

Rotary Club of Belvedere Gardens Calcutta

CLUB NO. 31255

RI DIST 3290



Ingrance

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R.I.THEME 2009-10

Rtn John Kenny
RI President 2009-10

Rtn Utpal Majumdar
Dist. Governor 2009-10

Rtn Debajit Choudhury
President 2009-10

Rtn Kishore Butta
Secretary 2009-10

PRtn Alope Dey
Editor

VOL. XVI NO.:12 MEETS EVERY SUNDAY : THE ASTOR HOTEL AT 11.00 AM

DATED 27TH SEPT. 2009

A Report : Mega Health & Eye Check-Up Camp at Khidderpore on 16-08-2009 organised at Progressive Club, Watgunge in association with RC Calcutta Vivek. Approx. 300 patients were benefitted, Approx 120 patients were given free spectacles. 35 patients were detected for Cataract operations, which will be taken care by our club. Our club president received a memento in honour, by the Progressive club.

Malaria Camp was organised at Kalighat on 18-08-2009 in association with Calcutta Vivek. 100 mosquito nets were distributed.



**Join hands to
Serve better**

**"Futur of Rotary
is in Your
Hands"**



HEALTH WATCH

How to Create and Regenerate a New You

- ◆ As a first step, **reduce your fat intake**. Try and keep it under 30%. Do not make the mistake of cutting it out altogether - after all, good fat is an essential nutrient.
- ◆ Are you taking enough **nutritious fibre foods**? Consumption of whole grains, whole wheat, brown rice and plenty of fresh fruits and veggies will help you in your health mission.
- ◆ Are you drinking **plenty of clean water**? Water is a very important and essential nutrient. Drink the mandatory 8 glasses for good digestion and to get rid of toxins.
- ◆ If you are not used to strenuous exercise, forget about all those exercise machines in the gym. But how about a brisk, daily walk? It will keep you fit and, with a little weight bearing exercise, your bones will become strong. So, **sensible exercise** is a must.
- ◆ Is your consumption of **micronutrients** sufficient? These are vitamins and minerals (essential components of nutrition) that are required in smaller quantities but which go a long way in making you feel good, slow down natural ageing process and also prevent diseases.
- ◆ Have you **cut down drastically on your consumption of refined sugar**? Sugar is what causes ups and downs and is actually a nutritional nightmare. Might give you a burst of energy one minute, and the next, take you to the dumps. Result? Irritation and depression.
- ◆ Learn to **limit your salt intake**. Are you aware that excess salt will throw you off balance and play havoc with your minerals? It's a sure cause of water retention and high blood pressure.
- ◆ Are you a smoker, drinker and caffeine addict? Well, the less said of the negative effects of these, the better. We don't want to scare you, but it is essential for reasons of good health, that you **eliminate** these from your life forever. **Quit while the going is still good**.
- ◆ See that you **maintain an optimum weight**. Do not indulge in yo-yo dieting and weight loss. It will only strain your body and result in your getting stressed out.
- ◆ You have to **make up your mind to be happy**. There is nothing the power of the mind cannot achieve. Lead a balanced life and always think positive. You will emerge a sure winner!

ROTARY'S MISSION

The Mission of Rotary International is to support its member clubs in fulfilling the object of Rotary by

- Fostering Unity amongst member Clubs
- Strengthening and expanding Rotary around the world.
- communicating worldwide the work of Rotary,
- Providing a system of international administration

ALWAYS SAY I AM AN INDIAN

AN AMERICAN VISITED INDIA AND WENT BACK TO AMERICA WHEN HE MET HIS INDIAN FRIEND, WHO ASKED HIM...
"HOW DID U FIND MY COUNTRY ??"
THE AMERICAN SAID IT IS A GREAT COUNTRY WITH SOLID ANCIENT HISTORY, AND IMMENSELY RICH WITH NATURAL RESOURCES.
THE INDIAN FRIEND THEN ASKED ?. HOW DID U FIND INDIANS ??..??
INDIANS??
WHO INDIANS ??
I DIDN'T FIND OR MEET A SINGLE INDIAN THERE IN INDIA??.
WHAT NONSENSE ??
WHO ELSE COULD U MEET IN INDIA THEN ????
THE AMERICAN SAID ??..
IN KASHMIR I MET A **KASHMIRI** ?
IN PUNJAB A **PANJABI** ??
IN BIHAR, MAHARASTRA, RAJASTHAN, BENGAL, TAMILNADU & KERALA I MET A
BIHARI, MARATHI, MARWARI, BENGALI, TAMILIAN, MALAYALI ???
BUT THEN I MET
A **MUSLIM**,
A **HINDU**
A **CHRISTIAN**,
A **JAIN**,
A **BUDDHIST** etc
AND MANY MANY MANY MORE
BUT NOT A SINGLE INDIAN DID I MEET!!!
????????????????????????????????...
THINK HOW SERIOUS THIS JOKE IS?????..
THE DAY WOULD NOT BE FAR OFF WHEN INDEED WE IN INDIA WOULD BECOME A COLLECTION OF STATES
or
are we in the process of forming :
"UNITED STATES OF INDIA"
Introspect...

ALWAYS SAY I AM AN INDIAN

Drunk 'N' Talking

Police : Where are you going ?
Drunkard : To listen to a lecture on the evils of drinking.
Police : Don't try to fool me. Who will give you a lecture at midnight ?
Drunkard : My Wife .