



Clarion



WEEKLY BULLETIN FOR PRIVATE CIRCULATION ONLY
ROTARY CLUB KAMARHATI, RI DISTRICT 3291

Chartered in 1969,
Club Regn. No. 16180

President : Rtn. Dr. Amal Kr. Khan • Secretary : Rtn. Amit Kr. Bhattacharjee • Editor : Rtn. Dr. PK. Pandit

Vol 54 No 22 DECEMBER DISEASE PREVENTION AND TREATMENT MONTH Date 16DEC' 23

Today's Club Program

NOTICE

Dt. 18-11-23

Annual Meeting and Election of office bearers & Board of Directors of RC Kamarhati for the RY 2024-25 will be held on 16Dec'23, Saturday at 6-30pm at our clinic building.

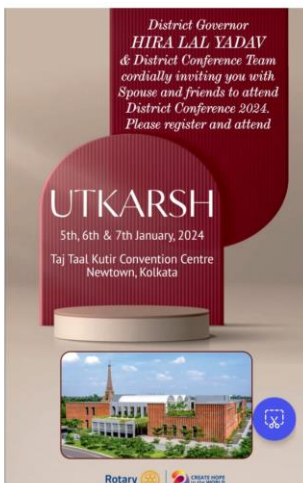
Please attend in time. (Closed door meeting, no outside guest allowed)

Agenda: -

1. Meeting called to order & National anthem.
2. Messages & Reporting.
3. Club business & announcement by Secretary.
4. Adoption of audited accounts for the year 2022-23.
5. Appointment of Auditor
6. Election of Office Bearers & Board of Directors for the RY 2024-25
7. Miscellaneous with permission of the

Upcoming District Programs

1) Rotary District Conference-**UTKARSH** on 5, 6 & 7 Jan'24.at Taj Tal Kutir Convention Center, NEWTOWN, KOLKATA. Regd Charge Rs.6500/ till 15 Dec'23 thereafter Rs 7500/



For Online Transfer / NEFT
RID 3291 A/C EVENTS
A/c. No. - 409856244200
RBI BANK Limited
IFSC CODE - RATN0000355

Registration Charges
Rotarian/Spouse/Guest:
* 6500/- (upto 15th Dec.23) & * 11500/- for Couple
* 7500/- (From 16th Dec. 23) & * 13500 for Couple

Contact Details
Please send all details of Payment & for any Assistance contact
Conference Treasurer
Email: pksharma.pks55@gmail.com

3) RLI GOA 24 on 19-21 Jan'24 at Goa

অর্জুনের অল্পপ্রাশন

১৭ ই ডিসেম্বর ২০২৩ রবিবার সন্ধ্যা ৬-৯
ঘাটী ভাড়া
বিজ্ঞপ্তি পর্যালোচনা করুন ১০৯৬টি রোড
কামারহাটী



কৈশিক একমুহুর্তে সোমলী ভোগী দিয়ে ২০২০ এর ১২ই মে আসনের পরিবারের নতুন সদস্যের আগমন "অর্জুন"। সে তার যাত্রার ময় মাস অভিবাসন করে ফেললে, এবার তার ভাণ্ড খাওয়ার পাল। আশাশী ১৭ ই ডিসেম্বর, রবিবার সবার সপরিবারে আমন্ত্রণ রইল। আশীর্বাদ করবেন সেন অর্জুন মানবিক হয়, শিথীক হয়ে জীবন মুখে লড়াই করে লক্ষ্যে পৌঁছান। সবার আশীষ ভালেবাস তার জীবনের পথেই হয়ে উঠতে পারে।

পুনশ্চ: এবং শুভ্রু ময় আশীর্বাদই একমাত্র কাম উপহার।

উত্থুবন - যাঃ আসল কুসার খান উত্থুবন - যাঃ বাণা খান বাঃ - যাঃ আশীর্বাদ বাঃ - যাঃ ইয়াসী মনন বাঃ - যাঃ বিবেক বিকাশ মনন

জৈত্রের - শুভী অল্পপ্রাশন

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Invitation
Toton er Annaprasn-16
Dec'23 Evening.
Arjun er Annaprasn
17 Dec'23 Afternoon.

Upcoming Club Programs

1. Health Check-up camp at Ariadaha on 24 Dec'23 from 2-5pm with active support of local councilor Dr. Mrs. Bharati Swarnakar.
2. Next Board meeting on 24 Dec'23 evening.
3. Annual Picnic of our Club rescheduled on 31 Dec'23 ,Sunday at Nirala Resort, Deoulti due to Rotary District conference scheduled to be held on 6 & 7 January'24.

Lifestyle diseases

Lifestyle diseases are chronic diseases that develop from prolonged exposure to certain lifestyle behaviors. These behaviors include: Smoking, Unhealthy diet, Physical inactivity.

Some examples of life lifestyle diseases include:
Heart disease, Stroke, Diabetes, Obesity, Metabolic syndrome, Chronic obstructive pulmonary diseases.

Other lifestyle diseases include: Atherosclerosis, Respiratory ailments, Certain forms of cancer.

Behavioral factors can also contribute to the development of lifestyle diseases. These factors include: Unemployment, Unsafe life. Occupational lifestyle diseases can also develop from factors in the vicinity, such as:
Heat, Sound, Dust, Fumes, Smoke, Cold, Other pollutants.

LIFESTYLE DISEASES share risk factors similar to prolonged exposure to three modifiable lifestyle behaviors -- smoking, unhealthy diet, and physical inactivity.

SO CHANGE YOUR LIFESTYLE TO PREVENT ALL THESE DISEASES.

MINUTES OF 2678th RWM OF ROTARY CLUB KAMARHATI HELD ON 9th DECEMBER 2023, SATURDAY AT 6-30pm AT ROTARY CLINIC BUILDING, BASANTBIHAR, BELGHORIA, KOLKATA-56

1. In absence of President, vice -President Rtn. Rohit Goel took the chair and called the 2678th RWM to order and requested Rtn Atul Kumar Singhal to lead the National Anthem.
2. Acting President conveyed Anniversary wishes for our President Rtn. Dr. Amal Kr Khan and Dr. Mrs. Radha Khan (10 Dec).
3. Acting President readout the Invitation later from Rtn Swapna Gangopadhyaya for all Rotarians with families on the occasion of ANNAPRASON of her Grandson to be held on 16 Dec Evening at ALAP Banquet, BT Road and from our President, extended cordial invitation to all Rotarians with families at his Grandson's ANNAPRASON party to be held on 17 Dec'23 at Regent Palace Garden, BT Road, Kamarhati from 12 noon.
4. President on Chair announced upcoming club programs:
Annual meeting for the year will be held on 16 Dec'23. Election of Board members for RY 2024-25 will also be held on that day during Annual meeting.
Health Check-up camp on 24 Dec'23 at Ariadaha in collaboration with local word councilor Dr. Mrs. Bharati Swarnakar from 2-5pm at Ramananda Charitable School.
5. Next Board meeting will be held on 24 Dec'23 evening at residence of PP Rtn. Dr. G.D.Swarnakar. Dinner followed by the meeting will also be sponsored by PP Rtn. Dr. G.D.Swarnakar.
6. Annual picnic re-scheduled on 31st December'23 at Deoulti Nirala Resort because of Rotary District conference, which is pre-scheduled on 5, 6 &7th Jan'24. PP Rtn. Ajoy Kumar Sarkar confirmed the re-scheduled date after consultation with the Resort authorities. .
7. President informed about up-coming District Programs 1) Rotary Foundation Seminar 10 Dec'23 3) Rotary District Conference- 5, 6&7 Jan'24. 4) RLI GOA 24- on 19-21 Jan'24 at Goa
8. In absence of Secretary Rtn. Amit Kumar Bhattacharya , acting president himself conducted the club business and got the minutes of last RWM confirmed
9. Tomorrow (10 Dec) being SNID (Pulse Polio), President requested members to attend Polio booth at our Clinic according to their convenience from 9am to 4pm.
10. PP Rtn. Subhendu Roy, Presiding officer to conduct the election procedure informed that the list of valid members, who can vote and contest the election given in the notice board.
11. As there were no other points to discuss, President terminated the meeting after attendance, Clinic report and International toasting.

INTERNATIONAL TOASTING	ATTENDENCE	CLINIC REPORT
PP Rtn. Dr. Samir Kumar Ghosh on behalf of President, Secretary and members of RC Kamarhati offered toast of Goodwill and friendship to members of RC COMOSTLA WAY, MEXICO, RID 4150, Zone 21.	Rotarians : 10	Gen. Medicine : 17

Rtn. Rohit Goel
Acting President

****Those members yet to pay their Dues please pay immediately without further delay. Others please ignore. Those who will not pay even their first half dues before end of year, RI will delete their names from active members list, so please take it seriously ***.**

Rtn. Amit Kr Bhattacharya
Secretary 2023-24