



# Rotary Club of Sonarpur

Rotary District : 3291



**PRESIDENT :**  
Rana Safui

**RI PRESIDENT :**  
Sakuji Tanaka

**SECRETARY:**  
Gautam Ray

**DISTRICT GOVERNOR:**  
Uttam Ganguli

R.I. Club No. 23960 Charter dt. 30.06.1986

**NO. 17**

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## Parent behind bars, kids in class

Source: Calcutta Telegraph, Nov. 25, 2012, 5:43 p.m. CST

Shoaib Laskar (name changed), now 14, was a year old and his sister not yet born when their father landed in jail after accidentally killing a man in a fist-fight. Their mother struggled to fund their education till her task became easier five years ago when Rotarians lent a helping hand.

The Laskar siblings were among the first group of 40 children of prisoners to get scholarships funded by Rotarians, in association with the West Bengal Police correctional services, in 2008. The number of beneficiaries has since gone up with **144 kids awarded scholarships** of Rs 100 to Rs 1,000 a month on October 14. Rotarian Virendra Singhvi said the count would go up to 250 next year. Shoaib's mother, Jahanara (name changed), gets Rs 8,000 a year for her two kids.

"There are many dropouts when the breadwinner is jailed and all of a sudden the family has no income. Girls join their mothers in household work or become helps and boys often take to crime," said Sushil Sethia, the main architect behind *Smiles*, an initiative by the *Rotary Club of Calcutta Mayfair*, under which the scholarships were awarded. "Our goal has been to try and keep them studying. We review their report cards every six months. This keeps them on their toes."

Jahanara, who is illiterate and works as an agricultural labourer, has no idea how long her husband will be behind bars but she is relieved that her son has been doing well in studies. The scholarship allows him to take private tuition. "He ranks among the first three in his class," said the mother of the Class VII student.

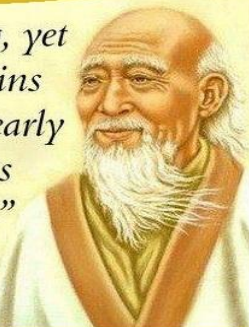
Jail warders said they had noticed improvement in the behaviour of prisoners after they got to know that their children's education was being funded.

B.D. Sharma, who played a significant role in the project being launched when he was ADG (prison) in 2008, said the project had helped many families but much more needed to be done.

## Thought of the Day

*"Water is the softest thing, yet it can penetrate mountains and earth. This shows clearly the principle of softness overcoming hardness."*

**Lao Tzu**



## Health Corner

### Drinking green tea can help improve your memory



**Green tea** has many benefits for the human body, including **weight loss**, **lower cholesterol**, protects against **cardiovascular diseases**, and is full of **antioxidants**. Recently, **scientists** have found that **green tea** can also help improve your memory. The main ingredient in **green tea** is epigallocatechin-3 gallate, or EGCG. EGCG is an **antioxidant** that has been found to protect the body from **degenerative diseases** that often come with age. Research has also found that EGCG helps neuron cells generate. EGCG also has been shown to help in the creation of neural progenitor cells. These are similar to stem cells which are known to turn into other types of cells. These cells can improve our cognitive functions, including both short- and long-term memory. EGCG was studied in mice, and scientists found that it acted "directly to increase the production of neural progenitor cells." This is why **green tea** and its ingredients can help fight off **degenerative diseases**, as well as memory loss. There are many other benefits that can come from drinking **green tea**. Among these include a reduction in the risk of esophageal cancer; delaying Alzheimer's symptoms; calming and relaxing those that suffer from **depression**; reducing wrinkles to improve your **skin**; lowering high blood pressure; and lastly slowing the rise of blood sugars, which is beneficial for **diabetics**. **Green tea** has so many benefits that one would be foolish not to drink it.

## Four Way Test

### Of the things we think, say or do

- Is it the **TRUTH** ?
- Is it **FAIR** to all concerned ?
- Will it build **GOODWILL** and better **FRIENDSHIP** ?
- Will it be **BENEFICIAL** to all concerned ?

## District Programme

1. **8<sup>th</sup> & 9<sup>th</sup> December** : 2<sup>nd</sup> President, Secretary, AG, ZS (Admin) meet  
2. **15<sup>th</sup> December** : ICM on Family values.

## Club Programme

1. **15<sup>th</sup> December** : Distribution of woollen clothes at RCC Janakalyan Samity, Usthi.

**We meet every Friday, 7.30pm. at ' HARMONY ', 20A, Kali Mohon Banerjee Lane, Kolkata 700025**



## Minutes

## Meeting no 1165 Dated 23.11.2012

President, Rtn. Rana Safui called meeting no. 1165 to order.

National Anthem led by Rtn. Bibhas Kr. Roychowdhury

President welcomed, Mr. C. Goswami, guest of Rtn. Pradeep Choudhury, to our meeting  
Minutes of the last meeting confirmed.

Discussions:

- President thanked IPP Rtn. Santanu Ghosh for his entire effort towards submission of completion report of School Bench Project to EIRWT successfully.
- Against the enquiry by the President, Helping Grant Project Chair, Rtn. Sanjay Dasgupta assured in club that the application for the 2<sup>nd</sup> Helping Grant Project ie, "Renovation and extension of school building" run by Ashram Anandam at Sonarpur will be submitted to EIRWT by next Friday.
- President informed & requested few other members to accompany with him to attend "Strategic Plan & Club Leadership Plan workshop" arranged for the Zones 23 & 26 to 31 to be held at Rotary Sadan on Thursday, 29<sup>th</sup> Nov. 2012. 6.30pm.
- Members discussed and decided to make partial sponsorship for the sports organized by RCC, Janakalyan Samity, Usthi.
- Against a mailed enquiry from Rtn. Santanu Ghosh about the status of Club's Pre Puja Cloth Distribution project at RCC, Janakalyan Samity, Usthi, President requested Community Service Director to brief the members. Rtn. Sanjay Dasgupta informed members that due to dearth of time the project could not be executed before Puja or Eid and proposed to convert it to 'Woollen Clothes Distribution' as suggested by Rtn. Gautam Ray. Members discussed and decided to execute the project on 15<sup>th</sup> December 2012. Rtn. Sanjib Kr. Ray announced an additional contribution for the project.
- Members present resolved to issue final reminders to Rtn. Swapan Saha & Rtn. Moloy Chatterjee for paying their membership dues within 15<sup>th</sup> December 2012, failing which their membership may be automatically cancelled.
- Members present discussed and approved President's proposal to get the Bye Laws of Rotary Club of Sonarpur Welfare Trust drafted by a professional known to him and later get it vetted by Rtn. Samir Ray, who being ill, may take some time to recover.
- Rtn. Santanu Ghosh pointed out that any change of venue should be approved in the Board meeting and



**Rtn. Gautam Kr. Basu**

Chief aide to District Governor, RI Dist. 3291,  
Member of Rotary Club of Dum Dum  
Expired on 22nd November 2012

*-Your fragrance will never fade in our hearts*

-Rotary Club of Sonarpur

informed to the District administration for record. Members present discussed and decided to inform the District authorities accordingly on approval by the Board in its meeting scheduled for 5<sup>th</sup> December 2012.

- President announced that the A.G.M. will be held on 21<sup>st</sup> December 2012. Rtn. Sanjib Kr. Ray unanimously selected as Election Commissioner.

President handed over the business to Secretary Rtn. Gautam Ray, who announced the receipt of bulletins from neighboring clubs, and upcoming District events.

Secretary handed back the meeting to

the President.

Having no other business, President terminated the meeting.

Members Present: 11

Sunshine Collected: Rs. 220/-

### Using vocational service to build peace

By Sakuji Tanaka, Posted on October 2, 2012 by Rotary International

In Japan, we place great importance on the value of work. Whatever we are called to do, we should do it to the very best of our abilities, with dignity and with pride. Whether the job is running a country or shining shoes, there is honor in every vocation.

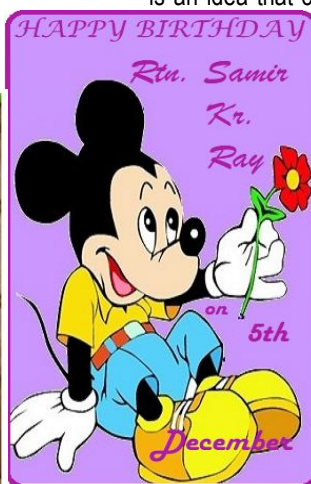
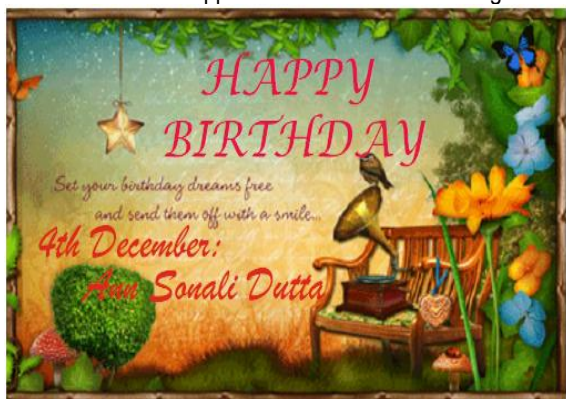
I grew up embracing this belief, but I had never stopped to contemplate it. One day, in my third year in Rotary, we had a speaker at our club who talked about the purpose of one's livelihood. He asked, why do we work hard? What is the importance of our work?

I had never thought about this before. I never saw it as a question. We work to earn money. We work to be successful. We work because it is required of us. To me, this was all.

On that day, I learned about the idea of vocational service. It was the idea that through our work, we can serve others. We think about others' needs, and grow to care more for the needs of our communities. We build positive connections between people, and a more peaceful world.

This is the idea that has changed my life. It did not change how much I worked, or how hard I worked. But it changed why I worked, and how I experienced my life. It has made me see a higher purpose in everything I do.

The idea of Service above Self is an idea that is unique to Rotary. But it is an idea that can be embraced by anyone. And I believe very much that in Rotary, and beyond Rotary, we can build Peace through Service.



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