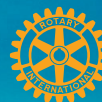




Voice of Victoria

Rotary

Club of Calcutta Victoria
District 3291



BULLETIN OF ROTARY CLUB OF CALCUTTA VICTORIA | RI DISTRICT 3291

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Secretary: **SEEMA** Danda

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Covid Awareness Camps in 5 Villages



infection at bay. Rotary Club of Calcutta Victoria sponsored the programme with finance, 100 masks, hand washing soap bars and breakfast of boiled eggs, cakes, biscuits and tea. The ladies were made to wear the given cotton masks and sat at a distance of four feet each. The trainers came from the Panchayats along with our RCC partners. It was a very successful programme as these villagers are hardly aware of the devastation that Corona can do. They are unable to watch news or any social media due to their poor conditions.

Mon, 20 Jul: Our partners in RCC Kanthalberi, arranged for five camps to spread awareness of Covid 19 to 100 illiterate and underprivileged women. These camps were held for five days. Each day twenty women from these remote villages of Kanthalberia were taught how to keep oneself clean, wear masks and wash their hands at regular intervals. They were also taught to keep social distancing. The trainers asked them to include natural herbs and spices which help in keeping the

100 Trees Planted



club of young boys who took charge of looking after the trees and nurturing them. Wire meshing was fixed around these trees to protect them from getting blown off by the wind, grazing animals and theft.

Tue, 21st Jul: Rotary Club of Calcutta Victoria along with South Kolkata Nobel Welfare Society took the initiative of planting 100 Neem, Deodar, Babul, Chandrani trees along the station road in Dara Joynagar. Most of the greenery in this area was destroyed during the Amphan cyclone on 20th May 2020. The trees were given to the local

Along with fertilizers were handed over to them. Since this is the rainy season, these trees will survive easily. The trees were four to five feet tall. They will provide enough shade once they grow up and keep the Eco-balance right. People around the area took turns in the heavy rain in the plantation and were very happy.

Today's Programme

Rotary Meeting on ZOOM
Guest Speaker
Agnimitra Paul will speak on
'Atmanirbhar Bharat'

Tarpaulins Distribution



Wed, 22nd Jul: 50 Rain cover Tarpaulins were given to Cycle Rickshawalas at Lake Gardens area. This project is a sustainable project done every year since 2017. These rain covers are given during the monsoons, so that the cycle riders as well as the commuters do not get wet due to the rain. Due to the pandemic, ten people were called at a time and social distancing maintained. The project started around 11:00 am. Each one was given one tarpaulin and was made to fix them on their rickshaws before they left. This project has been a very successful project every year.

Know your Guest Speaker



Agnimitra Paul, noted fashion designer was born and brought up in Asansol. She did her schooling from Loreto Convent Asansol, MBA from Jadavpur University and Diploma in Fashion designing from Birla Institute of Liberal Arts and Management Sciences. She started her career in 1997 with her designer label 'INGA' and soon become a household name. Her distinguished client list includes celebrities from Bollywood, Tollywood, politics and sports. She had the privilege of presenting a Kantha stole to Mrs Hilary Clinton which was much appreciated.

Agnimitra is also part of 'Censor Board'. She is also Chairwoman of a committee of CII called Indian Women Network. She has started a project in Sunderban where she is teaching stitching to empower needy women. She is also teaching stitching to women convicts in Alipore Correctional Home. She is the brand Ambassador of Loreto Rainbow Homes which caters to street and slum children.

Agnimitra Paul is a designer with a difference. Her personal shows are for a noble cause. She has raised funds for economically and physically challenged and socially marginalized people.

Recently she did a show with the All India Football Federation, where the team members and coach walked the ramp in her creation. She has also designed for the executive committee members of the U-17 FIFA World Cup Final including FIFA President Gianni Infantino.

She has won numerous awards. Swayam Siddha from Rotary Club, Sonar Sansar Women of Substance, Bharat Nirman Award, Indian of the year Award, Time Power Women Award from Times of India to name a few. She also designed an exquisite Maa Durga with her family in 34kg gold for Durga Puja.

Agnimitra, symbol of women power has a dream. She wants to take fashion to all people especially to the remotest villages in India.

WORDS OF WISDOM

On 18th July 2020 at the Regular meeting, there were two speakers. Dr. Anniruddha De, Diabetologist and Dietician Chandrani Dutta. Both are associated with Lifespan Diabetes and Cardiometabolic Clinic. Dr. De stated that Diabetes is a Pancreatic problem, with insufficient or no production of Insulin, which is manifested by an increase of blood sugar. The normal sugar level is FB 100 and PP 140. 100- 126 is considered pre diabetic. Beyond that is Diabetic. Similarly 140–200 is impaired glucose tolerant and above 200 is post prandial diabetes. Near zero or no insulin results in type 1 diabetes, which sets in very early in life. Type 11 diabetes is because of insufficient insulin or if Insulin is not working. Usually this happens after 30yrs of age, but these days due to life style issues people are getting it in their twenties. Diabetes can be hereditary. Obesity is related to Diabetes as also a pot-belly. The fat globules prevents the insulin to do its work. Common symptoms are, Craving for food, thirst, frequent urination and sometimes weight loss. Diabetes brings in Hypertension, hypothyroid, coronary vascular disease, cerebral stroke, neuropathy, kidney damage and retinopathy etc. It is a myth that Hypertension happens at an advanced stage. It can occur at any age. It is NOT true

that intake of excess carb and sugar result in Diabetes. Reduction in body weight, exercise specially walking, disciplined lifestyle can help diabetics. If blood sugar level cannot be controlled, insulin has to be taken.

Dietician Chandrani Dutt spoke on how to manage sugar level. It is a myth that one cannot take rice, potatoes or other root vegetables. It is important to control calories. 1500 calories is the usual amount given. Colorie intake is calculated on BMI. Everything can be eaten but within limits. Diet should be wholesome and balanced, rich in fibre, enough protein and some carbohydrate. Fat should be restricted as also salt. Many food items have high salt content like pickles, papad, chanachur and packed food. She said that the traditional Indian diet of rice, chapatti ,dal vegetables and fish or meat is the best. Fruits are good and contain fructose. Fructose does not increase blood sugar. Exercise is important and keep blood sugar in control. Surya Namaskar is the best exercise.

The talks were followed by a question/ answer session. Speakers were introduced by Mr. Dasani of CHS and the vote of thanks was given by Sachiv Nijhavan.

Words of Wisdom: Tollywood Fights Back

On Saturday 25th July 2020, noted actress Pallavi Chatterjee was the guest speaker at the regular meeting. Pallavi comes from a star studded family. Daughter of Biswajit Chatterjee and sister of Prosenjit Chatterjee, she herself has made a mark acting in more than 75 Bengali films. She has worked in several TV channels, done musicals, dance programmes and jatra and is recipient of several awards. She has been acting for more than 30 years.

Covid – 19 Pandemic has turned everyone's world upside down – Tollywood too is no exception. This situation has made us re-discover ourselves in many ways said Pallavi. One has to fight back and work with all precautions in place, In Tollywood a large number of technicians, junior staff and small time artists whose take home pay is not much have been badly hit. Government has given a grant, others are helping. One has to accept that corona is going to be with us for a while and work cannot stop. Actors are in close contact with make-up men, other co-workers and one is not sure if the costumes have been washed or disinfected. These are hazards one has to live with.

Shabana Azmi has taken up the matter of allowing healthy actors over 65 years, who are to work. Time does not stop for any one. Veteran actor Soumitra Chatterjee, an octogenarian



have started coming to the sets. Post covid world will be life changing observed Pallavi. Attitude should change. Respect should be given to employees whether they are working in office or are domestic help. They are all doing value added work. Today everybody is on edge because of uncertain jobs situations, finances. Nobody anticipated a life like this. In Tollywood, producers who are the hardest hit have asked for 20-30% reduction in rates. There are salary cuts too – more reduction for people getting higher salary. In this scenario Netflix and various OTT platforms are expanding. Digital is the future. Online entertainment is in. Films will not disappear – it will happen for that is a different experience.

Pallavi Chatterjee was candid about her own life. Her parents were separated when she was growing up. She is divorced now and has a daughter Ria who is more of a friend. She admitted that she has been through a

lot in life – the journey's been quite tough but she fears no one other than God. Her philosophy is, be happy and live and let live. If one is happy, one can make others happy. Create your own positivity. Age should not be a barrier. Do your bit and leave everything to God. She has no expectations, she said. Pallavi Chatterjee was introduced by PP Alka Jayaswal. Vote of thanks was given by Sachiv Nijhawan.

Forthcoming District Programmes

Rotary Club of Calcutta Victoria was the Co-host in the District tree plantation programme of 'THE GREEN EXPEDITION' on August 22nd, 2020 at Dhyana Ashram in Bishnupur 24 Parganas and St Xavier's College, Raighavpur. 2000 Genetically Pure and more than one year old timber saplings were planted in cages around it with Rotary Insignia.



Happy Birthday!

K K Nangalia • 13th August

Minutes of the 1246th Regular Meeting of Rotary Club of Calcutta Victoria held on Saturday, 18th July, 2020 at 6:00 pm on ZOOM

- President Gayatree Dhar called the 1246th Zoom meeting to order.
- National Anthem was sung.
- President welcomed guest speakers Dr Aniruddha De and Dt Chandrani Dutta to the meeting. She also welcomed Mr. Dasani of CHS, Interactors and guests.
- Minutes of the 1245th Meeting were confirmed by Past president Chhanda Banerji, seconded by Sachiv Nijhawan.
- **President's Announcements:**

- ◆ Covid Awareness camp will be held at RCC Kanthalberia for five days where 100 ladies will be trained and spoken to on the importance of hand washing and wearing masks. Bar soaps and masks have already been sent to them. The attendees will also be given food packets. The project starts on 18th July.
- ◆ No notification regarding the tree plantation from the District yet to the club. PP B.K Agarwal has promised Rs.10,000/- from the club for the project. PP Arvind

Agrawal being the Environment chair will look into the matter.

- ◆ 100 trees will be planted at Uttar Dara, PS Joynagar, South 24 Parganas. The project will start on Tuesday 21st July. The project will be called SABUJER ABHIJAN. The trees will be planted on the road side on the station road. This project will be in association with South Calcutta Social Welfare Society.
- ◆ Fifty rain cover tarpaulins will be distrib-



uted to cycle rickshawwalas in the Lake Gardens area on 22/7/20. The entire project will be sponsored by PP Arvind Agarwal.

- ◆ President Gayatree Dhar then handed over the proceedings to Mr Dasani to introduce the speakers Dr De and Dr Dutta.
- ◆ Dr Aniruddha de then spoke on the causes of Diabetes, its problems, types

of Diabetes, basic symptoms and treatment and also complications related to the disease.

- ◆ Dt Chandrani busted some myths regarding diets and elaborated on the various food that are beneficial. She stressed on a balance diet rather than focusing on Carbs. Total calorie count according to ones BMI is important.
- ◆ The talk was followed by an interactive

session. The vote of thanks was then given by Sachiv Nijhavan.

■ **Secretary's announcements:**

- ◆ Next meeting will be held on 25/7/20 on Zoom at 12 noon.
- ◆ Birthday Greeting went out to - Deepak Atal for 18th July, Sudipta Sen for 24th July and Rajneesh Mehta for 25th July.
- There being no other business the meeting was adjourned at 7.15 pm.

Members Present: 23 • Guests: 50

Minutes of the 1247th Regular Meeting of Rotary Club of Calcutta Victoria held on Saturday, 25th July, 2020 at 12:00 noon on ZOOM

- President Gayatree Dhar called the 1247th meeting to order on Zoom.
- National Anthem was played and all joined in.
- President welcomed guest speaker actor Pallavi Chatterjee and all members.
- Minutes of the 1246th meeting was confirmed proposed by Seema Danda and seconded by Sachiv Nijhawan.

■ **President's Announcements:**

- ◆ Three projects have been completed in the past week. Till date six projects have been done.
- ◆ The latest project was awareness of Covid-19 among 100 village women of Kanthalberia done through RCC Kanthalberia from 18th to 22nd July, 2020. Each were given soap to wash hands with, cotton masks and food packets. They were educated about the dangers of contacting the virus and how to protect themselves and take care of family.
- ◆ At Joynagar 100 saplings each two feet in height were planted on Station Road on 21st July, 2020.

The local club members will take care of the saplings.

- ◆ 50 tarpaulins were distributed amongst 50 rickshaw pullers in Lake Garden Market area on 3rd July, 2020 in two shifts. Whole project was sponsored by PP Arvind Agrawal.
- ◆ In August, a lunch will be sponsored at New Age Home, an orphanage.
- ◆ Around Independence Day, RCCV in collaboration with the Indian Army and Rotaract Club of Calcutta Victoria would do relief work on Bally 2 island, South 24 pgs under the leadership of PP Col M M Burman. Ration and other necessary items would be distributed. The budget for it is about three lakhs.
- ◆ Members were requested to pay their half yearly dues as the RI and district dues have to be paid.
- ◆ Ashok Kothari has donated Rs.50000 to the trust account for the Baruiapur School at RCC Baruiapur. This was greatly appreciated.

- PP Alka Jayaswal was requested to introduce the speaker Pallavi Chatterjee, which she did.

- Smt Pallavi Chatterjee, a noted actor gave a talk on 'Tollywood Fights Back', an insider view of the effect of Covid-19 on Tollywood and their effort to overcome the hurdles and move on. She was thanked by Sachiv Nijhawan.

- A Quiz was conducted by club secretary PP Seema Danda. Prizes were won by K K Jha, Alka Jayaswal, Kashmiri Marwah, Lata Bhatia, Siddharth Jhajharia, Mukul Mittra and Sudipta Sen. Silver coins will be given to them.

■ **Secretary's Announcements:**

- ◆ Birthday greetings were extended to Rajnish Mehta for 25th July, Sunita Agarwala for 30th July, Lila Bhoopal for 31st July, Nitish Jain for 31st July.
- ◆ Next meeting will be on Saturday 1st August 2020 at 12 noon on Zoom. Ms Agnimitra Paul, fashion designer will be the guest speaker.
- There being no other business, the meeting was adjourned at 1 pm.

Members Present: 22 • Guest: 1

The problem with people is that during trying times they stop trying.