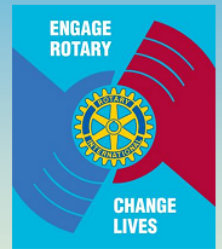


Rotary



R.I. District - 3291

Rotary Club Of Sonarpur



RI President: Ron D. Burton
President: Gautam Ray



District Governor: Rajani Mukerji
Secretary: Debasis Chakraborty

RI Club No. 23960, Club Charter Date 30th June 1986

NO. 33

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POLIO CONCLAVE



**SPEECH BY THE PRESIDENT OF INDIA
AT THE INAUGURATION OF POLIO
CONCLAVE ORGANIZED BY ROTARY
INTERNATIONAL at Vigyan Bhavan,
New Delhi on 29-03-2014**

It gives me great pleasure to join you today in celebrating India's polio free status. The official recognition, by the International Certification Commission that India has effectively immunized its population against polio - that there has not been a single case of polio detected in India in the last three years - is a momentous occasion indeed. For a country that was, till only recently, among the worst affected by the virus, this is a landmark achievement. 2. Polio eradication has been a priority health objective of the Government of India. The realization of this goal was made possible by an unprecedented and gigantic programme undertaken by the Government of India across the length and breadth of our country. Government of India and State Governments were supported in this operation by doctors, volunteers, professionals, private enterprises and international organisations. They all came together to make that extraordinary, collective effort - which was necessary to wipe out this crippling disease. International organisations like the UNICEF, WHO and the *Rotary International* network contributed with a variety of their human and material resources and best practices.

3. To them all, I would like to convey my deep appreciation. I would like to congratulate the countless men and women of India who applied themselves with vigour to implement the initiatives taken up at multiple levels. They worked persistently to spread awareness, administer the polio vaccine and follow up with surveillance investigations and prompt medical attention, wherever required, to achieve the goal that has been accomplished today.

4. In a country like India, where the sheer numbers of our population and access to remote regions is a unique challenge, the fact that the programme reached every corner of our country, that the volunteers were successful in persuading all communities about the importance of immunisation and eliciting their co-operation, repeatedly, for timely administration of the prescribed doses, speaks of the unparalleled dedication of all concerned. 5. As I thank the *Rotary International* for inviting me today, I recall their unyielding advocacy and relentless efforts, over the years, to execute their comprehensive campaign against polio in all parts of our country.

6. Ladies and Gentlemen, while we rejoice today, we must remind ourselves of those nations whose battle against the polio virus is not yet over - whose children are yet to be properly protected against it.

7. A few weeks ago, on the occasion of India's completion of three years without polio, I had stressed that our success must make us more vigilant: we will continue to be at risk until the whole world is free of the virus. We will need to keep up our watchfulness and preparedness and take all the precautions necessary to ensure that there is no recurrence of this dreadful disease in our country. I do believe that as viruses and diseases do not respect borders, it is in our own interest to assist those populations of the global community that are still vulnerable. I would like our people to reach out to such countries that can benefit from our success and experience. Countries such as Nigeria, Pakistan, Afghanistan, countries in West Africa and even Syria, which are said to be polio infected, can be assisted in so many ways. We can share with them the strategies that brought us success and help them improve their own health systems and infrastructures. As long as polio virus survives anywhere, it is a threat to all populations everywhere.

8. I am confident that we can count on the support of our partners as we join the international community in rooting out the polio virus permanently from the globe. The worldwide network of the *Rotary International* would be an important asset. They have demonstrated that civil society can play a key role in supporting and supplementing Government's efforts to address challenging health issues; they have set a very good example that will, I am sure, inspire similar

partnerships in other areas of healthcare in our country. I do believe that every contribution, big or small, to the overall effort will be invaluable. 9. With these words, I once again congratulate the Union Ministry of Health, State Governments and all those who contributed to making India polio-free. I offer my felicitations to the people of India on this historic day and wish them the best of health and happiness. Jai Hind!

Light for Education



Indian students attend an assembly to receive solar LED lamps and e-learning kits as part of the Vidya Deepa project, a multinational project co-sponsored by Nebraska Rotary District 5630 and Rotary District 3190 in Karnataka, India. The project supplies solar LED lamp kits and e-learning kits, including refurbished Hewlett-Packard laptops, to rural schools in a 140-kilometer radius of Bangalore. It's a multinational project, co-sponsored by the Bangalore West Rotary Club and Rotary District 3190 in Karnataka. One of the focus areas is education and literacy, and the foundation granted the project \$92,000 — enough money to supply 70 Indian schools with e-learning kits and more than 2,200 solar LED lamps.

In addition to the Rotary grant, a donation from a Bangalore-based organization, the Menda Foundation, matched every solar lamp given through the Rotary Foundation's grant. As a result, nearly 5,000 Indian children in 140 rural schools now have consistent access to light to do homework and study for exams as part of the Vidya Deepa project.

"You're trying to break a cycle of illiteracy," said Don Peterson from Nebraska Rotary District 5630. "Education is the key there, in our view. This project can and will make a huge impact there. It was like you were giving them a new bike. The appreciation of the kids and the staff was just overwhelming. I believe some of that was realizing that people care about them and their education."

We meet every Friday, 7.30pm at Hotel Park Palace, 49/2, Gariahat Road, Kolkata 700019

Minutes of Meeting

Meeting no.1225 Dated. 28.03.2014

President Rtn.Gautam Ray calls meeting no. 1225 to order

National Anthem led by Rtn Mridul Chanda.

Minutes of the last meeting confirmed.

Discussions

- President conveyed heartiest thanks to all members and their families for whole hearted participation in DG's visit. He also thanked the members for their support in different Club projects throughout the year which earned compliments from DG. President made special mention of Ann Mukta's deliberation on 'Role of Anne in Rotary'.
- President discussed the financial commitments of the club for the Helping Grant project, "Thalassemia Awareness and Screening camp". and requested members to contribute for the project, facilitating submission of 50% of the project value to EIRWT.
- In response to President's proposal to organise Thalassemia Awareness and Screening camps in North Calcutta in association with other organizations, Rtn. Samir Kr. Ray and members present preferred to manage the same in and around South Kolkata.
- Rtn. Rana Safui noted and took exception of the awkward situation created by Rtn. Subrata Das during DG's visit. Members present agreed and formed a committee comprising of Rtn. Rana Safui, Rtn. Samir Kr. Ray, Rtn. Dipankar Sen & Rtn. Dr. Malay Chatterjee, to probe the incident and adopt remedial measures.
- President explained and offered to equally distribute the points earned by the club by contributing to TRF against District Grant project for supplementing the contribution of aspiring members for PHF.

President handed over the business to the Secretary, who announced the receipt of letters, bulletin from neighboring clubs, upcoming District events before handing back the meeting to the President.

There being no other business, President terminated the meeting.

Member present 14 Sunshine collected Rs. 280/-



5 Tips to Become a Comfortable & Confident Public Speaker

Eighty-five percent of people struggle with speaking in front of others, and the other 15 percent are probably lying, shared Lecturer Matt Abrahams in a recent Mastery in Communication Initiative workshop at Stanford GSB. From introducing someone, to making a cold call, to being put on the spot to answer a question in a meeting, spontaneous speaking situations can make peoples' hearts race and hands shake. Some anxiety is good when talking in public – it gives you energy and helps you focus – but you want to learn how to manage it so it doesn't manage you, believes Abrahams. Here are five tips for becoming more confident and comfortable in any speaking situation:

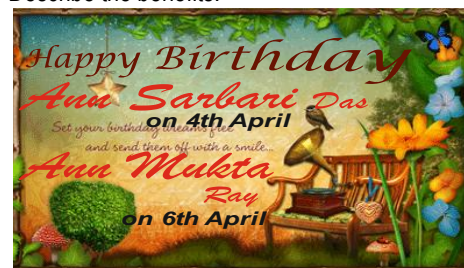
Manage your anxiety. When you start feeling your heart pound and hands sweat, acknowledge the nerves. Saying, "This is me being nervous," won't take the anxiety away, but it'll prevent it from increasing. Also try reframing the public speaking situation as a conversation rather than a performance.

Get out of your own way. We tend to set very lofty standards for ourselves when speaking in front of others; we try to say really inspiring, poetic things all the time. But you should "dare to be dull," advises Abrahams. Set your speaking goals at a reasonable level so you can overachieve.

Focus on the audience. Too often people are afraid of speaking spontaneously because they think the spotlight is all on them, noted Abrahams. But your job as the speaker is to help your audience achieve some goal. It's not all about you. Understanding that the attention is partly on your listeners can help you feel less nervous.

Prioritize. Really think about your audience so you can tailor what you are saying to them. Consider their needs so you can prioritize what you share and take away the anxiety of missing something. "Do what's needed, nothing more, nothing less," says Abrahams.

Respond concisely. To avoid rambling on when answering a question, follow a simple response "structure." One example of a three-step roadmap to give your answer some direction: 1) Answer the question; 2) Detail an example; 3) Describe the benefits.



Glimpses of District Holi Meet held on 29th March 2014



Bethlehem Rotary Club donates \$38,000 to Hispanic Center Lehigh Valley

By Lynn Olanoff | The Express-Times

Hispanic Center Lehigh Valley Executive Director Lorna Velazquez didn't know what Rotary International was two years ago.

Now she's intimately familiar with — and very grateful to — the Bethlehem Rotary Club, which has donated \$38,000 to the Bethlehem organization in the last year.

Officials gathered to celebrate the contribution of a \$3,000 grant that will go toward breastfeeding education and childcare safety efforts. But the Rotary also raised another \$35,000 last year to help with the Hispanic Center's general operations.

The \$3,000 grant is paying for the center's Women, Infants and Children coordinator to become a certified lactation consultant. It also will pay for breast pumps for WIC clients and a television in the center lobby to broadcast breastfeeding education information.

"We believe this lactation training is sustainable ... and will be a gift for many years to come," Bethlehem Rotary Club President Kerry Wrobel said.

Some of the grant also will be used to buy additional portable cribs distributed to WIC clients through the Bethlehem Health Bureau. Some families are unable to afford any type of crib and distributing portable cribs provides them with a safe sleeping option for their infants, said Kristen Wenrich, the health bureau director.

The \$35,000 contribution from the Rotary, which was raised at an October fundraiser, is helping with the center's general operations, including its community empowerment program that helps city residents find jobs, Velazquez said.

The Bethlehem Rotary Club's involvement with the Hispanic Center's breastfeeding efforts inspired members to also get involved with a breast milk purchasing effort in Pune, India, Rotary board member Debbie Geiger said. The club donated \$8,000 to a Pune hospital to help provide orphans with breast milk, she said.

Upcoming District Event

- Talent Search at Rotary Sadan on 5th April 2014
- Leadership Seminar at Rotary sadan on 19th April 2014
- Nababarsho celebration at Royal Bengal Hall on 26th April 2014

