



ROTARY CLUB OF CALCUTTA METROPOLITAN

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METRO VOICE

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

1606th REGULAR MEETING

VOL 36, NO. 03

31st July 2021

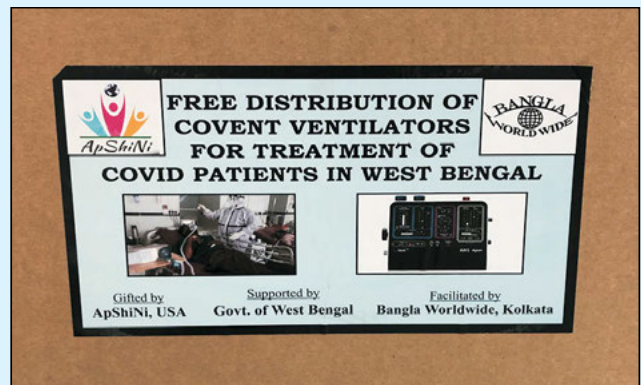
We Welcome President and Members of Rotary Club of Durgapur of RID 3240 for the Joint Regular Meeting

We Care For You

We have handed over Three Ventilators to Shree Vishudhanand Saraswati Marwari Hospital, Amherst Street, Kolkata-700007 on 28.7.2021 to hospital authorities in presence of President Rtn Dr Somen Ghosh, PE Rtn Dr V K Nevatia and Hony Secretary Rtn Sashi Dhacholia.

Overall Seven Ventilators will be distributed as under and they are gifted by ApShiNi, USA, supported by the Government of West Benhal and facilitated by Bangla Worldwide, Kolkata:

Shree Vishudhanand Saraswati Marwari Hospital, Amherst Street	-	3
Shree Vishudhanand Hospital, Burtolla Street	-	2
Jain Hospital, Howrah	-	2



Counselling - The Talking Remedy on 17.07.2021

Many of us have gone through a situation where we wanted to someone to listen to us and found no one because we could not talk to other for of fear of judgement and felt that it would not be kept a secret. A person faces difficult life situations in each phase of his life from the time he is born till he dies but whom can he confide in?

There was a time of joint family systems, with many people living together. Each person had a confidant within the family. As the famous saying goes, "it takes a village to raise a child". But with families turning nuclear both parents and children are hesitant to talk to each other.

A person goes through difficult circumstances in every phase of his life.

- A school going child may be bullied, compared with others, body- shamed and this may lead to behavioural issues and poor impulse control.
- A teenager maybe constantly compared to others by his parents and teachers, and this may lead him t have high expectations from himself. Which will in turn stress him out cause low self-esteem. He may go into depression, get into bad company, drinking and smoking. of himself and this will create behavioural issues in the child.
- When a child grows up into a young adult and goes out into the world on his own seeking a job then he has his own challenges. Sudden independence from parents brings its own share of problems. To fulfil his aspirations the child may resort to unlawful activities. An overambitious may go into self-blame, self-criticism low self- worth and have a lot of insecurities.
- When a child of marriageable age is not ready to get into a relationship but marries because of parental pressure may have a difficult relationship with her husband and in laws. She may get into depression and insight and anxiety.
- Postpartum depression is vercommon in women after delivery as there are many hormonal changes in her body. Her close ones need to be aware of this.
- Childbirth changes a woman's priorities. When the husband does not receive much attention, the marital relationship may suffer.
- A couple may experience the empty nest syndrome when their children leave home for jobs. They need to know new ways of living.
- In case one of those spouse passes away, and the spouse who is living feels guilty of being alive, is angry at the spouse for dying, may face financial difficulties and loneliness.

Whenever a person finds himself in any difficult situation like those above, he can seek help with counselling, but because of the stigma attached is hesitant to do so. His life is like muddled pieces of jigsaw puzzle, he doesn't find direction in his life and is confused. The counsellor helps him put the scattered pieces of the

jigsaw puzzle of his life in the correct places and shows him the correct picture which helps the client have clarity about his life.

The situation of a person stuck in difficult life circumstances is similar to that of the insect trapped in a spider's web. The more it tries to untangle itself the more it gets tangled. If there is someone who can cut through the web the insect may be able to free itself.

Confiding in parents, siblings, a friend or confidant may not help as they already have their own agendas and will not be able to give an unbiased opinion on their problem. Reading self- help books only give temporary peace.

Counselling is a professional relationship based on trust between two people, the counsellor and the client. It is a safe space where the counsellor listens with empathy, warmth, unconditional positive regard, and is non-judgemental.

A counsellor is trained and skilled to ask his clients a lot of questions help him understand the situation from a different perspective and makes him aware of his thoughts and feelings.

He takes the client on a self -explorative journey where he gets a direction in his life. A counsellor does a little holding of hand a shoulder to cry on, who understands the client from their frame of mind helps them to sort out their difficult life situation according to their choices. Counsellors teach skills beyond the counselling sessions so that a person can make conscious and informed decisions.

The counsellor psycho-educates clients so that they are able to deal with issues that may arise in the future. Counselling is the mantra for the stressful life for generations to come.

Counselling is like going to the gym; you may feel sore and you won't see immediate effects, but the long-term results are gratifying and well-worth the investment.

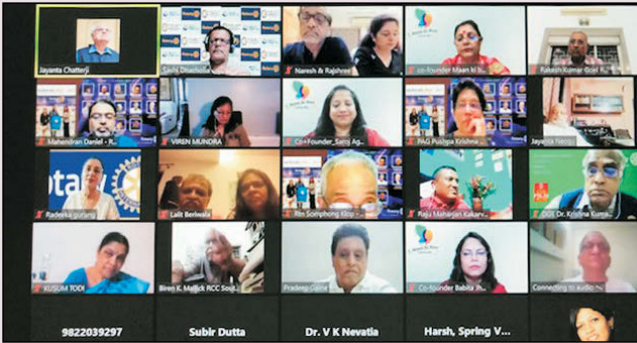
The counsellor is a passenger in the front seat of your car but you're behind the wheel. A passenger offers assistance with reading the map and providing directions, but it's up to you to choose the turns you'll take, and ultimately, the destination.

Counselling is a process, of communication. The better the communication the better the counselling. It is a process in which the relationship formed between two people, help develops more awareness and understand yourself better. It is a dynamic two- way process with a counsellor who listens, understands and tries to work with the client to help him reach his goal that he choose for himself.

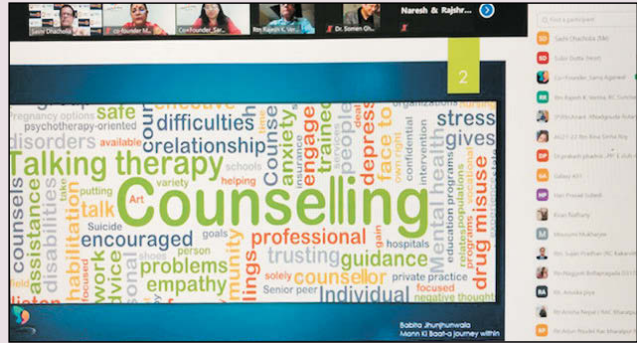
BY:

Rtn Renu Todi
Babita Jhunhunwala
Saroj Agarwal
Rajshree Gaggar

Counselling - The Talking Remedy on 17.07.2021



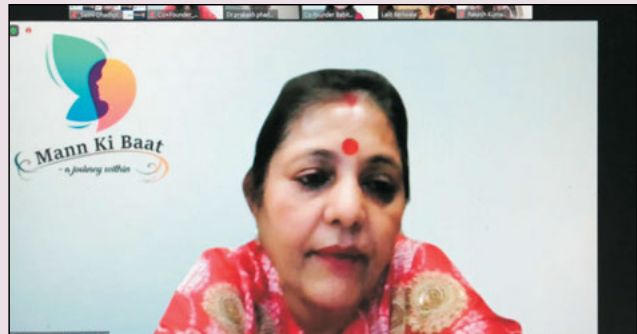
A view of audience



A view of presentation



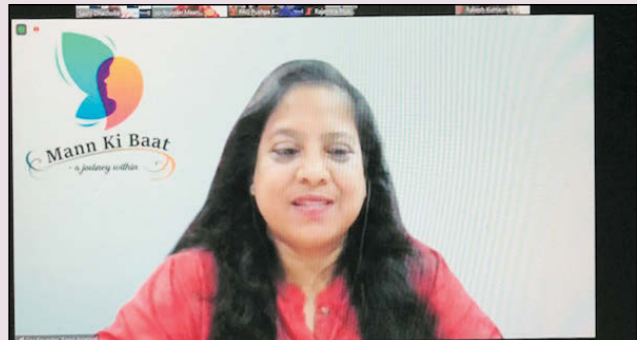
President Dr Somen Ghosh welcome all speakers and Guests



Rtn Renu Todi is also one of the speaker



PP Dr Naresh Goyal updated about GG on Pace Rotary Vocational Centre



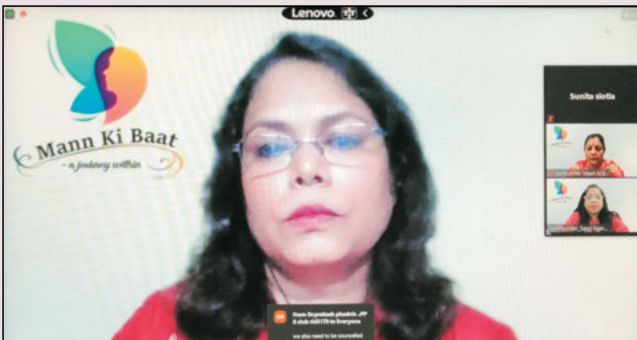
Saroj Agarwal making the presentation



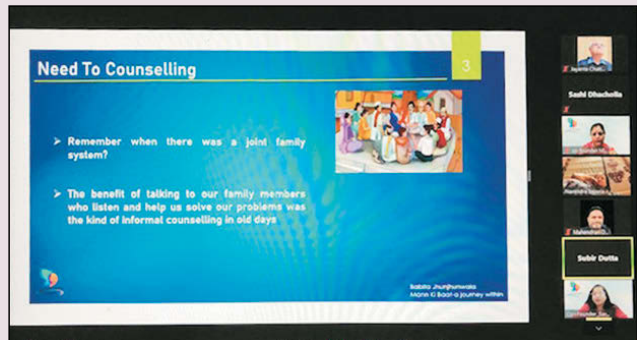
Rtn Rajshree Garg Introducing the speakers



PP Dr Prakash Padnis of E-Club Belgaum-3170 during Q & A

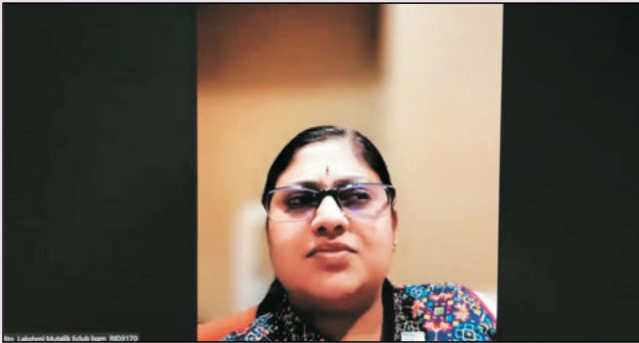


Babita Jhunjunwala talking about Counselling

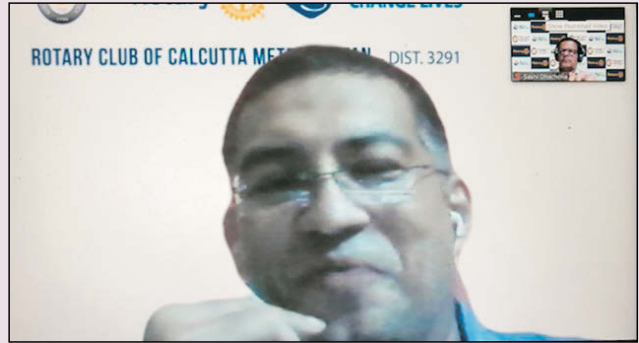


Another view of presentation

Counselling - The Talking Remedy on 17.07.2021



Rtn Lakshmi Mutalik of E-Club of Belgaum-3170 during Q & Session



President Dr Somen Ghosh thanking Rtn Renu Todi and her team for this workshop



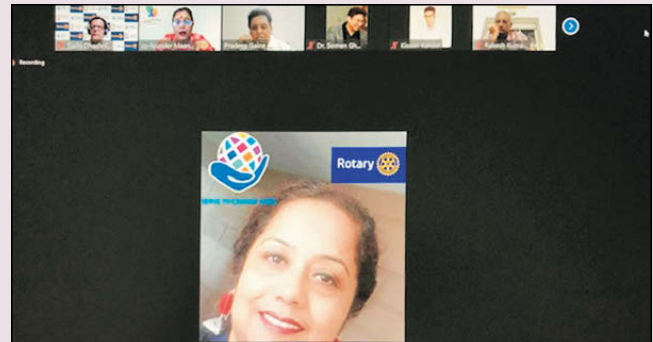
Renu Todi answering all queries



PP Roshini Beriwal giving vote of thanks



PP Lalit Beriwal put relevant questions



PP Rina Sinha Roy of RC of Cal Charnock City attending the program

Heart Touching Story Telling of PDG Rtn Deepa Willingham - by Rtn Cindy Jacoby of RC of Simi Sunrise and PDG Rtn Savi Bhim of RID-5240



What can just one person do? A lot if you are referring to Rotarian and Past DG Deepa Biswas Willingham.

Deepa was born in Kolkata, India and grew up in the 'City of Joy' always dreaming of being a doctor. But the latter was not to be. It was her father's dream to send one of his three children to England or the USA to study. Thus, when Deepa, always a good student, graduated first-class first (=valedictorian) in B.Sc. (Hons) from Calcutta University, she was chosen to fulfill her father's dream.

On February 4th, 1964 – Deepa a naïve, scared young lady, who had never been outside of India, landed in the US with only eight dollars in her purse. Much has happened since that fateful day! Deepa learned to adjust to her new country although the going was rough in the beginning. She matured to be the person that she is today being molded by the idealism of the young people of the sixties in this country and also being influenced by her mother's teaching, "Finish the food of the table, there are starving children outside the window" and the dedication and the sacrifice of the nuns, including one named Sister Teresa, who were her teachers when she attended Loreto Convent school in the city.

She did well and had a successful career in hospital administration. Yet, when she turned 60, she was surprised to find herself ashamed for not having done anything to make the world a better place. She felt that she failed as a human being! She solicited help from her family, friends, and her home Rotary Club – the Rotary Club of Santa Ynez Valley - and began her journey of a thousand steps to fulfill her childhood dream of 'helping starving children' that her mother talked about.

She established an US non-profit organization – PACE (Promise of Assurance to Children Everywhere) Universal –

Heart Touching Story Telling of PDG Rtn Deepa Willingham - by Rtn Cindy Jacoby of RC of Simi Sunrise and PDG Rtn Savi Bhim of RID-5240

with the mission of stopping trafficking and empowering girls and women through education. She settled on a site for her school in a village called Piyali Junction near Kolkata, India. This village is located in one of the biggest districts for sex trafficking in the whole country. Many girls are abused mentally and physically and sold into sexual slavery by their overwhelmed family by the age of 5 for as little as \$30. Others are married by the age of 13.

Here Deepa opened the first PACE Learning Center (PLC) in 2003 having learned the fate of girl named Jaba who was sold by her parents for \$40. Jaba was 7 years old! Deepa vowed that she would do everything possible to stop other 'Jabas' from being sold!

She started PLC with 25 filthy and hungry girls packed into a four-room shack with a tin roof, straw siding, and mud floor. Initially parents did not want their daughters to go to school. They looked at girls as an economic loss and they did not see the value in investing in their future.

Deepa was able to show them how she was able to help her family because her parents educated her. Deepa also offered to feed the girls two meals a day – thus reducing the families' expense as most of them earned less than \$1/day. The parents of 25 girls decided to take a chance. Soon however, the other parents had a change of heart when they observed how well fed and happy the PLC girls were. Within 6 months, enrollment grew from 25 girls to 85.

Today the campus covers 3 acres with beautiful buildings in a park like setting where more than 250 girls from nursery school through 12th grade are educated. The girls also receive after-school enrichment education, which include yoga, dance, music, and sports which helps them heal their souls.

The girls' mothers are educated too and given vocational training in income generating skills.

Little by little the PACE Learning Centre programs grew into a sustainable village model for stopping trafficking and alleviating extreme poverty. Beyond the four walls of the campus the village infra-structure was changed by installing 40 clean water wells and 400 sanitation units; planting 10,000 trees throughout the village; building roads; establishing a health clinic; and gifting an ambulance for their use.

Deepa said she never knew how she was going to achieve this grandiose dream of hers when she lived 13,000 miles away. But she says that God was smiling on her and sent her Rotarian Jayanta Chatterji, an exemplary human being – a person of great dedication and impeccable character. He is a member of the Board of Directors of PACE Universal and a member of the Rotary Club of Calcutta Metropolitan. He is also the President of PLC.

There are many cases of abuses, but Deepa recalls one in particular of a 9-year-old girl who was brought in by her mother for admission in May. It was passed the admission month of February but there was a desperation in the mother and the rule was waived.

The mother was a widow and lived with her son who looked at the mother and sister as burdens. The mother, realizing their fate, wanted her daughter to have a better life than she had and brought her to PLC as a place to give her daughter that chance.

With healthy foods in her body Priya started to flourish, and she was a great student, and she was very happy. But two years later her mother died and Priya became an orphan left at the mercy of an elder brother who did not want her. At that time PACE did not have 'Safe (Sanctuary Abode for Education) House' where Priya could have stayed. Even with her mother's death all was well for a while. She was staying with her brother and still coming to school and still flourishing.

But then one day Priya was not at school. The principal sent the staff to find out where she was. The brother claimed she ran away with a boy, but staff knew better. They did not believe the brother's story – they feared the worst! They went to the police but there was no trace of the girl. Priya was 9 years old. About four years later, on a trip to PLC, Deepa was told by the teachers that they found Priya. Priya heard that Deepa Dida was in town and wanted to see her.

They learnt from her that, soon after the mother's death, her brother married her off to a 45-year-old taxi driver in New Delhi. A year or so later when Priya gave birth to a boy her husband did not want to take care of her or the child. He threw her out. She managed to come back to her brother's place, but the brother did not want her either. So she ended up on the streets with her 5 month old baby, living on chai and feeding chai to her baby as she was too malnourished to produce milk.

Deepa said took one look at Priya and her severely starving baby and wept. Deepa said this was one of the low points of her life and she felt so overwhelmed with sorrow. She wanted to give up, but the teachers reminded her the difference she was really making. Deepa realized also that sorrow was not going to help anyone. PLC took the mother and child in and provided nutrition for them. The staff trained Priya with vocational skills and she was able to move in with an uncle, find a job and take care of her child.

Other high points that keep Deepa doing what she does is the scholastic achievements of the girls. In a recent state examination, only two girls scored B and B+, all the rest had A's and A+'s. Such achievement is unheard of in rural area schools.

Deepa speaks glowingly of a student named Rai Mondal. She is a brilliant student and scored the highest grades in science. Her dream is to become a doctor. To help to make this happen PACE set up a scholarships fund which will pay for her to go to college and medical school in the city. When she graduates, she will be the first doctor who started at PACE Learning Center. Deepa recalls when she was first thinking of starting the school her older brother tried to dissuade her, but his wife said. "You should give Deepa your blessing because even if she can help only one girl become a doctor, she would have been successful." Rai Mondal would perhaps make that goal a reality!

Dida (grandmother), as she is called by the students, is an example of the power of what one person can achieve. As Rotarian Chatterji says, "PLC is not just a school. It's a movement that provides holistic education to the first generation of girls in their families to attend school while also empowering women of the community."

She identified with a cause larger than herself and moved from the ordinary to the extraordinary. By taking those thousand steps and educating these "starving" girls she has changed the course of their lives and all those who are in their lives.

Jack Kemp said that the power of one man or one woman doing the right thing for the right reason, and at the right time, is the greatest influence of our society.

Thank you, Deepa Dida!



Savi Bhim

NOTE: WE ARE GRATEFUL TO RTN CINDY JACOBY OF RC OF SIMI SUNRISE AND PDG SAVI BHIM OF RID-5240 FOR GIVING PERMISSION TO PUBLISH THE ABOVE ARTICE IN OUR CLUB BULLETIN-METRO VOICE



SERVE TO
CHANGE LIVES

PRESIDENT

I wish each one of you and your families a great Rotary New Year! Together, let us make it one of the best years of our lives, by making it a year to grow more and do more. Let this be a year of changemakers, and let us begin with our membership.

That is precisely why the Each One, Bring One initiative is so important. If each member introduces one person to Rotary, our membership can increase to 1.3 million by July 2022. So, let's just do it!

Imagine the change we, as Rotary members, can make when there are so many more of us! More people to care for others, more people to Serve to Change Lives, more members will enable us to embark on bigger and bolder service projects.

One element that we can incorporate into all of our service initiatives is empowering girls. Unfortunately, even in this day and age, girls and young women face disproportionate challenges all over the world. Empowering girls and young women to have greater access to education, better health care, more employment, and equality in all walks of life should be embedded in every Rotary project we launch. Girls are future leaders, so we must ensure that we help them change their future.

So friends let us serve to change lives.

Shekhar Mehta

Shekhar Mehta
President 2021-22



Trustee Chair's Message ~ July 2021



July is the most exciting month in Rotary, a time for fresh starts and new beginnings. For many, it's an opportunity to take on new leadership roles. Rotarians brim with optimism, thinking about the good we can do for humanity in the 12 months ahead.

As I write this message, I recall a quote often attributed to Helen Keller, a renowned American activist for people with disabilities: "The only thing worse than being blind is having sight but no vision."

How profound that a woman who was blind taught us such a powerful lesson about the difference between sight and vision. Indeed, it is one thing to see the world as it is, but entirely another to envision it as it could be. The Rotary Foundation is all about envisioning possibilities - and making them happen.

As we begin this Rotary year, I ask: what is your vision for the next 12 months? Could a community or region you know benefit from a grant from the Foundation? One probably could, and, as you read these words, many people in that community are waiting for our help and leadership.

We are still reeling from the challenges of serving the world during COVID-19, but we cannot let that or anything else stop us. Many educational and health care needs have only been exacerbated by the pandemic. The world needs us.

Beginning 1 July, you can apply for Foundation grants supporting Rotary's new area of focus: the environment. July also brings changes, such as the financial restructuring of the World Fund, that have been implemented with an eye toward sustainability. We are just beginning a year when we will continue our first Programs of Scale grant in Zambia, seek a home for our next Rotary Peace Center, and plan and implement district and global grants that will make positive impacts for generations to come.

To paraphrase the ancient Chinese philosopher Laozi, today we begin the journey of a thousand miles by taking our first step. Let's walk together, looking forward, not to the past. Rotarians love a good challenge, so here's one for us all: let's challenge ourselves to think bigger this year and enlarge our vision of what we can and will do.

Make the Foundation a part of your vision for a better world, and you will see the world, and yourself, change.

John F. Germ
Trustee Chair 2021-22



Membership Awards & Recognition

For Zones 4, 5, 6 & 7



EACH ONE BRING ONE

Sponsor-1 Member



Membership Recognition Pin Embedded with Sapphire Stone

- Appreciation Letter from RI President
- Level-i Pin

Sponsor-5 Member



Membership Recognition Pin Embedded with Ruby Stone

- Appreciation Letter from RI President
- Level-ii Pin

Sponsor-10 Member



Membership Recognition Pin Embedded with Emerald Stone

- Appreciation Letter from RI President
- Level-iii Pin

Sponsor-20 Member



Membership Recognition Pin Embedded with Diamond Stone

- Appreciation Letter from RI President
- Level-iv Pin

Sponsor-25 Member



Virtual Hall of Fame

- Appreciation Letter from RI President
- Hall of Fame-Rotary Society

To be eligible for above recognitions do upload data of new members at <https://my.rotary.org/en/>

Coming - Retention and Extension Awards



EACH ONE BRING ONE

Come together is a beginning
Staying together is a step forward
Working together is a success

Henry FORD

Minutes of the 1605th Regular Meeting of Rotary Club of Calcutta Metropolitan for the RY-2021-2022 held on Saturday, the 17th July, 2021 at 7.00 PM over zoom platform.

1. President Rtn Dr Somen Ghosh called the meeting to order.
2. President welcomed speakers Rtn Renu Todi, Smt Babita Jhunjunwala and Smt Saroj Agarwal. Smt Rajshree Gaggar could not be present.
3. President then welcomed Co-host Clubs Presidents and their members and thanked for the participation.
4. President informed about the distribution of Dry Ration at PACE Learning Centre on 1.7.2021 to 235 students or their family members.
5. PP Rtn Jayanta Chatterji updated about the Global Grants: -
 - Payment of Rs. 69,42,300.07 against GG# 21-23359 of USD 95,100 for PACE Rotary Vocational Centre has been received on 22.6.2021. The Foundation stone was laid on 24.6.2021 by IPDG Rtn Sudip Mukherjee. Further soil testing at the site has been done. Once Soil report is received, further necessary action will be taken for necessary permission from the authorities.
 - President informed that GG# 21-26746 for Elixir of Life-Oxygen for USD 146800 is now scaled down to USD 1,40,000/- in view of change of Policy in Grants by Rotary Foundation. The funds are now expected sometime during July-2021. One of the important aspects of this Grant is the participation of 24 International Rotary Clubs apart from District and more.
6. President then invited Rtn Renu Todi, one of the speakers of "Maan ki Baat- A Journey Within" to say about their work. Rtn Renu Todi gave details about their work "Mann Ki Baat- a journey within", as they cater to individuals via one-to-one sessions, as well as group workshops on all things related to mental wellness. 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.
7. President then requested Rtn Rajshree Garg to introduce the guest speakers. Rtn Rajshree Jain gave introduction of Smt Babita Jhunjunwala, Smt Saroj Agarwal and our very own Rtn Renu Todi and invited Rtn Renu Todi to conduct the workshop.
8. Smt Saroj Agarwal made a power point presentation and explained what is counselling is all about and the need of counselling. Both other speakers Smt Babita Jhunjunwala and Rtn Renu Todi also spoke on various aspects of Counselling. It was a wonderful session and Q & A sessions was very interesting as some Rotarians from Co-host International Clubs asked some very relevant questions, which were suitably answered by Rtn Renu Todi.
9. Minutes of the 1604th Regular Meeting held on 30.6.2021 were read and confirmed by PP Rtn Jayanta Chatterji.
10. President then requested Hony Secretary Rtn Sashi Dhacholia to make Club announcements:
 - On 31st July, 2021 there will be Regular Meeting and the details of speaker will be announced soon.
 - On 15th August, 2021, there will be celebration of Independence Day jointly with Mahavir Seva Sadan at 11.00 AM and DG Rtn Prabir Chatterjee will be the Chief Guest.
 - We congratulate Rtn Jayanta Kumar Neogi and Ann Jayanti for their Marriage Anniversary on 28th July, 2021.
 - Attendance for the day was 65, which includes 22 members.
 - Sunshine box collection was over and above as usual.
11. Hony Secretary then thanked Presidents and members of Co-host Clubs for their participation particularly to Rtn Yasmin Yusof of RC of Melawati of Malaysia, Rtn Apeksha Shrestha of Rotaract Club of Bharatpur Height, Nepal, Rtn Radeeka Gurang of Kakarvitta Rotary Club, Nepal, Rtn Shilpa Khadakhavi of E-Club of Dist-3170, Belgaum, Rtn Punit Vakil of RC of Mumbai Malabar Hills, Mumbai and Rtn Dawood Lokhandwala of RC of Mumabi Wadala East, Mumbai to get their clubs as Co-host.
12. President Rtn Dr Somen Ghosh then request PP Rtn Roshni Beriwal to give vote of thanks.
13. There was no other business, the meeting was terminated.

Forthcoming Events

CLUB

- | | |
|-------------------|---|
| 15.08.2021 | Celebration of Independence Day and Regular Meeting at Mahavir Seva Sadan at 11.30 PM. DG Prabir Chatterjee will grace the occasion |
| 15.08.2021 | Celebration of Independence Day at PACE Learning Centre |
| 28.08.2021 | Regular Meeting |
| 29.08.2021 | Cervical Cancer Vaccination Camp at PACE Learning Centre |

BIRTHDAY GREETINGS

- 03 Aug** - Rtn Bal Kishan Newatia
13 Aug - Rtn Madan Mohan Mohanka



WEDDING ANNIVERSARY GREETINGS

- 14 Aug** - PP Rtn Bhuban Basu and Ann Gayetri



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
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