



**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

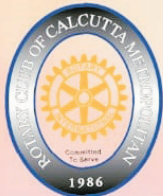
1611th REGULAR MEETING

VOL 36, NO. 08

9th October 2021



## Happy Durga Puja 2021



Rotary 



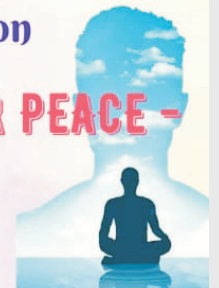
## ROTARY CLUB OF CALCUTTA METROPOLITAN

Cordially welcomes you to attend a virtual session on

**"LEARN HOW TO USE YOUR BREATH TO ACHIEVE INNER PEACE -  
FLOW WITH NIRVANA"**



~By Meera Nair



### Co hosted by :-

RC of Bombay Mid City, RID-3141

RC of Calcutta Charnock City, RID-3291

RC of Calcutta South City Towers, RID-3291

RC of Calcutta South Central, RID-3291

RC of E-Club of Belgaum, RID-3170

RC of Hubli Mid Town, RID-3170

RC of Jodhpur Gardens, RID-3291

RC of Kakarvitta, Nepal, RID-3292

RC of Kolkata Temple City, RID-3291

RC of Melawati, Malaysia, RID-3300

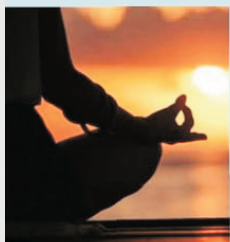
RC of Mumbai Malabar Hills, RID-3141

RC of Mumbai Wadala East, RID-3141

RC of North Calcutta, RID-3292

RC of Vishrambag Sangli, RID-3170

Rotaract Club of Calcutta Metropolitan, RID-3291



**Venue :- Zoom**

**Date :- Saturday, 9th October, 2021**

**Time :- 2 P.M.**

**Meeting ID - 756 546 6446**

**Zoom :- Password - RCCM**

**Hony Secretary :- Sashi Dhacholia**

**President :- Dr. Somen Ghosh**

**Ms Meera Nair**  
**Flow & Nirvana Education Expert**



Master Trainer at Athletics and Fitness Association of America Certified in Yoga, Pilates, Group & Personal Trainer with American Council on Exercise and Athletics and Fitness Association of America. Fitness & Wellness Mentor. 29

years in the Fitness & Wellness Industry. She lives in Singapore with her husband and has been recognized for several of her contributions to the society

Published Author of "Heart to Hearts". A compilation of real-life stories of seven amazing and resilient women from across the continent who faced challenges and had their dreams tested. The proceeds of the book goes to Little Angels orphanage, an initiative to support the higher education of the Kids in Cambodia. Shining star in Singapore for fitness, recognizing her as the Jane Fonda of Singapore. Interviewed by Asianet Singapore Chocice on her achievement in the Fitness industry. Singapore Vasanatham channel covered her book launch and many more. Success didn't come overnight for Meera, she had her own share of struggles to get where she is now. Hear from her how she used her Mantra to get where she is now.

Mantra: To be healthy, we must be Physically, Mentally, Emotionally and Spiritually Fit

**Project Proposal presentation:**  
**'Opening doors of Respect and Dignity to the world of 'Others', transgenders'**



**PROJECT A.I.R for Transgenders (Acceptance | Inclusion | Respect)**

**VISION:** Freedom to co-exist within society as a respectful gender. A right to live on their own terms without judgement, prejudice and isolation. Given equal opportunities to earn a dignified living and inclusion in every sector

contributing to the growth of economy.

**MISSION:** To create a dedicated/shared space, for transgenders, pertaining to these crucial areas of spreading awareness, vocational trainings and health support.

**Transgender Community reach, support and sensitisation:**

With support of Tista Das (trans-woman) an SRS/GAP consultant & Depan Chakraborty (Trans-man), both are activists on gender, animal and environmental rights (NGO Durnibar)

**Project plan:** Starting with small activities in the following sectors, we can work towards creating a dedicated space. The people getting trained would get absorbed here in serving in various sections.

- A. Spreading **awareness**
- B. Vocational **training**
- C. Health **support**

I believe we can come together to support them in creating a respected identity and living with dignity,

By Rtn Runjhun Gupta

**We are thankful to Presidents and Members of the Following Clubs who Co-hosted with us on 9.10.2021 on the session "Learn How To Use Your Breath To Achieve Inner Peace - Flow With Nirvana" By Ms Meera Nair**

	<b>Name of the Club</b>	<b>District</b>	<b>President</b>
1	RC of Bombay Mid City	3141	Rtn Ratna Betala
2	RC of Calcutta Charnock City	3291	Rtn Sudipta Chaudhuri
3	RC of Calcutta South City Towers	3291	Rtn Faisal Arif
4	RC of Calcutta South Central	3291	Rtn Koushik Banerjee
5	RC of E-Club of District-3170, Belgaum	3170	Rtn Anand Nadgouda
6	RC of Hubli Mid Town	3170	Rtn Sushil Laddha
7	RC of Jodhpur Gardens	3291	Rtn Somenath Chatterjee
8	Kakarvitta Rotary Club, Nepal	3292	Rtn Rohit Budhathoko
9	RC of Kolkata Temple City	3291	Rtn Dr Dhrubajyoti Chakraborti
10	RC of Melawati, Malaysia	3300	Rtn Mahendran Daniel
11	RC of Mumbai Malabar Hills	3141	Rtn Vipul Thaker
12	RC of Mumbai Wadala East	3141	Rtn Yussafbhai Azad
13	RC of North Calcutta	3292	Rtn Krishna Ghosh
14	RC of Vishrambag Sangli	3170	Rtn Dr Mahesh Sale
15	Rotaract Club of Calcutta Metropolitan	3291	Rtn Annesha Ghosh

## "Say No Plastic Bags"- Distribution of Paper Bags on 3.10.2021 at New Market-Kolkata

Although Kolkata mostly drenched with rains for last couple of days but the Sun God smiled and gave a sunshine day for us to enable us to distribute Paper bags at New Market, the most renowned market since British era, who are coming to do their Puja shopping. This is a project initiated by our President Rtn Dr Somen Ghosh and he was very keen to do it large scale.

With the bright sunshine, we started distributing the Paper bags to the people particularly those who are carrying plastic bags. There was some hesitation whether it was chargeable but once this was cleared, the response become very good. Our Rotaractors also joined this movement and they also distributed paper bags with the message that say NO TO PLASTIC.

The Club was led by President Rtn Dr Somen Ghosh, Hony Secretary Rtn Sashi Dhacholia, PP Rtn Subir Dutta, Rtn Jayanta Neogi and new member Rtn Runjhun Gupta.

Our next campaign will take place before the Diwali to some other prominent area.



**Congratulations to IPP Rtn Harsh V Rungta and his team for Rotary Citation for RY-2020-2021**

**2020-21 ROTARY CITATION**



Awarded to the Rotary Club of

Calcutta Metropolitan

for helping **Rotary open opportunities** in the lives of people all over the world.

*Holger Kraack*  
Holger Kraack  
President, Rotary International

**Dry Ration was distributed to the students of PACE Learning Centre on 30.9.2021**



**Forthcoming Events**

**CLUB**

23.10.2021 Virtual Regular Meeting

**Rotary**  
District 3291



**SERVE TO CHANGE LIVES**

**Important Dates for October & November 2021**  
**An Initiative of Rotary International District 3291**

**6th October (Wednesday)**

Visit to Correctional Home/s, along with Rotaractors, for distribution of Puja Gifts to the women inmates

**8th October (Friday)**

Alingan— First President, Secretary, Assistant Governor, Zonal Secretary and District Team Meet at Eastern Metropolitan Club

**9th October (Saturday) 10.00 AM—**

Flag off: Rotary-Rotaract Sharad Swikriti Judges Team

**10th October (Sunday)**

Charter presentation of Rotary Club of Port Blair Next Gen, Port Blair, A & N Islands

**11th October (Monday)**

Rotary Rotaract Sharad Swikriti Prize Distribution

**23rd & 24th October (Saturday & Sunday) - Virangana**

**24th October (Sunday)**

Rotary Day of Service on World Polio Day. (Car Rally from 10 am to 1 pm & Webinar at 6.30 pm)

**30th & 31st October (Saturday & Sunday) - Virangana**

**12th November (Friday)**

Bijoya Diwali Meet at Swabhumi

**20th November (Wednesday)**

Foundation Seminar



**BIRTHDAY GREETINGS**

- 01 Oct - Rtn Arundhati Chatterji
- 09 Oct - PP Rtn Roshni Beriwalla
- 24 Oct - PE Rtn Dr Vinod Kumar Nevatia
- 27 Oct - Rtn Narendra Berlia



**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?

SNID was held on 26.9.2021 in our Ward No: 116, 117 & 118

SNID was held on 26.9.2021 in ward no: 116, 117 and 118 on a rainy day. The Club was represented by President Rtn Dr Somen Ghosh and PP Rtn Subir Dutta.





**Shekhar Mehta**  
**President 2021-22**

A quarter of the Rotary year is now behind us. I am sure you are helping Rotary to *grow more* and *do more*. And I hope you have already done your part for the Each One, Bring One initiative by introducing one person to Rotary.

Do you ever think about your earliest days as a Rotarian? I often do — because those first moments of discovering the power of service shaped who I am today. When I joined my Rotary club, our efforts focused on India's rural communities, where people were living without toilets, getting their drinking water from the same pond they bathed in, and sending their children to outdoor classrooms set up under a tree. The nearest health care provider often was miles away — and the services were inadequate. But after Rotary clubs carried out some service projects, the villages had toilets, clean drinking water, a classroom for early learning, and a nearby health care centre.

The spark that Rotary kindled within me forced me to look beyond myself and embrace humanity. It made service a way of life and led me to a guiding principle I still stand by: Service is the rent I pay for the space I occupy on Earth.

If you feel the need to reignite the spark of service in yourself or your club, October — Community Economic Development Month — is a great time to do so. When we work to improve the lives of people in underserved communities — through, for example, projects that provide vocational training and access to financial resources — we help build and sustain local economic growth.

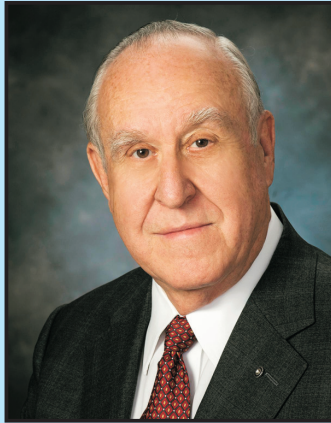
The need is great. According to the United Nations, 9 percent of the world's population — that's 700 million people, a majority of them in sub-Saharan Africa — live on less than \$1.90 a day. By supporting strong community development as well as entrepreneurs, we can help improve conditions for people in that region and others.

Your club can also promote economic development in your own community by expanding vocational training opportunities through local schools and community colleges, partnering with lenders to improve access to financial services, or working with a non-profit that provides resources to entrepreneurs and connects them with the business community.

Of course, developing strong communities is impossible without strong public health. On 24 October, World Polio Day, we'll celebrate our tremendous progress in the effort to eradicate polio. But we also know the fight is not over. We still need your help raising funds and awareness to ensure that all children are immunized against polio. Please don't forget to activate your clubs on that important day and encourage them to donate here: [endpolio.org/world-polio-day](https://endpolio.org/world-polio-day).

Service has been rewarding for me throughout my life. I know the same is true for many of you. Join me this month in becoming a good tenant of our planet by helping others to better themselves and their communities. Together, we can *Serve to Change Lives*.

## Trustee Chair's Message – October 2021



**John F. Germ**

**Trustee Chair 2021-22**

When Rotary courageously stepped up to pursue the dream of a polio-free world, we knew realizing our dream wouldn't be easy. But since 1988, working with our partners, we've brought worldwide case counts down by 99.9 percent.

However, it's not over 'til it's over. It will take courage. We're going to keep up the funding and keep on the pressure until this fight is finished, and no child ever again has to experience the devastating effects of polio.

As we mark World Polio Day on 24 October, we can take heart; we continue to make progress, and with the current low transmission rates of wild poliovirus in Afghanistan and Pakistan, we have a unique opportunity to interrupt transmission. We also have a new strategy and vaccine that will bolster our eradication efforts.

To eradicate wild poliovirus and stop outbreaks of circulating vaccine-derived poliovirus (cVDPV), the Global Polio Eradication Initiative's new strategy centres around several key areas: political advocacy to create greater urgency and accountability in the endemic and outbreak countries, improved engagement with high-risk communities, improved operations and polio surveillance, and the inclusion of polio immunization in broader health programs.

Along with our new strategy, Rotary and its partners are using a new tool, novel oral polio vaccine (nOPV2), to help address outbreaks of type 2 cVDPV. This new vaccine has been deployed in a growing list of countries and is a promising development in our quest to end polio once and for all.

But there is still much work to be done. In particular, we need to remain strongly committed to our goals in the face of recent events in Afghanistan. As a non-political organization, Rotary will continue to do the work that is necessary to protect the health of children everywhere.

After all the progress we've made in our decades-long fight, the worst thing we could do is to become complacent, so here's where you come in.

Let's raise awareness of Rotary's role in polio eradication. And let's double down on our commitment and keep raising \$50 million each year for polio. Remember: Thanks to the Bill & Melinda Gates Foundation, any contribution you or your Rotary or Rotaract club makes will be matched 2 to 1.

In Rotary, when we dream, we get behind our dream with everything we can muster. We have always risen to challenges — and now it is more important than ever for us to rise again, with courage, to defeat polio.

## Minutes of 1610th Regular Meeting of Rotary Club of Calcutta Metropolitan held on Saturday, 25th September, 2021 at 2.30 PM on ZOOM

1. President Rtn Dr Somen Ghosh took the chair and called the meeting to order
2. In the absence of Hon Secretary PP Rtn Sashi Dhacholia who could not attend the meeting due to unfortunate accident of his wife Sandhya, President Rtn Dr Somen Ghosh requested Rtn Rakesh Kumar Goel to officiate as the Hon Secy. The President and Officiating Secretary and members prayed for speedy recovery of Mrs Sandhya Dhacholia.
3. Pres Somen then welcomed all the members and expressed his happiness to see PP Rtn Utpal Chatterjee who had been unwell for quite some time and was now able to attend the meeting.
4. President Rtn Dr Somen Ghosh welcomed "Speaker of the Day" our new member Rtn Runjhun Gupta
5. President Rtn Dr Somen Ghosh then requested members to confirm minutes of 1609thRM as published in METRO VOICE dated 25th September, 2021. The same were confirmed by the members.
6. President Rtn Dr Somen Ghosh then informed the members about deferment of the following projects (which were scheduled during the past week) due to heavy down pour:
  - a. To spread awareness regarding harm to ecology through use of Plastic Bags and distribution of Paper Bags to replace use of plastic bags
  - b. 100 nos Tree plantation in the Masonic LodgeHe informed that the next date will be communicated to the members
7. President Rtn Dr Somen Ghosh suggested that we can consider distribution of Paper Bags at The New Market instead of Gariahat as it will be of more vicinity of the first project. It was well accepted by the members.
8. President Rtn Dr Somen Ghosh also suggested that we can consider combining Plantation of trees at Masonic Lodge with a breakfast time fellowship. The idea was well received by the members. Date and time will be finalised and communicated. Tentatively it will be Sunday, 3rd October, 2021.
9. President Rtn Dr Somen Ghosh informed that Rotaractors will also be invited to participate in the projects.
10. President Rtn Dr Somen Ghosh suggested that the club can consider for ordering t-shirts, caps and mask with the logo of our club and use them during participation of projects. This will enhance Rotary as well as our club image.
11. President Rtn Dr Somen Ghosh further informed the members about Polio Vaccination camps being held On Sunday, 26th September in ward number 116.117 and 118 at 11.30 AM and requested members to attend the same. The exact address will be intimated to the members later in the evening. He further mentioned that a bag of goodies will be given tomorrow to all those children who will be coming for vaccination at our designated camps.
12. President Rtn Dr Somen Ghosh then requested our new member Rtn Runjhun Gupta to introduce herself to members as a customary process followed in our club.
13. Rtn Runjhun Gupta started by giving a brief introduction of herself and her background to the members and mentioned that she embarked on her professional career in the year 2007. She migrated to Kolkata because she found that the city could give her ample opportunity to pursue and grow in her profession. For her deliberations her subject was " OPENING DOORS OF RESPECT & DIGNITY TO THE WORLD " OTHER'S TRANSGENDERS ". She specifically mentioned that the ideals and the work done by Rotary was the prime motivating force for her to join Rotary. She hoped that our members will whole heartedly participate in the project. It was an audio-video presentation of a very high standard which presented the ground realities of the world in which trans genders live and the curse, humiliation and neglect they face in everyday life. She narrated the actions to be taken by society to bring improvement in the existing scenario and the role we Rotarians should play in make it happen. Detailed report of her presentation appears elsewhere in this edition of METRO VOICE.
14. President Rtn Dr Somen Ghosh then requested PP Rtn Utpal Chatterjee to give vote of thanks.
15. PP Rtn Utpal Chatterjee congratulated Rtn. Runjhun Gupta for a wonderful presentation and doing justice to a sensitive issue.
16. President Rtn Dr Somen Ghosh informed the members that he has already spoken to PE Rtn Dr V K Nevatia and VP Rtn Rakesh Kumar Goel regarding planning of a project related to the topic. A blueprint of the proposed project was ready, which can be started as a pilot study before expanding for a global grant project in future.
17. President Rtn Dr Somen Ghosh then requested Officiating Hon Secretary Rtn Rakesh Kumar Goel to make club announcements.
18. Hon Secretary made the following club announcements:
  - i) As already informed, 3rd Board meeting will be held on Wednesday, 29th Sept at 8.30 pm on ZOOM
  - ii) Next club regular meeting will be on Saturday, 9th October on ZOOM. Time will be intimated
  - iii) Rtn Arundhati Chatterjee will be celebrating her birthday on 1st October. We extend our best wishes to her
  - iv) Attendance for the day was 11 members and 2 guests. Rtn Nagjyoti Bollapragade of District- 3170 also attended the meeting as an visiting Rotarian.
18. There being no further club announcement, Hon Secretary handed over back to the President Rtn Dr Somen Ghosh.
19. President Rtn Dr Somen Ghosh then terminated the meeting

**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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