

South City Rotary Network

July 2023 Issue

Bulletin of Rotary Club of Calcutta South City Towers.

Club No.85209 – R.I.Dist.3291 – Rotary Year 2023 - 24

Website: www.rotarysouthcity.com, Face Book: www.facebook.com/RCCSCT.

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Dist. Governor : Rtn. Hiralal Yadav

President : Rtn.PHF.Niranjan C Thakkar
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We meet on Friday 7.30 p.m at Community Hall at South City Residence, 375 PAS Road, Kolkata - 700068

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In Rotary, July is a time of new beginnings, a time to reconnect with each other across distances and differences and to respond to change, a time to show Rotary Opens Opportunities. As we reconnect, and respond, this is a time to reassess, to envision; it is most importantly a time to set goals and to determine how we will serve our Communities, our Nation and the World, seizing opportunities for service. The ability to see and act on opportunities that are opened through friendship and fellowship is what makes Rotary so very different. And the willingness of all Rotarians to safely serve as they are able, locally or globally, is what unites us.

ROTARY HISTORY - WHY THE ROTARY YEAR BEGINS 1 JULY

Ever wonder why 1 July is the beginning of the Rotary year? Initially, our conventions played a key role in determining the start date of our fiscal and administrative year.

Rotary's first fiscal year began the day after the first convention ended, on 18 August 1910. The 1911-12 fiscal year also related to the convention, beginning with the first day of the 1911 convention on 21 August.

Attendees at Rotary's first convention in Chicago in 1910. Rotary's first fiscal year began the day after the convention ended.

The next August, the Board of Directors ordered an audit of the International Association of Rotary Clubs' finances. The auditors recommended that the organization end its fiscal year on 30 June to give the secretary and treasurer time to prepare a financial statement for the convention and board, and to determine the proper number of club delegates to the convention.

The executive committee agreed and, in April 1913, designated 30 June as the end of the fiscal year. This also allowed for changes to the schedule for reporting club membership and payments. Even The Rotarian changed its volume numbering system to correspond to the fiscal year (beginning with Volume 5, No. 1, in July 1914).

Rotary continued to hold its annual conventions in July or August until 1917. Delegates to the 1916 event in Cincinnati, Ohio, USA, approved a resolution to hold future conventions in June, mainly because of the heat in cities where most of them occurred. The next one was held 17-21 June in Atlanta, Georgia.

The term "Rotary year" has been used to signify Rotary's annual administrative period since at least 1913. An article in The Rotarian that July noted, "The Rotary year that is rapidly drawing to a close has been signaled by several highly successful joint meetings of Clubs that are so situated as to assemble together easily and conveniently."

Since the executive committee's decision in 1913, the end of the Rotary year has remained 30 June.

JULY 2023 - MATERNAL AND CHILD HEALTH MONTH

Rotary International's new monthly theme for July 23 is Maternal and Child Health! Every day mothers risk their lives giving birth and millions of children die each year from treatable, preventable causes. At least 7 million children under the age of five die each year due to malnutrition, poor health care, and inadequate sanitation. To help reduce this rate, Rotary provides immunizations and antibiotics to babies, improves access to essential medical services, and supports trained health care providers for mothers and their children.

Rotary's projects ensure sustainability by empowering the local community to take ownership of health care training programs. Maternal and Child Health Care is also recognized as one of Rotary's Seven Areas of Focus.

Rotary makes high-quality health care available to vulnerable mothers and children so they can live longer and grow stronger. We expand access to quality care, so mothers and children everywhere can have the same opportunities for a healthy future. An estimated 5.9 million children under the age of five die each year because of malnutrition, inadequate health care, and poor sanitation — all of which can be prevented.

HOW ROTARY MAKES HELP HAPPEN

Rotary provides education, immunizations, birth kits, and mobile health clinics. Women are taught how to prevent mother-to-infant HIV transmission, how to breast-feed, and how to protect themselves and their children from disease.

ROTARY'S IMPACT ON THE LIVES OF MOTHERS AND CHILDREN

The Rotary Foundation reaches mothers and children in need by giving communities the help and training they need to take control of their own maternal and infant health care.

Rotary makes amazing things happen, like:

Mobile prenatal clinics - Haiti has the highest maternal and infant mortality rate of any country in the western hemisphere. Rotary provided a fully equipped medical Jeep to volunteers and midwives to reach mothers and children in remote areas.

Cancer screening - Rotarians provided a mobile cancer screening unit and awareness trainings around Chennai, India, where there is a high mortality rate of women with breast and cervical cancer due to late diagnosis.

Preventing injuries and deaths - Rotary members launched a \$3 million, five-year pilot to save lives of mothers and children during home deliveries in Nigeria. Since 2005, they've also repaired 1,500 obstetric fistulas — 500 more than their initial goal — restoring dignity and hope to vulnerable mothers.



R. Gordon R. McNally

RI President 2023-24

Even as we face new and serious challenges, Rotary takes care of its members and those we serve, works to build lasting peace, and embeds belonging and inclusion in everything we do.

That is why I am asking everyone in Rotary to Create Hope in the World.

This year, we're prioritizing projects to support mental health. This effort is deeply personal to me. I know what it's like to see someone suffer in silence. I have also witnessed the power of personal connections, the value of discussing emotional and mental well-being, and the lifesaving impact of preventive care and treatment.

Research shows that performing acts of kindness is an effective step any of us can take to protect our well-being. And by building peace within, we become more capable of bringing peace to the world.

Building peace is the essence of Rotary. Many of our service projects foster the conditions for Positive Peace. We work tirelessly to overcome barriers and create new connections. This year, we'll promote virtual international exchanges for members to strengthen those vital connections.

Peace isn't a dream, and it's not passive. It's the result of working hard, earning trust, and having open conversations that may be difficult. Peace must be waged persistently — and bravely. Everything we do across our areas of focus has the potential to foster the hope that can make peace possible.

The spirit of connection and purpose should inspire every Rotary member. When club leaders focus on offering an excellent club experience, we retain more members and attract more prospective members. We must make our clubs as welcoming and as engaging as we can.

Our goal is to create a sense of belonging, from our club meetings to our service activities. We need to continue creating inclusive, welcoming environments where everyone can be their authentic selves. All people of action need to be able to imagine a place for themselves in Rotary — it's up to us to ensure they can do so.

Over the next year, I will be putting a focus on continuing our journey in diversity, equity, and inclusion — ensuring that Rotary reflects the communities we serve and continues to take significant steps toward accessing the full range of human talents and experiences, so that we can better serve humanity. And we will continue to empower women and girls by helping them unlock the potential already within them.

As we begin this journey together, I take inspiration from Scotland's national poet, Robert Burns, who in the 18th century spoke of all the world becoming kin, promoting "sense and worth, over all the earth." This has long been my call to action, and I share it now with you.

Let us build peace within and spread it freely. Let us create belonging and imagine the future of Rotary afresh. Let us work together joyously and Create Hope in the World.



Barry Rassin

TRF Trustee Chair 2023-24

I love Rotary for many reasons, perhaps most of all for the impact we make when we work together. There is really no other group like us. In the last five years, The Rotary Foundation has

helped 100 million beneficiaries. That is staggering. But the need is great. There are countless more we could be reaching and supporting right now if we had the resources. We could reach twice as many in the next five years. And your fellow Rotaractors and Rotarians are ready to help. They're hungry for more grants to help more people who need us.

That's why, this year, The Rotary Foundation Trustees have set an ambitious goal for giving of \$500 million, our highest ever.

This breaks down to \$150 million for the Annual Fund to help fund grants and \$50 million for polio eradication, to be matched by \$100 million from the Bill & Melinda Gates Foundation. For the Endowment Fund and our future, we are targeting \$60 million in outright giving and \$80 million in commitments, totaling \$140 million. And we want to collect \$60 million in other contributions, such as direct giving, cash for global grants, and Disaster Response Fund donations.

To make this happen, we need all of you — each and every Rotarian and Rotaractor.

Did you know that over 80 percent of Rotary members make no contributions to PolioPlus, or that over 60 percent make no donation at all to The Rotary Foundation? For an organization of 1.4 million members, that means that nearly 1 million of us are not contributing each year.

Imagine the tremendous difference it would make if each of those 1 million could contribute just \$25 a year. That would be \$25 million we wouldn't need to raise from our best donors.

We can all give something. That's why I am asking each of you to set a goal to give what you can to The Rotary Foundation this year.

Never have we set such an audacious goal, but I believe that you, who make up Rotary, always respond to a challenge, especially when you see the difference we can make with those funds. We are part of an audacious organization, one that dreams big and makes our dreams a reality.

Let's think bigger and differently this year, so we can meet our goal and do more to Create Hope in the World. In this way, we will make the Rotary year ahead an unforgettable one, not just for ourselves, but most importantly, for those whose lives we will soon touch.

11th Installation & Charter Day Celebrations 19th June 2023 at Princeton Club



Vocational Service



14 Vocation Excellence awards were given on this occasion to the service staff of South City Towers for their outstanding performance for the year 2022-23 in the fields of their vocation, namely Best Plumber, Best Electrician, Best Gardner, Best Security, Best House Keeping etc., South City Residency has got 1672 flats and it's taken care of over 400 service staffs in various fields. Vocational Awards were given in recognising their performance.



Projects launched on the Installation day

Community Service



Donated 350 numbers blood donation cards. These cards can be exchanged across the concerned blood bank and Thalassemia patients can get free blood and others needy can get at very nominal cost. This was donated to Rotary District 3291 Thalassemia Team.

Youth Service

A 14 years old Aryaveer Chokhani – Darts Champion, who is currently ranked No.1 in India in the Youth Boys and Men's Category as per the latest ranking of All India Darts Association which is affiliated to World Darts Federation was honoured with Youth Excellence Award.



International Service

TRF – 5 Rotarians namely Rtn. Pres. PHF. Niranjan Thakkar, Rtn. MPHF. Ajay Agarwal, Rtn. MPHF. Rajesh Gupta, Rtn. MPHF. Ritesh Agarwal & Rtn. MPHF. T. Srinithi committed to contribute to the Rotary Foundation India @ US 500.

Club Service

“South City Rotary Network” Bulletin of Rotary Club of Calcutta South City Towers first issue for the Rotary Year was released on this occasion.



District Governor Mr. Hiralal Yadav spoke about the RI theme “Create the Hope in the world” and the plans of the Projects for the year 2023 24, as well motivated our club to take up bigger projects.



Chief Guest PRIP Shekar Mehta spoke about increasing the membership, creating a satellite club, to plan for projects in South City Mall, Adult Literacy – Each one Teach one, establishing a adult literacy centre, planning service to the Country, Byjus education sponsorship @ Rs.1000 per child, Eye Care project, Bloodline online app, all activities Scale up to Zero.



Best Rotarians of the Rotary Year 2022 23

Since inception in 2013 14 “**Best Rotarian**“ Rolling Trophy has been initiated and it honours one or more Rotarians year on year based on the performance. This is decided by the concern President and Secretary for their year. For the year 2022 23 Rtn.Annapurna Shaw &Rtn.MPHF.Shyamal Bhattacharyawas declared and awarded.



Honouring the Past Presidents

On the occasion of 11th Installation Ceremony, all the 10 Past Presidents were honoured.



Family gettogether

Family gettogether was also celebrated as part of 11th Installation Ceremony and Charter day with light music, fellowship and dinner, after the Installation Ceremony.



Dr. Avisek Kar – Physiotherapist – Speaks on Life Style & Osteoporosis 21/07/2023

21st Century is plagued with lack of mobility and musculoskeletal pain arising from it not only needs treatment but also a complete life style correction which needs to be custom made for every individual.

Physical Therapy is the only science which uses exercise for treating pain and disability which is the need of the hour. Not only does it help in treat day to day problems but also chronic problems can be assessed and diagnosed and henceforth be treated successfully.

It has dawned as science which is now parallel to Medicinal treatment for pain and disability and hence is known across the world to improve quality of life.

Fortunate to be in this field and makes me happy within that me and my team are able to improve the quality of life of people around at reasonable costs.

- ❖ Avisek has done his Schooling in Kolkata DAV & Army School.
- ❖ Graduated from KIMS Bangalore with Bachelors in Physiotherapy in 2005
- ❖ Fellowship In Maitland School of Mobilization from Melbourne in 2007
- ❖ Fellowship in Industrial hazards Management and Ergonomics from Lulea University Switzerland in 2008
- ❖ Dept. In charge for Asian Heart Institute Mumbai from 2008 to 2010
- ❖ Graduated from RGUHS Bangalore with Masters in Sports Rehabilitation in 2012-13
- ❖ Dept. Head for Fortis Eastern India Dept. of Physiotherapy from 2010 to 2018
- ❖ Fellowship in Mulligan School of Mobilization Melbourne in 2013
- ❖ Diplome in Chiropractic Medicine and Joint Mobilization from OMT 2015
- ❖ Fellowship in Neurodynamics and Neural gliding from Curtin University 2016
- ❖ Diploma in Football from FMARC- BOLOGNA ITALY VIA FIFA from 2017 to 2020 physiotherapist for Team B FC BARCELONA 2018
- ❖ Consultant for IIT SPORTS MEET Khargapur Gymkhana from 2017 till date.
- ❖ Founder of Vedana Clinics, Physio 4d , Medstar Physiotherapy Clinic, Max healthcare Garbeta
- ❖ Parents Pradeep Kumar Kar a business man & mother Sapna kar house wife.
- ❖ Happily married to Anitha and are blessed with daughter Aaryahi.

Happy Birthdays

Rty Ann Susmita Bhattacharya	1st July
Rty Ann Banwarilal Khowala	5th July
RtyAnnet Rumaisha Arifeen	28th July
Rty Ann Sohini Chokhani	29th July