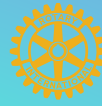


AHANA

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

20th JULY 2020

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JULY IS NEW LEADERSHIP MONTH

Minutes of the Virtual 42nd Installation Programme and 2024th RWM of RC Calcutta Jadavpur held on 13th July, 2020, on Zoom Platform

- Rtn. (Dr.) Aditi Nag Chaudhuri, President-2019-20 called the virtual meeting to order, welcoming all the participants online.
- National Anthem was played online and it was sung by all.
- Next, IPP Rtn. (Dr.) Aditi addressed the participants and made a visual presentation of the activities for the Rotary Year 2019 – 20 highlighting the activities undertaken.
- Then it was the turn of IPP Rtn. (Dr.) Aditi to formally introduce Rtn. (Dr.) Kunal Ray, President - 2020-21 to the participants present online. This was followed by the pleasant task of installing Rtn. (Dr.) Kunalda as the 42nd President of RC Calcutta Jadavpur by Rtn. (Dr.) Aditi in presence of DG Rtn. Sudip Mukherjee and others, by handing over the Club Charter, the Hammer & the Block and the Club Collar.
- Next, IPP Rtn. (Dr.) Aditi requested Rtn. (Dr.) Kunalda to take over the proceedings for the evening.
- President Rtn. (Dr.) Kunal Ray welcomed DG Rtn. Sudip Mukherjee, DGE Rtn. Prabir Chatterjee, DGN Rtn. Ajoy Law, Past District Governors, AG Rtn. Susanta Kumar Sarkar, ZS Rtn. Rina Sinha Ray, District Officials, incoming Presidents, office bearers of Rotaract Club and President Inner Wheel Club of Jadavpur, PP Rtn. Tapan Rao of Rotary Club of Singapore & Sri. Debasish Kumar, MMIC, Kolkata Municipal Corporation and also the other guests present.
- In his address Rtn. (Dr.) Kunal Ray mentioned that he is honoured to lead RC Calcutta Jadavpur for the year 2020-21 as its President and he would firmly stand on the base work done by IPP (Dr.) Aditi Nag Chaudhuri and her team and move forward. The cornerstones would be to nurture fellowship among fellow Rotarians that would enhance bondage and stimulate interaction, recruit new members being sensitive to be inclusive in all categories. With respect to the service projects primary focus would be 'Basic Education & Literacy', 'Water Sanitation' and 'Disease Prevention and Treatment'. And participate in new vertical on Environmental work. The club will enthusiastically promote the ongoing project on Paediatric Cancer and expand it further.
- Next, President Rtn. (Dr.) Kunalda announced:
 - That on July 01, 2020, RC Calcutta Jadavpur participated in the Blood Donation Camp "SANKALPA", a District Initiative, where Rtn. Prasenjit and Mr. Udit Roy, s/o PP Rtn. (Dr.) Partha Pratim donated blood.
 - That on July 12, 2020, a wheel chair was donated by the club to Sarthak Ghosh, a disabled teenage boy for better mobility.
 - That the club will participate in the programme "The Green Expedition - the Tree Plantation District Project", initiated by RI District 3291 where 2000 nos. caged plants will be planted in & around New Town. RC Calcutta Jadavpur will be the Host Club and accordingly has donated Rs 10,000/- for the project. The inauguration of the project is scheduled on July 22, 2020.
 - The club is contributing US\$1200.00 to The Rotary Foundation with contributions of US\$ 200.00 from Ann. Pratima Dutt w/o PP Rtn. Samirendu Dutt and US\$ 500.00 each, from PP Rtn. Jaydeb and himself.
 - Next, President Rtn. (Dr.) Kunalda introduced the Board Members for RY 2020-21 and requested Secretary Rtn. (Dr.) Krishnendu Das to conduct club business.
 - Secretary Rtn. (Dr.) Krishnendu declared that Honorary Member Rtn. Sambhuda, PP Rtn. Jaydeb, IPP Rtn. (Dr.) Aditi and President Rtn. (Dr.) Kunalda have together contributed Rs.36,200/- to the club, towards the service projects being taken up. Next, Secretary Rtn. (Dr.) Krishnendu extended birthday greetings to PP Rtn. Sanjay Ray and Ann Pratima Dutt w/o PP Rtn. Samirendu Dutt both falling on July 16 and also extended his greetings to President Rtn. (Dr.) Kunal Ray for his birthday falling on July 19. Further, he announced that the Board meeting of Club on Zoom Platform, will be held on Friday, July 24, 2020, 6.30 PM onwards and the Club Assembly & COTS on Zoom Platform will be held on July 27, 2020.
 - Next, President Rtn. (Dr.) Kunalda requested IPP Rtn. (Dr.) Aditi to introduce Dr. Jharna Ray as the new member and thereafter was formally inducted into the club fold by IPP Rtn. (Dr.) Aditi. The other new member, Dr. Mainak Sengupta was introduced by President Rtn. (Dr.) Kunalda and the formal induction was done by PP Rtn. Jaydeb.
 - Then, President (Dr.) Kunalda requested DG Rtn. Sudip Mukherjee to give a brief Induction Talk for the two new members. The DG requested the District Membership Chair PDG Rtn. Debasish Mitra, to do the honours. PDG Debasish welcomed the new members to Rotary by giving an excellent talk for them and he urged President Rtn. (Dr.) Kunalda to plan for inducting more new members in the club, including those below 40 years, to build a path for future leadership.
 - Next, President Rtn. (Dr.) Kunal requested dignitaries to briefly address the virtual meeting.
 - First, Hon'ble Sri. Debasish Kumar, MMIC – Kolkata Municipal Corporation in his address said that he is associated with Rotary for a longtime and he appreciated the work done by RC Calcutta Jadavpur in the areas of Community health. He hoped that the new team will keep up the good work for the future days ahead.
 - DGN Rtn. Ajoy Law congratulated the incoming team and President Rtn. (Dr.) Kunalda and expressed his expectation that the club would continue to excel in service projects as has been done by IPP (Dr.) Aditi and her team.
 - DGN Rtn. Prabir Chatterjee then addressed the participants and thanked the club for maintaining the excellent standards set by their predecessors over the years. DGN Rtn. Prabir, highly appreciated the work done by IPP (Dr.) Aditi and went on to suggest that it is about time that this club

should plan and take up a signature project and focus for its continuity and excellence.

- Lastly, DG Rtn. Sudip Mukherjee mentioned that RC Calcutta Jadavpur has a rich tradition with many dedicated loyal Rotarians who have also contributed to the activities of the District 3291. He displayed his confidence that the Club would do well under the new leadership. He specifically appreciated that President (Dr.) Kunal has brought in his spouse as a member of the Rotary and suggested others to emulate it and bring their partners to be members of the club.
- Next it was the pleasant task of PP Rtn. Sonia Gupta to offer the formal vote of thanks to all the dignitaries, guests and all the members present and graced the occasion to make the virtual meeting a grand success. RC Calcutta Jadavpur, also acknowledges the gesture and support received from Ann. Krishnakoli & PP Rtn. (Dr.) Partha Pratim for providing the space & facility to hold the meeting, for it's physical part of the 42nd Installation Ceremony, in presence of a few members of the club.

Minutes of the 2023rd meeting was confirmed by the members and the same was concluded with thanks to all the participants.

Happy Anniversary

PP Rtn. Krishna Lakani & Shri. Hemendra Lakhani falling on July 20
IPP Rtn. (Dr.) Aditi Nag Chaudhuri & Dr. Debnath Chaudhuri falling
on July 25
Wish you all many more years of marital bliss

Supporting the Environment becomes Rotary's Newest Area of Focus

www.rotary.org

The Rotary Foundation Trustees and Rotary International Board of Directors have both unanimously approved adding a new area of focus: supporting the environment.

More than \$18 million in Foundation global grant funding has been allocated to environment-related projects over the past five years.

Creating a distinct area of focus to support the environment will give Rotary members even more ways to bring about positive change in the world and increase our impact. RI President Mark Maloney says that during his travels around the world as a Rotary senior leader he encountered many Rotary members and Rotaractors who advocated for the environment to be an area of focus. "I believe strongly that our Rotary Foundation programs now have a valuable added dimension to our efforts," says, Maloney. Foundation Trustee Chair Gary C.K. Huang says that with the global population reaching near eight billion, protecting the environment is increasingly important. "It is time for us to use our collective resources to invest in a smart and efficient way to protecting our environment," says Huang. "We are qualified to take this initiative because we are a global group of problem solvers with diversified talents." In 1990-91, RI President Paulo V.C. Costa made the environment one of his primary causes, creating the Preserve Planet Earth subcommittee, which looked at ways clubs and members could conduct environmental initiatives. "We have finally caught up to Costa [his vision]," says Past RI President Ian H.S. Riseley, chair of the Environmental Issues task force, which championed the new area of focus. "As a lifelong environmentalist, I'm delighted that our great organization has recognized that the environment is a worthy and appropriate destination for our project activity," says Riseley. "This is an exciting moment in Rotary history." Supporting the environment becomes Rotary's seventh area of focus, which are categories of service activities supported by global grants. It joins peacebuilding and conflict prevention; disease prevention and treatment; water, sanitation, and hygiene; maternal and child health; basic education and literacy; and community economic development. Grant applications for projects will be accepted beginning on 1 July 2021. Gifts and commitments from Rotarians and others will be sought to provide global grant support for the new area of focus. More information about this new cause will be announced soon.



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

Old-Time Doctor Remedies That Work

Effective home remedies science is finally recognizing

www.readersdigest.in :: July 16, 2020

Honey to heal a wound. Cardamom for depression. Cod-liver oil—blech!—to keep your eyes healthy. Your grandmother and her doctors probably swore by these fixes, and now science is catching up with them. Researchers have produced hundreds of studies in the recent past about the effectiveness of home remedies. But not all old-time solutions really help. That's why this list focuses on treatments with expert advice and evidence to back them up. Remember that even natural cures can interact with medication. If you take pills regularly or have a chronic health condition, check with your doctor before trying these.

A

Age Spots

Try: **Buttermilk**

You can skip the expensive skin creams. This rich by-product of butter contains lactic acid and ascorbic acid. One study showed that this combination lightened age spots more effectively than lactic acid alone. Apply to the spots with a cotton ball, then rinse with water after 20 minutes.

Allergies

Try: **Vitamin C**

Vitamin C isn't just good for the common cold; it turns out to be an effective natural antihistamine. In one study, 74 per cent of the subjects who received a vitamin C nasal spray reported that their noses were less stuffy, compared with 24 per cent of the patients who took a placebo. The study's authors recommend getting two grams per day from food and/or supplements.

B

Blisters

Try: **Petroleum Jelly**

The rawness from blisters can be extremely painful, but chafing and friction can irritate them further. Clean a blister with soap and water, and then reduce friction by applying petroleum jelly to the inflamed area and keeping it covered with a bandage.

Bug Bites

Try: **Oatmeal**

"Oatmeal has a long history—and equally solid biological basis—for its anti-itch effects," says Adam Friedman, MD, associate professor of dermatology at George Washington School of Medicine and Health Sciences. Creams with colloidal oatmeal can be found in pharmacies or you can make a paste with equal parts oatmeal and water; apply it to the bite for 10 minutes, then rinse.

Burns

Try: **Aloe**

"Aloe is a very soothing remedy for burns," says Purvisha Patel, MD, a dermatologist and the creator of Visha Skin Care. One study demonstrated it was more effective than other treatments for second-degree burns. Make sure you use pure aloe, not a scented version. If you own an aloe plant, simply cut open a leaf and apply the liquid directly to the affected area. For serious burns, you should still see a doctor.

C

Calluses and Corns

Try: **Gingelly Oil**

"Massaging gingelly oil on the area is a proven and effective remedy for calluses and corns," says Dr Isaac Mathai, medical director of SOUKYA, a holistic wellness centre in Bengaluru. Gingelly oil is derived from raw sesame seeds and processed in a way that gives it an amber colour, darker than regular sesame oil. "Scrub the hard tissue with a scrubber and moisturize it every day for a month. Wear shoes that fit properly and, in severe cases, consult a doctor," Mathai adds.

Canker Sores

Try: **Milk of Magnesia**

Canker sores are ulcers of the mouth that can be caused by viral infections or injuries. To ease the pain, rinse your mouth with milk of magnesia or apply it to canker sores three or four times a day.

Constipation

Try: **Ground Flaxseed**

"It's almost as if nature tailor-made ground flaxseed to relieve constipation," says Will Busiewicz, MD, a gastroenterologist in Mount Pleasant, South Carolina, USA. "It is a great source of both insoluble and soluble fibre, which add bulk to the stool and promote the growth of good bacteria." Ground flaxseed is an excellent source of plant-based omega-3 fatty acids, which are known to help soften stool and relieve constipation. Aim for two to three tablespoons a day as part of a fibre-rich diet.

Cough

Try: **Thyme Tea**

Thyme is a natural expectorant that relaxes the respiratory tract and loosens mucous. Studies have found that using thyme in combination with primrose or ivy relieves the frequency and duration of coughs. To make thyme tea, place two tablespoons of fresh thyme (or one tablespoon dried) in a cup of hot water. Allow it to steep, then drain out the herb. Add honey to taste.

D

Depression

Try: **Cardamom**

An aromatic, flavourful and multipurpose spice, cardamom has anti-anxiety and antidepressant properties. Charmaine D'Souza, a Mumbai-based nutrition consultant, and author of Kitchen Clinic, suggests taking "a daily infusion of a half teaspoon of cardamom powder and two pods of star anise in one litre of water. Drink this therapeutic solution in small quantities throughout the day between 11 a.m. and 5 p.m." Other remedies that boost your mood include chamomile tea, and one teaspoon of chironji (Cuddapah nuts) at bedtime.

Diarrhoea

Try: **Raw Banana**

"Raw bananas, which contain pectin, a water-soluble fibre, absorbs excess water in the colon and helps provide bulk to stool," says Delhi-based nutritionist Lovneet Batra. "Bananas are a rich source of potassium, which helps restore electrolyte imbalance caused by this condition. It is also a great prebiotic, which acts as food for good bacteria in our gut, further strengthening one's digestion."

E

Eye Strain

Try: **Cucumber**

"Lie on your back and place one cucumber slice (about one-eighth of an inch, or around two centimetres, thick) over each closed eye. Cucumbers contain antioxidants that studies have shown help reduce swelling and relieve pain. Replace the slices with a cooler pair every two or three minutes, for a total duration of up to 15 minutes in all.

F

Fever

Try: **Dill Seeds**

D'Souza recommends dill seeds (suva) for febrile conditions. "Roast one tablespoon of dill seeds with two peppercorns and one teaspoon of black cumin. Boil this in 150 ml water for four minutes and let it steep for 10 minutes. Strain, add a pinch of cinnamon powder and drink warm. Repeat whenever the body temperature crosses 100 degrees," she says. Her other go-to remedy for bringing down a fever is tulsi (holy basil) leaves—boil 20 leaves with two cloves in one litre water until it reduces to half a litre. Drink this every two hours, she advises.

Foot Odour

Try: **Lavender Oil**

Lavender essential oil not only smells good but also has antibacterial properties that help kill germs. Before bed, rub a few drops of oil on to your feet and massage it in. Pull on a pair of socks to protect your sheets.

G

GERD and Heartburn

Try: **Guduchi Tea**

Gastro-oesophageal reflux disease (GERD) is a digestive disorder that occurs when acidic stomach juices, or food and fluids, back up from the stomach into the oesophagus. To combat this condition, Mathai recommends a herbal tea made with amrith, or guduchi leaves (Tinospora cordifolia), one of the most valued and effective herbs in Ayurveda. "Also, avoid spicy or acidic foods, do not sit or lie down right after meals and chew food well before swallowing in order to allow the oesophageal sphincter to return to normal," he suggests.

Gout

Try: **Kokilaksha**

Gout is a type of arthritis, where crystallized deposits of uric acid cause pain, redness and tenderness in the joints. Mathai suggests the herbs kokilaksha (Hygrophila auriculata) or punarnava (Boerhavia diffusa)—known for rejuvenating and pain-relieving properties—for gout symptoms. Cherries also contain compounds that neutralize uric acid.

H

Headaches

Try: **Peppermint Oil**

Peppermint essential oil cools the skin, numbing the pain of a tension headache as well as acetaminophen does, according to two small studies. Mix a few drops with olive oil to prevent skin irritation, then gently massage onto your forehead and temples.

Hiccups

Try: **Sugar**

A spoonful of sugar doesn't just help the medicine go down—when it comes to hiccups (contractions of the diaphragm), it is the medicine. "Eating the grainy sugar crystals forces you to swallow harder than normal, and this resets your diaphragm" to stop the spasms, says Claire Martin, a nutritionist based in Oakland, California.

High Cholesterol

Try: **Niacin**

Studies show that taking niacin (vitamin B3) can lower LDL (or 'bad') cholesterol by 10 per cent and triglycerides by 25 per cent, and raise HDL ('good') cholesterol by 20 to 30 per cent. Since high doses can cause gastrointestinal problems, liver damage, and glucose intolerance, ask your doctor before taking any supplements.

I

Indigestion

Try: **Fennel**

Those tiny seeds that you often see in bowls at restaurants are fennel (saunf). They contain carminative agents, which help expel gas from the intestinal tract. Chew a pinch of fennel to help prevent after-dinner belching.

Insomnia

Try: **Ashwagandha**

An ancient Indian medicinal herb, ashwagandha, also known as Indian ginseng, helps lower stress, fatigue and anxiety, says Batra. Best consumed at bedtime, this adaptogen contains triethylene glycol, which relaxes the nervous system and induces sleep.

J

Joint Pain

Try: **Green Tea**

A potent antioxidant found in green tea called epigallocatechin-3-gallate (EGCG) may put the brakes on the joint pain and inflammation of rheumatoid arthritis, according to a study in Arthritis and Rheumatology. Researchers suggest drinking two or three cups a day to reap the benefits.

K

Kidney Stones

Try: **Lemon Juice**

The most common kidney stones occur when oxalate—a compound found in spinach, bran and French fries—builds up in urine and 'sticks' to calcium, forming crystals. Drinking at least 120 ml of lemon juice per day could help as citric acid can prevent the calcium and oxalate from crystallizing into these stones.

L

Lip Cracking

Try: **Olive Oil**

When you've got chapped lips, coat them with olive oil, a natural lubricant that will help soften and moisturize lips nicely. In fact, any vegetable oil will do.

M

Memory Lapses

Try: **Sage**

A study in healthy older adults found that taking sage leaf extract capsules improved word recall and memory.

Menopausal Symptoms

Try: **Bay Leaves**

"Infuse three roasted bay leaves in one litre of water and drink this through the day," says D'Souza. Along with this, make a mix of flax meal, curry leaf powder, bay leaves, pepper powder, sesame seeds, cloves, turmeric powder and cumin. Take two teaspoons of this after lunch and dinner.

N

Nausea

Try: **Ginger**

Ginger can help alleviate nausea caused by chemotherapy, morning sickness or motion sickness. "Although we do not yet understand the exact method that allows ginger to be effective at reducing nausea, it is thought it may work by obstructing the serotonin receptors in the gut that cause it," says Erin Palinski-Wade, registered dietician. It also may prompt the body to release enzymes that help break down food. Steep ginger slices in hot water to make a tea, sip on some ginger ale or chew some candied ginger root.

Neck Pain

Try: **Pressure**

With your thumb or your fingertips, apply steady pressure on the painful spot on your neck for three minutes. Research shows that this simple acupressure technique helps loosen tight muscles to reduce pain.

O

Osteoporosis

Try: **Soya**

A review of several studies conducted at the University of North Carolina found that people who ate foods rich in soya had healthier bones and a reduced risk of fractures. Scientists are still trying to figure out which active compounds may account for the protective effect, but good sources of soya protein include soya beans, soya milk, miso, tempeh and tofu.

P

Psoriasis

Try: **Capsaicin**

Capsaicin is what gives chillis its heat. Research has shown that applying capsaicin cream helps relieve the itching of psoriasis.

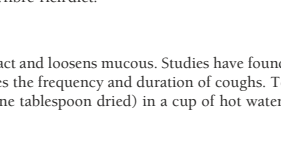
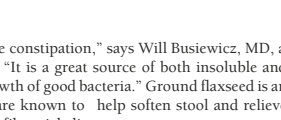
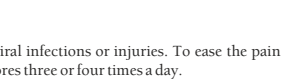
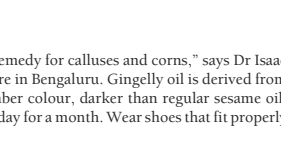
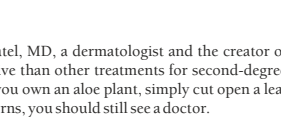
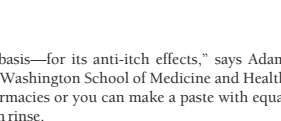
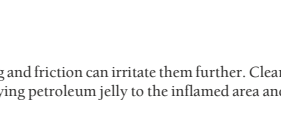


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Photo: Flickr

Best consumed at bedtime, this adaptogen contains triethylene glycol, which relaxes the nervous system and induces sleep.

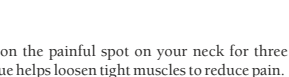
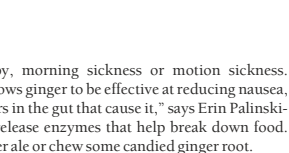
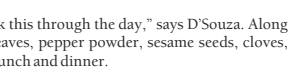
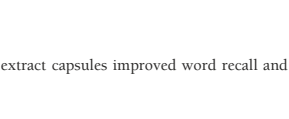
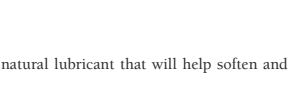
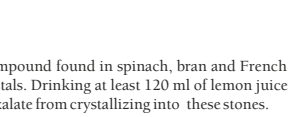
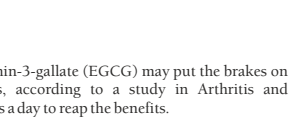


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