

Friendship Bulletin

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Secretary : Amar Kumar Malhotra

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Today's SPEAKER



Manoj Jain

I.T. technologist and entrepreneur

Topic: "Social Media - the New difference"

Manoj Jain, is an I.T. proficient, business visionary and entrepreneur from Kolkata. He has been working in the I.T. administrations field for almost 27 years.

He co-founded Destiny Infotek Ltd. and gained vast experience in the field of ITES/BPO services and is currently, the Managing Director and CEO of "Ishika Technologies Pvt Ltd", providing Web Application Services, Digital Promotions, Bulk-SMS Solutions and Digital Signature Certificates.

He is a technologist and cherishes perusing and composing web journals. Recently, he launched India's first online portal for COVID-19 Protection & Prevention Equipment/Essentials – CovidCareStore.in.

An active member of Rotary Club of Central Calcutta Manoj Jain has served as their President, for the year 2013-14. Besides, he is also associated with several trade bodies, associations & social forums.

THE ART OF NATURAL BEAUTY - A SUMMATION

The speaker of the day was **Dr. DOLLY GUPTA**, a well known Celebrity Dermatologist, Hair Transplant and Cosmetic Surgeon; Owner of D'CosMedics Clinic. Her topic was "THE ART OF NATURAL BEAUTY" and she shared some basic tips and golden rules to maintain a healthy skin and gorgeous hair.

It was an interactive session wherein she answered several questions on how to know your Skin types and explained the morning and night Skin Care Regime to be followed by both men and women. She explained the importance of starting

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Anti-aging treatment at an early age to delay the signs of ageing like fine lines, wrinkles, dull dry skin, dark spots, sagging of skin and so on. Various treatment options including how BOTOX which help in improving wrinkles were highlighted in a simplified way. She also revealed the various reasons responsible for hair loss and why changing shampoos and hair oils to arrest hair loss doesn't help. Dr Dolly emphasised one should seek opinion of a Dermatologist in the early stages to identify the root cause and treat it from within. She also discussed various Skin issues faced in current pandemic due to Covid 19 with frequent use of sanitisers, hand washing and wearing masks.

She answered queries on a few simple DIY and Skin and Hair packs at home and stressed on why one should never self medicate or use steroids without the advice of a Dermatologist. Besides underlining the importance of following a healthy lifestyle, proper diet, exercise, meditation and practice of holistic approach on any Skin and Hair related issues.

Dr. Dolly Gupta Mantra - **LOOKING GOOD HELPS TO FEEL GREAT WHICH IN TURN MOTIVATE US TO PERFORM BETTER!**
Contributed by **Rtn Amitabh Mohan**



CENTRAL MOTOR VEHICLE RULES CHANGED, NOW NO NEED OF ADDITIONAL TYRES IN CAR

The central ministry of road transport and highways has finally made changes in the decades-old Central Motor Vehicle Rules, 1989. The rules were archaic and were creating problems for upcoming tech in the automobile industry. But with this change, the rules will be in synchronization with the latest international norms and



rules. These newly changed rules are for tires, safety glass and external projections, and few other areas.

Source

The changes in motor vehicle rules will be in application after April 1, 2021, giving authorities and automobile companies time to comply with changes. Here is a list of the newly changed rules:

The major rule that will be giving automobile owners a breath of ease will be non-obligation of extra wheels in tubeless-tired cars. A tire repair kit is now prescribed by the government. In the case of tire punctures in tubeless tires, drivers can now use the repair kit to seal the hole in the tire, instead of changing the whole tire.

However, if a driver chooses not to have an extra tire in the car, a tire repair kit and a tire pressure monitoring system (TPMS) are necessary to have. This rule complies with every major developed country's rules of transport and will allow more space to accommodate batteries.

As mentioned earlier, a TPMS is now necessary for automobiles up to a weight of 3.5 Tonnes to monitor the variation in tire pressures. With a TPMS installed in the vehicle, the driver can know the advanced information of inflated pressure in the tire, hence making the trips safer.

Source

Just like extra tires, safety glass has also now been made non-mandatory by the central ministry of road transport and highways. An automobile owner can now have safety glazing instead of safety glass. However, safety glazing must pass through certain standard tests before use. It must have at least 70% transmission of light in the front and rear windows and at least 50% transmission of light in the side windows.

Certain changes are also made for two-wheeler automobiles. For now, two-wheeler stands will be not regulated by the central government. A benchmark is now set for two-wheeler footrests.

With more and more technological upgrades in the automobile industry, immediate changes in were required in the decades-old Central Motor Vehicle Rules, 1989. This is the first change of this, with more and more electrical vehicles coming out, we can expect further changes in the motor vehicle rules.

Contributed by **Rtn Rakesh Bhatia**

CLUB EVENTS

August 8, 2020 at 6.30 p.m. :

“GULDASTA” Charter Night Celebrations

by the Members and spouses for the Members and spouses.

DISTRICT EVENTS

“THE GREEN EXPEDITION”

Environment Care and Tree Plantation on 2nd August, 2020 at 10 a.m. at Dhyan Ashram, Diamond Harbour, Konchowki and St. Xavier's College, Raghavpur Campus.

COMING EVENTS!



ROTARY NEWS

Trustee Chair K. R. Ravindran - Message August 2020

There is a world of difference between a problem and a challenge.

If a honeybee faces a giant hornet alone, the bee has a problem. But if the honeybee faces the hornet with a swarm of other bees, then it is the hornet that has a problem.

This is true in nature, but it is also the human predicament. So when the situation I confront is greater than the resources I have, then it can be termed as a problem. However, if the resources I have are greater than the situation I am faced with, then it is just a challenge. Sometimes we overestimate our problems and underestimate our ability to overcome them.

The COVID-19 pandemic seemed like a situation that might overwhelm The Rotary Foundation. But as things have progressed, we have not allowed it to do so. As of 4 June, we have funded 208 disaster response grants for \$5.2 million and 169 new global grants at \$13.8 million — all in three months. We have leveraged individual Rotarians' generosity with Foundation funds and in many cases other corporate funds to make projects larger and more impactful.

We never allowed the pandemic to overpower us. Indeed, history shows that Rotarians are a curious breed. We are visionaries, an idealistic lot that dreams big dreams of a better world. At the same time, we are resilient and able to withstand challenges that others might succumb to.

We were not idle during the pandemic lockdowns. We raised funds and did projects just as we would have if there had been no lockdown. We remembered that it's the same business that we always do — reaching out to people in distress — except the methodology by which we did it changed.

Our process of preparing and delivering the projects changed.

The way we communicated what we did changed.

The Rotary Foundation is more than 100 years old and has already weathered many storms — some of them mild and others devastating to the world. Thanks to the strength, sacrifice, and compassion of Rotarians and the level to which they have extended themselves, I believe the Foundation will continue to face the future with renewed hope and inspiration.

Our Foundation will emerge from this pandemic much stronger and more resilient as long as you continue to have trust and faith in it.

Contributed by PDG Ravi Sehgal

CLUB NEWS :

☀️ PRESIDENT ALOKE KANODIA ATTENDED THE INSTALLATION CEREMONY OF ROTARY CLUB OF MEGACITY AND ROTARY CLUB OF CALCUTTA PARK POINT.

☀️ NAMES OF MEMBERS WHO ATTENDED DISTRICT EVENT "NETRITVA"

PDG RAVI SEHGAL

PRESIDENT RTN ALOKE KANODIA

PP RTN SUNIL JAIN

PP RTN S K LOHIA

PP RTN KISHAN K KEJRIWAL

IPP RTN RAMESH TIWARI

PP RTN RAKESH BHATIA

PP RTN VISHNU DHANDHANIA

RTN RAKESH ALMAL

RTN INDIRA GOENKA

RTN PIYUSH DOSHI

PP RTN G L AGARWAL

Membership figures as of 01 July 2020

| Country | Clubs # | Rotarians # | Variance from 01 July 2019 ** | |
|------------------|---------------|------------------|-------------------------------|--------------|
| | | | Clubs | Rotarians |
| Bangladesh | 400 | 11,048 | 35 | 681 |
| Bhutan | 1 | 23 | 0 | -2 |
| India | 3,963 | 153,277 | 120 | 7,521 |
| Maldives | 1 | 42 | 0 | 4 |
| Nepal | 125 | 5,028 | 6 | 397 |
| Pakistan | 256 | 3,339 | 33 | 344 |
| Sri Lanka | 70 | 1,908 | -1 | -8 |
| Total | 4,816 | 174,665 | 193 | 8,937 |
| Worldwide | 36,310 | 1,192,517 | 420 | 3,051 |

** Variance from 01 July 2019 official starting figures.

These are not official 01 July 2020 figures, which are likely to be available in mid-August

☀️ PP Rtn C P Singhal on 30th July, 2020

Birthdays

☀️ Rtn Sunil Sobti on 2nd August, 2020

Minutes of
2412th e-RCM
of Rotary Club
of Belur held on
18th of July at
5:00 PM

The meeting was called to order by President Alope Kanoria which was attended by more than 30 members and some spouses as well.

After the national anthem by members, invocation to God was rendered by Rtn Suresh Khuteta in a rather unique manner

based on the virtues of the month of Sawaan. He had the members engrossed with this newness and the devotion of Lord Shiva.

Before taking the meeting further President Alope requested Secretary Amar Malhotra to conduct the club business which done in an assured manner by him.

President Alope welcomed speaker of the day Dr Dolly Gupta requested Rtn Sharad to do the introduction honours and invite her to take the floor.

Dr Dolly Gupta had a lively interactive question and answer session with the audience. Among our members quite a few came up with some interesting queries, PP Ramesh, PE Indra and Anne

Swati put forward some out of the ordinary questions. Dr Dolly explained about the simple things we can do and food habits which we can follow to our benefit. She emphasised that it is never too late to start caring for ones skin. The Celebrity speaker opined that Botox are a safe technique on skin which gives a feel good factor but it is important that the same is done by a competent surgeon.

Alok president requested PE Indra Goenka to propose a vote of thanks which was done by her gracefully.

With no other business being left 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 or khannajay@outlook.com.



Obituary

Shri Jit Raj Agarwal father of PP Rtn Manoj Agarwal was a refugee, a civil servant and an entrepreneur. A disciplined patriarch, he was a respected member of society.

Born on 20th February, 1932 at Judhala in erstwhile India now Pakistan, which he had to leave in the wake of Partition of India. His family had to walk for 3 days, witnessing injustice along the way, before reaching a refugee camp in India.

Although his elder brothers had only studied till grade X, they ably supported him to complete his MA in Economics. He started his career as an Excise and Customs Officer at Attari Border. Being a person of strong moral principles, he could not tolerate the corruption there and quit his job after two years.

In 1958, he moved to Kolkata and started Golden Machinery Corporation, dealing in engineering machinery pioneering it into a reputed group of companies which include manufacturing unit of fasteners and offices in Batala, Howrah, Kolkata and Guwahati.

At the age of 88, he was mentally and physically fit and highly disciplined. Till his last days, he was actively handling the accounting and taxation for all his companies, independently travelling all over the country to meet family members and engaging in social work. He had been conferred with the honour of Hony. Patron of The Punjabee Bradree (Punjab Bhawan) and had served as President of the Punjabee Agarwal Sabha, as well as President of Arya Samaj, Howrah.

Shri Jit Raj Agarwal is survived by his wife, two sons, two daughters and their families.



Two men meet on opposite sides of a river. One shouts to the other, "I need you to help me get to the other side!" The other guy replies, " But You're on the other side!"

On finding his employee sitting idle a Boss asked, "Why are you not working"? Putting up a straight face the employee answered "Sorry Boss, but I did not see you coming"

- बिदाई के वक्त जब दूल्हे से कहा जाता है।
"ख्याल रखना"

इसमें "अपना" शब्द **Silent** रहता है।

Anne Arita Kanodia



Date: 05.06.20 The Social Service Group in collaboration with the members of the Interact Club of M. C. Kejriwal Vidyapeeth organized a plethora of events on this occasion. This included videos on the importance of World Environmental Day, that were shown to students of various levels .A Power Point presentation was prepared by the senior school students of the Interact Club which was also shown to the students of the school.

Other events included Poster Making Competition and Best out of waste competition for the students of classes 7and 8 respectively. The two best posters were made by Ajitesh Ghorai of 7D and Srijan Mondal of 7B .The two superior creativity in the Best out of waste competition were the ones made by Aviriddha Pathak of 8C and Sarthak Bhattacharya of 8B .

Objective: To make the children environmentally conscious.

- 1) Number of members participated : Many
- 2) Number of people benefitted : Students of M.C.K.V
- 3) Classes involved : VII ,VIII
- 4) Amount involved : N.A
- 5) District Officials Present : No
- 6) Joint With Any Other Organisation : No



Continuing with our series on environmental challenges in India, we bring the second chapter on hazard due to Water Pollution. A rising global crisis, that needs to be dealt with extreme alacrity, in order to preserve water for future generations.

Water pollution: Here's what we need to know

Water is one of the basic necessities of life. Although about three-fourths of the Earth surface is covered with water bodies, but the availability of fresh water to people is a serious issue. Safeguarding water supplies is important because despite so much water around us only 2.5 percent of it is fresh. And just 1 percent of freshwater is easily accessible, with much of it trapped in remote glaciers and snowfields.

From big pieces of garbage to invisible chemicals, a wide range of pollutants ends up in our planet's lakes, rivers, streams, groundwater and eventually the oceans. Water pollution—along with drought, inefficiency and an exploding population—has contributed to a freshwater crisis, threatening the sources we rely on for drinking water and other critical needs.

Water pollution is one of the greatest crises facing the country. The largest source of it is the sewage water without treatment, as also water coming from pesticides-ridden fields, and chemical waste producing small and big industries. Things are so serious that there is no water resource in India, which is not contaminated at all. In fact, over 80 percent of the country's water resources have been polluted up to a large extent. There are polluted water bodies around which population lives in large numbers. Ganga and Yamuna are among India's most polluted rivers. In fact, a major chunk of the country's waste water is produced in cities and towns nestled on the banks of rivers.

Water pollution causes

The world's freshwater sources receive contaminants from a wide range of sectors, threatening human and wildlife health. It gets polluted when harmful substances enter the water bodies or seep down the water table.

1. Pollution can enter water directly, through both legal and illegal discharges from factories or imperfect water treatment plants. Spills and leaks from oil pipelines can degrade water supplies. Wind, storms, and littering—especially of plastic waste—can also send debris into waterways.
2. Water also gets polluted from domestic sources which include detergents and sewage, agricultural wastes which include chemicals like fertilizers and pesticides, solid wastes

and industrial wastes which contain toxic substances like dyes, grease, acids, oils, and many more.

3. In India, one of the biggest causes of water pollution is urbanization taking place at a fast and unbridled pace. In the past decade, the rate of urbanization has grown so intensely that it has left an indelible impression on water resources of the country.
4. Decline in the water quality of rivers flowing through the plains, mainly due social and religious rituals, such as floating dead bodies in the river waters, bathing and littering.
5. Global warming, acid rains and Eutrophication - the depletion of oxygen in a water body, which kills aquatic animals.
6. Contamination of sea water: Further, the fusion of polluted rivers into the sea aggravates water pollution. Growing pile of unusable plastic through is discharged into the sea. Many times due to accidents, fuel of vessels spills into the sea. The oil spill spreads far away in the sea and makes a layer on sea water. Due to it, countless living creatures die in the water.

Effects of Water Pollution in India

In fact, water pollution is a major cause of the low level of health in India, in both urban and rural areas. Diseases such as cholera, tuberculosis, jaundice, diarrhoea may occur due to polluted water. In India, 80 percent of patients suffering from disorders of the stomach have fallen sick due to drinking polluted water.

STEPS TO PREVENT/ REDUCE WATER POLLUTION

1. **Enforcing Laws to Prevent Water Pollution** - The legislative provisions, such as the Water Act and Control of Pollution Prevention and Environmental Protection Act are there but these have not been implemented effectively and will have to be strictly implemented.
2. **Avoiding hazardous material** - It is also extremely important to adopt the correct methods of the disposal of toxic wastes especially in the places where paints, cleaning and stain removal chemicals are used.
3. **Cleaning of drains** - To prevent water pollution, the drains are required to be cleaned on a regular basis. In the rural areas, pucca drains are required to be made, because the water is going everywhere in a chaotic manner; it finally reaches the rivers and canals with tons of garbage and pollutants. We should develop a technology to keep the drains away from the water sources.
4. **Recycling/Harvesting and Reuse of water** - Re-cycling and re-use are other ways to prevent water pollution which can improve the availability of fresh water. The use of low quality water, such as treated wastewater in the industries and for washing utensils and gardening makes the fresh water less contaminated.
5. **Preventing soil erosion** - To prevent water from getting polluted, we need to prevent soil erosion. If there is soil conservation, we can stop water pollution up to a great extent. We shall have to plant more trees to stop soil erosion.
6. **Cleaning of water ways and the beaches** - Cleaning is required on a regular basis as water of the rivers, ponds and even the groundwater has also been contaminated by humans.



Getting bored..... Few things to do when bored at home especially when lockdown is order of the day:

Start Your Own Garden: Gardening can be a great way to pass time and learn. Slowly you will have a garden which will make you proud.



Do some exercises like Sit-Ups?:



Why not use your free time to get fit? It will do a whole lot of good to your body.

Change Up Your Home Décor Scheme: A change is always good...Let the innovation in you help in giving a new look to your house.



Watch Funny YouTube Videos: How about something to tickle your funny bone? Believe me fun is always good for our well being.

Create a Vision Board: The first step towards achieving your goals is visualizing them. And if you already have then one go on to track your progress and future plans



Do a Puzzle: Puzzles are a great way to keep your mind occupied when you are bored.

Refresh your School Knowledge: Take a trip back into time. As you still as whip-smart as you were? Find out with your family members joining in for added fun.



जीवनधारा

जो जी लिया हंसते-हंसते
बस वही वक्त हमारा है
जो बैठे रुठे गंवा दिया
वह आना फिर ना दोबारा है
छोटी खुशियां भर दे झोली
बस वही जीवनधारा है
बड़ी आशाओं की धुन में
अक्सर छूट जाता है जो प्यारा है।

Anne Anu Dugar