



ROTARY CLUB OF CALCUTTA METROPOLITAN

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Rotary



THE MAGIC OF ROTARY

<https://rccalcuttametropolitan.rotaryindia.org>

PRESIDENT : SASHI DHACHOLIA • HONY. SECRETARY : RAJIV TIBREWAL

1685TH REGULAR MEETING

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KNOW YOUR SPEAKER DR PAYEL KUMAR ROY



Dr Payel Kumar Roy is Doctorate (PhD) In Social Medicine. She has Passed World Human Rights Protection Com. Exam and attached as a National Member. She is Post holding as Chief EXC. Officer for Empowerment of Women. She is Life member of IDA, IPHA, IAPEN, ADA, FSTN. She has done her M.Phil, MSc ,CDE, Masters in Diabetes Mellitus. She is Diploma holder in REDCOP, Dip in DIETETICS (West Bengal University of Health Sciences) and also Dip in Health Administration from American Institute of Healthcare & Hospital Management (HQC). She has received Hony. DOC from Haryana Govt. Dr Payel completed Master of Health Administration (Critical Care) from MANIPAL University, Jaipur. She has completed Diet course on FIBRE (FODMAP) From MONASH University and also completed certified course on MNT For Cancer & Bariatric surgery From BADN (Bangladesh Academy of Dietetics & Nutrition). She has also completed Certified course on PAEDITRIC Nutrition from Indian Institution of Public Health and completed certified course on HEART FAILURE From LUPIN in collaboration with Heart Failure

Association (HFA). She has also completed Certified course on how nutrition affects the mood and cognition from SHAPES (Society for Health and Psychology Enabled Services) and completed Certificate Course in Sports nutrition from SAI. Presently she is pursuing Post Doctorate of PDCN from AMITY University NOIDA (DELHI NCR)

HER ACHIEVMENTS:

ATTACHMENTS:

HOD of Dietetics Dept (Chief Dietitian & Critical Care Nutritionist) - TECHNO INDIA DAMA MULTISPECIALITY HOSPITAL, INC. Of Dhuliyian Multispeciality Hospital, Joint and Bone Care Hospital-Salt lake, Attached with CU, VU & IGNOU As a Guest Lecturer

At VISITING CONSULTANT DIETITIAN -

Apollo Clinic, Beliaghata, Horizon Lifeline Multispeciality Hospital and Supernova Care Home

WORK EX:

AMRI HOSPITAL, DHAKURIA (PRESENTLY MANIPAL DHAKURIA), NORTH CITY HOSPITAL & NEURO INSTITUTE PVT LTD, KARTAVYA HEALTHEON PVT LTD, CHARNOCK HOSPITAL, PEERLESS HOSPITAL, RAMKRISHNA MEDICAL INS., DREAMLAND NURSING HOME AND RAJYAM YOGA PLUS

Topic: **TODAYS SCENARIO - SARCOPENIA**



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

Dr Indrila Guha, Principal of Basanti Devi College carrying with her a knowledge bank in area of Environmental Economics, presented a profound perspective on the current scenario of the impact of the climate change, substantiating it with data, graphs, analysis demonstrating how our past actions have led to the current state of crisis and what action steps can be taken as corrective measures.

She made it so relatable with the current climate condition in the city, where the rainy season has gone erratic, temperatures have increased as the layer that was there earlier that would deflect the heat is eroded and the heat from sun is being absorbed directly by the land. She also shared that West Bengal is one of the endangered areas and we can see that in cyclones that continue to create massive damage to interiors of state like Sundarbans and neighbouring villages.

According to Dr Guha, the solution lies in coming together in spreading the awareness and concrete actions like segregating garbage disposal, more organised e-waste collection and disposal, being more fuel efficient like opting for car-pooling, ensuring checking the air in tyres while filling fuel, or choosing walking or cycling where possible, installing solar power. She also mentioned that we are the number one city with respect to air and noise pollution, which means the air we are breathing is doing us more harm and hence the need for air purifiers and less use of air-conditioning.

She shared the story of how she had to fight to save a green space for Basanti Devi College, where the ground was being used for parking as the college is in

the heart of the Gariahat market. It was a proud moment to know that PP Rtn Jayanta Chatterji, played a key role in supporting that cause and today it is a beautiful garden as a part of the campus. She quoted the above example to reiterate the importance of voicing out and standing up for creating a healthier planet for our future generations.

She expressed disappointment in the news of Trams being permanently stopped in the city of joy, not just because it was a cultural heritage but a pollution free mode of transport. She urged Metropolitans for more proactive actions to save the planet. What stood out in her presentation was that she is walking the talk.

Basanti Devi college is running on solar power, they have segregation of waste disposal and a proper e-waste management system. It was a wonderful information to know that she is a member of the statutory school management committee for PACE Learning Centre and was happy to know about the progress since her last visit and is keen to resume her support to school.

She was glad to know that one of the PLC students is enrolled in Basanti Devi college and promised to provide complete support to help her complete her education. Presence of PLC Vice Principal Mahashweta Maity and teachers of PACE Learning Centre added to knowledge sharing that can be passed on to the students and Metropolitans were grateful for the wake-up call and the realisation of the actions that are the need of the hour.

By Rtn Runjhun Gupta



A view of Metropolitans & Teachers from PLC



A view of Head table with our Guest Speaker Dr Indrila Guha



VP Rtn Runjhun Gupta briefing the members about the visit to Heritage Institute of Technology



PP Rtn Dr Naresh Goyal talking about the MOU with Tega under CSR

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



A view of teachers from PACE Learning Centre



Meeting in progress



A view of Regular meeting in Progress



VP Rtn Runjhun Gupta introducing the Guest speaker Dr Indrila Guha



Dr Indrila Guha addressing the audience



Dr Indrila Guha making Power Point presentation on Environment



Guest speaker Dr Indrila Guha addressing the Metropolitans



Another view of meeting progress

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



PP Rtn Utpal Chatterjee giving Vote of thanks



Dr Indrila Guha being felicitated by PP Rtn Utpal Chatterji



Vice Principal of PACE Learning Centre felicitating Dr Indrila Guha



Teachers of PLC with Dr Indrila Guha

RATION BEING DISTRIBUTED AT NABADIGANTA LEPROSY COLONY AT DURGAPUR ON 28.9.2024



Forthcoming Events

CLUB

- 26.10.2024** Regular Meeting at The Conclave at 2.00 PM. Guest speaker is Prof Mousiki Kar
- 09.11.2024** Regular Meeting at The Conclave at 2.00 PM
- 23.11.2024** Regular Meeting at The Conclave at 2.00 PM

BIRTHDAY GREETINGS

- 24.10.2024** PP Rtn Roshni Beriwalla
- 24.10.2024** PP Rtn Dr V K Nevatia



OCTOBER COMMUNITY ECONOMIC DEVELOPMENT MONTH

Yes! Rotary 
I AM A ROTARIAN

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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