



TUESDAY 23 JULY 2024  
July is New Leadership Month

# 105

## The Chaka

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R I Dist. 3291

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### SPEAKER OF THE DAY

**Mrs. Nandini Choudhuri**



Nandini Choudhuri stands as a trailblazer in the realm of neo-meditation, striving to guide individuals towards inner peace amidst the tumult of digital stress. As a seasoned stress management expert and meditation mentor, she draws from her extensive knowledge honed through academic pursuits at esteemed institutions such as Calcutta University and Yale. Her years of dedicated research on the human spirit and meditation have illuminated paths of personal growth for individuals across India, USA, Europe, and South-East Asia.

With a stellar portfolio, Nandini has collaborated with top-tier names across corporate, sports, art, and spiritual spheres. Her consultancy contributions extend to the production of multiple web series on various



streaming platforms, where she has led meditative and stress-management training sessions for actors and film crews alike. As the founder director of "MediNdi," she extends her expertise both online and through MediNdi centres, providing accessible guidance to individuals seeking solace and self-discovery.

Nandini's impact reverberates across continents, with associations with diverse centres in India, USA, and UK. In Kolkata, she extends her compassion to psychiatric patients at the mental health facility - Crystal Minds. Her commitment to societal upliftment transcends television screens as she anchored Taaza TV's acclaimed show 'Humari Nandini,' delving into socio-emotional issues and advocating for collective betterment. A sought-after voice, she remains a frequent panelist on renowned news channels such as Star Ananda and R Plus, amplifying her advocacy for positive change.

Driven by a passion for social progress, Nandini actively engages in initiatives supported by institutions like Lions Club International, Concern for Kolkata, and the Rotary Club, dedicated to fostering societal well-being. Her relentless dedication has earned her numerous accolades, including the prestigious Shrepreneur Award for women empowerment and entrepreneurship, and the Nari Tujhe Salam Award by the National Human Rights Organization.

Beyond her professional pursuits, Nandini Choudhuri personifies a nurturing spirit, embodying roles of a meditation mentor and a devoted mother. Rooted in Salt Lake's serene environs, her MediNdi hub serves as a haven for community engagement, fostering connections, and self-discovery amidst various activities beyond meditation. Embracing the natural world, Nandini harnesses the power of natural surroundings to address day-to-day challenges, fostering a sense of rootedness and cosmic connection. Her penchant for exploration extends to enchanting locales, where she leads disciples on transformative journeys infused with meditation, yoga, and naad upasana, unraveling the mysteries of Mother Earth.

### RCC Ranihati



Last Sunday, 7th July 2024, in the morning RCC Ranihati organised tree plantation program successfully and 250 fruit bearing saplings were planted and distributed among the villagers by RCC Ranihati Netaji Samaj Sathi in courtesy of RC Calcutta and BNI Calcutta.

We Meet Every Tuesday at 1 p.m. at ROTARY SADAN  
<https://rccalcutta.rotaryindia.org>  
E-mail: [rotarycalcutta.office@gmail.com](mailto:rotarycalcutta.office@gmail.com)

## Blood Donation Camp at Silver Point School - A Homage to the Visionary Founder



On July 9, 2024, the Silver Point School Interact Club organized a Blood Donation Camp with the theme "Celebration of Life" to commemorate the death anniversary of the late founder, Shri Pannalal Roychowdhury. The event was organized in collaboration with Project Life Force, a registered organisation aiming to minimize blood



shortage in West Bengal. The guest list included Shri Baiswanor Chattopadhyay, Councillor of Ward 91, Shri Sujit Sarkar, President of Silver Point School, Rtn Suranjana Basu Das, District Interact Committee Co-Chair, and Rotarians from the Rotary Club of Calcutta. The program included a welcome speech, an inaugural song and the guests lighting a ceremonial lamp to mark the commencement of the camp. Principal Mrs Sucharita Roychowdhury felicitated the honourable guests with a potted plant which included the message "Let's Secure Our Future."

The event was made possible by the support of 20 Interactors, 10 NCC Cadets and students from Silver Point School who volunteered at the blood donation camp. They assisted 35 donors, including ex-students, parents, teachers and people from the local community. Each donor received a food packet and a certificate; the total number of beneficiaries was 65. The collected blood was sent to the Indian Blood Bank for further use in honour of the visionary ideals of the Late Shri Pannalal Roychowdhury and to reinforce the Interact Club's commitment to serving society.

~Reported by Youth Chair Rtn Saswati Mukherjee

## Vision for All



AOF: Disease prevention and treatment

No. of Beneficiaries: 12

Date: 11/07/2024



Venue : Sankara Jyoti Eye Institute, Khardah, North Twenty-four Parganas  
Rotary Club of Calcutta continues its Mega Project called VISION FOR ALL.

In these camps, EYE Check-ups are being done with distribution of free powered Spectacles along with Cataract operations at a later date.

In the eye check-up camp done on 1st July, 14 patients were found requiring eye surgery. Out of which 12 patients have availed free eye surgery. 2 cases required cataract surgery, and 10 patients required phaco surgery.

All the beneficiaries have received a good post-operative report and no

complications were detected. The beneficiaries received adequate guidance on post-operative procedures and were provided free eye drops from the hospital as well as a free first post-operative check-up. The beneficiaries and their household expressed satisfaction with the service and applauded the efforts of Rotary Club of Calcutta.

~Reported by Rtn. Ravindra Khandelwal



## REPORTING & ANNOUNCEMENTS

### Birthdays

Rtn. Sujata Pyne 23rd July  
Rtn. Udit Chand Mitra 23rd July  
Rtn. Dr. Shankar Ghosh 26th July  
*Wish you many happy returns of the day*

### Wedding Anniversaries

Rtn. Dr. Chandra Sekhar Dhar & R-Ann Rinku 27th July  
*Happy Anniversary!*



### ONE WORLD

We remember with good wishes Rotary Club of Calcutta Alipore, India, RI Dist. 3291

### Next Meeting

Tuesday, 30th July, 2024 at 1.30 p.m. / Lunch at 12.30 p.m.  
Speaker : Mr. Rahul Jain

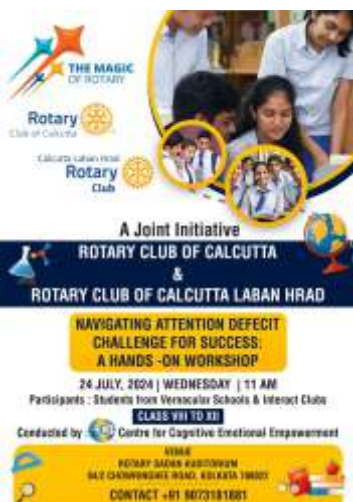
### CLASSIFICATION SURVEY - 2024-25

To facilitate the ongoing Annual Classification Survey, members are requested to kindly suggest any new Classification to be opened in line with new and emerging professions and disciplines by 16th August, 2024. For any change in their own classification, members may write with reasons for change for consideration of the Classification Committee and the Board urgently, but not later than 16th August, 2024.

From : Rtn. HIRAK RAY, Chairman, Membership, Attendance, Family of Rotary & Green Badgers Committee 2024-25

### SPEAKER OF THE DAY

Mrs. Nandini Choudhuri



## FORTHCOMING MEETINGS / EVENTS IN THE MONTH OF JULY 2024

Day & Date	Programmes	Timing and Venue
Tuesday 30th July, 2024	Regular Weekly Meeting Speaker: Mr. Rahul Jain	1.30 p.m. preceded by Lunch at Rotary Sadan (2nd Floor) from 12.30 pm onwards

**MINUTES OF THE 4949th REGULAR WEEKLY MEETING  
HELD ON 16TH July 2024 AT 1.30 P.M. IN ROTARY SADAN**

1. President Rtn. Subrata De welcomed all Members and Guests and called the 4949th Regular Weekly Meeting of the Club to order.
2. National Anthem was led by Rtn. Anindita Shoma Basu.
3. Minutes of the 4948th regular weekly meeting of the Club held on 6th July 2024 was confirmed.
4. President welcomed Mr. Niraj Kakkad, Imperial Wealth Management as the speaker of the day.
5. President then welcomed Visiting Rotarians and Guests who attended the meeting.
6. President reported the following :  
Over the last 15 days (1st July 2024 to 15th July 2024) the Club organised a number of Programmes and Projects :
  - a. The Club observed "Doctor's Day" and "CA Day" on 1st July 2024 at Rotary Sadan.
  - b. Blood Donation Camp and Eye Check-up Camp was held on 1st July 2024 at Kharibari Chowmatha, Matsha Bhawan, Kharibari Road, North 24 Parganas.
  - c. 105th Installation Meeting was held on 6th July 2024 at the Taj Bengal Hotel.
  - d. Blood Donation Camp and Eye Check-up Camp held on 1st July 2024 at Kharibari Chowmatha, Matsha Bhawan, Kharibari Road, Dist. of North 24 Parganas.
  - e. Community Service Committee organised a free Eye Check-up Camp on 7th July 2024 at Belda, Dist. of Medinipur.
  - f. Blood Donation Camp was also organised by Interact Club of Silver Point School, sponsored by Rotary Club of Calcutta on 9th July 2024 at the Silver Point School, Kasba, Kolkata.
  - g. Community Service and Special Project Committee jointly organised Cataract and Eye Check-ups Camps : (i) 11th July 2024 – Cataract Camp at Sankara Jyoti Eye Institute, Khardaha, North – 24 Parganas and (ii) 4th July 2024 – Eye Check-up Camp at Mitali Sangha, Pritinagar, Dist. of Nadia.
  - h. All events were attended by many members from the club and the President thanked the members for such large participation.
7. President announced the following :
  - a. President informed members about the sad demise of Mr. Manab Pal, Spouse of Rtn. Subha Pal who passed away recently and conveyed heartfelt condolences to the bereaved family.
  - b. Rotary Club of Calcutta and Rotary Club of Calcutta Labanhrad will jointly organise a workshop on "Navigating Attention Deficit Challenges for Success" on Wednesday, 24th July 2024, 11 am onwards at Rotary Sadan and requested members to make a note and attend.
  - c. The Community Service and Special Project Committee will jointly organise a free Eye Check-Up Camp on 4th August, 2024 at Chakla Dham, Loknath Brahmachari Ashram, Ashoknagar and requested members to join the Eye Camp.
8. At the request of the President, Hony. Secretary Rtn. Suman Chakraborty thereafter conducted the Club Business :
  - a. He welcomed all Members and Guests and wished them.
  - b. He then announced the names of Rotarians celebrating their Birthdays and Wedding Anniversaries for the week ending 22nd July 2024.
  - c. Next meeting of the Club will be held on Tuesday, 23rd July 2024 at 1.30 p.m. preceded by Lunch available from 12.30 p.m. Speaker : Mrs. Nandini Choudhuri
  - d. First meeting of the Board of Directors (2024-25) of the Club will be held on Monday, 22nd July 2024 at 6.30 p.m. at Rotary Sadan and requested all members of the Board to make a note of it and attend.
  - e. He also informed members that the Board at its meeting held on 24th June 2024, accepted resignations of Rtn. Debjani Ghosh, Rtn. Deepak Agarwala and Rtn. Bhaskar Mukherjee with effect from 30.06.2024.
9. At the request of the President, Hony. Secretary, Sumam Chakraborty introduced Mr. Niraj Kakkad as the Chief Guest and Speaker of that day.
10. At the request of the President, Mr. Niraj Kakkad addressed the audience on the topic of "Retirement Planning & Legacy Planning".
11. Questions raised by the members were answered by the Chief Guest.
12. On behalf of the Club, the President handed over a memento to Mr. Niraj Kakkad.
13. President then informed members that members would soon get their first quarter membership subscription bill and requested members to please note that there would be a minor increase in the bill due to increase in dues charged by District and Rotary International. Also, as decided by the board, Rs.1000/- for Administrative Charges or similar heads would be increased per bill and Rs. 500/- for THE CHAKA per year to recover the deficit. He also requested members to please note that if the deficit was made up by end of 3rd Quarter, this would be reflected with an adjustment in the 4th quarter membership subscription bill. The members present agreed to the information and no objection was raised.
14. Sunshine Box collection Rs. 500/- with special contribution from PP Rtn. Abhijit Kolay.
15. The Club remembered with good wishes Rotary Club of Tollygunge, India, RI Dist. 3291
16. Meeting was adjourned at 2.35 p.m.

**Subrata De**  
President

**Suman Chakraborty**  
Secretary