



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

1699TH REGULAR MEETING

VOL 39, NO. 20

26 APRIL 2025

**We
Welcome**

**AG RTN SANJAY DUGAR AND ZS RTN SHEELA JANAKIRAM
TO THE 3RD CLUB ASSEMBLY FOR THE RY-2024-2025**

CELEBRATED 90TH HAPPY BIRTHDAY OF PDG RTN SYLVIA WHITLOCK ON 25.4.2025



25th April 2025 is Dr. Sylvia Whitlock's 90th birthday. The day will henceforth be celebrated as Dr Sylvia Whitlock in PLC every year. Dr Sylvia Whitlock is a Honorary member of RCCM and has visited PLC at least 8 times since 2010. In the last 15 years she has held several workshops at PLC for teachers and students, has announced an annual scholarship in the name of her late lamented daughter Meredith Whitlock from 2017. She also hosts visiting PLC students in her palatial home in California. Dr Whitlock is one of the highest fundraisers for PLC.

Dr Sylvia Whitlock was instrumental for sponsoring the Science Lab and setting up the entire Kitchen of PLC including all equipment and accessories.

PDG Rtn Sylvia Whitlock was born in New York City. She was educated through High School in Kingston, Jamaica and International baccalaureate from Cambridge University, England. Her other educational qualifications are B.A. Psychology - Hunter College of the City University of New York, M.A. - Education, Cal Poly, Pomona, PH. D. Education - Claremont Graduate School, M.A. Marriage and Family Therapy - Azusa Pacific University, California State Teaching and Administrative Credentials, Licensed in Marriage and Family Therapy by Board of Behavioral Sciences, California and Licensed Supervisor - Marriage and Family Therapy

She joined Ex-Rotary Club of Duarte in 1982 and held every office at club level. She is the first Woman President worldwide, in Rotary International and made up at clubs in England,

Scotland, the Caribbean, Australia, South Africa, India. She chaired Four-Way Test Speech competition for 6 years and also Chaired Ambassadorial Scholarship Committee for 6 years. She also served on District Finance Committee and Chaired Simplified Grant Program and Served as Assistant Governor

She is recipient of Rotary Foundation District Service Award and recipient of Sylvia Whitlock award established and presented at the 2017 International Convention. She is also recipient of AFRAM GLOBAL Villager Award, 2019 and UNA Global Citizen Award 2013.

She participated in NIDS, established AIDS clinic in Jamaica, supported orphanage in Mexico, sank wells in Nigeria, raised almost \$90,000 for Education for Girls in India. She is multiple Paul Harris Fellow, Benefactor and Member of the Bequest Society, and Major Donor

She served as District Governor 2012-2013. She has spoken at more than 100 District Conferences, numerous clubs in the United States and overseas, Institutes and Zone events. Addressed all 530 incoming governors at 2013 International Assembly.

She is the Honorary Member of Rotary Club of Calcutta Metropolitan, Chicago One and Duarte Rotary. She is the member of the Rotary Club of Claremont, CA. She is member of the Board of Spanish Trails Girl Scout Council, Recorder for Blind and Dyslexic, Commission Member at Tri-City Mental Health Authority, Trainer in Mental Health First Aid, Volunteer at Pomona Valley Hospital, Chair of Pastor Parish Relations Council at Trinity U.M. church, Member and Past President of Beta Mu Chapter of Delta Kappa Gamma International.

Her Academic Activities are Chair of Western Association of Schools and Colleges Accreditation Teams, Member of California State Committee on Credentials at California State Department of Education (2004-2010), Distinguished Alumna at Cal Poly, Pomona, NAACP Woman of the Year Hall of Fame and Hunter College, CUNY. 2021

Sylvia had three adult children, one of whom is Human Resources Assistant at University of California, Berkeley. She considers raising her children the most satisfying and enjoyable job she has ever had, almost comparable to enjoying her first grandson, and now a new granddaughter and another grandson. She is also a world traveler.

APRIL IS ENVIRONMENTAL MONTH

REPORT ON WORKSHOP ON JOYFUL MOVEMENT AGELESS SPIRIT ON 19.4.2025

On 19th April, 2025 a productive and insightful gathering took place at The Conclave, bringing together members of the Rotary Club of Calcutta Metropolitan and three teachers from PACE Learning Centre. The meeting began with a warm welcome from the Rotary Club President Rtn Sashi Dhacholia, who highlighted the club's ongoing commitment to supporting education and youth development. Each attendee then introduced themselves, fostering an open and collegial atmosphere.

The highlight of the workshop was an engaging session on Dance Movement Therapy, led by esteemed guest speaker Ms. Suparna Mukherjee. With her extensive expertise and captivating presence, Ms. Mukherjee introduced the audience to the therapeutic benefits of dance and movement, emphasizing their positive impact on mental well-being and emotional expression. The interactive session sparked enthusiasm and meaningful conversations among the attendees.

Ms Suparna Mukherjee, Our Guest Speaker in today's Regular Meeting took us to new world "Dance Therapy". It was a unique experience for us. Ms Suparna Mukherjee is Mrs Universe Perfect, Mrs Asia Pacific Ambassador, Mrs Indian Queen and she is involved with Image and Personality Coach. She spoke on "Joyful Movement Ageless Limit".

In a dance therapy session, a therapist may help you explore and make meaning on the connection between movement and your emotions. Encourage tracking of bodily sensations and breath. Help guide you through

self-expressive and improvisational movements. It has eased our stress and felt relaxed. The session has to be curtailed due to space constraint and lack of time, which needs sufficient time for this therapy.

There are following stages in dance movement therapy:

- " Preparation. Creating a safe, grounded environment for movement.
- " Incubation. Encouraging clients to tune into their inner sensations and feelings.

Illumination.

- " Moving in ways that help express and explore emotions or memories.
- " Evaluation.
- " Integration.

The event was gracefully hosted by President Sashi ji, whose warm and welcoming demeanour added a personal touch to the gathering. His thoughtful coordination and hospitality ensured that The Conclave was both inspiring and well-organized. Thank you, Ms Suparna Mukherjee, for the wonderful session and taking us new world.

The teachers from Pace Learning Centre found the session enriching and left the event with new insights and inspiration that they look forward to incorporating into their educational practices.

By Ms Jayita Das

Teacher of PACE Learning Centre



REPORT ON WORKSHOP ON JOYFUL MOVEMENT AGELESS SPIRIT ON 19.4.2025



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WE ARE PROUD OF YOU RTN ABHAY KUMAR

Heartiest Congratulations to Rtn Dr Abhay Kumar, who was awarded Times Leaders of Healthcare by The Times of India for his perseverance, dedication & passion towards the Society is truly appreciated, and it is inspiring to see it getting recognized.



THE ROTARY FOUNDATION - RECOGNITIONS

Your generous contributions to **The Rotary Foundation** are essential to securing and growing Rotary programs throughout the world. We recognize donors to express our gratitude for your commitment, offering individual and club recognition as well as naming opportunities that enable you to honor a friend or family member with a named or endowed gift.

INDIVIDUAL RECOGNITION

Rotary Foundation Sustaining Member

When you give \$100 or more per year to the Annual Fund.

Benefactor

When you include the **Endowment Fund** as a beneficiary of \$1,000 or more in your estate plans or when you donate \$1,000 or more to the fund outright. Benefactors receive a certificate and insignia to wear with a Rotary or Paul Harris Fellow pin.

Paul Harris Fellow

When you give \$1,000 or more to the Annual Fund, PolioPlus, or an approved Foundation grant. To recognize someone else as a Paul Harris Fellow, you can give that amount in their name. Learn more about **Paul Harris Fellow recognition**.

Multiple Paul Harris Fellow

When you give additional gifts of \$1,000 or more to the Annual Fund, PolioPlus, or an approved Foundation grant.

Paul Harris Society member

When you elect to contribute \$1,000 or more annually to the Annual Fund, PolioPlus, or an approved Foundation grant. Learn more about the Paul Harris Society.

Bequest Society

When you make a commitment for future gifts of \$10,000 or more to The Rotary Foundation, you'll be invited to join the Bequest Society.

\$10,000: Bequest Society pin and an exclusive art piece suitable for framing

\$25,000: Rotary's Promise crystal and named endowed fund, plus all of the above

\$50,000: Separate named endowed funds directed to two areas of focus or districts, plus all of the above

\$100,000: Customized Rotary's Promise crystal, plus all of the above

\$250,000: Posthumous induction into the Arch Klumph Society, plus all of the above

\$500,000: Special seating and registration benefits at the Rotary International Convention, plus all of the above

Major Donor

When your cumulative donations reach \$10,000. Major Donors can choose to receive a crystal recognition piece and a Major Donor lapel pin or pendant. NOTE: Name recognition is not automatic and needs to be reported to **RI staff**. Recognition items commemorate giving at these levels:

Level 1: \$10,000 to \$24,999

Level 2: \$25,000 to \$49,999

Level 3: \$50,000 to \$99,999

Level 4: \$100,000 to \$249,999

Arch Klumph Society

When your cumulative donations reach \$250,000. Recognition includes an induction ceremony and your picture and biography in the Arch Klumph Society interactive gallery at the Rotary International headquarters in Evanston, Illinois, USA. You also receive invitations to society events, along with membership pins and crystals that commemorate giving at the following levels. Learn more about the **Arch Klumph Society**.

Trustees Circle: \$250,000 to \$499,999

Chair's Circle: \$500,000 to \$999,999

Foundation Circle: \$1,000,000 to \$2,499,999

Platinum Trustees Circle: \$2,500,000 to \$4,999,999

Platinum Chair's Circle: \$5,000,000 to \$9,999,999

Platinum Foundation Circle: \$10,000,000 and above

Legacy Society

When you promise a gift of \$1 million or more to the Endowment, you'll be listed in Rotary's annual report and invited to exclusive Rotary International and Foundation events. Legacy Society members also receive special recognition items and all the benefits provided to Bequest Society members.

Club recognition

100% Paul Harris Fellow Club

For clubs in which all dues-paying members are Paul Harris Fellows. This is a one-time recognition.

100% Paul Harris Society Club

For clubs in which every dues-paying member contributes a minimum of \$1,000 to the Annual Fund, PolioPlus, or global grants within a Rotary year

100% Foundation Giving Club

For clubs that achieve an average of \$100 in per capita giving and 100 percent participation, with every dues-paying member contributing at least \$25 to any or all of the following during the Rotary year: Annual Fund, PolioPlus Fund, approved global grants, or Endowment Fund.

THE ROTARY FOUNDATION - RECOGNITIONS

Rotary's Promise Club

A designation provided to clubs in which every dues-paying member supports The Rotary Foundation's Endowment with a minimum commitment of \$1,000 or more in an estate plan or via an outright gift of \$1,000 or more. A certificate honoring the achievement will be provided upon request.

Every Rotarian, Every Year Club

For clubs that achieve a minimum Annual Fund contribution of \$100 per capita during the Rotary year, and every dues-paying member must personally contribute at least \$25 to the Annual Fund during the year.

Top Three Per Capita in Annual Fund Giving

For the three clubs in each district that give the most, per capita, to the Annual Fund. Clubs that give at least \$50 per capita are eligible.

Rotaract Giving Certificate

Rotaract clubs that collectively contribute \$100 or more annually to The Rotary Foundation will be eligible for a Rotaract Giving Certificate.

Naming opportunities

Special opportunities are available to create an endowment or make a directed gift in your name or the name of a loved one. Endowed gifts are invested in perpetuity, with part of their earnings spent on a designated program. Directed gifts are spent in their entirety, usually in the following Rotary year.

Endowed Global Grant Fund

\$500,000 or more: You can specify up to three of the following: the district sponsor, the area of focus, the general geographic region of the project, or the type of grant activity, such as a project or scholarship.

\$250,000 or more: You may choose up to two of the options listed above

\$150,000 or more: You may choose one grant activity type, such as a humanitarian project, scholarship, or vocational training team.

Named endowment

If you donate \$25,000 or more, you can direct the money to one of the following:

Area of Focus: funds global grants in one area of focus

World Fund: funds global grants in all areas of focus

SHARE: supports the World Fund and provides district designated funds to your district

Rotary Peace Centers: supports Rotary's partnership with leading universities around the world to train professionals in conflict resolution, peace studies, international relations, and related disciplines

Learn more

Directed gift global grants

\$150,000: A one-time gift that provides funding for global grants in up to two areas of focus of your choice or to a special initiative of the Foundation, such as WASH in Schools

\$30,000: A one-time gift that provides your district with funds for one or more global grants in an area of focus of your choice

\$15,000: A one-time gift that provides funding for a global grant in an area of focus of your choice without specifying the district that will sponsor the grant

Rotary Peace Centers endowment opportunities

\$1.5 million: Endows a Rotary Peace fellow every year

\$1 million: Endows a Rotary Peace fellow every two years

\$1 million: Endows a visiting lecturer every year

\$750,000: Endows a Rotary Peace fellow every three years

\$500,000: Endows a Rotary Peace fellow every four years

\$250,000: Endows one Rotary Peace certificate fellow every year

\$100,000: Endows an annual seminar at a Rotary Peace Center

\$25,000 and up: Provides general support

Rotary Peace Centers directed gifts

\$75,000: Provides funding for a Rotary Peace Fellow to complete a two-year master's degree program

\$75,000: Provides funding for up to 10 internships or research projects for peace fellows

\$60,000: Provides funding for five fellows enrolled in the three-month professional development certificate program

\$10,000: Provides general support

Rotary Peace Symposium directed gifts

\$400,000-\$500,000: Underwrites the cost of the Peace Symposium

\$50,000-\$100,000: Provides full funding for a donor-specified element of the peace symposium (speakers, Rotary Peace Fellow travel, etc.)

\$10,000-\$25,000: Provides funding for a hosted reception connected to the Peace Symposium

\$10,000 and up: Provides general support for the Peace Symposium

Entrepreneurial named gift for peace

\$75,000-\$1 million: Funds new opportunities within Rotary's peace programs for global grants and the Rotary Peace Centers, such as workshops and retreats, and other initiatives.

Interrelationships Among Rotary's Seven Areas of Focus

Areas of Focus ↓ / Related Areas →	Peacebuilding	Disease Prevention	Water & Sanitation	Maternal & Child Health	Basic Education & Literacy	Community Economic Development	Supporting Environment
Peacebuilding & Conflict Prevention	○	✓ Reduces disputes over health resources	✓ Reduces water-resource conflicts	✓ Builds stable families	✓ Education promotes non-violence	✓ Economic stability reduces tensions	✓ Prevents conflicts over environmental resources
Disease Prevention & Treatment	✓ Health stability reduces conflict risk	○	✓ Improved health via clean water	✓ Better family health outcomes	✓ Informed health practices	✓ Healthier workforce & productivity	✓ Healthy ecosystems reduce disease
Water, Sanitation & Hygiene	✓ Reduces water-related disputes	✓ Prevents waterborne diseases	○	✓ Reduces maternal & child mortality	✓ Increased school attendance	✓ Supports economic productivity (e.g., agriculture)	✓ Protects biodiversity & water resources
Maternal & Child Health	✓ Creates community stability	✓ Reduces family diseases	✓ Depends on clean water & sanitation	○	✓ Healthy children attend school	✓ Healthier families boost economic output	✓ Healthy environments ensure safe living conditions
Basic Education & Literacy	✓ Education fosters peace	✓ Promotes disease awareness & prevention	✓ Teaches sanitation & water conservation	✓ Educated mothers raise healthier families	○	✓ Enables economic growth & reduces poverty	✓ Promotes environmental stewardship
Community Economic Development	✓ Reduces poverty-driven conflict	✓ Improves access to healthcare services	✓ Funds infrastructure for sanitation	✓ Provides family healthcare resources	✓ Funds education infrastructure	○	✓ Promotes sustainable, eco-friendly economies
Supporting Environment	✓ Prevents environmental-resource conflict	✓ Reduces vectors of disease	✓ Protects water resources	✓ Improves health via reduced pollution	✓ Encourages environmental education	✓ Fosters sustainable economic opportunities	○

Legend:

✓ Strong Interconnection

○ Primary Area (self-relation)

By : PHSM Neeraj Bhatnagar, RC Delhi South East, D-3011

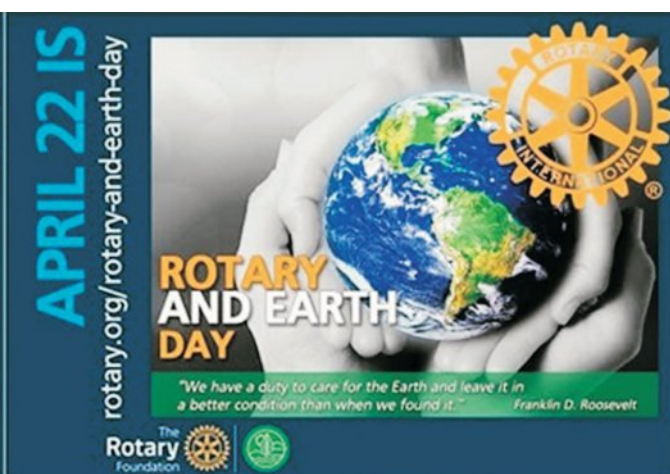
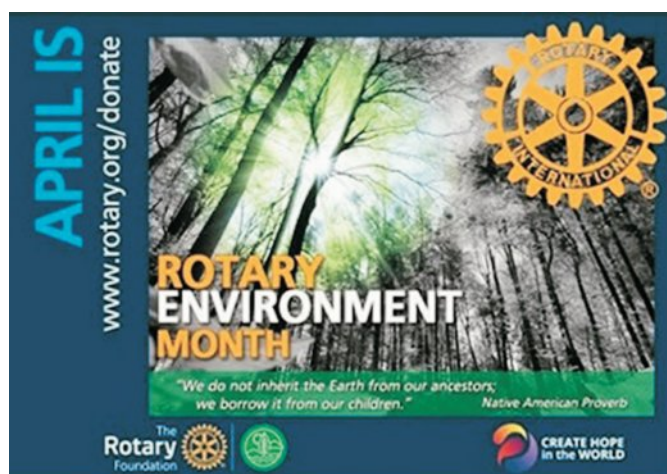
Forthcoming Events

CLUB

- 03.05.2025** DG Official visit to the Club at Hotel Hindusthan International at 2.00 PM
- 24.05.2025** Regular Meeting. Guest speaker will be Ms Chandrima Roy
- 07.06.2025** Regular Meeting & COTS
- 17.06.2025** Charter Night
- 24.06.2025** Installation & Regular Meeting at The Kenilworth Hotel
- 29.06.2025** Thanks Giving & Joint Board Meeting

DISTRICT

- 26.04.2025** Esho Hey Boisakh 1432. Urbana Club Banquet. Registration Charges Rs.300/-
- 08.05.2025** Thalassemia Warriors at ICCR from 6.00 PM to 8.00 PM
- 25.05.2025** District Training Assembly for RY-2025-2026 at Dhono Dhanyo Auditorium (DDA). Registration Charges Rs.2450/-



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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