RAI MONDAL OF PLC



Rai Mondal, a student of PLC, who has just completed her secondary exams, has earned a 4 year scholarship from RC San Luis Obispo, California to complete her graduation and pursue a career in medicine or nursing. This is a huge inspiration to Rai and for PACE Learning Centre.

We are grateful to Rotary Club of San Luis Obispo, California for providing scholarship to Rai Mondal.

❑ From: Joel Sheets wrote:
Sent: Monday, October 25, 2021, 12:34 PM
Subject: We have your back
Hello from our club.
Joel
President

❑ From: Ben Watson wrote:
Sent: Monday, October 25, 2021, 12:34 PM
Subject: RAI
We got your back!-
Benjamin R. Watson, CPA

❑ From: Beverly James wrote:
Sent: Monday, October 25, 2021, 12:34 PM
Subject: Rai
We've got your back!!
Have a wonderful year!!

❑ From: Anne & Keith Byerly wrote:
Sent: Monday, October 25, 2021, 12:34 PM
Subject: Congratulations from SLO Rotary!

❑ From: Jill Stearns wrote:
Sent: Monday, October 25, 2021, 12:34 PM
Subject: We got you!
Rai,
Sending all good wishes to you!
Jill

❑ From: Erik Jonson wrote:
Sent: Monday, October 25, 2021, 12:34 PM
Subject: Rai
We've got your back, greetings from SLO Rotary.
Best of luck with your studies.
Erik Jonson, CLCS, CWCA
Commercial Insurance Broker
Certified Workers' Compensation Advisor

❑ From: Erika Neel wrote:
Sent: Monday, October 25, 2021, 12:35 PM
To: Deepa Willingham
<deepa@Willingham1.com>
Subject: We've got your back!
You are fabulous, wishing you good luck with your studies & everything!
Erika

❑ From: Mary Harris Wrote:
Sent: Monday, October 25, 2021, 12:36 PM
Subject: Sending support to Rai
Please let Rai know that our club is sending her encouragement and support as she goes through her nursing studies!
Mary Harris, Past President
Rotary Club of San Luis Obispo

❑ From: Saro Rizzo wrote:
Sent: Monday, October 25, 2021, 12:36 PM
Subject: Rotary.
Rai:
We at Rotary have your back.
Keep up the good work.
Best,
Saro Rizzo

MINUTES OF THE 1ST CLUB ASSEMBLY OF RY-2021-2022 OF ROTARY CLUB OF CALCUTTA METROPOLITAN HELD ON SATURDAY, THE 17TH JULY, 2012 AT 6.30 PM OVER ZOOM PLATFORM

1. President Rtn Dr Somen Ghosh called the 1st Club Assembly of RY-2021-2022 to order.
2. Members welcomed President Rtn Dr Somen Ghosh and his team and wished them a very successful RY-2021-2022.
3. The purpose of calling the 1st Club Assembly so that all Directors cum Chair put their views about the proposed programs or projects subject to the approval of the Board.
4. President requested Rtn Jayanta Kumar Neogi, Director & Chairman- Service (Medical & Non-Medical) who proposed the following: -
 - To continue with Leg for Legless project and to provide scholarship to physically Challenged at MSS
 - To continue with Rehabilitation of Cerabral Palsy Children at MSS
 - Health camps at PLC and Duttapukur
 - Plantation of trees
 - Environment friendly project
 - To do Phacoemulsification project under the Global Grants
 - To continue to support District Polio programs
 - To arrange Puja Parikarma during Durga Puja for senior citizens, if pandemic situation permits
 - In case of Disaster, to arrange relief etc
5. President then requested PP Rtn Utpal Chatterjee, Director & Chairman-Membership to give his vision about membership, who proposed the following: -
 - To retain all members as on 1.7.2021
 - To bring young and energetic members
 - To increase the membership at least by 30%
 - To finalize the names of Membership Committee
 - To update the Classification list
 - To organize seminar on Membership
 - To suitably rewards those who bring new members
- Already one lady member inducted on 6.7.2021
6. President then requested PP Rtn Subir Dutta, Director & Chairman-Foundation, who proposed the followings:
 - To call ICM Meeting
 - To apply for Global Grants projects
 - Funds from Foundation has received for PACE Vocational Training Centre
7. President then requested PP Rtn Dr Naresh Goyal, Treasurer to give his plan of action: -
 - To ensure all statutory obligations are done in time like filing of Income Tax return, Trust return, GST, FCRA, TDS etc
 - Since the Club has become 100% PHF, he will look forward to make it 200% PHF this year also. Requesting members to contribute to the Foundation.
 - Audit of both Club and Trust to be done in time.
 - Membership invoice for the 1st Half will be raised soon. Previous year membership dues are being collected.
 - He thanked PP Rtn Subir Dutta, who is handling all the statutory requirement.
8. President then requested PE Rtn V K Nevatia to update on Ventilator. He said that two Ventilator will be given to Jain Hospital, Howrah, two to Visudanand Hospital, Burtolla Street and three Shree Vishudanand Saraswati Marwari Hospital which is being taken care by the respective Hospitals and to bear the transportation cost. These ventilators were donated by one donor.
9. President informed that due to some pre-occupations, both PP Rtn Raj Kumar Poddar, Director & Chairman- Club Administration and PP Rtn Gaurang Jalan could not present their plan of action.
10. Since there was no other business, the meeting was terminated.



Forthcoming Events

CLUB

- 13.11.2021 Virtual Regular Meeting
- 27.11.2021 Virtual Regular Meeting

BIRTHDAY GREETINGS

- 01 Nov - Rtn Renu Todi
- 03 Nov - Rtn Runjhun Gupta
- 09 Nov - IPP Rtn Lalit Beriwal



Sponsored by : A WELL WISHER

We meet every Saturday at 2.00 pm at The Conclave, 216, A J C Bose Road, Kolkata-700 017
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