

# Friendship

THE MAGIC OF ROTARY



President: Anand Agarwal • Secretary: Sundeep Kr. Choraria • Editor: Ajay Khanna

Vol. 58 no 6 • Saturday 24<sup>th</sup> August 2024

Minutes of Meeting No. 2532nd Regular Club Meeting held on Saturday,  
10th August 2024, at 5.00 pm at Hotel Hindusthan International.

## TODAY'S PROGRAMME

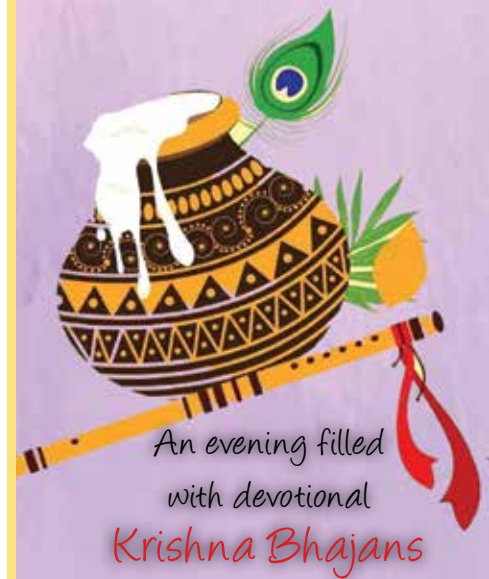
President Anand Agarwal called the meeting to order and requested everyone to rise for the National Anthem. Rtn Santosh Mohta was asked to offer the Invocation to God. In the absence of Secretary Sundeep Kr Choraria, Joint Secretary Prashant Maheshwari conducted the club's business. Our guest speaker of the day, Dr. Vivek Sharma, an Orthopaedic Surgeon, was introduced by PP Indra Goenka. Dr. Vivek Sharma spoke about the issues and reasons for knee damage, which ultimately may require knee replacement surgery. He explained in a simple manner how certain lifestyle habits can lead to knee cap damage. He also showed videos of patients on whom he has performed corrective knee surgeries, showcasing their improved mobility. His advice and mantra focused on walking every day for at least 10-20 minutes to keep leg muscles mobile and promote proper blood circulation to the knees. Members interacted with Dr. Sharma and had several doubts regarding knee and back ailments, all of which were expertly addressed by Dr. Sharma.

The Vote of Thanks was given by Past President Rakesh Bhatia.

The meeting was adjourned by President Anand Agarwal, concluding with Fellowship.

Rtn Prashant Maheshwari, Joint Secretary

Rtn Anand Agarwal, President



August is the Rotary month of Membership





# 15<sup>th</sup> August - Independence Day programme

Yesterday around 25 members from our Rotary went to our Uluberia RCC for flag hoisting , followed by plant distribution and gifting children from the orphanage school bags , water bottles and school supplies .

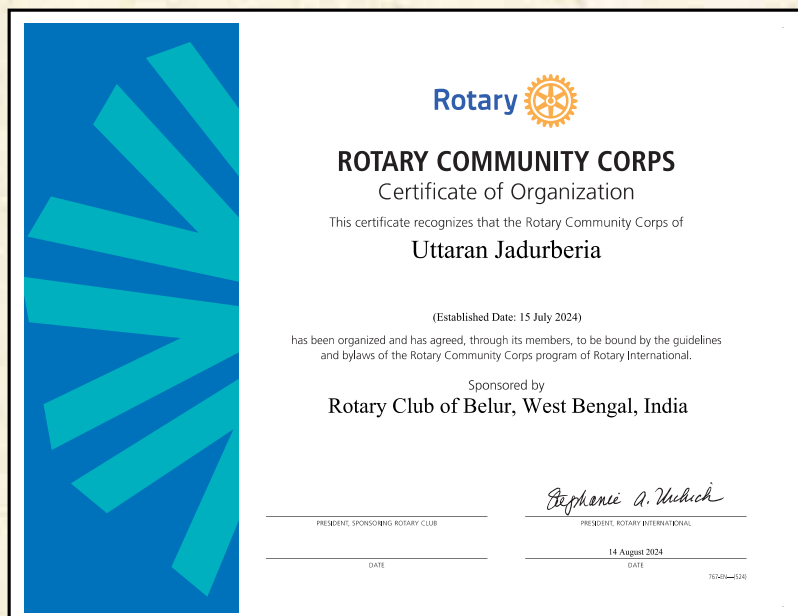
The flag hoisting was followed by the recitation of the national anthem .

Few of the children from the orphanage sung some beautiful patriotic songs .

The event was followed by lunch at Sher e Punjab at Uluberia .

On the district front , a programme was organised at the Alipore Jail museum . There was a walk around the jail museum followed by patriotic songs . A talk show had been organised by descendants of freedom fighters which was very insightful.

Chhayya Agarwal, First Lady 24-25, RC Belur



The certificate of organisation of our New RCC Uttaran Jadurberia is reproduced below for the benefit of our members.



<b>31st August:</b>	<b>Saturday</b>	<b>District Membership Seminar</b>
<b>3rd September</b>	<b>Tuesday</b>	<b>Vaccination at Swaika Girls School, Liluah</b>
<b>7th September</b>	<b>Saturday</b>	<b>RCM</b>
<b>8th September</b>	<b>Sunday</b>	<b>Blood donation camp and eye check up camp at RCC Khalna</b>
<b>14th September</b>	<b>Saturday</b>	<b>1st President, Secretary, AG, ZS meet at Sonar Bangla - Taki</b>
<b>15th September</b>	<b>Sunday</b>	<b>Rotary Belur Bal Vikas Kendra - Annual Function</b>
<b>21st September</b>	<b>Saturday</b>	<b>RCM</b>





**BREAKING NEWS**

Great to see our club member Rotarian Suresh Khunthea attending the Rotary Club Meeting of White Rock, British Columbia. The Playing our national anthem at the meeting was indeed a proud moment for all us. Raising awareness of our Club in such settings will definitely open new horizons in the future. Thank you Suresh for sharing the information.



Rtn Bhagwan das A garwal has been inducted as a Trustee in the Rotary Club of Belur Charitable Trust by an unanimous decision at the Trust meeting held on 21<sup>st</sup> August 2024.



Contributed by PP Rakesh Bhatia



Rtn Nirmal Saha	29 <sup>th</sup> August	Rtn Nivedita Amitabh	05 <sup>th</sup> September
Ann Dr. Sreeradha	31 <sup>st</sup> August	Rtn Anand Agarwal	06 <sup>th</sup> September
Ann Ava Saha	01 <sup>st</sup> September		



The 18<sup>th</sup> Installation of President Rishu Kumar Singh and his team 2024-2025  
of Interact club of MCKV (Sponsored by Rotary Club of Belur)  
Was held on 23rd august, 2024

in the august presence of  
**Chief Guest : Rtn Arpita Chatterjee**

**District Interact Committee Chair and Guest of Honour**

**Rtn Anand Agarwal**

*President of Rotary Club of Belur*

at

Malay Manch (MCKV campus)





# CERVICAL CANCER AWARENESS ACTIVITY

AT

BHADRESHWAR DHARAMTALA  
GIRLS HIGH SCHOOL ON 16.8.24

AND

CHINGRAGOLE NARAYANI BALIKA VIDYALAYA  
PLUS

IIMC SIKSHANGAN BODHODAY AMORAGORI ON 21.8.24







## UMBRELLA DISTRIBUTION BY MCKV INTERACTORS

At the onset of the monsoon, the Interactors of MCKV from Class 11 organized an umbrella distribution event for vegetable and fruit sellers in Salkia. The initiative aimed to provide relief to these vendors who work tirelessly under unpredictable weather conditions. The students distributed umbrellas to over fifty sellers, ensuring they could continue their trade without being hindered by the rain. This thoughtful gesture was well-received, with many expressing gratitude for the timely assistance. The event highlighted the students' commitment to community service and their proactive approach in supporting local livelihoods during the challenging monsoon season.



## The psychology of winning : Why Bronze medalist are happier than silver medalist



Have you noticed that a \*bronze\* medalist is generally \*more happy\* than a \*silver medalist\* at the end of the game.

it's not an incidental finding but a proven fact in many research studies after studying reactions of silver medalists vs bronze medalists!

ideally, a silver medalist should be more happy than the bronze. but, the human mind doesn't work like mathematics.

this happens because of a phenomenon called the \*counterfactual thinking\*.

the silver medalist thinks, "oh I couldn't win the gold medal." the bronze medalist thinks, "at least I got a medal."

\*A silver medal is won after losing, but a bronze medal is won after winning.\*

this happens even in our life, we don't appreciate what we have but feel sad with what we don't have. Let's be grateful for our blessings, they far outweigh our problems if we start counting.

life is after all full of choices, do always count your blessings to stay positive & motivated

*Contributed by Rtn Santosh Mohta*

Rotary District 3291 

 Stephanie A Urochick  
RI President 2024 - 25

 Dr. Krishnendu Gupta  
District Governor 2024 - 25



# SPARSH

Who touched you ?

## DISTRICT MEMBERSHIP SEMINAR

On 31st August 2024  
At KalaKunj at 3.30pm

**SAVE THE DATE**

No Registration Charges.  
All Rotarians, Prospective Rotarians,  
Friends and Guests are Cordially Invited.

 Each One Bring One