



# 8<sup>TH</sup> INSTALLATION C E R E M O N Y

13th July 2024 | Kolkata

## THE PANACHE

**Rotary**  
Club of Calcutta Ayyanna  
District 3291



WITH BEST COMPLIMENTS

**ADVAIT WATTAL**

—— MENTOR FROM NEW JERSEY, USA ——

**ANGREZI MEDIUM**

**INDIA'S 1ST VIRTUAL  
"EACH ONE TEACH ONE"  
MISSION**





WITH BEST COMPLIMENTS FROM A

**WELL WISHER**

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# କଟକ

*City of culture and emotions*



# Rotary

Club of Calcutta Avyanna  
District 3291



**Club No. 88622 • Charter Date: 16<sup>th</sup> June, 2017**



# ROTARY

## PRESIDENTIAL THEME

2024 - 2025



Rotary International President Stephanie Urchick announced that the 2024-25 presidential theme is "The Magic of Rotary" and called on members to recognize and amplify the organization's power to save lives. She stressed that, "It's up to you. You create the magic with every project completed, every dollar donated, and every new member." Urchick is a member of the Rotary Club of McMurray, Pennsylvania, USA.





# MESSAGE FROM ROTARY INTERNATIONAL PRESIDENT 2024-2025



**Stephanie Urchick**  
Rotary International President

Rotary International President Stephanie Urchick said she saw the magic of Rotary on display when she was helping install water filters in the Dominican Republic. Two boys were watching as dirty water entered the filter, then ran out clean at the other end. "One of the boys grabbed my sleeve and said, 'Show me the magic again,'" she said. "Obviously, the water filter wasn't magic. We worked hard to transport those filters, install them, and work with community leaders in the area to maintain them. But those boys knew that easy access to clean water would change their lives. Knowing that I played a small part in that certainly changed my life."

## Prioritizing peace

Urchick urged members to champion Rotary's Action Plan, find a

balance between continuity and change, and work for peace. She plans to host a presidential peace conference in 2025 with the theme "Healing in a Divided World."

Rotary has a long history of promoting peace through its network of peace centers, Urchick noted. Located at top universities around the globe, the centers have trained nearly 1,800 peace fellows who are now working in more than 140 countries. The newest center, located at Bahçeşehir University in Istanbul, Turkey, will welcome its first class of fellows in early 2025.

"The Rotary Peace Fellowship began more than 20 years ago to equip peace and development professionals from communities around the world to become effective catalysts for ending and preventing conflict," Urchick said. "This conference will focus on Rotary's peace efforts and provide opportunities to learn together."

In addition to emphasizing peace-building, Urchick reiterated Rotary's commitment to eradicating polio. She urged the incoming governors to join or initiate PolioPlus Societies in their districts and do all they can to help end the disease. "Polio remains our top priority and requires our fullest commitment, but there is so much important work to do."

## Balancing continuity and change

Urchick also underscored the necessity of balancing continuity

and change, both of which animate Rotary's Action Plan. "The plan is all about building on our best ideas, not abandoning them," she said. "We face a tough balancing act. We must change ourselves and stay true to who we are."

She asked the governors to do whatever is needed to make the club experience irresistible to members.

"That might mean changing how things are done in your district," she said. "If your district has been doing things one way for 50 years, it's probably time to reassess. If a club in your district isn't active or is losing members, maybe it's time to start a new club that fits better with the community. Just because a club or district hasn't changed in a while doesn't mean no one is hungry for change."

One way to make positive change, she said, is to embrace the principles of diversity, equity, and inclusion within clubs. "I hope you'll join me in opening your arms to future people of action, even if – and in some cases, especially if – they don't look or act like the typical member of your local club," she said. "With DEI, it is easier to be united in a common purpose. It's in those moments when we are committed and focused that we are the most effective and relevant."

*Excerpts from Stephanie Urchick's  
Presidential Speech*



# DISTRICT 3291

## Meet Rtn. Dr Krishnendu Gupta

DG 2024-25



Krishnendu joined Rotary in 1992 and is presently a member of RC Calcutta Victoria. He became a Paul Harris Fellow (PHF) in 1999, Major Donor (MD) Level 1 in 2012, MD Level 2, Benefactor and MD Level 3 in 2017, MD Level 4 in 2018, and Member of the 'Arch Klumph Society (AKS) - Trustees Circle' in 2017-2018. He was the first-ever 'AKS' member from RI District 3291. He has been elected to be the 'District Governor' of RI District 3291 for RY 2024-2025.

Born in Kolkata, he did his initial schooling from St Xavier's Collegiate School, Kolkata from 1969-1973, and thereafter from Mayo College, Ajmer, Rajasthan from 1974-1981. Subsequently, he completed his MBBS (Bachelor of Medicine and Bachelor of Surgery)

from Kasturba Medical College (KMC), Mangalore in 1986, DGO (Diploma in Gynaecology & Obstetrics) in 1989 and MD (Masters in Obstetrics & Gynaecology) from KMC, Manipal in 1990. He was awarded the 'University Gold Medal' being the best outgoing student in MD examinations in 1990. Krishnendu also completed two Diplomas in Surgical Pelviscopy & Hysteroscopy, and in Reproductive Medicine from Kiel, Germany in 2000. He has been awarded prestigious Fellowships from the Indian College

of Obstetricians & Gynaecologists (FICOG) in 2002, Royal College of Physicians of Ireland (FRCPI) from Ireland in 2018, the highest honorary fellowship: 'Fellow ad eundem' (FRCOG), Royal College of Obstetricians & Gynaecologists, United Kingdom in 2019, and 'ACOG Honorary Fellowship Award' (FACOG), American College of Obstetricians & Gynaecologists, USA in 2022, amongst others. He was only the fourth Indian Obstetrician & Gynaecologist ever to receive the prestigious 'Hon FACOG' award at the time of the fellowship conferment.

Krishnendu is currently Professor, Dept of Obstetrics & Gynaecology, Vivekananda Institute of Medical Sciences (VIMS), Ramakrishna Mission Seva Pratishthan (RKMS),

Kolkata, West Bengal since 2002, and Unit Head since 2017. He has over 34 years of experience in Obstetrics & Gynaecology and has been a Professor in VIMS for 22+ years. In addition, he is engaged as an Adjunct Professor, Dept of Obstetrics & Gynaecology, KMC, Manipal since 2017 and has been honoured by his peers with two named Orations in ICOG and KMC, Manipal since 2018. 'Giving back to society' being his guiding mantra, Krishnendu has been providing voluntary service to the patients of VIMS & RKMS since 1997 till date.

Extremely active in the national and international academic circles, Krishnendu is currently the 'Deputy Secretary General' of the Asia & Oceania Federation of Obstetrics & Gynaecology (AFOG) from 2022-2026 and 'International Lead Fellow of Examinations' of RCPI, Ireland since 2022, in addition to being a member of various committees AFOG, South Asian Federation of Obstetrics & Gynaecology (SAFOG), Federation of Obstetric & Gynaecological Societies of India (FOGSI) and International Federation of Gynecology & Obstetrics (FIGO). He was 'Chair' of ICOG in 2016, 'Vice President' of FOGSI in 2011, 'President' of The Bengal Obstetric & Gynaecological Society (BOGS) in 2013, amongst numerous other appointments. He is on Editorial Board and a Peer Reviewer of numerous international and national journals of Obstetrics and Gynaecology, and an 'Examiner' and 'Paper-Setter' for MBBS, DGO, MD / MS, DNB exami-



nations in Obstetrics & Gynaecology since 1993 till date.

An active Rotarian for 27+ years [RC Calcutta Jadavpur: 1992 and RC Calcutta Victoria (RCCV): 26+ years (1997 till date)], Krishnendu served in various positions in RCCV being Secretary in 2004-2005 and President during its 'Silver Jubilee Year' in 2017-2018. He has since served RI District 3291 in different positions in TRF and as District Secretary Projects (Medical). He is a Faculty Member of Rotary Learning Institute (RLI) and a Member of the TRF Cadre of Technical Advisers, 2018-2024. He is also the 'Founding Member - AKS Forum of India' since 2020.

Krishnendu has been the recipient of numerous honours and awards from Rotary International and District 3291, namely, 'Rotary Foundation Citation for Meritorious Service in 2020-2021' from TRF; 'Best Rotarian of the Year Award', 2017-2018, RI District 3291; 'Rotary Vocational Service Excellence Award - Rotary Ratna', 2017-2018, RI District 3291, and Outstanding President Award in 2017-2018. He has been recognized for his giving to The Rotary Foundation from District 3291 receiving the 'Highest Contribution to TRF Award' in 2017-2018, 2018-2019 and 2020-2021, and 'Second Highest Contribution to TRF Award' in 2019-2020. An ardent supporter of the 'End Polio Now' campaign, his personal contribution to the Polio-Plus Fund of TRF is more than US Dollars 30,000 currently. The

'Endowment Fund' in TRF created by Krishnendu and Simran in memory of his parents has steadily grown since its inception in 2017-2018 to a current corpus in excess of US Dollars 207,500 which help contribute to the cause of women's health and empowerment.

Krishnendu has been a passionate crusader for empowerment of women and in the advocacy of adolescent HPV vaccination to eliminate carcinoma cervix since 2009, wherein he created an earmarked fund in the RCCV Trust in 2021 to ensure sustainability of service projects in perpetuity. He has also been directly involved in the completion of three large Global Grants in the field of preventable oncology till date. Krishnendu is actively associated with 'Sri Sathya Sai Bal Vihar', a charitable school for the underprivileged and financially challenged children in a small village adjoining Kolkata, 'Saroj Gupta Cancer Centre & Research Institute', Thakurpukur, Kolkata, and 'Ramakrishna Mission & Math', Belur, West Bengal.

Krishnendu is an avid pianist, musician and a Charter Life Member of the International Fellowship of Rotarian Musicians (IFRM), RI District 3291. He is a 'Permanent Member' of Bengal Club, Calcutta Club, Calcutta Cricket & Football Club, Lake Club, Tollygunge Club; 'Life Member' of Cricket Association of Bengal, Mohun Bagan Athletic Club, Aryan Club; 'Annual Member' of Bengal

Chamber of Commerce & Industry, Agri-Horticultural Society of India, Calcutta Wine Club (Secretary: 2021-2023, Vice President: 2023-2025), Indo-Italics Wine Club. He is also the recipient of 'WSET Level 1 Award in Wines' for his keen interest in the knowledge of fine wines.

His Partner-in-Service for 32 years, Dr Simran, a MBBS graduate from Mysore Medical College and MD (Anaesthesiology) from Kasturba Medical College, Manipal is a Consultant Anaesthesiologist and Intensivist, having extensive experience in cardiac anaesthesiology since 1996. Their daughter Aparajita after completing BSc with Distinction in Economics from University of Exeter, UK and double Masters degree with Distinction in Management and International Management from London School of Economics & Political Science, UK and CEMS respectively, is currently employed with Merck Sharp & Dohme (MSD) in Prague, Czech Republic. She is married to Dr Jan Hospodka (PhD in Finance) and are blessed with a son, Kian, born in October 2021. Aparajita is a 'Major Donor Level 1' and 'Benefactor' of TRF since 2017-2018.

# ROTARY

## GUIDING PRINCIPLES

These principles have been developed over the years to provide Rotarians with a strong, common purpose and direction. They serve as a foundation for our relationships with each other and the action we take in the world.

### Object of Rotary

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

FIRST: The development of acquaintance as an opportunity for service

SECOND: High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society

THIRD: The application of the ideal of service in each Rotarian's personal, business, and community life

FOURTH: The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service



### THE FOUR-WAY TEST

*Of the things we think, say or do:*

*first*

Is it the **TRUTH**?

*second*

Is it **FAIR** to all concerned?

*third*

Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?

*fourth*

Will it be **BENEFICIAL** to all concerned?



# MESSAGE FROM DISTRICT GOVERNOR 2024-2025



Dear President Chandryei Mitra,

Greetings and best wishes from Dr Simran and my family.

It will be yet another historic day on 01 July 2024 when the second-ever lady Rotarian RIPE Stephanie A Urchick from RC McMurray, Pennsylvania, USA, will take over the reins of Rotary International with the wonderful theme "THE MAGIC OF ROTARY".

On the very same date, we too will be extremely fortunate to have been given the opportunity to officially take care of the health and welfare, of all our fellow Rotarians of District 3291 for one full Rotary year.

On that very day, you too shall be taking up the mantle of your club and work towards the benefit of both your club members and the society at large. I am very happy to note that you are already planning service projects and we expect that those shall be sustainable projects creating new development of marginalized people.

The service projects that we do for the benefit of the lesser privileged in our community, is truly magical. It brings about positive change towards betterment and sometimes, a total change in the lives of our beneficiaries. And while doing these meaningful projects, we also get together, bond and enjoy ourselves. This is "THE MAGIC OF ROTARY".

I am positive that your vibrant club shall do this magic, as they have done in the past, and continue to serve to change lives.

Simran and I wish you and your esteemed club members the best and eagerly look forward to working together for a wonderful and fruitful Rotary Year 2024-2025.

Thanking you

Kind regards

Yours-in-Rotary



**Dr Krishnendu Gupta**

District Governor 2024-2025

Rotary International District 3291

e-mail: dg3291.krish@gmail.com

# ROTARY

## THE BEGININGS

It all began in **1905**

Chicago attorney Paul P. Harris convened the 1st Rotary meeting on 23rd February in Room 711 of the Unity Building in Chicago. Harris envisioned a professional club that would bring together men from a variety of vocations. Gustavus Loehr, Hiram Shorey, and Silvester Schiele attended. The meeting set the groundwork for the world's first service club: The Rotary Club of Chicago.

The first clubs **1919**

The first International Assembly was held in March in Chicago. On 1st June, the Rotary Club of Manila, Philippines, became the first Asian club admitted to Rotary. On 17th July, the Rotary Club of Shanghai became China's first club. The first meeting of Rotary Club of Calcutta held on 26th September. The new club was chartered on 1st January 1920.

Presidents from India **2001**

Rajendra K. Saboo Elected Second Rotary International President from India.

**2011**

Innovative and flexible Clubs, called Satellite Clubs, Associate Memberships and Corporate Memberships were introduced as Pilot Programs for three years. Kalyan Banerjee becomes the third Rotary International President from India.

**...and the journey continues**



# MESSAGE FROM

## IMMEDIATE PAST DISTRICT GOVERNOR

2023-2024



Dear President Chandreyi Mitra,

It gives me immense pleasure to congratulate you for being selected as the President of Rotary Club of Calcutta Ayyanna for the year 2024-2025.

I take the opportunity to thank Immediate Past President Rtn. Mandira Mukherjee, outgoing Secretary Rtn. Aparna Banerjee and all your Club members for the dedicated services rendered by your Club during Rotary year 2023-24 as we Created Hope in our communities and in the world.

Our world leader for 2024-25, Rtn. Stephane A Urchick, has given us a dynamic theme - "The Magic of Rotary". Her vision is that Rotary should exist everywhere in a style to suit everyone who has the desire to be part of Rotary and to help us Rotarians do good in the world. Her goal is to spread Magic in the world to heal from destructive conflicts and to help achieve lasting change, emphasizing the need for peace and continuity, including working toward diversity, equity and inclusion, while not neglecting our mission to end polio!

I am confident that Rotary Club of Calcutta Ayyanna will make the Rotary year 2024-2025 an outstanding year of service to the community under your able leadership.

The call to "The Magic of Rotary" is there for you. Let us capture the attention of the world and lead the way toward possibilities far beyond our current expectations to spread magic in the lives of mankind!

Deepali joins me in wishing you and your club members an eventful and most successful Rotary Year 2024-2025.

Best regards,

Yours in Rotary Service



**Hira Lal Yadav**

District Governor 2023-24

Rotary International District 3291

“

We make a living by what we get, but we  
make a life by what we give.

- Winston Churchill

”





# MESSAGE FROM DISTRICT GOVERNOR ELECT 2024-2025



Dear Fellow Rotarians,

Friends, a new year means new beginnings and new opportunities. As we step into this new Rotary year, we embark on a journey filled with promise and potential. This year, we are proud to have another woman at the helm—Stephanie Urchick. Her leadership inspires us to strive for excellence and make meaningful contributions to our communities.

Rotary's magic lies in its ability to bring together individuals dedicated to making a difference. This year, let's harness that magic to prioritize peace, balance, and continuity in all our endeavors.

## The Magic of Rotary

**Prioritizing Peace:** Peace is fundamental to all our efforts. By fostering understanding, tolerance, and cooperation within our communities, we can build a foundation for

lasting peace. Let's engage in projects that promote conflict resolution and support peaceful coexistence.

**Ensuring Continuity:** Continuity in our actions ensures that our projects and initiatives have lasting impact. By building on past successes and learning from challenges, we can create programs that endure and continue to benefit communities for years to come.

Friends, we all should be proud of the fact that our collective efforts have led us to fight a disease that had been crippling the world for hundreds of years. Friends, you all know what I am talking about: polio. Today, we have only six cases around the world. But this does not mean we have completely eradicated it. We should continue to spread awareness about the disease and the vaccine so that we can sustain our achievement and keep the disease out of the world.

Friends, I want to draw your attention to another matter that needs our grave attention.

## Prevention of Preventable Diseases

One of our primary missions is to combat preventable diseases, such as thalassemia and cervical cancer (Ca cx). These diseases can have devastating effects on individuals and families, yet they are 100% preventable through education, vaccination, and early detection.

By working together, we can raise awareness, support screening programs, and provide necessary medical interventions. Our efforts in this field are saving lives and enhancing the quality of life for countless individuals.

## Environmental Sustainability

Environmental sustainability is another crucial focus for Rotary. The health of our planet directly impacts the well-being of its inhabitants. We must take active steps to protect our environment through tree planting, waste management initiatives, and the promotion of renewable energy sources. By fostering a sense of responsibility towards our environment, we ensure a better future for generations to come.

As we welcome the new Rotary year, I encourage each of you to embrace Rotary's causes with passion and dedication. This fresh start presents us with new opportunities to innovate, collaborate, and make a significant impact. Let's harness the power of Rotary to create a healthier, more sustainable world.

Together, we can overcome challenges, uplift communities, and leave a lasting legacy.

Thank you for your commitment to service above self. Here's to a year of growth, impact, and transformation.

Yours in Rotary,  
**Dr. Ramendu Homchaudhuri**

“

If you knew what I know about the  
power of giving, you would not let  
a single meal pass without sharing  
it in some way.

- Buddha

”





# MESSAGE FROM

## DISTRICT GOVERNOR NOMINEE

2024-2025



Dear Chandreyi

I would like to share my heartfelt greetings with you as you are going to lead a prestigious Rotary Club like Rotary Club of Calcutta Avyanna as President for the RY 2024-25 and I am confident, you and your team will show the magic of Rotary for a better world. At the same time, I would like to congratulate the outgoing President Rtn Mandira Mukherjee and her team for serving Rotary in Creating Hope in the World.

Avyanna means 'a beautiful, strong, and powerful woman' – what is meaningful for the members of Rotary Club of Calcutta Avyanna. Some etymologists believe that Avyanna is a variation of the name Aviana and means 'bird,' connoting hope, freedom, and positivity - therefore, the members of this august club creating hope in the community for its betterment. Societal influences, family traditions, latest trends, and timeless appeal are a few criteria that shape the choices of Rotary in naming this family as Rotary Club of Calcutta Avyanna. And the members are:

- A:** Adventurous spirit taking flights to discover the unknown.
- V:** Voyaging through life with grit and determination.
- Y:** Youthful and lively, with a charm so knightly.
- A:** Adventurous and echoing the spirit of exploration.
- N:** Naughty yet nice, personify that variety is the spice of life.
- N:** Noble and pious, an angel sent from above.
- A:** Adorable like a sweet-smelling rose.

The members are brave, confident, and ambitious to do the sustainable projects. They seek independence and are natural leaders to lead the way. They are sincere, responsible, and caring for the suffering humanity. They enjoy domesticity and humanitarian work for community development. They are ambitious, brave, and independent to implement Rotary's Action Plan. They tend to be determined and seek power and status to change the lives for a healthy society. They are suitable for financial, legal, and public work. They are persistent to deliver on Rotary's promises. They are confident in leading projects and can work as a team.

So, I think they are capable to reach Rotary's Mission and goal. I am confident that your club members can show the Magic of Rotary for a better tomorrow, better community.

With Best Wishes  
Yours in Rotary



Tapash Bhattacharya

“

I have found that among its other  
benefits, giving liberates the soul of  
the giver

- Maya Angelou

”





# MESSAGE FROM PAST DISTRICT GOVERNOR



Dear President Rtn Chandreyi Mitra,

Greetings to you and all members of RC Calcutta Ayyanna!

I have been with you and all members of your club ever since PP Rtn Srabanee Chakraborty spoke to me about starting a new club. I have known the members of RC Calcutta Ayyanna from its inception and feel like a mother to each one of you. I am so grateful to be associated with all of you because of the warmth and love of your club. The knowledge sharing, hard work for club's service projects and camaraderie of members of your club, have been a pleasure.

I am sure that you and your team are ready to serve and to do innovative projects in 2024-25. The team work of this club is great and year after year the lady presidents of the club have excelled in projects, fellowship and compassion for the 'have-nots'.

"Don't misunderstand me – we are not going to end polio or bring peace to the world by waving a wand and saying some funny words," RI President Stephanie A Urchick told incoming district governors at the Rotary International Assembly on 8th January. "It's up to you. You create the magic with every project completed, every dollar donated, and every new member." She urged members to champion Rotary's Action Plan, find a balance between continuity and change, and work for peace. She plans to host a presidential peace conference in 2025 with the theme "Healing in a Divided World" She said, "Polio remains our top priority and requires our fullest commitment. She also underscored the necessity of balancing continuity and change, both of which animate Rotary's Action Plan. One way to make positive change, she said, is to embrace the principles of diversity, equity, and inclusion within clubs.

The heart of Rotary is our dedicated members, who share the ideals of service, friendship, diversity, integrity, and leadership. May your club be successful in every way! I wish you and all members of RC Calcutta Ayyanna loads of success for another great year of service and friendship. May all of you enjoy The Magic of Rotary!

My best wishes for a wonderful Rotary experience.

**Shyamashree Sen**  
RC Calcutta Metro City  
R.I. District 3291



# STRATEGIC PLAN





# MESSAGE FROM CLUB PRESIDENT

2024-2025



## Embracing a New Chapter

Dear Members of the Rotary Club of Calcutta Avyanna,

It is with great honor and excitement that I step into the role of President of our esteemed Rotary Club for the forthcoming year. As I take on this responsibility, I am filled with a sense of gratitude for the trust you have placed in me and a deep commitment to serving our community with passion and dedication.

As we embark on this new chapter together, I am reminded of the incredible impact our club has had on the lives of those in need, both locally and globally. From supporting education initiatives to providing clean water and healthcare services, we have truly made a difference in the world.

I am inspired by the dedication and hard work of each and every one of you, our members, who have selflessly given your time and resources to make our projects a success. Your commitment to the Rotary ideals of service above self is what sets our club apart and makes me proud to be a part of this organization.

In the coming year, I am excited to continue our work and build upon the foundation that has been laid by those who have come before us. Together, we will strive to make an even greater impact in our community and beyond, leaving a lasting legacy of service and compassion.

I am confident that with your support and collaboration, we will achieve great things and continue to uphold the values of Rotary. Let us work together to make a positive difference in the world and inspire others to join us in our mission.

Thank you for the opportunity to serve as your President. I look forward to the year ahead and the incredible journey we will embark on together.

Yours in service,

**Chandreyi Mitra**

President, Rotary Club of Calcutta Avyanna





# MESSAGE FROM IMMEDIATE PAST PRESIDENT



As our Rotary year draws to a close, it is with gratitude that I reflect on the past year.

My team and I have had a fascinating journey together, have learnt valuable lessons and shared experiences that have enriched our lives.

This year our theme was "Creating Hope". Hopefully we have been able to give some hope to people less fortunate than us. We tried to delve deeper and deeper into problems. In the process, we discovered the boundless potential of each and every Avyanna member. In our own small way, we were able to initiate projects that were beneficial to people's lives and communities.

We celebrated the year with projects in WASH, adult literacy, basic education, environment, skill development and health.

Members and friends, your collaboration, enthusiasm and constant support have been the driving force throughout the year. Your appreciation and encouragement have reinforced my belief in the power of our club members and the potential of Avyanna.

Let's carry forward the lessons learnt, experiences gained, and the bonds forged beyond our personal growth. Collectively, let us continue to take the Avyanna community to greater heights.

Let us continue to nurture our passion, look for new avenues and opportunities, scale new heights and touch new horizons to change the lives of the poor and dispossessed.

Let's hope to create "Magic" in the new Rotary year.

Jai Jagannath!

**Mandira Mukherjee**  
Immediate Past President  
Rotary Club of Calcutta Avyanna.

“

He who wishes to secure the good of  
others, has already secured his own

- Confucius

”





# MESSAGE FROM CHARTER PRESIDENT



As the Charter President and the Learning Facilitator of Rotary Club of Calcutta Avyanna, it fills me with immense pride and joy to see our club thriving and reaching new heights. When we started, we faced many challenges and hurdles, but with determination and a shared vision, we persevered. Today, we stand as one of the prominent clubs in District 3291, a testament to our resilience and hard work.

I am delighted to welcome our new President, Chandreyi Mitra, who will be leading us into another remarkable year. Chandreyi's dedication and passion for service are truly inspiring. I am confident that under her leadership, Avyanna will continue to soar, making a significant impact on our community. Her vision and innovative ideas will undoubtedly keep the Avyanna flag flying high.

I also want to extend my heartfelt congratulations to our outgoing President, Mandira Mukherjee. Mandira's outstanding work and unwavering commitment have set a high standard for us all. Her leadership has been exemplary, and we are grateful for the remarkable achievements the club has seen during her term.

I take this opportunity to thank each and every member of our club, who I fondly call "my gorgeous Avyannas," for their continued support and cooperation. Each one of them brings immense value to our club, and together, we are growing stronger, ready to take on bigger projects and create a more significant impact on society. I warmly welcome the new members who are being inducted on this special day. Your enthusiasm and fresh perspectives will undoubtedly enrich our club and help us achieve even greater heights.

I would also like to express my sincere gratitude to our Honorary Members, Padma Bhusan Usha Uthup (our Usha Di) and the renowned PR Professional and Author, Rita Bhimani, for always being with us, working with us so closely, and offering their help whenever we approached them. I also extend my heartfelt thanks to Honorary Members IPS Neeloo Sherpa Chakraborty, and Actor Rituparna Sengupta, for their constant support and encouragement.

As we look forward to another fruitful year, guided by the Rotary motto "Service Above Self" and the principles of the 4-Way Test: *Is it the Truth? Is it Fair to all concerned? Will it build Goodwill and Better Friendships? Will it be Beneficial to all concerned?* let us continue to support and uplift each other to make a positive impact in our community and beyond, keeping the spirit of Rotary alive in everything we do.

**Srabanee Chakraborty**

Charter President, Rotary Club of Calcutta Avyanna

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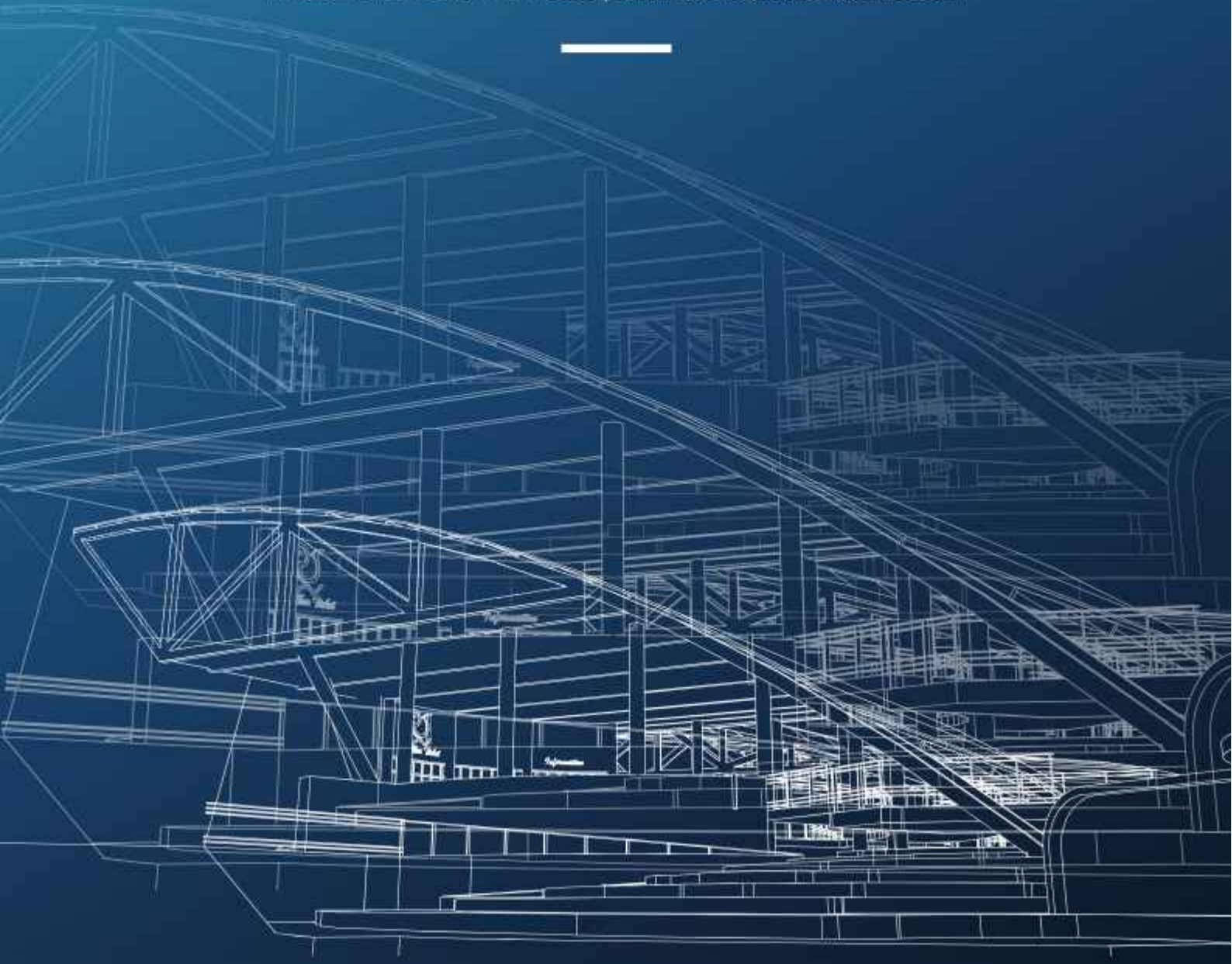




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FROM A  
**WELL-WISHER**

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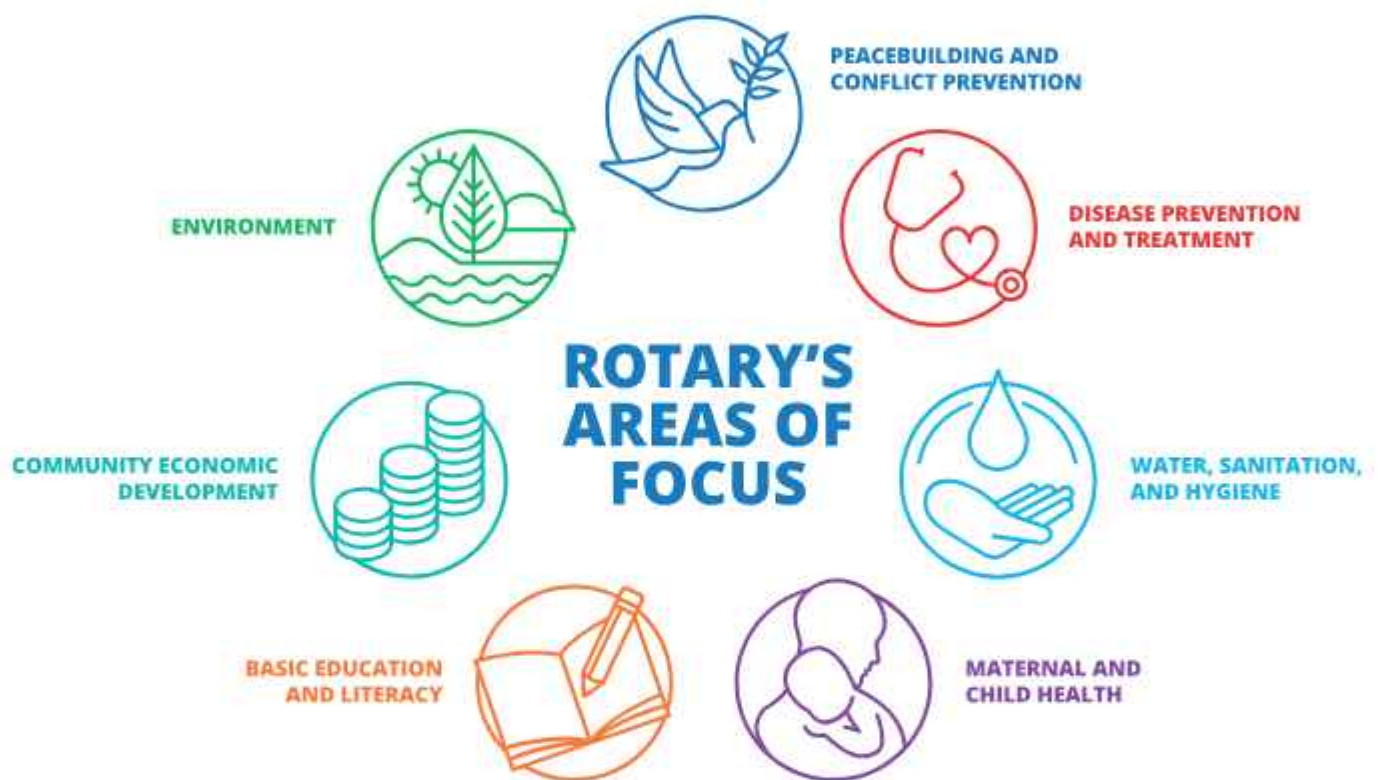
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# CLUB PROJECTS

RI YEAR 2023-24

---

## 01 Basic Education And Literacy

### Angrezi Medium

Angrezi Medium is a virtual blended experiential learning tool focusing on teaching 5 crucial English language skills. RC of Cal Ayyanna is teaching 300+ students from interior areas and villages of Bengal, in association with PATHANAM and sponsored by PC Chandra Group.



### Angrezi Medium Level 2

Students from Loreto House, DPS, Megacity, Sri Sri Academy School and 2 students from New Jersey, are teaching students in Sunderban, on the basis of this teaching module.



Mentors from New Jersey, USA, who are teaching students in Sunderban.

(contd)



## Art Workshop at Ankuran

An Art and Puppets Workshop was organized by RC of Cal Avyanna at 'Ankuran' - a school run by the Club for the children of women inmates at Dum Dum Correctional Home. Thanks to Ms. Rakhi Dutta, Art teacher of Birla Bharati, the children enjoyed making finger puppets. They loved the experience. The members then distributed apples and corn puffs amongst all the 50 children present.



## Adult Education

**400+ adults in The Haroa Block of West Bengal, in 10 centres as well as 200+ adult inmates of Presidency Jail, were made literate**

RC of Cal Avyanna started 10 Adult Literacy Centres in Haroa District, in association with Nir Home for the disabled. 400 illiterate villagers were made literate. The project was launched on 26th Aug 2023, as a 4 month programme.





## 02 Community Economic Development

### Financial Literacy Programme

#### "From Piggy Bank to Savings Bank"

A special programme on Financial Literacy was held for the women of the marginalized and lower income groups by RC of Cal Ayyanna. The programme was led by Club President Mandira Mukherjee in association with Ek Tara Charitable Foundation and Money Beans.



### Vocational Training

The Club sponsored the 1st batch of 10 girls for a course in cookery at Assembly of God Church Training Centre. The girls were trained to cook and manage their own food outlets. Since then, some of the girls have started their own business.





*#serviceaboveself*

## Teachers' Day Celebrations

RC of Cal Avyanna organized a workshop with IICP Director Ranu Banerjee, for teaching challenged children through dance, on 5th September 2023, on the occasion of Teachers' Day at Charaibeti School for mentally challenged children.



## Caring for Senior Citizens

Members of Rotary Club of Calcutta Avyanna led by Club President Mandira Mukherjee, felicitated 4 Bangladesh war veterans along with their wives, at the Hyatt Christmas Tree Lighting Ceremony. The Hyatt GM honored them with Gift hampers. Gifts were also handed out from Rotary Club of Calcutta Avyanna. The gesture was greatly appreciated by the senior war veterans.





## 03 Water, Sanitation and Hygiene

### Water & Sanitation 1

Old toilets, without running water, were upgraded to modernised toilets at Christopher Road Girls' School, by RC of Cal Avyanna. Running water and hand-wash sinks were fitted both inside and outside the toilets, besides giving them a tiled and painted makeover.



### Water & Sanitation 2

Toilets for the children of Happy Home, located at Amherst Street, Kolkata, were also upgraded and equipped with modern, hygienic sanitary fittings, sponsored by the Club.

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04

## Environment



On 15th August 2023, 50 fruit bearing tree saplings were handed over to children at Bali Island, Sunderban. These saplings are to be preserved for birds. No insecticide or netting has been provided for these trees so that birds can eat the fruits. The project was carried out under the leadership of Club President Mandira Mukherjee. The Club members braved the rains to reach Bali Island, Sunderban! The trees will be nurtured and protected by the children in the Island, under the supervision of a local NGO! What better way to mark India's Independence Day than by facilitating free access to food for birds, strengthening the bond between man and Nature and setting a valuable example for generation next to follow!





## 05 Disease Prevention & Treatment

### Health

On 15th July 2023, the Club distributed wheel-chairs to 2 boys who are crippled since birth. The distribution was led by Club President Mandira Mukherjee, in the presence of DG Hira Lal Yadav.



### Cancer Screening Camp

Two Cancer Screening Camps were organized for Breast, Cervical and Oral Cancer along with NCRI HOSPITAL, by RC of Cal Ayyanna.

The 1st Camp was held in association with RC of East Central. The 2nd Camp was held in Tangra, jointly with RC Midtown.





## Menstrual Hygiene Management

The Club conducted Menstrual Hygiene Management in two schools - Apeejay Hindi School, Tangra and Binodini Girls School, Dhakuria. Biodegradable sanitary pads were distributed amongst the students post the Workshop.



## Eye Check-up Camp and Free Spectacle Distribution

◀ The Club conducted 3 Eye Camps In Aminpur, Nilganj and Bali Island, Sunderban. A total of 500 free spectacles were given away to those in need. The project was carried out in association with VRX labs. 10 Cataract Surgeries were conducted at the Hoogly Eye Hospital.





## Grant a Wish

Cancer affected children at the Pediatric Ward of Tata Medical Center, were asked to write down their wish for Christmas toys.

They wrote it down and members of Rotary Club of Calcutta Ayyanna bought the toys according to their wish. Santa Claus distributed the toys to the children. A quiz contest was also held for them and prizes were given away. Merriment with song and dance was followed by refreshments. It was wonderful to see the happy smiles on the childrens' faces.



## First Ever Cancer Screening at Sonagachi

On 4th Feb 2024, World Cancer Day, the first ever Cancer Screening Camp for cervical, breast and oral cancer was organized at Sonagachi, by RC of Cal Ayyanna, in association with NCRI HOSPITAL. A team of 4 Oncologists, nurses and technicians conducted the screening from 12.30 pm to 4 pm. Some of the ladies who were suspected with Cancer, were taken to NCRI for follow up where they got their initial tests done free of charge.

### Sonagachhi cancer screening camp

Netaji Subhash Chandra Bose Cancer Hospital in collaboration with the Rotary Club of Calcutta Ayyanna organised an awareness and screening camp for cervical, breast and oral cancer in Sonagachhi on Sunday. Anindya Sen, the chief medical officer of the hospital said: "Today's event is a major step to interact with the sex workers of the area and today we are trying to screen and identify people with various kinds of virus or bacterial infection that leads to cancer, especially human papillomavirus (HPV) that leads to cervical cancer, as





## 06 Public Image

### Tejaswini Samman

Tejaswini Samman was started by the Club 5 years ago for judging Pujas that were organized exclusively by women. In the Rotary Year 2023-24, the Club scaled up the project by associating with Crafts Council of India and judging pujas based on the use of traditional crafts, upcycling and recycling of material in decoration etc. A total of 250 registrations were received, out of which around 100 were shortlisted. The winners were felicitated with the Tejaswini Samman at a scintillating award ceremony hosted graciously by Club member & Co-Chairperson, Techno India Group, Prof Manoshi Roychowdhury.





## 07 Peace & Conflict Resolution

Swabhimaan was an open mic event showcasing the talents of the LGBTQ community and included a discussion regarding their active participation in the mainstream society. The magnanimous event was wonderfully organized by Club Member Vayjayanti Pugalia and her enterprise 'Sonali's Cubo' and was whole-heartedly supported by Rotary Club of Calcutta Ayyanna led by Club President Mandira Mukherjee.





# Global Grant

## GG2124553



The lack of safe drinking water and sanitation facilities results in preventable illness and death, as well as environmental degradation, including soil erosion, deforestation, and loss of plant and animal life. Although sanitation programs like the Swachh Bharat Mission (SBM) have been implemented elsewhere, the families in this village have not benefited from such initiatives.

To address these issues, the Rotary Club of Calcutta Avyanna has constructed 47 toilets in Sankhdaha II. The plan includes providing

three to four households with one unit of a household toilet and a water pumping motor with a reservoir. These will be installed on raised platforms to protect them from flooding. This project aligns with Rotary's focus on Water, Sanitation, and Hygiene (WASH) and aims to provide sustainable access to safe sanitation facilities and enhance hygiene practices in underserved communities.



The Rotary Club of Calcutta Avyanna through its first global grant has made significant strides in improving sanitation in rural India, particularly in the Sunderbans region. Most villagers in Khas Sankdaha practice open defecation due to a lack of sanitary facilities and face a scarcity of drinking water from the limited tube-wells available. This disaster-prone village experiences contamination of overground water sources from open defecation, leading to a crisis of safe drinking water and the spread of waterborne diseases, especially during the monsoon season.



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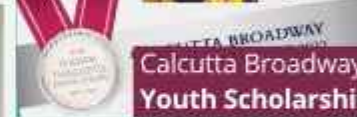


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The background is a solid blue color with a pattern of overlapping, semi-transparent geometric shapes, primarily triangles and polygons, in various shades of blue. In the center, there is a white rectangular box with a thin white border. Inside this box, the text "BEST WISHES FROM A" is written in a small, dark blue, sans-serif font. Below it, the words "WELL WISHER" are written in a larger, dark blue, sans-serif font. Underneath the text, there is a short, thick, dark blue horizontal line.

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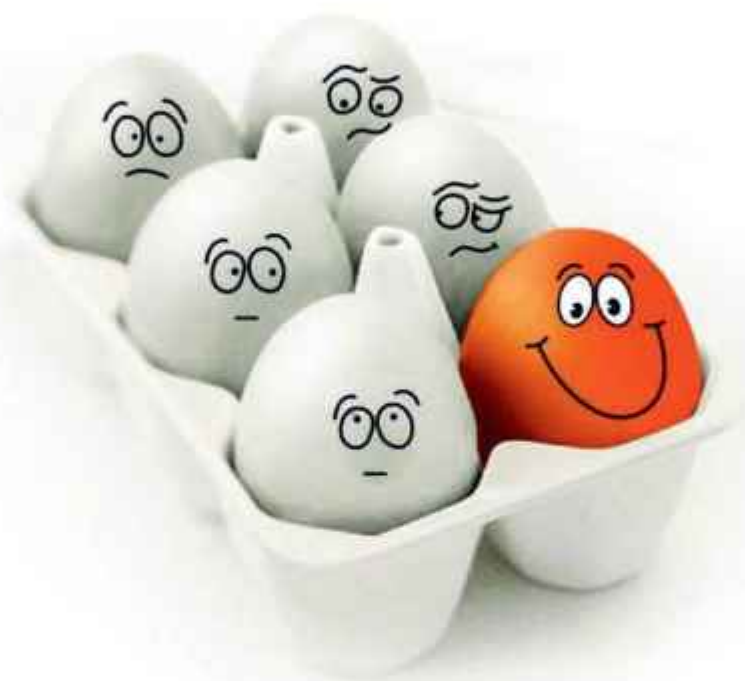




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# MENOPAUSE AND YOGA

By Dr. Rita Chatterjee

Director Projects, RC of Cal Avyanna



*Menopause is a natural change; which progresses through a few years and happens to all women.*

Around menopause (perimenopause), a woman's periods often become irregular and experiencing hot flashes, excessive sweating, or reddening of the skin, mood swings and migraine have also been reported.

These effects are a result of the fluctuating and falling levels of female hormones in the body, due to declining ovarian functions.

The degree to which they occur varies from person to person.

Usually, perimenopausal symptoms do not require medical attention but if excessive, heavy bleeding is experienced it is advisable to consult a doctor.

The age of menopause corresponds to the age of menarche; the onset of menstruation in women.

The average age of natural menopause, in India, is between 40 and 52 years. Early and late menopause has also been observed.

While most women in Western countries apparently hold a negative view of menopause, like a time of deteriorating or declining sexual functioning, Asian cultures understand it as an inevitable process of aging.

It brings on a sense of liberation, and the freedom from the risk of pregnancy. It also marks the reaching of an age of wisdom and experience. Postmenopausal women feel happy to be able to participate in religious rituals and social functions that were taboo during menstrual periods.

Due to the changes in the hormonal profile, the risk of heart disease and osteoporosis rises after menopause.

Additionally, anxiety, irritability and insomnia may also become part of postmenopausal life. Thus, being under continual stress, the body activates the sympathetic nervous system and the adrenals; which in turn manufacture stress-fighting hormones. High levels of these hormones in blood can disrupt almost all bodily functions.

Hence, women should exercise enough and take care of their diet during this phase of their life. Resorting to yoga during peri- and

postmenopausal years can bring about a world of difference in a woman's life. Research says that regular yoga practice can ease the transition and is the best menopause medicine at her disposal.

Yoga significantly reduces the incidences of hot flashes and sweating. Yoga stretches benefit the body by promoting better blood circulation to all tissues thereby bringing energy and massaging the glands thereby balancing the fluctuating hormonal levels. Functioning of the cardiovascular system, digestive system, nervous system and most importantly bone strength, is improved.

Meditation improves the state of mind and concentration, bringing relief from irritability, depression and sleeplessness.

Through Yoga and Meditation we can be ready to pass through this phase of life with dignity and calm. ■



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# SILENCE

*By Aparna Banerjee*

*Secretary, RC of Cal Avyanna*



Amidst the Majestic mountains  
where divinity prevails,  
The immensity of the sky  
It's technicolor to the minutest detail.  
An unfathomable enigma,  
Embracing the vivid panorama!  
All the humdrum put to rest  
Nature's charisma at it's best.  
I wonder who is the silent creator.

Divine silence !

From the mountains and the hills,  
Through the fields and the daffodils,  
The streams and brooks make their way  
Oblivious of their destiny at the end of the day.  
The soothing breeze doth make no sound  
The falling leaves drift silently around.  
Breathtaking silence !

Far away a bell did toll  
A gentle nudge, that time did roll  
Secrets the cherub doest unfold  
Of a stately castle, a wonder to behold!  
Silent tales of wealth and Grandeur,  
Upto the heights of fascinating splendor!  
The kings, queens their kith and kin  
Rejoiced in songs dance and many a din.  
Of power pride and all the augustness  
Upto the brim with health and happiness.

Now in ruins by the wrath of time ,  
Humbled and silenced by nature's design.  
Nothing is everlasting it is true,  
All that remain are the deeds we do.

Silent pedagogy !

Passing by the graveyard yonder  
The silence over there made me ponder.  
We are nothing but the soil that amassed  
Over a period of time that so quickly passed.  
"Dust thou art, unto dust shall return"  
Life is a sojourn to make a mark we all yearn.  
Silence within does make you wise,  
Lest be chaotic and pay the price.

Priceless silence!

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# The Soil Hill Project

By Alisha Dutt Islam

Botanical Illustrator And Artistic Researcher



*Alisha Dutt Islam, born in Kolkata, India, in 1994, is a botanical illustrator and artistic researcher who moved to Zurich in 2021. She has a background in teaching art and design theory, and her work often explores de-colonial and eco-feminist themes, drawing on the curiosity and fascination of childhood regarding the origins and uniqueness of various species.*

*After completing her MA in Fine Arts at the Zurich University of the Arts, she is now pursuing an MA in Transdisciplinary Studies at the same institution. She works as a scientific assistant at the City Succulent Collection in Zurich and co-founded Terravibe: Flüstern aus der Erde (Whisper of the Earth), an eco-feminist collective that explores soil as a common ground.*

*Terravibe hosted its first community workshop on May 21, 2023, as part of the Zurich University of the Arts. MFA Diploma Exhibition: CONTROL. During the event, participants built three soil hills using the ancient rammed earth technique, working with soil from Zurich's Kreis 4, which had been covered by concrete for years. The workshop aimed to elevate the importance of soil, fostering a deeper connection to the earth and celebrating diversity and interconnectedness.*

## The Project

We hosted our first day long community workshop to build three soil hills. Throughout this day, we built 3 hills and discovered the ancient method of rammed earth, which has been used to build houses around the world, and spent a fun day with curious humans from diverse backgrounds.

These soil art installations lift soils normally hidden below our feet into people's eyesight & attention. We worked with soil from selected construction sites from Zurich's District 4 which had been covered by concrete for many years.

We explored soil with our bodies, minds and souls whilst getting hands on and consciously connecting to the ground below our feet and the land which we walk upon every day. We thoroughly enjoyed getting our hands into the ground with this diverse group of humans.

*Facilitated by: Alisha Dutt Islam, Nora Goller, Christa Herrmann, Ralph Kuenzler*

*Participants: Linda Stouffer, Corina Heinrich, Nurjiyan, Dr. Eric Alejandro Pinto Figueroa, Michel Bachmann, Sonja Schenkel*





—— best wishes ——  
**Shridhar & Alpika**



# 9 steps to improve your health span

By Dhruv Gupta



With rising income levels, modernization, improving hygiene & better healthcare facilities, it's natural that Indians are going to live longer. Even more for urban well-to-do Indians. In the 80s living till your 80's was considered a long life. Today we'll know plenty of non-agerians, on their way to hit a 100!

So, if you're going to live longer. The question is how much control will you have over your health and body as you age? This is known as health span. And with longer lives, we must also expand our health spans.

And here are some easy ways to improve your health today, and expand your health span.

The key is not just to know this, but how to naturally incorporate it into your daily routine, so that it becomes like bathing.

**High-quality sleep:** Sleep is the basic building block of quality health. Ensure you get 7-8 hours of sleep every day. It improves energy levels, helps your brain work better, make better decisions, improve your emotional health, reduce junk food cravings, and more.

**Breathe Clean Air:** India's top metros have the highest air pollution levels. Check the AQI levels at your home (use an app for it). If it's over 100, definitely get air filters, and run them while you're at home.

**Build muscle:** As you age, the one that you can do to slow this down is to build some muscle. Make sure you do resistance training (i.e. training against gravity, with or without weights) for at least 2-3 hours a week. While improving aesthetics, it helps protect your body from injuries, etc.

**Walk 10k steps a day:** Besides the calorie burn benefit, walking is an incredible therapeutic for the mind. From Einstein to Mark Twain, to today's billionaires, get their daily walk in. It helps with creative thoughts & emotional healing.

**Maintain flexibility:** Yoga, stretching, rolling, etc helps keep us flexible, and a key to youth.

**Fasting:** In the last 1-2 decades, there is strong evidence to show that fasting 14+ hours a day helps reduce aging in our bodies, besides other benefits.

**Read:** Besides your physical body deteriorating with age, your brain does too. A really good way to slow it

down is to read. Not the newspaper. Not Whatsapp University. But long-form reading, like a book. Spend 30 minutes daily reading, to keep your brain active.

**Track your health:** We track our money & investments, but we can only enjoy it if we maintain our health. So track that too.

Indians are highly prone to chronic diseases, so every 3 months, test your hba1c (the gold standard of blood sugar testing), BP, and your lipid profile.

And every year, you must do 1 full body health checkup. I know a few people personally, who've found potential life-threatening issues from their annual checkups, which saved their life. So, that Rs 2-3k per year is worth it.

**Family time:** Last but not least, spend time with people you love-family, and friends. In a long-term Harvard study, It was shown as the single biggest determinant of happiness.

**Author:** Dhruv Gupta, a Calcutta boy who's now the co-founder of Orange Health, and author of the book, *Losing It*.





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# Conversations Between GEN X AND GEN Z

By Shukti Singh Roy

Member, RC of Cal Avyanna



Rohan is flying down to see his ailing grandpa, Dada. He had no time out of his busy schedule, till his Dada called him, stating that he may not see beyond this birthday. After a lot of cajoling by his Ma, Rohan had decided a weekend trip to the mountains up North. It changed his life. He saw the freshness of the air and the changing sky colors unfold before him in Dalhousie. The only rule set by his Ma was – all devices and connections with his office, should be switched off. Rohan did that for once and rediscovered his life and much more.

**Ma:** You have to catch the flight early to meet Grandpa tomorrow.

**Rohan:** Yes Ma, I know and so does Alexa. You don't have to worry. Alexa will wake me up.

**Ma:** What ?? Who's that ?

**Rohan:** An answer to all my problems.

**Ma:** I don't want you to miss your flight. Dadu is looking forward to meeting you. And by the way, please note that the weather in Dalhousie is

not too good. I heard in the news today that there have been some landslides too.

**Rohan:** O Ma, not to worry. I have Alexa to guide me through all this. I know that it is 19 degrees and that there's been an accident on the road and hence the traffic diverted. I also have the alternate route map and the rental fixed.

**Ma:** Good that you know. But did you pick up the seeds of the flowers that Dadu wanted for his garden. He would be very disappointed otherwise. I saw some lovely roses in Mrs Goswami's garden and she told me she got them from Bangalore. I was so excited that .... (interrupted).

**Rohan:** Mom, Mom, I have. Why are you so worried? Alexa has it all sorted. I have had the seeds delivered at home, thanks to Alexa. In fact, Alexa has given me some gardening tips too. I'll share it with Dadu and you will see the results of the same.

**Ma:** Who is Alexa? And why are you so besotted? If she's a friend, its ok. Else you know well... (silence and then ... ) Else don't you think that we should know?!! Your focus and priorities have to be different. I've never really interfered, but ...

**Rohan (impatient and interrupted):** Really? Ma. I don't think so. She has such skills that you would also like her. She helps me meditate, makes my shopping list, checks on my fitness, shares recipes for my parties and even helps keep the children occupied by telling them stories at the party. She also reminds me of all the activities for the day and I never miss calling you.

**Ma:** Hold hold ... Is this a new friend that you have found ?

**Rohan:** Ha Ha, yes. She's all I need.

**Ma:** Oh yes ? Well I'd really like to meet her. I wonder if she can feed you to the tender coconut fish curry, if she can see your face and understand your mood, and get you a warm cup of coffee. I wonder if she can feel your pain and apply the balm, without you telling her. I wonder if she can resuscitate Dadu, like you will do when you meet him... (trying her utter best to find out if she is being replaced).

**Rohan:** That's wishful thinking. Bye, see you soon, Ma.

**Ma:** One last thing, Rohan. Please, please do not spend all your time on the phone working, or chatting with friends or this new found girlfriend, Alexa!!!! (with special emphasis, she hissed Alexa). There is life beyond that!!! (this time with a sigh!) For once, just switch off the phone as you deserve the break from the unending pings!

**Rohan:** Oh Ma! We'll see! Should I really switch off the phone? You're really ok without me calling you for the next two days ???? Really !

**Ma:** NOOOOOO ! NOOOOOO !

Rohan smiles and rushes out as Alexa continued to remind him that the Uber had arrived.



*This was written in 2016. We all know that continuous technological advances are making life so much easier for all of us. It has taken us to a level that we have the world on our palmtop. Within this virtual world, let us remember that some healings can happen only through touch, feel and experience.*



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**Sharmistha Majumdar**



# Academic dishonesty and its detrimental effects

*By Sharmistha Majumdar*

*Fellowship Chair, RC of Cal Avyanna*



Academic dishonesty includes cheating, plagiarism, fabrication, and the facilitation of dishonest behaviour in academic environments. This unethical behaviour severely undermines educational institutions and has far-reaching negative consequences.

## Types of Academic Dishonesty

1. Cheating involves using unauthorized materials or information in academic tasks, such as copying during exams or taking forbidden notes.
2. Plagiarism is presenting someone else's work or ideas as one's own without proper attribution.
3. Fabrication refers to inventing or falsifying information in academic work.
4. Facilitating Dishonesty: Assisting others in academic fraud, such as sharing exam answers or writing papers for them.

## Detrimental effects

1. Dishonest practices undermine academic integrity, compromising trust and fairness in education. When cheating is widespread, it becomes difficult to distinguish between genuine academic achievements, undermining the merit-based system.
2. Cheating reduces learning, leaving gaps in knowledge and skills for future academic and professional endeavours.
3. Cheating creates an unfair advantage, putting honest students at a disadvantage and potentially demotivating them.
4. Institutions with high levels of academic dishonesty risk harming their reputation. This scepticism can extend to the validity of their degrees, affecting graduates' job prospects and future educational opportunities.
5. Legal and ethical consequences: Research falsification can result in legal action, loss of credibility, and public mistrust.
6. Psychological Impact: Fear of being caught can cause significant stress and anxiety among students. Habitual dishonesty can lead to a loss of moral standards, affecting both personal and professional relationships.
7. Long-term, Societal Impact: Pervasive academic dishonesty fosters an unethical culture among graduates, which can lead to broader ethical issues in a variety of fields.

## Addressing academic dishonesty

1. Promoting Integrity: Institutions should prioritize honesty by communicating policies clearly, providing ethics training, and recognizing honest achievements.
2. Robust Assessment Techniques: Randomized exams and plagiarism detection software can promote academic integrity.
3. Support and Resources: Offering writing centres, tutoring, and study skills workshops can alleviate the pressures that lead to cheating.
4. Consistent enforcement of academic dishonesty policies is crucial. Clear and equitable penalties for cheating and plagiarism can discourage dishonest behaviour.
5. Fostering Support Networks: Peer mentoring and collaborative learning environments can help students succeed and take responsibility for maintaining academic standards.

To summarize, academic dishonesty undermines the educational process and has far-reaching negative consequences. Addressing it will necessitate a collaborative effort among students, educators, and institutions to maintain academic honesty and integrity.

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# MENTAL Health

## Across Generations

*By Prof Manoshi Roychowdhury*

*Co-Chairperson, Techno India Group*



### A Deep Dive into Today's Challenges:

Mental health is an evolving issue that touches every age group in unique ways. From the high-stress lives of young people to the balancing act of middle-aged adults and the solitude often faced by the elderly, understanding these generational differences is essential for fostering mental well-being. Mental health affects all age groups uniquely. Understanding these differences is key to fostering well-being across generations.

### Young People:

**Digital and Academic Pressures** Today's youth face unprecedented digital connectivity, social media, and intense academic competition. Social media often breeds anxiety and depression as individuals compare themselves to others. Academic pressures to excel can lead to burnout, especially exacerbated by the COVID-19 pandemic, which disrupted education and social interactions. However, this generation is more open to discussing mental health and advocating for better support systems.

### Middle-Aged Adults:

**The Stress of Multitasking** Middle-aged adults, the "sandwich generation," juggle careers, raising children, and caring for aging parents. This balancing act creates substantial stress and anxiety. Life changes such as divorce, bereavement, and health issues are common and can trigger mental health problems. Many are turning to therapy and support groups to manage these stresses.

### The Elderly:

**Overcoming Isolation and Loss** The elderly face isolation, loss, and physical health decline, leading to depression and anxiety. Loneliness due to loss of spouses and friends, and decreased social interactions, significantly affects their mental health. Physical health issues and fear of losing independence further contribute to anxiety and depression.

### Bridging the Generational Gap:

Understanding and addressing the unique mental health challenges of each generation is essential. Open conversations and tailored approaches can promote mental well-being for all. Digital tools can support the young, workplace support can aid middle-aged adults, and community engagement can help the elderly. Prioritizing mental health for everyone, regardless of age, is crucial for a thriving society.

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# It's not important

*By Sumi Chaudhury*

*Branding Chair, RC of Cal Avyanna*



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# Timeline

## CLUB PRESIDENTS

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Charter President

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2018-19



**Dr. Urmi Chatterjee**

President

2019



**Rajlakshmi Mohan**

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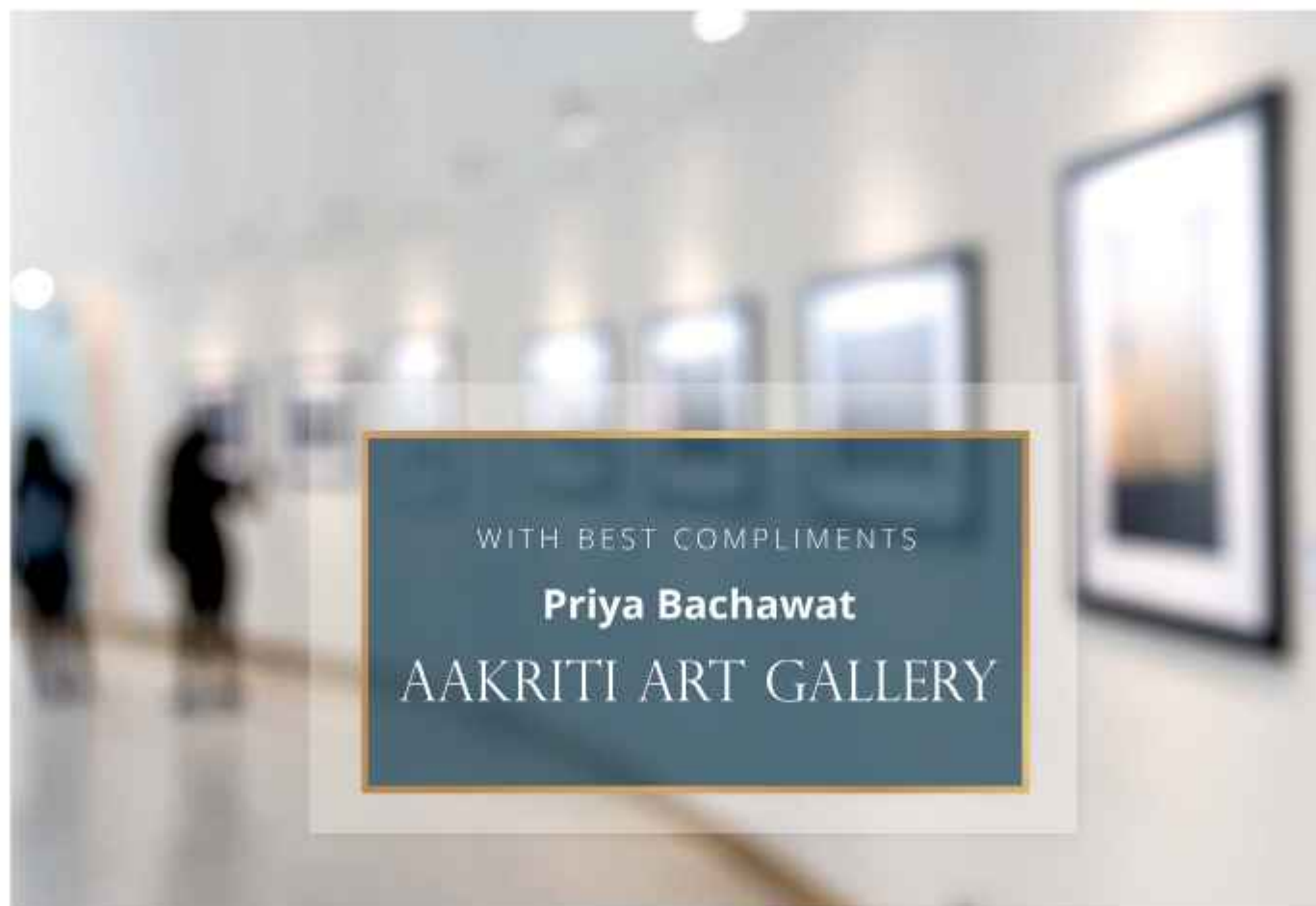


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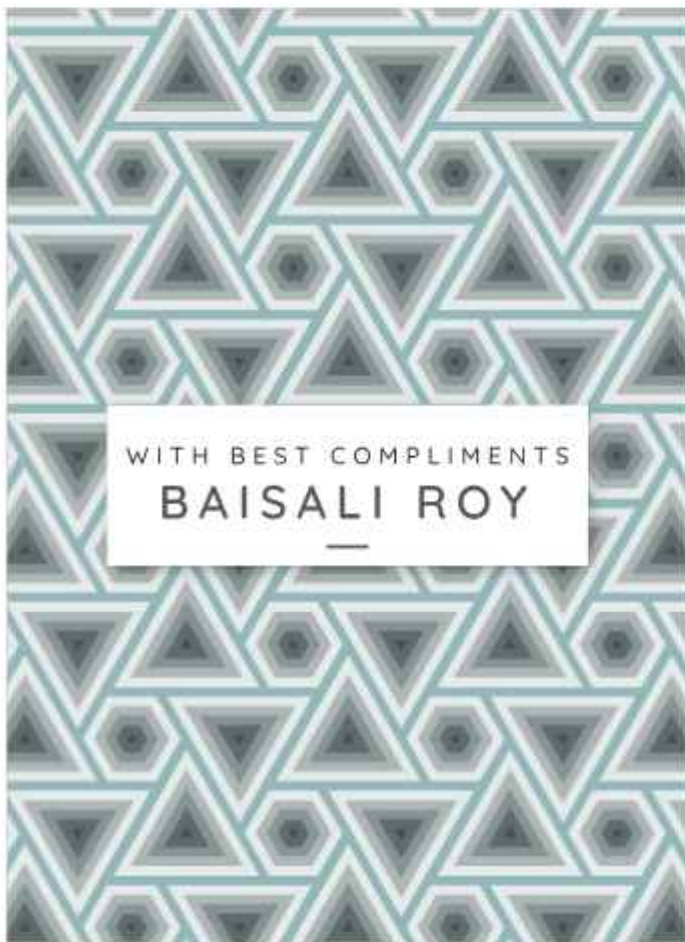
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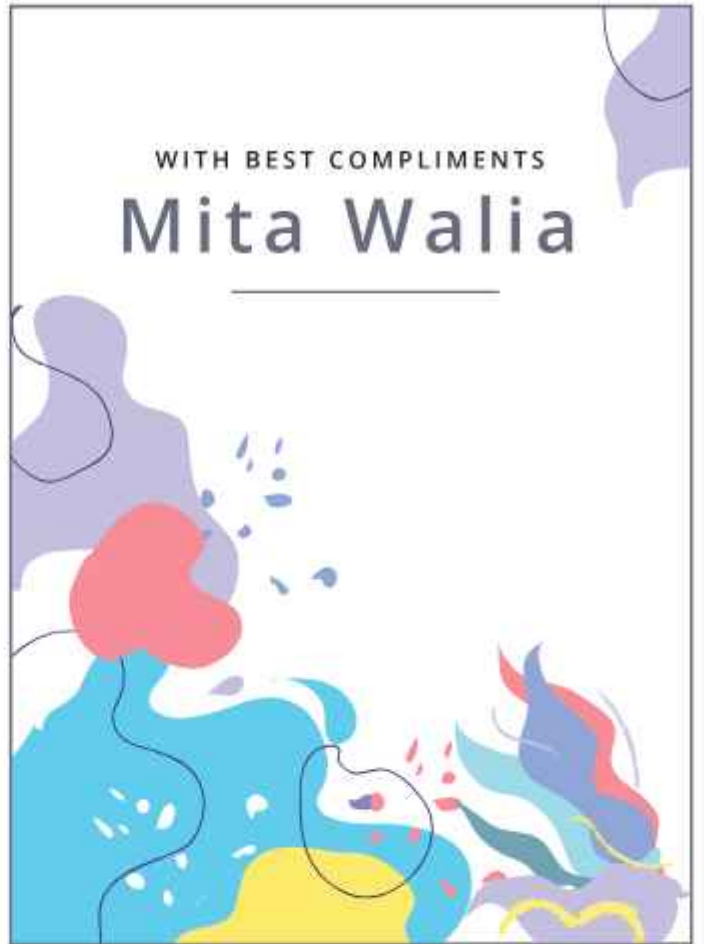
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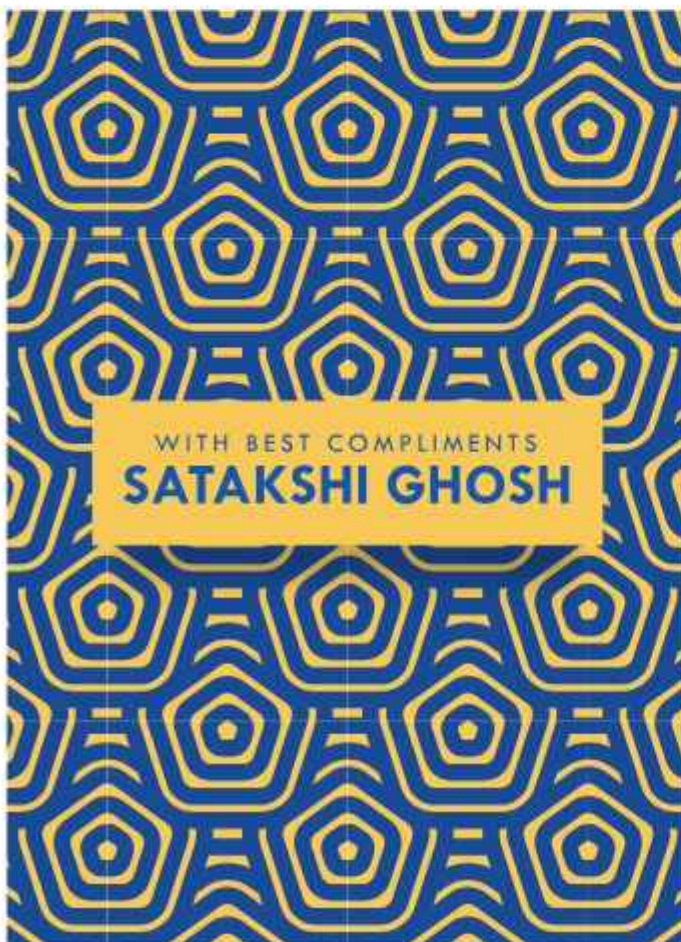
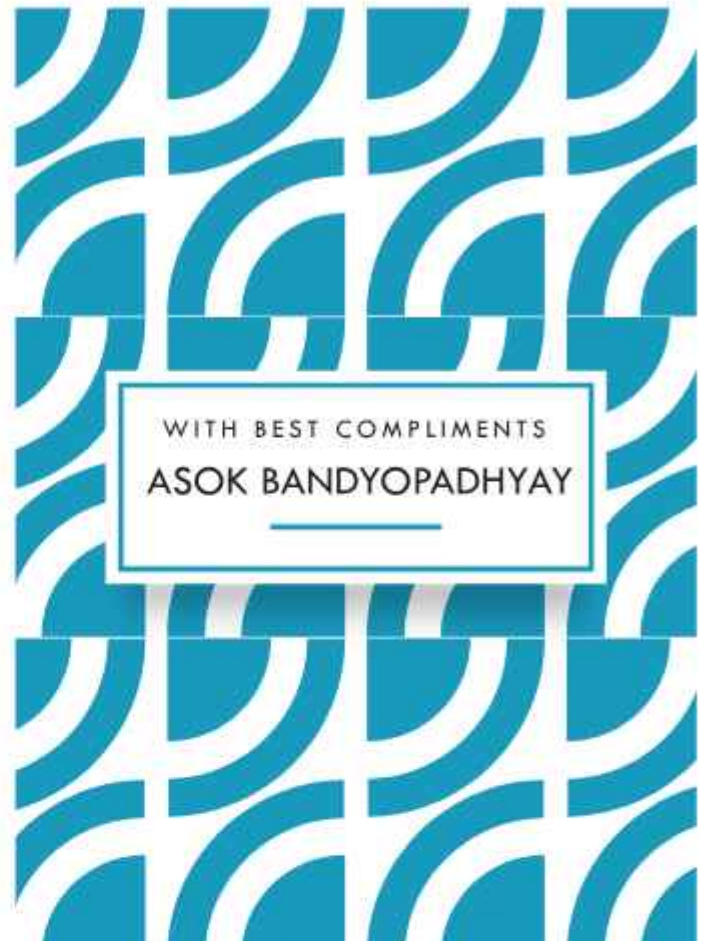
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and those we serve.  
I believe we can change the  
world one life at a time.*

*Paul Harris*



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