



Presidency



**HAPPY
INDEPENDENCE
DAY**



Bulletin of Rotary Club of
Calcutta Presidency
Rotary International District 3291

Times

RI President- Rtn Knaack Holger | DG: Rtn Sudip Mukherjee

President: Rtn Vinod Bhandari | Secretary: Rtn Rina Malpani | Editor: Rtn Mita Ganeriwal

Editors Note:

15th August is a very special day for all Indians, today we celebrate 74 th Independence day. For more than 7 decades our Sovereignty has been protected by our forces who believe in the motto Service before Self. Salute to our forces who are ensure our security from the external enemies, also providing assistance to civil authorities during internal unrest, aid and rescue at times of natural calamities and now also during the pandemic the contribution of the forces has been vital. We thank IPS B.D Sharma who is also a member of RCCP family and Col Joginder Singh for sharing their thoughts with RCCP on this special day.

This month we have had Projects of immense importance touching upon core issues of life Water , Health, Education and Environment.

Launching Today

'THE WATER STORY'- Save Water Save Life.

Akshargyan - Sponsor & Educate a Child.

Earlier this month we launched -

EK Chumach Kam Char Kadam Aage -the first District 3291 Positive Health Initiative.

LIFESTYLE MODIFICATIONS AND SAFE IN THIS ERA OF COVID 19 - Webnair by Dr Ramesh Agarwalla

Tree plantation- We participated in the program to Plant a tree a step to conserve our environment.

We hope our efforts in our spheres of service will initiate the Change.



Congratulations Jennifer E. Jones

Member of the Rotary Club of Windsor-Roseland, Ontario, Canada,, on her nomination as President of Rotary International 2022/23, She will be the first woman to hold that office in the organization's 115-year history.

A current Rotary Foundation trustee, Jones has been a member since 1997 and has served Rotary as vice president, director, training leader, committee chair, moderator, and district governor..

BORDER GUARDING FORCES - OUR SENTINEL SAMARITANS

-B.D. SHARMA, IPS

As an IPS officer I had the honour of heading the Sashastra Seema Bal (SSB), a Central Armed Police Force, as its Director General from Aug 2014 to January 2016. before that, I had the opportunity of working in another Central Armed Police Force, the Border Security Force (BSF) at various levels including as its DIG, IG, Addl.DG, and Spl.DG. Both of these Forces are categorised as "Border Guarding Forces" as they guard International Borders of India, that is, the borders we share with our neighbouring countries. The Central Armed Police Forces (CAPF) are also known as Para Military Forces in common parlance. Of the several CAPFs that India has, there are four Border Guarding Forces deployed at our International Borders. Together these Forces guard and therefore secure 15,318 KMs of India's International Borders.



As for the forces deployed in these areas, they also have to deal with the problems of border-infiltration, smuggling of arms, ammunition, narcotics, fake Indian currency notes and terrorism, over and above the task of guarding the borders against hostility from neighbouring countries.. This includes everything from trade and commerce to population.

The Border Guarding Forces are also required to promote a sense of security among border population, collect intelligence about activities of our enemies and their agents,

Some of the types of activities in addition to guarding the borders that are undertaken for the welfare of the local population by the border guarding forces are:

Medical Aid Camps and distribution of medicines; Ambulance Services.; Distribution of aids and appliances to physically challenged persons; Artificial Insemination Programmes for their animal wealth; Adoption of schools, specially libraries; Skill Development Programmes and Vocational Training in various trades for border youth; Awareness Generation Programmes and Celebration of National Days like Independence Day and Republic Day in the border areas, particularly in the Schools.

During my tenures in Border Security Force (BSF) and Sashastra Seema Bal (SSB), I used to derive immense pleasure and joy in providing active leadership to my Officers and men in undertaking various Civic Action Programmes.

It was gratifying to witness how these programmes helped those who lived in extreme poverty and those who did not have access to education or even the basic necessities of life.

It was fulfilling to be a part of a process in which we could contribute to the alleviation of their misery and misfortune.

It was during my tenure as Spl.DG of BSF at Kolkata that I decided to initiate a partnership of BSF with SmileTrain India and Rotary Clubs of Calcutta to undertake cleft-lip and palate surgeries of people living in border areas particularly the children, free of cost. After this there was no looking back and we kept on adopting one programme after another for the welfare of border populace and indeed became good Samaritans for such vast border areas of our country.

Thus the Border Guarding Forces now undertake almost similar kinds of welfare activities in the remote, difficult and extremely backward border areas of our country as our Rotary Clubs in the urban areas. While recollecting my active association with all such activities undertaken by BSF and SSB on the four important International Borders of India, I thank the Almighty for having blessed me with such a joyful opportunity.

I extend my heartiest congratulations to all the citizens particularly the residents of border areas of our country on the occasion of the 74th Independence Day and pray for peace, harmony and fulfilling development of the entire country in the difficult times that we find ourselves in today. My greetings to all Rotarians as well on this occasion!



**BCOL JOGINDER SINGH
EASTERN COMMAND**

Independence day

One individual may die for an idea, but that idea will, after his death, incarnate itself in a thousand lives. -- Netaji Subash Ch Bose .Thus said Netaji and how true and relevant it is and would remain so.

India is a rare combination of a universal philosophy, inherently tolerant religion, good size country, young population, democracy, and diversity that no other nation can match.

There are many who were not around the mid night of 15th August 1947 to hear India's tryst with destiny. We are born in an independent country and hence probably understand very little about insult of being governed by a foreign power.

Our salutes today are for the people who fought for the independence of the country and we all should dedicate ourselves to the service of this great nation. With the prevailing pandemic situation our salutation is also for all the frontline Doctors, Health warriors who have put their service for its brethren before self.

India is moving steadily towards becoming a global power. Let us take a pledge to do our work with all sincerity and honesty so that our country can regain the same status of being Vishwa Guru. Being a Vishwa Guru would make all Indians proud. We all yearn for the glory of those days when our people reached the pinnacle of thought, achieved great understanding of the divine, and invented excellent ways of living.

What it takes to be a guru was described by Swami Vivekananda, the man who first gave India this aspiration. In his 1901 essay My Master he wrote: "If you wish to be a true reformer, three things are necessary. The first is to feel. Do you really feel for your brothers?Are you sure that you are not actuated by greed of gold, by thirst for fame or power? Then you are a real reformer, you are a teacher, a Master, a blessing to mankind."

Let us all rise and work hard so that people who have laid their lives for our today can rest in peace that their supreme sacrifice has not gone in vain.

Jai Hind !!

LAUNCHING TODAY 15 AUGUST 2020

**"The Water Story" - Save Water Save Life
by Rtn Gurpreet Kaur Sethi.**

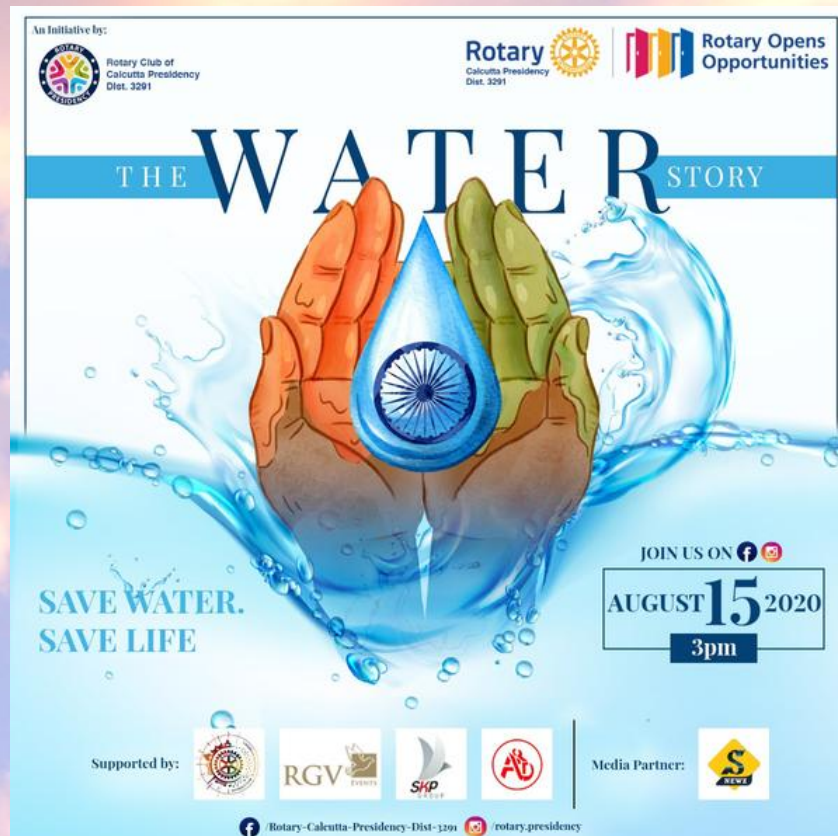
**A project is not limited in a time line.
.it is is story which needs continuous
telling and never ending one.**

As the Mariner said

**" Water Water everywhere not a drop
to drink"**

**70% of the earths surface is covered
with water, 97.5% is saltwater,
only 2.5% is freshwater,
of the 2.5%fresh water, 68.7% is
frozen in ice caps and glaciers.
Only 1% of the total water resource
on earth are available for human use.**

**World today is facing
a major drinking water crisis.
If not taken seriously and if efforts
not made to Save Water.....
then the story will have a sad ending.
Nevertheless , small steps taken and
implemented will help save water thus save life**



**RCCP has started a campaign creating awareness and encouraging children
& adults to join and in every possible way Help Save Water Save Life.**

**We propose to raise awareness to save water with
Short film, original song video, ad campaigns ,illustrations of ways to save
water spread across the social media to reach out as many people as
possible , interactive contests
on Save Water Save Life themes .**

**Along the line we will target areas where advanced water saving methods
will be implemented.**

**Like sprinklers in taps in Residence , Schools , Hospitals ,religious places ,
Hotels ,Offices etc.**

**Also spreading awareness about implementation of Water Conservation
Plants in Buildings ,Hospitals, Schools and other target areas.**

We hope we can make a difference.....



**Akshargyan-Sponsor and educate a child.
By Mita Ganeriwal**

We as a family of the "Rotary Presidency" believe that "Giving is the master key to success, in all applications of human life"..... And what better than a Gift of Education . Hence we have initiated our Project Akshargyan- Sponsor and Educate A Child.*

We sponsor a child's education @ Rs 2000/- per child which takes care of the tuition fees and school books and stationaries for one educational year. We will issue sponsorships to 100++ needy children through various NGOs , Schools and Institutions.

Today we handover our first cheque for 55 children to "Young Mens Welfare Society" which has 4 schols under them in Rural Bengal, we will sponsor 55 needy children from these schools.

We thank the sponsors for their benevolent support.



A ROTARY PRESIDENCY Literacy Initiative

AKSHAR GYAAN

SUPPORT CHILD HOOD EDUCATION @ RS 2000 FOR ONE YEAR

Donations may be made to "Rotary Presidency Foundation" Contact Person - Mita Ganeriwal - 9830024761

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EK CHAMMACH KUM(SUGAR) CHAAR KADAM AAGE - FIRST ONLINE POSITIVE HEALTH INTIATIVE BY DISTRICT 3291 - HOST RC CALCUTTA PRESIDENCY BY RTN .SANGITA JAIN.

FACT ONE: SUGAR IS NOTHING BUT EMPTY CALORIES

1 CUP OF TEA OR COFFEE WITH 2 TSP SUGAR = 40 CALORIES Approx.

2 SPOONS OF ANY SAUCE/ SALAD DRESSING = 50 CALORIES Approx.

1 PIECE OF CAKE OR 2 BISCUITS = 150 CALORIES Approx.

350 ML OF ANY AERATED DRINK = 180 CALORIES Approx.

As per WHO, only 6 to 10% of our daily calories should come from sugar. That equals to about 120-200 calories per day for a 2,000 calorie diet. This means the person would exceed the recommended energy intake from refined sugar. ONLY!

"Are You Convinced to Reduce your sugar intake, at least a little bit?"

EK CHAMMACH KUM Campaign
A Rotary Dist. 3291 Initiative For Positive Health

FACT TWO : SUGAR IS A SUBSTANTIAL PART OF OUR EVERYDAY DIET

- Does our body recognise the difference between natural and artificial sugar? **X**
- Added sugar breaks down easily, is digested faster, and may spike sugar levels rapidly! **✓**
- Vitamin & Mineral rich immunity boosters like Honey & Date syrup are better options! **✓**

NATURAL SUGAR RAISES BLOOD SUGAR BUT IS ALSO HEALTHIER

100 CALORIES = 5* OF SUGAR + ZERO NUTRITION

100 CALORIES = 1 CUP OF FRUIT + 130% RDI OF VITAMIN C (NUTRITION SUPERSTAR)

100 CALORIES = 1 CUP OF FRUIT + 67% OF RDI OF CALCIUM (IMPRESSIVE NUTRITION)

Therefore, Fruit is always a healthier option.
Occasional processed & sugary food is okay, but excess contributes to health problems.

BELIEVE ME! "EK CHAMMACH KUM" IS A HELPFUL TACTIC !

EK CHAMMACH KUM Campaign
A Rotary District 3291 Initiative For Positive Health

A little progress each day adds to big results!
District's first online programme on Project Positive Health flagged off on 7th July on facebook.
Rotary International Director Dr. Bharat Pandya, the mastermind behind this joined for its 1st online panel discussion held on 7th August on zoom hosted by RC Calcutta Presidency. DG Sudip Mukherjee and other National Rotary Directors were present.
Panel discussion on EK chammach kam was lead by Dr Sarfaraz Baig/GI LAP & Bariatric Surgeon and his team :
Ms Kankona Dey/Nutritionis
Ms Smaranika Tripathy/ Psychologist .
The fliers which are being posted of the facebook page of ECK4KA :
<https://www.facebook.com/groups/875410872869056/>; detail the harmful effect of sugar.

FACT THREE : EK CHAMMACH KUM IS A HEALTHY STRATEGY

IMPACT ON THE BODY

EXCESS SUGAR OVERUSE INSULIN CELLS

↓

DIABETES RISK RISES

Overuse of insulin cells increases the Visceral Fats which lead to OBESITY

20% → 38%

DAILY CALORIE FROM SUGAR (APPROX. 70 GM SUGAR) → HIGHER RISK OF CARDIAC PROBLEMS

OR → OR → MAY REDUCE WFC

IMPACT ON THE MIND

EXCESS SUGAR MAKES BRAIN RELEASE EXTRA DOPAMINE

↓

Mimics effects Of addiction

INCREASE IN CRAVINGS

Increase in cravings cause Serotonin levels to rise & lead to anxiety.

20% → 23%

DAILY CALORIE FROM SUGAR → DECREASES MENTAL CAPACITY

ONLY INDUCES SHORT TERM POSITIVE FEELING.

SUGAR MAY CREATE A TOXIC VICIOUS CYCLE

A DISTRICT 3291 INITIATIVE FOR POSITIVE HEALTH

LESS SUGAR INTAKE , LESS MEDICATION NEEDED

EK CHAMMACH KUM Campaign

A Rotary Dist. 3291 Initiative for Positive Health

1

1 tsp = 5 gms Carb = 20 Calories

Imagine how much sugar can you avoid in >6.5 days !!

Sugar is nothing but empty calorie leading to uncontrolled weight gain.

2

Sugar is added to most foods to enhance flavor, texture & shelf life.

Fruits, Vegetables, Milk & Grains have natural sugar.

3

"EK CHAMMACH KUM" is a health strategy. Less Sugar helps to overcome Diabetes, Obesity, High BP. Excess Sugar reduces Immunity & spikes unwanted stress.

Sugar is dangerous when consumed in excess !

MAKE THE RIGHT CHOICES! I JUST JOINED THE CAMPAIGN, HOW ABOUT YOU?

FACT THREE : EK CHAMMACH KUM IS A HEALTHY STRATEGY

HUMAN BODY

Body is like a machine, right ?

Machine needs fuel to function properly, true ?

Our body runs on the fuel it gets from the air we breathe, food we eat, or liquid we drink, correct ?

Carbs give fuel i.e., energy & Sugar carbs gives instant energy minus other nutrient, agree!

IMPACT OF HIGH SUGAR INTAKE

Sugar Rush makes body release more insulin to move energy from blood to cells.

RESULT - MORE CRAVING

High Sugar Intake increase visceral fat.

RESULT - WEIGHT GAIN

More Craving - More Eating.

RESULT - OBESITY

Obesity increases stress and drives resistance to insulin.

RESULT - DIABETES

Cut down Sugar - Increased sugar intake mess up with our machine.

Satisfy sugar craving the healthy way - Turns to Apple / Oranges / Squash / Beet / Carrot / Coconut etc.

A DISTRICT 3291 INITIATIVE FOR POSITIVE HEALTH

LESS SUGAR INTAKE - LESSER MEDICATION NEEDED



TIME AND HEALTH ARE TWO IMPORTANT ASSETS WHICH WE FAIL TO APPRECIATE UNTIL WE LOSE THEM. THIS IS A CONTINUOUS PROJECT WITH MANY CHAPTERS . KEEP A CHECK OF THE FACEBOOK GROUP FOR NEW UPDATES- [HTTPS://WWW.FACEBOOK.COM/GROUP S/875410872869056/](https://www.facebook.com/group/S/875410872869056/).

ON THE 4TH OF AUGUST WE HAD A WEBINAR ON 'LIFESTYLE MODIFICATIONS & SAFETY IN THIS ERA OF COVID-19' BY RTN. DR. RAMESH AGARWALLA



RCCP members and the children of Young Horizons Scchool attended the webnair. Dr. Agarwalla explained the disease, mode of transmission, symptoms, treatment, prevention, the important do and donts. And he also drew our focus on the silver lining from the pandemic - like back to basics and nature, family time, home food, catching up with hobbies and less pollution. His positive attitude towards the disease gave a lot of confidence to the children on board . The Musical Tribute to the covid warriors made it very interesting. He meticulously answered questions put forward by the students ranging from the possibility of a vaccine to After effect of the Pandemic. He explained new Normal, as the disease is going to be there for sometime and hence we should adhere to social distancing, masking and hand washing. It was a truly informative and we conducted webnair. On public demand we had a repeat webnair on the same topic with St Teresa School children on the 9th August. Both the webnairs were sold out with crossing 100 mark.





Rotary club of Calcutta Presidency was a CO- host in this macro level District's 3rd(overall) Service Project&1st Community Service (Non Medical)project pertaining to new area of focus 'Protect the Environment'- The Green Expedition was launched 2nd Aug 2020 at Dhyanaashram&St. Xavier's, Raghavpur Campus.DGN Ajoy Law,DT Angshuman Bandopadhyay&PDG Uttam Ganguli,NCM Environment graced the occassion.Tree plantation was done

Umbrella distribution in old age home , 'Rukmani Amar aangan' ,in Bishnupur on 1 st August 2020 .On occasion of Rakhi 2 dozens of umbrella were distributed to the inmates in the home . Project was done by Rtn Sunila Poddar



. Disease Prevention and treatment project . On 17th July 400 pcs of reusable cotton mask were handed over to Shakespeare Sarani Police Station officers to be distributed amongst the needies. The beneficiaries had only a single pc which had completely worn out. They had been using which was detrimental to them and the public at large Project was executed under the supervision of Rtn Sangita Jain

Every plant is valuable **Planting a tree promotes sustainability.** The environment becomes a new area of focus. RCCP in association with RCC Champahati Birds sponsored 150 fruit tree saplings to develop the environment of the 3 panchayats of Ghoshpur. Distribution of 80 mango and 70 lemon trees has been done on 15th July 2020 .Project done under the leadership of *Sangita Jain*



**MINUTES OF THE 117TH RWM OF ROTARY CLUB OF CALCUTTA PRESIDENCY
ALONG WITH COTS HELD ON 25TH JULY 2020 AT 5 PM ON ZOOM PLATFORM**

MEMBERS PRESENT -22 OF 44.

DISTRICT OFFICIALS: AG RTN. NABA KUMAR DAS & ZS RTN. KISHORE MULLICK
FOR COTS .

PRISIDENT VINOD BHANDARI BRIEFED ALL PRESENT ABOUT THE 3 MAIN
PROJECTS OF AUGUST 2020

THE WATER STORY - SAVE WATER SAVE LIFE

EK CHAMMACH KUM CHAR KADAM AAGE A DISTRICT POSITIVE HEALTH PROJECT
HOSTED BY RCCP.

AKSHARGYAN - SPONSOR AND EDUCATE A CHILD.

AS IT WAS COTS RTN. NABA DAS WAS INVITED BY PRESIDENT TO GIVE HIS TALK
TO ALL THE MEMBERS PRESENT. HE ENQUIRED WHETHER PETS AND SETS WERE
ATTENDED BY PRESIDENT AND SECRETARY. COMMUNICATION BY CHIEF TRAINER
WAS RECEIVED. AN INTERACTIVE SESSION TOOK PLACE WHERE THE MEMBERS
CLEARED THEIR DOUBTS.

MEETING WAS ADJOURNED AFTER CUSTOMARY GREETINGS AND
ANNOUNCEMENTS.

MEMBERS CONTRIBUTION

"सत्य या भ्रम "

क्या सत्य है क्या भ्रम है, यही तो जीवन का सबसे बड़ा भ्रम है,
सत्य तो लगता भ्रम है, क्योंकि इस भ्रम की चकाचौंध को सत्य मान लिया है,
लोगों की विवेचना को ही अपनी सफलता का आधार जान लिया है,
धन दौलत गाड़ी बंगले की मरीचिका को ही खुशियों का संसार मान लिया है,
जिंदगी की अंधी दौड़ का हिस्सा स्वयं को बना ,
इस मरुभूमि की मरीचिका में रिश्तो की मिठास को खो सा दिया है ,
पर बदलाव भी एक अटल सत्य है ,
ब्रह्मांड ने भी अपना काम किया है ,
कोरोना वायरस से एकेंद्रीय की इस तूफानी तांडव ने, सबके अंतर्मन को झकझोर दिया है,
भ्रम के पर्दों को तोड़ दिया है,
जीने को साधन जरूरी है, पर इसका परिमार्जन उससे भी जरूरी है,
इंसान अब तो जाग जरा, खुशियों और आनंद के फर्क को जान जरा,
खुशियों को छोड़ आनंद से स्वयं को जोड़ जरा ,
क्रोध लोभ, मान, माया, हिंसा को छोड़ ,
सत्य, संयम, संतोष , अहिंसा को अपनाकर ,
स्वयं का कर आत्मसाक्षात्कार ,
सत्य का यू कर प्रत्यक्ष दर्शन,
संयोग का वियोग अटल है, पंच तत्व से बना तू पंचतत्व में विलीन हो जाएगा,
बंद मुट्ठी तो आया था,
खुली मुट्ठी कर्मों की पोटली साथ लिए तू जाएगा !
रश्मि सुराणा

HIGH FIVE!

**A BIG
CONGRATULATIONS
TO OUR
ROTRACTORS**

The future can't look any brighter.
Wishing you all the best
in your endeavours!

**2019-2020 ROTARY CITATION
WITH PLATINUM DISTINCTION**



Awarded to the Rotaract Club of

CALCUTTA PRESIDENCY

for helping Rotary connect the world in the lives
of people all over the world.

Mark Daniel Maloney
Mark Daniel Maloney
President, Rotary International



WICCI
WOMEN'S INDIAN CHAMBER OF COMMERCE AND INDUSTRY

MITA GOEL AGARWAL
STATE VICE PRESIDENT, WEST BENGAL
JAILS REFORM COUNCIL

**WOMEN'S INDIAN CHAMBER OF
COMMERCE AND INDUSTRY (WICCI)**

INDIA'S NATIONAL BUSINESS CHAMBER FOR WOMEN.

WWW.WICCI.IN

Presidency congratulates Mita Agarwal for being
elected as VICE PRESIDENT OF WICCI for WEST
BENGAL JAIL REFORMS COUNCIL.



HAPPY BIRTHDAY

**KAMALJI LUNIA 6TH AUG
ANU KOTHARI 7TH AUG
PRAVEEN KOTHARI 8TH AUG**

Happy Anniversary

Amit & Aparna Gupta 10Aug