



ROTARY CLUB OF CALCUTTA METROPOLITAN

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

METRO VOICE

<https://rccalcuttametropolitan.rotaryindia.org>

RY : 2025-2026

**UNITE
FOR
GOOD**

Rotary

Rotary



President : RAJSHREE JAIN • Hony. Secretary : NAMRATA BENGANI

• Editor Emeritus : SASHI DHACHOLIA

1706TH REGULAR MEETING

VOL 40, NO. 03

02 AUGUST 2025

Forthcoming Events

CLUB

- 10.08.2025** 39th Installation Meeting at The Kenilworth Hotel at 6.30 PM. DGE Rtn Tapas Bhattacharya will be Chief Guest. Guest of Honour will be Shri M L Lohia
- 15.08.2025** Joint Regular Meeting with Mahavir Seva Sadan at 20, Ekbalpore Lane, Kolkata-700023 at 11.00 AM. DG Rtn Ramendu Homchaudhuri will be the Chief Guest
- 06.09.2025** Regular Meeting
- 20.09.2025** Regular Meeting

DISTRICT

- 03.08.2025** Interactive Workshop with New/ Prospective Rotarians at Nehru Children's Museum at 9.30 AM
- 17.08.2025** District Award-2025 "Sammanam" at Dhono Dhanyo Auditorium

KNOW YOUR GUEST SPEAKER DR RAJEEV AGARWAL



Dr. Rajeev Agarwal is a leading Fertility Specialist, Laparoscopic Surgeon, and Menopause Health Advocate with over two decades of experience in women's health. He is the Director of Renew Healthcare, Kolkata-a center dedicated to comprehensive care for women, with a strong focus on fertility and hormonal health.

Dr. Agarwal is also the Co-Founder of Dame Health, a women-centric nutraceutical brand that supports health and wellness from adolescence through menopause and beyond.

He has authored or contributed to 16 chapters in books on fertility and reproductive health, and is a strong voice in the digital space-raising awareness on crucial yet often overlooked topics like preconception counseling and perimenopausal care.

Topic: PERIODS, PERI MENOPAUSAL AND PERIMENOPAUSE



**BIRTHDAY
GREETINGS**



03.08.2025

Rtn Bal Kishan Newatia

ROTARIAN FOR THE MONTH - JULY-2025



Rtn Pawan Lohia

Our Honorary Member Rtn Pawan Lohia was declared as Rotarian for the month of July-2025. He arranged contribution of Rs.4.00 lakhs under CSR for Knee replacement of the patient.

100% ATTENDANCE - JULY 2025

- 1 Rtn Namrata Bengani
- 2 PP Rtn Jayanta Chatterji
- 3 IPP Rtn Sashi Dhacholia
- 4 PP Rtn Dr Naresh Goyal
- 5 PP Rtn Rakesh Kumar Goel
- 6 Rtn Runjhun Gupta
- 7 Rtn Rajshree Jain
- 8 PP Rtn Raj Kumar Poddar
- 9 PP Rtn Harsh V Rungta
- 10 Rtn Nabanita Sen

REPORT ON "COMMON ISSUE OF PARTENTING" BY DR PUSHPA LODHA

Dr Pushpa Lodha, an active practicing Paediatrician. A bubbly personality with a sweet smile, who came across as a motherly figure and by looking at her none of us could guess her age, which she later happily revealed, saying she gets that asked all the time and she is only 73 years young. She told us the secret to that was her love for fruits, exercise, being content and wearing a smile.

She showed her fun side by starting the session with a joke. An almost dead man became alive after hearing there was a mic available for him to speak, later people realised he is a Rotarian. So just like a Rotarian, even she cannot let go of a mic once she gets it.

With her 45 years of experience of handling new-borns and interacting with new moms she shared the four key areas of focus for a healthy happy child. The first area according to her was medicines and relying on experts rather than internet. She mentioned initially there were only one or two vaccines for a child, now with the advancement of technology there are many more and they help the child in overcoming small pox, measles, polio, and many more which were a major concern in the past. She made a plea to the parents and the grandparents, to not become masters of 'Google Medical College,' and seek expert opinion to conclude on any health condition.

The second area of focus is nutrition. She gave an interesting insight that children are the busiest, because of their curiosity factor, hence we should not insist on making them sit still. They also know how much to eat and will ask if they are hungry, do not force feed. She mentioned the only time you need to be concerned is when they are not eating and are not active. Do not allow children to become obese as that remains with them the entire life, no matter hard they try to lose the extra kilos at later stage of their life.

Third area of focus for a child is activity. With the age of technology, the main issue is the definition of activity becoming screen time. Mobile phones are given to pacify them or make them distracted to eat. This is when the child is not mindful of eating. When children do not play outside, they lose out on strong immunity, including developing weak eyesight.

Fourth area of focus for a child is proper rest and good sleep. According to Dr Lodha, sound sleep is most

essential for healthy overall development of a child, as well as adults. Sleep helps the body to heal. Sleeping and waking up time must be a non-negotiable part of their daily routine, irrespective of visiting guests or parties or events.

She also added a bonus area of creating a happy environment and filling the world of child with lots of love and laughter, to avoid them harbouring traumas through incidents which might feel trivial to us, because they get disturbed easily. A happy child becomes more able to face obstacles and handle tough situations in life.

She shared guidelines for parents and grandparents. Being available with active listening. Accepting them without comparison. Being attentive to changes in their behaviour, actions, mood swings. Appreciation without over pampering, teaching them to hear NO and say NO. Giving them the faith that anytime they are in trouble, they need someone to talk to; to listen, they need to know the parent/grandparent is there.

She ended on the lighter note with a joke. Two children were sitting in a diagnostic centre. One goes for a test and comes out crying, saying he went for a blood test and they cut his finger. The second child starts howling as he realises, he has come for a urine test. Doctor Pushpa Lodha demonstrated laughter is the best medicine and she had passed it on to us for an enjoyable afternoon with her humorous talk and infectious smile.

By PE Rtn Runjhun Gupta



A view of Head table with President Rtn Dr Sebanti Goswami and Secretary Rtn Subhadeep Chatterjee of RC of Cal Charnock City



President Rtn Rajshree Jain conducting the meeting



A view of members attending the meeting

REPORT ON "COMMON ISSUE OF PARTENTING" BY DR PUSHPA LODHA



Rtn Runjhun Gupta updating about the PLC activities



PP Rtn Jayanta Chatterji about PLC School activities



PP Rtn Utpal Chatterjee addressing the members



Secretary Rtn Namrata Bengani making Club announcement



President Rtn Dr Sebanti Goswami of RC of Calcutta Charnock City conducting their Club business



PP Rtn Bharati Chatterjee of RC of Calcutta Charnock City reciting Four Way Test



Secretary Rtn Subhadeep Chatterjee of RC of Calcutta Charnock City making Club announcement



PP Rtn Dr Naresh Goyal introducing Guest speaker Dr Pushpa Lodha

REPORT ON "COMMON ISSUE OF PARTENTING" BY DR PUSHPA LODHA



Guest Speaker Dr Pushpa Lodha addressing the members



Members listening to Dr Lodha in rapt attention



Members enjoying her humorous talk on the subject



Dr Pushpa Lodha in her wonderful talk



Impressive interactive session by the speaker



Time for celebration



Dr Pushpa Lodha addressing the audience



IPP Rtn Sashi Dhacholia updating during the Q & A Session

REPORT ON "COMMON ISSUE OF PARTENTING" BY DR PUSHPA LODHA



Speaker Dr Lodha being felicitated by both the President



Rtn Dr Sebanti Goswami felicitated Dr Pushpa Lodha



Exchange of flags by President Rtn Rajshree Jain with Rtn Dr SEbanti Goswami of RC of Calcutta Charnock City



Secretary Rtn Namrata Bengani feliciating Secretary Rtn Subhadeep Chatterjee of RC of Cal Charnock City

DISTRIBUTION OF DRY RATION AT NABADIGANTA LEPROSY COLONY, DURGAPUR ON 25.07.2025



REPORT ON MEDICAL CAMP AT PLC ON 27TH JULY, 2025

A medical camp was successfully organised at PACE Learning Centre on Sunday, 27th July 2025, to support and spread awareness among the mothers of our students, ex-students and class V onwards students. The event was conducted in collaboration with Ispat Cooperative Hospital and was held in the school auditorium from 11:00 AM onwards. A total of 169 attendees became beneficiaries.

The camp primarily focused on gynaecological health and aimed to raise awareness about cervical and breast cancer among women. A team of experienced doctors and healthcare professionals from Ispat Cooperative Hospital attended the event and offered free consultations to the attendees. Mothers of students, staff, and teachers, especially those experiencing gynaecological concerns, availed the opportunity to receive professional medical advice.

The session began with a brief inaugural address highlighting the importance of preventive healthcare and early detection of cancer-related symptoms. Following the check-ups, an awareness session was

conducted where the doctors explained various aspects of women's health, the importance of regular screenings, and lifestyle modifications necessary to reduce health risks.

The camp witnessed enthusiastic participation and positive feedback from all attendees. It served as an initiative in reinforcing the importance of healthcare awareness and timely medical consultation. PLC expresses sincere gratitude to Ispat Cooperative Hospital for their generous support and to all staff members who contributed to the smooth execution of the camp.

During the camp, our school President, Rtn. Jayanta Chatterji, and the RCCM President Nominee, Rtn. Runjhun Gupta, were present and graced the occasion with their encouraging presence. Their support and involvement greatly inspired the participants and added significance to the initiative.

By Mahashweta Maity
Vice principal, PLC



REPORT ON MEDICAL CAMP AT PLC ON 27TH JULY, 2025



TRAINING ON TAILORING AT ROTARY PACE VOCATIONAL CENTRE

"With the intention to engage the community, help the mothers become self-sufficient, Vocational training on tailoring has been started at PLC in June 2025. It was an effort to overcome the initial teething issue of finding the right teacher, creating the commitment and the overall synergy with the mothers of the students. They were enrolled sharing the bigger vision of helping them generate income by enhancing their tailoring skills.

We are glad to share the vocational training going full swing involving 23 mothers, using 15 machines that

were provided to PLC by RCCM as a part of Rotary Global Grant.

Gratitude to late PP Rtn Sohanraj Singhvi, for his vision and contribution towards the VT Centre. Thank you, Rtn Shipra Mehta, for helping in the process of shortlisting instructors. Thank you, President Nominee Rtn Runjhun Gupta, for taking the lead and coordinating the initiative.

The journey has just begun, and we look forward to seeing how things shape up in the future."





**MOTHER AND CHILD HEALTH CARE EQUIPMENTS
AND TRAINING PROGRAMME FOR NURSES**

Financed by

RC CALCUTTA METROPOLITAN (RID – 3291) &

RC THOUSAND OAKS, USA (RID – 5240)

UNDER GLOBAL GRANT # 17-53417 OF THE ROTARY FOUNDATION

RAMAKRISHNA SARADA MISSION MATRI BHAVAN

7A, Sree Mohan Lane, Kolkata - 700026, West Bengal, India

E-mail: rksmmatribhavanhosp@gmail.com, Website: www.rksm-matribhavan.org

TARGET GROUP TO BE BENEFITTED:

- Women in reproductive age with specific focus on pregnant women & postnatal mothers
- Children including newborns (age upto 12 years)
- Elderly mothers suffering from problems due to Gynaecology and other Surgery related matters
- Section of population usually affected by locally prevalent/ seasonally recurring morbidity

PROPOSED PROJECT

In collaboration with

RC CALCUTTA METROPOLITAN (RID – 3291) &

RC THOUSAND OAKS, USA (RID – 5240)

UNDER GLOBAL GRANT # 17-53417 OF THE ROTARY FOUNDATION

A) Procurement of life saving equipment

- Datex & Ohmeda 9100 C Anaesthesia Work Station -3 Gases,
- GE B 40 Modular Monitor,
- Corometrics 172 Cardiotocography (CTG) Twin Fetal Application,
- SLE 6000 Advance Neonatal Ventilator with HFO, Advance modes F & P MR850 Humidifier

B) Providing training programme for nurses and other health care professionals

- Advance Care of Nursing (for Antenatal, Post natal and Neonatal)
- Control & Prevention of Infection including Biomedical Waste

PROJECT IMPLEMENTATION

A) Equipment procured and installed in January 2018



Datex & Ohmeda 9100 C Anaesthesia Work Station -3 Gases,



SLE 6000 Advance Neonatal Ventilator with HFO,
Advance modes F & P MR850 Humidifier

FROM THE ARCHIVE - MATRI BHAVAN PROJECT



GE B 40 Modular Monitor



Corometrics 172 Cardiotocography (CTG) Twin Fetal Application

OTHER EQUIPMENTS INAUGURATION BY THE ROTARY PERSONNEL



FROM THE ARCHIVE - MATRI BHAVAN PROJECT

Matri Bhavan hospital with the help of Rotary Club has been able to raise the standard & quality of the treatment & services made available to the poor people. Due to lack of health education and awareness, many of our patients from the poor socioeconomic conditions, usually come late with emergency problems to the hospital and are managed with these equipment.



Anaesthesia Work Station ventilator mode for performing complicated surgical operations on seriously ill mothers



Dedicated Neonatal Ventilator for the treatment of extremely premature babies



Multipara Monitor is utilised for monitoring the vital signs, of critical patients during operation



Cardiotocography Machine is used to detect & monitor the Foetal Heartbeat during pregnancy

Beneficiaries from the equipment (January 2018 to January 2019) Direct Beneficiaries - 2607 patients

Beneficiaries Details :-

Month	Datex & Ohmeda 9100 C Anaesthesia Work Station	Modular Monitor	Cardiotocography Machine	Advance Neonatal Ventilator
January 18	11	24	101	4
February 18	5	13	86	3
March 18	16	39	78	2
April 18	14	32	127	3
May 18	11	22	115	2
June 18	22	42	98	3
July 18	19	89	102	3
August 18	28	104	125	3
September 18	15	98	116	4
October 18	18	108	148	10
November 18	19	98	125	4
December 18	14	101	114	5
January 2019	19	115	126	4
Total	211	885	1461	50
GRAND TOTAL				2607

FROM THE ARCHIVE - MATRI BHAVAN PROJECT

Diseases Prevention by Counselling:

Initiative taken	Month	Beneficiaries
* Various camps were held in the rural areas and urban slums	January 18	201
	February 18	248
* Awareness on Basic Health & Hygiene issues like safe drinking water, cleanliness of surroundings, availability of toilets, proper sanitation, malnourishment, Prevention and Control of life threatening illnesses from infection, essentiality of nutritious food, and drug addiction problems were discussed.	March 18	217
	April 18	258
	May 18	211
	June 18	312
	July 18	256
* Awareness & Prevention of life threatening diseases like Diabetes, Anemia, Blood pressure. Also General Health check up for elderly mothers.	August 18	312
	September 18	239
	October 18	287
* Awareness on Women Empowerment :- Family planning, age of marriage, Adolescent Health Care, Emergency danger signs in pregnancy, Institutional Delivery, Immunisation, Antenatal Postnatal & Newborn care, Prevention of Infection.	November 18	325
	December 18	346
	January 2019	314
* The patients who need immediate operations or hospital care are taken to Matri Bhavan Hospital and accordingly investigation, treatment and medications were given	Grand Total	3526

**Counselling and Awareness done : 3526 beneficiaries (Indirect),
Out of which 895 patients were referred to Matri Bhavan.**

B) Training programme conducted for nurses and other health care professionals

- Advance Care of Nursing (for Antenatal, Post natal and Neonatal)
- Control & Prevention of Infection including Biomedical Waste (Action Plan enclosed)



Inauguration of the Training Programme on November 2018

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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