



Spectrum



RI District 3291

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Weekly bulletin of Rotary Club of Salt Lake Metropolitan Kolkata

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PRESIDENT DR ANKUSH BANSAL

SECRETARY SUMIT AGARWAL

EDITOR DR ARUNA TANTIA

CLUB NO 78956

CHARTERED ON APRIL 30, 2008

WEBSITE www.rcslmk.org

How year 2018-19 of RCSLMK went

I RCSLMK installs its 2018-19 President Dr Ankush Bansal



Rotary Salt Lake Metropolitan Kolkata formally installed Dr Ankush Bansal as its President for year 2018-19 in presence of Governor Mukul, Governor Elect Ajay, past Governor Raju, other district officials, guests and family of RCSLMK in the afternoon of Thursday, July 5, 2018 at hotel De Sovrani, Salt Lake.

IPP Dr Chitra chaired the meeting. Before handing over the baton to Dr Ankush Bansal, IPP Dr Chitra acclaimed support provided, patience shown and encouragement showered by the members, PP Swapan Basu and concerned District officials. She added that since inception, RCSLMK demonstrated determination of achieving its long-term goal without being perturbed by short-term issues. She also invited club members and district officials to offer seamless support to young Dr Ankush Bansal, who would lead the club in year 2018-19.

IPP Dr Chitra shared glimpses of Rotary year 2017-18.

President Dr Ankush presented upcoming club plan Governor Mukul Sinha installed Dr Ankush Bansal as new President. Dr Ankush presented the new Board

Sumit Agarwal, club secretary, announced upcoming club and district programs and birthdays and wedding anniversaries of members.

IPDG Shyamashree Sen, mentioning IPP Kusum as ever-smiling club leader, cherished her presence in several projects of RCSLMK.

President Dr Ankush invited everyone to enjoy high tea. President Elect Dr Sudha Chaudhary offered vote of thanks.

In the meeting, instead of inert memento, guests were offered live growing, specially cared, potted plants

II RCSLMK sponsored YUBAKARSHAN 2018 was held successfully at DPS New Town

RCSLMK sponsored inter-school fest titled, 'YUBAKARSHAN' was held successfully at DPS New Town on July 27 & 28, 2018.



Students formed committees and participated in live proceedings of events that included, among others, United Nations Human Rights Council; Lok Sabha Committee; United Nations Environment Program; Bandhni Competition; Documentary Film Making; Socio-psychological Film Making and many others Participating schools were the Heritage School; DPS Howrah; DPS Ruby Park; DPS Megacity; Promila Memorial Institute; St Francis Xaviers; Sri Sri Academy; Mangalam Academy; Mahadevi Birla World academy; and Arabinda Institute.

III Investiture of Interact Club of DPS Town

Investiture of Interact Club of DPS New Town was held at the auditorium of the campus on Thursday, August 9, 2018.



RCSLMK President Dr Ankush with Interact club members

President Dr Ankush Bansal, club Secretary Sumit Agarwal, past President Kusum Chamaria, Archana Goyal, Indra Kumar Bagri, Ashok Surana of RCSLMK wre, among others, present



Section of Interact club members



**Delhi Public School
NEWTOWN**
Affiliated to ICSE/ISC Board

PRESENTS

YUBAKARSHAN 2018
JULY 27 & JULY 28, 2018

SPONSORED BY

**ROTARY CLUB OF SALT LAKE
METROPOLITAN KOLKATA**



■ District 3291 ■ Club: 78956 ■ Dt of Charter: April 30, 2008



IV District Governor's official visit to RCSLMK



On Saturday, September 29, 2018, Governor Mukul Sinha made his official visit to the Rotary club of Salt Lake Metropolitan Kolkata. President and club members welcomed him. Governor Mukul inducted Ansul Agarwal, Club's new member to the world of Rotary. Governor Mukul formally congratulated President and members of club for hosting a meaningful DG Visit. President Dr Ankush presented club plan for year 2018-19. Governor Mukul conducted Assembly.

V RCSLMK distributes 100 Mosquito nets among persons in need



President Dr Ankush and PP Kusum distributed 100 mosquito nets in front of the idol of Goddess Kali at CK Market, Salt Lake on Monday, November 5, 2018.

VI RCSLMK holds medical camp & distributes blankets
Dr Aruna Tantia, past President and editor, Spectrum, writes



RCSLMK's medical camp with RCC Nabankur Sangha, Chakdah, Nadia saw more than 150 patients ranging from Gynae to orthopedics. Lt Gen Dr SP Datta, past president, Dr Sen, PP Dr Chitra Ray, PE Dr Sudha Chowdhary, Dr Ushasi and I examined patients and gave them advises besides medicines.

Each patient was screened for Diabetes and hypertension by dedicated team of ILS hospital and Rotaractors. Local volunteers from RCC Nabankur Sangha guided the patients.



Cases of Prolepses, Goitres, Epilepsy, Severe diabetes and arthritis were seen. Total Rs 40000.00 worth of medicines was distributed besides Rs.40000.00 spent in blanket distribution.

The camp was blessed by local politicians who also helped distribution of club sponsored 200 blankets.



The team comprising doctors, club members, 6 para-medical staff from ILS Hospital and members of proposed Rotaract Club of Salt Lake Metropolitan wrapped up at about 4.30 pm after having sumptuous lunch and visual treat of mustard fields.

VII 20 Cycle Vans handed over at RCC Dearah ASHA, Meena Khan, District 24 Parganas (S), West Bengal

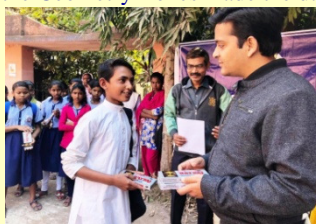


The 6th phase of RCSLMK and Rotary Gold Coast Lake Success, USA initiated distribution of Cycle Vans and rickshaws under Global Grant 1524507 held at Meena Khan involving RCC Dearah ASHA (Association for Social & Humanitarian Action) was on Sunday, Feb 3, 2019. 20 Cycle Vans were handed over to the beneficiaries, who were earlier short-listed and trained on January 24, 2019 by Social Engineering and Advanced Technical Education.

Many of RCC members being occupied elsewhere in connection with community service including training, the RCC was represented by its Secretary Sanjiv Singh and few of his assistants.

RCC Dearah ASHA identified three hundred kids studying at ten different secondary schools at 7th or higher standards, who cannot afford to buy Geometry Boxes for furthering their studies. RCSLMK, on the same day, came with 100 Geometry boxes for meeting needs of some of the kids.

There were about thirty kids, mostly girls with uniform, from two local schools, who received the boxes from club members. RCC shall hand over the rest of boxes to some of the kids, who are studying in distant schools. Smiles on the innocent faces of the kids on receiving the Geometry Boxes made the day memorable.



Along with distribution of 20 cycle vans, club handed over two hand-pulled tri-cycles to two persons with weak / deformed feet / legs to let them earn with minimum effort for moving. Also balance of 100 Geometry boxes were handed over for distribution among school kids.

Till close of Sunday, February 3, 2019, 143 Cycle Vans and 31 Cycle Rickshaws have been disbursed for handing over to the beneficiaries under the Global Grant project Swabalamban 3.



VIII Club hands over consumables to Hospital & Maternity Home

Swami Vivekananda said that service to mankind is service to God. On February 3, 2019, PP Kusum Chamaria and PE Sudha Chaudhary, among others, distributed medical goods such as bed sheets, disposable gowns, masks and dressing sheets at Dr BC Roy General Hospital & Maternity Home, New Barrackpore.



This was RCSLMK's little effort towards mankind. Those medical goods were handed at the right place.

It may be added here that the referred hospital was part of consignment that RCSLMK had received as gift in kind from Rotary Brisbane Centenary, Australia.

IX Swabalamban 3: 25 Cycle Vans handed over at RCC Vateguri Janakalyan Sangha, Dist: Howrah, West Bengal



Rotary Salt Lake Metropolitan Kolkata and Rotary Gold Coast Lake Success, USA initiated distribution of Cycle Vans under Global Grant 1524507 at Amta involving RCC Vateguri Janakalyan Sangha, Dist: Howrah on Sunday, Feb 24, 2019.

25 Cycle Vans were handed over to the beneficiaries, who were earlier short-listed and trained on January 20, 2019 by Social Engineering and Advanced Technical Education (SENATE).

All beneficiaries, except one, who was represented by his younger brother, were present to receive their Cycle Vans. Each one of them wore Roary Polo Shirt and Baseball Caps given to them.



Local Block level leaders were present and were happy to be present in the project. There was a request of putting up water kiosk for visitors and out-patients at the local Block Hospital.

The distribution turned out to be community event, where families of RCC members and beneficiaries joined.

X Inaugural Installation of Rotaract Club of Salt Lake Metropolitan



Rotaract members with guests and RCSLMK members

The Rotaract Club of Salt Lake Metropolitan formally stepped into the world of Rotary. Installation and charter hand over took place in presence of Rajani Mukherjee, past Governor and Rotary and Rotaract members on 6th April 2019 at RCSLMK's meeting venue.

RCSLMK President Dr Ankush decorated **Rotaract President Souvik** with Rotaract Club Collar and pin. He also handed over hammer and gong to Rotaract President Souvik for conducting meetings.

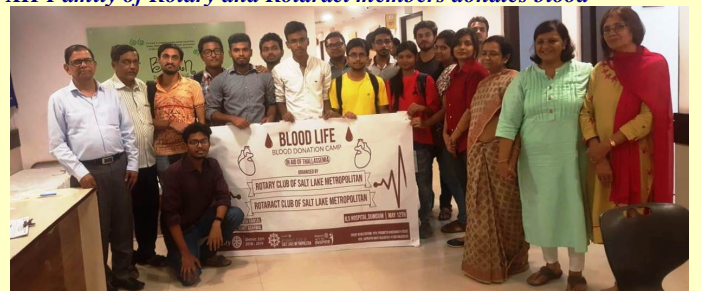
Vibrant group of Rotaractors were given words of wisdom by the Guest of Honor of the evening: past Governor Rajani Mukherjee. Such words were applicable to Rotary members. The Past Governor stressed upon variations in competencies among members, which could be utilized for serving community.

Past Governor Rajani suggested a break to listen to **Rtr Sanchari**, who sang beautifully 1997 **Titanic** theme song 'My Heart Will Go On' by Celine Dion. **Rtr Noor Hamira**, immediately thereafter, took the stage and shared couplets from Mirza Ghalib.

Past Governor Rajani later added that, while a Rotaract member can opt for dual membership of both Rotaract and Rotary, a proposal of elevating Rotaract Clubs to Rotary Clubs would be tabled at the Council of Legislation scheduled on April 15, 2019 onward.

Before termination of the meeting, RCSLMK President Dr Ankush invited everyone to brief vegetarian dinner at the adjacent cafeteria.

XII Family of Rotary and Rotaract members donates blood



Rotary in action again - summers are always crucial for thalassaemia patients who require periodic blood transfusion. Due to heat blood cannot be stored for long and there is a crisis in blood bank.

Members of Rotary Club of Salt Lake Metropolitan Kolkata and Rotaractors of Salt Lake Metropolitan organized free voluntary blood donation at ILS hospitals Dumdum on Sunday, May 12, 2019 under leadership of club president Dr Ankush Bansal. Club President Elect Dr Sudha Choudhary set the wheel rolling by being first donor. Rotaractors and some of the young members of the family of Rotary Club of Salt Lake Metropolitan Kolkata followed suit.

Though 30 persons volunteered, 23 of them were able to donate. Apart from PE Dr Sudha Choudhary, Rotary member Ansul Agarwal, Ms Rekha Agarwal, mother of club Secretary Sumit, Vivek Surana, son of Club VP Ashok Surana and Rotaractors were the donors.

RCSLMK is thankful to Bhoruka Research Centre (Blood Bank) and ILS Hospital, Dumdum

Cyclist takes on Land's End to John O'Groats challenge at 81 By Jane Cassidy

A grandmother is cycling the length of Britain in memory of her three children who died within four years of each other.

Mavis Paterson, 81, who lives near Stranraer in Dumfries and Galloway, set out yesterday from Land's End and aims to reach John O'Groats in around three weeks.



Mavis Paterson (right), from Wigtownshire, accompanied by Heather Curley

The Guinness Book of Records has confirmed the 81-year-old will become the oldest woman to complete the 960-mile route.

She hopes to raise £20,000 for Macmillan Cancer Support, a charity she started to support after her mother and sister died from the illness. Paterson said: "I'm excited and a little bit nervous about getting started, however it's something I really want to do.

"It will be nice to get the world record, but for me I'm doing it to raise money for Macmillan and because cycling and taking on big challenges help me cope with the unimaginable grief of losing my children. It's impossibly hard going from being part of a family of five to being alone, but taking on challenges like this that keep me going, and I'm happy I can do it to raise money for Macmillan."

Paterson's children died within four years of each other while all in their 40s, Sandy died of a heart attack in 2012, Katie after suffering viral pneumonia in 2013 and Bob in an accident in 2016.

She said: "I've taken on big challenges before, but this will be the toughest. I really hope people consider donating to help me meet my £20,000 target."

Paterson, who has trained intensively, and her cycling companion Heather Curley, 55, plan to cycle 50-60 miles a day. They will sleep in a specially-designed campervan provided by Scottish firm Tunnock's which will follow them en route stocked with supplies.

Macmillan staff and volunteers will join them for parts of the ride.

Donations can be made at justgiving.com/fundraising/mavis-paterson1.

Protecting our oceans

Posted on June 25, 2019 by Angie Mesistrano, Area 2 Commodore of the International Yachting Fellowship of Rotarians



Most of us are aware of the high levels plastic pollution in seas and oceans that are destroying marine flora and fauna. We might even be aware of the large floating island of plastics in the North Pacific Ocean. We also know how ingrained the use of single-use plastics are in our culture. It is a big problem, but how do we address it?

The International Yachting Fellowship of Rotarians is the oldest and largest of the Rotary Fellowships. It began in England in 1947 and has grown to 126 fleets with nearly 3,685 members. We have fleets in more than 40 countries. We are a group of Rotarians dedicated to

promoting all aspects of boating as an opportunity for fellowship and service. Our fellowship is also dedicated to protecting our oceans, and promoting the culture of "Reuse, Reduce, Recycle plastics".

Our fleets are working on developing a program against plastic pollution. We have asked for support from incoming District Governors, and many of them have declared this of district interest.

We also promoted the program to Rotaract and Interact clubs because we believe that the entire Rotary family should be involved. It has drawn lots of interest and participation. The Rotaract club presidents have expressed interest in collaborating because they are aware of the great damage that pollution is doing to the planet. They are presenting the project at their clubs and with their groups of friends.

We are developing a website for this special program and young leaders are taking care of the promotion and helping spread it in their communities, universities, clubs and associations. From these groups, we are identifying young leaders who will help us sustain and strengthen the program.

The oceans produce 50% of the oxygen we breathe and absorb 30% of the carbon dioxide we produce. The program will contribute to the plastic decontamination of the oceans and sea. We will organize beach cleanings, plastic waste collections, meetings to raise awareness of the use of plastics, build strategic alliances with partners and sponsors, and protect marine fauna and flora.



No one can solve the problem of plastics pollution alone, but together we will drive global change.

Birthdays of Rotary members in June 2019

Siddhartha Sadhan Bose, past Governor on June 21, 2019

Nayantara Palchoudhury, past Governor on June 24, 2019

Anniversaries of Rotary members & spouses in June 2019

Sp Sharmila & PDG Siddhartha S Bose on June 3, 2019

Spouse Sushma & PP Uma Shankar Agarwal on June 20, 2019

Sp Lalita & PDG Kamal Seth on June 30, 2019

Sp Sweeta & Dr Rajesh Goel on June 30, 2019

June is Rotary Fellowship month

Birthdays of Rotary members in July 2019

Ranjan Kuthari on July 9, 2019

Dr Om Tantia on July 10, 2019

Pravat Krishna Rohatgi, past Governor on July 14, 2019

Amitava Mookerjee, past Governor on July 19, 2019

Anniversaries of Rotary members & spouses in July 2019

Spouse Rinki & Anirban Majum on July 3, 2019

Spouse Lakshmi & PP Siddhartha Tantia on July 3, 2019

UNWIND

Can you do anything that other people can't? Sure, I can read my handwriting!

TAILPIECE

If you see the moon you see the beauty of nature. If you see the sun, you see the power of nature and if you see the mirror, you see the best creation of nature.