



GOLMURI WHEEL

Fortnightly Bulletin

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Happy
New Year
2025

Dear RCJE Family

Together, we have the power to
create meaningful change in our
communities and beyond.

Wishing you and your families a year
filled with joy, good health, and
opportunities to make a difference.



Editorial Team :

PP Rtn Dr Anup Gupta
Rtn Loveleen Mishra
Rtn R Santosshi

Minutes of Meeting dated December 18, 2024

Date : Dec 18, 2024 (7:00 PM to 8:00 PM)

Venue: Linde Pavillion, Golmuri Club

Presided by: Vice President Rtn. Vina Mitra


1. The meeting was called to order by Vice President Rtn. Vina Mitra.
2. Minutes of meeting held on December 4, 2024 were passed.
3. Birthday greetings were conveyed to
 - Rtn. Subhrajit Basu (17th December)
 - Rty. Spouse Baljeet Kaur (17th December)
 - Rty. Let Shirin Razi (17th December)
 - Rty. Let Nikita Jain (18th December)
 - Rty. Let Prashant Srivastava (28th December)
 - Rty. Spouse Kamini Kar (29th December)
4. Wedding Anniversary greetings were conveyed to
 - Rtn. Jayanti Datt & Arun S Datt (28th December)
5. Secretary's Announcements made by Rtn. Nidhi Basu
 - The program with Rtn. John Ranger Miles, scheduled for 25th December, stands cancelled due to unavoidable circumstances.
 - While the next regular meeting schedule falls on 1st January, in view of the holidays and other personal engagement of members, a suitable date for the meeting will be communicated shortly.
 - The District TB Awareness Seminar "India Sans TB" will be hosted by RCJE on 16th February 2025 at Beldih Club.
 - To achieve the status of a 100% Giving Club, 80% of members have already contributed the minimum \$25 (₹2100). The remaining 20% are requested to complete their contributions. The pending list is with the President and Director TRF.
 - M/s Metalworks Industries has confirmed a donation of ₹1 lakh to support SDDS this year, with the possibility of recurring contributions based on a review. President Subhrajit Basu, along with Mr. G.S. Ahuja, CFO of Metalworks, visited SDDS on 17th December to discuss the initiative. Special thanks to PP Rtn. Dr. Pritpal Singh for leading and supporting this effort.
6. The meeting began with a condolence session to honor and remember Late PP Rtn. V.K. Kohli.


Minutes of Meeting dated December 4, 2024 (contd.)

7. Rtn. Nidhi Basu introduced and welcomed the guest speaker, Mr. Sourav Tiwary who was invited for a session on “Holistic Wellness”, a topic suggested by Late PP Rtn. V.K. Kohli. We had an engaging session on holistic wellness, focusing on diet, eating habits, and wellness practices. Key takeaways from the session were :-
 - a. Wellness is a balance of physical, mental, and emotional health. Adopting a holistic approach can enhance overall well-being
 - b. Follow the sun cycle for food intake:
 - Eat a hearty breakfast to fuel your day.
 - Have a moderate lunch as energy peaks midday.
 - Opt for a light dinner before sunset or early evening for better digestion.
 - c. Avoid junk food, as it disrupts the balance of essential nutrients and can lead to health complications.
 - d. Small, consistent changes in habits lead to sustainable results
8. PP Rtn O P Chopra and others engaged in a Q&A session along with adding value to the session.
9. Rtn. Vina Mitra expressed gratitude and presented a token of appreciation to Mr. Sourav Tiwary.
10. A hearty Vote of Thanks was delivered by PP Rtn. Dr Pritpal Singh.
11. SAA report was presented by PP Rtn. O P Chopra: Total members - 39 || Members present- 12 || >> Attendance 31% || Spouses present - 6 || Club Guest – 1.
12. National Anthem was sung by all.
13. Meeting was adjourned for fellowship.


Meeting Glimpses



 THE MAGIC OF ROTARY

 Rotary
Club of Jamshedpur East

Guest Speaker



Sourav Tiwary
Wellness Coach and
Fitness Enthusiast

Topic

**Holistic
Wellness:
Simple Tips for
a Healthier Life**

December 18, 2024 | at 7:00 PM
Linde Pavilion, Golmuri Club

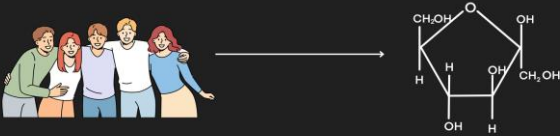
Kindly be seated by 6:45 PM

SERVICE ABOVE SELF



Speaker Session Highlights

How we look at food has changed over the last 3 generations!



On the other hand

Weight loss industry is a 150 Billion USD industry!

So much advancement but still we are the fattest population in the history of Mandkind!

Nutritionism - is the problem

Judging food on the basis of a single nutrient (Carb, proteins etc)

Eg - Ditching Rice for carbs , not eating ghee as its fat or eating chicken/ Eggs for proteins

Benifits of Nutritionism

1 Fear of food

2 Keeps the industry thriving

"Proteins are essential for your child's growth!"

3 Stay perpetually confused about food, and the cycle continues.

Traditionally , We always looked at food as energy!

We ate local, Seasonal Traditional and Fresh food

I realized this modern way of thinking is just bringing us back to what my grandmother always talked about.

It was time for me to get back to my basics


LIFESTYLE =
MIND * METABOLISM * MOVEMENT

Food Rules
ITS DAY 1 TODAY!


#101 - DRINK YOUR FOOD

Chewing is the most important part of digestion.
Drink your food.

Make sure the liquefying effect comes from saliva and not from water, wine or a sugary soda. Saliva is mostly water, so you need to have enough liquids in your body to be able to salivate. Sipping preferably hot water throughout the day, most of it before lunch is the best way to do it



“WHEN THE DIET IS WRONG, MEDICINE IS OF NO USE; WHEN THE DIET IS RIGHT, MEDICINE IS OF NO NEED.”




Food Rules
ITS DAY 1 TODAY!


#102 - DON'T EAT FOODS YOU SEE ON TV ADS

Companies that sell food are smart. When people criticize their products or make rules about them, these companies just change the food a bit and advertise it as healthier, even if it's not really better.

The easiest way to handle this, is to not buy food that's advertised. Only the biggest companies can afford to advertise on TV, and there's a difference between making "food" and growing it.



“SOCIETY DRIVES PEOPLE CRAZY WITH LUST AND CALLS IT ADVERTISING”



Food Rules
ITS DAY 1 TODAY!

#003 - EAT WITH THE SUN, SLEEP WITH THE MOON

Eating healthy isn't just about what's on your plate but also when you eat. Recent science says when we eat matters because our body's internal clock, called circadian rhythm, affects our metabolism, guiding our body to do things at the right times.



Mismatched eating times can up the risk of heart disease, diabetes, and weight gain. Syncing meals with your circadian rhythm boosts weight loss, energy, and overall health.

“TAKE CARE OF YOUR BODY. IT'S THE ONLY PLACE YOU HAVE TO LIVE.”



Food Rules
ITS DAY 1 TODAY!

#122 - EAT ONLY WHEN YOUR PREVIOUS MEAL HAS BEEN DIGESTED

It's important to let your food digest and wait until you're genuinely hungry before eating again. A minimum of 3 hours of gap is very important! Eating before you're truly hungry can lead to poor digestion.



When food is taken too soon after a previous meal (Even a bite), when the fire has not had time to complete the digestion of the previous meal, the digestive fire becomes weaker and it becomes hard to properly digest either meal.

“WITH THE STRENGTH OF DIGESTIVE FIRE AND PROMOTING WELL-BEING, KNOWLEDGE OF AYURVEDIC GIVES LIFE ULTIMATE BEAUTY.”




Food Rules
ITS DAY 1 TODAY!


#349 - BHOOKH LAGNE PE KHAO, NAKI JAB BORE HO

Ask yourself - Are you really hungry? or im just bored!

A useful way to distinguish genuine hunger from boredom or emotional cravings is the cauliflower test. If you're feeling hungry, try snacking on raw cauliflower. If the idea sounds satisfying, you're likely genuinely hungry.



“EAT WHEN CAULIFLOWER SATISFIES, NOT WHEN BOREDOM CALLS.”




Food Rules
ITS DAY 1 TODAY!


#022 - JAPAN KE NIVASI JAISA KHAO, YA FRENCH, YA AFRICAN, YA INDIAN..

PEOPLE WHO EAT ACCORDING TO THE RULES OF A TRADITIONAL FOOD CULTURE ARE GENERALLY HEALTHIER THAN THOSE OF US EATING A MODERN WESTERN DIET OF PROCESSED FOODS.

ANY TRADITIONAL DIET WILL DO: IF IT WERE NOT A HEALTHY DIET, THE PEOPLE WHO FOLLOW IT WOULDN'T STILL BE AROUND



“TRADITIONAL FOOD CULTURES HOLD THE KEY TO VITALITY; IT'S NOT JUST ABOUT WHAT'S ON THE PLATE, BUT HOW IT'S SAVORED.”





RCJE FIGHTS TB

Distribution of nutritional food packets to TB patients at the District TB Office in Rajendranagar



Number of Beneficiaries so far in this Rotary Year

45



Christmas @ SDDS



The Tata AutoComp Team brought festive cheer to the SDDS children by celebrating Christmas with joy and warmth. The celebration was marked by engaging activities, heartfelt interactions, and the spirit of giving, spreading smiles and happiness among all present. It was a memorable occasion that reflected the true essence of the season— togetherness and sharing.



Well-wishers of SDDS



We are thrilled to share that SDDS has received a generous contribution from M/s Metalworks, thanks to the efforts of PP Rtn. Dr. Pritpal Singh.

On 17th December, Mr. G.S. Ahuja, CFO of M/s Metalworks, visited the SDDS site for an in-depth understanding of the initiative, guided by President Rtn. Subhrajit Basu.

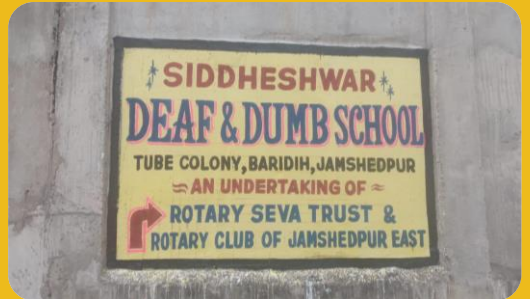
The visit was highly successful, with Mr. Ahuja expressing appreciation for the impactful work being done.

We extend our heartfelt gratitude to M/s Metalworks.

Progress @ SDDS



A team from M/s Jamipol Limited visited SDDS on 24th December to explore collaboration possibilities. Thanks to Rtn. R Santosshi for arranging the visit and President Rtn. Subhrajit Basu for taking the visitors around the school.



Despite challenges, our endeavour to make the SDDS premise safer continues. Mr. Prabir Roy taking steps to improve the school's condition

JAMSHEDPUR CLUBS IN THE DISTRICT NEWS



JAMSHEDPUR DALMA

Rotary Club Jamshedpur Dalma is actively contributing to the relief efforts following the derailment of the 22850 Secunderabad-Shalimar SF Express near Nalpur Station in the South Eastern Railway division. In a compassionate response, the club is serving snacks to the affected passengers at Tatanagar railway station, fulfilling its social responsibility and providing support to those in need during this difficult time. This initiative reflects the club's commitment to serving the community and assisting during emergencies.



JAMSHEDPUR EAST

The Inner Wheel Club of Jamshedpur East co-hosted the District Foundation Seminar in collaboration with other Jamshedpur clubs. The Tata AutoComp CSR Team visited SDDS, furthering their community engagement efforts. Additionally, the club supported the fight against TB by distributing healthy food to 10 needy patients, showcasing their commitment to health and welfare.



JAMSHEDPUR FEMINA

RCJ Femina organized the Annapurna Project – Food for Happiness at MGM Hospital, Sakchi, benefiting 350 attendees. The club also completed the renovation of a hall and kitchen shed at Antodaya Ashram, Leprosy Basti, Bistupur, sponsored by IPP Tajinder Kaur Bhamra and her family, who also distributed food and clothes to the residents during the inauguration. Additionally, a mental health awareness session was held for students at Sakchi Girls High School, conducted by Rita Sweta Singh, with active participation from members, making it an informative and impactful initiative.



JAMSHEDPUR GREEN

Rotary Club of Jamshedpur Green collaborated with Jamshedpur Next Gen for a river cleaning project, emphasizing eco-friendly practices and inspiring citizens to maintain cleanliness during festivals. This project, aligned with Rotary's seventh focus area, garnered attention from leading news portals and newspapers. The club also organized an awareness program on Thalassemia at Netaji Subhash University, where Dr. (Prof.) Nirmal Kumar delivered an insightful lecture on its detection, treatment, and prevention, with support from the Anurag Foundation. Additionally, a free bone density and Vitamin D check-up was conducted for

46 inmates of the Missionary of Charity, with supplements provided under Dr. Kumar's guidance.



JAMSHEDPUR

The Rotary Club of Jamshedpur organized impactful initiatives, including healthcare services at the Bheleapahari Clinic, affordable dialysis at St. Joseph Hospital, and free eye-screening camps at schools and workplaces. They provided regular food, essentials, and medical support to pregnant mothers, children, TB patients, and cancer hospital visitors. Through collaboration with the Shirdi Sai Charitable Trust, they served nutritious meals to over 1,800 village residents, distributing clothing and blankets. The Rotary Saheli Centre empowered women through vocational training, while workshops, Children's Day activities, and eye care training enriched community engagement. Volunteers and sponsors actively supported these transformative efforts.



JAMSHEDPUR MIDTOWN

RCJMT conducted weekly river cleaning drives at Domugani Ghat on 3rd, 10th, 17th, and 24th November 2024, starting at 6 am. During these drives, debris collected from the river was sent for recycling. Additionally, RCJMT provided free counselling and therapy sessions by experts to students of St. Mary's Hindi School. Following a teacher training program held in the previous month, teachers were equipped to identify students needing counselling and therapy. Support was extended not only to these identified students but also to anyone seeking counselling through expert assistance.

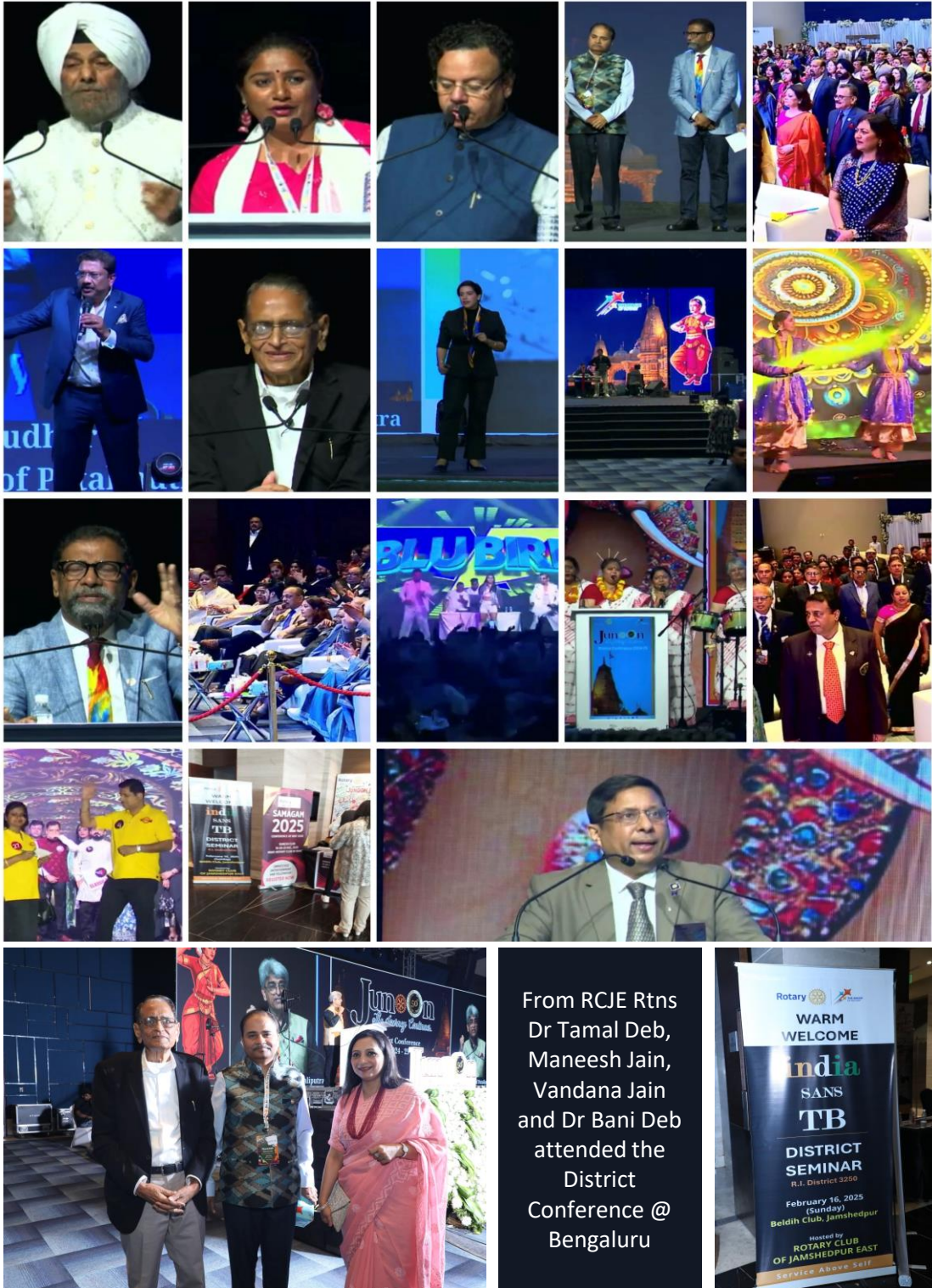


JAMSHEDPUR STEEL CITY

The Rotary Club of Jamshedpur Steel City conducted a stress management session for students of RMS Balichela and Mount Litera School, covering grades 9 to 12. A family in financial distress was supported with rations, and efforts were made to help the breadwinner secure a job. Hands-on CPR training sessions were organized at KIA Showroom, BMC Ferrocast, and PSPL Unit 3 in Adityapur, with Dr. Preeti Gehlot from the Jamshedpur Society of Anesthesiologists teaching life-saving techniques using mannequins. Additionally, an online training session with Menstrupedia trained 25 Rotaractors on topics of puberty, menstrual health, and hygiene. The ongoing signature project of providing freshly cooked meals to attendants of patients at MGM Government Hospital continues to serve 300-350 people weekly.



RCJE @ District Conference



From RCJE Rtns Dr Tamal Deb, Maneesh Jain, Vandana Jain and Dr Bani Deb attended the District Conference @ Bengaluru

Rotary Theme - January

JANUARY IS
www.rotary.org



VOCATIONAL SERVICE MONTH

"Make your vocation your vacation. That is the secret to success."
Mark Twain

Rotary 

January is Rotary International's Vocational Service Month, a time when Rotarians are encouraged to use their skills and expertise to help their communities:

- **Empower others:** Rotarians can use their skills to address community needs, such as helping disadvantaged youth succeed or reaching people in underprivileged communities.
- **Help others acquire or refine skills:** Rotarians can help others discover new professional interests and opportunities.
- **Promote ethical standards:** Rotarians can promote high ethical standards in business and professions.
- **Recognize the worthiness of all occupations:** Rotarians can recognize the worthiness of all useful occupations.
- **Mentor young people:** Rotarians can use their professional skills to mentor young people.
- **Improve quality of life:** Rotarians can use their professional skills to improve people's quality of life.

Vocational Service is a fundamental part of Rotary, and is considered the second Avenue of Service. During Vocational Service Month, Rotarians can participate in activities such as Rotary discussions, awards, and community projects. They can also join Rotarian Action Groups, which are made up of Rotarians, family members, and Rotary program participants and alumni with expertise in a particular field.

50 Things Every Rotarian Should Know About Rotary

10 - THE SPONSOR OF A NEW MEMBER

The bylaws of Rotary clearly outline the procedure for a prospective member to be proposed for Rotary club membership. The "proposer" is the key person in the growth and advancement of Rotary. Without a sponsor, an individual will never have the opportunity to become a Rotarian. The task of the proposer should not end merely by submitting a name to the club secretary or membership committee. Rotary has not established formal responsibilities for proposers or sponsors, however, by custom and tradition these procedures are recommended in many clubs.

The sponsor should:

1. Invite a prospective member to several meetings prior to proposing the individual for membership.
2. Accompany the prospective new member to one or more orientation/informational meetings.
3. Introduce the new member to other club members each week for the first month.
4. Invite the new member to accompany the sponsor to neighboring clubs for the first make-up meeting to learn the process and observe the spirit of fellowship.
5. Ask the new member and spouse to accompany the sponsor to the club's social activities, dinners or other special occasions.
6. Urge the new member and spouse to attend the district conference with the sponsor.
7. Serve as a special friend to assure that the new member becomes an active Rotarian.

When the proposer follows these guidelines, Rotary becomes stronger with each new member.

❖ The “Magic” Corner ❖



1. Santa Claus

When you picture Santa, you think of a man in all red clothing with a long, white beard and a large stomach. The image of Santa Claus that we know and love today became popular by the brand Coca-Cola. Santa Claus originally had a scary depiction and was deemed unwelcoming by children. It wasn't until [1931](#) when Coca-Cola hired illustrator Haddon Sundblom to create a more inviting Santa Claus image for their advertisements. Since then, their depiction of Santa Claus has populated many stores, advertisements, and movies as the new face of Christmas.

2. Jingle Bells

James Lord Pierpont wrote the song we all know and love, but it was originally titled “One Horse Open Sleigh.” Pierpont originally wrote this song for his church’s Thanksgiving concert, but in [1857](#), the song was republished under the title “Jingle Bells.”

3. Rudolph

Rudolph the Red-Nosed Reindeer was initially used as a marketing ploy. Today, Rudolph has his own movies and has become a welcoming symbol of Christmas. But before that, he was created by Montgomery Ward Department Store. Rudolph first appeared in [1939](#) when Montgomery Ward Department Store asked one of their copywriters to create a Christmas story they could use as a promotional gimmick.

4. Saint Nicholas

Santa Claus was inspired by a real person. Saint Nicholas was a man who gave away a majority of his inheritance to those in need. In Dutch, his name was *Sinterklaas*, which then became translated into Santa Claus. Saint Nicholas was the inspiration for the Santa we have today because of how much he gave to those around him.

5. Christmas Tree

One of the greatest Christmas traditions for many families is decorating a Christmas tree. The idea came from Prince Albert of Germany when he surprised his wife, Queen Victoria of England, with a tree for the holidays. In [1848](#), a drawing of the family was done and appeared in *Illustrated London News*. Since then, Christmas trees have become a staple for the holidays.

6. Candy Canes

The candy cane is a both decorative and delicious treat to enjoy around the holiday season. While there are many flavors today, the original candy cane was created by a choirmaster who used the sweet to keep young children distracted during long church services. German Swedish immigrant, August Imgard, used candy canes as decor for his Christmas tree in [1847](#). The idea then flourished, and candy canes have been upgraded and changed since then.

7. Tinsel

Tinsel, which is used for decoration in many households, was originally made from real silver. In [1610](#), the idea of tinsel was popularized in Germany. The U.S. government once made a ban on tinsel products because it contained poisonous lead in them. Today, tinsel is legal, of course, and typically made out of plastic.

8. Biblical History

In biblical terms, Christmas is used as a way to celebrate the birth of Jesus. However, in the Bible, there are no mentions of Jesus being born on December 25th, or Christmas Day. Many historians believe Jesus was born in Springtime.

9. Pagan Roots

Christmas used to be illegal in areas such as Boston due to the fact the holiday had Pagan roots. From 1659-1681, celebrating Christmas was deemed illegal in Boston, and citizens could be fined if caught celebrating.

10. Stockings

Hanging stockings by a fireplace was not a well-known idea until a poor man with three daughters could not afford their dowries. He ended up being gifted a bag of gold by Saint Nicholas, which was dropped through his chimney and landed in one of the man's stockings that he was drying.

Birthdays and Anniversaries

*** JANUARY ***

Birthday

Jan 3	Rtn Rtn Rty Spouse	J D Singh Dr S S Razi Arun S Datt
Jan 6	Rty Let	Shubhaangi Basu
Jan 10	Rty Let	Taniya Chauhan
Jan 11	Rtn Rty Let	Chanchal Kumar Vishakha Tulsyan
Jan 17	Rty Let	Girisha Sarkar
Jan 19	Rtn Rty Let	Tamali Chakraborty Divya Seth
Jan 22	Rty Let	Ritu Priya
Jan 24	Rtn	Prantik Sarkar
Jan 26	Rtn	Vina Mitra

Wedding Anniversary

Jan 20	Balminder Singh & Baljeet Kaur
Jan 21	Chanchal Kumar & Sidheswari
Jan 30	S M Rao & S Vijaya Kumari



Upcoming Events

Next Regular Meeting will be on January 8, 2024

Agenda:

- Quick Progress Update on District TB Seminar – PP Rtn. Dr Tamal Deb
- Early detection of Cancer – Dr Sujata Mitra, Director, MTMH
- New Year Cake Cutting





IMPORTANT ANNOUNCEMENT

Meet the Visionary
Behind India's 108
Emergency Services*
Dr. Sudhakar Varanasi
Date: 03.01.25
Time: 7.00pm
Venue: Beldih main hall

@reallygreatsite

The graphic is a purple-bordered announcement card with a white background. It features a large white arch at the top containing the text 'IMPORTANT ANNOUNCEMENT'. Below the arch, the text reads: 'Meet the Visionary Behind India's 108 Emergency Services* Dr. Sudhakar Varanasi Date: 03.01.25 Time: 7.00pm Venue: Beldih main hall'. The card is decorated with orange lightning bolts and purple circles. A small circular logo with the text 'THE MAGIC OF ROTARY' and a star is in the top left corner. The bottom of the card has the text '@reallygreatsite'.

A Tribute



A Tribute to Musical Maestro Zakir Hussain and Visionary Leader Dr. Manmohan Singh

RCJE family pays heartfelt homage to two towering personalities who have left an indelible mark on our world.

Ustaad Zakir Hussain, the legendary tabla virtuoso, has redefined the boundaries of Indian classical music with his unmatched artistry, innovation, and dedication. His rhythms transcend borders, uniting people through the universal language of music. He is a symbol of cultural pride and an inspiration for generations.

Dr. Manmohan Singh, an exemplary statesman and economist, has profoundly shaped India's journey of progress and resilience. His visionary leadership, intellect, and integrity have set unparalleled standards in public service. As the architect of economic reforms, he paved the way for a modern and thriving India.

Both legends remind us of the power of passion, discipline, and perseverance in shaping a better world. We honor their contributions and draw inspiration from their extraordinary lives.

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