



SATURDAY 5 AUGUST 2023

August is Membership and New Club Development Month

104

# The Chaka

Bulletin of Rotary Club of Calcutta  
R I Dist. 3291

First Published in 1925

Editor: Rtn. Ashok Basu (AB4)

Volume 91 No. 05

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## DR. SABYASACHI MITRA

Dr. Sabyasachi Mitra, a distinguished Fellow of the Royal College of Physicians, embarked on his medical journey in 1994 as a bright MBBS student at Calcutta National Medical College. His passion for understanding the human mind led him to achieve a Diploma in Clinical Psychiatry from the esteemed Royal College of Surgeons in Ireland, followed by a Diploma in Psychiatric Medicine from the Royal College of Physicians, also in Ireland. With an insatiable thirst for knowledge, Dr. Mitra continued his academic pursuit and earned an MSc in Psychology in 2005 from the prestigious Manchester University. His dedication and expertise in the field were further recognized when he obtained his MRCP in Psychiatry in 2001, an accomplishment that paved the way for him to be conferred with an FRCP in 2014, both by the renowned Royal College of Psychiatrists in the UK. In 2005, Dr. Mitra achieved another milestone in his career by obtaining the Certificate of Completion of Specialist Training, solidifying his position as a seasoned specialist in the realm of psychiatry.

Rotary  
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CREATE HOPE  
IN THE WORLD

Presently, Dr. Mitra serves as a Senior Consultant Psychiatrist, rendering his invaluable insights and care at Bellevue, CMRI, and Woodlands Hospitals in the vibrant city of Kolkata. Beyond his contributions to the medical field, Dr. Mitra is also a prominent figure in the media, regularly participating in various talk shows on distinguished channels such as Doordarshan, ABP Ananda, Republic TV, and Zee 24 Ghonta. Moreover, his expertise and captivating presence have earned him an esteemed invitation to deliver a TED Talk in 2019, leaving a lasting impact on his audience.

**Siksha Labh Vers 3 : Lake School for Girls – 28 July 2023 : AOS – Community; AOF: Supporting Education**



The 3rd Opening of the project SIKSHA Labh-3 for the Rotary year 2023-24, under Literacy & Education was opened at Lake School for Girls, Lake Terrace Road, Kolkata on 28.07.2023 by our President Rtn. Kanak Dutt in the presence of our club members. Over 10 Rotarians and Family members were present in the ceremony. This school was established in the year 1933 by Mrs Sushma Sengupta a School teacher herself. This School is a part of Building as Learning Aid (BALA) project of West Bengal Education Department.

Presently the school has a strength of 700+ in the secondary school, students coming from the nearby areas of Lake / Golpark / Gariahat region. In this project a Computer Lab has been created with an installation of 6 nos. of new Computer Sets along with 6 nos of UPS. The computers are installed with Windows 11 and MS office. The computer lab will benefit around 700 students with basic computer education and projects for students of class 11 & 12 every month.



(Reported by Chair, Community Service, Yogesh Dassani)

CONTACT US

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<https://rccalcutta.rotaryindia.org>

## Activity at ICH – Avenue of Service: Community; Area of Focus: Saving Mothers and Children

Venue: Institute of Child Health

Date: 20th July, 2023

Time: 10.30AM



The previous Chaka of 25 July 2023 carried some of the emotive responses from members who visited the ICH. Here is a detail of the diversity of medical facilities in this quite extraordinary hospital - Ed.

RC Calcutta President Rtn Kanak Dutt expressed his heartfelt sense of Love

& Care by giving a bagful of cookies & snacks to the children of Institute of Child Health, individually handing over to the children numbering over 250. The beautifully designed cloth & hessian bags were handed over to the accompanying mothers &/or elders, since all children were infants from under 6 months to 10-12 years of age, and many under anaesthesia, recuperating from surgeries and life-threatening diseases. The lead cum escort for the RC Calcutta 15 member visiting team was PP Dr. Ashoke Basu, senior paediatric surgeon at ICH, and included amongst others PP Abhijit Kolay, PP Haladhar Dey, PP Heena Gorsia, and Secy. Sarvani. The team assembled by 10.30 AM and was warmly received by Mr Deba Prasad Sarkar, COO and Dr Apurva Ghosh, President of the ICH Trustee Board, and after a round of tea and introduction, Mr Sarkar kindly accompanied and escorted the team in its tour one ward to the other.

The tour of the wards and 'giving' of the gift hampers was sequenced as under :

- i) Paediatric Chemotherapy & Thalassaemia ward, designed like an ICU with children playroom, having 14 beds each with monitor machines with independent ward-in-charge and attendant team.
- ii) General Surgery Ward with 44 beds, all occupied, adjacent to the OT section with 3 nos OT and 1 no. ICU, OT having Laparoscopy equipment & facility and Anaesthesia (both donated by PWC as their CSR activity last year). Almost all patients were recovering from various paediatric surgeries, with bandages, saline tubes, oxygen pipes, urinary discharge pipes, etc, sticking out of their fragile bodies, a sight which makes a normal heart bleed ! The team of nurses and ward attendants were clockwork in their childcare duties.
- iii) General Ward with 14 beds, earlier segregated as 'Covid' ward during the pandemic, where patients with multiple ailments are put up till diagnosis, to enable shifting to specific ward, or cured & discharged.
- iv) Dialysis ward with 7 beds, where both Haemodialysis and peritoneal dialysis is done. Generally, these are day care, but 7 beds are retained for emergencies since patients are all children & infants.
- v) Medical Ward for patients under general medicine, ward having more than 150 beds, and by far the biggest ward.
- vi) Obstetrics ward, full PICU, with 4 beds, where newborns with ailments are put up.

Having finished the tour of the wards Dr Basu and Mr Sarkar took the team for overview of the other facilities at the hospital campus. The Nivedita School for autistic & mentally challenged kids, having a capacity of 50 children, but being a day School doesn't require night boarding facility. Beside it was the building housing the MRI facility, behind which was the building housing the Patient party night shelter, donated by RC Calcutta. Opposite the main entrance is a 4 storied building with a blood bank on the Ground floor with -80 & -40 deg C freezers, having component separation facilities for plain blood, FFP and Platelet. The 1st & 2nd floor are NICUs with 34 beds, where critical patients are kept. The 3rd floor is the Maternity wing with OT & labour rooms and 10 beds for post-delivery care & treatment. Mr Sarkar informed that there is 16 MD&/or MS registered with ICH, in addition DNB surgery has 1 position, (i.e., 5 fellows at any point of time).

President Kanak in concluding the 'love & Care' goodwill visit informed Dr Apurva Ghosh of the teams' satisfaction & contentment in seeing the facilities at ICH, at that it was an eye opener for most in the team. He expressed this visit will help in furthering the relationship between RC Calcutta and ICH.

**(Reported by Amit Ghosh, Club Correspondent, and executive Secretary)**

Postscript: In the previous Chaka, I had mentioned in passing that I shall share a small anecdote that illustrates the empowerment that staff in the hospital carry. Due to my ambulatory difficulties, I was seated in the accounts office for a while as the Rotary team did the rounds. I was witness to a discussion on a particular patient billing relating to an implant. An extra charge of a few thousand rupees was what the patient party had to pay. One look at the mother was enough to convince the staff that there was no ability to pay that sum. The charge was waived, and the discharge certificate issued. No fuss, no tall talk, just the application of empowerment for the greater good! Bravo! Ed.



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## Health Camp at Deepranjani Foundation – 28 July 2023

### AOS : Community; AOF : Fighting Disease



Health Committee organised a medical camp and visit to Deepranjani where youth with special needs are given vocational training to develop earning capabilities. President Kanak Dutt, PP Abhijit, VP Debnath, Satarupa were present along with Dr Ayusmati Thakur and Dr

Parthajit Das. 5 doctors attended the camp - 2 paediatricians, 1 General medicine/ gastro, 1 dermatologist and 1 rheumatologist. Free medicines were handed over - calcium, vitamin D supplements, Folic acid, and health supplements. There were around 40 beneficiaries at the programme. On behalf of Rotary the President handed out food packets. With the support of Rtn Debjani Ghosh Chessboards were handed over to the institution as this helps with the thinking capacity of the individuals affected with Autism Spectrum Disorder (ASD). There will be a regular follow up medical check-up and we will try to organise sales and exhibitions for their products. Individuals with ASD upto 36 years of age attended the health clinic. Free liver function test (pharma partner Lupin) was arranged for the beneficiaries. Upto 50 patients were examined.

Infact, I am stunned about the amazing capabilities that these children possess. They have a repetitive nature as we all, and this has been channelised. They have been trained so that they can be economically independent in future. All the products that were displayed in the exhibition today have been made by the students. They are truly perfectionist (again their character trait) as is obvious by the products that they make. We are planning to ask them to bring the spices and paper bags the kids make to our RWM and request all our members to buy them. I bought some today and promise that you won't regret it. The children get paid for their work by cheques and they feel proud and included. Let's encourage this great endeavour.

*(Reported by Chair, Health, Ayusmati Thakur)*

## Appeals for Support

### General Appeal from President Kanak Dutt

My earnest appeal to all fellow members – Please donate at least Rs 20000 for noble causes of our different club projects. It will be a great gesture for the underprivileged. I hope all my Rotarian friends will accept my earnest appeal. Please donate to Rotary Club Of Calcutta Welfare Trust. Benefit of deduction is available under Sec 80G of The Income Tax Act. Donors will be acknowledged in the Chaka. I sincerely solicit Members' assistance.

Donors: Rajeev Paralikar, Kamala Devi Dalmia Charitable Trust

### Siksha Labh

Siksha Labh is a project where direct impact goes on to beneficiaries. It is not only creating an impact in the society, but directly to the students, creating a future. Requesting all our members to help our Community Service Chairman to reach a goal of 12000 beneficiaries.

Donors: President Kanak Dutt, Kirit Patel, AB4, Dr Sukumar Mukherjee, Dr Saswati Mukherjee

### Blood Bank

Please donate generously. While we would expect each member to donate at least US \$100 for this Presidential Global Grant Project, members are free to exhibit generosity and commit higher amounts.

Donors: Arindam Roy Chowdhury, Dr. Sourabh Khemani, Sonal Worah, PP Nilima Joshi, Hirak Sen, B.K.Dalmia, Kirit Patel, PP Abhijit Kolay, AB4, PP Saumen Ray, Shipra Roy Chowdhury (Spouse of RID Anirudha Roychowdhury), Roshni Ganguly, Hony. Secretary Sarvani Gooptu, PP Heena Gorsia, Hirak Ray, Udit Mitra, Shaswati Roy Chowdhury, PP Debasish Mitra, Atindra Nath Sen, Shailendra Gupta, Anand V Bhuwalka, Anita Jain, Dr Sanjay Kumar, Dr Jayanta Roy, Krishna Kolay, Pranab Sarkar, Ranjita Mazumder, Sonia Dutt, CYP Purnendu RC, Dr Abhrajit Ray, Dr Nandini Ray, PE Subrata De, Pritpal Chauhan, Dr. Sukalyan Purkasthya, Dina Dutta Sarkar.

### Maitree

MAITREE an inter school cultural competition is scheduled on Aug. 10, at Rotary Sadan. It is our humble request to all the Members for their generous contribution to make the said event viable and rewarding. Look forward to your affirmative response at the earliest.

Donors: Sarvani Gooptu, Saswati Mukherjee, Chandreyee Das, Ruchika Majumdar, Debjani Ghosh, Arindam Roy Chowdhury, President Kanak Dutt.

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## FOUNDATION DAY of Silver Point School, 2023, an event of the Interact Club – 26 July 2023



The programme began with the welcome speech by Interactor Anjishnu Fauzdar. GANESH VANDANA sung by the Silver Point family Choir followed by Lighting of the lamp by the dignitaries. The esteemed guests were felicitated by Smt Sucharita Roy Choudhury. A potted plant was handed to each of them with a message 'LETS HAVE A GREEN SURROUNDING'. The girls of Silver Point School presented a group dance with the song ANONDOLOKE MONGOLALOKE. The performances by Madhyamik Toppers & HS Toppers, 2023, were appreciated and they were felicitated by Smt Bani Roychowdhury, Secretary, Silver Point School Managing Committee. The students of Silver Point School could donate Rs 94,000/- to Help Age India for the elderly people. Mr. Arindam Mukherjee, Manager, Help Age India handed the trophies and certificates to the 1st, 2nd, 3rd highest collectors. 3 Members of BRAVE SOUL (an organization helping the acid attack and burn survivors) were felicitated by the Principal, Smt Sucharita Roychowdhury. They shared stories of their fight and determination for their survival. Their children were given Rs 8000/- each by

Silver Point School to pursue their dreams. The Founders, teachers of 12 invitee NGOs, who were felicitated by Smt Sucharita Roy Choudhury, Principal, talked about their organizations and shared their experiences with all present there. Each of 135 children of invitee NGOs was given a lunch packet, a gift bag comprising of a tiffin box, pencil bag with pencils, pens, erasers, colour pencil box, a pack of cookies, a drawing copy. Performances by the NGO children (group dance, group song) showcased their inherent talent. Closing Dance by the Silver Point girls conveyed the message of WOMEN EMPOWERMENT

(Reported by Interact Club of Silver Point School)

President Kanak, Secretary Sarvani, Youth Chair Saswati, PP Abhijit Kolay, Debjani Ghosh, Sonia Dutt and AB4 attended - Ed

## WASH and Ganga Abhiyan

PP Saumen Ray Chair WASH and Ganga Abhiyan was invited by RC North Suburban as Guest Speaker on Ganga Abhiyan project on 22 July 2023. They have agreed to join this program.



## REPORTING &amp; ANNOUNCEMENTS

## ATTENDANCE REPORT (25.07.2023)

Total Members	:	245
Members Present	:	53
Exempted Members	:	64
Visiting Rotarians & Guest	:	22



## ONE WORLD

We remember with good wishes  
Rotary Club Brahmanbaria Titas,  
Bangladesh, R. I. Dist. 3282

## Wedding Anniversaries

Dr Abhrajit Ray & Rtn. Dr. Nandini Ray  
10th Aug

Pramit Kumar Ray & R- Sreya  
11th Aug

**Wish you many more years of marital bliss**

## TODAY

Speaker : Dr Sabyasachi Mitra,  
Consultant Neuro – Psychiatrist  
Topic : Common Mental Health Issues

## Birthdays

Hemant Kanoria	5th Aug
Hirak Kumar Sen	5th Aug
Dr. Dipak Roychowdhury	6th Aug
Mrinal Kanti Lodh	7th Aug
Dr. Abhijit Chattopadhyay	7th Aug
Shinjini Bose	10th Aug
Pramit Kunar Ray	10th Aug

**Wish you many happy returns of the day**

## NEXT MEETING

Saturday, 12th August, 2023 at 6.30 at Rotary Sadan  
followed by fellowship and dinner.

Programme : Felicitatation of 100% ers for the Rotary year  
2022-23

## CLASSIFICATION SURVEY

To facilitate the ongoing Annual Classification Survey, members  
are requested to kindly suggest any new Classification to be  
opened in line with new and emerging professions and  
disciplines by 12th August, 2023. For any change in their own  
classification, members may write with reasons for change for  
consideration of the Classification Committee and the Board  
urgently, but not later than 12th August, 2023

## Schedule of Forthcoming Meetings

Day & Date	Timing	Programmes
Saturday 12th August, 2023	6.30 p.m. followed by Fellowship and Dinner	Felicitatation of 100% ers for the Rotary year 2022-23
Tuesday 22nd August, 2023	1 pm lunch followed by meeting	Guest speaker Sreemoyee Piu Kundu
Tuesday 29th August, 2023	1 p.m. Lunch followed by meeting	Guest speaker Saira Shah Halim

## Forthcoming events and projects

05.08.23	Shiksha Labh project – donation of computers to Labanhrad Vidyapith for girls, Salt Lake by Community service Committee at 11.30 am
06.08.23	Health Camp – Providing service to the Service providers at Goethels Memorial Health Clinic by Health Committee 10am-1pm
10.08.23	Youth Service Committee will organize Inter Schools Bengali Cultural Compaction “MAITREE” at Rotary Sadan between 10 a.m. to 3.00 p.m.
11.08.23	'Holistic Education in Schools' phase 1 will be organized by Literacy Committee at 11 am.
12.08.23	Shiksha Labh project - donation of computers
12.08.23	Youth Services committee programme with Interactors at Netaji Bhawan - 3 pm-5.30 pm
15.08.23	Flag hoisting at Rotary Sadan followed by cultural programme of cultural section children organized by NCLCL Committee.
19.08.23	Pranadhara project - Safe drinking water to 21 schools inauguration programme organized by Special Projects committee at Rotary Sadan at 11 am

## MAITREE – Announcement – 10 August 10 am at Rotary Sadan

The Rotary Club of Calcutta is organizing an Inter School Bengali Cultural Competition, on Aug. 10 at Rotary Sadan. The students (Class IX–XII) of 37 Bengali medium schools are invited to participate in this event, which will start at 10 am and will close at 3.30 pm. The premise of MAITREE is that students at Bengali medium schools require a forum and opportunities like those regularly provided at English medium schools to express their talent and enhance their confidence. Members are requested to attend in numbers to bolster confidence, cheer the participants, and volunteer. A special request from Youth Service Chair, Saswati Mukherjee.

### MINUTES OF THE 4907<sup>TH</sup> REGULAR WEEKLY MEETING HELD ON 25<sup>TH</sup> JULY, 2023 AT 6.30 P.M. AT THE ROTARY SADAN

1. President, Rtn. Kanak Dutt welcomed all Members and Guests and called the 4907th Regular Weekly Meeting of the Club to order.
2. National Anthem was led by Rtn. Ruchika Majumdar and Mr. Surendranath Majumdar.
3. Minutes of the 4906th regular weekly meeting of the Club held on 18th July, 2023 were read and confirmed.
4. President welcomed Ms. Aloknanda Ray, Classical Dancer, and Social Activist as the Chief Guest.
5. President then welcomed visiting Rotarians and Guests who attended the meeting.
6. **President reported the following :**
  - a) Rotary July Month is Mother and Child Care Month - To observe Mother and Child Care month, the Club donated 225 Gift Hampers to the Child patients of the Institute of Child Health at Dr. Biresh Guha Street, Park Circus, Kolkata on Thursday, 20th July, 2023. Gift Hampers were donated by PP Rtn. Abhijit Kolay and President, Rtn Kanak Dutt.
  - b) Community Service, RCC and Vocational Service Committee organized Sikha Labh project, donation of Computers on Saturday, 22nd July, 2023 at Ananda Ashram Balika Vidyapeeth, Naktala, Kolkata. Rtn. Yogesh Dassani also gave a report of the project.
  - c) At the request of the President, PP Rtn. Saumen Ray expressed about the Wash two, Wash five, Wash Six, Eye Hospital and The Ganga Abhiyan project of the Club.
  - d) The President congratulated Rtn Udit Mitra for becoming the Chairperson for the club Strategy Committee and Rtn Ruchika Majumdar as Co-chair.
7. **At the request of the President, Hony. Secretary Rtn. Sarvani Gooptu thereafter conducted the Club Business :**
  - a) She welcomed all members and guests and wished them.
  - b) She then announced the names of Rotarians celebrating their Birthdays and Wedding Anniversaries for the week ending 4th August, 2023.
  - c) Next Weekly Meeting is on Saturday, 5th August, 2023 at 6.30 p.m. at Rotary Sadan followed by fellowship and dinner. Speaker : Dr Sabyasachi Mitra.
  - d) First meeting of the Board of Directors (2023-24) of the Club would be held on Monday, 31st July, 2023 at 6.30 p.m. at Rotary Sadan and she requested all Board members to make a note of it and attend.
8. At the request of the President, Rtn. Ranjita Mazumdar introduced Ms. Alokandara Ray Chief Guest of that day.
9. At the request of the President, Ms. Aloknanda Ray addressed the audience on "Love Therapy".
10. Questions raised by the members were answered by the Chief Guest.
11. On behalf of the Club, Rtn. Dr. Chandreyee Das offered the vote of thanks.
12. On behalf of the Club, President handed over a memento to Ms. Aloknanda Ray.
13. Sunshine Box collection Rs. 500/- with special contribution from Rtn Subhasish Ghatak.
14. The Club remembered with good wishes Rotary Club of Madras, India, R. I. Dist. 3230.
15. On behalf of the Club, President thanked Rtns Mrinal Kanti Lodh, Abhijit Kolay, Subhasish Ghatak, Dr. Ramaditya Ray, Jayanta Kumar Mitra, Amrita Banerjee, Prabhat K. Rohatgi and Amit Ghosh for Co-hosting fellowship and dinner on that day.
16. Meeting was adjourned at 8.37 p.m.

**Kanak Dutt**  
President

**Sarvani Gooptu**  
Hony. Secretary