

**Today's Club Program -DG's Official Club Visit**



We cordially welcome Dr. Bandana Homchoudhuri and DG Dr. Ramendu Homchoudhuri at our club on his official



club visit

We also welcome other District officials at our club

**Rotary Youth Service** programs empower young leaders aged 12-30 through service, mentorship, and international exchange, fostering leadership and peace. Key initiatives include Interact, Rotaract, RYLA and Rotary Youth Exchange, involving 500,000 young people worldwide in community action

**Interact Clubs (Ages 12-18):** School or community-based clubs that take action, develop leadership skills, and gain international understanding.

**Rotaract Clubs (Ages 18-30):** Young adults who take action in their communities, develop leadership and professional skills, and have fun.

**RYLA (Rotary Youth Leadership Awards):**

Intensive, 3-10 day training programs for young leaders to build communication and problem-solving skills, often held as retreats or seminars.

**Rotary Youth Exchange (Ages 15-19):** A 4-8 week or year-long exchange program where students live with host families, learn new cultures, and promote global peace.

**New Generations Service Exchange:** Short-term, customizable exchanges focusing on vocational service, leadership, and professional development.



Club Program held

Rotary Club Kamarhati organized an Awareness Seminar on Metabolic Syndrome on Saturday, 23rd May 2026 at 6:30 PM at the Rotary Club Clinic Building prior to RWM. PP Rtn DR. Samir Kumar Ghosh conducted the seminar and spoke on various aspects of Metabolic Syndrome with special importance on prevention of Diabetes Mellitus. Participants eagerly listened the speaker and interacted with him.

**HEAT WAVE : Protect yourself with simple precautions**

Heat stroke can be dangerous. To minimize its effects, take the following safety measures to prevent serious ailments and exhaustion:

As far as possible, avoid going out in the hot sun, especially during peak hours.

Drink sufficient water at frequent intervals, even if not thirsty. Always carry drinking water while travelling.

While going out in sun, wear light colored and loose clothes; use protective goggles; cover your head with a cap or towel and always wear shoes or chappals.

Avoid strenuous activities in scorching sun, when the outside temperature is high. If you have to work outside, use damp cloth or an umbrella to cover your head.

Eat light meals and fruits rich in water content like melons, cucumber and citrus fruits. Avoid foods that are high in protein, such as meat and nuts, which increase metabolic heat.

Use home-made beverages like lemon water, butter milk and juices, etc.

Never leave children and pets alone in parked vehicles. .

Keep your home cool, use curtains, shutters or sunshade etc. Open windows at night to maintain adequate ventilation.

Listen to local weather forecasts and be aware of impending temperature changes.

In case of illness and fainting, consult a doctor/seek immediate medical help. Heat stroke can be dangerous.

**MINUTES OF 2786<sup>th</sup> RWM OF ROTARY CLUB KAMARHATI HELD ON 23 MAY 2026,  
SATURDAY AT 6-30pm AT ROTARY CLINIC BUILDING, BASANT BIHAR, 22 & 23 FEEDER  
ROAD ,BELGHORIA, KOLKATA-700056**

- President Rtn. Amit Kumar Bhattacharyya took the chair and called the 2786<sup>th</sup> RWM to order and requested. PP Rtn. Biplab Sengupta to lead the National Anthem.
- President informed about upcoming District RCC Assembly 20216 to be held on 24 May'26, Sunday at Ramkrishna Mission Institute of Culture ,GOLPARK. Registration Charge Rotarians Rs700/ and RCC members Rs.300/The President urged members to participate in large numbers to ensure the club's active representation.
- Being requested by President, Secretary PP Rtn Prasun Krishna spoke on our Baisahki Sandhya , a cultural program nicely knitted by Dr.Mrs Mita Ghosh with recitation ,songs, dance performed by ladies and members of our club particularly by our little prodigy Aratrika made the evening of Baishakhi Adda memorable. POT-LUCK dinner followed by the program completed the satiety centre.
- May being Rotary Youth Service month, President informed that students undergoing Vocational training in computer applications ,their certification will be done in this month before DG Visit.
- Those who are taking Sewing training at one of our RCC Vocational Training centre they will also be given their certificates
- DG Dr.Ramendu HomChoudhuri will be at our Club on his official visit on 31 May'26, Sunday at 7-00pm.. President requested PP Rtn. Dr. S.K.Ghosh to discuss about preparation of DG Visit.He informed that all preparations being done and delegated duties to different members.
- Being requested by President, Secretary conducted the Club business - readout the minutes of last RWM and got that confirmed proposed by PP Rtn.Dr. G.D.Swarnakar and seconded by PP Rtn Pradip Mukherjee.
- President informed members that our member Rtn. Pradip Shaw send a needy person undergoing treatment for his Eye problems and need Rs.35000/ per injection and Rs 5000/ every time other charges. He being in Prarma business, himself donated rs 35000/ for Injection for the first dose and requested Club/Club members to donate for his further treatment.
- Next Sunday being DG visit, hence there will be no RWM on 30May'26, Saturday. RWM along with DG Visit and Assembly will be on 31 May'26, Sunday at 7-00pm at Club premises. However our Clinic will remain open on Saturday.
- As there were no other points to discuss, President terminated the meeting after attendance ,Clinic report and International toasting.

<b>INTERNATIONAL TOASTING</b>	<b>ATTENDANCE</b>	<b>CLINIC REPORT</b>
PP Rtn.Subhendu Roy on behalf of President, Secretary and members of RC Kamarhati offered a toast of Goodwill and friendship to members of RC ALLENDE L.N ,MEXICO RID 4130 ZONE 21	Rotarians :12 Anns & Guests :4	Gen. Medicine - 16

Rtn. Amit Kumar Bhattacharyya  
President 2025-26

PP Rtn.Prasun Krishna Dutta  
Secretary 2025-26

