

ROTARY CLUB OF KOLKATA BENEVOLENCE

DISTRICT 3291; CLUB NO. - 222538

Mudita

Vol 2 Issue 1; JUL - AUG 2021

RI PRESIDENT: Rtn Shekhar Mehta
District Governor: Rtn Prabir Chatterjee

PRESIDENT: Rtn Kaushik Sen
Secretary: Rtn Neha Singh

EDITOR: Rtn Chitra Sen
JOINT EDITOR: Rtn Nishtha Agarwal



Rotary



SERVE TO CHANGE LIVES

From the Editor's Desk

Fellow Benevolence Rotarians

Welcome to the September edition of the Kolkata Benevolence Newsletter.

As we prepare for the season of festivity and are a couple of months away from ushering in yet another New Year, there are many learnings and quite a lot of takeaways. The Executive Committee under the able leadership of President Kaushik Sen has done a tremendous job with many contributions from the club members.

The club has received many accolades & the platform for the development of individual members has rightly been set up to provide ample opportunities.

This edition reflects the success of the club and individual members at all levels and the experience and learning from the members to benefit all the members Rotary Benevolence Club. Look at the articles to get a grasp of what the members have learnt in their journey. Self – efficacy is the right approach towards learning. Rotary is the platform that helps to learn by oneself and from the fellow members. The more you repeat by practicing, the more you become competent to serve for a greater cause in life.

Writing is a great tool to express ideas, feelings and emotions. We encourage all members to contribute for the upcoming newsletters, and to use this opportunity to express themselves. We strongly recommend all of you to take a look at the articles in this edition as it brings a lot of perspectives from the members. We also thank everyone who contributed to the newsletter and hope to continue to receive the submissions by members with maximum participation.

Thanks and Happy Reading!

Chitra Sen, Editor



KAUSHIK SEN, *Charter President*

It gives me immense pleasure to share my views in this newsletter. Rotary gives us a platform to do community service in a better way, as a part of the bigger team. We also get huge scope to connect and network with more people. On 10th August 2021, we had our Charter Presentation Ceremony at ITC SONAR KOLKATA, wherein our District Governor Rtn Prabir Chatterjee, Immediate Past District Governor Rtn Sudip Mukherjee and District Governor Elect Rtn Ajay Law and other district Dignitaries and celebrity guests were present.



We look forward to do different social projects and launch different Training Programs in the current rotary year. We, as a club, currently having 44 registered members, aspire to work as a team, and create a real difference in the society.

Regards, Kaushik Sen

CHARTER PRESENTATION





AWARDS CEREMONY





Rotary Club of Kolkata Benevolence



Presents INDIA'S MOST PROMINENT ROTARY BENEVOLENCE VOCATIONAL AWARDS 2021 (RBVA)

In presence of District Governor - **Rtn Prabir Chatterjee**

ICONIC ACHIEVERS



Guru Sanchita Bhattacharya
Eminent Odissi Dancer



Mr. Subhrajit Mitra
Film Director



Shaheb Chattopadhyay
Film Actor



Dr. Rupali Basu
MD and CEO
Woodlands Multispeciality
Hospital



Ms. Ruchika Gupta
Director
Sanmarg Hindi Dainik



Mr. Jimmy Tangree
Head of 91.9 Friends FM
and Veteran RJ



Dr. Saptarshi Basu
Consultant, Emergency
and Critical care



Ms. Suchandraa Vaaniya
Actress, Social activist,
Director, & CEO
Just studio, Just news



Ms. Madhurima Basak
Film Actress



Dr. Tehnaz J. Dastoor
Director, Tericom Pvt. Ltd.



Mr. Aaquib Hussain
Founder, Free Flow



Ms. Priscilla Corner
Creative Director
at June Tomkyns Salon



Mr. Bikash Agarwal
Founder, Apni Roti



Ms. Sujata Chatterjee
Founder, Twirl Store

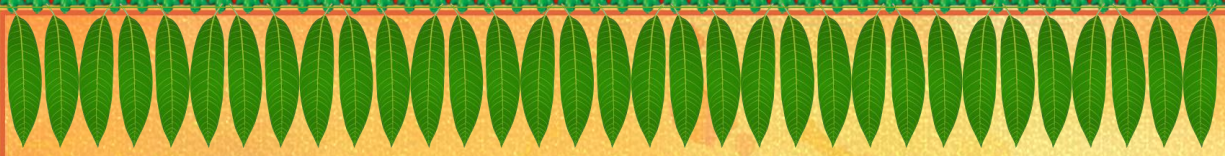
TIME : 5 PM TO 8 PM
DATE : 10TH AUGUST, 2021
VENUE : ITC SONAR KOLKATA
PALA - 1 BANQUET

90511 81111
www.rotarykolkatabenevolence.com
FOLLOW AT

CLUB LEADERSHIP TEAM
Kaushik Sen (Club President)
Yogita Kichlu (Club Vice President)
Neha Singh (Club Secretary)
Neeraj Kejriwal (Club Treasurer)

DISTRICT 3291
Tarakjit Saha (Club Administration Chair)
Bijal Kabra (Club Vocational Service Chair)
Sryashi Mehrotra (Club Membership Chair)





MAKING A DIFFERENCE



Project AASHA – Community Service at Mulvany House, an Old Age Home on 29th August 2021

FELLOWSHIPS



Fellowship Meet at Sky Lounge on 24th July 2021



EXPRESSIONS

AUGUST / AUTUMN SKY
PC: Rtn Rajesh K Sodhani



DECLUTTER YOUR MIND By Rtn Bijal Kabra

De clutter Yourself - Focus on right thing and develop a mental strength

No one is perfect. However when there are too many things in your mind you are not able to focus on one thing you want to work on. We all face with this. We forget important dates, leave the gas or stove on or leave the tap open. We loose control and feel like we are in some mess. You need to free up some of your head space.

Just like our home, offices, cupboards our mind too needs to be declutter time to time. Researchers say we have about 60,000 thoughts each day and most of the thoughts involve negativity and focus on worrying things which keeps you stuck in life.

Holding onto negative emotions and worrying about things you don't have control of can cause more sadness, anger, bitterness and dissatisfaction.

It's time to let go past. It's time to focus on present. It's time to declutter your mind.

With simple and easy to go practices we can declutter our mind. Little little things makes a big difference especially when we practise daily. Below are listed some of the actions to be practised on daily basis which will help declutter your mind and focus on right things.

1. Start observing your thoughts - Take a moment , close your eyes watch out for the thoughts entering in your mind. Spend few moments observing. Your thoughts never go you have to observe them. Observe like :

What is the nature of your thought?

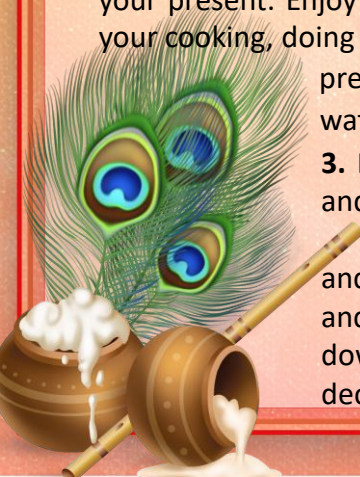
Where did it came from?

Is it important at this present moment ?

When you do that automatically you will raise your awareness and focus on present moment. You will limit your thinking to what you desire in the present moment.

2. Let Go - Let go of the past and stop worrying about future. Start feeling gratitude and appreciate your present. Enjoy your present moment, enjoy your life. Enjoy the smallest moment it can be your cooking, doing your dishes. As I said even the smallest thing makes difference, enjoy your present moment. If you are listening to music, or you are with your family or watching a movie, BE IN THAT PRESENT MOMENT , enjoy it.

3. Pen Down - Make a list of thoughts that have constantly kept you worrying and are interruptive when you are doing some important things. Writing down can help managing your worries and fears. Also helps to focus on right things and helps to take actions on it. Writing down will clearly defined list of actions and tasks and with more clarity it will further prevent you from overthinking. Pen down on paper takes them out from your head, thus allowing your mind to declutter.





HOW EDUCATION UNDER COVID-19 IS FAILING A GENERATION

By Rtn Shweta Singh

Since the beginning of time, the purpose of education has been to create a well functioning individual who fits well into society. The seeds of a solid education lie in its holistic approach to honing the human mind. Human beings, even in their infancy, are fairly complex individuals, who perform differently in different environments.

The foundation for a good education lies in creating an environment which is conducive to and promotes interaction. This in turn promotes social behaviour and healthy competition. How we communicate with our peers shows how well-rounded we are as individuals, and in my opinion that is the end goal of education.

The paradigm shift in education that we have seen over the past year due the unprecedented onset of a global pandemic has had a radically regressive impact on education for years to come. Exams have been scrapped completely and online classes have become no more than a way to just mark your existence in the school/college system. The rudimentary basis of education being interaction is being lost at a worrying pace. If we hold a survey among students and ask them to give us a basic summary of what they've learnt over the past year, the results are bound to be disappoint us. We learn more when we challenge things and are being challenged constantly and without a classroom environment present, the incentive to do so has diminished. Students and teachers are both equally frustrated by the situation because everything that a traditional education entails has been spun on it's head. Teaching now has just become a race to finish the curriculum at breakneck pace because most institutions are not conducting exams, so there is no point in touching upon the nuances of a subject and spending time on careful explanation. Students are joining meetings for the sake of it and then indulging in one of the millions of distractions at their disposal. Education is morphing into a sales target that needs to achieved in the shortest amount of time possible. Nothing is being taught or learned, we are speeding things up and wasting time in sync. Classroom activities are being cut short and interaction is being actively discouraged in order to finish off syllabi. This is all fairly alarming and will have a snowballing effect for years to come.

We must carefully examine what this entire experience of education during a global pandemic is teaching both educators and students. Students are being taught that the bare minimum is more than enough and teachers are learning to let go and distrust their students because without any supervision or competition, students are resorting to malpractice even for doing the bare minimum necessary. There are definitely real challenges that people are facing during this pandemic, both pertaining of health and staying connected to the entire system of education, but surely the answer is not to write off exams for students and deceive them with a half-baked experience of pseudo-education. We must accept the past year and a half as a temporary fix, and shift back to time-tested, traditional methods of education as soon as we can. Change should be embraced, and there are definitely elements of online education which can incorporated into our existing system, but we must learn to find a balance between convenience and efficacy.





मेरी अधूरी कहानी?

By Rtn Nishtha Agarwal

कलम से निकली, paper पर लिखी,
कहानी हूँ मैं।

किसी के मन की वाणी,
जीवन की रवानी हूँ मैं।
अधूरी नहीं, बहुत पुरानी कहानी हूँ मैं।

पढ़ कर मुझे
हंसना भी और रोना भी,
आता है सब को
खिलखिला कर चहकना भी।
अधूरी नहीं, एक खुशहाल कहानी हूँ मैं।

History के पन्ने जैसी, अपना रुख बदलती हूँ
कभी उछलती, कभी शांत हो जाती हूँ।
मेरे कंधे पर सिर रख कर सो जाए जो मुसाफिर,
लोरी भी सुना देती हूँ।
अधूरी नहीं, हर किसी के जीवन की कहानी हूँ मैं।

बच्चों में बच्ची, बड़ों में बड़ी हूँ,
सब की दोस्त बन जाती हूँ।
Library में बैठी सहेलियों के,
चमकती आंखों में दिखती रोशनी हूँ।
अधूरी नहीं, एक दिलचस्प कहानी हूँ मैं।

सुनने, लिखने, पढ़ने वालों को सुकून देती हूँ।
हरिश्चन्द्र और Harry Potter की,
दुनिया के सैर करवाती हूँ।
Snow White & 7 Dwarves से भी मिलवाती हूँ।
अधूरी नहीं, The Simpsons जैसी कहानी हूँ मैं।

कलम से निकली,
हर एक page पर लिखी कहानी हूँ मैं।
अधूरी नहीं संपूर्ण कहानी हूँ मैं।

विघ्नहर्ता



FINIS





Rotary



Rotary Club of Kolkata Benevolence

The Most Happening & Fastest Growing Club
IN KOLKATA UNDER RI DISTRICT 3291

Members Directory



Kaushik Sen
Charter President
Financial Markets Expert and Author
Working in the Financial Markets
since 1995 & Working in
Aditya Birla Capital since 2014



Yogita Kichlu
Vice President
Fashion Designer &
Trustee of
Pt Ravi Kichlu Foundation



Neha Singh
Secretary
Yoga Teacher
Health & Fitness Influencer
Mental Health & Wellness Coach



Usha Rajbhar
Joint Secretary
Practising Company Secretary
Certified POSH Trainer
Certified FEMA, RERA, MSME,
Arbitration and SEBI Consultant.



Neeraj Kejrival
Treasurer
Practising Chartered Accountant
and Insolvency Professional



Reshma Narwani
President Elect &
Service Projects Chair
Counsellor, Graphologist and
Social Worker



Tarakjit Saha
Administration Chair
Event Manager and
Founder of Powerplay



Sanjay Jain
The Rotary Foundation Chair
Practising Chartered
Accountant



Bijal Kabra
Vocational Service Chair
Diet counselor , Alternative
therapy energy healer and
Image consultant



Rohit Raj Ghosh
Youth Fellowship Chair
Tax Analyst at Ernst & Young
Global Delivery Services



Shweta Singh
Club Literacy Chair
Science Teacher at R N
Singh Memorial School



Paulami Niyogi
Club Internet
Communication Officer (CICO)
Digital Marketing Consultant,
Life Coach and Trainer



Ashish Khandelwal
Financial Literacy Chair
Director & Co-Founder of
Balaji Nivesh Pvt. Ltd.,
Distributors of Mutual Funds
and Insurance.



Aditi Jhunjunwala
Fellowship Chair
Practising Company Secretary,
NCLT Practitioner and Independent
Director



Namrata Maurya
Public Image Chair (PIC)
Teacher at "DPS Ruby Park" and
Real Estate Consultant in husband
owned firm Melamine Properties'



Sryashi Mehrotra
Membership Chair
Senior Advisor and Director
Kolkataproperties and Kphomes
(Real Estate Advisory Services and
Interior Designing Firm)



Chitra Sen
Club Newsletter- Editor
Trainer & Coach



Nishtha Agarwal
Club Newsletter - Joint editor
Entrepreneur &
Graphic Designer



Suraj Agarwal
Chartered Accountant and
Loan Consultant



Amit Agarwal
Manufacturer of Bags,
T-shirts and School uniforms



Pranav Agarwal
Chartered Accountant, Partner of
RNRK Paper Mills, and Green Valley
Motors (E Vehicle Manufacturer)



Praveen Kumar Baid
Supplier of Gunny Bags ,
HOPE Bags and Corrugated BOX



Dr. Abhimanyu Bishnu
Physician, Administrator
& Entrepreneur



Puja Jhunjunwala
Artist & Painter

Benefits of joining Rotary Club of Kolkata Benevolence

- Opportunity to do Community Service.
- Opportunity to do Business Networking and Fellowship.
- Opportunity to be a part of a New Club with young Leadership and to Grow to different Leadership Positions in the New Club.
- Opportunity to Implement New and Innovative Ideas.
- Opportunity to Connect With More than 4000 Rotary Members Spread Over 170 Clubs in District 3291.
- Opportunity to Connect With Rotary Clubs Spread Worldwide.



Rotary



Rotary Club of Kolkata Benevolence

The Most Happening & Fastest Growing Club
IN KOLKATA UNDER RI DISTRICT 3291

Members Directory



Saurabh Kayan
Dealing in Ladies Garments
having outlet at
City Centre 1 Salt Lake



Manish Lalwani
Super Stockists of
KANGARO Staplers
Wholesellers of Stationery Items



Dr. Ekta Pandey
Ex-Research Officer,
Home maker and
Social Worker



Aditi Daswani
Housewife



Chandan Podder
Founder of System Technology
Solutions. Providing IT,
Networking and CCTV Solutions



Tanmoy Pandit
Hotelier, CEO at Pandit Hotels
& Resorts, Environmental Activist
and Social Worker



Vineeta Singh
Teacher at
DAV Public School



Rajesh Kumar Sodhani
Dealing in Bearings, Life Insurance,
Medicinal, Automobile Insurance,
Stocks and Shares



Sachin Sonpal
M.D. of Jyoti Motor Stores
Distributor of Mahindra &
Mahindra Genuine Spare
Parts



Jayanta Roy
Area Manager- Mahindra
& Mahindra Ltd



Varun Agarwal
M.D. of SGM Transways
Transporting Business



Rahul Shee
Pest Control



Sanjay Dua
Trainer



Bikash Agarwal
Director at
JK Engineering Pvt Ltd.
Founder - Apni Roti
TedX Speaker



Khusboo Banka
Jewellery Designer



Priscilla Anne Corner
Creative Director at
June Tomkyns Salon



Chandan Gupta
Director at
RG SAGA Exports Pvt Ltd.
Trustee at Wild Earth Foundation



Angira Chakraborty Dasgupta
NLP Master Practitioner and
Dance Movement Therapist



Tinku Ganguly
Yoga Teacher



Pawan Dalmia
Practising Company Secretary



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