

Rotary



THE MAGIC OF

ROTARY

Rotary Year 2024-'25

e-WHISTLE

e-Club Bulletin

ROTARY CLUB OF CALCUTTA SOUTH WEST

Rotary International District: 3291

Club No: 16197

Charter: 1956

Rtn Stephanie Urchick
R.I. President

Rtn Krishnendu Gupta
District Governor

Rtn Kamallesh Bose
Club President

Rtn Ruma Mitra
Hony. Club Secretary

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Date 23rd AUGUST, 2024

CLUB PROGRAMMES

- 1st September 4th phase of Thalassemia Seminar/ Workshop at Asansol.
- 27th September -- Guest speaker Rima Guha, owner of a chain of Air bnb, will speak about her employees who are mostly LGBTs.

TODAY'S PROGRAMME.

2936th Regular Meeting.

- To start with the day's programme, a minute's silence is to be observed for the young trainee doctor who fell victim to a heinous crime in the recent times in Kolkata.
- Hony Secretary to update the members on the forthcoming Thalassemia Project in Asansol on 1st September.
- PP Rtn Dr.Sumit Mitra to brief the members on the 2 projects he conducted in August.
- Guestspeaker, Mrs.Mitali Bose to speak on Human Trafficking in WB.

CELEBRATIONS

Birthdays

8th September is the birthday of Rupa Mitra

Anniversary

ROTARY TALKS and PROGRAMMES :

- An offer has come from Pinky of Rotary India to get the Rotary India Integrated Club Website at a discounted price of Rs.9978/-.
- ANNUAL FUND EXCELLENCE AWARD would be given to top 2 Districts in each zone that contributes the highest to Annual Giving till 15th November 2024. The minimum qualifying criteria is US\$250,000. The same applies also to the top 3 Districts across the 4 zones.
- Hony. Secretary's Report on RCCSW's 2023 - 2024 projects featured in the Governor's Monthly Letter(GML).
- SPARSH -District Membership Seminar is on 31st August 2024 at Kalakunj from 3:30 p.m onwards. All Rotarians, Prospective Rotarians and guests are invited. There is no Registration charges. The theme is - EACH ONE BRING ONE.



1)RCC SUCHETANA in Dokkhin Barasat. On 10th August PP Rtn Dr. Sumit Kr Mitra, his wife and Hony. Secretary Rtn Ruma Mitra started for the venue. After a 3 hr drive we reached a Higher Secondary Girls' School associated to Suchetana. 200 packs of sanitary napkins, each containing 6 nos. were distributed among the girls. Suchitradi of RCC and Mrs Sipra Mitra spoke to the girls on menstrual and mental hygiene. At Suchetana RCC, where tailoring, beautician course and family counselling are taught and done, we did a need assessment. Besides other things, their immediate need is a parlour chair which they requested us to give them as soon as possible.

2)SCHOOL BAG PROJECT—At Kachipata Nursery and KG School at Masat, Usthi Road, Diamond Harbour. PP Rtn Dr. Sumit Kr Mitra, his wife Sipra Mitra and Hony. Secretary Rtn Ruma Mitra drove for 2 hrs to reach this school in the morning of 15th August. The students in this school are either orphans or come from under privileged background. On the occasion of 78th Independence of our country RCCSW sponsored school bags and some food items to all the 105 students of the school. It was a heart touching sight to see the smile on the faces of the little children when they received their gifts.

3)FELLOWSHIP HILSA LUNCH on 18th August at Panchla in the residence of PDG SS Bose. 13 members, their spouses and guests, a total of 21 heads started for Panchla in a pre booked AC 25 seater bus at 10 a.m and reached the beautiful property at 11:15 where the host and hostess greeted us into their "home away from home". Along with super 'adda' session there were jokes, laughter, both recorded and live music, photo shoot and ofcourse continuous flow of 'adrak chai', chicken and onion pakorahs and various coloured water. The huge lunch spread was served in the dining room—rice, dal, jhuri alu bhaja, chhachra, ilish mach bhaja, shorshe ilish, chicken kasa, chutney, papad, rajbhog & paan. After having tea and biscuits in the evening we drove back to Kolkata and reached in an hour's time.



From the Club President's Desk....

While our Thalassaemia Awareness Seminar/Workshop is running successfully and has now rolled over to the 3rd phase, another health issue which is a matter of concern is Cervical Cancer. It is the 2nd leading cause of cancer deaths among women in India. However, this type of cancer can be prevented as it is the only cancer that has a vaccine. All that is needed is HPV vaccination of girls in the age group of 10 to 14 years and HPV screening of women between the age group of 35 to 45 years, which identifies women who may harbour a pre cancer and which can be treated early from becoming a full grown cancer.

We are glad that Dr. Sushmita Mitra Banerjee has taken the initiative to generate awareness among poor girl children and their mothers, as a first step for our Club.

From the Hony Club Secretary cum Editor's Desk....

Dear friends

Today I would like to share with you the importance of physical activity or exercise. Exercise boosts energy. Regular physical activity can improve your muscle strength and boost your endurance. Exercise sends oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently and when your heart and lung health improve, you have more energy to tackle daily chores. Some of the benefits of regular exercise are—it makes you feel happier, it helps in weight management, it makes bones and muscles flexible, it increases energy levels, it reduces risks of chronic diseases, it helps the brain health and memory, it helps with relaxation and sleep quality, it reduces pain and the list goes on.....

So it is important to do some form of exercise on a daily basis to become fit both physically and mentally. Exercise does not necessarily mean jumping or running or doing something that makes you tired or fatigued. Some deep breathing exercises or light yoga or may be little stretching of the body or even a single 15 min walk can give you an energy boost and a fit physique.

Greetings to all the Senior Citizens of RCCSW on the occasion of World Senior Citizen Day on 21st August
...Youth is the gift of Nature...Age is a work of Art .