



ROTARY CLUB OF CALCUTTA METROPOLITAN

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



RY : 23-24

METRO VOICE

<https://rccalcuttametropolitan.rotaryindia.org>



PRESIDENT : RAKESH KUMAR GOEL - HONY. SECRETARY : RUNJHUN GUPTA - EDITOR : SASHI DHACHOLIA

1659TH REGULAR MEETING

VOL 38, NO. 05

09 September 2023

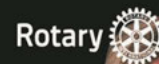
TODAY'S GUEST SPEAKER



Shibaji Das is an international illusionist Doctorate in Magic. Magician Shibaji has performed in 8 different countries and many parts of India. He will be performing mind-boggling Mentalism and illusionist, highlighting the theme of Basic education and literacy at the Rotary meeting,



DON'T BOTTLE IT UP



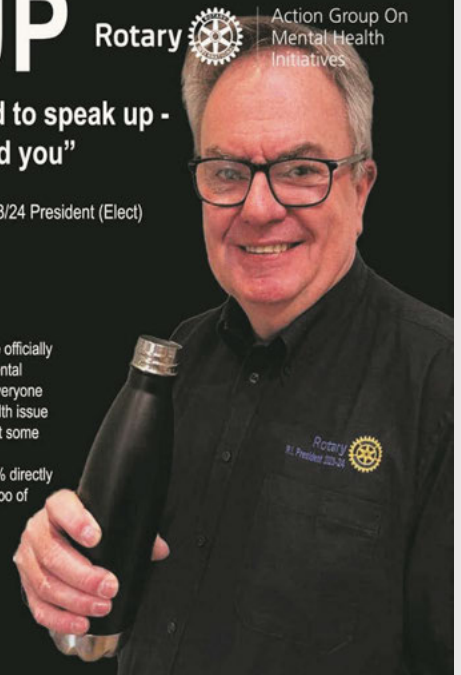
Action Group On Mental Health Initiatives

"I'm not afraid to speak up - Neither should you"

Gordon McNally
Rotary International 2023/24 President (Elect)

Approximately 1 in 4 people officially suffer with some form of mental illness – in reality, almost everyone will encounter a mental health issue either directly or indirectly at some point in their lives. Even if you're not in the 25% directly affected, help break the taboo of Mental Health. Don't suffer in silence.

#dontbottleitup



Rotary
September is...



Basic Education & Literacy Month

"WHO TOUCHED YOU" BY PDG RTN RAVI SEHGAL

August being the month of Membership and New Club Development, we had the privilege of having PDG Rtn Ravi Sehgal as the speaker for the Regular Meeting held on 26.8.2023, as he is currently the District Membership Chair of District 3291.

He started with sharing the current statistics of Rotary, with global memberships being close to 1.8 million. He also shared that India features in top 10 and the growth predominantly being in south, and west. He shared about the neighbouring region Bangladesh being the highest with 300 clubs and 10,000 members. He also shared that earlier Nepal was part of India and later decided to have their own identity and today they have surpassed India. India under District-3291 is close to 152 clubs with less than 4000 members, whereas Nepal is 166 clubs with 5000 plus members.

He also shared how addition is important, we also need to be aware of the attrition of losing members due to death or being misguided and specially the younger generation exiting due to shortage of time or not having enough engagement. Hence the concept of E-clubs and Satellite club have come into force but we are yet to see success in our district. He also expressed interest in encouraging Calcutta Metropolitan Club to lead the initiative, as the Club has been known to be Pioneers in past projects and activities.

PDG Rtn Ravi Sehgal highlighted the benefit of being a part of Rotary community by sharing the heart-warming story of how a Rotary President got stuck in Amsterdam, because his passport got stolen and he reached out to his wife to connect to Rotary network and ask for help. PDG Rtn Ravi Sehgal shared how he was taken care while the members in Amsterdam did all the work to help him get documents and even hosted a get together of Rotary members to make him feel at home at a Country, he did not know anyone.

He also applauded the presence of a member prospect and suggested we engage with new member with key projects in their area of their interest. He wished the club great success with the presence of stalwarts and the continued addition of new members.

In his vote of thanks, PP Rtn Jayanta Chatterji acknowledged how PDG Rtn Ravi Sehgal helped to do various 3-H projects, Matching and Global Grants, when he was DRFC of the District-3291. He is grateful to him. The session by him was very informative and interesting.

By Rtn Runjhun Gupta



IPP Rtn Dr V K Nevatia was handed over RI Citation by PDG Rtn Ravi Sehgal



A view of members



Ms Poulomi Mullick a prospective member introducing herself



A view of Head table



Rtn Runjhun Gupta updating about the activities done at PLC

"WHO TOUCHED YOU" BY PDG RTN RAVI SEHGAL



PP Rtn DR Naresh Goyal talking about the contribution made by President



Guest speaker PDG Rtn Ravi Sehgal addressing the audience



Another view of audience



PDG Rtn Ravi Sehgal in lighter mood



PP Rtn Jayanta Chatterji gave vote of thanks

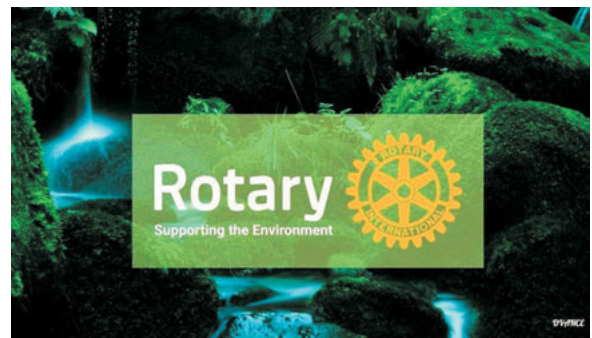


PE Rtn Sashi Dhacholia introducing the prospective member Ms Poulomi Mullick

Forthcoming Events

CLUB

- 16.09.2023** Regular Meeting at The Conclave at 2.00 PM. Guest speaker will be PDG Rtn Mukul Sinha on who will speak on Basic Education and Literacy
- 17.09.2023** 3rd Board Meeting for RY-2023-2024 at The Calcutta Swimming Club at 10.00 AM
- 17.09.2023** 1st Trust meeting for RY-2023-2024 immediately after the 3rd Board Meeting
- 23.09.2023** Regular Meeting at PACE Learning Centre at 10.30 AM with PACE Universal Team, USA led by PDG Rtn Deepa Willingham, Rotarians and Guests. RCCM members are invited with their spouse.
- 07.10.2023** Regular Meeting
- 14.10.2023** Regular Meeting



BIRTHDAY GREETINGS

16.09.2023 Rtn Sunil Kumar



MEET ON THYROID CANCER SURVIVORS & POST-THYROIDECTOMY PATIENTS ON 2.9.2023

We were one of the Host Club to the meet on "Thyroid Cancer Survivors & Post-Thyroidectomy Patients" held on 2.9.2023 organized by the Rotary Club of Calcutta Charnock City. It was a well-organized program with good attendance with 8 cured Thyroid Cancer patients. The main speaker Rtn Dr Dhritman Maitra who treated these Thyroid patients and is also member of RC of Calcutta Charnock City made it very clear that if detected early, it is curable.

The Thyroid Cancer patients shared their experience and they are ready for any action. We give a brief about the Thyroid Cancer:

Signs and Symptoms:

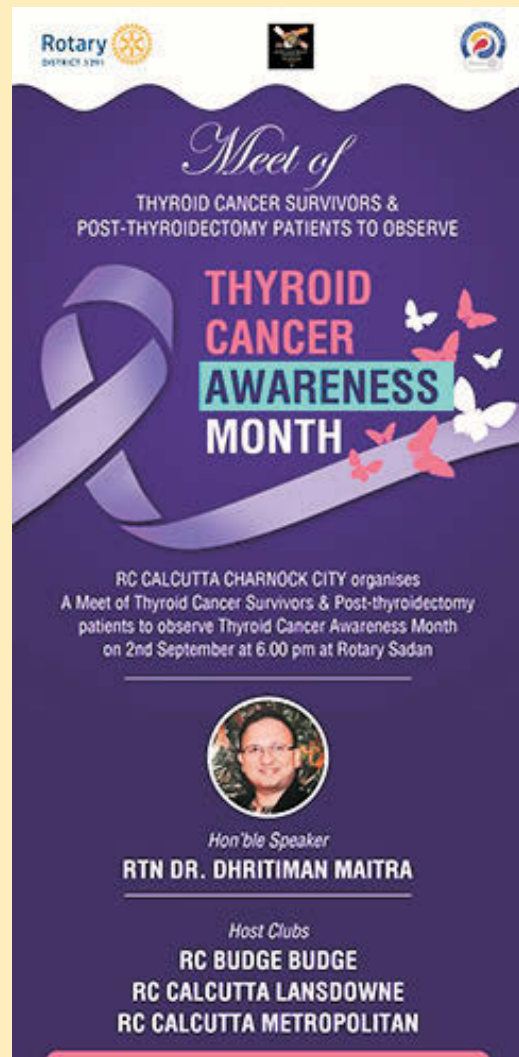
- A lump (nodule) that can be felt through the skin on your neck.
- A feeling that close-fitting shirt collars are becoming too tight.
- Changes to your voice, including increasing hoarseness.
- Difficulty swallowing.
- Swollen lymph nodes in your neck.
- Pain in your neck and throat.

Treatment depends on stage

Treatments, which are usually successful, include surgery, hormone therapy, radioactive iodine, radiation and in some cases chemotherapy.

Treatments for advanced thyroid cancers

- Targeted drug therapy. Targeted drug treatments focus on specific chemicals present within cancer cells. ...
- Radiation therapy. ...
- Chemotherapy. ...
- Destroying cancer cells with heat and cold.



Banner displaying our name as Host Club



With members of RC of Calcutta Charnock City



Team RCCM with Banner displayed at venue



A view of audience and Post-Thyroidectomy Patients



Another view of audience

MEET ON THYROID CANCER SURVIVORS & POST-THYROIDECTOMY PATIENTS ON 2.9.2023



Speaker Rtn Dr Dhritman Maitra speaking on Thyroid Cancer



A view of Thyroid Cancer Cured patients

DISTRIBUTION OF SANITARY NAPKINS ON 26.8.2023

President Rtn Rakesh Kumar Goel in presence of PDG Rtn Ravi Sehgal handed over Sanitary Napkins to Nabadiganta Leprosy Colony, Durgapur for one quarter for the current Rotary Year-2023-2024. The best results,

womenfolk of the Colony started using Hygiene Sanitary Napkins since last year, when we started handing the Napkins instead of Dirty clothes. A great achievement.



RAKSHA BANDHAN CELEBRATION AT PLC

On 30th August, 2023 Raksha Bandhan was celebrated by PLC Interact Club members in a different way. We started our preparation of Rakhi making from the previous day and prepared rakhis for the teachers, support staffs and some of our community helpers like doctors and nurses. This time we have included class IV, V students to join us in this project as they enjoy making these. We completed making Rakhis and started our programme.

At first, we tied rakhis on the wrists of the teachers and then the support staffs. We really want our teachers and support staffs to stay protected who help us studying nicely, move forward in our life. Every day when we come to school, we see a clean campus and classroom, healthy food which is possible because of the hard work of our support whom we call 'aunties' and 'uncles'.

This celebration was followed by a visit to ISPAAT Cooperative Hospital where we tied rakhis on the wrists of the doctors and nurses. We really enjoyed this unique way celebrating Raksha Bandhan to spread the message of equality, love and respect amongst the society.

Kakuli Naskar
President-Interact Club
PACE Learning Centre



RAKSHA BANDHAN CELEBRATION AT PLC



100% ATTENDANCE OF METROPOLITANS FOR THE MONTH OF MAY & JUNE-2023 BEING RECOGNIZED BY THE PDG RTN RAVI SEHGAL AND IPP RTN DR V K NEVATIA ON 26.8.2023



PP Rtn Jayanta Chatterji



PE Rtn Sashi Dhacholia



PP Rtn Dr Naresh Goyal



President Rtn Rakesh Kumar Goel



Rtn Rajshree Jain

From PDG Rtn Ravi Sehgal

Heartiest congratulations for bringing out this wonderful issue of the Metro Voice. It narrates the legacy of the club in it's signature project the Leg for Legless drive that was initiated by your club. The write-ups from Past President Sohanrajji Singhvi and Mr. Mehta are indeed very nostalgic as I was very closely associated with this club project of yours and have attended many camps and the Independence celebrations at the Mahavir Seva Sadan.

My best wishes to RC Calcutta Metropolitan in continuing their legacy and adding more signature projects in their fold. My best wishes to you all & God Bless !!

From Rtn Jnan Ghosh

Thank you Rtn Sashi for publishing and sharing such a beautiful and informative Club Bulletin. Wishing you all the best and a very Happy Independence Day.

From Rtn Tanu Roy (AG 23-24)

Thank you sharing such enlightening & inspirational insights which most of us were surely unaware of. Very well composed Bulletin Sir! Yes, it is very true, "composing a special bulletin" is really taxing, a true-blue editor would understand. Cheers!

Very well compiled 'Metro Voice'. Keep it up! Your club projects are worth a share with the world. I hope it is ok with you and your esteem club if I circulate the bulletin with other Rotarians around the world.

Rotary regards,

From IWPP-Manju Rai

Very nice presentation of *Metro Voice*

From PP Rtn James Lewis

Outstanding Sashi!! Bravo, I love your bulletin.

Always 1st class.

From PDG Rtn Deepa Willingham

Wonderful newsletter - congratulations! Respected Rtn. Sashiji,

**MINUTES OF 1658th REGULAR MEETING OF ROTARY CLUB OF
CALCUTTA METROPOLITAN HELD ON SATURDAY, 26TH AUGUST, 2023
AT 2.00 PM AT THE CONCLAVE, 216, A J C BOSE ROAD, KOLKATA-700 017**

1. President Rtn Rakesh Kumar Goel welcomed PDG Rtn Ravi Sehgal and invited him to the Head table.
2. President then called 1658th Regular Meeting to order.
3. The meeting started with all standing for National Anthem
4. Minutes of the 1657th Regular Meeting dated 15.8.2023 were read and confirmed
5. President congratulated IPP Rtn Dr V K Nevatia for getting RI Citation for the RY-2022-2023. PDG Rtn Ravi Sehgal applauded the great work done and handed over the Citation to IPP Dr. V K Nevatia who while receiving the Citation thanked and gave credit to the whole team .
6. President briefed the members regarding activities and projects carried out so far during August:
 - The Club held Joint Regular Meeting with Mahavir Seva Sadan on 15.8.2023 at MSS. DG Rtn Hiralal Yadav was the Chief Guest. He released the Souvenir for the RY-2023-2024.
 - 30 Artificial Limbs were sponsored by us. Following Rotarians sponsored the Artificial Limbs:
 - 15 by Rtn Renu Todi through her Samraksha Foundation
 - 5 by PP Rtn Dr Neeraja Rateria
 - 5 by PP Rtn Roshni Beriwalla, who was present despite being unwell.
 - 5 by Rtn Suraj Ratan Mundhra

The President thanked them all for their contribution towards this noble cause.

- Special edition of Metro Voice dated 15.8.2023 on Physically & Mentally Challenged persons, detailing projects done by our club with Mahavir Seva Sadan, was also released by the guests on the dais. President thanked PP Rtn Sohanraj Singhvi for sponsoring this edition. President also thanked editor PE Rtn Sashi Dhacholia for bringing out both Souvenir and Special edition of Metro Voice.
- 7 PP Rtn Jayanta Chatterji shared information regarding admission of students in different streams in various Colleges. PP Rtn Dr Naresh Goyal drew attention of the members to the photos of these PLC Students, printed in Metro Voice. This indeed was a proud moment for all involved and especially for members of Calcutta Metropolitan Club
- 8 Rtn Runjhun Gupta shared the success of the Workshop on Menstrual Hygiene which was conducted by SHEABLE FOUNDATION for the students of PACE Learning Centre on 19.8.2023. She informed that the foundation has made a commitment to do this at 6 months interval or annually once as required.
- 9 President Rtn Rakesh Kumar Goel, shared the success of plantation of 1000 Mangrove Trees at Kumirmari of Sundarbans area on 19.8.2023 with support from RC of Calcutta Pointers. PE Rtn Sashi Dhacholia shared the experience and applauded efforts of Rtn Rakesh Kumar Goel to walk the extra mile and plant Mangrove trees in loose and muddy soil.
- 10 PP Rtn Dr Naresh Goyal also congratulated President Rtn Rakesh Kumar Goel for donating Rs.15 lakhs to PACE Learning Centre to create Corpus for higher education of girls after finishing the school. He thanked the president for this wonderful gesture for creating history and making the club proud.
- 11 PE Rtn Sashi Dhacholia introduced and welcomed Ms Poulomi Mullick, a prospective member, to the meeting.
- 12 President then invited IPP Rtn Dr V K Nevatia and PDG Ravi Sehgal to handover gifts to 100% percenters for the month of May & June-2023.
 - 1 PP Rtn Jayanta Chatterji
 - 2 PE Rtn Sashi Dhacholia
 - 3 PP Rtn Subir Dutta
 - 4 PP Rtn Dr Somen Ghosh
 - 5 PP Rtn Dr Naresh Goyal
 - 6 President Rtn Rakesh Kumar Goel
 - 7 Rtn Rajshree Jain
 - 8 PP Rtn Dr V K Nevatia
 - 9 PP Rtn Harsh V Rungta
- 13 President requested PE Rtn Sashi Dhacholia to introduce Guest speaker DG Rtn Ravi Sehgal.
- 14 Guest speaker PDG Rtn Ravi Sehgal spoke on the topic, 'Who touched you'. It was a very interesting and informative session. He shared one story how Rotarians throughout the world helped each other during the crisis. Full story is being shared in the report submitted in forthcoming Metro Voice.
- 15 Post the Q & A Session PDG Ravi Sehgal was felicitated by Rtn President Rakesh Kumar Goel
- 16 President invited PP Rtn Jayanta Chatterji to give vote of thanks.
- 17 President requested Secretary to make the Club announcements:
 - Forthcoming Events
 - Birthday/Marriage Anniversary greetings
 - Sunshine box collection is Rs. 500/- Andover and above as usual
 - Attendance for the day was 13
- 18 Since there was no other business, President terminated the meeting.

Sponsored by : A WELL WISHER

We meet every Saturday at 2.00 pm at The Calcutta Swimming Club, 1, Strand Road, Kolkata-700 001
Published by : Rtn. Sashi Dhacholia, Mobile : 98310 14640, E-mail : sashidhacholia@gmail.com (For Private Circulation Only)
<https://rccalcuttametropolitan.rotaryindia.org>