



# Calcutta Amory Newsletter

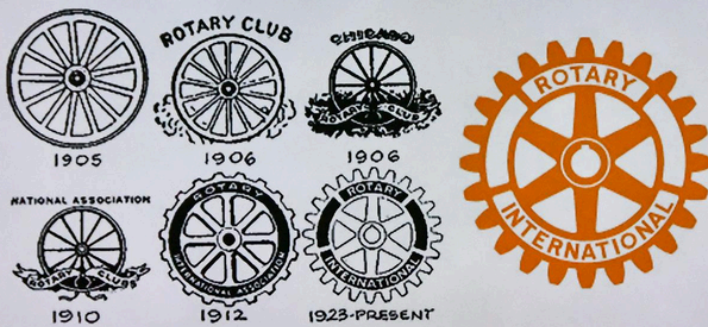
# ARSHI

RID 3291 | Club 223498

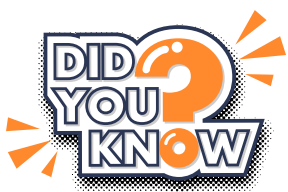
SEPTEMBER 2024



## The Evolution of the Rotary Wheel



## THE FIRST FOUR ROTARIANS. FROM LEFT: GUSTAVUS LOEHR, SILVESTER SCHIELE, HIRAM E. SHOREY, PAUL P. HARRIS.



Rotary International was founded on February 23, 1905, by Paul P. Harris, a young lawyer in Chicago.

Harris, along with three business associates—Gustavus Loehr, Silvester Schiele, and Hiram Shorey—held the first meeting of what would become Rotary on February 23, 1905 in Chicago.

The name "Rotary" came from the practice of rotating meetings among the members' offices.

The first international club was established in 1911 in Winnipeg, Canada.

Rotary International has grown from a small local club into a global network of over 35,000 clubs and 1.2 million members.

Rotary has been a leader in the global effort to eradicate polio. Since the program's inception in 1985, polio cases have been reduced by over 99%.

## FROM EDITOR'S DESK

Rtn. Goutam Mandal

# PROMOTING DIGITAL EDUCATION

## COMPUTER CENTER AT RADHANAGAR, RAMKISHOREPUR AN INITIATIVE FOR OUR RCC

Computer literacy for villages in India is a key factor in bridging the digital divide and fostering inclusive development. It can bring numerous benefits to rural communities, empowering individuals and transforming various aspects of village life. It has the potential to transform various aspects of life and address key challenges faced by rural communities.

Here's why digital education is essential:

- Bridging the Education Gap
- Enhancing Employment Opportunities
- Skill Development
- Improving Agricultural Practices
- Enhancing Healthcare Services
- Access to Government Services
- Fostering Economic Growth
- Promoting Social Inclusion
- Empowering Women and Marginalized Groups
- Reducing Isolation

In summary, digital education is vital for rural India as it can significantly enhance educational opportunities, improve economic conditions, and address various social challenges. Investing in digital education infrastructure, training, and resources can lead to transformative outcomes for rural communities.



# FELICITATION OF TEACHERS'

Rotary 

ROTARY CLUB OF CALCUTTA AMORY  
RID 3291 | Club 223498



## TEACHING IS A WORK OF HEART

*Thank you being the beacon of hope and making the the world better and brighter.*



It's time for a break

# Rotarians

## Leh-Ladakh-The Land of High Passes

On 5th.June'2024,me and my wife Sukla started for our dream tour to Leh-Ladakh from NSCBI Airport by Indigo Kolkata to Srinagar route at 2.45 noon and we are reached Srinagar at evening 6 pm. and night stay at Srinagar. Next day we started for Kargil by Tempo Travelers via Sonmarg, Zojila Pass(11570ft.) Drass and visit Kargil War Memorial (The Kargil War Memorial, also known as Dras War Memorial, is a war memorial built by the Indian Army in the town of Dras, near Kargil city in Kargil district of Ladakh, India, commemorating the 1999 Kargil War between India and Pakistan),and night stay at Kargil.



Rtn. Prasanta Biswas  
Treasurer 2024-25

Rtn. Sukla Biswas  
Chairman- Health Preventive



Next Day we are started from Kargil to Leh, enroute we visit Fotula Top(16598ft.),Nakula Pass, Lamayuru, Magnetic Hill, Pathar Sahib Gurudwara,Sangam(Confluence of Indus & Zanskar River) and night stay at Leh.Next day we are started for local tour to Leh Palace,Thiksey Monestry and Rancho School.

Then we are started for Nubra Valley,on the way a short stopover at Khardung La pass(18379ft.), which is famously known as the gateway to the Nubra and Shyok valleys, is the highest motorable pass,after that on the way we visit cold desert.



# It's time for a break *Rotarians*

At Nubra we are started for local tour next day going to Thang village last village of India(Thang is a small village in the Leh district of Ladakh, India. It is in the historical Chorbat region of Baltistan, divided between India and Pakistan by the 1972 Line of Control.



Thang is part of the Nubra tehsil and the Turtuk community development block) and then we left to Turtuk village, which is a village and the headquarters of an eponymous community development block in the Indian union territory of Ladakh. It is a small village sandwiched between the Karakorum Range and the Himalayas, and one of the northernmost villages of India, close to the Line of Control between India and Pakistan. (Balti people) and then we visit Diskit Monestry and enjoy a double humped Camel ride at Hunder Sand Dunes and then reached beautiful Nubra Valley



Next day we visit on the way panoramic hot spring with bugial which is well known for his medical benefits and then to mesmerizing

Pangong Lake(Pangong Tso-Ht.4225mt.long 134km.Wide 5km.Depth 330ft. (100m.),50% occupied by China(Tibet),40% with India and 10% disputed. at the border with Tibet,on the way through Sayok we visit the most famous monasteries in the Indus valley Hemis,Thiksey,Shey and stay at on the shore of Pangong Lake for night.

It's time for a break

# Rotarians

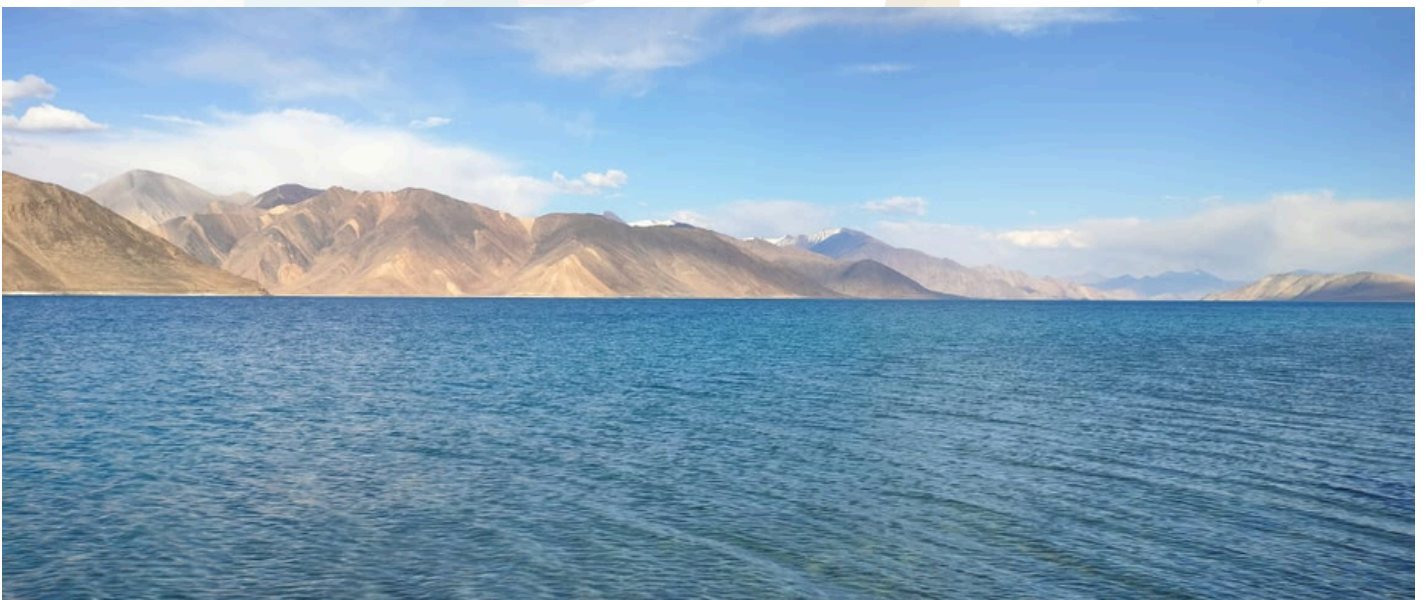
Next destination was from Pangong to Thumoriri Lake(TSO Moriri-26km.long,5 km.Width,depth 105m.(344ft.)at the elevation 14836ft. on the way we visit Rezang La Memorial and then we are stayed at night on the shore of TSO Moriri.

Next Day we are travelling to Jispa enroute we visit Changla Pass(17590ft.), Pang, Sarchu, via Gata Loop and Bara Lachla Pass(16040ft.) and night stay at Jispa.

After breakfast we are started from Jispa to Manali through Rohtang Pass(13051ft.) via Atal tunnel.Next day our dream tour ended and going to Chandigarh from Manali.on the way we are crossed eight high passes i.e.

Zojila Pass(11570ft.),Namikala Pass(12130ft.)Fotu La Pass(16598ft.),Khardungla Pass(18379ft.),Chang La(17590ft.), Umingla La-19023ft.), Baralachla Pass (16040ft.) & Rohtang Pass(13051ft.) for that it is called the land of high passes.

Finally we did the most awaited road trip to Leh-Ladakh. Yes! We are proud of it. One should be because it's kind of an experience that you get when you move towards those muddy, uneven and high altitude landscapes. We are share our experience & learnings from this road trip. Well that is it about Ladakh. You should go there once and see yourself. It would be one of a lifetime journey.The views from the top were simply breath-taking, with panoramic views of the entire Ladakh region and the surrounding Himalayan peaks, beautiful gorges and narrow valleys and the rich culture and traditions of the Ladakhi people.



## The Role of Parents in Managing Mobile Addiction Among Children

The swift increase in childhood smartphone addiction is turning into a serious mental health issue. Children are spending more time online due to the ease of access to smartphones and tablets, which can have harmful effects like shortened attention spans, disturbed sleep patterns, and emotional imbalances. It is critical to address this issue at an early age because digital distractions are becoming a regular part of their daily routine.

In order to effectively manage mobile addiction, the involvement of parents can have a profound effect on a child's mental health.

From an early age, parents need to establish clear guidelines around screen time. This involves setting time limits for using mobile devices and making sure they are not used during meals, family gatherings, or right before bed. Creating a daily schedule that includes study time, physical exercise, and digital entertainment, promotes a well-rounded lifestyle in kids and lessens their need on mobile devices for amusement.

Since kids often imitate their parents' conduct, it is important that adults set an example of responsible cellphone usage. Parents should prioritize in-person chats over digital contacts and limit their personal screen time.

The best way to prevent cellphone addiction in kids is to encourage them to participate in non-digital activities like sports, reading, creative arts, and outdoor play. Establishing a tech-free zone at home is crucial. It is important that parents have open lines of communication with their kids regarding the risks associated with excessive mobile use, including inappropriate content, cyberbullying, and the impact on mental health. Instead of enforcing rigorous rules without justification, talking to kids about the logic behind time limits on mobile devices, helps foster cooperation and mutual understanding.



Rtn. Saswati Dasgupta  
Chair Public Image

To monitor and limit access to specific sorts of content and make sure the device is being used for constructive purposes, parents can make use of parental control apps.

Additionally, mobile devices can become instruments for study rather than sources of distraction by implementing app limits or adopting educational programs.

Parents must make a conscious effort to address mobile addiction in their children from a young age. They may assist their kids in finding a balance between the virtual and physical worlds by establishing limits, encouraging good behaviors, and keeping lines of communication open. Early intervention protects the mental health of the next generation, while also preventing mobile addiction.






## DG VISIT


District Governor's "Official Club Visit"  
to our Club

Rotary Calcutta Amory on 26 October  
2024 at 7.30 PM

Request all members to plan with their  
partner to attend the same.

# Our Participation




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**MIND TALKS' SERIES**

WORLD SUICIDE PREVENTION DAY

SUICIDE PREVENTION  
**INTERVENTIONS,  
AND  
COORDINATED  
SYSTEMS OF CARE**



**BONNIE BLACK**  
CHARTER MEMBER & FOUNDING CHAIR  
RAGMHI

**MIND TALKS' SERIES**

PARTICIPATING CLUBS

DISTRICT - 3291

- ROTARY CLUB OF ANKURAN KOLKATA
- ROTARY CLUB OF BELUR
- ROTARY CLUB OF CALCUTTA AMORY
- ROTARY CLUB OF CALCUTTA ELEVATES
- ROTARY CLUB OF CALCUTTA METRO CITY
- ROTARY CLUB OF CALCUTTA NABODIGANTA
- ROTARY CLUB OF CALCUTTA NEWBIES
- ROTARY CLUB OF CALCUTTA POINTERS
- ROTARY CLUB OF KOLKATA HILAND PARK
- ROTARY CLUB OF NEW BALLYGUNGE
- ROTARY CLUB OF NORTH CALCUTTA
- ROTARY CLUB OF SERAMPUR
- ROTARY CLUB OF SONARPUR



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**SEPTEMBER 7 , 2024 , 7:00 PM (IST)**

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JOIN ZOOM MEETING  
[https://us06web.zoom.us/j/3939577893?](https://us06web.zoom.us/j/3939577893?pwd=bCuR3lrob3mASowWtpJN69fOIWbNL16omn84908925883)  
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MEETING ID: 393 957 7893  
 PASSCODE: RAGMHI


**Rotary**  
Club of Calcutta

**CERTIFICATE OF APPRECIATION**  
*is awarded to*

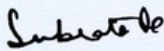
ROTARY CLUB OF CALCUTTA AMORY

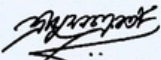
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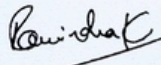
*for participating in*

**PRANADHARA** 

distribution of Water Purifiers

  
**Rtn. Subrata De**  
President

  
**Rtn. Suman Chakraborty**  
Hony Secretary

  
**Rtn. Ravindra Khandelwal**  
Community Service Chairman

# Calcutta Amory Club Members



PP RTN. AMARENDRA N. DAS



PP RTN. AMIT DAS



RTN. ANINDITA SENGUPTA



RTN. ARITRA CHOWDHURY



PP RTN. DEBASISH DASGUPTA



RTN. DINESH PASWAN



RTN. GOUTAM MANDAL



RTN. MONALISA BISWAS



RTN. PARIMAL K DAS



PP RTN. PARTHA SENGUPTA



RTN. PRASANTA BISWAS



RTN. PROSENJIT DAS



RTN. SASWATI DASGUPTA



PP RTN. SOUMEN K CHATTERJEE



RTN. SUBHAJIT CHOWDHURY



RTN. SUBHASIS GHOSH



PP RTN. SUJATA CHATTERJEE



RTN. SUKLA BISWAS



RTN. SUKLA DAS



RTN. TANMOY NEOGY



RTN. TAPAN K. MONDAL



RTN. VIVEK VISHWAKARMA

## Awards | Felicitation

### Congratulations

Rtn. Parimal Kanti Das  
Outstanding Club President Award 2023-24

Rtn. Soumen Kumar Chatterjee  
Outstanding Club Secretary Award 2023-24



## Rotary 4 Way Test

of the things we think, say, or do:

Is it the **TRUTH**?

Is it **FAIR** to all concerned?

Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?

Will it be **BENEFICIAL** to all concerned?

## Editorial

Editor: Rtn. Goutam Mandal  
Co-Editor: Rtn. Sujata Chatterjee



Rotary 