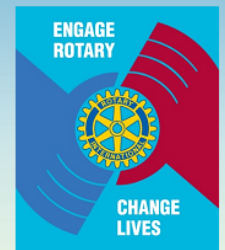




Rotary Club Of Sonarpur

R.I. District - 3291



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

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Inspector Shalini Sharma can make

criminals talk by Pooja Bhula Tuesday, July 23, 2013, 15:51

In classic small-heeled pumps, fitted narrow trousers, a colourful scarf, plain shirt, long hair, tall frame and a confident stride, Police Inspector Shalini Sharma—Extradition Cell, of Mumbai's Crime Investigative Unit (CIU)—carries herself like one of Charlie's Angels. CIU officers don't wear uniforms. She is as alert as she is friendly—interrogating gangsters, terrorists, pedophiles and the like, for a living. Two months ago, the Crime Branch arrested Theva Satish Kumar, of the Liberation Tigers of Tamil Eelam (LTTE), based on an Interpol alert issued by the Sri Lankan government. What was Shalini's role? "We verified the intelligence received, and alerted police stations, immigration and other teams."

Following an arrest, the person is presented in court and taken into custody for questioning. "The interrogation went on for 24 hours! He was lying and I knew it. The stamp on his passport was fake." As per media reports, Kumar first said he came by air, but later revealed he arrived via sea. He would have been caught, boarding a flight from Sri Lanka.

"I don't use third degree. I make them speak-up without breaking laws. Criminals don't expect decency of this sort, so at first, they think I will go soft on them. But, with 23 years of experience, I know how to make people comfortable, I know how to make them talk," is her unique approach.

No wonder she was chosen for a \$10,000 scholarship to learn Hostage Negotiation and Crisis Management from Scotland Yard. "In 2008, we didn't have negotiators to look into lacunae during terror attacks. So the Rotary Club and Mumbai Police took the initiative. 12 candidates, initially selected based on age and police experience, were narrowed to six, three, and finally one." "Everything begins with water," Aufranc says. "If there is no water, we cannot have peace. Where there is a lack of water, there is conflict."

In her brief tenure as chief counsellor, Shalini thwarted a suicide attempt. "In interviews, Rotary gauged our international exposure and ability to handle sensitive matters. Officers tested our knowledge, language, and presentation skills. Working in the Extradition Cell since 2004 helped, as I was in regular contact with consulates. Confidence and interest matter too." Her training lasted two weeks. She acquainted herself with the British Transport Police, London Police and New Scotland Yard Police, London, and wanted other officers to be trained too.

"Crisis management isn't a one-person job. I convinced my seniors to get two officers from Scotland Yard to Mumbai. Eventually, 17 officers were trained. With the remaining scholarship money, I got permission to familiarise myself with Interpol in Lyon, France."

The former Indian University level volleyball player's fitness quotient hasn't decreased. She watches her diet, gyms from 9pm-10pm when possible, or swims and takes brisk walks. "I've had clashes with my husband and sometimes feel my sons are neglected. But whoever joins the police is prepared for stress, physical demands, and difficulties it may cause to family life."

She has a diploma in cyber crime and intends to learn forensic investigation and acquire weapons training.

Club Project Report

Members and Anne of Rotary Club of Sonarpur joined for a fellowship and dinner at Hotel Park Palace on 26th July 2013 after executing the following programmes scheduled for the day.



AG Rtn. Deep Chanda inducted new member Mr. Mridul Chanda & welcomed his spouse Dr. Sharmila Chanda to the family of Rotary with a bouquet of flowers.



Chandana Ghosh a meritorious, needy student from a financially under-privileged family was handed over scholarship for pursuing her studies in +2 level by AG Rtn Deep Chanda.



Rotarians Sushmita Das, Swapnil Das & Sayan Dutta being recognised & awarded Certificates for their performance in respective educational fields.



Subhasish Nath an eminent personality in the field of Drug Abuse and its remedy conducted a seminar and awareness programme on the subject after AG Rtn. Deep Chanda inaugurated the Seminar.

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



Minutes of Meeting

Meeting no. 1197

Dated 26.07.2013

President Rtn. Gautam Ray calls meeting no. 1197 to order National Anthem led by Mr. Subhasish Nath. President welcomed AG Deep Chanda, Mr. Subhasish Nath, Rotalets and Anne.

Minutes of the last meeting confirmed.

Discussions

- President informed successful inauguration of extended & renovated Rota school building at Ashram Anandam, Sonarpur on 21st July 2013 and thanked members for their active participation and support for the project.
- President Rtn. Gautam Ray accompanied AG Rtn. Deep Chanda for handing over educational Scholarship to meritorious Chandana Ghosh for pursuing +2 level studies and committed on behalf of the club to support her for next 2 years.
- President Rtn. Gautam Ray requested AG Rtn. Deep Chanda to induct Mr. Mridul Chanda to our club. AG inducted the new member and handed over new member's kit to Mr Mridul Chanda.
- President discussed the upcoming projects of the club and requested Club members to conceive good projects.

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

There being no other business, President terminated the meeting.
Members present: 15 Sunshine collection: 300



Health Point



The nose has a left and a right side; we use both to inhale and exhale. Actually they are different; you would be able to feel the difference. The right side represents the sun, left side represents the moon. During a headache, try to close your right nose and use your left nose to breathe.

In about 5 minutes, your headache will be gone? If you feel tired, just reverse, close your left nose and breathe through your right nose. After a while, you will feel your mind is refreshed.

Right side belongs to 'hot', so it gets heated up easily, left side belongs to 'cold'.

Most females breathe with their left noses, so they get "cooled off" faster.

Most of the guys breathe with their right noses, they get worked up.

Do you notice the moment we wake up, which side breathes faster? Left or right? ?

If left is faster, you will feel tired.

So, close your left nose and use your right nose for breathing, you will get refreshed quickly.

This can be taught to kids, but it is more effective when practiced by adults.

A person used to have bad headaches and was always visiting the doctor. There was this period when he suffered headache literally every night, unable to study. He took painkillers, did not work.

He decided to try out the breathing therapy here: closed his right nose and breathed through his left nose.

In less than a week, his headaches were gone! He continued the exercise for one month.

This alternative natural therapy without medication is something that he has experienced.

Upcoming District Event

August 11, 2013: DISTRICT POLIO ORIENTATION & PLANNING MEET
At Rotary Sadan. Registration starts at 9.30 am

Columbia woman is Rotary Club's first woman Vice President

COLUMBIA, S.C., 07.21.2013.

A Columbia woman has become the first female vice president of Rotary International.

Anne L. Matthews took over her new post this month. She also was the first woman to serve as a member of the Rotary International Board of Directors and as a Rotary Foundation trustee.

Matthews says she started attending Rotary Club meetings in 1989 on the recommendation of her minister.

She says she has enjoyed the public service projects she has undertaken with the club, including digging wells in the Amazon jungle and immunizing children in India against polio.

Matthews is president of educational consulting firm Matthews and Associates and has served as a trustee for Coker College.

