

Independence Day at RCC Brindakhali



On the occasion of our 75th Independence Day, a football match was arranged at our RCC Brindakhali. Two local teams Samiran Ekadash and Junior Academy Brindakhali, played against each other in a thirty minutes match. The prize money was 10.5K for the winner and 8.5K for the runner up. Both the prize money was sponsored by RCC Brindakhali. Two trophies were given out by RCC. Past presidents Vinita Dutt, Rakesh Macwan, Lata Bhatia, Sarah Macwan, member Dr. Joyashree Dhar and PP RCC chair Gayatree Dhar attended the programme. Victorians were cordially welcomed by the RCC members. Being 15th August, a flag was hoisted by RCC chair Gayatree. A friendly match between older football players was played kicked off



by PP Rakesh Macwan. The final match then started. The winner was Samiran Ekadash. Trophies and prize money was handed out by Victorians. A delicious Bengali lunch was then served. It was a fun-filled day on the whole. Long live RCC.

– Reported by PP Gayatree Dhar



TODAY'S SPEAKER

Topic:
Depression - Symptoms and Cure
Speaker: Mrs Ankhee Gupta



Gordon R. McNally
RI President



Hiralal Yadav
District Governor



Arvind Agrawal
President



Vinita Dutt
Secretary



KK Jha
Treasurer



Chhanda Banerji
Editor

Distribution of Mosquito Nets

Project on Disease Control and Prevention

100 senior citizens of RCC Kanthalberia were each given one mosquito net gifted by Rakesh and Sarah Macwan to protect them from malaria and dengue which are on the rise. The programme was held on 15th August 2023 at RCC Kanthalberia. The partners in the project was 'RCC Kanthalberia Mohila Suchetana Samiti'. PP Rakesh Macwan & PP Sarah Macwan travelled there in the morning and personally distributed the mosquito nets. The cost of the project was Rs. 5000/- and beneficiaries 100.

– Reported by PP Sarah Macwan



Awareness on Thalessemia



and at 2p.m. we gathered and took our places in the ground which was covered and chairs were kept. Approximately 100 persons attended the programme. The villagers started coming slowly and the program started at 2.45 pm. Dr. Hom Choudhary spoke about the disease and stressed upon the fact if one is planning to get married it is required to assert whether any one is carrier of Thalessemia with a blood test. If both are found positive a child born will be positive.



On 20.8.23 we had a project at the Prantik Mahila Samiti at Uttarpaddjala, Radha Gobinda Mandir near Our RCC Kanthalberia. Members attended were Rakesh & Sara Macwan who picked up Dr. Hom Choudhary who spoke about Thalessemia. Other members attended Gayatri Dhar, K.K. Jha, Shubhojit Sinha Roy & Vinita Dutt. We reached the place at 1 pm. Lunch was served

It is extremely difficult to look after such a baby. Regular blood transfusion has to be done which is very costly and the life of the child is very short.

The doctor also spoke about the personal hygiene of women which is very important. There were a few questions from the audience and the meeting ended at 4.30 pm.

– Reported by PP Vinita Dutt

WORDS OF WISDOM **Story of a Champion**



FIVE times Kettlebell World Champion and a successful Chartered Accountant, young Shivani Shah Agarwalla spoke about her journey in

life at the regular meeting on 12th August 2023. Coming from a conservative joint family with strict rules, it was not at all easy to chart a path of her choice. One needed to be fearless and choose faith over fear, she said. She got interested in kettlebell sport when she started working out in the gym to reduce post partum weight. Kettlebell is a gym equipment made of cast iron, shaped like

a kettle. It is a Russian sport and a niche one. There were only about 30,000 players in India and the sport is popular in about a little over 20 countries. She soon excelled in the sport and went on to represent India in International tournaments, winning 5 times. The first time she had to travel abroad to Malaysia in 2018 to represent India, her conservative father was shocked. He sent her brother along as an escort. It was a great moment for her when she held the tricolour proudly. All this was possible because of the support of her parents, husband, family members and her coach and mentor. There are 4 wheels of life said Shivani Agarwalla. Namely professional, family, social and personal. Professionally she manages a thriving practice in

CA, specialising in indirect taxation, managing a family - raising an eight year old son, taking care family matter especially as her husband had to travel a lot, maintaining a social life, meeting friends and the fourth wheel a personal one that gave one satisfaction, which for her was kettlebell sport. A balance needed to be maintained. A sense of persistence and consistence helped in her journey. Secret to her success? Motivation, dedication, discipline, hard work and choosing faith over fear. Add talent to that and you have a champion. People who really try can never lose. Shivani Shah Agarwalla was introduced by PP B. K. Agarwal and thanked by Rtn. Kashmiri Marwah.

GUEST SPEAKER



MRS ANKHEE GUPTA is one of Kolkata's leading psychological counsellor and stress management expert. She

practices counselling in her private chambers and is also associated with various schools, colleges, NGOs, welfare organizations as a consultant therapist. She writes for various journals and publishing houses. Mrs Gupta publishing houses. Mrs Gupta conducts workshops on mental health in India and abroad. She is the lead therapist of apps like MOMSPRESSO AND SHEROES and she has also been invited as a speaker in India's first online fest. This award winning therapist loves spreading awareness on mental health and she is helping people lead a positive life in her own small way

GOLF

Golf started in Scotland with young shephard boys hitting a ball with sticks. Golf in the form it is played today, first started in St. Andrews in Scotland and it is the FIRST Golf Club in the world.

ROTARY TIT BITS

Harry Ruggles, a Chicago printer who was the Fifth Rotarian, is credited with introducing the practice of singing at Rotary Club meetings.

Induction of two new members today

Family News

DANCING IN THE DARK



At nightfall,
Beyond daylight's thrall,
I'll meet you at the bridge behind closed eyes.

Where the rhythm of the sea,
Tells us the symphony of where to be,
I'll meet you where Reality and Fantasy lies.

Crossing over the thundering tides,
Over to a place where we don't have to hide,
I'll meet you when at last, love does arise.

At the gazebo that esoteric fractals have crowned,
I beg you, find your way back home safe and sound,
Where harmonies collide, among far too many cries.

But you never return.
And find myself all alone,
Dancing in the dark.

Poem by Sanjana Mitra, granddaughter of Mukul & Sukla Mitra. A budding poet she recently won a prize for her on the spot composition of prose poetry writing at the St. Xaviers Fest. Talented Sanjana Mitra recently won a Third prize at Xaviers Fest for on the spot poetic prose composition & recitation.

Ten year old young **ARMAAN BHOOPAL**, grandson of Lila & Sri Prakash (Nandu) Bhoopal won a trophy at the IGU Jamshedpur Junior Open held at the Beldih Club, Jamshedpur. 35 players participated in 8 categories of the Golf Tournament over 2 days on 17th & 18th August. Armaan who has been taking golf lessons for over an year won in one of the categories. Congratulations Sanjana and Armaan. We are so proud of you and wish you all success in your future endeavours.



National Emblem



The FOUR majestic Asiatic lions on the National Emblem represent Power, Courage, Pride and Confidence - symbol from ancient rule of Mauryan King Ashoka. The power of a universal emperor who dedicated all his resources to the victory of Dharma (Virtue), India's National Emblem is steeped in ancient history. The emblem on the Ashoka pillar was unearthed while a German born British citizen Friedrich Oscar Oertel, an archaeologist and an architect was excavating in Sarnath, UP in 1904-05.

Minutes of the 1329th Regular Meeting of Rotary Club of Calcutta Victoria held on Saturday, 12th August 2023, at Hotel Hindusthan International at 12:30 pm

■ In the absence of President Arvind Agrawal, officiating President Rajnish Mehta officiated as President for this meeting, and called the 1329 th Meeting to order.

■ National Anthem was sung by all.

Rtn Rajnish Mehta welcomed all to the meeting.

■ The minutes of the 1328th Regular Meeting held on 22nd July, 2023 at Hotel Hindusthan International at 12:30 pm were confirmed, proposed by PP Sarah Macwan and seconded by PP Gayatree Dhar

■ President's Announcements:

• Members were reminded about the programme on 15th August, 2023 for Independence Day celebration at Brindakhali where there would be a football match

• PP Rtn Gayatree Dhar was requested to come forward and give the details of the Project at Brindakhali on 15th August regarding transport, time of departure to the RCC, lunch and other details, which she did.

• PP KK Jha was also requested to come forward and give the details of the finals of the football tournament that were to take place mentioned program

PP Rakesh Macwan stated that there would be distribution of mosquito nets at RCC Brindakhali, gifted by him and Sarah Macwan.

It was also informed to the members by PP Rakesh Macwan that a thalassaemia awareness and detection camp was planned at a location between our RCCs Brindakhali and Kanthalberia and that DGN Dr Hom Choudhury would be conducting this. Members to keep themselves free on the day.

• PP Gayatree Dhar was requested to enquire about and arrange one or two sewing machines for RCC Kanthalberia, for the ongoing Suchikala project. A quotation would be given for the same and the decision would be taken by the Board.

• The work on upgradation for the computers and for providing one set of new computers was being done and would be

finalized soon for Ideal School of the Deaf. PP Mukul Mitra suggested that this be done keeping PP Aandhi's Shahs name for the earmarked funds that were already given in the past.

• PP Colonel Burman was requested to coordinate and plan with Rtn Shashi Prabha Rohatgi Goodwill visits to some of the Zone 19 Rotary Clubs

• Members were reminded that August was Membership Development Month and that all Victorians should think of introducing new members. Only after matters were settled and keeping legal resolutions made and taken would the club think of taking in ex-Rotaractors as members.

• PP KK Jha was requested to give an update on the Toilet Project, which he did, informing the members that the CSR toilet project would start in September as there were Panchayat elections and the rainy season at the site at the moment.

• Victorians who had not yet paid their first half yearly dues were requested to do so at the earliest

• Colonel Burman would be conducting an interesting quiz after the Meeting which members always eagerly looked forward to.

The Guest Speaker was invited to come up to the head table and be seated there. PP BK Agarwal was requested to introduce the Speaker.

After the Speaker's talk, Rtn Kashmiri Marwah was requested to give the Vote of Thanks to the Guest Speaker, which she did.

Jt Secretary Kashmiri Marwah officiated in the absence of Club Secretary Vinita Dutt to make the following announcements:

Secretary's Announcements

• Birthday Greetings were extended to Rtn KK Nangalia for the 13th of August

• The next meeting would take place on the 26th of August at the same time and at the same place, that is, at the HHI at 12:30 pm

• Members present were 16 and Guests present were 3, including one of RCCV's past members, Rtn Ranjan Mussaddi.

• Total Sunshine collected was Rs 850/- Rtn Ranjan Mussaddi, a past member of RCCV stated how delighted he was to come to a Meeting of RCCV after so long and reminisced about his days as a Victorian.

There being no other Club Business, the meeting was terminated by the officiating President Rajnish Mehta at 2:30 pm



Guest speaker addressing the audience at regular meeting on 12th August.