



ISSUE No: 06 / 2025-2026

REGULAR MEETING No. 2958

19 September 2025.

PRESIDENT RUMA MITRA & MEMBERS OF RC. CALCUTTA SOUTH WEST EXTEND WARM GREETINGS TO PRESIDENT SUMITA ROY AND MEMBERS OF RC. CALCUTTA SUN CITY AT THIS JOINT MEETING.

PRESIDENT SPEAKS

Mobile phone usage is high in the rural areas of West Bengal, with recent data showing approximately 96.8% of young people using them for personal calls and internet access, though a significant digital gender gap persists. Phones are used for education, business, social networking and even politics, impacting daily life and bridging the digital divide. However, challenges remain, with some villages still lacking connectivity and a gender divide exists where fewer women own phones than men. Mobile phones are transforming rural life by providing access to information and services, improving communication and fostering opportunities for business. The increasing affordability of mobile phones has made them accessible to low-income individuals and families. The situation where villagers lack food but possess mobile phones, highlights a disconnect between access to information/ communication and basic necessities. In areas with limited opportunities, people may primarily use mobile phones for entertainment rather than essential services that could improve their livelihoods. During our recent visit to Kodolboni village in Belpahari, we found that few young married girls with the instrument. Their physique and looks speak of acute poverty and malnourish yet they helped us with selfies. We got a shock when one of the girls told us to follow them in Instagram and Facebook. They seem to be updated with a lot of mobile phone related apps and activities. Electricity supply to the village is irregular and uncertain yet the data connectivity is there. The way those girls wore their sarees, tied their hair explained that in the midst of extreme poverty the mobile phones have diverted their attention from sorrows and deprivation to entertainment.

FROM THE DESK OF CLUB SECRETARY

The fun of being an Indian Navy cadet lies not in ease, but in the exhilarating thrill of mastering challenging naval skills, the profound satisfaction of serving the nation, the camaraderie built through shared hardships, the opportunity to travel and the transformative personal growth that molds them into disciplined and courageous officers. From adventurous seamanship and disciplined firing to the development of mental fortitude, cadets discover a unique brand of enjoyment in overcoming obstacles and forging a spirit of unity and dedication to the nation.

Cadets get to experience exciting activities like boat pulling, rigging and sailing skills that are rare and empowering. Learning to use weapons through firing develops intense concentration and coordination, mimicking the precision of the armed forces. The demanding physical training including running and swimming, pushes cadets to their physical limits and builds robust health.

The tough training at the Indian Naval Academy fosters an incredible bond among cadets, creating a cohesive group that laughs about hardships together later on in life.

Enduring rigorous routines and shared chores help cadets develop trust and learn to rely on each other, which is central to the Navy's culture. The profound satisfaction of serving one's country is a deep seated joy, offering sense of pride and responsibility that few other experiences can provide. While the training may seem overwhelming, the transformation into a capable and disciplined officer, equipped with invaluable skills and a strong sense of duty, is a source of immense satisfaction and a life-long achievement.

BIRTHDAYS AND ANNIVERSARIES

3rd October is the Birthday of PP Rtn Gautam Banerjee

7th October is the Birthday of Rtn Prosenjit Sarker

10th October is the Birthday of Rtn Dilip Kumar Sen

THIS MONTH'S PROJECTS

- a) 5th September -- Felicitated seven very elderly retired teachers of Mary Cooper Home in Khidderpore by gifting them with personalized coffee mugs with a Teachers' Day note printed on it and goodie bags with toiletries and packed food items. All the other inmates were also given goodie bags.[Reported in previous issue.
- b) 13th September -- Cervical Cancer Awareness Programme was conducted in association with Bengal Obstetrics and gynecological Society for the underprivileged girls of Deria High School in Barbaria, Diamond Harbour.
- c) 13th & 14th September—3 Projects were completed in 2 villages in Belpahari
 - Health and Hygiene
 - Nutrition
 - Daily essentials
- d) 16th September – Visit to Amader Podokkhep to conduct a need assessment. Rtn Dr.Susmita Banerjee donated a laptop to the Home for the boys to get training in computer.

UPCOMING PROJECTS

- Further to the 'need assessment', the Home for the orphan boys will be given drawing books, colour pencils, crayons, paints and brushes, pens, pencils, erasers and chart papers. These items will be given before 27th September.
- Cervical Cancer 2nd Dose of vaccines to be administered on 6th October to the underprivileged girls of St Xavier College.
- Between 6th and 20th October a Health Camp will be organized at Amader Podokkhep. There will be a visiting Pediatrician and the following tests will be done – thalassemia screening test and hemoglobin and blood group testing.
- Health and Hygiene Drive at Madartala Slum area.
- A Health Camp will be organized at Mary Cooper Home for the elderly inmates on 23rd October.

DISTRICT NEWS

- District Directory 2025—'26 was officially launched at Sonar Bangla, Taki on 14th September 2025. Clubs are requested to book their copies.
- Rotary District Conference, Ramdhanu, will be on 9th, 10th and 11th January 2026 at the East Pavillion, Nicco Park. Registration details have been posted in the Official group.

RCCSW IN ACTION

PROJECT: CERVICAL CANCER AWARENESS & HEALTH CHECK UP

DATE: 13 September 2025

VENUE: DERIA HIGH SCHOOL, BARBARIA, BARASAT SUB DIVISION

PROJECT PARTNERS: BOGS & RC. SALT LAKE METROPOLITAN

RCCSW REPRESENTED BY: MS. SOMDUTTA MITRA & MR. BISWARUP GUPTA [PROSPECTIVE MEMBERS]

REPORT BY: MS. SOMDUTTA MITRA

Biswarup and I reached Deria High School, Barbaria around 1:30 pm, where today's cervical cancer vaccination awareness drive was being held. By the time we reached, haemoglobin testing for several girl students, mostly between the ages of 14–16, had been completed, and an engaging session on human trafficking was being conducted by Sovan Mukherjee. Soon after, a team of gynaecologists from the Bengal Obstetrics and

Gynaecological Society (BOGS) joined, and the cervical cancer awareness session began in joint collaboration with RCCSW, BOGS, and the Rotary Club of Salt Lake Metropolitan, Kolkata.

The doctors guided the girls on important topics such as iron deficiency, anaemia, menstrual health, hygiene, and the causes and prevention of cervical cancer. As part of RCCSW, we shared updates about the vaccination drive being conducted by our club and the number of doses administered so far. Girls with haemoglobin levels below 10 were advised to take iron supplements, and the joint effort reinforced the message that with timely prevention, cervical cancer, anaemia, and many women's health concerns can be effectively managed. The response from the students was both positive and encouraging.

The headmaster and school staff extended full cooperation and showed great enthusiasm throughout. Consent forms were distributed, and students were informed that vaccinations would begin on 20th September. Adding a personal touch, the school authorities themselves served us a delicious lunch, which was deeply thoughtful. Overall, it was a truly enriching and fulfilling experience.



NOTE: This project was supervised and coordinated by Somdutta and Biswarup, soon to become the youngest members of RCCSW. Our club is proud to welcome them into the South West family!

PROJECT – BELPAHARI

DATE: 13 & 14 September 2025

VENUE: Kodalboni & Sakhabhangha village, Belpahari, Jhargram

TEAM RCCSW: President Ruma, IPP Ranen, VP Sambhu, Club Secretary Samir, PP. Gautam, Directors Mahua, Prasenjit, Dr. Sushmita, Prospective Member Zeena Augustine and Ashoka Dasgupta.

REPORT BY: Zeena Augustine

“One person can make a difference, and everyone should try.” ... - John F Kennedy

Here we present a complete report on the project ‘Belpahari’.

Belpahari is a village in the Binpur II CD block in the Jhargram subdivision of the Jhargram district in West Bengal, India.

We visited 2 local areas of the village named Kodalboni and Sakhabhangha on the 14th of September 2025.

There are approximately 25 families living in each area. Our team had done a field research during their previous visits to identify the basic needs of the wonderful people residing there and came up with three basic challenges we could cover: - Health - Nutrition - Daily essentials

HEALTH – Mosquito nets, some skin ointments and some multivitamin tablets were distributed among the people after a medical check-up by a renowned visiting doctor and we taught them basic cleanliness habits to keep them healthy and fight infections.

NUTRITION – Rice, puffed rice, jaggery, soya bean nuggets and biscuits were distributed among the people.

DAILY ESSENTIALS – New sarees, lungis and t-shirts were distributed among the precious people keeping in mind the upcoming festive season. We also distributed shawls, blankets, dresses, coats and woollen clothes. Gathering from our past visits that these things were much needed. We not only distributed things but also interacted with those innocent lovely people which left a similar question in each of our conscious...How can we make our visits more beneficial and sustainable for our dear village dwellers? And lo and behold the answer lies within our purpose of being true Rotarians, UNITE FOR GOOD.

So with renewed hope, overcoming obstacles we propose to take our Belpahari project further uniting for good. I would like to take this opportunity to thank the esteemed and ever so graceful President of our club Mrs Ruma Mitra for giving me this opportunity to join the club and to be a part of this project. I learnt the true meaning of service to mankind and fellowship during our two days trip.



PROJECT: AMADER PODOKKHEP

DATE: 16 September 2025

VENUE: Bagha Jatin, Kolkata

TEAM RCCSW: President Ruma, Club Secretary Samir, Director Dr. Sushmita,

REPORT BY: Ruma Mitra

Amader Podokkhep is a Home for the boys who are either orphans or coming from broken homes. This Home is housed in Bagha Jatin Road, Kolkata.

On Tuesday, 16th September 2025, President Rtn Ruma Mitra, Hony. Secretary Rtn Samir Sur and Rtn Dr. Sushmita Banerjee visited the home in the afternoon.

It is a home for the boys of the age group of 5 to 14 years. There are about 25 boys staying in the home. All of them attend a school close by. They are escorted to and back from the school by an attendant every day. There are 2 teachers in the home who take care of the boys' studies and 2 caretakers. It was noticed that the living conditions of the boys in the home need improvement.

The 3 members of Rotary Calcutta South West visited the Home to do a need assessment. It was observed that their immediate need was mattresses for the boys to sleep. They also need drawing books, color pencils, crayons, paints and brushes, pens, pencils, erasers and chart papers. Their needs will be investigated soon.

Rtn Dr. Susmita Banerjee donated a laptop to the Home, for the boys to learn to use it.

The members decided to organize a Health Camp (for thalassemia screening test, hemoglobin and Blood group testing) for the boys soon after Durga Puja.



ROTARY AND WORLD PEACE

Rotary International does not have a designated "Peace Week," but the organization celebrates the United Nations International Day of Peace on September 21st each year, focusing on promoting peace and the Rotary Peace Centers and fellowships as central to its peace building efforts. The organization previously hosted a Rotary-Peace Corps Week in September 2023 to highlight the service partnership between the two organizations.

Rotary's Focus on Peace

International Day of Peace: Rotary is a partner of the United Nations and celebrates the International Day of Peace on September 21st. Clubs and districts organize projects and activities to promote peace and understanding.

Areas of Focus: Peace building is one of Rotary's seven areas of focus. Activities in this area include the Rotary Peace Centers, which train professionals in peace and conflict prevention, and Rotary Peace Fellowships.

Rotary-Peace Corps Partnership: In September 2023, Rotary held its third annual virtual Rotary-Peace Corps Week to promote a week-long celebration of the service partnership between Rotary and the US Peace Corps. This event was hosted by "Partnering for Peace" and encouraged collaboration and the co-creation of projects. Rotary's Peace Initiatives

Rotary Peace Centers: These centers provide professional development to individuals who are working to build peace in their communities.

Rotary Peace Fellowships: Rotary sponsors individuals through Rotary Peace Fellowships and Rotary Peace Centers programs.

Service Projects: Rotary clubs carry out numerous sustainable projects that contribute to peace at local and global levels

Rotary Presidential Peace Conference: The organization holds peace conferences, such as the 2025 Presidential Peace Conference in Istanbul, to exchange ideas and inspire action for lasting peace.

MEMBER'S CONTRIBUTION

Somdutta Mitra

As a child, I was always fascinated by teachers—

I was utterly amazed at how they could retain and remember so much. Back then, I often imagined that teachers' brains were specially designed to hold extra layers of knowledge.

When I was in Class 8, I received one of the most exciting opportunities of my school years: to be part of "Each One Teach One." As part of this project, a group of us students were entrusted with the responsibility of teaching one underprivileged child each. For me, it felt like a dream come true. At last, I was going to become a teacher—serious, knowledgeable, and purposeful. Soon, I met my very first student, Vivek—a bright boy with sharp eyes and a brilliant smile.

I thoroughly enjoyed the experience of being a teacher, and perhaps even grew a little complacent, believing I was doing a fairly good job. By teaching, however, I mostly meant transferring knowledge from books, following the structure of an academic curriculum.

One Thursday, while my teammates sat with their students, I found myself waiting for Vivek. He arrived nearly thirty minutes late, panting and tired. Curious, I asked him why. He explained that before coming to me, he had been helping his father unload goods at a roadside shop. After our sessions, he would rush to attend his classes at a local government school, and later in the evening, he would again join his father at work. Surprised, I asked, "With so much on your plate, don't you ever get tired? Don't you feel like giving up on studies?"

He gave me a quiet smile and replied, "I do. But I have three younger siblings. If I give up, they will too. And then my friend Sonu, who lives next door, might give up as well. I don't want to 'teach' them that."

That day, the word teacher transformed for me. I realized that a true teacher is not defined by how many books one has read, but by how deeply one has read life.



On behalf of President Ruma, the WHISTLE wishes all members of RC. Calcutta South West and the members of their family a very HAPPY & PEACEFUL DURGA PUJO.