



Francesco Arezzo
Rotary International President
2025-2026



Rotary International District 3291
Club No. 16197

UNITE
FOR
GOOD



Dr. Ramendu Homchauduri
District Governor 3291
2025-2026

WHISTLE

E-Bulletin of

Rotary Club of Calcutta South West

President: Rtn. Ruma Mitra

Secretary: Rtn. Samir Sur

Editor: PDG. Siddhartha S. Bose

ISSUE No: 08 / 2025-2026

REGULAR MEETING No. 2960

24 October 2025.

President Ruma Mitra welcomes you to our Bijoya Diwali evening.

President speaks:

DIWALI AND PETS AND STRAY ANIMALS

During Diwali, both pets and stray animals experience extreme stress, fear and anxiety due to the loud noises of fireworks, flickering lights and smoke which can cause physical injuries, make them lose their way or lead to serious health issues. Stray animals are particularly vulnerable with many getting injured or killed, while domestic pets may panic, become aggressive, refuse to eat or develop long-lasting phobias.

Loud noises cause fear leading to symptoms like whining, shivering, hiding and trembling. Animals can be physically hurt by firecrackers resulting in burns and other injuries. They may also run into traffic, fall into drains or suffer fractures. Inhaling smoke can cause respiratory issues, the intense stress can trigger heart problems and exposure to loud noise can lead to temporary or permanent hearing loss. The panic of loud noise can cause these animals to flee their homes or familiar areas and thus get lost.

During the festival of firecrackers we must make sure to keep the pet animals in a safe, quiet room with windows and doors closed, create a safe space for them, play soothing music to help mask the sounds, keep their identification tags on in case they escape and consult the veterinarian for anti anxiety medication or ear muffs.

To help the stray animals we must learn to celebrate Diwali without firecrackers. One must avoid bursting firecrackers near the stray animals, provide clean water and some food in a quiet, shaded area away from the main festivities and provide immediate First Aid or contact a local animal welfare organization if we come across an injured stray. If a stray is scared and seeks refuge in our yard, we must provide a quiet corner instead of shooing it away. Lastly, it is our responsibility to make sure all the stray animals have collar with a contact information in case they are lost.

From the Club Secretary's desk

Discipline is important because it leads to greater success by providing structure, improving focus, and fostering self-control. It helps individuals manage their time effectively, build good habits, and accomplish goals consistently. Ultimately, discipline provides a sense of stability, purpose, and the freedom to achieve long-term success in academics, career, and personal life.

Discipline helps students improve academic performance by fostering focus, a strong work ethic, and the ability to manage time effectively. In all areas of life, it leads to accomplishing tasks on time and making progress. A disciplined approach naturally encourages good habits, such as being punctual, organized, and responsible. These habits contribute to a higher quality of life. It helps individuals resist distractions and temptations, which is crucial for staying on track with goals. This self-control also reduces stress and builds resilience.

Discipline creates a structured routine that eliminates confusion and provides a sense of stability and direction in daily life. Learning to be disciplined allows individuals to become more autonomous and capable of handling challenges on their own, rather than relying on external structures. Discipline ensures consistent effort over time, which is key to achieving long-term results in any endeavor, whether it's fitness, relationships, or career goals.

BIRTHDAYS:

9th November is the Birthday of Rtn. Capt Ranjan Dutta

11th November is the Birthday of Rtn. Arindam Bhattacharya

14th November is the Birthday of Mrs. Sipra Mitra

PROJECTS ALREADY DONE :

Amader Podokkhep is a Home for little boys located in Bagha Jatin. The youngest boy is 4 and the oldest is 14 years old. The boys are either orphans or come from broken homes where neither of the parents takes their responsibility. There are a total of 25 boys in the Home and it runs only on donations. The recent water-logging in Kolkata damaged a lot of things including their mattresses and the boys had to be shifted from their ground floor home and sheltered in a room in the 2nd floor. Recently the members of the Home approached us for 20 mattresses which we delivered on 19th October. We will post pictures in our next issue.

12th October was a SNID. Rtn Mohua Das visited 2 Booths and herself administered polio drops to some children.

20 banners on Thalassemia awareness were displayed at various strategic points during Kali Puja. 10 banners were put up in the rural areas and 10 in the city.

UPCOMING PROJECTS :

28th October 2nd dose of Cervical Cancer Vaccine at St. Xavier's College Kolkata

31st October 3rd dose of Cervical Cancer Vaccine at Jadavpur University

4th November Awareness Programme on Cervical Cancer at the Indian Institute of Cerebral Palsy

7th November Awareness Programme on Cervical Cancer at St. Xavier's School, Raghabpur.

14th November Children's Day to be celebrated at Amader Podokkhep Orphanage.

DISTRICT NEWS:

World Polio Day celebration is on Friday, 24th October 2025 from 4 P.M onwards at Rotary Sadan.

We are delighted to welcome the following into the CLOSE KNIT RCCSW FAMILY:**OUR HONORARY MEMBER:**

Chandan Roychowdhury
President Bengal Olympic Association
President Bengal Paralympics Association
Vice President National Weight Lifting Association
Spouse: Baisakhi
Birthday: 16 January;
Spouse Birthday: 21 April
Wedding Anniversary: 27 May
Address: 59, Sardar Shankar Road, Kolkata 700029
Mobile Number: 98317 68200
email: crcbrccrc@gmail.com
Classification: Sports Administration
Proposer: Rtn. Ruma Mitra



Zeena Augustine

Spouse: G C Mandal

Birthday: 10th April

Spouse birthday: 11 July

Wedding anniversary: 22 December

Address: 191 Chanditala Branch Road, Kolkata 700053

Mobile number: 9804858589

Email: zeenaaugustine@ymail.com

Classification: Teacher

Proposer: Rtn. Ruma Mitra



Somdutta Mitra

Birthday: 18 December

Address: 2H, Corn Field Road, Kolkata 700019

Mobile number: 8089966753

Email: somdutta_92@yahoo.co.in

Classification: Consultancy & Professional Services.

Proposer: PP.Rtn. Ranendra Kishore Dasgupta



Biswarup Gupta

Birthday: 10 December

Address: AA - 224, Sector -1, Salt Lake City, Kolkata - 700064

Mobile number: 7709093339

Email: talk2biswarup@gmail.com

Classification: Management Consulting

Proposer: PP.Rtn. Ranendra Kishore Dasgupta



Debasis Hazra

Spouse: Soma Hazra

Birthday: 10 April

Spouse birthday: 6 December

Wedding Anniversary: 30 January

Address : 143A, Motilal Nehru Road, Kolkata-700 029

Mobile number: 9830938151

Email ID : debasishazra90@gmail.com

Classification: Hardware & General Order Supplier.

Proposer: PP.Rtn. Ranendra Kishore Dasgupta



Saptarsi Kar

Spouse: Soumi Pal Choudhury Kar
Birthday: 28 August
Spouse birthday: 29 January
Wedding anniversary: 07 December
Address: 1/3A Hem Kar Lane Kolkata 700005
Mobile number: 9830080097
email: saptarshikar.lse@gmail.com
Classification: Freight Forwarder
Proposer: PDG. Rtn. Siddhartha S. Bose



Rupa Sinha

Spouse: Arka Prabha Sinha
Birthday: 30 January
Spouse Birthday: 18 August
Wedding Anniversary: 1 February
Address: Flora Apartment, Kolkata 700078
Mobile Number: 7980564514
email: rupaspeaking01@gmail.com
Classification: Teacher
Proposer: PP. Rtn. Debasis De

CELEBRATING WORLD POLIO DAY, 24 OCTOBER.



