

Rotary Calcutta Mahanagar

presents

nav ihakati

Empowering Girls

ihakati इकलमन : Honouring nine extraordinary women



President's Message

Celebrating SHAKTI: The Power Within

*“यत्र नार्यस्तु पूज्यन्ते रमन्ते तत्र देवताः।
यत्रैतास्तु न पूज्यन्ते सर्वास्तत्राफला क्रियाः”*

As a proud believer in the richness of our Indian culture, I resonate deeply with the idea that true growth encompasses both inner strength and outer achievements. You must grow higher but always be firm and rooted. Our heritage beautifully illustrates this balance, particularly through the reverence we hold for Stree Shakti—the divine feminine energy. Be it Durga, Kali, Laxmi, or Saraswati, each form symbolizes a unique aspect of empowerment.

Navratri and Durga Puja are more than festivals; they are a celebration of Shakti—the ultimate force of creation, resilience, and empowerment. At Rotary Calcutta Mahanagar, we honour this tradition by celebrating extraordinary women who embody this strength in real life. By felicitating nine remarkable women, we remind ourselves that only an empowered woman has the power to uplift society.

Every woman is a powerhouse—a creator, a nurturer, a force that fills the world with colour and life. While we acknowledge this truth, our Shakti event is a moment to reaffirm it and inspire others to recognize the strength within themselves.

Together, let's celebrate the boundless potential of every woman, as we continue to create, uplift, and empower.

Pramila Dugar

Rtn. Pramila Dugar

President, 2024-25



Message from Coordinator

Shakti Samman: Celebrating Women of Excellence

Rotary Calcutta Mahanagar proudly presents “Shakti Samman”, an event that honours the incredible achievements of women from various fields. This initiative is not just about recognition, but also about celebrating the spirit of women who have broken barriers and inspired others.

Why Shakti Samman?

The essence of “Shakti Samman” lies in its name—Shakti meaning power or strength. Through this event, we highlight women who have excelled in their fields and used their platforms to empower others. The aim is to acknowledge their contributions and inspire future generations of women to pursue their dreams and make a meaningful impact on society.

Showcasing the Pioneers of Change

Rotary Calcutta Mahanagar took on the task of honoring nine outstanding women who have made their mark in diverse sectors: Art & Culture, Police Service, Legal, Author, Martial Arts, Sports, Journalism, Social Service, and Entrepreneurship. These women exemplify what it means to be role models, inspiring others to push boundaries and create their own success stories.

The Selection Process: A Fair and Rigorous Approach

The selection process for “Shakti Samman” was thorough and transparent. We launched campaigns on social media and WhatsApp - to seek nominations from across West Bengal. Through our website - each nominee submitted a biodata, a short writeup, and action photos showcasing their achievements.

A jury of three esteemed members - Sri Satyam Roychowdhury, Dr Kunal Sarkar and Ms Sudeshna Roy and met at Conclave, Kolkata, to assess the nominations. They evaluated each nominee based on her excellence in her field and her efforts to empower other women. One winner was chosen in each of the nine categories after careful deliberation.

Inspiring the Future

The Shakti Samman event on September 29th 2024, is a celebration of womanhood, resilience, and success. By honouring these nine exceptional women, Rotary Calcutta Mahanagar hopes to inspire others to follow in their footsteps, break barriers, and reach their full potential.

Aparna Biyani

Aparna Biyani

Coordinator - ইকবর্তী ইকল্লবান



Message from PRIP

Empowering Girls

During my Rotary presidential year (21-22), my presidential emphasis for the Rotary World was empowering girls and I am so happy that not only the three subsequent Presidents but the forthcoming President also kept this as a worldwide emphasis. Empowering girls is something that resonates around the world.

As we strive to make a positive impact in the world, let us focus our efforts on empowering girls. Today, too many girls face discrimination, disadvantage, and a lack of opportunity. Empowering girls means securing their education, improving their health, promoting their economic development, equipping them with the skills for greater opportunities, and working to eliminate child marriage, teenage pregnancies, trafficking, abuse, and gender-based violence.

Adolescent girls have the right to live safe, educated, and healthy lives. When supported from a young age, these girls have the potential to transform the world—not only as empowered individuals today but also as the workers, mothers, entrepreneurs, and leaders of tomorrow. Investing in their future upholds their rights and promises a more equitable and prosperous future, where half of humanity actively contributes to solving global challenges, from climate change and economic growth to disease prevention and global sustainability.

Gradually, the world is beginning to shift in how it views and values women, but it's important to acknowledge that the journey toward genuine gender equality is far from over. When it seems like the odds are against you and other women, turn to strong, inspiring women for encouragement and the hope that better days are ahead.

I am so happy that my Club is hosting this event. At the Nav Shakti - Empowering Girls event, we are celebrating the achievements of the eminent women who have championed the cause of girl empowerment. We honour their remarkable contributions and look forward to inspiring more thoughtful efforts. These women have paved the way for a brighter and more sustainable future, and their legacy motivates us to continue striving for a future where every girl can access opportunities, live free from discrimination, and realize her full potential. Let their accomplishments serve as a beacon, guiding us toward a more equitable and inclusive world for girls everywhere.

With regards,

Shekhar Mehta

Shekhar Mehta

President Rotary International 2021-22



Message from Chairperson



Women are the cynosure of all eyes. No one can take eyes off from a thing of beauty, which is quite natural, but no wrong should be done against the fair sex. Friends, it is a matter of great pride and honour for Rotary Club of Calcutta Mahanagar to host an event as **Nav Shakti** and more so to honour nine outstanding women in nine categories who have fought their battles of life to reach a pedestal, earned accolades and served women in their own style. This substantiates that women are now marching forward in every field and can together handle multiple portfolios ranging from science and technology, art and culture, authors, security, law, leadership and also **prominently motherhood**. To accentuate the importance of women, we have coupled it with **Nav Shakti** - panel discussion with eminent panelists and **Nav Uday** -

launch of multiple projects for thousands of women in and around West Bengal. I welcome guests, jury members, panelist, Rotarians and friends to this *Mega Event *with full and complete focus on women, their achievements, social standing, recognitions and right to unbiased equality.

Chitra Agarwal

PP Chitra Agarwal

Chairperson of Nav Shakti

Jury Member

Satyam Roychowdhury

Satyam Roychowdhury is a multifaceted personality with notable achievements in education, media, literature, and philanthropy. As the Founder and Managing Director of Techno India Group (TIG), he has established one of India's largest private educational conglomerates, encompassing over 100 state-of-the-art campuses that offer programs from Kindergarten to PhD, impacting the lives of thousands of students. In his role as Chancellor, he oversees both Sister Nivedita University and Techno India University, Tripura, which are renowned for their commitment to holistic and quality education. Beyond academia, he is the Chairman of Aajkaal Publishers Pvt. Ltd. and Millennium Post, showing his influence in the media landscape.



An esteemed "Edupreneur," Satyam has contributed to literature through his authorship and editorial work, especially with his well-received "For You" book series. His involvement extends to key business organizations such as the Bengal National Chamber of Commerce & Industry (BNCCI), Confederation of Indian Industry (CII), and the Indian Chamber of Commerce (ICC), where he actively contributes to discussions on education and business development. His philanthropic pursuits, through the Satyam Roychowdhury Foundation, focus on promoting education, healthcare access, skill development, and hygiene, benefiting rural and urban communities. Additionally, Satyam Roychowdhury is a patron of Bengali art and culture, often participating in cultural programs both in India and abroad, showcasing his dedication to the enrichment of society.

Dr. Kunal Sarkar



Dr. Kunal Sarkar is a leading cardiac surgeon in India, with degrees including MBBS, FRCS (Edinburgh), FRCS (Glasgow), and MNAMS. He is the Senior Vice Chairman and Chief Cardiac Surgeon at Medica Hospitals Pvt Ltd in Kolkata and Chairman of the Kolkata Heart Foundation (KHF). He previously served as Vice President and Chief Cardiac Surgeon at Narayana Hrudyalaya Group of Hospitals, contributing to one of India's largest cardiac programs alongside Dr. Devi Shetty.

Dr. Sarkar trained in the UK for over ten years and is a national scholar, having received eleven medals in surgery, including a gold medal. He founded the Calcutta Debating Circle, hosting "Calcutta's Festival of the Spoken Word," the largest debating festival in India.

He is actively involved in healthcare discussions, contributing to various publications, and has been influential in raising public awareness during the pandemic. Known for his online presence, Dr. Sarkar addresses health and social issues and runs Asklepia Health, a prominent digital health platform. He published "The Sickness of Health" in 2022, which is being translated into Bengali for a second edition.

Jury / Moderator

Ms Sudeshna Roy

Presently an Advisor of the West Bengal Commission for Protection of Child Rights. She has been associated with the Commission since 2017. She is also a journalist, script developer, story writer and filmmaker. She has made 20 full length feature films and over 20 films for television and OTT platforms. She concentrates on youth centric films with a touch of humour. She is also a columnist with several papers and e magazines.

She also acts on television and in cinema. She however started life as a teacher then went into journalism and forayed into the world of audio visual. And now her concentration for the last seven years has been in protecting children.

She is also a member of the selection committee of the Kolkata International festival and in the last four years she curated exhibitions on Soumitra Chatterjee, Satyajit Ray, Amitabh Bachchan, Dev Anand, Goddard and Mrinal Sen for the Kolkata international Film Festival, the first three have been converted into books which she edited. Her films have been showcased at various national and international festivals.



Panelists

Sri Gautam Mohan Chakrabarti IPS

He joined the Indian Police Service in the year 1978. He held various important positions like the Commissioner of Police, Calcutta, DGP Traffic, DCP Detective Department, DCP Traffic Department and DIG CBI during his service tenure. He investigated several important cases of National and International importance both in India and in abroad. During his tenure as the Commissioner of Police, he launched several community Policing projects aimed at providing security to the elderly citizens, safety of the street children, involving local youth in various games and social welfare activities etc. The Calcutta Police was felicitated by the London Metropolitan Police for undertaking these activities involving the common citizen.

He is currently undertaking a research work in the University of Calcutta towards a Ph.D. degree. He was also awarded D.Litt. (Honoris Causa) by the Techno India University in the year 2023.



Ms. Anuradha Kapoor

Founder and Managing Trustee of Swayam, a feminist organisation committed to advancing women's rights and ending gender inequality and violence against women, established in May 1995.

Both an Ashoka Fellow and an Eisenhower Fellow and was member of the Civil Society Advisory Group for UN Women in India (2012-2014) and in their Multi Country Office for India, Bhutan, Sri Lanka and the Maldives (2015-2017).

She is an activist, gender trainer, speaker and has consulted women and human rights organizations, academic institutions and UN agencies. She has co-authored articles, research, and manuals on the issue of violence against women. Actively involved in advocacy

on women's rights in India and abroad. She keenly advocated for the introduction of The Protection of Women from Domestic Violence Act (2005) and its effective implementation. She has also contributed to numerous other legal and policy initiatives at the national and international levels.

A believer in alliance building, she initiated the setting up of AMAN Global Voices for Peace in the Home, an international network of organisations working on Domestic Violence. As part of the Asia Pacific Forum on Judicial Education on Equality Issues, she was involved in conducting Judicial Trainings in India, Nepal, Pakistan, Sri Lanka and Bangladesh with judges and judicial officers from the High Courts and District Courts.

Anuradha was invited to participate as a special guest in Kaun Banega Crorepati (Who wants to be a Millionaire?) and was felicitated as a Karamveer in November 2020. She has been presented the Parivartan Inspire Award(2019), the Business Today Impact Women Award (2018) and the Gaurav Vocational Excellence Award from Rotary Club of Calcutta (2014). Anuradha has a Bachelors Degree in Commerce from Lady Shri Ram College, University of Delhi and has schooled at La Martiniere for Girls in Calcutta.



Ms Daminee Binee Basu

Benny has been brought up on stage from her childhood as a trained singer-actor. She is an acclaimed performance-artist and a coach for actors. Her orientation has been very close to the Indian theatre for the last thirty-five years. On stage she has worked with directors like Soumitra Chattopadhyay, Asit Basu, Usha Ganguly, Bibhash Chakraborty, Debesh Chattopadhyay, ArunMukhopadhyay, Suman Mukhopadhyay, AnjanDutt to name only a few. She is a known name in cinema as well, where she has acted, coached and researched as a consultant for directors like Rituparno Ghosh, Vishal Bhardwaj, Kaushik Ganguly, ShoojitSircar, SrijitMukherji, Anik Dutta, Raj Chakraborty, IndranilRoychowdhury and Parambrata Chattopadhyay.

Benny currently handles the responsibility of coaching national and international actors/performers across the world through The Class Act Commune (ClassAct) which looks to engage actors, performers, artists and anyone in learning or thinking deeply about issues that would help them in breaking the set patterns of their own comfort zones.

Her training in Cultural Anthropology (from Centre of Studies in Social Sciences, Calcutta) draws its strength from her base in Philosophy (Presidency College, Calcutta University) and love for ontology. Lately she's invested into learning and understanding Jungian Psychology and Esoteric Psychology, and finding ways in which it can be applied to enhance performance. She is thoroughly trained in the Eric Morris System of Beyond-Method acting, by Eric Morris himself, in Hollywood. As a Coach she has been accredited by the International Coaching Federation. Benny is a guest faculty for IIM - Calcutta and National School of Drama, India.



इशक्ति इमलमन : Awardees



Ms. Parul Bajoria

Parul Bajoria, a fashion designer, is the founder of social enterprise Miharu. Miharu works towards helping rural artisans and reviving dying ancient art-forms of Bengal like Dokra and Baluchari. As the founder and designer of *Miharu*, Parul has spent the past decade preserving and Miharu's mission also is empowering women through skill training in villages, to assemble Dhokra components into jewellery pieces. This training provides new skills and financial independence for rural women to support their families.



Miharu has been supplying to retail giants like FabIndia, Unicefusa.org etc. Parul is the recipient of "FOSMI Outstanding Women Entrepreneur Award" from Late. A.P.J. Abdul Kalam. Parul and Miharu were also featured among Top 100 successful women enterprises in the compendium released by the MSME Minister Shri Nitin Gadkari.

Her story has been featured on Times Now, Amazon Saheli Seller, SPAN magazine of USA etc.



Ms. Priyanka Goenka

Priyanka Goenka did her B.com from J.D.Birla College in Kolkata and moved ahead to pursue various courses in fertility Nutrition, Hormone Health Nutrition, Baby, Pregnancy & Postpartum Nutrition, Gut Health Nutrition and many other. Priyanka always wanted to do something worthwhile for the women especially mothers. She has partnered with 5 top Gynaecologists & Paediatricians in Kolkata to provide nutrition support to mothers and babies. Helped over 1000 women



achieve healthy pregnancies, reduce childbirth complications, and support optimal growth and development of their babies in the early years. She is the founder of Empowering Bums, a platform that provides sessions like prenatal yoga, nutrition, meditation, mental health healing for women to have a healthy journey before, during and after pregnancy. She has helped over 500 women navigate the complex and often overwhelming world of pregnancy.

Priyanka is a mother who turned into a food developer not only for her little one but for several others with her brand @hungrybumsindia, a Food For Tot that provides a nutritional, healthy and preservative free alternative to commercial baby food. Expanded sales to more than 35+ Indian cities in less than 5 years.



Ms. Anwasha Banerjee

Anwasha Banerjee, is a qualified girl having done her Post Graduate Diploma in Journalism and also a course in Masters in Business Law.

A skilled professional with 13 years of experience in editorial roles, Anwasha is currently working as an Assistant Editor at Ei Samay, a Times Group publication from Kolkata, with a strong background in writing and editing news stories, columns, and features. In a long career so far, She has held many prestigious positions in her professional field.



To her credit, Anwasha has published more than 200 stories/post edits/ features on the issues of Human Trafficking, Gender Justice and Child Rights.

Anwasha had personal experiences with sexual harassment and molestation and that has heightened her compassion for trafficking survivors, predominantly underage victims sold for sexual exploitation. This empathy compelled her to write extensively on their behalf, advocating for justice and a better life.

What is remarkable about Anwasha as a women is that she had exposed a girl trafficking racket by personally conducting an interview of lady trafficker. The news-report on the said interview has been produced in the court as evidence and Anwasha appeared as a witness. Her early career stories on the issue of women and child trafficking helped various wings of the police force in tracking down traffickers and succeeded in nudging governments towards formulating survivor-friendly policies.

इशक्ति इमलमान



Ms. Yasmin Nazia

Advocate Yasmin Nazia, a criminal lawyer by profession is a third generation advocate of her family. She has more than 15 years of work experience and is sensitive towards cases relating to Aggrieved women and children.

She has actively participated in many programmes of Bar Association and is active in serving the society. She has also come forward to stand beside the people who are in need, make them aware of their legal rights and fight for their rights and give justice. to those who really need them and deserve them.

Her priority has always been to fight for Equal Rights of Men and Women and fight for those Children who have faced negativity and suffered pain and injustice from family and society.



Ms. Sharanya Banerjee



Sharanya Banerjee is a 43 -year- old martial arts instructor and self-defense advocate with a strong background in karate and personal safety training. She holds a Black Belt 2nd Dan in Shotokan karate from the Japan Karate Association (JKA) and a Brown Stripe in Kyokushin karate. With years of experience both training and in teaching, Sharanya has honed her skills and become a highly respected figure in her field. Her commitment to spreading the benefits of martial arts and self-defense education, particularly among children, women, and the broader community, has made her an influential instructor.

Sharanya previously ran her own enterprise, Work Wonders,

which focused on wellness and empowerment for children and women. Another significant initiative was Good Touch Bad Touch, a collaboration with Caring Minds, aimed at helping children and women recognize and respond to threats. Currently, Sharanya serves as the Treasurer of the National Combat Sports Federation (NCSF).

As an experienced instructor, Sharanya teaches martial arts and self-defense classes at several institutions for people of all age groups and engages in various community outreach initiatives aimed at empowering women and children, particularly from underprivileged backgrounds. Her teaching emphasizes practical self-defense techniques, situational awareness, and confidence-building, ensuring that her students are well-prepared to protect themselves in real-life scenarios.

Many of Sharanya's women students have successfully used the skills they learned in her programs to defend themselves in real-life situations.



Ms. Anasuya Chakraborty



Anasuya Chakraborty is presently posted as Officer-in-Charge Community Policing Wing & Social Media Monitoring Cell Barrackpore Police Commissionerate. She has formerly served and successfully completed her tenure as Officer-in-charge Women Police Station, Anti-Human Trafficking Unit, Intelligence reporting and Scanning Cell, and others.

Anasuya joined uniform services (2014) after being inspired from her father (Army Retd., who served the nation and attended Kargil War, 1999). Ms. Chakraborty is the 'first' recipient of state award by Government of West Bengal in the category of "Best Child Protection" and as "Best Child Friendly

Police Officer" in the recognition of her services in combating human trafficking and protection of women and children from various forms of abuse and violence.

In July 2022, she has been awarded in the South-Asian International Conclave for her 'Special Contribution in the field of Human trafficking, Victim Support and Counselling'. She also represented INDIA in International Conference regarding 'Sexual Exploitation Of Children In A Digital Era'.

She has been designated as the 'Woman Of Courage' by US Consulate, Kolkata. Among kids she is popularly known as 'Bhalo Police Didi'. She is also empowering women with the self-defense tricks with the ongoing training programme; 'SABOLA' under her place of posting.



इशक्ति इमलमन



Ms. Tahrina Nasrin

Tahrina Nasrin is a national acclaimed swimmer and has various accolades and medals to her credit. She is the first female swimmer to have crossed the double way water channel in a duration of 8 hours and 13 minutes in Swim Bangla competition. Not only that she holds the record of breaking the record of the male swimmers.

Having faced many ups and downs in her life and career, Tahrina has proved that women can achieve any milestone through their determination and positive attitude. She religiously took part in

every competitions and came out with flying colours in all. She also crossed the Gibraltar channel in Spain in 4hours 23 minutes.



Ms. Payal Varma

Payal Varma is enriched with close to a decade of dedicated experience in therapeutic practices, specialising in trauma treatment and stress management for both children and adults. She is the Founder of ENIGMA by Payal Varma which aims to promote Pranic Healing, Pageant coach, soft skill training, counselling.

Her professional journey has been deeply rooted in fostering positive transformations in individuals' lives. She takes pride in having guided numerous clients out of depressive states, witnessing them thrive and live

their best lives. This experience, coupled with her commitment to continual learning and growth, has garnered her recognition on both National and International platforms for her contributions to therapy and social awareness.

She relives her tenure working with the Central Jail and Women's Correctional Home in Kolkata which was a pivotal experience where she provided therapy and healing sessions. This opportunity instilled in her a profound understanding of diverse human experiences and fortified her commitment to the cause of empowering individuals.

She has worked with many educational institutions currently and through her work and effort, she is successful in providing a different atmosphere.



Ms. Soma Bose

Author Soma Bose is a creative writer and visual story teller. Her affinity for story telling inspires her to find stories out of the most mundane aspects of life. This talent has led to her website SomTales.com, where she weaves thought-provoking tales around photographs. She has extended her flair for story telling into the world of films as well and is much appreciated by famous film makes and luminaries like Shyam Benegal and Shonali Bose.

Her work is deeply rooted in the experiences of Indian women, shedding light on the societal and cultural challenges they face while portraying their resilience and strength. Bose's narratives often explore the nuanced struggles of women across different social strata, breaking stereotypes and offering a voice to the voiceless. Through her richly drawn characters, she offers a profound critique of the limitations imposed on women, while also celebrating their ability to rise above adversity. These stories are not just tales of survival but also of self-discovery and empowerment. What sets Bose's work apart is her ability to present women not merely as victims of their circumstances but as agents of change.

Soma's debut book "Frenny And Other Women You Have Met", launched at the Indian Habitat Centre in New Delhi aims to celebrate the lives of regular non-working homemaker, who spend their lives looking after their family, yet they do not get their due credit and respect.

Recently Soma received her first award as "Emerging Writer Of The Year In Fiction" from Ukiyoto Publication House at the Kolkata Literary Carnival. Besides this, she has many accolades and awards in her kitty.



nar uday

Launch of Project **इशकरी** - Empowering Girls



Cervical Cancer

- Project Cost - Rs. 20 Lakh
- Covering Vaccination to 1,500 Girls
- Creating Awareness among 1,000 Adolescent Girls
- 20 Medical Support Camps
- Training of Stakeholders



MHM

- Project Cost - Rs. 12 Lakh
- Covering 30,000 Girls
- Creating awareness on Hygiene, Myths and Taboos
- Providing Training to the Stakeholders
- Distribution of Re-useable and Bio-degradable Napkins



Nutrition

- Project Cost - Rs. 10 Lakh
- Creating awareness
- Promotion of Model Kitchen Garden
- Low cost balance diet demonstration camps
- Seeds Kits Distributions
- Orientation of Adolescent 1,000 Girls on Anemia prevention related issues in schools/Community



Virangana

- Project Cost - Rs. 5 Lakh
- Providing Self - Defense training to 1,000 Girls

Our Projects

- **Healing Little Hearts:** Children under Five years of age with congenital heart disease from financially challenged families are unable to afford the cost of surgeries. This initiative not only cures the child but also provides post-surgery care, allowing them to return to a normal life. Our partnered Hospitals include Narayana Superspeciality Hospital and R.N. Tagore Institute of Cardiac Sciences



- **Bloodline:** For over 15 years, Rotary Club of Calcutta Mahanagar has been running its Virtual Blood Bank. We have a large database of voluntary blood donors, taking advantage of technology, we have developed the Bloodline plus mobile App. This service is like “Uber” for blood. As you read this, you should download the Bloodline plus App because you never know when you may need blood for a near and dear person



- **Mahanagar Netralaya:** Our eye hospital, Hari Charan Garg Rotary MahanagarNetralaya is equipped with state-of-the-art machinery and staffed with a dedicated team. Our facilities include advanced equipment such as microscopes, refractometers, micro-surgery tools, and ancillary devices essential for both diagnostics and surgeries. Regular eye check-up camps are also conducted by us in remote villages and towns.



- **LIFE beyond Cancer-Paediatric:** Under this project children suffering from Cancer are provided with the best of medical facilities so that the little children are cured without incurring any cost. The children are treated at SKKM Hospital, NRS Medical College & Hospital Saroj Gupta Cancer Institute and Tata Medical Centre. It's a joint initiative carried out with Rotary club of Calcutta Jadavpur.



- **Mahanagar Food Bank:** This remarkable project is dedicated to distributing processed food to the underprivileged populations in Kolkata, Howrah, and Hooghly districts of West Bengal. The club has garnered generous support from various corporations like Britannia, Nestle, ITC, HUL, Mondelez (Cadbury), Sodexo, Protiviti and KFC to achieve significant milestones.



- **Project Mangrove:** This project integrates distributing Nypa seeds, bee boxes, and materials for waste management to preserve mangroves and improve local livelihoods. Project Mangrove, funded by a Global Grant, aims to provide alternative livelihoods while preserving mangroves in the Sundarbans, India.



- **GST - Grow and Save Trees:** To combat global warming, our club launched the GST initiative, distributing large number of plants and organizing tree plantations in various areas in and around Kolkata. We also handed over fruit grafted trees from time to time to farmers at a very subsidized cost. Additionally, we are issuing gift cards for tree planting to celebrate birthdays and anniversaries, making these occasions environmentally meaningful



- **Rotary Vivekananda School:** Our club along with Rotary Club of Calcutta Metro South runs Rotary Vivekananda School in Kultali, serve around more than 400 students. Along with the books, uniform, shoes, mid-day meals given to the students, various other upgrades like Inauguration of children's play area, launch of e-learning facility with televisions are also some activities which are under process in the school.



- **Shelter Kits:** During any natural calamities, a family is deprived of basic amenities and equipments, a shelter kit comes to their rescue. It is the most valuable possession, perhaps the only one, for the family displaced by disaster at the time of their need. One single kit helps the making of makeshift tents, clothing, cooking and eating, sanitation and storage and has brought immediate relief to distraught families. We have always 100 shelter kits readily available with us which can be sent to disaster areas when needed.



- **Udaan:** At Project Udaan, we give wings to children to fly and achieve their ambitions. This project supports education of more than 150 children from needy families every year. Till date we have given scholarships to more than 1800 students and the cost of the scholarship per student is Rs.10,000/- per annum.



- **TEACH:** Rotary in India, through the "Rotary India Literacy Mission," has embarked upon one of the most comprehensive programs on Total Literacy and Quality Education. This mission aims to achieve its literacy goals through the comprehensive T-E-A-C-H program: T - Teacher Support E - E-Learning A - Adult Literacy C - Child Development H - Happy School. Each of these programs, with specific focus, is interlinked with the others in objective and content, accompanied by improvements in learning outcomes for primary education and the spread of adult literacy in various parts of the country



- **Project Happy School:** Rotary initiated Project Happy School to improve the poor conditions of government schools, making them more conducive for learning. The project included constructing toilets, drinking water stations, painting walls, installing electrical fittings, planting in common areas, and adding signage. Rotary refurbished seven schools: 1. Adarsh Hindi High School 2. Ramesh Mitter Girls School 3. Bhawanipur Girls School 4. South Calcutta National School 5. SujatadeviVidyamandir 6. Nayaput MMJB School 7. SaptagramSarweshwar High School and more 15 schools are underway.



Women Empowerment

"Mahanagar helps bring Shakti and Samman"

शक्ति

- **"SURAKSHA" – Cervical Cancer Vaccination:** The completion of the first phase of the "SURAKSHA" program, organized by RotaryMahanagar in collaboration with the Cancer Foundation of India, marks a significant milestone in our efforts to provide cervical cancer vaccination to girls aged 9-14. This initiative reflects our commitment to public health and underscores the importance of preventive measures in combating cervical cancer which effects hundreds and thousands of women each year. **We plan to vaccinate more girls this year.**
- **Menstrual Hygiene Management:** This is the project through which we want and have improved the Menstrual Health Management of young girls. The onset of menstruation, a significant milestone in a girl's life can be a source of anxiety and confusion, especially when faced with inadequate support and resources. The emotional toil of managing menstruation with dignity under these circumstances, leads to a girl underperforming in school and missing out on attending school. The statistics shows that period, poverty, lack of support and resources leads to a 20% drop in girls attending school. When we visit school and provide them with sanitary product, we also educate them about hygiene and nutrition.
- **Vocational Service:** Our club has partnered with Stars Welfare Society to establish a robust vocational center in the Tangra area of Kolkata, providing critical support to over 150 children. Our center conducts essential self-defense workshops for young girls every week and offers weekend computer classes to ready college-going students for employment.
- We provide top-notch computer education and training at Shikharpur Sukanta Smriti Computer Centre, empowering individuals with the skills they need to succeed in today's digital world.



सम्मान

- **Samman :** At our center in Jalaram Trust Vocational Society, Behala, we have 12 sewing machines and 5 computers to empower underprivileged individuals. In addition, we offer comprehensive beautician classes to foster self-sufficiency in women. Our dedicated teachers ensure the highest quality instruction in computer, beautician, and sewing classes so that women can be self-sufficient and thrive on themselves.



- **Project Dignity - Rural Toilets:** In response to Prime Minister Narendra Modi's Swachh Bharat Abhiyaan effort, Project Dignity has built over 5,000 toilets in rural West Bengal, helping over 20,000 villagers. The purpose of this project is to enhance living conditions and restore dignity.
- **Adult Literacy:** Education and adult literacy are fundamental to personal and societal growth. By empowering females with literacy skills, we open doors to better opportunities, improved quality of life, and stronger communities. Our efforts in this area are crucial, and together, we are making a real difference.



Apart from our flagship projects, we have various Service projects too, medical and Non medical. Some of them are Annadan Mahadan, Homeopathy Clinics, Monthly Medical Camps, Dialysis Centre, End Polio and various vocational services.

Last Week Projects



Netralaya



On 17th September, the Vishwakarma Puja was celebrated at the Hari Charan Garg Rotary Netralaya, led by Chairman Rtn Pradeep Agarwal and Vice Chairman Rtn Mahinder Singhal. Staff members joined in seeking Lord Vishwakarma's blessings for the



success of the eye hospital and its mission to help the underprivileged. A major highlight was the installation of a high-voltage line from a special transformer, a project completed through the year-long efforts of Rtn Ashok Agarwal and Arpita, marking a significant step in enhancing the Netralaya's services. In the first quarter of mahanagar netralaya we have organised 33 eye camps across Kolkata and nearby villages, screening a total of 4000 patients, conducted 580 free cataract surgeries and provided needy with spectacles.



GST



The Environmental Project GST saw a significant plantation drive on the 22nd of September, where 100 trees were planted in collaboration with Balak Sangha at Northern Park. This initiative reflects a strong commitment to environmental conservation.



Save Mangrove



This month we have successfully planted more than thousand nypa plants at the river banks of delta area of Sundarans.





Annadan Mahadan



1. 14th September: Shambhavi Pasari sponsored meals for 350 people near the Motor Vehicle area.
2. 14th September: Rotarian Sandeep Bagecha and Pooja Bagecha sponsored meals for 350 people near Dhakuria Station.
3. 20th September: A total of 400 people were served meals by Aparna Biyani at Shishu Mangal Hospital.
4. 22nd September: Shikha Kejriwal provided a mid-day meal for 350 people at the Bangur Hospital area.
5. 22nd September: Gita Devii Killa sponsored meals for 350 people at the NRS Hospital area.
6. 24th September: Jyoti mahipal sponsored food for 350 people at NRS hospital area .



Life Beyond Cancer



President Pramila Duggar's visit on 20th September to the Kolkata Police Hospital was truly heartwarming. The music and dance therapy session brought immense joy to the thalassemic children, and their radiant smiles and enthusiasm turned the event into a memorable and uplifting experience. This



initiative not only provided therapeutic benefits but also highlighted the power of compassion and the impact of connecting with those in need. Packets from the food bank were distributed.



Blood line



1st Camp conducted at "Security & Allied Workers Union" on the 15th September and 2nd Camp Conducted at "Bhabagachi, Anjuman Samity" Bhabagachi, on 16th September, and third at panchayat karmachari samiti Samuha on the 21st September. About 150 donors have been registered and we met with an urgent need of an sos patient.





Mega Health Camp



Today, 22nd September, Rotary Calcutta Mahanagar in association with Medica Hospital organised a medical camp at Shree Jeen Mata Mandir, Newtown.

The camp was very well organised with more than 100 people from nearby areas..

General body check-up alongwith blood sugar, blood pressure, ECG was done. We also had a team from Rotary Mahanagar Netralaya for eye check-up.. Free medicines were also distributed to the patients.

Around 75 general body check up and 18 ECG were done. Nearly 55 people were prescribed glasses by the eye hospital team and 6 patients were referred to our Netralaya for Cataract surgery..

Kudos to our Director Medical services Rtn.Girish Soni for putting in all efforts to organise this camp. The doctors and medical staffs were presented silver memento and Prasad.

Rtn.Vishal Agarwal, Rtn. Ratan Agarwal, Rtn. Alok Mukim, Rtn.Payal Agarwal, Rtn.Sweta Choudhury, partner Sunita Soni, President Pramila Dugar and PP.Sanjay Dugar were present for hands on service.

By Rtn. Payal Agarwal



MAHABIR DANWAR

JEWELLERS

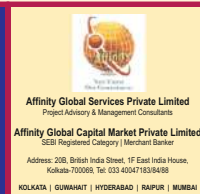
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📍 107/1, Park Street,
2nd Floor,
Kolkata - 700 016

☎ +91 33 4004 8114

📞 +91 6290118273

✉ vanambysbs@gmail.com