



ReachOut

42nd year of service

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Project Golden Hour

Do we know what to do in a medical emergency? Will we panic or will we be prepared?

With these questions in mind, Rotary Central Calcutta has launched **Project Golden Hour**, the theme initiative for the year. The project focuses on creating awareness, providing training, enabling coordination, and building supportive infrastructure so that people are better prepared to respond effectively during medical emergencies and help save lives during the critical golden hour.

Initiatives Undertaken

The initiative began with impactful programmes aimed at preparedness and awareness. Project Life Force was invited to educate members on the importance of blood donation and its vital role in saving lives. This was followed by Basic Life Support training for members, families, and guests, conducted by CMRI Hospitals, equipping participants with essential emergency response skills.

Strategic Partnerships

To strengthen emergency coordination and response, partnerships have been established with CMRI Hospitals and Recovery Nursing Home to provide professional medical guidance and support whenever required.

Upcoming Programmes

On 9th January, Basic Life Support training will be organised for students of St. Xavier's College, Kolkata, in association with RCC Bow Barracks. On 11th January, a Talk Show will be held at the Rotary District Conference at the East Side Pavilion featuring Dr Nirmal Joshi and Dr Renu Joshi of the Joshi Healing Foundation, the doctors behind the documentary The Brown Heart, which highlights the causes of early heart attacks among Indians and ways to prevent them.

Call to Action

Members are encouraged to actively volunteer and participate in all Project Golden Hour initiatives in every possible form of Tan, Man, and Dhan as we work together to build a safer and more prepared community.



PROJECT GOLDEN HOUR
ROTARY CENTRAL CALCUTTA

PROJECT GOLDEN HOUR

OUR AIM:

- Emergency Response Training
- Blood Bank Coordination
- Hospital Coordination
- Infrastructure Creation

PANIC

→

PREPAREDNESS

AN INITIATIVE BY

Rotary Central Calcutta

President
Rtn CA Satish Jalan

Hon. Secretary
Rtn Abhishek Agarwal



Francesco Arezzo
RI President



Ramendu Homchaudhuri
District Governor



Satish Jalan
President



Abhishek Agarwal
Secretary



Mona Garg
Editor

Follow us:





1. Call to Order and National Anthem

The meeting was called to order by President CA Rtn Satish Jalan.

The National Anthem was led by Rotarylet Yash Ganeriwala (son of PP Rtn Girish Ganeriwala), setting a respectful tone for the training session.

2. Introduction – Project Golden Hour: Let's Get Equipped, Together

President Rtn Satish Jalan addressed the audience and emphasized the purpose of the Project Golden Hour initiative:

- Emergencies can happen anywhere such as homes, workplaces, roads, and public spaces
- Panic can be eliminated through awareness and training
- The goal is to empower families and communities to act confidently during emergencies
- He welcomed members, families, friends, and invitees for attending this important lifesaving session

He encouraged everyone to register themselves and all accompanying invitees for future planning and workshops.

3. Remarks by PDG Rtn Ajay Agarwal

PDG Rtn Ajay Agarwal addressed the gathering and highlighted:

- The importance of Golden Hour awareness
- How first responders can save numerous lives before medical help arrives
- The commitment of Rotary to community well-being and safety

4. Welcome Address

Mr Sombroto Roy, Unit Head of CMRI, delivered the welcome address.

He appreciated Rotary Central Calcutta for taking up a socially impactful initiative and for partnering with CMRI in public health preparedness.

He was felicitated by the club.

5. Introduction of the Trainers

President Rtn Satish Jalan invited Mr Ambrose Rajan Paul to introduce the trainers.

Mr Paul shared insights on CMRI's community training programs and their commitment to creating medically aware citizens.

He introduced the faculty:

- Dr Purusatyam, Senior Emergency Medicine Specialist





- Dr Saloni, Clinical Trainer, Emergency and First Response

6. Training Programme – Golden Hour Preparedness

The core training session was jointly conducted by Dr Purusatyam and Dr Saloni, covering:

- Understanding the Golden Hour
- How to assess an emergency
- When and how to call for help
- Basic first response protocols
- CPR demonstration
- Choking rescue techniques
- Handling injuries, collapses, and unconsciousness
- Real-life case examples
- Do's and Don'ts during critical emergencies

The session was technical, practical, and highly engaging, with strong audience participation.

7. Question and Answer Session

Participants raised practical, real-life queries related to:

- Home emergencies
- Road accidents
- Elderly care
- Sudden collapses
- Child-related emergencies

The trainers responded with clarity and shared actionable techniques.

8. Felicitation of Trainers

Dr Purusatyam, Dr Saloni, Mr Sombroto Roy, and Mr Ambrose Rajan Paul from CMRI were felicitated by the club for delivering an impactful, hands-on workshop.

9. Feedback by Participants

Participants expressed appreciation for:

- The simplicity of the training
- Its value for families and everyday life

- The partnership between CMRI and Rotary Central Calcutta
- The need for future advanced modules

10. Vote of Thanks

The Vote of Thanks was delivered by Mr Ambrose Rajan Paul, who appreciated:

- Rotary Central Calcutta for initiating Project Golden Hour
- The President and Secretary for their vision and coordination
- All members and invitees for attending
- The CMRI management and training faculty

11. Sergeant-at-Arms Report

- Members present: 10
- Guests: 45
- Total attendance: 55
- Sunshine collection: Rs. 1,000/-

12. Fellowship

The session concluded with interactions and informal discussions, as participants expressed eagerness for future modules under Project Golden Hour.



Project PRANADHARA-IV Distribution Ceremony



The Rotary Children's Welfare Trust, in association with the Rotary Club of Calcutta and supported by Bengal Beverages Pvt. Ltd. under its CSR initiative, successfully conducted the distribution ceremony of Project PRANADHARA-IV. The initiative provided schools with advanced UV water purifiers to ensure access to clean and safe drinking water. The programme was held on Sunday, 9th November 2025 at Rotary Sadan.

Our Club successfully distributed one water filter and one ceiling fan to The

Arohan Public School, RCC Disha, Masat, on 8th November at Rotary Sadan. The project was carried out in association with the Rotary Club of Calcutta under Project PRANADHARA-IV. We sincerely hope this initiative will benefit the students and contribute to a more comfortable and conducive learning environment within the school.



Smile Street Brings Joy to Young Hearts



Our Club, in association with the Rotary Club of Calcutta Mahanagar and several Rotary clubs of District 3291, successfully hosted Smile Street, a vibrant shopping and fun-filled experience for underprivileged children. The project was inaugurated by DG Dr Ramendu Hom Chaudhury at 9.30 am.

Members of RCC Bow Barracks, comprising students of St Xavier's College, actively participated by organising carnival games and volunteering across various stalls. The Club supported the initiative by providing gifts and prizes for the children. Over 700 children benefited from the distribution of various essential items through the collective efforts of multiple Rotary clubs. Special thanks were extended to Rtn Sanjay Bhagat for arranging biscuits and Frooti for the children. The event was further enriched by the active involvement of Rotarylets and Anns of Rtn Abhishek Agarwal, Rtn Pankaj Agarwal, Rtn Kamal Sharma, and Rtn Satish Jalan, adding warmth and family spirit to the occasion. Members present at the event included Rtn Raj Kr Rajgaria, Rtn Sanjay Bhagat, Rtn Kamal Sharma, Rtn Pankaj Agarwal, Rtn Kavisha Jalan, and Rtn Satish Jalan. The programme was also attended by prospective member Mr Sanjiv Kanoi, who spent considerable time at the venue and interacted with participants.





RFM 1660, on 28th November 2025 at The Astor, 6:30pm onwards



1. Call to Order

The meeting was called to order by President CA Rtn Satish Jalan, who welcomed all members and guests.

2. National Anthem

The National Anthem was led by Rtn Jitesh Gutgutia.

3. Four-Way Test

The Four-Way Test was presented by Rtn Meeta Lakhotia.

4. Confirmation of Minutes

The minutes of RFM 1 657 and RFM 1 658 were confirmed by:

- Rtn Jitesh Gutgutia
- Rtn Kishore Nadhani

5. President's Announcements

Project Golden Hour Updates

President Rtn Satish Jalan shared updates on the club's flagship initiative focused on strengthening emergency preparedness through awareness, Basic Life Support orientation, blood availability support, and hospital partnerships.

Project MAA – Mothers' Apt Appreciation (Integrated)

The President encouraged members to participate in Project MAA, conducted in collaboration with the Rotary Club of Calcutta North East.

6. Club Business by Hon Secretary

Hon Secretary Rtn Abhishek Agarwal shared updates on ongoing projects, announced the next Rotary Fortnight Meeting on 7th December, and reminded members of the AGM scheduled for 19th December. He also informed members about the formation of the Nomination Committee for Rotary Year 2025–26 and the Bylaw Review Committee led by PDG Raj Kumar Rajgaria, with the report expected in January 2026. Birthday and anniversary greetings for November were also conveyed.

7. Introduction of Guest Speaker

The guest speaker was introduced by Rtn Kavisha Jalan.

8. Session by Guest Speaker

Mrs Aditi Kohli, Energy and Healing Expert, conducted a relaxing, interactive, and energising session that included breathwork, emotional balance techniques, and guided meditation. Members appreciated the calming and refreshing experience.

9. Felicitation of Guest Speaker

PP Rtn Brij Mohan Lakhotia felicitated Mrs Aditi Kohli on behalf of the club for her meaningful session.

10. Sergeant-at-Arms Report

Presented by Rtn Mandeep Singh Bindra:

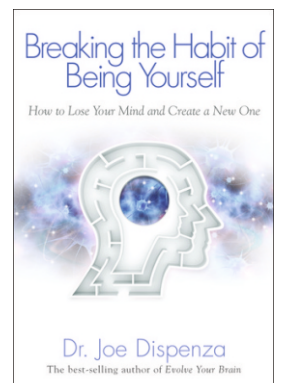
- Members present: 21, • Guests: 1, • Total attendance: 22, • Sunshine collection: ₹2,100

11. Vote of Thanks

The Vote of Thanks was proposed by Rtn Shree Prakash Chandak, who thanked the guest speaker, President, Secretary, and all members for their enthusiastic participation.

12. Fellowship

The meeting concluded with fellowship and dinner.





MENTAID Sports Day



Rotary Central Calcutta, in association with MENTAID – The Association for the Intellectually Disabled, organised an Inclusive Sports Day aimed at providing a joyful and empowering sporting experience for children with intellectual disabilities, thereby reinforcing Rotary's commitment to inclusion and equal opportunities for all. The programme was held on Saturday, 29th November 2025 at 10:00 am at St. Thomas' Girls' School, Khidirpur, bringing together sport, community, and compassion.

The event was attended by Rtn Madhav Mohta, Rtn Ranjan Goenka, and Rtn Satish Jalan, along with MENTAID Chairperson Mrs Iona Kundu and MENTAID Secretary Mrs Lata Bhatia. The occasion was further honoured by the presence of the Chief Guest, Brigadier Debashis Das, whose support added significance to this inclusive and meaningful celebration.



Rotary Foundation Seminar 2025



The Rotary Foundation Seminar 2025 was held with Leander Paes as the Guest of Honour and Ashok Mahajan, Past RID, as the Chief Guest. The seminar was attended by Foundation Chair Rtn Manoj Dalmia and Rtn Satish Jalan, reaffirming the Club's strong commitment to advancing the mission and impact of The Rotary Foundation.

RCC Athletes Selected for National Cycling Championship



Five athletes each from RCC Sarada and RCC Bansai Prochesta were selected to represent the West Bengal Cycling Team at the National Cycling Championship, held in Bokaro, Jharkhand, from 16th to 20th December 2025. This achievement reflects the dedication and sporting excellence of our RCC members and brings pride to the Rotary fraternity.

Toilet Construction Project – RCC Villages



The ongoing Toilet Construction Project across our Rotary Community Corps (RCC) villages is progressing smoothly, with encouraging participation from beneficiary families. The initiative is not only providing essential sanitation facilities but is also helping build awareness around hygiene, dignity, and healthier living in underserved communities. Each unit constructed reflects Rotary's commitment to sustainable development and social upliftment, made possible through the dedication and support of our members.

India's Triumph in 2025



Rotary Institute 2025 in the Spotlight



It was great to spot the Rotary Institute advertisement in the INDIGO in-flight magazine while travelling to Delhi today to attend Rotary Institute 2025. A proud and motivating moment to see Rotary's presence highlighted during the journey.

India's journey has been marked by defining moments of resilience and achievement. From independence in 1947 after centuries of subjugation, to the historic cricket victory of 1983 that ignited national pride, and now to 2025, a landmark year celebrating women's triumph on the global stage.

This victory stands as a testament to tenacity, education, and excellence, opening new avenues of opportunity while strengthening the values of equality and inspiration. Much like the inclusion of women in Rotary, which enriched and strengthened our movement, this achievement will leave a lasting impact and help shape India's future.



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HAPPY
Birthday
to our members...

- 04 November – Rtn. Laxmikant Fulfagar
- 05 November – Rtn. Deepak Choudhary
- 07 November – Rtn. Vikash Ganeriwal
- 11 November – Rtn. Mukesh Kumar Agarwal
- 13 November – Rtn. Dr. Ankur Gupta
- 14 November – Rtn. Amarnath Sanganaria
- 24 November – Rtn. Bikas Goenka
- 26 November – Rtn. Girish Ganeriwala

Happy
Wedding Anniversary
to our members...

- 19 November – Rtn. Sanjay Kumar & Ann Ruchi Bhagat
- 20 November – Rtn. Sushil Kumar & Ann Sangeeta Agarwal
- 21 November – Rtn. Pravin & Ann Sushma Jain
- 21 November – Rtn. Anil Kumar & Ann Sangita Saraf
- 23 November – Rtn. Dr. Ankur & Ann Dr. Disha Gupta
- 25 November – Rtn. Abhinav & Ann Ananya Chandak
- 26 November – Rtn. Punit & Ann Mridula Jhunjunwala
- 26 November – Rtn. Ankit & Ann Priyanka Chhaparia
- 28 November – Rtn. Sanjay Kr. & Ann Shashi Chaudhary
- 30 November – Rtn. Dinesh & Ann Radhika Bhattar



- 01 December – World Aids Day Awareness
- 07 December – Project MAA
- 18 December – Club AGM
- 21 December – Anandarun Marathon
- 27 December – Health Camp at Howrah District Correctional Home
- 9-11 January – District Conference RAMDHANU