



Voice of Victoria

Rotary

Club of Calcutta Victoria
District 3291



BULLETIN OF ROTARY CLUB OF CALCUTTA VICTORIA | RI DISTRICT 3291

Vol 28 | No 6

Saturday, October 3, 2020

President: **GAYATREE** Dhar • Secretary: **SEEMA** Danda • Editor: **CHHANDA** Banerji • Jt. Editor: **SACHIV** Nijhawan

Words of Wisdom: Laughter Yoga

Laughter Yoga is a unique concept for laughing for no reason with child like abandon said Rtn Amitava Chatterjee, guest speaker for RCCV's regular meeting on Saturday 12th September 2020. He referred to a popular video by Dr Madan Kataria where he conducts Laughing Yoga Sessions every Monday, Wednesday and Friday on Zoom, which are very popular, with participants doing the exercises, clapping continuously and laughing for about 15 minutes.

Laughter exercises with breathing enables more Oxygen to circulate in the body and brain. It has therapeutic effect. This is based on scientific fact. The brain cannot distinguish between actual and fake laughing.

Now, due to Covid-19 situation people are all stressed out so this will de-stress people and improve mental health. This therapy is especially good for seniors who are lonely, have very little to do and often have dementia. It improves blood pressure and controls asthma.



Mr Chatterjee's Rotary Club was responsible for organizing one such programme in Singapore where he was posted for a number of years. They found it to be beneficial. Club members chose thirty elderly people from housing colonies between the age of 60-95 years who were all lonely. 24 sessions were conducted. Hospitals were interested to see if medical parameters change. An instructor

was appointed. Result showed there was social bonding. Single members met up with others and felt happier. Frequent phone calls to hospitals for various illnesses, some of which were imaginary, decreased considerably. Laughing without inhibition followed by chit-chat supported by some fun events improved the mental health of the participants for they all enjoyed. Mr Amitava Chatterjee suggested that this could be a very good community service project for senior citizens. PP Mukul Mitra mentioned that there is a Government sponsored Geriatric Care Centre in Salt Lake where such a programme can be planned. Mr Amitava Chatterjee was introduced by Chhanda Banerji and thanked by Sudipta Sen.

Webinar on Polio

On Sunday 20th September 2020 the regular meeting of the club was merged with a webinar on Polio – a district event, hosted by RCCV. This year because of the pandemic, polio booths were not operative except one or two at the Borough Offices. Polio drops were administered door to door by KMC workers during the polio week from 20th to 26th September. 20th September being the first day of SNID 85 posters with the message 'Fight to End Polio' were put up in Lake Garden area, Golf Green, Jodhpur Park, New Alipore, Prince Anwar Shah Road upto Navina Cine-

ma, around Menoka Cinema, and also around Ward 69 as an awareness campaign. 25 posters were fixed at the back of rickshaws with the same message. President Gayatree Dhar took the initiative in a big way for this project. At the webinar, President Gayatree Dhar welcomed everyone and in her address mentioned this and also thanked IPP B K Agarwal, PP Vinita Dutt and PP Sarah Macwan for assisting her in the awareness drive.

President then handed over the proceedings to PP Sarah Macwan, Chair 'End Polio Now'

continued on page 2

Today's Programme

Rotary Meeting on ZOOM

Guest Speaker

Dr Prithvish Nag

will speak on **Mapping of India.**

Webinar on Polio

to conduct the proceedings. Sarah Macwan said that we cannot let our guards down as there are many dangers of the Polio virus coming back again. On her request District Governor Sudip Mukherjee addressed the gathering who mentioned that RID 3291 is doing a wonderful job in containing Polio.

PDG Debasish Mitra District Membership Chair (DMC), who was invited to speak next was introduced by PP Capt Arnab Sen. He stated that not only in Kolkata, but even clubs in the districts like Murshidabad are doing a very good job. In spite of the pandemic, couple of children had turned up to receive the precious TWO drops. This showed that there is still a lot of enthusiasm. We, in India have to be on guard as our neighbouring countries, Pakistan and Afghanistan are NOT polio free. He said Rotary took a pledge NOT to undertake any other worldwide project until the world is totally POLIO FREE. He showed a video on Polio and stated that with Global Partners like UNICEF, WHO, respective federal and state governments, Melinda and Bill Gates Foundation, expenditure on Polio has crossed USD 2 billion. India has contributed USD 199 million including generous contributions from L N Mittal, Rajashree Birla, Ambanis, Ratan Tata. Religious leaders have now been involved. Teams of few inspired people dedicated to the cause can change the world, he concluded.

PDG Uttam Ganguly the second speaker of the evening who had been polio chair for many years, was introduced by Club Secretary PP Seema Danda. He spoke about the creator of the first Polio vaccine virologist Dr Jonus Salk who dreamt about making the planet polio free. In 1955 USA was badly affected by polio and Dr Salk's vaccine was a God send.

In spite of not being a rich man, he did not apply for a patent which would have made him richer by 7 million dollars. When asked who owned the patent, he replied "Well, the people I would say". He wanted people from all strata of society to benefit from this vaccine. Later live oral polio vaccine was made by Albert Sabin in 1961. In 1986-87, RIP M.A.T. Caparas launched a pilot project in Phillipines which was a huge success. Rota-



ry then decided to start this programme all over the world and gradually involved WHO and other organisations to join in. India was declared Polio Free on 27-03-2014 and till today no case has so far been detected. Rotarians initially used to work very hard bringing vaccines, maintaining cold chain, serving refreshment to health workers etc. Now advocacy is important. Health department of the government has taken over so we need only to fill the gaps. Uttam Ganguly then spoke about those days in the 1990s when he along with RIPE Shekhar Mehta and few others visited very remote areas of Murshidabad where there were cases of Polio. Conditions there were really pathetic. One tube well for 1000 people, no proper sanitation, no place to have proper meal. A small room for a family of 10, children suffering from skin disease and then strong resistance towards polio vaccine. Minority groups were non co-opera-

tive, fearing impotency. So local Imam's help was sought. One seminar was held and NID's every quarter organised. But response was 20%. Planned medical camps with free medicines and dry snacks did the trick. Toilets were constructed on a war footing. The mothers asserted themselves and for a change the fathers took a back seat. Soon children started coming for Polio drops. Today Murshidabad is polio free like rest of India.

PP Sarah Macwan thanked him and gave her concluding remarks.

PP Rakesh Macwan, Director International Service gave the vote of thanks. He specially thanked all the club presidents who had joined the webinar, PP A. Haider from Murshidabad and PP Data Magfur from Dhaka, Bangladesh, RID 3281. Rtn Data Magfur invited everyone especially RCCV member to visit Dhaka.



Public Image Exercise on Polio Programme





Know your Guest Speaker



Dr Prithvish Nag was the former vice Chancellor of several Universities, namely i) Mahatma Gandhi Kashi Vidhapith, Varanasi, ii) DDU Gorakhpur University, iii) Sampurnanand Sanskrit Viswavidyalaya, Varanasi, iv) Rajarshi Tandon Open University, Allahabad, Uttar Pradesh.

He is a gold medalist from BHU, Fellow of the Royal Geographical Society, London.

Recipient of Common wealth Bursary, by Royal Geographical Society. He did his PhD on planning and development of Zambia on an appeal from President Dr VV Giri.

Authored/edited over 135 papers and 77 books, and delivered prestigious lectures in India and abroad. From an early age he had experience of digital mapping and remote sensing.

He is former surveyor General of India and was a UN Consultant in Oman. He has held posts of Chairman in various committees and commissions both at National and Inter-

national level and had been associated with several universities and national bodies.

Recipient of numerous awards, Dr Nag, has considerable, experience in digital mapping, population mapping, data management system, geospatial programme and other related fields.

Dr Nag just retired from the faculty of Geoinformatics and Disaster management from IIT (BHU).



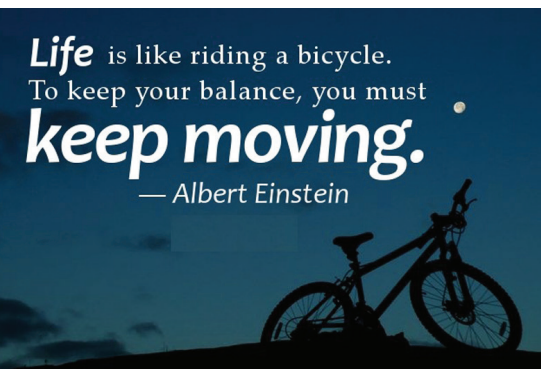
Book on Zoological garden of Kolkata being presented to Shri Pranab Mukherjee, late President of India by Dr Prithvish Nag



Happy Birthday!
Ravindra Tantia • 29th Sep
Roopa Sheth Mitra • 6th Oct
Vibha Mehta • 7th Oct
Sarah Macwan • 13th Oct



Anniversary Wishes
Aroind Agrawal & Rumana
14th October



Minutes of the 1252nd Regular Meeting of Rotary Club of Calcutta Victoria held on Saturday, 12th September, 2020 at 12:00 noon on ZOOM

- President Gayatree Dhar called the 1252nd meeting to order.
- National Anthem was played and all joined in.
- She welcomed the guests speaker Amitava Chatterjee & all the members and guests to the virtual Rotary meeting on Zoom.
- The Minutes of 1251st was confirmed, proposed by Rtn Mukul Mittra and seconded by Rtn Vinita Dutt.
- **President's Announcement:**
 - ◆ The President announced that RCCV had completed many projects.
 - ◆ On 5th September a District level webinar was hosted by our club along

- with Rotary club of Mahanagar. It was on Literacy. RI President elect Rtn Shekhar Mehta was the main speaker. RID director 2021 Rtn Kamal Sanghvi, District Governor Rtn Sudip Mukhrjee & Mrs Indrani Sanyal, Principal, DPS Megacity were the panellists. Large number of Interactors participated in the webinar. It was a huge success, as about 800 attended on Zoom & more on Facebook. Our club got a good mileage.
- ◆ On 7th September 2020 Project on mother & child commenced. The medical Director Rtn Joyashree Dhar has sponsored twelve preg-

- nant women. She will look after their well being, medicines, food supplements & health. She will do Tele consulting every Monday from 3- 5 pm.
- ◆ Dr O P Agarwal will host a lunch at Navneer, Senior Citizens Home, Tollygung on Sunday 13th September 2020.
- ◆ Under Vocational service project, mushroom farming is going to restart as during Amphan all the structures were ruined so a bamboo structure will be put up and five girls will get training in mushroom farming. Rs 6000 has been given to them. This is at our RCC Kanthalberia.

1252nd Regular Meeting

- ♦ On Sunday, 20th September 2020, a webinar on Polio will be held in the evening at 5.30 pm. During the day polio drops will be administered by the KMC only. As a public image exercise our club will advertise by putting fliers at the back of cycle rickshaws with the Polio message and our club's name.

- ♦ All Global Grants are updated, and all have been authorized by me.
- President invited Amitava Chatterjee to speak. He was introduced by Rtn Chanda Banerji. He spoke on Laughter Yoga. Amitava Chatterjee was thanked by Rtn Sudipta Sen.
- **Secretary's Announcement:**
 - ♦ There will be no meeting on 19th

September 2020. The meeting has been merged with the Webinar on Polio on 20th September, 2020.

- ♦ Birthday greetings went out to B K Agarwal for 14th September and Sohini Banerjee for 18 September.
- There being no other business the meeting was adjourned at 1.15 pm.

Members Present: 20

Minutes of the 1253rd Regular Meeting of Rotary Club of Calcutta Victoria held on Saturday, 20th September, 2020 at 12:00 noon on ZOOM along with RID 3291 Polio Webinar

- President GayatreeDhar called the 1253rd Regular Meeting and Polio Webinar to order.
- National Anthem was played.
- President welcomed DG Sudip Mukherjee, speakers PDG Debashish Mitra and PDG Uttam Ganguly, other PDGs, District officials, PP Data Magfur from Bangladesh, members and other Rotarians to the meeting
- Minutes of the 1252nd was confirmed, proposed by Mukul Mitra and seconded by Seema Danda.
- **President's Announcements:**
 - ♦ Today was SNID club members Rakesh Macwan, Sarah Macwan, Capt Arnab

Sen went to KMC Ward 69 and took part in the Polio Eradication Program. 10 placards were put up there. DG Sudip Mukherjee was also present there.

- ♦ Yours truly was out since 5 am to fix 75 posters of 'End Polio' in Lake Gardens, Jodhpur Park, Golf Green, Southern Avenue, Navina Cinema, Menoka Cinema. The evening before 30 placards were fixed. Placards were also fixed by PP Vinita Dutt and PP B K Agarwal in New Alipur. Flexes were fixed behind Cycle Rickshaws in these areas to spread awareness.
- ♦ Mother and Child program is proceeding well. Dr Joyashree Dhar is regularly in touch with the would be mothers.
- ♦ Lunch was hosted by Dr O P Agarwal at Navneer, Senior Citizens Home, Tollygunge on 13th September, 2020.
- ♦ The mushroom sheds at RCC Kanthal-

beria were totally destroyed during Amphan. They are reconstructing it. Vocational Chair Alka Kejriwal is sponsoring the project.

- President Gayatree Dhar then handed over the proceedings to PP Sarah Macwan chair Polio Eradication, who then conducted the Polio webinar.
- PP Rakesh Macwan gave the vote of thanks.
- **Secretary's Announcements:**
 - ♦ There will be no regular meeting on Saturday 26th September 2020.
 - ♦ Birthday Greetings extended to – Alka Jayaswal for 21st September, Sandip Mukherji for 22nd September, Chanda Banerji for 25th September and Ravindra Tantia for 29th September.
- There being no other business the meeting was terminated at 7.20 pm

Members Present: 22 • Guests: 10

Forthcoming Programmes



Lunch at Navneer, Senior Citizens Home on 13th September, 2020 sponsored by Dr O P Agarwal