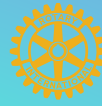


AHANA

Rotary
RID. 3291



Rotary Opens
Opportunities

RI PRESIDENT: RTN. HOLGER KNAACK

DISTRICT GOVERNOR : RTN. SUDIP MUKHERJEE

WEEKLY E-BULLETIN OF ROTARY CLUB OF CALCUTTA JADAVPUR

VOL: XXXXI

03rd August 2020

ISSUE: 04

AUGUST IS MEMBERSHIP AND NEW CLUB DEVELOPMENT

Minutes of the 2026th Virtual Weekly Zoom Meeting of RC Calcutta Jadavpur held on Monday 27th July 2020

- President Rtn. (Dr.) Kunal Ray called the meeting to order and welcomed Rtn. Susanta Kumar Sarkar, AG: Zone-20, RID3291 and Rtn. Rina Sinha Roy, ZS: Zone-20, RID3291 and also all the members present online.
- ♦ National Anthem was played online and participated by everyone present online.
- ♦ Next, President Rtn. (Dr.) Kunalda announced:
 - That in line with the decision adopted in course of the Board Meeting held on July 24, 2020, members may please take note the Board Members unanimously decided that upon restoration of normalcy when physical meetings can be resumed, two physical and two virtual meetings will be held per month. This will encourage larger participation even by the members from distant locations.
 - That the Rotaract Club of Jadavpur has appealed for payment of Rs.5,500/- as their District Dues for 22 members. Accordingly, it has been decided that the amount can be reimbursed once PP Rtn. Partha Sarathi and PP Rtn. Sonia certify the membership strength. Here, PP Rtn. Swapan suggested that the Rotaractors be pursued to open a bank account for their club immediately, so that payments to personal accounts can be avoided. PP Rtn. Jaydeb advised that the receipt against the payment for their subject dues may be forwarded to us for our future records. It was also proposed to invite the office bearers of the Rotaract Club in the next meeting, for their views on the subject matter.
 - That on July 26, 2020, a sapling distribution program was undertaken at Belpahari Sri Ramakrishna Vivekananda Sevashrama, Chirakuti, Jhargram, where 50 saplings of fruit bearing trees sourced from Bidhan Chandra Krishi Vishwavidyalaya, Jhargram were distributed. The club extends its sincere thanks to Mr. Patrang Basu, President of the Belpahari Ashram for coordinating the program.
 - That RC Calcutta Jadavpur will be Co-Hosting the Tree Plantation Program being organised by RI District 3291 on August 02, 2020 at Diamond Harbor Road where 2000 trees will be planted, out of which 100 such trees among which 100 will be contributed by RC Calcutta Jadavpur.
 - That two prospective members are expected to be present during the next virtual weekly meeting scheduled on August 03, 2020.
 - Secretary, Rtn. (Dr.) Krishnendu conducted the club business and extended birthday greetings to Mr. Sougata Guin h/o Rtn. Joyeta Ghosh falling on July 29 and also to Rtn. Bhaskar Chanda falling on August 02.
 - Minutes of the 2025th meeting was confirmed by the members and the same was concluded with thanks to all the participants.
 - Next, President Rtn. (Dr.) Kunalda requested AG Rtn. Susanta Kumar Sarkar & ZS Rtn. Rina Sinha Roy to initiate the the COTS & Club Assembly.
 - AG Rtn. Susanta Kumar Sarkar dwelt with his views on various issues related to the focus areas of Rotary International and others issues as well viz. the service projects and went on to advise the club to go in for a signature project. He wished President Rtn. (Dr.) Kunalda the very best as the leader of the club for the year ahead.
 - Then ZS Rtn. Rina Sinha Roy shared her feeling about her association with RC Calcutta Jadavpur and went on to stress of active participation by the club to achieve more. She requested everyone to visit the Rotary Learning centre site and do all the relevant courses.
 - Under the request from AG Rtn. Susanta Kumar Sarkar, President Rtn. Kunalda presented his Plans & Budget for RY 2020-21. President (Dr) Kunalda presented the plans and budget for the Rotary year 2020-21. It was followed by a brief discussion.
 - The COTS & Club Assembly was concluded thereafter, with special thanks to AG Rtn. Susanta Kumar Sarkar and ZS Rtn. Rina Sinha Roy for sparing their valuable time and participate in the deliberations.

Happy Birthday

Mr. Hemendra Lakhani, spouse of
PP Rtn. Krishna Lakhani falling on August 08



Presidential Message

Holger Knaack
President 2020-21

AUGUST 2020



The year 2020 has brought monumental changes that have already included a global pandemic and a renewed call for social justice. We are reminded that we live in a constantly changing world, and Rotary is a reflection of that world.

We must be ready to listen and adapt, always drawing upon our core values of service, fellowship, diversity, integrity, and leadership. If we live these values and apply The Four-Way Test to all aspects of our lives, we will be prepared to lead at all times.

I am proud of how we have proven our ability to adapt. Faced with a pandemic, Rotary has not stopped. We moved meetings online and found new ways to serve. We turned the canceled 2020 Rotary International Convention in Honolulu into our first virtual convention. Each week, we are proving that Rotary is a flexible gathering that happens anywhere — in traditional meetings, on cellphones, and on computers. Rotary offers a way to connect for everyone who wants to, at any time, and will continue to do so.

Some have even told me that they enjoy Rotary's mix of online and in-person meetings more now than before! How can we build on this momentum and seize the opportunity to embrace change so that Rotary keeps thriving?

For me, supporting new types of clubs is key. They are no longer just experiments but a real part of Rotary today. In addition to traditional clubs, we have e-clubs, Rotaract clubs, cause-based clubs, and passport clubs. These help make Rotary more inclusive, more flexible, and more attractive to new members. Visit these clubs, exchange ideas and partner with them, and promote them to one another and to our communities.

We all agree that we need to grow Rotary, but sometimes we can get caught up in the numbers game and lose sight of the bigger picture. After all, an increase in membership is meaningless if next year, those new members leave our clubs. Let's grow Rotary sustainably. Rotary's flexible options for participation will engage members and show the community how we're different from any other club. Let's celebrate that Rotary is now less about rules and more about joining together in a variety of ways besides traditional meetings.

I recommend that each club hold an annual strategy meeting to ask — and honestly answer — if we are doing all we can for our members and if our club reflects the community we serve. We are taking this approach at the international level, too. I am proud that six women are serving with me on the RI Board of Directors this year, the most we have ever had. Let's keep Rotary moving in this direction at every level. We need more perspectives, more diversity, for Rotary to thrive.

It's fascinating to imagine how we will find new ways to adapt and stay nimble this year and beyond. But I am also inspired about what hasn't changed and never will in Rotary: the friendships, the networking, the ethics, and the service. Indeed, these are the values that make Rotary attractive to all.

As Rotary's founder, Paul Harris, said, we have to be revolutionary from time to time. Now is such a time. Rotary Opens Opportunities — countless ones — for us to embrace change that will strengthen us even as we remain true to our core values.

Today's Speaker:

Dr. Susanta Roychoudhury
Chief, Basic Research - SGCCRI, Kolkata

Topic: Precision Medicine and Cancer Management



PRESIDENT : RTN. (DR.) KUNAL RAY :: SECRETARY : RTN. (DR.) KRISHNENDU DAS :: EDITOR : RTN. SANJAY RAY
RCCJ MEETS EVERY MONDAY AT CHAKRABARTI, RABINDRA SAROJAR AT 7.00 PM : EMAIL : rccjadavpur@gmail.com

There's biodiversity in our backyard and it can help us fight malnourishment

Green leafy veggies are rich in vitamins and minerals

www.downtoearth.org.in :: 24 July 2020



Biodiversity conservation may sound complicated but it is a fairly simple concept that can be implemented at every level of society. From remote villages with low accessibility to cities that are centres of trade and commerce, the basic principle underlying these efforts is to identify, protect and promote native flora and fauna in situ.

A mix of species and habitats allows Earth's ecosystems to keep up with challenges like population growth and climate change. Often overlooked — but essential for the survival of life on Earth — is the understanding that plants, animals and microorganisms provide us with 'ecosystem services'. These life-sustaining services include producing oxygen for us to breathe, storing (or sequestering) carbon from the atmosphere, cleaning our water sources, breaking down waste, pollinating crops and flowers and dispersing seeds. Every species is an integral part of the food chain and contributes towards the complex relationships that sustain life on Earth and maintain a balanced natural ecosystem. Protecting every species is, thus, important.

One of the critical aspects of biodiversity is its crucial role in food, nutrition security and subsequently human health. Today's key challenge is how to increase production to meet the growing demand for food, fuel wood, feed and bio-energy while conserving biodiversity. It is needed to sustainably produce enough nutritious food in the face of challenges such as climate change and growing populations with changing diets. Production should address not only the quantity of food or calories but high nutrient values such as vitamins, minerals and other micronutrients. In agro-ecological systems, maintenance of biological diversity is important for food production and conserving the environment, both of which are necessary to sustain life and livelihoods.

The causes of malnutrition and under-nutrition may be easier to understand if changing food habits of the general populace is observed over the years. Local greens have vanished from the plates of people, who are now used to consuming only a few types of cereals, pulses and vegetables and are used to live with minimal kitchen-garden space. The solution to malnutrition may lie closer home and need a rethinking. Instead of dosing people with genetically modified organisms and artificially enriched food, why not conserve backyard biodiversity and help people and ecosystems? There exists a vast resource of undermined plants that can help partly alleviate current problems of malnutrition and under-nutrition, especially in rural areas where malnutrition is increasingly being seen as a consequence of enforced dependence on external food resources mostly obtained from large scale commercial agriculture systems.

Green leafy vegetables (GLV) are a part of the larger biodiversity and are an integral part of the diets in eastern India in states like Odisha and West Bengal. They play a significant role in our nutrition and diet and are also used as medicine since ancient times. They are also important sources of protective foods. It will, thus, be crucial to promote GLVs, especially in backyards. Women play an important role in rural areas in establishing and maintaining backyard nutritional gardens. GLVs are considered natural caches of nutrients for human beings. They are a rich source of vitamins like ascorbic acid, folic acid, vitamin C, tocopherols, β -carotene and riboflavin as well as minerals such as iron, potassium, magnesium, calcium and phosphorous. Supplementation of a mother's diet with GLVs can cover the deficiency of micronutrients and affect the health and weight gain of the foetus. Inclusion of greens in the daily diet can help prevent anaemia and promote good health. Imparting knowledge on GLVs will help alleviate this problem by not just providing a ready list of locally available nutritional foods, but also preserving biodiversity. People tend to conserve what they find useful. The overlapping nutritional and medicinal benefits of GLVs provide better support for human wellbeing. There are hundreds of edible herbs used in the day-to-day kitchen in different forms.

Humans have tremendous knowledge on edible plants before civilization. Traditional vegetables are valuable sources of nutrition in rural areas. GLVs hold an important place in well-balanced diets: They are the cheapest of all the vegetables, richest in their nutritional value and within the reach of the poor.

Plants used for their medicinal attributes may contain phytochemicals with pharmacological and physiological properties. GLVs represent an important proportion of foods with medicinal value. During pregnancy, women are highly conscious about their diet because a healthy diet is beneficial for the mother and the developing foetus. The risk of metabolic syndrome, cardiovascular diseases and inflammation is reduced by a high intake of vegetables in the diet. GLVs are also recommended to be supplied to pregnant and lactating mothers and children under five to address the issue of severe acute malnourishment in targeted government nutrition programmes.

Some GLVs that play an important part in alleviating hunger and malnutrition are described below:

Alternanthera sessilis

It is an aquatic plant known by several common names including Ponnanganni, Ponnagantiaaku, Honnagone, Sessile Joyweed and dwarf copperleaf. In Odisha, it is popularly known as Madaranga Saga and regarded as a leafy vegetable with a traditional and ethno-medicinal value.



Marsilea quadrifolia

It is an edible GLV and an important marketable species that has a significant role in the lives of tribals. Inventorisation of this plant species that is being used since time immemorial in the area was undertaken with the aim to promote it for ex situ conservation outside its natural

habitats for wide use by other communities.

Trianthema decandra

The whole plant of *Trianthema decandra* is edible and used medicinally. Its roots are aperient (mild purgative or laxative) and are useful in treating hepatitis and asthma. It is given with milk for orchitis (inflammation of one or both of the testicles). The juice of the leaf is dropped into the nostrils to relieve migraine.



Ipomoea aquatica

It is a semi-aquatic, tropical plant grown as a vegetable for its tender shoots. It is a rich source of vitamins, minerals, proteins, fibers, carotenes and flavonoids with many health benefits.

Portulaca oleracea

It is consumed as a GLV and also used as salad. It has a slightly sour and salty taste.



Moringa oleifera

Moringa / drumstick leaves are widely used in India. It is one of the best green superfoods. It is rich in Vitamin C, iron, calcium, and β -carotene. It increases breast milk production, reduces swelling, boosts immune system, reduces cholesterol levels in the blood, protects liver and lowers blood sugar levels.

Paederia foetida

It is commonly known as Gandha Prasarin and is a climber-plant used as a leafy vegetable and important ayurvedic medicine. Its leaves are used by the people for joint pain, paralysis, etc.



By: Ravi Shankar Behera, Ranjit K Sahu, Chandan Sahoo

Seven Areas of Focus of Rotary International

