

So in a way, these two and I have been working to get clinical nutrition from its back seat in the medical scenario especially in eastern India to become a front runner in the triage



have been an active practitioner of clinical nutrition for over one and a half-decade now. Alongside I also want to dispense knowledge about this very unique area of medical science to the newer generations. Hence took up the role of a teacher of the trade. Have had over 2000 students who have completed their masters in the subject under my supervision. To date have guided over 500 dissertations and a dozen of thesis. I have been a columnist for many Bengali and English daily and periodicals where I have written the nutrition and health column. I had the honor of being the lifestyle expert for Femina Miss India for a couple of years and won the title of Mrs. India Kolkata in 2018.

Being a trained dancer and elocutionist, I rendezvous with the stage started at a very tender age. I felt elocution must have been my forte when I won the prestigious Nehru Children museum national children meet best elocutionist award at the age of eight. Being a regular and active member of "VOICES" and "SPIC MACAY," those festing days from school and then college never failed to inspire me, more so as there were seldom events which I did not win., mostly events like debate, guizzes, dumb charades, and choreography.

Later on in life, took to photography and got recognized by The Telegraph Kolkata as being the first mobile street photography unit. I also have a small art-house production unit called "Ghotigorom Productions". My unit has been working mainly to keep the slowly dwindling Bengali or rather Kolkata heritage alive in the hearts of today's generation. Ghotigorom Productions, other than participating in many international concerts like Beacon of Hope, American International Physician meet, Sylhati International meet also had the honor of having two docu features produced by us shown in two Kolkata International Film Festivals.

> **CONTACT US** www.rotacal.org E-mail: rota2573@dataone.in

institutes of Kolkata are my alma mater too. My area of interest is critical care nutrition of patient care. I

The **CN**a

SATURDAY 31 JULY 2027

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thechaka001@gmail.com

TODAY'S CHIEF GUEST



Dr. Ranjini Datta

Head of Department, Department of Clinical Dietetics and Community Nutrition, KPC Medical College and Hospital, Program In-charge, Masters in Dietetics and Food Service Management, IGNOU, Scientific Consultant, Foundation for Community Support and Development, Kolkata; Scientific Advisor, WHO & Vigyan Prasar, Kolkata

After completing schooling at Calcutta Girls High School, I took up Clinical Dietetics as my professional studies and went to graduate in it from Calcutta University and later post graduated from All India Institute of Hygiene and Public Health and doctoral Studies in clinical dietetics from WBUHS and CMJ University, with KPC Medical college and SSKM being my place of research.

REPORT ON BLOOD DONATION CAMP





A Blood Donation Camp was organized by RCC- The Refuge, supported by Rotary Club of Calcutta, on 20 July. 68 donors came forward to donate Blood out of which 4 were visually impaired. The enthusiasm amongst donors was overwhelming.

An Air-Conditioned Bus was arranged wherein blood was taken and stored in an appropriate manner. Food packets were also distributed to the donors. With the ongoing pandemic crisis, a Blood Donation Camp involving members in large numbers, is extremely rare. We are proud to be a part of the RCC.

President Rtn Sujata Pyne, Rtn Arindam Roychoudhary, Rtn Kanak Dutta and Rtn Partho Pratim Mukherjee were also present at the Camp. Reported by Rtn Anand Sharma

VACCINATION CAMP – A GRAND SUCCESS

The free vaccination camp at The Refuge held on 19th, 20th, 22nd July (reported in The Chaka of 24th July) proved to a grand success with the vaccination of 983 underprivileged beneficiaries with Covishield. It was heartening to see the participation of many club members and distict officials. The day-wise information is given below:

DAY 1:19 JULY

- A. Total No of Vaccination: 325
- B. Members Present:
 - 1 DG Prabir Chatterjee
 - 2 District Web Master Abhijit Mitra
 - 3 Dr Sukumar Mukherjee
 - 4 PP Dr S K Sharma
 - 5 President Sujata Pyne
 - 6 Secretary Sriranjani Joshi
 - 7 PP Haladhar Dey
 - 8 PE Rajkumar Agarwal
 - 9 AG Purnendu RoyChoudhury
 - 10 Dr Ajay Agarwal
 - 11 Jt. Secy Anand Sharma
 - 12 Arindam Roychowdhury
 - 13 Hirak Roy
 - 14 VP Samiran Sen
 - 15 Subrata De
 - 16 Debjani Ghosh
 - 17 R-Ann Mousumi Mukherjee
 - 18 Pradyut Banerjee (Green Badger)
 - 19 Partha Mukherjee

DAY 2: 20 JULY

- A. Total No of Vaccination: 333
- B. Members Present:
 - 1 President Sujata Pyne
 - 2 Secretary Sriranjani Joshi
 - 3 PP Abhijit Koley
 - 4 Jt. Secy Anand Sharma
 - 5 Arindam Roychowdhury
 - 6 R-Ann Mousumi Mukherjee
 - 7 Suman Chakraborty
 - 8 Sarbani Guptoo
 - 9 Shirsha Guha
 - 10 Partha Mukherjee

DAY 3: 22 JULY

- A. Total No of Vaccination: 325
- B. Members Present:
 - 1 VP Samiran Sen
 - 2 Jt. Secy. Anand Sharma
 - 3 Partha Mukherjee



RECOLLECTING PROJECTS AND EVENTS HELD DURING JULY 2021



FORTHCOMING PROJECTS AND EVENTS



A MESSAGE AND AN APPEAL FROM THE PRESIDENT

Dear members,

It is customary, over decades, to hold an art exhibition and a cultural program by the students of the NCLCL on our Independence Day, 15 August. This year these events will not be possible because of the pandemic restrictions. Instead, we shall mark the Day by launching a mega project - AKRITI through which 1000 beneficiaries will be provided with Prosthetic limbs throughout the year.

The Dist. Governor has given a clarion call to mark Independence Day as a Rotary Day of Empowering Women. Hence we shall launch AKRITI exclusively with women beneficiaries. What could be a better way of empowering them than providing them with prosthetic limbs that would bring back their self confidence, dignity and independence on Independence Day?

I earnestly request all members to support @ 2500/- per limb towards this noble cause of changing lives of these beneficiaries and their family members bringing a ray of hope and joy in our endeavour to SERVE TO CHANGE LIVES "

Rtn. Sujata Pyne President

INTERNATIONAL NEWS

JORDAN



UGANDA : ROTARY PEACE FELLOWS

In the last week of February, in Kampala, Uganda, 15 Rotary Peace Fellows gathered at Makerere University for the inaugural session of Rotary International's new peace center. Among them, the peace center's first cohort represented 11 countries and spoke, in addition to English, a dozen African languages, including Luganda, Swahili, and Zulu. "Coming from diverse backgrounds, and yet with a shared desire for peace in Africa, they are the epitome of unity in diversity," said Anne Nkutu, a member of the Rotary Club of Kampala Naalya and the host area coordinator for the Makerere University peace center.

With an average age of 40 when they were admitted to the program, the fellows are not novice The Rotary Club of Amman Jordan River is making beautiful music. Club member Rana Rizkallah, maestro of the Youth Orchestra at the National Music Conservancy, assembled talented musicians for a Rotary-sponsored orchestra. For musicians who do not read music but can play by ear, the orchestra offers special classes in music reading, which Rizkallah notes might open up career opportunities. For the time being, all the members are Rotaractors, but Rizkallah hopes to open the orchestra to non-members in the future. Socially distanced rehearsals began in early 2021. With its repertoire of both Western and Arabic pieces, "the goals of the orchestra include offering in-house entertainment for all events and activities we organize, to save the cost of getting outside entertainment," says Rizkallah.



peacemakers. These are established professionals with a minimum of five years of experience in peace and development. They arrived at Makerere University — home to an established program in peace and conflict studies — already working on an initiative, or with an idea for one, that promotes peace or social change within their workplace or community. "The fellows come off as, and indeed are, change agents" said Helen Nambalirwa Nkabala, the director of the peace center.."



ROTARY AND COVID -19

Rotary is taking action in response to the pandemic as our clubs support COVID-19 vaccination and continued prevention efforts around the world.

Tapping into decades of experience in bringing polio to the brink of eradication, Rotary members worldwide are helping health authorities communicate lifesaving information about COVID-19 and vaccination, combatting misinformation, supporting fair and equal access to vaccines, and curbing the spread of the virus by donating protective gear and other supplies to clinics and hospitals that are under strain.

REPORTING & ANNOUNCEMENTS NEXT WEEKLY MEETING (Virtual) TUESDAY, 3 AUGUST AT 1 P.M.

The next weekly meeting will be held on Tuesday, 3 August at 1 p.m. on zoom. **Speaker:** Dr. Mamta Binani, National Past President of the Institute of Company Secretaries **Topic:** Striking 'Work-Life Balance'

ATTEND	DANCE	REPORT	(24.07.2021)

Iotal Members	235
Members Present	41
Exempted Members	71
Visiting Rotarians & Guests	4

Birthdays

Dr. Gautam Khastgir	31 July
Prof. Suman Kumar Mukherjee	2 August
Wish you many happy returns of	the day

MEETINGS HELD SINCE LAST RWM

Particulars	Date
1st Meeting of the Board	26 July
Programme and Special Projects Committee	30 July

IN MEMORIAM

The Club mourns the sad demise of **father** of Rtn. Dr. Sourabh Khemani who passed away on Friday, 16th July, 2021 and expresses heartfelt condolences to the bereaved family. May his soul find eternal peace.



The Club mourns the sad demise our member Rtn Ram Niwas Sawalka who passed away on Wednesday, 28th July, 2021. He was a member of the Club since 2006. Our heartfelt condolence to the bereaved family. May his soul find eternal peace.

ROSTER (2021-22)

The digital Roster has been sent to all members through mail on the 27th July by the Hony. Secretary Sriranjani Joshi. Members are requested to go through the details and, in case of any correction, contact her (srjrotary@gmail.com) by **5th August 2021**. No request for change can be accepted after that date.

FAMILY CORNER



Children of Drs. Nandini and Abhrajit Ray, son Abhishek Ray has passed Final MBBS from Sri Ramachandra Medical College Chennai and is now into his one-year of Internship. Daughter Meenakshi Ray has cleared Part 2 of MFDS of RCS of Edinburgh at first attempt.

Dr. Nandini Ray, in turn, was felicitated recently by her Alma Mater Modern High School for Girls as a Distinguished Alumnus 2021 Congratulations from the family of Rotary!



Shambo Mukherjee, son of Rotarian Partha P Mukherjee and R-Ann Mousumi , is a researcher in the Time & Frequency department, FEMTO-ST Institute, Besançon, France. He is working on the development of a compact, transportable, ultra stable laser for atomic clocks used for communication and navigation in satellites. His project is funded by CNES (National Centre for Space Studies in the French government space agency) in collaboration with the European Space Agency (ESA). Currently he is invited to India as a guest speaker at Dayanand Sagar Academy of Technology & Management, Bengaluru.

Congratulations from the Rotary family!

MEMBERS BOX

ROCK STAR ROTARIAN



Heartiest congratulations to Rtn. Shampa Ghose on her selection into the prestigious 18-month program of Goldman Sachs 10,000 Women ... a global initiative that fosters economic growth by providing women entrepreneurs around the world with business and management education, mentoring and networking, and access to capital.

Participants will develop the best managerial practices through a unique combination of:

a) knowledge sessions with academic rigor, one-on-one mentoringb) boot camp at IIM Bangalore and engagement with 10,000 WomenAlumni across the world.

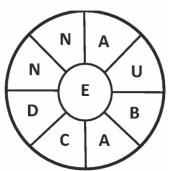
This program is completely funded and sponsored by Goldman Sachs.

WORD PUZZLE # 01

Contributed by Rtn. Shamlu Dudeja

With the letters shown in the figure:

- Make as many words as possible using 4 letters or more;
- Make at least one 9-letter word;
- Each word must contain the letter in the inner circle;
- Each letter (unique or repeated in the figure) can appear only once in a word:
- Proper nouns are not allowed.



HOW DO YOU RATE ?

15 words – Average 19 words – Good 24 words – Very good 27 words – Excellent

Solutions in next issue

(This is the first one in a series of puzzles to follow)



The Good Samaritan- Saumen Ray

While writing books, looking after family, doing rotary work while in London, Calcutta Rotarian Saumen Ray is seen rescuing two young men from Black Mountains in Wales, after an bicycle accident, taking them to nearest hospitals.

MINUTES OF THE MEETING FOR THE 4821st REGULAR WEEKLY MEETING HELD ON 24TH JULY 2021 AT 4 PM ON ZOOM

- 1 President Sujata Pyne called the 4821st Regular Weekly Meeting of the Club to order.
- 2 President welcomed the Rotarians and the attending guests.
- 3 National Anthem was played on screen.
- 4 Minutes of the 4820th Regular Meeting held on 13th July, 2021 held on zoom were confirmed.
- 5 President welcomed the new members, Ganesh Chowdhury and Priti Patel Mehrotra.
- 6 President announced :

a. 16th July 2021 – Community Service Committee donated Wellness kits and Horlicks pouches to the children at Angels Children Home. Lunch was served by Rotarians to 50 children..

b. On 19th, 20th and 22nd July– 3-day mega Vaccination Camp was held in collaboration with Kolkata Municipal Corporation at Refuge where about 1000 beneficiaries were vaccinated free of cost. The event was inaugurated by DG Prabir Chatterjee, AG Purnendu Roy Chowdhury, Dr. Sukumar Mukherjee, PP Dr. S. K. Sharma. Nearly 16 Rotarians including Rtn-Ann Moushumi Mukherjee were present. 14 visually challenged persons were vaccinated.

c. A blood donation camp was held on 20th July. The camp had 68 donors and 4 out of them were visually challenged.

d. 15th August – Independence Day would be celebrated, followed by Flag hosting physically at Rotary Sadan by Dist. Governor Prabir Chatterjee.

e. The Club will also observe, on 15 August, the Rotary Day of Empowering Women, by launching the Prosthetic Limb project for 1000 beneficiaries and will have a short program for half an hour.

f. Rotary International Bye-laws have been adopted in the Emergent Board of Directors' Meeting, held on 19th July 2021. The RI Bylaws are available online in www.rotary.org. President requested for any suggestion and/or comment from the members.

g. Rtn. Sourabh Khemani's father passed away on the 16th July and a message was sent to the bereaved family.

- 7 The Hony. Secretary conducted the Club business:
- a. The names of members celebrating their birthdays and wedding anniversaries during the week ending 30th July were announced and best wishes conveyed to them.
- b. She announced the next weekly meeting would be held on 31st July at 5 pm on zoom. Mrs. Rajani Dutta of KPC Medical College and Hospital would be the guest speaker and would speak on the topic- Burn your Fat without Burning your Pocket.
- 8 At the request of the President. Ganesh Chowdhury and Priti Patel Mehrotra were introduced by Rtn Dr. Nandini Ray and inducted by the Past President Dr. Ashoke Kumar Basu.
- 9 President welcomed the new members and requested for their active participation and involvement in the Club projects.
- 10 Rtn. Debasish Biswas, Executive Secretary briefly introduced the Guest speaker Shri Phalguni Mukhopadhyaya.
- 11 The Guest speaker Shri Phalguni Mukhopadhyaya spoke on "Empowering Rural Youth with Employability".
- 12 Rtn. Subha Pal proposed a formal vote of thanks on behalf of the Club.
- 13 The President sent greetings and remembered with good Wishes Rotary Club of Dhaka, Bangladesh, R1Dist.3280
- 14 The meeting was adjourned at 5.07 pm.

Rtn.SujataPyne President Rtn. Sriranjani Joshi Hony. Secretary



We remember with good wishes Rotary Club of Monifieth & District, Scotland, R. I. Dist 1010

Published by Rtn. Sriranjani Joshi, Hony. Secretary, Rotary Club of Calcutta 94/2 Chowringhee Road, Kolkata 70020 Tel: 2223 8686/8787

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SPECIAL SUPPLEMENT

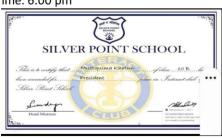
THE INTERACT - ROTARACT NEWSLETTER – July 2021

THE INTERACT CLUB OF SILVER POINT SCHOOL – activities of the past and future plans

Installation Ceremony of the Interact Club Representative Programmes of the past

of Silver Point School Date: 12.7.21

Time: 6.00 pm



Mustaquima Khatun- Newly Appointed President

- Attended by
- Rtn Sulagna Daw, DICC
- Rtn. Dr. Chandreyee Das, Chairperson Youth Services, Rotary Club of Calcutta
- **School Administration**
- Mrs. Sucharita Roychowdhury Headmistress,
- Mr. Chirantan Bhaduri Vice Principal





- DIET DURING COVID TIMES, A WEBINAR ON DOCTOR'S DAY
- DONATION OF OLD CLOTHES
- THE WORLD SUICIDE PREVENTION DAY in association with Lifeline Foundation
- ADDICTION CAMPAIGN ANTI AN AWARENESS PROGRAMME
- ADDHYAYAN, CHILDREN EXHIBITION BY TEAM ADRISHTA ON MULTIPLE AWARENESS THEMES
- WOEMNS DAY CELEBRATION
- EACH ONE, TEACH ONE, AN VOCATIONAL SERVICEINITIATIVE
- VISIT TO NAV JEEVAN, A HOME FOR STREET AND SLUM CHILDREN.
- VISIT TO NAVANIR (the home for the aged)
- FELICITATION OF POLICE PERSONNEL FROM KASBA POLICE STATION ON POLICE DAY DURING THE PANDEMIC
- BOOK DONATION

ILVER POINT SCHOOL







Flagship Programme of Silver Point School "FREE STREET LIBRARY"

Aim: To provide a fascinating platform for sharing books and providing an opportunity for accessing knowledge for the people of all age groups of the locality.

Venue: Rathtala Mini Bus Stand, Kasba, Kolkata

- Chief Guest: Mr Sudip Mukherjee, District Governor
- Guest of Honour: Mr Pradip Kumar Chopra, Chairman, iLEAD
- **Special Guests:**
- Mrs. Sulagna Daw, DICC
- Mr Debasish Biswas, Youth Service Chair, Rotary Club of Calcutta Mrs Bani Roy Chowdhury, Secretary, Silver Point School
- Mr Sujit Sarkar, President, Silver Point School
- Mr Purnendu Roy Chowdhury, Trustee Member, Silver Point School Mr & Mrs S B Ganguly
- Mrs Biswas, Educationist and Social Entrepreneur



Forthcoming Events

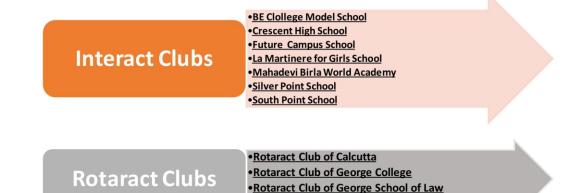
- Conducting a donation drive, SHOHOMORMITA, at Sunderbans targeting 100 beneficiaries. Basket of support: 1 kg of rice, 1 kg of sugar, 1 kg of masoor daal, soya nuggets 500 grams, 1 pack of salt, 1 pack of biscuits, saree, utensils for each beneficiary.
- Distribution of books among the NGO children
- Winter garment distribution, for the people in distress, will also be done by the Interactors.







Rotary Club of Calcutta takes pride in presenting its own



MAHADEVI BIRLA WORLD ACADEMY INTERACT CLUB - activities of the past





SELF DEFENCE WORKSHOP



A self-defence workshop was conducted on August 4,2020 for the children in protection homes of Hope Foundation Kolkata.



An initiative taken by the social service club of Mahadevi Birla World Academy to provide the under privileged with the necessary gadgets to get access to online education during the pandemic.

The collection drive took place in September 2020.

MASTI KI PATHSHALA



An inclusive workshop was conducted for our friends from Future Hope School and Hope Foundation on May8,2021 on the virtual platform via zoom meetings. The workshop included English elocution, Hindi storytelling and Bengali drama. The workshops helped the children in creative thinking, mind mapping and much more. COVID RELIEF DONATIONS



A humble initiative by the social service wing of Mahadevi Birla World Academy, a donation of Rs. 50000/- and Rs.15000/- were made to Bharat Sevashram Sangha and Hope Foundation Kolkata respectively

GADGETS COLLECTION DRIVE

2







ROTARACT CLUB OF CALCUTTA – activities and plans

The Rotaract Club of Calcutta has been the proud inheritor of the 52-year-old legacy and carries it proudly forward to this date. The Rotaract Club of Calcutta, serves the community along with special emphasis on building the bonds of fellowship, enhancing the professional development of the community and also conducting international service initiatives.

Vision: To establish a sustainable environment and community to make the world a better place for you and for me and the entire human race.

<u>Club's BRAINCHILD – the yearlong</u> projects

Club's ASPIRATIONS

- STREE (An initiative to spread awareness about menstrual hygiene by donating sanitary napkins to the underprivileged women),
- Sampradan (A donation drive for providing basic amenities to the underprivileged),
- Burgeon (A tree plantation drive to spread the roots across the globe)
- Aharya (A home-cooked food donation drive).
- Setting up of libraries in the government schools as we believe the culture of reading should be inculcated in the young minds. Our aim is to provide good quality didactic books to the children.
- Setting up a LITERACY CENTRE which would be a paramount focus because the status of education in times of pandemic has been dreadful. Children without the access of technology have been deprived of education. The provision of required electronic gadgets is of great importance. We wish to set up a centre where we would be providing both online and offline tuition classes along with recreational classes such as dance, music, etc., to the underprivileged children who cannot afford private tuitions and create a conducive atmosphere for seeking knowledge.



SPECIAL PROGRAMMES UNDERTAKEN BY ROTARACTORS

MAGNITUDE 4.0

To impart the skills of Rotaracting in our members, the Club conducted a Club Training Assembly jointly with our three sponsored clubs, Intra-District twin and sister clubs.

ABHISAR

To provide relief to the underprivileged population of Sunderban, who faced the impact of the YAAS cyclone, the Club donated monthly groceries and dry foods to 200+ families based in the Kultali Maipith coastal region.











ROTARACT CLUB OF GEORGE COLLEGE – activities of the past and future plans

Installation Ceremony

Rotaract Club of GC welcomed the new Rota Year with the 3rd Installation Event –**Renaissance on 22nd** of July 2021





 Renaissance

 3rd Annual Club Installation Ceremony

 ung (a)
 (a)

 Dipa:
 (a)

 Dipa Jaiswal : President Rotarcat Club of GC 21-22





(April2021 and June 2021)		
Event Name	Description	
1. Happy Tail.	Organized an event for feeding the stray dogs.	
2.Hyanglatherium.	To improve the mental health of fellow Rotaractors during the pandemic, the Club organized an event to entertain themselves following all Covid Rules.	
3. Ek din Ek sathe.	Spending quality time with silver haired friends over food and fun in an Old Age Home.	
4. Anutosh.	Providing ration, medicines and sanitary napkins to people affected by Yaas Cyclone.	
5. Shakalaka Boom Boom	An event of fun experience for kids during lockdown	

Snapshot of the Programmes of the

Recent Past

A Poster making/ video editing competition amongst the Rotaractors

Upcoming Events

- Nutrition -1: Nutritive food for street Children
- Mandala Art Competition (Online)
- Water bottle distribution to Traffic Police Visiting a special child's school (Offline)

6. Creative +.

ROTARACT CLUB OF GEORGE SCHOOL OF LAW – plans for the future

"A Child's Habitat"

PARENTS MAREN'T THE PEOPLE YOU COME FROM. THEY'RE THE PEOPLE YOU WANT TO BE, WHEN YOU GROW UP 33 2 2 2 - Jodi Picoult

A virtual celebration by our club members $\mathbb{C}^{\mathbb{C}}$ for honouring $\mathbb{C}^{\mathbb{C}} \mathbb{C}^{\mathbb{C}} \mathbb{C}^{\mathbb{C}}$ and expressing the deserved love to our parents $\mathbb{C}^{\mathbb{C}}$, acknowledging the care \mathbb{C} and concern of them for nurturing \mathbb{C} us to what we are now.



Events: - Anything like Dance 花方, Singing **進定**之, Recitation 之, Speech 章口 & lots more 梁延之介時書.

Make a video or shoot **I** your performance and send us WITHIN 23rd JUNE 2021 (Until 12AM).

FINAL PREMIERE DAY 🛹 🗆

Time (): 07:30 PM onwards Date (): 25th July 2021, Tuesday

Upcoming Events

- Say no to plastics by to providing paper bags to some vendors
 - A webinar on How to crack WBJS for the last & second last semester students of George School of Law by Adv. Arindam Kanjilal.
 - 4. Altercate (Debate competition)
- RC George School of Law, RID 3291
 RAC Navi Mumbai, RID 3142

RAC Vizag, RID 3020

RAC Kankaria, RID 3054

RC Dombivili East, RID 3142

1.

Friendship week celebration by 7 clubs i.e

RAC Silvercity Midtown, RID 3080

4