

## CHOTODER SHARAD SHRESTHA



Puja, Ballygunje Cultural association, Samaj Sebi Sangha, Tridhara Sammilani and Singhi Park Pujas. The children then voted for the Puja that they liked the best and that Puja will then be awarded by the Times of India as the Sharad Shresth Puja. The project was flagged off from St. Paul's Cathedral at 8am by the leading actress of Bangla cinema Rituparna Sengupta, Mrs Minu Budhia, Chairperson -Caring Minds, Mr.Miraj D Shah, Convener Bhawanipur Educational Society and the Respected Bishop of St. Pauls Cathedral. The children were provided breakfast, gifts and lunch along with Rs1000 each to fulfil their Pujo wishes.

by Bhawanipur Educational Society through the efforts of President Arvind Agarwal.

Times of India provided and arranged for the coverage of the event and for the presence of celebrity Rituparna Sengupta.

Rotary Club of Calcutta Victoria brought the children and also contributed Rs25000 towards this noble cause.

■ **Wed, 18th Oct 2023:** Rotary Club of Calcutta Victoria celebrated the glorious festival of Durga Puja and Navratri by spreading joy and cheer among the underprivileged children of Kolkata. 13 children from Arunima Hospice, with a teacher, 18 children from Ekta, the evening school of St. James with 2 teachers, 19 children from the afternoon section of St. Lawrence school with 3 teachers and 18 children from All Bengal Women Union were taken pandal hopping to Lake Sarbojonin

This Rotary Club of Calcutta Victoria project was undertaken in association with the Times of India, Bhawanipur Education Society and Caring Minds. Caring Minds contributed Rs75000 through the efforts of PP Rtn Col MM Burman All other arrangements and costs were made



### Today's Programme

RWM at 6:15 pm followed by Diwali Fellowship to celebrate the Festival of Lights



**Gordon R. McInally**  
RI President



**Hiralal Yadav**  
District Governor



**Arvind Agrawal**  
President



**Vinita Dutt**  
Secretary



**KK Jha**  
Treasurer



**Chhanda Banerji**  
Editor



The Victorians present at the event were President Arvind Agarwal, Club Secretary Rtn Vinita Dutt, PP MM Burman accompanied by his wife Sushma Burman, PP Sachiv Nijhawani, PP BK Agarwal, PE Rajnish Mehta, Rtn Vibha Mehta, Rtn Bishwajit

Rana and Rtn. Bipasha Banerji. It was indeed a lively and festive project that cultivated a profound appreciation of our traditions within the hearts of the younger generation.

- Reported by Rtn Vibha Mehta

# Senior Citizens Lunch Programme



■ **Tues, 17th Oct 2023:** A Pre-Puja Senior Citizens Lunch Programme was arranged and organized by PP Gayatree Dhar for 45 senior citizens and aged inmates of Kasba Divine Foundation on Madurdaha Main Road, Hussainpur, located off EM Bypass. The lunch was majorly sponsored by PP Rtn Lila Bhoopal and her elder daughter – in-law, Katarina Bhoopal, and other Rotarians from RCCV also contributed for the lunch. The sweets were contributed by Rtn Shashi Prabha Rohatgi, substantial rations for the inmates were given by PP Sunita Agarwal, and a large quantity of rice was donated by PP Seema Danda. PP Chhanda Banerji, PP Gayatree Dhar, and PP Vinita Dutt contributed for the fish item in the menu, along with small gifts for the senior citizens at Kasba Divine Foundation.



Victorians who attended the programme and had lunch along with the senior citizens and also spoke to them and addressed them were PP Vinita Dutt, PP Mukul Mittra with spouse Shukla Mittra, PP Gayatree Dhar, PP Sunita Agarwal, PP Seema Danda, Rtn Dr Joyashree Dhar President RCCV, Arvind Agarwal, thanked all the Victorians who made such generous gestures to make the lunch programme for Senior Citizens in the festive season a "sumptuous" success.

- Reported by PP Mukul Mittra

# Puja Parikrama

■ **Sat, 21st Oct 2023:** RCCV was one of the Host Clubs for the Rotary Project - Senior Citizens Puja Parikrama 2023, - at Jagat Mukherjee Park, near Sovabazar Metro Station, by Rotary Club of Salt Lake Green City and contributed a sum of money for the same President Arvind Agarwal attended the programme to honour and encourage the senior citizens present.



## A prayer for Sikkim

RCCV sends heartfelt prayers for the victims of the flood affected areas in Sikkim and lauds the efforts made by the local authorities, Rotarians and Rotaractors to provide relief efforts in Namchi, Gangtok and other affected areas

## Get Well Soon

We wish Mr Chowdhuri, spouse of member Rtn Sanghamitra Chowdhuri a speedy recovery

# Polio Eradication Event on World Polio Day



■ **Tues, 24th Oct 2023:** The Rotary Club of Calcutta Victoria as a club celebrated World Polio day on 24th October 2023 to spread awareness and to eliminate this disease for the future generations. With this in mind we had a Polio Awareness campaign at Ballygunge area. We started from Ward No 8 and put up awareness banners regarding Polio awareness in English and Bengali in strategic places. We also arranged an Ambulance with a microphone and loud speakers which was used

for propaganda for polio awareness. This miking program was flagged off by PDG Uttam Ganguly from Ward 8 This was followed by a short talk by PDG Mukul Sinha. From there we drove down in a convoy to Bakul area of Ballygunge and then to densely populated area of Tipu Sultan dome opposite to Kalighat Area. At both places District Polio Chair spoke on Mike to the inhabitants of the bustees on the importance of keeping India Polio Free.

After this the ambulance went to different parts of Kolkata spreading the message of how one can Keep India Polio Free. President Arvind Agarwal, PP Rakesh Macwan, PP Sarah Alka Macwan and IPP Sachiv Nijhawan attended the programme. District Officials PDG Uttam Ganguly District Polio Chair and PDG Mukul Sinha District Chair Literacy Chair were present for the programme. Needless to say, the project was a huge success.

- Reported by PP Rakesh Macwan

# INTERACTORS IN ACTION



■ **Mon, 09th Oct 2023:** The Installation of the New Board of IC St James' School took place on Monday, October 09, 2023 in the school premises.

It was attended by, Youth Chair - Rtn Nihar Dugar, Rtn Sudipta Sen, Rtn Biswajit Rana and PP BK Agarwal from the parent Club, RCCV.

The Installation Ceremony was conducted

by their Teacher Coordinator, Mr Chacko The Principal of the School, Mr Ireland and a few parents were present for the Installation Ceremony.

In a significant moment during the Installation ceremony when the Charter was being handed over to the new Interact Club President, a sum of Rs 5000 was given by RCCV representatives to the newly installed

Interact Club President of St James' School, Digvijay Chirimar.

Youth Chair, Nihar Dugar gave a moving and motivational speech to the young Interactors

The Installation Ceremony was followed by Fellowship and lunch packets were distributed to all present.

- Reported by PP BK Agarwal

## Ganga Abhiyan



■ **Tues, 31st Oct 2023:** Theme Ganga Abhiyan Project (Clean Ganga), was chaired by Rotary Club of Calcutta on 31st October 2023. Many Clubs of District 3291 including Rotary Club of Calcutta Victoria, participated and welcomed British Rotary Club and their delegations from England and Scotland.

The Chief Guest of the programme was Hon'ble Mayor of Calcutta Municipal Corporation, the First Citizen, Mr. Firhad Hakim. Mr. Gautam Chakraborty, who has vast experience in working on cleaning of Ghats, was present at the function.

The flag off was from Outram Ghat and 12 Ghats namely, Goenka Ghat, Mallick Ghat, Banka Choa Ghat, Chotelal Ghat, Ratan Babu Ghat in Baranagar and 3 Ghats in Howrah and Bally, was identified for immediate action.

Advocate Puspali Banerjee, who appeared for the NGOs, to stop solid waste and liquid waste being flunked into Ganga and to pollute the same, expressed her concern, and requested Mayor to take immediate action in the matter.

The programme was organized by the Port Trust of India on the vessel, "Calcutta Paddle".

The inspection started from Outram Ghat at 3.00 PM and went up to Bally Bridge, and returned by 7.00 PM.

President Rtn. Arvind Agrawal was part of the Rotary District 3291 Team.

The Telegraph and other Bengali Newspapers have made extensive coverage of the efforts being taken by Rotary.

## The Ideal School for the Deaf

All the computers provided by RCCV to aid and benefit the children there as reported recently by The Ideal School for the Deaf are in good working condition and are being used.

# Words of Wisdom

## Vaccination Awareness

Dr Parthajit Das spoke about various vaccinations and their utility at the clubs' regular meeting on 7th October 2023.

Increase in lifespan does not necessarily mean that one has a healthy life. It has been seen that functional cells of the brain along with our immune system declines with age. People over 65 years of age are in a higher risk category. Walking, muscle building exercises have a positive impact on the immune system no doubt, but aged people have lesser response and thus infection can set in with serious problems.

Vaccination is recommended for a healthy old age, said Dr Das. Vaccines are now available for prevention of Influenza, Pneumonia, Hepatitis B and Shingles.

Influenza is caused by virus. There are two types of Influenza, A and B. Yearly vaccination has positive impact on

reduction in hospitalization. Invasive pneumonia, caused by Streptococcus bacteria has high mortality rate. There are two types of pneumonia vaccines.

- ♦ Pneumococcal polysaccharide vaccine (PPSV23) which is taken once every 5 years
- ♦ Pneumococcal conjugate vaccine (PCV13, PCV15 and PCV20). This is given once in a lifetime

Both vaccines taken together provide 90% protection. Vaccination prevents recurring infection especially in COPD patients.

Hepatitis B vaccination is given in three parts (0, 1, 6 months). Shingles or Herpes is a very painful disease and affects one in three persons over 50 years of age. If one has had chickenpox at a young age, the virus lies dormant for 30/40 years in the spinal cord and later travels down the nerve root thus affecting the spine area.

Immunodeficiency triggers the dormant

virus into activation. If one is on a lot of medication then one can be vulnerable to scars which can cause psychological and social problems. Nerve pain can be intolerable. Antiviral treatment reduces viral load but it can be a very painful experience.

Shingles vaccination taken in 2 doses (one followed by the second one after 2 months) provides protection from this very painful disease. This vaccination has been strongly recommended by authorities internationally. This is also being widely covered on television.

Dr Parthajit Das was introduced by B K Agarwal, thanked by Mukul Mittra and presented with a token of appreciation by Sachin Nijhawan. The program was sponsored by Glaxo Smithkline Pharmaceuticals Ltd. Mr Kaushik who was present from the company was also given a token of appreciation by Sachin Nijhawan.

## News from RI Board



It has been agreed to eliminate the creation of an annual Presidential theme and logo starting in RY 2025-26

Back to our Roots : Rotary Mottos – Service Above Self and One Profits most who Serves Best

## Goodwill Visit

Members of RCCV paid a goodwill visit to Rotary Club of Calcutta Mid Town on Thursday, October 12th at 6:30 p.m. at The Saturday Club.

Members who took part in this Good will visit were PP Mukul Mitra, PP Vinita Dutt, PP Sachiv Nijhavan, Rtns Julie Sen and Anurag Daga.

The Club Flag of RCCV was duly carried as well as sweets for the President and Secretary of the Rotary Club of Calcutta Mid Town. President of RCCV, Arvind Agarwal, thanked Rtn Shashi Prabha Rohatgi for her initiatives towards arranging this visit.

Happy 

Birthday!

Aandhi Shah  
6th November

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Gayatree Dhar  
12th November

## Minutes of the 1333rd Regular Meeting of Rotary Club of Calcutta Victoria held on Saturday, 7th October, at Hotel Hindusthan International at 12.30 p.m.

- President Arvind Agrawal called the 1333rd meeting of Rotary Club of Calcutta Victoria to order.
- National Anthem was sung by all.
- Minutes of the 1332nd meeting were confirmed by Rtn Rajnish Mehta and seconded by Rtn B K Agarwal.
- President invited Guest Speaker Dr. Parthjit Das to the Head Table
- **President's Announcements:**
  - ◆ President informed that on Monday 9th October, Installation Meeting for the new Board of Interact Club of St. James School will be held at the School premises. The chair person Rtn. B.K.Agarwal will be giving Rs 5000/-to them as a support from the RC Calcutta Victoria
  - ◆ He informed that the Puja Parikrama for the evening school children will take place on the 18th October at 9 a.m. from St. Pauls Cathedral, where the Bishop will be present too. 60-65 children will be going in 2 buses.
  - ◆ The cost of coming to St. Pauls cathedral and going back home will be borne by the club. Times of India will give Rs 1000/ to each child. Food packets will be given by the club to the children. Flag off will be by Actor Rituparna Sengupta.
  - ◆ On 17th October there will be a lunch organised and sponsored by RCCV for the inmates of Kasba Divine Foundation Old Age Home at Madurdaha. Victorians present will also have lunch with them
  - ◆ RCC Kanthalberia is proposing that an EYE checkup camp should be done twice a month . This will benefit the people of the surrounding community. The doctor will have to be paid Rs.2000/ for each CAMP.
  - ◆ It was discussed that our club need not join the district for doing various projects with them.
  - ◆ President Arvind Agrawal announced that we would be having a fellowship on the 5th November, Sunday 6 p.m. at EDWIN Bart Hall which is opposite Birla Museum.
  - ◆ President's daughter will be getting married on 17th December in Edwin Hall.
  - ◆ He then invited the Guest Speaker to address the audience
- ◆ The speaker, Dr. Parthajit Das gave us immense knowledge about the vaccinations we all must take for our well being specially Influenza,Pneumonia as well as Shingles or Herpes
- ◆ After the speech the Dr. Das was presented with a gift and his colleague, from Glaxo Smith Klein was also given one. Today's meeting was sponsored by Glaxo Smith Klein
- ◆ There was a vote of thanks given by Rtn. Mukul Mitra.
- ◆ **Secretary's Announcements**
  - ◆ Birthday Greetings were extended to :-  
Roopa Seth Mitra for 6th October  
Sarah Macwan for 13th October  
Sanghamitra Chowdhury for 20th October  
Seema Danda for 25th October  
Dr. Jai Gurtu for 31st October
  - ◆ Anniversary Greetings were extended to :-  
Arvind and Rumana for 14th October and Col. Burman and Sushma for 20th October.
  - ◆ Next Meeting will be held on 5th November 6 p.m. followed by fellowship and dinner.
  - ◆ There being no other business, Meeting was terminated at 2.30 p.m.