



Friendship



President: Sharad Dugar • Secretary: Prashant Maheshwari • Editor: Ajay Khanna

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RCM Minutes

Rotary Club of Belur Minutes of the 2561st Regular Club Meeting on 21st September 2025 at Sanchiya Mata Mandir, Kolkata

The gathering commenced with President Rtn. Sharad Dugar calling the meeting to order. He extended a warm welcome to all members present. The proceedings began on a patriotic note as everyone stood for the National Anthem, setting a dignified tone for the evening. To invoke divine grace and positive energy, Rtn. Rakesh Almal led the invocation prayer. The solemn moment inspired all present to uphold the Rotary spirit of service and fellowship. The minutes of RCM No. 2560 was confirmed by Rtn Sundeep Choraria and Rtn Rakesh Almal.

Secretary Rtn. Prashant Maheshwari extended heartfelt greetings to members celebrating birthdays and wedding anniversaries, which were met with cheerful applause and best wishes from the house.

President Rtn. Sharad Dugar apprised members of the club's recent initiatives and forthcoming engagements. Notable points included:

Cervical Cancer Vaccination Drives held across Kolkata and Howrah under the able leadership of Rtn. Tarun Pal, contributing to community health awareness. A Food Distribution Program

at Raja Katra organized by Rtn. Prashant Maheshwari, with active participation from his family and friends. Recognition of Rtn. Bhagwan Das Agarwal, who received the prestigious Export Excellence Award (2024-25) from Hon'ble Minister Shri Piyush Goyal—a proud moment for the club. Information regarding the President-Secretary-AG-ZS Meet held at Sonar Bangla, Taki, where various Rotary strategies and goals were discussed. The President appreciated members for their continued enthusiasm and urged everyone to stay engaged in service projects that bring visible impact to society.

After the formal proceedings, members participated in a serene Bhajan Sandhya at Sanchiya Mata Mandir on the occasion of Navratri where more than 70 club members and spouses along with children were present. The devotional session was followed prasad where club members with their families, guests and temple devotees joined. 75 prasad packets were distributed to members, guests and devotees which was sponsored by Rtn Manorama Pathak.

Rtn Sharad Dugar, *President*
Rtn Prashant Maheshwari, *Secretary*



This Week's Spotlight: Meet Our Guest Speaker

Topic:
INDIAN
CONSTITUTION
Fundamental
Rights



PP AJAY KUMAR AGRAWAL was born in Kolkata and educated at Sri Jain Vidyalaya, Ajay furthered his studies with a graduation degree from St. Xavier's College. What sets his journey apart is that his artichship was guided by our esteemed senior member PP Ashok Kedia and former member PP Shailendra Shah, at Shailendra & Co. PP Ajay impressively cleared both groups of the CA Inter and Final exams on his first attempt,

His quest for knowledge did not stop there as during the pandemic, he seized the opportunity to pass the Limited Insolvency examination. Besides he has also obtained certification in Arbitration and Mediation from ICAL.

Since starting his career in 1988, he has built an impressive portfolio gathering valuable experience in manufacturing, export and import particularly in the oil sector. Currently, PP Ajay Agrawal practices as a Chartered Accountant and Insolvency Consultant. Besides he acts as an advisor to distressed companies and counsellor to HNI individuals on portfolio investments and management.

Ajay is happily married to Sunita Agrawal and they are proud parents of two lovely daughters who have made their marks in the corporate world.



CERVICAL CANCER VACCINATION REPORT TOPPER SCHOOL - 403 vaccinations in a single School

The Rotary Club of Belur's Mega Project on Cervical Cancer Prevention through Vaccination began its journey on 19 June 2024. In just over a year, we have successfully conducted 111 camps in 66 schools, vaccinating 3,852 young girls and giving them protection against a deadly but preventable disease.

A remarkable milestone was recently achieved on 24th September 2025 at the Ramakrishna Sarada Mission Sister Nivedita Girls' School, Baghbazar, Kolkata, where 403 girls were vaccinated under Global Grant #2459371—the highest number of vaccinations recorded in a single school so far! This landmark achievement reflects the collective commitment of our partner club the Rotary Club of Aabahamaan Kolkata and the support and guidance provided by Sanyasini Nirbanprana, Principal of the School, in the successful execution of this programme.

The Rotary Club of Belur remains deeply committed to carrying forward this mission of cervical cancer prevention through awareness and vaccination, with the vision of protecting thousands of young girls and empowering communities with better health and wellbeing.

12 th October	– Polio Immunisation – District Polio Plus Chair – PDG Mukul Sinha.
23 rd October	– Rotary India national CSR Award 2025 at Hyatt Regency
25 th October	– RCM – Guest Speaker Mr. Leslie Francis D'Gama – Topic – AI is Everything, Everything is AI
1 st November	– ROSHNAI - District Bijoya & Diwali Meet – 6 pm at Wet O Wild, Nicco Park
2 nd November	– Belur Diwali Meet – 5pm onwards.

UNITE FOR GOOD

Save the Dates!

9th to 11th January 2026

Ramadhanu

RI District 3291
Rotary District Conference
2026

East Side Pavillion
Nicco Park, Kolkata

RCC KHALNA AND JADUBERIA CLOTHES DISTRIBUTION ON THE OCCASION OF DURGA PUJA

The Rotary Club of Belur distributed new clothes on September 28th, providing essential garments to beneficiaries at two locations, RCC Khalna and RCC Jaduberia during the occasion of Durga Puja. The distribution was made possible by the generous contributions of many Belur members and spouses.

200 Sarees, 40 T-Shirts, 40 Lungi's and 20 Towels were distributed. The distribution at both the RCC's was done by President Sharad Dugar and the First Lady. In addition to the clothes distribution, the event served as a platform for an important public health initiative. A Thalassaemia banner was prominently displayed at both RCC Khalna and RCC Jaduberia. This was to raise awareness about Thalassaemia.



Heart-warming Visit to the Haemophilia Society!

On September 27th at 11:00 AM, President Sharad Dugar and PE Suresh Khunteta of the Rotary Club of [Insert Club Name] had the privilege of visiting the Kolkata chapter of the Haemophilia Society. We were honored to distribute essential aid to 50 incredible children! This included New Clothes, Mobility Aids (crutches, walkers, knee caps), Food Packets & Biscuits. A huge thank you to Rtn. Usha Agarwal for sponsoring the biscuits! Your kindness made a difference. We are proud to support these children in their journey.



Interact Club of MCKV

– Winner of ESRAG Quiz Competition “Protection of the Planet, Interact, and ESRAG Mission”

Interact Club of M. C. Kejriwal Vidyapeeth participated in Ozone Quest 2025, a prestigious online quiz competition organized by ESRAG (Environmental Sustainability Rotary Action Group) of South Asia, themed “Protection of the Planet, Interact, and ESRAG Mission”. With over 200 participating teams, the event was a true test of knowledge, awareness, and commitment to environmental sustainability. After multiple challenging rounds, our students made it to the top six finalists and went on to achieve the Second Position in the grand finale!

Congratulations to our team members - Udit Bothra , Lakshya Singhania , and Akshat Choumal.

This achievement reflects the passion and awareness of our students towards global environmental issues and sustainable development. Beyond academic knowledge, the competition sharpened their critical thinking, teamwork, and leadership skills while aligning with Rotary's mission of service and sustainability.



Life ka Sutra

10 Simple Habits for Better Muscle Gain Naturally

- 1 Eat in a slight calorie surplus* – You need more fuel to build muscle.
- 2 Focus on progressive overload* – Gradually lift heavier or increase reps.
- 3 Prioritize protein intake* – Aim for 1.6–2.2g/kg of body weight.
- 4 Train compound movements* – Squats, deadlifts, bench press = best gains.
- 5 Limit junk food* – Clean calories help lean muscle growth.
- 6 Sleep 7–9 hours/night* – Muscles grow during rest, not just workouts.
- 7 Stay hydrated* – Muscles are 70% water, dehydration hurts performance.
- 8 Consistency > intensity* – Don't chase perfection, just show up regularly.
- 9 Track workouts & nutrition* – What gets tracked, gets improved.
- 10 Avoid overtraining* – More isn't always better. Recovery is key.

Muscle gain takes time, focus, and patience!
One life - One input - One hour of self investment.
: #TillIAchieve

Contributed by Rakesh Almal



Polio Awareness Banner



“Polio Immunisation is on Sunday 12th October 2025 . Pls be at booths on 12th with your members and Clubs are also requested to do miking in and around your market area and slums on 11th & 12th October by auto, Toto & other transport of your choice with Polio Banners.”



- 14th October, 2025 Ravindra Prakash Sehgal
- 16th October, 2025 Prava Agarwal
- 17th October, 2025 Swati Malhotra
- 18th October, 2025 Anita Kanodia
- 20th October, 2025 Ramesh Tiwari
- 20th October, 2025 Ruby Agarwal
- 21st October, 2025 Kunal Ved



For Private Circulation only

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