



THE MIDTOWNER

BULLETIN OF THE ROTARY CLUB OF CALCUTTA MIDTOWN

President: Rtn. Preeti Agarwal | Secretary: Rtn. Ruchira Bhuwalka | Editor: Rtn. Bhupesh Kapoor
CLUB NO. 16155 | DIST: 3291 | CHARTER DATE: JUNE 16, 1975

From Editor's Desk:

Receiving gifts is a great feeling but is mostly short-lived. Our lives are fulfilling when we give and share, and that great inner joy comes from helping others to better their lives. Giving provides an intrinsic reward that is far more valuable than the gift we receive. As Mahatma Gandhi said: "The best way to find yourself is to lose yourself in the service of others." True joy lies in the act of giving without an expectation of receiving something in return. The act of giving kindles self-esteem and brings happiness.

Leo Buscaglia, an American author and motivational speaker said: " Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

The joy of giving lasts longer than the joy of getting. The happiness we feel after a particular event or activity diminishes each time we experience that event, a phenomenon is known as hedonic adaptation. But giving to others may be the exception to this rule, according to research in Psychological Science.

Studies conducted by psychology researchers Ed O'Brien at University of Chicago Booth School of Business and Samantha Kassirer at Northwestern University Kellogg School of Management found that participants' happiness did not decline, or declined much slower if they repeatedly bestowed gifts on others versus repeatedly receiving those same gifts themselves.

Dr Deepak Chopra, an Indian-American author and public speaker, in his book, 'The Seven Spiritual Laws of Success,' emphasizes that the intention behind our giving and receiving is the most important thing. When the act of giving is joyful when it is unconditional and from the heart, then the energy behind the giving increases many times over. But if we give grudgingly, there is no energy behind that giving. If we feel we have lost something through the act of giving, then the gift is not truly given and will not cause an increase. The gifts of caring, attention, affection, appreciation, and love are some of the most precious gifts we can give and they don't cost anything.

Dr Chopra elaborates that the Law of Giving and Receiving is simple: If we want love, learn to give love, if we want attention and appreciation, learn to give attention and appreciation, if we want material affluence, help others to become materially affluent. If we want to be blessed with all the good things in life, learn to silently bless everyone with all the good things in life. The more we give, the more we will receive. In our willingness to give that which we seek, we will keep the abundance of the universe circulating in our life. Even the thought of giving, the thought of blessing, or a simple prayer has the power to affect others.

Rotary 

FOUR-WAY TEST

of the things we think, say or do

-  1 Is it the **TRUTH**?
-  2 Is it **FAIR** to all concerned?
-  3 Will it build **GOOD WILL** and **BETTER FRIENDSHIPS**?
-  4 Will it be **BENEFICIAL** to all concerned?

Minutes of the 2156th Continuous and 10th Regular Meeting for The year 2024-25 of Rotary Club of Calcutta Midtown held on Thursday, 5th December, 2024 @ Room No. 1, The Saturday Club.

Meeting called to order: President Preeti called the 10th regular and 2156th continuous meeting to order.

National Anthem: National Anthem was rendered by all.

Welcome: President extended her heartiest welcome to all the members, Anns and Speaker of the evening Dr. Rahul Verma and his team.

Confirmation of previous meeting minutes: The minutes of the last meeting were floated over WhatsApp and proposed to be passed by Rtn. Bhupesh Kapoor and seconded by Rtn. S. Ravi.

Toilet Update at The Refuge: President apprised that a team has been made comprising of Rotarians Radhika Sahni, Nirmal Nahata, Neeraj Agarwal, Ruchira Bhuwalka and President herself to apply for District Grants. All the necessary documents are in process. Once we get them, we will apply for the EIRWT grant.

Creating a CCU at Vivekananda Hospital: President apprised that Vivekananda Hospital at Behala has asked us for the donation of the Elisa Reader costing Rs. 2,36,000/- to complete the basic set-up of the CCU. Our esteemed member Dr. Kalyan Sarkar has assured us of the credibility of the hospital. We have received an appeal letter from the Hospital Board. Our IW has given one machine the ABG Analyzer to the hospital authorities and one machine from our end will complete the set-up. As this proposal has been approved by the board, she asked floor's approval. The floor gave a go ahead.

Sanitary Napkins Update: President apprised that our first order of 1000 packets of sanitary pads have come from Turnstone Global, which are manufactured by 200 village women, labelled and packed by Visually Challenged.

The packet costs Rs. 20/- out of which we'll take Rs. 10 from the beneficiary, Rs. 5/- from the club account and Rs. 5/- will be borne by Rtn. Nahata. The club decided to give a subsidy and contribute 10 also decided to check the quality before we put up a kiosk to distribute the pads.

Cleft Lip Surgery Dates: President announced the date for our next Cleft Lip Surgery for 18th December at Narayana Hospital.

Health Camp at Diamond Harbour Update: President updated that we had an extremely successful health camp at Diamond Harbour organized by our honorary member Dr. Chatterjee. After so much of campaigning with loudspeakers and pamphlets, 39 children were identified with this rare problem. Dr. Sarkar applauded the work done by Dr. Chatterjee and team. The floor applauded for the President for this initiative.

Certificates for Sewing Class Girls at our RCC: President apprised that 16 girls were awarded certificates who had completed their sewing course at our RCC last year.

Kolkata Kettle 6.0: President shared a good news. She said due to the relentless efforts and determination of our very own Kettle Queen, Rashmi, we now have an incredible lineup with the famous Saree Draper Dolly Jain, Swati and Sunaina, and Vishakha from the corporate world joining us. This is a golden opportunity for anyone with contacts in the saree business—let's reach out to them and bring them on board as exhibitors. She emphasized on taking our Kettle to soaring heights!

Any other matter: President apprised that she had attended the 'Samagam' program which was a DG, AG, ZS and President, Secretary meet on 1st December at Haldiram Banquet. She announced that our next meeting will be a special meeting where we'll celebrate 25 years of service of our Bhupesh Ji and Sudhir Ji. She also announced the next dose of Cervical Cancer Vaccine in January.

Secretary's report: Secretary announced the birthdays and anniversaries and reported attendance at 36%.

Address by Dr. Rahul Verma: President asked Rtn. Bhupesh Kapoor to introduce the speaker and asked Dr. Verma for his presentation. Dr. Rahul Verma, Vice Chairman and CEO of the Acid Survivors & Women Welfare Foundation (ASWWF), addressed the issue of acid attack survivors and women empowerment. With over 40 years of experience in corporate leadership and philanthropy, Dr. Verma has spearheaded efforts to rehabilitate acid burn survivors and trafficked women, particularly in rural areas. His work through ASWWF has garnered national and international recognition for its impactful programs supporting vulnerable individuals. In addition to his role at ASWWF, Dr. Verma is the Director of the Universal Spirituality & Humanity Foundation and Secretary General of the West Bengal Federation of United Nations Associations, further contributing to global peace and development. He presented a memento to the President. President also felicitated him and gave a token of appreciation.

Meeting Closed: President Preeti closed the meeting.

Minuted by:

Rtn. Ruchira Bhuwalka

Secretary 2024-25 RCCM

*“Do something today that your future self will thank you for!”
<http://rccalcuttamidtown.rotaryindia.org>”*

Certificates handed over to students of Sewing classes at RCC on 1st December.



Rotary Meeting on 5th December .Presentation by the speaker Dr Rahul Varma on Acid Survivors.



Birthday's

"Cheers to another wonderful year"



Rtn. Nina Khanna (21st December)



Rtn. Kalyan Sarkar (27th December)



Rtn. Rashmi Chowdhary (29th December)



Rtn. Rajani Agarwal (30th December)

HELP OTHERS



even when you know they
cannot help you back

Upcoming Fundraising Event



an exhibition for CRAFT • COUTURE • CAUSE



10 & 11 JANUARY 2025

Gurusaday Road
(Erwin Bart - Opp Birla Museum)



Fireside chat with
Drape Diva
DOLLY JAIN



75+ Exhibition Stalls
Gourmet Food Court
Unplugged Live Band
Festive Atmosphere
Discerning, High
Quality Visitors



Fashion walk choreographed by
Super Model
NAYANIKA CHATTERJEE

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