

# Friendship Bulletin

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President : Alope Kumar Kanodia

Secretary : Amar Kumar Malhotra

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**Today's**  
SPEAKER



**Dr. Dolly Gupta**

MBBS, MD, FIDS, Certified in Trichology (USA).

Consultant Dermatologist, Hair Transplant & Cosmetic Surgeon.

Director, D'CosMedics Clinic. 82 A RashBehari (Next to Kalighat Metro Gate 4).

Attached to Medica Superspecialty Hospital. Mukundapur. EM ByPass. Kolkata (West Bengal), India.

**Topic:**

**“The Art of Natural Beauty”**

## POWER THINKING - A SUMMATION

**Brahma Kumari Supriya** was probably a befitting speaker at our club's first RCM during this Rotary year. She spoke at length about methods for the overall well being of people including ways to lead a stress-free life. She informed members that the best time to connect with the almighty was during the interluding period after we wake up early in the morning. During this period we need to connect to God and she went on to illustrate the manner it could be possibly be achieved. The interactive session was equally intriguing as members were keen to learn more from her and raised many relevant issues. Definitely a mesmerising session which had most members and spouses glued to their seats till the very end.

## IMPORTANCE OF LIGHTING A LAMP



- Base of the diya is Rudra
- It's wall-Vishnu
- Edges- Brahma
- Ghee-Lakshmi
- Wick with light- Shakti/Durga
- Prakash- Saraswati

With lighting a lamp, we invoke the powers of Shiva and Shakti, Purush and Prakriti and balance our male and female energies with our surroundings and seek the blessings of Tridev and Trinity Goddesses to bless with wisdom, well-being, prosperity and divine love.

.... **Anne Nivedita Agarwal**

## SHORT STORIES WORTH READING

### A father's advice

Today, my father told me, "Just go for it and give it a try! You don't have to be a professional to build a successful product. Amateurs started Google and Apple. Professionals built the Titanic

### The power of uniqueness

Today, I asked my mentor – a very successful business man in his 70's – what his top 3 tips are for success.



He smiled and said, "Read something no one else is reading, think something no one else is thinking, and do something no one else is doing.

### Looking Back

Today, I interviewed my grandmother for part of a research paper I'm working on for my Psychology class. When I asked her to define success in her own words, she said, "Success is when you look back at your life and the memories make you smile.

### Goodness and Gratitude

Today, after a 72 hour shift at the fire station, a woman ran up to me at the grocery store and gave me a hug. When I tensed up, she realized I didn't recognize her. She let go with tears of joy in her eyes and the most sincere smile and said, "On 9-11-2001, you carried me out of the World Trade Center."

### A Door Closes to Open Another

Today at 7AM, I woke up feeling ill, but decided I needed the money, so I went into work. At 3PM I got laid off. On my drive home I got a flat tire. When I went into the trunk for the spare, it was flat too. A man in a BMW pulled over, gave me a ride, we chatted, and then he offered me a job. I start tomorrow.

### Affection

Today, I kissed my dad on the forehead as he passed away in a small hospital bed. About 5 seconds after he passed, I realized it was the first time I had given him a kiss since I was a little boy.

### Innocence

Today, in the cutest voice, my 8-year-old daughter asked me to start recycling. I chuckled and asked, "Why?" She replied, "So you can help me save the planet." I chuckled again and asked, "And why do you want to save the planet?" "Because that's where I keep all my stuff," she said.

### Joy

Today, when I witnessed a 27-year-old breast cancer patient laughing hysterically at her 2-year-old daughter's antics, I suddenly realized that I need to stop complaining about my life and start celebrating it again.

### Kindness

Today, a boy in a wheelchair saw me desperately struggling on crutches with my broken leg and offered to carry my backpack and books for me. He helped me all the way across campus to my class and as he was leaving he said, "I hope you feel better soon."

### Sharing

Today, I was traveling in Kenya and I met a refugee from Zimbabwe. He said he hadn't eaten anything in over 3 days and looked extremely skinny and unhealthy. Then my friend offered him the rest of the sandwich he was eating. The first thing the man said was, "We can share it."

.... **Rtn Sunil Sobti**

## CLUB EVENTS

July 25, 2020 at 4.30 p.m. : RCM - Speaker- Shri Manoj Jain ~  
I.T. proficient **Topic ~ Digitizing proficiency in our life**

## DISTRICT EVENTS

To be announced soon

COMING  
EVENTS!

# What's NEWS

## ROTARY NEWS

### POLIO UPDATE

#### Officially reported Wild Poliovirus cases as of 23 June 2020:

Total global cases in 2020	72 (compared with 37 for the same period in 2019)
Total in endemic countries in 2020	72 (compared with 37 for the same period in 2019)
Total in non-endemic countries in 2020	0
<b>Country Statistics</b>	
Afghanistan	19 cases in 2020, onset of paralysis of most recent case: 25 May 20
Afghanistan	29 cases in 2019
Pakistan	53 cases in 2020, onset of paralysis of most recent case: 26 May 20
Pakistan:	147 cases in 2019
Nigeria	0 case in 2019

## WOMEN POWER



Board of Directors Rotary International



**2020-2021**



**Johrita Solari**  
RI Vice President



*Muntu Ibrahim*

*Muntu Ibrahim*



**Virpi Honkala**  
Director 2020-22



**Susan C. Howe**  
Director 2020-22



**Aikaterini Kotsali-Papadimitriou**  
Director 2020-22



**Valarie K. Wafer**  
Director 2020-22



**Stephanie A. Urchick**  
Director 2019-21

### CLUB NEWS :

- ☀️ PP RTN RAMESH TIWARI, ZS OF ZONE 19, ATTENDED THE COTS OF CALCUTTA CLUB OF MAGNUM ON THE 12TH JULY AND THEIR INSTALLATION ON THE 14TH JULY ON THE ZOOM E-MEETING PLATFORM.
- ☀️ JULY CONVERSION RATE OF \$1= Rs.75/-

☀️ Rtn Rakesh Almal  
on 19<sup>th</sup> July, 2020

☀️ PP Rtn Kishan K Kejriwal on 24<sup>th</sup> July, 2020

*Birthdays*

## Minutes of 2411 e-RCM of Rotary Club of Belur held on the 11<sup>th</sup> July, 2020 at 4.30 pm.

The first virtual meeting of Rotary year 2020-21 was called to order by President Alope Kanodia wherein more than 45 members plus spouses participated in the meeting. He welcomed our guest speaker Brahma Kumari Supriya ji. After national anthem by the members and invocation to God was over he invited Secretary Rtn Amar to conduct Club business. On its conclusion Secretary Rtn Amar handed the proceedings back to President Alope.

President requested Rotarian Ajay Khanna to introduce our guest speaker of the day Brahma Kumari Supriya which he went on to accomplish gracefully and invited her to address the gathering.

Brahma Kumari Supriya address was pretty thought-provoking and she enthralled the audience with her captivating anecdotes. Her main focal point was that most of us stray away and forget to focus on how we create positivity in life and thereby give way to stress. B K Supriya felt especially during such testing times, it was important the self belief should not be allowed to diminish under any circumstances. She gave an excellent example of a person who came to work at a farm in a far away country Norway with a condition that *"Jab Tez Hawaein Chalengi... Tab Main Sounga"*

She also emphasised that we need to

work on our inner selves. According to BK Supriya the outer world can be taken care of with our will power

- ☀ THOUGHTS
- ☀ FEELINGS
- ☀ ATTITUDE
- ☀ HABITS
- ☀ PERSONALITY
- ☀ DESTINY

The Question answer part followed after her main session got over and she answered queries of our members. Finally ending the session with a brief meditation session

President Alope Kanodia now requested Rtn GD Agrawal to give the vote of thanks to Sister B K Supriya ji and it was done with great poise by Rtn GD Agrawal

With no other business remaining to be conducted President Alope terminated the meeting.

**Rtn Alope Kr. Kanodia**, President

**Rtn Amar Malhotra**, Secretary



Members you may have something interesting to share. Starting with **the hobbies, your family, OR upcoming plans post lockdown OR Books which have impressed you OR the best short story you read. How great was your weekend once OR life experiences which impacted you in more than one ways?** The list is endless so friends do email any such narrative that you wish to share to the Secretary- [amar1900@yahoo.com](mailto:amar1900@yahoo.com) or [khannajay@outlook.com](mailto:khannajay@outlook.com).



## MOST POLLUTED INDIAN CITIES IN THE WORLD 2019:

### World Ranking

1	Ghaziabad, India	13	Bulandshahr, India	22	Patna, India
5	New Delhi, India	14	Muzaffarnagar, India	23	Palwal, India
6	Noida, India	15	Bagpat, India	25	Muzaffarpur, India
7	Gurugram, India	17	Jind, India	26	Hisar, India
9	Greater Noida, India	18	Faridabad, India	28	Kutail, India
10	Bandhwari, India	19	Coraut, India	29	Jodhpur, India
11	Lucknow, India	20	Bhiwadi, India	30	Moradabad, India

## Obituary



Our Honorary member Rtn Jimmy Tangree has sadly lost his father on 15<sup>th</sup> of July, 2020 after a brief illness at Kolkata.

**Khurshed Kaikhushroo Tangree** was born on 24<sup>th</sup> day of March in the year 1929. He was a kind and gentle soul who will always be remembered as a loving and caring person.

We express our deepest sympathies on the passing of his father even as our thoughts and prayers are with him and his family and sincerely hope that they will find the inner strength to get through this sad and difficult time.



*"Oh heart, if one should say to you that the soul perishes like the body, answer that the flower withers, but the seed remains."* - Kahlil Gibran

# THE NEW AREA OF FOCUS - “SUPPORTING THE ENVIRONMENT”

Members, as we are aware Environment is an area which is currently a burning issue world over. Be it any forum, government agencies, industries, scientists, universities and so forth, people are debating a great deal on it and the need to seriously look at all possible sustainability solutions to become eco-friendly. But unfortunately the action propagated on the ground is too little to make a repressible impact, even as the situation is quickly getting out of hand with every passing day.

Rotary International has wisely decided to lay special emphasizes on Environment by including it as the **7<sup>th</sup> Area of focus**. Taking the cue, we shall be covering many challenges relating to environment hazards in India in a series of write-ups for members to get acquainted with these issues and to churn your thought process to come up with innovative ideas to tackle it. ~Team 20-21



## **Air pollution: The worst environmental health risk**

Air pollution has been a vexing subject for much too long, especially in recent times when climate change and global warming have caught the attention of policy makers as well as industry leaders worldwide.

India, with a grim scenario of a predominantly coal-based power generation, mass-scale operation of unorganised industries adhering to negligible levels of environmental norms, agricultural and automotive emissions, and a stark rich-to-poor divide, is also grappling with the issue of severe air quality in many of its cities across the vast landscape, putting the lives and health of its over 1.3 billion population at stake.

- Air quality in Indian cities is rapidly deteriorating and it is today worse than the situation in China. As per the 2018 World Health Organization (WHO) global ambient air quality database, **11**

of the 12 cities with the highest levels of small particulate – PM2.5 – are located in India.

- According to another data compiled in IQAir AirVisual's 2019 World Air Quality Report - **21 of the world's 30 cities with the worst air pollution are in India, with 6 in the top ten.**

Despite the government's efforts to regulate polluting emissions from the industry and use alternate traffic mechanisms, the air condition continues to deteriorate. The sources of air pollution are **traffic, power plants, industry, burning waste, cooking, and heating.**

According to the W H O, air pollution causes an estimated 7 million premature deaths a year globally, mainly as a result of increased mortality from cardiovascular diseases, cancers and respiratory infections. It is estimated that more than 80% living in urban areas which monitor air pollution are exposed to air quality levels that exceed WHO guideline limits, with low- and middle-income countries most at risk.

**“Air pollution constitutes the most pressing environmental health risk facing our global population,”** the AirVisual report said.

## **Measures to control air pollution.**

1. Increase supply of Hybrid and Electric vehicles.
2. Strong measure to curb Vehicular Emission. Under this policy vehicles are taxed as per its emission levels. Many countries like Austria, Denmark, Netherlands, Norway, France and Singapore among others have introduced this policy known as “Feebate”.
3. Vehicles must use good quality fuel.
4. Central Pollution Control Board should revise the industrial emission standards for different categories. Factories releasing pollutants must be persuaded to have some filtration plant or equipment set up in a firmer manner.
5. Old and ageing power plants be modernised to reduce environmental damage.
6. Setting up of Solar power units be promoted in a bigger way.
7. Prevent seasonal agricultural burning by using crops residue to generate electricity.

Members are encouraged to send in ideas on controlling air pollution.



# Human Wisdom

## Few Unusual Facts About the Human Body

### Tongue Print

Don't stick out your tongue if you want to hide your identity. Similar to fingerprints, everyone also has a unique tongue print!



### New Stomach



Did you know that you get a new stomach lining every three to four days? If you didn't, the strong acids your stomach uses to digest food would also digest your stomach.

### Scent Remembering

Your nose is not as sensitive as a dog's, but it can remember 50,000 different scents.



### Sneeze Speed



The air from a human sneeze can travel at speeds of 100 miles per hour or more -- another good reason to cover your nose and mouth when you sneeze -- or duck when you hear one coming your way.

### Snore Loudness

By 60 years of age, 60-percent of men and 40-percent of women will snore. But the sound of a snore can



seem deafening. While snores average around 60 decibels, the noise level of normal speech, they can reach more than 80 decibels. Eighty decibels is as loud as the sound of a pneumatic drill breaking up concrete. Noise levels over 85 decibels are considered hazardous to the human ear.

### Nail Growth



If you're clipping your fingernails more often than your toenails, that's only natural. The nails that get the most exposure and are used

most frequently grow the fastest. Fingernails grow fastest on the hand that you write with and on the longest fingers. On average, nails grow about one-tenth of an inch each month.



- It is impossible to sneeze with your eyes open. *(Try it!)*
- A broken clock is right two times a day.
- बंद दुकान के शटर पे लिखा था ... ऑनलाइन ऑर्डर करने के लिये दिये गये नम्बर पे फोन करें ...

फोन किया तो बोला शटर ऊँचा कर के अन्दर आ जाओ।

... Anne Nivideta Mohan