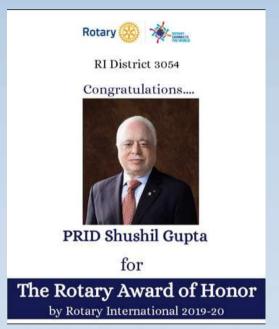


RI President- Rtn Knaack Holger | DG: Rtn Sudip Mukherjee President: Rtn Vinod Bhandari | Secretary: Rtn Rina Malpani | Editor: Rtn Mita Ganeriwal

Editor's Note: Last few months have been challenging for all of us, and now we are settling into the new normal routine; but we have to remember the virus is still here and we have to maintain our SMS schedule - social distancing, masks and sanitization (washing of hands). Every challenge has its Silver Lining- the past few month made us all digitally smarter. We are regularly meeting on zoom and it is this digital platform which has made possible for us to connect with our Rotary family from other cities & worldwide. We had Rotary Clubs from Bangladesh /Nepal /Bhubaneswar as part of our Rotary meetings .We were able to have distinguished guests and speakers from the world and other cities - all thanks to the digital platform. We had Dr Rudra from UK unveil the secrets behind healthy and strong bones. Today we have the Great Jal Purush Ramon Magsaysay Award winner Dr Rajendra Singh amidst us from Alwar Rajasthan share his knowledge on water conservation.

So until we get back to complete normal we must harness the Silver Lining of every situation.





Guest Speaker for the day Dr Rajendra Singh - Jal Purush

The Waterman Of India, Rajendra Singh, Says

" 'Water Literacy' Is Need Of The Hour As Country/World Faces Water Crisis" Our project The Water Story launched last month resonates the same idea; we aim to bring about a behaviuoral change in our attitude towards the usage of water through our awareness programs. We invited Dr Rajnedra Singhji; popularly known as Jal Purush a renowned river rejuvenator and environmentalist; to our zoom meet to take our water story forward .Dr Singh is a strong advocate and staunch believer of traditional water conservation knowledge, restoration of groundwater reserves and community management of natural resources.

He is known for his work on water conservation and revival of pollution-free rivers and for eliciting public participation and ownership. His passion drives people to get involved and commit themselves.

Over the last 44 years of his life dedicated to society, he has provided solutions to issues of climate change, adaptation and eradication through the efforts of local communities, empowering them through water conservation and replenishing groundwater banks. Dr Singh believes that the water problems are such that they cannot be solved by science or technology alone. What is required is community involvement, policy, leadership and use of local knowledge to arrive at local solutions.

Dr Singh is truly hardworking and dedicated. He has been awarded several international accolades: Chiefly "Ramon Magsaysay Award" in 2001 for community leadership, "Jamnalal Bajaj Award" for use of science and technology for rural development, in 2005 and the Nobel prize for water the Stockholm Water Award in 2015. The Guardian named him"in the list of the world's 50 people in 2008 who can save the planet Earth."He was also awarded the "Ahimsa" Award in 2018 from the House of Commons, United Kingdom, "Earth Repair" award in 2019 from US Seattle and the Prithvi Bhushan Award from New Delhi in 2019.

We are truly grateful of his presence and look forward to hear him and apply the knowledge to beat the water crisis.



RCCP has organized very meaningful Webinars. during these challenging times.

Workshop on "HOW TO LOVE YOURSELF"

On 23rd August we had a webinar workshop on "HOW TO LOVE YOURSELF" conducted by Rtn Rashmi Surana: a wonderful initiative- on how we can love ourselves and how we can overcome the negative feelings that are stopping us from moving ahead.

• EK CHAMMACH KUM - Project Positive Health-Chapter 2 - An RI Initiative

On 30th august 2020 RCCP organized the second Panel Discussion on the mantra- "Ek Chammach Kum Char Kadam Aage" Participating Panelisits were renowned doctors - Dr Prof Subhankar Chowdhury- Consulant Diabetologist; Dr Sudipta Chandra-ENT Surgeon and Sleep Specialist and Dr Sarfaraz Bariatic Surgeon.

Participating clubs from Dhaka, Nepal, Bhubaneshwar made it a global event of project and friendship. More then 180 participants; this 1 Rotary Initiative had 3 countries and 4 districts 3262,3281,3291 and 3292 united with 3 eminent doctors in the panel discussion. More than 21/2 hour session- with questions and answers session. Various PDGs, other club members attended the webinar. We were graced with the presence of RID Dr Bharat Pandya and DG Sudip Mukherjee. All the 3 panelist-motivated the participants to follow the mantra. We were on Facebook live too inorder to spread the mantra far and wide.....

Webinar on "ADOLESCENCE"

on 6 September 2020 at 11 am a webinar on the topic *Adolescence* was conducted. Adolescence the most confused age where you are on the threshold of the end of childhood and beginning of adulthood, becomes all the more difficult for girls with their growing up biologically and psychologically; the informal discussion by Rtn Sangita Jain and Rtn Dr Rina Malpani answered a lot of queries and cleared the doubts in the minds of the young participants. St Teresa interactor girls attended in good numbers some of them with their mothers attended this informative webinar.

Webinar on "Misuse of Headphones"

On 10 September 2020 we had the webinar on *Misuse of Headphones* an apt topic given increasing using of mobiles and podcasts. Interesting information about hearing health and damage caused by excessive usage and high volume of headphones was given by Dr Sharad Singhi. There was active participation of the audience.

Webinar on "AGEING BONES-FALLS, FAINTS AND FRACTURES"

On 19th September 2020 a webinar session was presented by Dr Kumar Kalyan Rudra an orthogeriatrician in UK. Dr Kumar gave a very informative presentation on the causes of faints ,falls leading to fracture of bones. He discussed about the causes of Osteoporosis and its prevention. Rotarians from Bangladesh, Nepal ,Bhubaneshwar joined the zoom meet. We were glad to have DG Sudip Mukherjee on webinar.

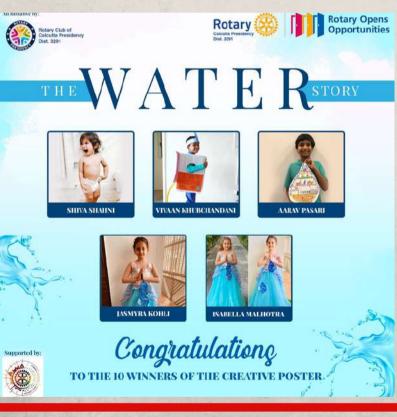


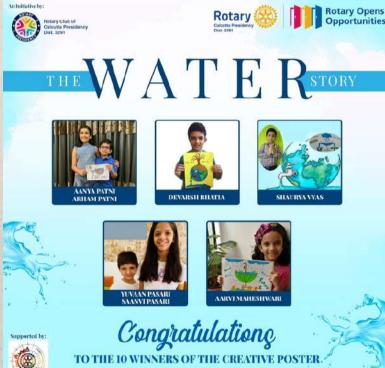
On 30th August Rotary Club of Calcutta Presidency distributed ration ,fruits and sweets along with new clothes for the inmates of Iswar Sankalpa to meet the baisc needs of the inmates during these trying times

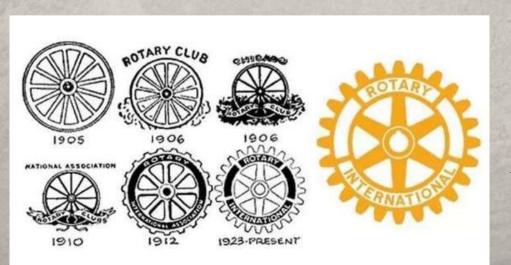
Once again on 13th September on a request from Iswar Sankalpa we organised for the distribution of dry food items and lingerie and toiletries for the inmates .

Winners of the Poster Competiton under "The Water Story"

As part of The Water Story Project we had a drawing competition. Winners were declared on 5th September Prize money of Rs 500/- sent to the winners by Paytm.







Evolution of the Rotary International logo

The Rotary Wheel indentifies us wherever we go

MESSAGE FROM RI PRESIDENT KNAACK HOLGER- SURVIVING THE PANDEMIC



The impact of lockdown due to corona pandemic has been devastating for all sectors of economy with disruption of business enterprises and huge job losses resulting in migration of workers. So far there has been no solution for treatment of corona flu and it might take a few years to revive the economy. In such a situation, rather than living in fear and anxiety and locking ourselves at home, we should accept it as a normal part of our day-to-day life and move ahead confidently to face regular work routine after taking necessary precautions of maintaining hygiene, wearing masks and gloves and maintaining social distance. Instead of focusing on endless negative discussions on TV news channels and social media, build your immunity by enhancing your physical, emotional, mental and spiritual strength through exercises, yogasanas and meditation.

ROTARY ACTION PLAN FOR THE NEXT 5 YEARS

We began this year promoting the importance of the new Action Plan for all Rotarians and Rotractors.

As People of Action, we share a strong sense of purpose.

More than a century ago, we pioneered a new model of service leadership grounded in person-to-person connections. Today, those connections are a network that spans the globe—bridging cultural, linguistic, generational, and geographic barriers—and shares the vision of a better world.

As People of Action, we understand that fulfilling that vision requires a plan.

This is Rotary's plan for the next five years: to increase our impact, expand our reach, enhance participant engagement, and increase our ability to adapt.

By helping to realize the goals of this plan, you ensure a stronger and even more effective future for Rotary—a tremendous legacy. Our plan is rooted in our tried-and-true values and builds on the remarkable capabilities and spirit of Rotarians.

It is clear-eyed about the challenges that Rotary and the world face. It protects the value of human connection in an age of technology. It lays out a path for bringing great ideas to the forefront of the global imagination of what's possible.

And our plan will provide us with a continuity of vision from year to year, keeping us moving toward fulfilling our shared purpose.

This is our Action Plan.



BY JOHRITA SOLARI, VICE PRESIDENT OF ROTARY INTERNATIONAL

Anyone who's taken part in Rotary knows that our organization is so much more than a collection of clubs. It's a force that puts us in touch with millions of others who share our belief in making the world a better place. It connects us with new ways to make a difference, and new networks of people with whom to make that difference. ...

District 3291 is carrying forward with its legacy to uphold the motto of Service Above Self in the fields of Health, Education, Peace, Community Development, Women's Empowerment and Poverty Alleviation, thus laying the foundation for the 21st Century goal of Global Peace & Prosperity through harmonious and composite development and moving forward towards "Rotary India Vision 2025".



119 RWM OF ROTARY CLUB OF CALCUTTA PRESIDENCY ALONG WITH EK CHAMMACH KAM CAMPAIGN ON 30TH AUGUST 2020 AT7:30 PM ON ZOOM PLATFORM

- Members :44
- District Officials ; DG Sudip Mukherjee, R I DIRECTOR Bharat Pandya , PDG Anshuman Bandyopadhyay , PDG ShyamashreeSen, PDG Rajni, PDI Ajay Agarwal
- International Rotarians :

Rtn Biju Thapalia President of RC from Nepal District RID 3292

Rtn Kawser Shahidulla and Rtn Najmul Hossain from RC of Greater Dhaka RID 3282.

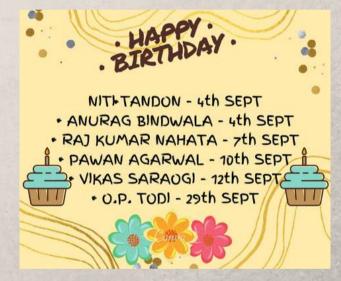
Rtn Anurag Sahoo Secretary of E-club of Bhubaneswar

- Jayshree Mohanty of RID 3262
- .All the presidents of the 4 clubs introduced themselves and discussed about various projects in their club.
- President Vinod Bhandari gave the Welcome Speech.
- Introduction of the speakers Dr Sarfraz Baig , Dr Shubhankar Choudhary , Dr Sudipta Chandra was given by AG Sangita Jain .
- Dr Baig and Dr Choudhary had a panel discussion about the effects of sugar and how to decrease it in the diet .
- Dr Sudipta Chandra spoke about Sleep Apnea and it's problem due to obesity .
- RI Director Bharat Pandya said that to control Diabetes is the most important as in Covid also there are more complications in people with comorbidities .
- DJ Sudip Mukherjee gave his motivational speech
- The panel discussion was followed by question and answer session.

New Proverbs likely to be included in the English language

- 1. Divided we live, United we die!
- 2. A sneeze, in time... infects nine!
- 3. All that sniffles has caught a cold!
- 4. Home stay is the best policy!
- 5. One man's mask is another man's poison!
- 6. An unmasked guy is the Covid's workshop!
- 6. As you spray, so shall you reap !..
- 7. Better to be poor & healthy than being rich & sick!
- 8. Curiosity killed the doc!
- 9. Don't count your chickens before next March!
- 10. Every cough has its spray!
- 11. Rome was not infected in a day!





"Who's running the World?"... *Trump, Putin and Xi* were arguing on ... *"Who's in charge of the world?"*... *"US, Russia or China?"*Without arriving at any conclusion, they turned to *"Modi"* and asked him... *"Who's in charge of the world ?"**"Modi"* replied... ... *"All I know is"*:-

- 1. *"Google"* CEO is an... *"Indian"*.
- 2. *"Microsoft"* CEO is an... *"Indian"*.
- 3. *"Citigroup"* CEO was an... *"Indian"*.
- 4. *"SoftBank Vision Fund"* CEO is an ... *"Indian"*.
- 5. *"Adobe"* CEO is an... *"Indian"*.
- 6. ""NetApp" * CEO is an... "Indian".
- 7. *"PepsiCo"* CEO was an... *"Indian"*.
- 8. *"Nokia"* CEO is an... *"Indian"*.
- 9. *"MasterCard"* CEO is an... *"Indian"*.
- 10. *"DBS"* CEO is an... *"Indian"*.
- 11. *"Cognizant"* CEO was an... *"Indian"*.
- 12. *"Novartis"* CEO is an... *"Indian"*.

- 13. *"Conduent"* CEO was an... *"Indian"*.
- 14. *"Diageo"* CEO is an... *"Indian"*.
- 15. *"SanDisk"* CEO was an... *"Indian"*.
- 16. *"Motorola"* CEO was an... *"Indian"*.
- 17. *"Harman"* CEO is an... *"Indian"*.
- 18. *"Micron"* CEO is an... *"Indian"*.
- 19. *"Palo Alto Networks"* CEO is an... *"Indian"*.
- 20. *"Reckitt Benckiser"* CEO is an... *"Indian"*.
- 21. Now *"IBM CEO"* is also an... *"Indian"* origin guy.
- 22. *"Britain's Chancellor"* is an... *"Indian"*.
- 23. *"Britain's Home Secretary"* is an... *"Indian"*.
- 24. *"Ireland's Prime minister"* is an *"Indian"*.
- 25. The ""W H O chairman Dr . Harshvardhan" is also an... "Indian".

So.... *"who's running the World?"*......Very interestingly... *"an Indian"*

"Be PROUD to be an ...Indian"



Zoom Meeting Reality |...

