



**ISSUE No: 09 / 2025-2026**

**REGULAR MEETING No. 2961**

**14 November 2025**

## President speaks:

### THE POWER OF ENCOURAGEMENT

Encouragement is the act of giving hope and confidence to someone, often through positive words or actions, that help them pursue their goals with greater determination. It acts as a powerful motivator, especially during difficult times. Encouragement is a crucial tool for self-motivation and can build stronger relationships and positive environments in personal and professional settings.

Encouragement is the force that propels someone to continue trying—"Don't give up".... "You got it".

Encouraging words and gestures can reignite a person's self-confidence and remind them of their worth and potential. In a group setting, such as a workplace, regular encouragement creates a culture of positivity, ethical behavior and productivity. When leaders provide encouragement, it builds trust and loyalty among team members. It is vital for achieving goals. Kind words, positive affirmations, supportive statements or a thumbs-up or a nod are ways to encourage others. People who are constantly working hard and striving for the best, as one person describes their best friend, are inspirational and encourage those around them.

The principals of encouragement can also be applied to one's self. Through self – talk and positive affirmations, you can motivate yourself to maintain focus and persevere through challenges. While motivation is an internal drive, encouragement is the external force that can spark or increase that internal drive. It is the external agent that helps raise confidence and strengthen purpose.

## From the Secretary's desk

### THE BENEFITS OF POSITIVE AFFIRMATIONS

Positive affirmations are short, positive statements repeated to overcome negative thoughts and build self-confidence. Through consistent repetition, they can alter the brain's neural pathways, creating new positive thought patterns that reinforce self-belief, improve resilience and reduce stress. By consciously shifting from negative to positive self-talk, individuals can change their mindset, cultivate a more optimistic outlook and achieve their goals. Research has shown that affirmations can lead to decreased stress, increased motivation and a greater likelihood of making positive health choices.

How do we practice positive affirmations –

We must first identify the negative thoughts and write them down. Reframe your negative beliefs into positive, present tense statements. "I'm not a good writer" can be reframed to "I'm a talented writer".

Consistently repeat your chosen affirmations. This can be done by saying them aloud, writing them down or even using visual aids like sticky notes.

Practice affirmations daily, such as when you wake up, in front of a mirror or while journaling and don't be discouraged if it feels strange at first. Affirmations are not about denying negative realities but about building inner resources to cope with them better.

## BIRTHDAYS AND ANNIVERSARIES :

14<sup>th</sup> November is the Birthday of Mrs.Sipra Mitra

19<sup>th</sup> November is the Wedding Anniversary of PP Rtn Deasis De and Srirupa De

22<sup>nd</sup> November is the Wedding Anniversary of PP tn Subrata Chakraborty and Keka Chakraborty

23<sup>rd</sup> November is the Birthday of Mrs.Ashoka Dasgupta

27<sup>th</sup> November is the Birthday of Mrs.Sarmistha Sarangi

27<sup>th</sup> November is the Wedding Anniversary of Rtn Sombuddha Banerjee and Somdutta Banerjee

### PROJECTS COMPLETED THIS MONTH TILL DATE :

- 4<sup>th</sup> November --Thalassemia and Cervical Cancer Awareness Programme in association with BOGS at the Indian Institute of Cerebral Palsy
- 6<sup>th</sup> November -- Donated 20 mattresses for the little boys of Amader Padakhep, a Home for homeless boys.
- 7<sup>th</sup> November – Thalassemia and Cervical Cancer Awareness Programme at St.Xavier's Coed School, Raghobpur for the 500+ girls of Classes 7, 8, 9, 10, 11 & 12, in association with BOGS
- 14<sup>th</sup> November – Celebrated Children's Day with the boys of Amader Padakhep. Sponsored lunch and Magic Show for all the 25 boys of the Home. Some Art stationery were also given.

### UPCOMING PROJECTS :

- Health Camp at Mary Cooper Home for the Aged
- 22<sup>nd</sup> November – “From shadow to Safety – the journey of trafficked girls”. A talk on the topic will be conducted by eminent speakers, Bisakha Laskar (Secretary Durbar) and Sovan Mukherjee (Activist) at CRC, McKinley Lounge from 6 P.M to 8 P.M. Members are requested to attend the session with friends, family and Rotarians of other Clubs.
- Visit to Udayan in Barrackpore on 23<sup>rd</sup> November to organize Thalassemia and Cervical Cancer Awareness Programme.
- 21<sup>st</sup> / 28<sup>th</sup> November – Thalassemia and Cervical Cancer Awareness Programme for the women of Madartala Slums.

### DISTRICT PROGRAMMES :

- 27<sup>th</sup> November – District Foundation Seminar 2025 at Spring Club. Details have been shared in the Official Group.
- 7<sup>th</sup> December – Multi District Public Image Seminar at Durgapur. Details will be shared in the Official Group.

### ANNUAL GENERAL MEETING – 19 December 2025

This is to give notice that the ANNUAL GENERAL MEETING of the Rotary Club of Calcutta South West will be held at 7.00 pm on 19 December 2025 at the Calcutta Rowing Club

#### Agenda:

- \* Report on Club Activities during the last year by Club Officers.
- \* Club financial report by Honorary Treasurer
- \* Election / selection of Board of Directors and Club Officers for the Rotary year 2026-2027
- \* Any other matter with the permission of the Chair

All members are requested to be present.

### NOTICE INVITING NOMINATIONS FOR CLUB OFFICERS AND BOARD OF DIRECTORS of Rotary Club of Calcutta South West for the Rotary year 2026-2027.

Nominations / Proposals are invited for the following posts:

- \* PRESIDENT ELECT 2027-2028 - 1 POST
- \* VICE PRESIDENT - 1 POST
- \* CLUB SECRETARY - 1 POST
- \* CLUB TREASURER - 1 POST
- \* CLUB DIRECTORS - 5 POSTS

#### NOTE

- \* NOMINATION / PROPOSAL FORMS will be available with the Club Secretary.
- \* Each Nomination must be Proposed by 1 member and seconded by one other member
- \* A member can be nominated for only one post.

#### SCHEDULE:

- \* Nominations / proposals will start from 14 November 2025
- \* Last date of submitting Nominations / proposals - 12 December 2025 (Start of Regular Meeting to be held on that day)
- \* Last date of withdrawal of Nomination / Proposal - 12 December 2025 (end of Regular Meeting to be held on that day)
- \* Election, if required, will be held on 19 December 2025.
- \* In the absence of any Nominations / Proposals, the President will nominate individual members to all vacant posts.
- \* The President or her Nominee will be the Presiding Officer for the Election.

### RCCSW IN ACTION.....

## **Project : Thalassemia Awareness Programme**

Date : 28th October

Venue : St. Xavier's College

Attended by the college students



## **Project : Cervical Cancer 2nd dose HPV Vaccine**

Date : 28th October

Venue : St. Xavier's College

Beneficiaries : 31 girls of the college



## **Project : Thalassemia & Cervical Cancer Awareness Programme**

Date : 4th November

Venue : IICP, Taratala

Attended by the parents & students of the girl students



## **Project: Administering 3rd dose of Cervical Cancer HPV Vaccine**

Venue : Jadavpur University

Date : 31st October

Beneficiaries : 25 underprivileged girls of the College.



## **Project : Distribution of 20 mattresses**

Venue : Amader Padakhep

Date : 6th November

Beneficiaries : 20 inmates of the Home, who are homeless boys



## **Project : Thalassemia & Cervical Cancer Awareness Programme**

Venue : St. Xavier's Coed School, Raghbapur

Date : 7th November

Attended by 500+ girl students of Classes 7, 8, 9, 10, 11 & 12



**Get to know your Fellow Sou'westers:**

## **Zeena Augustine**

I'm Zeena Augustine, by faith a Christian. I would like to take this opportunity to thank each and every member of this esteemed club for welcoming me so warmly and for allowing me to be a part of this beautiful family. I've been born and brought up in Kolkata. I have been working in a renowned school in Kolkata for the past 17 years, and share an excellent rapport with my students and coworkers.

I am extremely compassionate and love to be by the side of the needy and helpless, thus I started my humble work of charity with the help of some family members and friends. God has been extremely kind that I got the opportunity to join the Rotary Club of Calcutta South West through our beloved President, Mrs. Ruma Mitra .

## **Somdutta Mitra**

I am Somdutta Mitra, currently working as a Senior Technical Lead at Ernst & Young GDS. I hold a degree in Electronics and Instrumentation Engineering and bring over 10 years of experience in the software industry, having worked with multiple clients across diverse domains.

Beyond my professional pursuits, I am deeply passionate about theatre, public speaking, music, and arts. I have been actively involved in theatre since childhood and have also worked as a Radio Jockey. Over the years, I have had the opportunity to anchor various events, including music festivals, college fests, and cultural programs.

I am a people enthusiast at heart — I love connecting with new individuals and learning about their stories, experiences, and perspectives.

[Editor's note: Somdutta is a second generation Rotarian. Her father, Mr. Shyamal Mitra was a member of RC. Jodhpur Gardens Calcutta]

## **Biswarup Gupta**

Inducted on 24th October 2025, Biswarup or Biswa as he is known amongst his friends, comes from a management consulting background with deep roots in the automotive and manufacturing sectors.

Having lived and worked across India and England, he believes true impact comes from purpose, connection, and compassion.

For Biswa, Rotary's shared values of leadership, fellowship, service and most importantly friendship mirrors his own outlook on life. He sees Rotary as a space where meaningful relationships meet meaningful collective impact, and where doing good begins with being good to another human.

Outside work, he enjoys animals, nature, food, and conversations that nurture both thought and heart.