

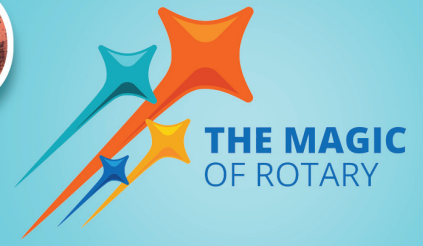


ROTARY CLUB OF CALCUTTA METROPOLITAN

Club Regn. No. : 043290002/3842 • Charter Date : 17.06.1986

RY : 2024-2025

Rotary



<https://rccalcuttametropolitan.rotaryindia.org>

PRESIDENT : SASHI DHACHOLIA • HONY. SECRETARY : RAJIV TIBREWAL

1686TH REGULAR MEETING

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KNOW YOUR SPEAKER DR. MOUSIKI KAR



Dr. Mousiki Kar is an engineering educator and is currently serving as an Associate Professor in the Department of Electronics and Communication Engineering, Heritage Institute of Technology, India. She is the founder and Coordinator of the 'IEEE Electron Devices Society Center of Excellence'

funded by Institute of Electrical and Electronics Engineers (IEEE) Electron Devices Society, USA.

Dr. Kar has received her Doctorate in Electronics and Communication Engineering from Jadavpur University, Kolkata and has been the recipient of the University Gold Medal both in her undergraduate and postgraduate degrees in Engineering.

Her research interests include Analog/Mixed Signal Circuit design. She has published several research papers in refereed journals and international conferences. Several awards and grants from AICTE, CSIR, DST, IEEE CEDA and SPFU, West Bengal Government are to her name. She has served as the Chair of IEEE Electron Devices Society, Kolkata Chapter.

She is a senior member of IEEE and has been serving as Branch Counselor of IEEE Heritage Institute of Technology Student Branch since 2016. Her interest in education technology has led her to serve as Education Committee member of IEEE EDS USA and Education Lead in IEEE MOVE Outreach India Program. She has been named the IEEE Try Engineering Global STEM Ambassador.

Along with academics, she is passionately dedicated to humanitarian activities. She is currently associated with the IEEE Humanitarian Technologies Board, which drives global technology-based humanitarian projects. She is also serving as the Chair of the IEEE Kolkata Section Special Interest Group on Humanitarian Technology (SIGHT).

Topic: **SEMICONDUCTOR; TECHNOLOGIES ROADMAP TOWARDS AI-DRIVEN FUTURE**

REPORT ON TODAY'S SCENARIO: SARCOPENIA BY DR PAYEL KUMAR ROY ON 6.10.2024

Dr Payel Kumar Roy stated through her slides that sarcopenia and malnutrition are closely linked through a vicious cycle of frailty. In order to prevent such a condition as sarcopenia, she advised as a dietician that nutrition and exercise are the only available strategies to fight this situation. One must know the importance of protein and leucine intake in order to have healthy muscle. She explained slide wise how protein and leucine stimulate body metabolism, resulting in muscle fibre formation, and how that helps one to remain high on energy.

She mentioned beta-hydroxy beta-methyl butyrate (HBM) supplements are given to older patients suffering from sarcopenia. Also, arginine supplementation increases walking performance and muscle strength. She also suggested that hydration (liquid supplement/ water intake) influences muscle mass, strength, and function in adults. Lastly, she added omega-3 fatty acids and serum vitamin D to her diet to prevent elderly Sarcopenia.

Later, Dr. Payel addressed the audience with Q&A sessions. Rtn. Utpal Chatterjee and Rtn. Nabanita Sen asked several questions relevant to the subject, which she answered with lots of suggestions related to a good diet and lifestyle.

We at RCCM are really thankful for this interesting yet important session, and in the future, we may take this subject to mass awareness through her kind support and guidance. We are really looking forward to her long-term association with RCCM.

By Rtn Poulomi Mullick



Poulomi Mullick introducing Dr Payel Kumar Roy



Another of Dr Payel Kumar Roy presentation



Metropolitans listening to the speaker



Regular Meeting in progress



Another view of Guest speaker Dr Payel Kumar Roy

REPORT ON THE STATE OF OUR PLANET: ENVIRONMENTAL CHALLENGES AND POSSIBLE SOLUTIONS



Metropolitans listening in rapt attention



Q & A session and Nabanita Sen participating



Dr Payel Kumar Roy attending the query



PP Dr Somen Ghosh giving vote of thanks



Dr Payel Kumar Roy being felicitated by PP Dr Somen Ghosh



Acting Secretary Rtn Runjhun Gupta also felicitating the Dr Payel Kumar Roy



Metropolitans with Dr Payel Kumar Roy



Guest speaker Dr Payel Kumar Roy with President Sashi Dhacholia

MEHENDI FESTIVAL CELEBRATIONS AT PACE LEARNING CENTRE

On 7th October 2024, on the eve of Durga Puja (the biggest religious festival of Bengal), PLC Interact Club members organized an astounding event, Mehendi Festival (a form of temporary body art using a paste, created from powdered dry leaves of the Henna plant). Mehendi symbolizes a positive spirit and prosperity. It was the last day before Puja (Hindu religious festivities month) vacation, and all were full of festive spirit, which their artwork brightened up even more. The beautiful designs were painted on the hands of the teachers and students who wished to make their hands spectacular.

On the eve of Durga Puja, the PLC Interact Club students organized a vibrant Mehendi Festival, transforming the school atmosphere into a festive haven. The event aimed to raise funds for a noble cause, while spreading joy and enthusiasm among students. Students from Class III onwards enthusiastically participated in the program, eagerly getting their hands adorned with intricate mehendi designs.

In a heartwarming gesture, some ex-students also joined in, eager to relive their school memories and get mehendi applied on their hands. Their presence added to the festive atmosphere, bridging the gap between past and present. Held on the last day before Puja vacation, the Mehendi Festival served as a perfect precursor to the festivities. The event brought together students, teachers, and alumni, fostering a sense of community and camaraderie. Kudos to Interact Club for organizing this successful event, showcasing their creativity, entrepreneurship, and commitment to social causes.

Mahashweta Maity

Vice Principal, PACE Learning Centre



REGULAR KARATE CLASSES AT PACE LEARNING CENTRE

As part of our commitment to holistic education at PACE Learning Centre, we have introduced karate classes for students from Class I to XII. This extracurricular activity aims to empower students with self-defence skills and promote physical fitness.

It will enhance self-confidence and self-defence skills, develop physical agility and coordination, foster Discipline and focus, encourage teamwork and camaraderie. Our experienced karate instructor provides guidance and inspiration, nurturing students' potential. We are exploring opportunities for students to earn karate belts and certifications and also have a plan to participate in interschool karate competitions.

The duration is 40 mins/ class. (Weekly 5 classes for lower primary section. Weekly 3 classes for Upper Primary section, Weekly 2 classes for secondary and senior secondary section). Normally 50-60 students per classes. These classes are trained instructor by Ms Jhuma Pal.

You will be happy to know that the students' response has been overwhelmingly positive. They thoroughly enjoy the classes, enthusiastically embracing the Japanese terms and techniques. As per feedback received from students. They eagerly await their karate classes every day. They also have keen interest in participating in interschool karate competitions in future.

Mahashweta Maity

Vice Principal, PACE Learning Centre





Stephanie A. Urchick
RI President 2024-25

With World Polio Day on 24 October, I'm proudly rooting for Rotary as we team up around the world to End Polio Now.

I had the honor of attending a Strike Out Polio event in July at PNC Park, home of the Pittsburgh Pirates MLB team. The Rotary Club of Delmont-Salem hosted the event, which raised \$1.3 million for PolioPlus.

Later in the summer, I joined members of our Rotary family in supporting the Más Millas Menos Polio (More Miles Less Polio) bike ride. Felipe Meza Chávez and his team rode all the way from Ciudad Juárez, Mexico, to One Rotary Center in Evanston, Illinois, to raise money and awareness. The ride took 12 days, and Felipe and his team collected more than \$100,000 to support the fight against polio. It was a joy to greet them as they arrived in Evanston.

And I was thrilled to see Team End Polio raise global awareness around the 2024 Paris Olympics. This world-class roster of athletes, global leaders, and polio eradication supporters came together to advocate for a world where no child has to live in fear of being paralyzed by polio. Some of the athletes on Team End Polio are polio survivors themselves, adding weight to their advocacy.

These are just a few examples of the many ways Rotary has teamed up recently to End Polio Now. It is vital that we continue to seek out and recruit teammates in polio eradication, especially after the challenges our eradication efforts have faced this year.

The Rotary world was heartbroken to learn about the tragic passing in August of Aidan O'Leary, director for polio eradication at the World Health Organization.

I knew Aidan and worked with him directly. He was a tireless advocate in the fight against polio and a kind, genuine man. We will remember him both for his advocacy and his warmth.

But where there is hardship, there is also hope. I feel hopeful whenever I consider the countless ways Rotary supports the fight every day to eradicate polio.

As people of action, we don't have the luxury of giving in to despair, even in the face of tragedy. The best way to honor Aidan's memory is by teaming up and reaching our goal to End Polio Now.

We made a promise to the children of the world and their families. It is incumbent upon us, together with our global partners, to end this threat once and for all.

There are so many ways we can team up to eradicate polio. You can donate to the End Polio Now campaign, join or initiate a PolioPlus Society in your club or district, or take inspiration from the fundraisers I mentioned above.

I encourage Rotary members around the world to continue to seek out new teammates, so that together, we end polio.



Mark Daniel Maloney
Trustee Chair 2024-25

World Polio Day, on 24 October, is a time to celebrate progress and rededicate ourselves to finishing the job of eradicating the disease. Let's also honor the countless Rotarians and Rotaractors who have championed the cause. One such hero was John Sever.

Sever, who died in April at age 92, was a member of the Rotary Club of Potomac, Maryland. An infectious disease specialist at the U.S. National Institutes of Health, Sever recommended in 1979 that Rotary make polio eradication a global goal, expanding what began as a national vaccine campaign in the Philippines.

It is hard to imagine where we would stand today without Sever's decades of leadership, expertise, and advocacy. In August, I was honored to present his family with the International Service Award for a Polio-Free World and a crystal recognition piece in Sever's name.

What he helped initiate, PolioPlus, became an example of implementing an action plan in Rotary. Thanks to him - and the volunteerism and generosity of countless others - polio cases have decreased by more than 99 percent since 1988.

The path to our goal could not have been predicted and may take longer than expected. There are sometimes setbacks, as we experienced with increased cases in Pakistan and Afghanistan this year.

But we get back on our feet. This year, we ended an outbreak of wild poliovirus in Malawi and Mozambique that was caused by an importation from Pakistan in 2021, and we decreased variant poliovirus cases. Rotary and our partners stay flexible, developing new tactics while staying focused on the long-term goal, with optimism.

Delivering a polio-free world with stronger health systems and communities is not only right for humanity but also a smart investment in future generations. It will be Rotary's greatest gift to the world.

Countless heroes have followed Sever's lead - from the club president who organized her first End Polio Now fundraiser to the advocates, donors, and volunteers. We are all part of this story.

With your support, this year's World Polio Day will be the greatest ever. Donate to End Polio Now at rotary.org/donate. Your gift will be tripled, thanks to the 2-to-1 match by the Gates Foundation. Join or initiate a PolioPlus Society in your club or district. Raise awareness in your community about how we will eradicate a human disease for only the second time in history.

Whatever you do, do it for future generations who will live without this debilitating disease. Let us deliver on our promise to the world's children and end polio forever.

SOME TIPS FOR ROTARY CLUBS

ETHICAL STANDARDS IN PUBLIC RELATIONS FOR ROTARY

Maintaining high ethical standards in public relations ensures the integrity and trust of our Rotary Club. Here are key principles to follow:

- * **Transparency and Honesty** - Share accurate information without embellishment.
- * **Diversity and Inclusivity** - Represent diverse perspectives and embrace inclusivity.
- * **Integrity in Messaging** - Communicate with honesty, avoiding exaggeration.
- * **Branding Compliance** - Adhere strictly to Rotary's branding guidelines.
- * **Confidentiality** - Protect sensitive information related to members and projects.
- * **Non-Partisanship** - Stay neutral and apolitical in all public relations activities.
- * **Avoid Conflicts of Interest** - Ensure messaging is impartial and unbiased.
- * **Informed Consent** - Obtain consent when featuring individuals in communications.
- * **Accuracy in Reporting** - Verify facts and avoid spreading misinformation.
- * **Responsiveness** - Address feedback and concerns constructively.

By following these ethical practices, our Rotary Club can maintain credibility, build strong community relationships, and uphold the values of the organization.

CYBERSECURITY AWARENESS FOR ROTARY CLUB MEMBERS

In our digital world, cybersecurity is vital for protecting our Rotary Club's activities. Here are essential tips to enhance cybersecurity awareness:

- * **Strong Passwords** - Use complex, unique passwords for all accounts.
- * **Enable Two-Factor Authentication** - Add extra security by using 2FA when possible.
- * **Recognize Phishing** - Avoid suspicious emails and verify unfamiliar links before clicking.
- * **Safe Browsing** - Ensure your club website uses "https" for secure communication. HTTPS offers a more secure connection than HTTP by encrypting data between the browser and server, protecting sensitive information from being intercepted by third parties.
- * **Update Software Regularly** - Keep software and antivirus programs up to date.

- * **Secure Wi-Fi** - Use strong passwords and encryption for Wi-Fi networks.
- * **Backup Data** - Regularly back up important files to external drives or secure cloud services.
- * **Safe Social Media Use** - Adjust privacy settings and avoid sharing sensitive information.
- * **Report Security Incidents** - Establish a clear process for reporting suspicious activities.
- * **Cybersecurity Training** - Organize training sessions to educate members on safe online practices.

By promoting these practices, our Rotary Club can ensure a safer online environment for all members.

THE ROTARY FOUNDATION RECEIVES HIGHEST RATING FROM CHARITY NAVIGATOR FOR 16TH CONSECUTIVE YEAR



For the 16th consecutive year, The Rotary Foundation has received the highest rating - four stars - from Charity Navigator, an independent evaluator of charities in the U.S.

The Foundation earned the recognition for adhering to sector best practices and executing its mission in a financially efficient way, demonstrating both strong financial health and commitment to accountability and transparency.

"We are delighted to provide the Rotary Foundation with third-party accreditation that validates their operational excellence," said Michael Thatcher, president and CEO of Charity Navigator. "The Four-Star Rating is the highest possible rating an organization can achieve. We are eager to see the good work that the Rotary Foundation is able to accomplish in the years ahead."

BIRTHDAY GREETINGS



- 27.10.2024 Rtn Narendra Berlia
- 01.11.2024 Rtn Renu Todi
- 03.11.2024 Rtn Runjhun Gupta
- 09.11.2024 PP Rtn Lalit Beriwal



FORTHCOMING EVENTS

CLUB

- 28.10.2024 Distribution of New Clothes, Sarees and Dhoti & Kurta at Save the Orphans and Old Age at 10.30 AM at Bansdroni, Rania, Nabarunpur, Kolkata-700 154. We will assemble at 10.00 AM of Tollygunge Metro Station Entrance Gate
- 09.11.2024 Regular Meeting at The Conclave at 2.00 PM
- 10.11.2024 Inauguration of Water Cooler to Dakshini Prayash at 10.00 AM
- 10.11.2024 Art & Craft Competition at PACE Learning Centre around 11.30 AM
- 23.11.2024 Regular Meeting at The Conclave at 2.00 PM
- 14.12.2024 Regular Meeting at The Conclave
- 28.12.2024 Regular Meeting and Annual Meeting for the RY-2024-2025 at The Conclave

DISTRICT

- 29.10.2024 World Polio Day Celebration by RID-3291 at Gyan Manch at 4.00 PM

Sponsored by : A WELL WISHER

We meet every Saturday at 2.00 pm at The Calcutta Swimming Club, 1, Strand Road, Kolkata-700 001
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