

ReachOut

ROTARY CENTRAL CALCUTTA
ROTARY INTERNATIONAL DISTRICT 3291

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www.rccentralcalcutta.org

RCCC on a Roll: Uniting for Fun, Friendship and a Sprinkle of Spirituality!



Charter Night: The 41st Charter Night of Rotary Club of Central Kolkata was celebrated at the 'Kunj' Banquet at Hotel Sonal Bangla, Mayapur on 24th August '24 evening with great fanfare.

President Rtn Alka Ganeriwala felicitated Charter Members PDG Raj Kumar Rajgaria, PP Chandra Prakash Ganeriwala

and Rtn Shrivardhan Modi and presented a silver coated 'conch' to treasure at temple forever.

They shared their experience during Club's journey of last 41 years.

The event was attended by galaxy of Past Presidents: Sri Ratan Jhawar, Brij Lakhota, Meeta Lakhota, Rajesh Lakhota, Girish Ganeriwala, Sanjay Ganeriwala, RR Agarwal who were honoured by President.

Project Chair Kisor Nadhani was honored for organizing the trip beautifully and was presented a gift by President.



The glittering event was attended by 26 Rotarians, 17 Anns and 4 Guests. Rock Band Hattima rocked the evening bringing all on the dance floor. Emcee Diya anchored the evening. All the Ladies draped in Black, dazzling with glitter brought the stars from the sky down to the Kunj banquet. All Present thoroughly enjoyed

All enjoyed the wide choice of starters and beverages served throughout the evening.

A well curated menu was served in the Dinner for complete enjoyment.

Bollywood Nite: A fun filled Bollywood Nite was thorough-



Stephanie A. Urchick
RI President



Dr. Krishnendu Gupta
District Governor



Alka Ganeriwala
President



Satish Jalan
Secretary



Vinita More
Editor



Kisor Nadhani
Co-editor

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Rotary
Central Calcutta

OLLYWOOD NIGHT

Chalo Mayapur and Central Calcutta

Karaoke | DJ | Live Band
Mandir Darshan
Boat Ride

ly enjoyed by all the Rotarians and Anns present on the 23rd aug'24 evening at 'Kunj' Banquet at Hotel Sonar Bangla, Mayapur

Until the Karaoke started, we never knew RCCC had as many talented singers like Sri Ratan Jhavar, Ajay Daga, Manoj Dalmia, Lata Kedia. All joined singing & danced to their heart. It was truly an enjoyable evening, Emcee Diya entertained the audience with kept spell bound.

Later, DJ Ray kept everyone on the floor to dance to his beats. Retro was mood of the evening with many funky attires, some in vibrant, some in print – looked like a fashion parade as all were in their best attire. PP Brij Mohan Lakhotia caught attention of all with his look and won award for 'Best Dressed' Man.

Day 1: Friday 23rd Aug: All Rotarians & Anns assembled at Mani Karan at 7 PM, enjoyed Tea & snacks arranged by Rtn Manoj Dalmia to make a great beginning.

The Coach 'Vande Mayapur' Express started at 8.15 AM, en-route enjoyed yummy packed breakfast. The first stoppage for Tea was at 'The Begal Dhaba', Kanchrapara, opened early for 'Chalo Mayapur' group. All enjoyed Tea & snacks in the vibrant Dhaba ambience.

Few who were coming by Car caught at Dhaba, and few cars reached Mayapur directly.

Anchor Diya Lakhmani in the coach en-

grossed thoroughly with varieties of Games, sayri and chutkula. The Antakshari with twist was truly enjoyable.

The coach Express chugged in at the beautiful Hotel Sonar Bangla minutes before 1:00 pm.

Post check-in, after some rest all joined at 2 pm for an elaborate Lunch at the Restaurant and truly enjoyed in company of friends.

At 4:00 pm, the entourage started for ISKON temple by Coach, en route entertained by Anchor Diya.

Had divine Darshan of deities, such beautiful Shringar.



Returned Hotel by 6.45 pm cracking jokes all the way.

Joined for High Tea at the Banquet and re-assembled at 7.45 pm for Bollywood Nite.

Day-2: Saturday, 24th Aug: The most hectic day of the trip began on a very positive Note.

At the serene Poolside, members joined for 'Yoga Session' conducted by expert Yoga Trainer Dipika. It was a calming & soothing experience. She explained the need to Yoga.

At 10:00 am all boarded the Coach to leave for visit to the ISKON temple.



Arrangement was made for our group in the AC Hall. The Prasad was divine and equally tasty, everyone loved the payes.

Then commenced the long-awaited Boat ride from Prabhupada ghat.

It began with Kirtan. Then the boat took to the Triveni Sangam of Bhagirathi with Jalangi rivers where the color difference of water from both rivers was clearly visible. The ride was extended to the other bank, i.e. Nabadwip, the birth place of Prabhupada Chaitanya.

On return journey all joined the Ganga Aarti.

Few woke up at 3:00 am and went for 'Mangala Arti' at ISKON temple that began at 4.30 AM, one after another in the 3 temples. It was a divine moment for lucky devotees. Next visited the main temple and had divine darshan of 3 deities: Radha-Madhav

with Gopis, Chaitanya Mahaprabhu and Lord Nrsingha Dev. What a beautiful view of Chandrodya temple from the River Ganges, a view everyone will treasure for long.

All joined for sumptuous Breakfast at the restaurant and bonded over Tea & coffee.

A special arrangement was made for our group to visit the gigantic Chandrodya Mandir, very senior Acharya accompanied and explained the importance and highlights of the temple under construction, likely to be completed over next 2 years. The estimated cost is around 1000 Cr.

On returning at Hotel, all joined for Hi-Tea at Banquet and got ready to join the coveted Charter Night.

Day 3: Return Home with loving Memory. The day began with Meditation and Shloka chanting at the beautiful Poolside

with lush green background; followed by Laughter therapy and Prayanam which are so important in such hectic busy schedule and erratic lifestyle. It was well attended,

Trainer Dipika conducted the Meditation session and

continued on page... 8



Guided Campus tour on foot started with visit to the 3 storied Srila Prabhupada pushpa Samadhi Mandir with museum depicting the tough path he opted to popularize Sanatan dharma.

At 1.30 pm, all joined for the Satwik Bhog (Prasad) at Vamsi Bhawan. Special ar-





chanted Shlokas.
Charter Member Rtn
Shrivardhan Modi chanted few
shlokas from Srimad Bhagwad Gita.

Then RR, -known for his tagline जो
फटि है वो हटि है carried on the session.

Laughter Therapy:

He made everyone laugh with or without reason. His joke of having a 10k dinner at 5- star hotel by 2 friends with 2k in pocket made everyone 'loupout' with laughter.

He reasoned benefits of laughter therapy (5 Mins daily) Prevents heart disease, relieves stress etc. Then he conducted Pranayam. He asked all to clap 100 times: Benefits; Accupressure etc.

Next Deep breathing, he elaborated benefits: Hypertension, Anxiety, Stress etc

He made all to chant OM Benefits: Immunity improvement, Happiness, Reduce BP etc

Then, Kapalbhathi Benefits: weight loss,



alleviate constipation etc.

Anulom Vilom Benefits: Boosts the respiratory system, Reduces stress etc



Bhramari Pranayama, Benefits: Calms and quiets the mind, Soothes the nerves etc.

Gayatri Mantra, Benefits: reduces stress and anxiety, positive energies etc

He concluded the session saying “अगर हम रोज प्राणायाम करते हैं तो हमारे कार्य शक्ति 15 दिन के बाद दुगुनी हो जाएगी।”

As the trip was winding up, all joined for breakfast at the restaurant over yummy spread and the bonhomie was to see. Chit-chat and gossiping were never ending but had to terminate as Check-out time was 10:30 am, before which packing to be done. Post check-out, all assembled at the restaurant.

Anchor Diya conducted numbers games and kept all so engrossed that none could realise how 2 hours flew away.

Started with Housie with twists to keep everyone on toe, what would be the next directive from the beautiful anchor..

The last game, form a number series brought all back to school age, fought like kids, we won.. we won, it was nail biting competition that 3 times had to be referred to 3rd umpire.

It was time to Lunch with Bengali flavour, superb spread, all relished the Dhokar Dalna and Chanar Jalebi.

Before starting the rerun journey, it was time for group photograph although many had already left by Car.

At 2:00 pm Journey to Home started, Anchor Diya made all play various games, cracked jokes, and the best one was when she made spouse to narrate about the partner and who can tell maximum attributes in 30 seconds will be awarded. The excitement was so high to to say as many quality, attributes like 'Bewda, Bandar' were made and won the prize.

It was fun-filled trip which everyone enjoyed and during the way back, talk of

another rip already started.

The trip sums up in this one picture – the bonding all developed and none was willing to call it off.

En-route, Tea & snacks break was at Bengal Dhaba.

All will cherish the memory for long.

We acknowledge the tremendous effort put into planning by Kishor Nadhani, including the detailed itinerary and coordination by the organizing team, along with Devendra Bajoria, owner of Maruti Travels, who served as the Tour Operator. Anchor Diya truly kept all attendees anchored, ensuring there wasn't a single moment of boredom.





PARTICIPANTS:

Charter Members: PDG Raj Kumar Rajgaria, PP Chandra Prakash Ganeriwala and Rtn Shrivardhan Modi

Past Presidents: Rtn Sri Ratan Jhawar, Rtn Brij Lakhotia, Rtn Meeta Lakhotia, Rtn Rajesh Lakhotia, Rtn Girish Ganeriwala, Rtn Sanjay Ganeriwala, Rtn RR Agarwal

RCCC Members: President Alka Ganeriwala, Secretary Satish Jalan, Kavisha Jalan, Anuttam Khaitan, Manish Jalan, Kisor Kr. Nadhani, Ashish Bagla, Rajesh Agarwal, Mona Garg, Anil Agarwal, Sumit Dalan, Ajay Kumar Agarwal, Ajay Kr. Daga, Deepak Agarwal, Manoj Dalmia, Pintu Agarwal, Lata Kedia, Mona Garg

Annas: Renu Lakhotia, Sriti Jhawar, Nisha Ganeriwala, Usha Nadhani, Suvidha Bagla, Bhawna Agarwal, Sukesh Garg, Varsha Agarwal, Ritu Agarwal, Shweta Dalan, Suman Agarwal, Rekha Daga, Karuna Agarwal, Punam Dalmia, Goverdhan Kedia

Guests: Anchor Diya Lakhmani, Yoga Trainer Dipika Makhil, Nita Singha, Anjali Bhimrajka

What participants said



PP BRIJ MOHAN LAKHOTIA

Everything good must come to an end. I and PP Meeta had super duper time and now it's time

to bid adieu to this wonderfully curated program interspersed with holiness. Thank you Chairman @Kisor for all your efforts and minute of minute detailing. Thank you President @Alka Ganeriwal Rtn for taking us to this excursion and grand celebrations of Charter night. Thank you travel agent @Maruti Travels For Rotary Trip Bajoria Devendra.

Thank you fellow travellers for the camaraderie and bonding... Hip hip hooray

Thank you so much, President Alka, for the exquisite gift on the occasion of Charter Night Celebrations! It's clear that great thought and effort went into selecting such a meaningful and spiritual present. I'm confident that all the recipients will treasure it and proudly display it in their place of worship or temple. Your generosity and consideration are truly appreciated. Once again, thank you for your kindness and thoughtfulness.

PP SANJAY GANERIWALA

@Alka Ganeriwal Rtn thank you bhabhi for the beautiful opportunity to be with the finest people amid the blessings of Krishna. And



thank you so much for the so auspicious gift. Thank you @Kisor for so wonderfully curating the trip and taking so many care. Thank you @Satish Jalan.

RTN ANUTTAM KHAITAN

Dear Kisor Bhaiya,

Heartfelt thanks to you for organising such a wonderful and great trip which we all have thoroughly enjoyed.

We have no words to express our sincere thanks for all the dedication and hard work put in by you to make really a memorable and enjoyable trip.



RTN PINTU AGARWAL



Every moment spend was DIL SE, will cherish the moments in years to come.

Kishore bhaiya as always exceed expectations,

Alka Bhabhi and Satish bhaiya were involved at each level with smiles as always. What I enjoyed was the positive vibes, and a feeling of a family.

Lot of singers have emerged

Hare Krishna Hare Rama (path to Krishna consciousness) visit to Holy temple will always be cherished.

The event management team was superb.

Once again felt privileged to be a part of a great journey

RTN MONA GARG

I want to express my heartfelt gratitude for such an incredible trip. Every moment was

filled with joy and a sense of togetherness, creating memories that will last a lifetime.

The positive atmosphere and strong sense of family throughout the journey made it truly special. A huge thank you to everyone involved for their dedication and hard work, which made this experience so unforgettable.

Feeling privileged to have been a part of this wonderful journey



PP C P GANERIWALA

रोटरी सेंटरल के मेबर हम, हमको इसपर नाज़ है।

इस बगिया के फूल हैं हम, ये हमारी शान हैं।

रोटरी के इस गुलशन में, १३० फूल हैं।

लाल, गुलाबी, रंग बरिगे, खुशबू से भरपूर हैं। खुशबू से महके ये जग सारा, साथ में मुस्काए। इस बगिया के फूल हैं हम, ये हमारी शान हैं।

रोटरी शिक्षा केंद्र वदियालय, इस पर हमें अभिमान है।

डायलसिस यूनिट से हमारी, अलग ही पहचान है। सर्विस एबव सेल्फ को हमने किया साकार। इस बगिया के फूल हैं हम, ये हमारी शान हैं।





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सारे जहाँ से अच्छा हिन्दुस्तान हमारा

To celebrate Independence Day with the students of Rotary Siksha Kendra, Niharika Handicap School and Srijani Nursery School on Thursday, 15th August 2024, a series of vibrant activities were organized on the school campus. The day commenced with a flag hoisting ceremony at 9:30 AM, followed by the distribution of water bottles, Kellogg's, and Frooty to the students. Later, snacks and sweets were served, adding to the festive spirit. The highlight of the day was a cultural program, thoughtfully curated and hosted by the school. The event saw enthusiastic participation from around 350 students, making it a memorable celebration.



WORLD POLIO DAY IS 24 OCTOBER

endpolio.org | [#endpolio](https://twitter.com/endpolio)

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Independence Day Celebration at Srijoni School, RCC Ramnagar.

We distributed 400 water bottles and food packets.

Attended by IPP Rtn Sunil Sethia and Rtn Ranjan Goenka



Independence Day celebrate in Niharika School

50 mosquito nets were also distributed.

Secretary Satish, Ranjan Goenka, PP Jitesh Gutgutia, Rtn Kavisha Jalan and Rtn Jolly Sharma went there



'My Driver is Eye Tested' Camp



On 3rd August 2024, our club organized its flagship event, the "My Driver is Eye Tested" camp, at Standard Vulcanising Corporation, HP Petrol Pump. The camp was held under the esteemed chairmanship of PP Sanjay Ganeriwala, with a focus on improving road safety through vision care for drivers.

During the camp, eye tests were conducted for 196 drivers, and 130 pairs of spectacles were distributed based on the results. This initiative aligns with our President's mission to reduce road accidents caused by impaired vision.

The event saw active participation from our members, including PP Brij Mohan Lakhotia, Rtn Anil Agarwal, Rtn Madhav Mohta, Rtn Keshav Bhatte, PP Girish Ganeriwal, PP Sanjay Ganeriwala, PP Jitesh Gutgutia, Rtn Jolly Sharma, President Alka Ganeriwala, and Hon. Sec. Rtn Satish Jalan.

We were also honored by the presence of KMC Head, who supported the cause.

We look forward to organizing more such camps in the future to further this important mission of promoting road safety.



COLLABORATION WITH KOLKATA URBANA

On August 31, 2024, our club organized its flagship event, the "My Driver's Eye Tested" camp, in collaboration with the Rotary Club of Kolkata Urbana at the Urbana NRI Complex, Kolkata.

The camp was held under the leadership of Rtn Sandeep Agarwal, with the invaluable support of Urbana residents Rtn. Kishor Nadhani and Rtn. Rajesh Singhal, who played key roles in raising awareness about the initiative.

During the event, we conducted eye tests for 160 drivers, and 100 pairs of spectacles were distributed based on the results. Our President is deeply committed to the mission of preventing road accidents caused by impaired vision among drivers.

The camp saw enthusiastic participation from several members of both clubs. Rotary Joynagar Eye Hospital was our trusted partner for the eye testing. Our President also took the opportunity to honor the President of the Rotary Club of Kolkata Urbana for their support in making this initiative possible.

The event was attended by President Rtn. Alka Ganeriwala, her son Yash Ganeriwala,



Token of appreciation provided to President of Rotary Club of Kolkata Urbana by our President Alka



Project Chair Rtn. Sandeep Agarwal, Secretary CA Satish Jalan, and Rtn. Kishor Nadhani from the Rotary Club of Central Kolkata. Additionally, President Rtn. Me-khla, Rtn. Shibapriya, Rtn. Siddhi Rai, Rtn. Priyanka Modi, Rtn. Susanta Mallick, and Rtn. Uday S. Mukhopadhyaya from the Rotary Club of Kolkata Urbana were present, along with a team of six technicians from Rotary Joynagar Hospital.

A total of 153 drivers were tested, with 100 being prescribed spectacles, which



are being provided at a highly subsidized cost. We are committed to continuing

such impactful camps in the future for the benefit of the community.



Food & Umbrella Distribution

Our Club provided food through a food van to 500 poor and needy people, and 200 umbrellas were distributed to them at 2:30 pm on 10th August, Saturday, at 14 N.S. Road (opposite Gillander House)

Project Chairman: Rtn Rajesh Lakhotia • Food Donated by: Rtn Vikash Kedia • Umbrellas Donated by Rtn Rajesh Lakhotia and Rtn Girish Ganeriwala



Distribution of School Bags

The distribution of 100 school bags to children who had passed Class 10 and 12 took place on 9th August at 6pm. The event was held at 166, Keshab Chandra Street (near the Rotary Central Calcutta Water Hut Installation done in 2017-18). The project was chaired by Rtn Rajesh Lakhotia, and the bags were donated by Rtn Rajesh Lakhotia and Rtn Girish Ganeriwala.



WE DEMAND JUSTICE



We are all aware that a heinous crime leading to the death of an on-duty lady doctor had taken place at RG Kar Medical College & Hospital in Kolkata on 09 August 2024.

We, the Rotarians of District 3291, are deeply concerned about this inexcusable violent and barbaric act that completely went against our primary focus on peace and harmony. We stand firmly with all the citizens of our city and the Indian Medical Association (IMA) in strongly condemning the violence.

Following our strong official condemnation, which had been circulated widely, we held a condolence meeting for the dear departed soul at Rotary Prakash Bhawan, Saltlake on Thursday, 22 August. We also discussed the next steps in our continued efforts toward peace-building and conflict resolution, in addition to bringing positive transformational change to the social environment for a better and safer future for all of us, the next generation, and beyond.

समाज में बदलाव के लिए सीएसआर के साथ-साथ पीएसआर भी जरूरी

दा न के जरिये दूसरों की मदद करने के साथ समाज में बदलाव लाना सदियों से भारत की संस्कृति एवं परंपरा रही है। हम भारतीय हमेशा से ही दान करने को सबसे ज्यादा पुण्य कार्य मानते हैं। पुराने जमाने के लोगों का मानना था कि दान हमेशा गुप्त हो। पुराने जमाने के लोग इसी में विश्वास करते थे। उनकी यह धारणा थी कि दान ऐसे करो कि एक हाथ से किये जानेवाले दान के बारे में दूसरे हाथ को भी पता न चल सके, जिससे लोगों का

सर्वांगीण विकास के साथ-साथ समाज में भी बदलाव लाया जा सके, लेकिन समय के साथ-साथ दान को लेकर लोगों की धारणा बदलती चली गयी। अब केंद्र सरकार की ओर से कॉर्पोरेट कंपनियों के लिए वर्ष 2014 में दान के लिए एक कानून बनाया गया, जिसे कॉर्पोरेट सोशल रिस्पॉन्सिबिलिटी (सीएसआर) का नाम दिया गया। प्रति वित्त वर्ष में पांच करोड़ या उससे अधिक मुनाफा कमाने वाली कॉर्पोरेट कंपनियों को सीएसआर की श्रेणी में लाया गया। इसके तहत इस

दायरे में आनेवाली उक्त कंपनियां अब अपनी आमदनी का दो प्रतिशत समाज सेवा एवं इसके जरिये लोगों की जीवनशैली में बदलाव लाने पर खर्च करती हैं। 'क्या सीएसआर अपने हितधारकों के लिए प्रभाव पैदा करने में सहायता कर रहा है', इस विषय पर प्रभात खबर द्वारा शनिवार को डलहौसी स्थित निक्को हाउस में एक परिचर्चा सत्र का आयोजन किया गया, जिसमें कॉर्पोरेट कंपनियों से लेकर अन्य क्षेत्रों से जुड़े विशिष्ट लोगों ने इस मुद्दे पर अपने विचार व सुझाव साझा किये।



Roving Ambassador - on 31st July, PP Girish Ganeriwala was one of the Panel members on Round Table discussion on "Is CSR assisting in creating an impact on its Stakeholders".

Report from our Interact Club being coordinated by @Anuttam Khaitan

The Interact Club of our school has become active again and we are trying to do as much as possible along with our busy academic schedule.

We began the new session in the month of April but as we were all busy planning and organizing our own Interschool fest "Interface", that month we could not go plan or execute anything. We started active participation from the very next month and even during the summer break.

It gives me immense pleasure to say that in just three months we have done eight events. We have also managed to increase our student strength from only ten to forty

nine in a short span of time.

The names of all our Interact badge holders are as follows-President: Sabnam Perveen Vice President: Ayana Gupta, Joint vice president: Parjanya Sarkar, Director: Qa-usain Khan, Editor: Adrita Chowdhury Co editor: Rajlakshmi Bannerjee, Treasurer: Sukhman Sembhi, Co treasurer: Pragati Agarwal, Program director: Tiyyasha Debnath The list of activities done so far are as follows

- ♦ 12-5-24: Pukar Donation drive, part 1
- ♦ 23-4-24: Interact club Annual meet "Champ for life" – on mental health
- ♦ 7-6-24: RYLA Arunoday District 3291 camp- 3 day camp on leadership youth

- ♦ 20-6-24: Interact club annual meet "Sambardhan"
- ♦ 23-6-24: Interact club annual dinner, we were felicitated
- ♦ 28-6-24: Donations made to Chunka bari Sri Balika Vidya Mandir school- donation items include Sattu, Oreos biscuits, notebooks according to number of classes, pencils, bags including stationery items, sanitary napkins.
- ♦ 10-7-24 students went to Jyotirmoi School and spent the day teaching and playing with the underprivileged children.
- ♦ 13-7-24: Street dogs were fed home-made khichdi

KNOW YOUR SPEAKER

Tapan D Mazumdar

Independent Director, LMI Licensee, Corporate Coach, Trainer, Facilitator & NLP Certified. He is a life member of Prestigious institutions like NHRDN, ISTD & CMA. A Post Graduate in Management after B.Sc.(Hons) in Physics, he has over 35+yrs. of Corporate working in various National & International MNCs including Bayer, Johnson & Johnson, Winthrop, L&T, GEPII etc. Having worked in diverse fields and geographical locations at various levels, he is able to deliver, interact and connect with the participants of varied layers with effective earthly examples, anecdotes etc. He has been instrumental to impact a lot of CEOs, Entrepreneurs, and high level managers of National companies & MNCs. Being a certified Independent Director, TDM looks forward to joining more Boards of Startups & Listed companies. He is a voracious reader and travelled internationally. He enjoys to announce that without having any formal training in music, he is that brave singer who can sing anytime without any instru



Rotarylet RISHIKA AGARWAL: "Entrepreneurs of India"

Inspired by her father, a successful businessman, and supported by her mother, Rishika knew her path. Starting a business is never a walk in the park. For Rishika, the biggest challenge was finding the motivation to keep going despite the odds. "The solution? Patience!" she emphasizes. It's not just a one-time hurdle; it's a daily battle. During tough times, she gives herself the space to gather her emotions, focusing on the positives. "Mental strength is the key," she adds, showcasing her profound understanding of the entrepreneurial spirit.

Rishika's journey began just a year ago, but it has been a thrilling rollercoaster. Watching her father navigate the business world and receiving endless support from her mother, she was inspired to dream big and chase her own aspirations. Her path has been filled with challenges, almost like puzzles she loves to solve, adding excitement to her everyday life.

Entrepreneurship has taught Rishika invaluable lessons. Patience, persistence, and resilience are at the core of her values. She believes that entrepreneurship is the toughest yet best MBA course, teaching skills from branding to finance. Her academic background, graduating from Asia's number one university, NUS, has further enriched her journey.

She graduated from the prestigious National University of Singapore (NUS), launched her business at the young age of 23, is witnessing her business grow with a promising future, and is planning for business expansion.

Rishika's vision for her business is to make it an emotion for people—a blend of security and joy. She envisions her brand becoming synonymous with the diamond-like feeling every woman treasures. The minimalist real jewelry market, though still burgeoning, is gaining traction as women lean towards lightweight, durable pieces for daily wear. Moreover, the demand for high-quality, budget-friendly gifts is on the rise, and her products fit this niche perfectly.

"Dream big for yourself, but have the courage to pursue it," Rishika advises. "Dreams come with a cost but can be truly rewarding. Never let anyone else tell you what you are capable of; take constructive criticism to improve, but always trust your gut!"





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Rotarians Address Mental Health Issues Head On

by ANNE STEIN

Rotary has a remarkable record when it comes to health initiatives. We've helped bring polio to the brink of eradication, and clubs have carried out myriad projects focused on preventing disease and supporting maternal and child health. Now the global pandemic has brought attention to another aspect of health that is often overlooked: mental health. In many places, depression, anxiety, and suicide are seen as things to be ashamed of and kept quiet. But Rotary members are recognizing the gaps in understanding and resources and are stepping up to help.

"A year ago, we had 50 members of the Rotary Action Group on Mental Health Initiatives," says Bonnie Black, a member of the Rotary Club of Plattsburgh, New York, and the chair of the action group. "We've tripled our membership during the pandemic, and I believe it's due to the heightened awareness of mental health and wellness."

More than 264 million people worldwide are affected by depression, according to the World Health Organization, and although many mental health conditions can be effectively treated at relatively low cost, many people who need treatment do not receive it.

Felix-Kingsley Obialo, a member of the Rotary Club of Ibadan Idi-Ishin, Nigeria, manages the local arm of a project called Wellness in a Box, which his club has worked on in partnership with the Rotary Club of Wellesley, Massachusetts. "Mental health is an area that has been neglected by many people for too long because of the stigma associated with it," says Obialo. "The involvement of Rotary clubs will gradually reduce the stigma, and more and more people will begin to be comfortable around the issue."

Refugees and migrants receive free access to mental health services in Germany

When Pia Skarabis-Querfeld saw refugees pouring into Germany to escape war and other atrocities in

2014, the Berlin-based doctor felt compelled to help. Skarabis-Querfeld, a member of the Rotary Club of Kleinmachnow, eventually launched a nonprofit called Medizin Hilft (Medicine Helps). With support from a Rotary Foundation global grant and clubs around the globe, the nearly all-volunteer organization donates thousands of hours of medical care to refugees and migrants each year.

But doctors in the group quickly noticed that in addition to needing care for physical ailments, about half of their patients had symptoms of psychological problems or psychiatric disorders, including depression, post-traumatic stress disorder, and addiction. In 2020, the Rotary Club of Morehead City-Lookout, North Carolina, worked with Medizin Hilft to secure another global grant that allows the organization to offer free mental health services.

Under the guidance of Ulla Michels-Vermeulen, a psychologist who is also a member of the Kleinmachnow club, psychologists, psychiatrists, translators, and social workers help people like Fatma, a Syrian nurse who once treated bomb attack victims. When the situation became too dangerous in Syria, she left home. But fleeing was traumatic, explains Michels-Vermeulen.

While crossing the Mediterranean, Fatma watched several passengers drown before another vessel came to the rescue of their drifting boat. She spent time in a refugee camp, where people slept in tents, there were no doctors, and there was not enough to eat. She was sexually assaulted several times on the journey.

"Fatma has been accepted to stay [in Germany] and is going to school to learn German, but she is still getting counseling. She is suffering from nightmares, sleeplessness, concentration problems, and flashbacks," Michels-Vermeulen says. "It costs society a lot if we ignore these mental health problems. And it's a human right to get support if you are ill."

Social media campaign strives to break the stigma of mental health

After Darren Hands invited speakers to talk about mental health at a District 1175 (England) conference a few years ago, he and other local Rotarians were inspired to do more. "It was very powerful, and afterwards we thought, 'What can we as Rotarians do when it comes to mental health? We're people of action but not mental health professionals. But surely there's some-thing we can do to help,'" says Hands, president of the Rotary Club of Plympton.

They came up with a social media campaign called "Don't Bottle It Up," which encourages people affected by depression, anxiety, or other issues to reach out for help. "The majority of people with mental health issues wait over a year to talk to someone," explains Hands. "Hopefully we can help break down some of the stigma through this campaign."

Launched in 2017 in District 1175, the campaign features local athletes and celebrities posing with a water bottle and the message "Don't Bottle It Up." The ads note that one in four people in the United Kingdom have some form of mental illness, and urge people not to suffer in silence.

Two years later, the initiative launched nationally in the UK and in Ireland. The group has a Facebook page and a website, and today 28 public figures and about 60 Rotarians have shared their image and message on social media.

"We have no direct way of knowing that the campaign has made a difference," notes Hands. "But if just one person who has suicidal thoughts or is suffering from depression or anxiety sees one of these images and decides to seek help or at least talk to someone, to me, that will be a success."

Wellness in a Box builds communities to rally around teens

The statistics on teenage suicide and depression are troubling — in the United States, suicide is the second leading cause of death among 15- to 19-year-olds, according to the Centers for Disease Control and Prevention — and the global pandemic has meant that kids are more isolated than ever.

Wellness in a Box, the school-based mental health awareness campaign that Felix-Kingsley Obialo's club supports in Nigeria, was started in 2013 by Bob Anthony, then a member of the Rotary Club of Wellesley, Massachusetts, at a local high school. The program has expanded to 20 schools in Nigeria, 18 in India, and three in Puerto Rico.

Through videos, workshops, and group discussions, Wellness in a Box presents information to students, parents, and teachers about depression and suicide, about activities to foster coping skills, and about how to seek help. Student leaders are taught to help lead a curriculum focused on preventing depression. The program promotes awareness, decreases stigma, and creates a network of teens and adults who can identify those who need help and refer them to professionals.

Happy Birthday

to our members

Rajkumar Surana • 2nd Aug

PP Rajesh Kumar Lakhota • 9th Aug

PP Prakash Bhadani • 10th Aug

Rajendra Bagrodia • 10th Aug

PP Meeta Lakhota • 11th Aug

Shree Prakash Chandak • 13th Aug

Anil Agarwal • 15th Aug

PP Chittranjan Choudhury • 15th Aug

Manoj Goenka • 15th Aug

PDG Raj Kumar Rajgaria • 15th Aug

President Sunil Kr Sethia • 16th Aug

Manish Lakhota • 17th Aug

Avinash Bubna • 18th Aug

Punit Kumar Poddar • 19th Aug

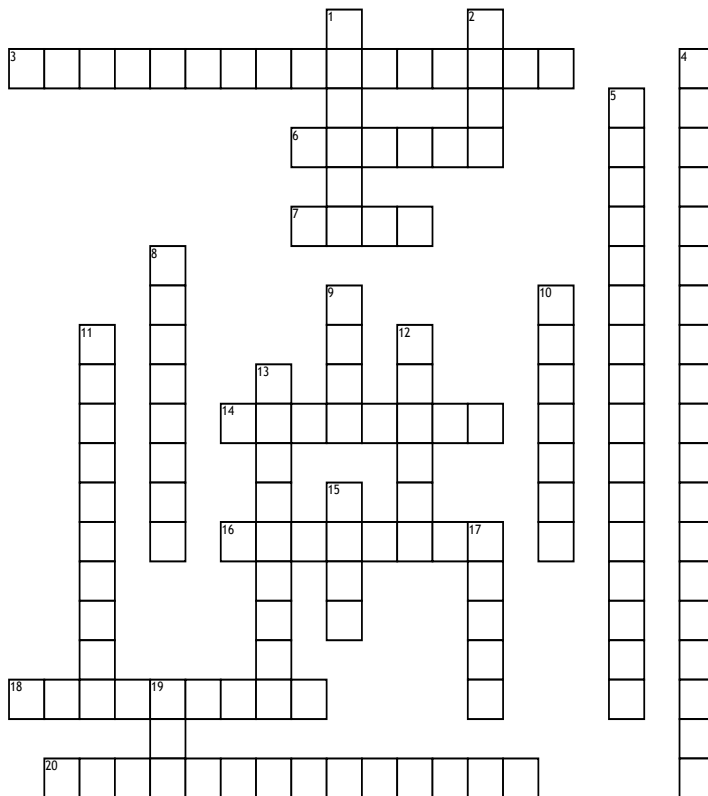
Vivek Phumra • 20th Aug

Ashish Bagla • 22nd Aug

Kushal Agarwal • 25th Aug

Name: _____ Date: _____

Rotary



Across

3. The motto of Rotary
6. An individual who has contributed \$1000 US or more to Rotary Foundation receives a Paul?
7. a Service offered to Youth
14. A person in Rotary is called a...
16. A group for Young adults
18. When does the fiscal Rotary year begin
20. Who conceived the Four Way Test?

Down

1. A word that begins with R and ends in Y
2. President Elect Training Seminar
4. What does RI stand for?
5. A meeting of incoming presidents, secretaries and other designated club leaders
8. Will it building....and better friendships
9. Another youth program
10. When is Rotary awareness month
11. Will it beto all concerned
12. Who is the current president of The Rotary Club of Powell River
13. An activity of The Rotary Foundation
15. Is it ... to all concerned
17. Is it the ...?
19. What month is World Understand and Peace Day in (abb)

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1984:4
1988:0
1992:0
1996:0
2000:0
2004:2
2008:0
2012:1
2016:4
2020:19
2024:29



Our Growth in Paralympics
is Incredible 🇮🇳