



महोत्सव

Manipadma

50th

INSTALLATION
CEREMONY

2022 - 2023



JENNIFER E. JONES

Rotary International President, 2022-23



**IMAGINE
ROTARY**

Sunday, 3rd July, 2022

— V E N U E —

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**IMAGINE
ROTARY**

Rotary Club of Imphal
Rotary International District 3240

Manipadma

50th

Installation Ceremony, 2022-23

Sunday, the 3rd July, 2022

Venue

**ROTARY MULTI SERVICE CENTRE,
Mantripukhri, Imphal East - 795002**



Rotary Prayer

O God! Creator of all things
And father of Mankind;
We thank thee for inspiring our founder
With the principles of Rotary
Based on high ideals of morality;
We implore thee to help us, Rotarians
Meeting here
To imbibe deeply the true Rotary spirit
And to labour incessantly
For the establishment of peace and goodwill
Among all people;
For the elimination of all bars on
Colour, creed and crime;
For the removal of economic and social barriers;
For the proper understanding of the
Sanctity of human personality
And the dignity of labour
So that
All individuals, all families and
All nations may live in amity and fellowship
And unite around thy holy feet And hail thee as thou really art
Our one true, eternal and all loving father.

●

ROTARY THE 4THWAY TEST

Of the things we think, say or do

1. Is it the TRUTH?
2. Is it FAIR to all concerned ?
3. Will it build GOODWILL and BETTER FRIENDSHIPS ?
4. Will it be BENEFICIAL to all concerned ?

Object of

Rotary

The object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular to encourage and foster :

FIRST The development of acquaintance as an opportunity for service;

SECOND High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to service society.

THIRD The application of the ideal of service in each Rotarians' personal, business, and community life;

FOURTH The advancement of international understanding. Goodwill and peace through a world fellowship of business and professional persons united in the ideal of service



EDITORIAL

'Imagine Rotary'



Jennifer E. Jones, a member of the Rotary Club of Windsor-Roseland, Ontario, Canada, is the Rotary International President for Rotary Year 2022-23, the first woman to hold the office in the organization's 117 years history. The Presidential theme for RY 2022-23 is 'Imagine Rotary' and she urged people to dream big and harness their connections and the power of Rotary to turn those dreams into reality. Jennifer Jones told "Imagine, a world that deserves our best, where we get up each day knowing that we can make a difference" and she wants members to imagine the possibilities in the change they can make to transform the world. Rotary is a global network of 1.4 million neighbours, friends, leaders, and problem-solvers that see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves.

It gives us an immense sense of pride and respect to present you all this annual issue of 'MANIPADMA' during the 50th Installation Ceremony of Board of Directors 2022-23 on 3rd July, 2022. The editorial team has worked hard to present you all with informative inputs of the club activities during Rotary Year 2021-22 along with the latest club roster. We had taken utmost care while compiling this issue with correct and precise information. We request all Rotarians to pardon us for any unintentional errors and omissions.

We thank all our contributors for their valuable articles. We also thank all Rotarians and various firms and agencies who had generously donated to successfully publish this souvenir.

We welcome and congratulate the incoming Board of Directors 2022 - 23 led by our dynamic Rtn. Pramod Jaiswal as the President of the club for Rotary Year 2022 - 2023. We wish Rtn. Pramod and his entire team a great Rotary Year ahead. It will be a rewarding and exciting year which will require the commitment of time and efforts to ensure a successful and exciting new Rotary Year to 'Imagine Rotary'.

Thanking you all.

Long Live Rotary International.
Long Live Rotary Club of Imphal.

Yours' in Rotary,
Rtn. Dr. Nongthombam Muhindro Singh
Editor, MANIPADMA (2022-23).

La. Ganesan
Governor of Manipur



MESSAGE

I am very happy to know that the Rotary Club of Imphal is bringing out its Annual Souvenir "MANIPADMA" in commemoration of its 50th Installation Ceremony.

Rotary Club of Imphal under Rotary International District 3240 has been rendering yeoman humanitarian service to the people of Manipur and I am confident that they will not only continue with the services but will add more areas in the years to come. The principle of humanitarian service followed by the Rotarians needs to be emulated by all and they should feel inspired to join the movement.

I wish all member's of the Rotary Club of Imphal every success in their future endeavour and hope that the services rendered by the Rotarians are further expanded for the benefit of the marginalized sections of the society of Manipur.

I wish the publication of the Souvenir and Installation Ceremony a grand success.



(La. Ganesan)

N. Biren Singh
Chief Minister of Manipur



Imphal
June 21, 2022



MESSAGE

It gives me immense pleasure to learn that Rotary Club of Imphal is publishing its Annual Souvenir "MANIPADMA" in commemoration of its 50th Installation Ceremony to be held with the international Clarion Call, "Service Above Self".

With the objective to encourage and foster the ideal of service as a basis of worthy enterprise, Rotary Club has been working to increase understanding and goodwill among people of different nations with a view to improving the quality of life. Not only this, the club also takes key responsibilities in taking action on issues such as fighting disease, providing clean water, sanitation, and hygiene, supporting education and protecting the environment among others.

It is indeed commendable that in this present day where everyone is concerned only about his own welfare, Rotary Club of Imphal is rendering tireless services for uplifting the society on humanitarian consideration without any profit motive. I am hopeful that the club will continue to extend its valuable service for the betterment of mankind.

I wish the publication of souvenir a grand success.


21/6/22
(N. Biren Singh)

Rotary



Rotary International

President 2022-23:



Jennifer E. Jones is a Canadian executive. She has been nominated to be president of Rotary International for 2022-23, the first woman to be so honored in the 117-year history of the organization.

Jones had previously served as Rotary International Vice President, Director, Training Leader, Committee Chair, Moderator and District Governor. She said one of her goals as Rotary International President is to have double-digit growth in the number of female Rotarians and Rotarians under the age of 40.

Jones also said she is extremely proud of the work Rotary has done in response to the COVID-19 pandemic, providing \$29.7 million to help local clubs respond.

Jones is founder and president of Media Street Productions Inc., an award-winning media company in Windsor, Ontario. She expects to leave daily operations of that company in the hands of Media Street CEO Kelly Blais while she and her husband, Nick Krayacich, live near the Rotary International headquarters in Evanston, Illinois. Jones is a member of the Rotary Club of Windsor-Roseland. She was chair of the board of governors of the University of Windsor and chair of the Windsor-Essex Regional Chamber of Commerce. She has been recognized for her service with the YMCA Peace Medallion, the Queen's Diamond Jubilee Medal and Wayne State University's Peacemaker of the Year Award, a first for a Canadian. Jones holds a Doctor of Laws (LL.D.).

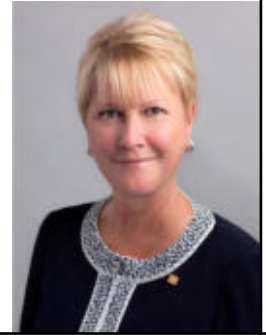
As the first woman Rotary International President, Jones understands how important it is to follow through on Rotary's Diversity, Equity, and Inclusion (DEI) Statement. Jones said. "I will champion double-digit growth in both categories while never losing sight of our entire family."

A current Rotary Foundation trustee, Jones has been a Rotary member since 1997 and has served Rotary as RI vice president, director, training leader, committee chair, moderator, and district governor. She played a lead role in Rotary's rebranding effort by serving as chair of the Strengthening Rotary's Advisory Group. She is the co-chair of the End Polio Now Countdown to History Campaign Committee, which aims to raise \$150 million for polio eradication efforts.

Jones recently led the successful #RotaryResponds telethon, which raised critical funds for COVID-19 relief and was viewed by more than 65,000. Jones has also received Rotary International's 'Service above Self' Award and The Rotary Foundation Citation for Meritorious Service. She and her husband, Nick Krayacich, are members of The Rotary Foundation's Arch Klumph Society, Paul Harris Society, and the Bequest Society.

Jennifer Jones
President, 2022-23
Rotary International
T +1-847-866-3025
jennifer.jones@rotary.org

MESSAGE



16th June 2022

Rtn. Pramod Jaiswal
Rotary Club of Imphal

I congratulate you on your installation to the office of club President at Rotary Club of Imphal, Manipur, India.

The upcoming year promises to be one of the most joyful and rewarding years of your life.

As club and district leaders, you have such an important role to play. You can do so much to help create club experiences that are welcoming, inclusive and enjoyable for each and every

member – and you can extend that same warmth and belonging to every participant who wishes to engage with our clubs.

If we serve our members, we serve our communities. And if we provide comfort and care for our members, they will truly come to understand the power of Rotary.

We all feel the impact that Rotary service and Rotary values have on us ... now it's our opportunity to share that feeling with others. This is a year to Imagine

Rotary by envisioning a world that deserves our best, where we get up each day knowing we can make a difference. We don't imagine yesterday, we imagine tomorrow.

We imagine a world without polio, with clean water for everyone. We imagine a world free of disease and where every child learns to read. We imagine kindness, hope, love, and peace.

It is honor to work beside you as we guide our fellow Rotary members to another successful year. I am relying on you as we commit ourselves to Imagine Rotary.

Warmest regards,

A handwritten signature in black ink that reads "Jennifer Jones".

Jennifer Jones
President
Rotary International 2022-23

Dear Fellow Rotarians,

“Imagine, a world that deserves our best, where we get up each day knowing that we can make a difference.” These were the words of RIP elect Jones and I truly believe Rotary and Rotarians have the power to make this world a reality.

Jones herself is the living embodiment of ‘If you can dream it, you can do it’, as she is set to make history by being the first female RIP. Her theme, Imagine Rotary, clearly spreads the same message as she urges people to dream big and harness their connections and the power of Rotary to turn those dreams into reality.

We have all heard the saying, “Unity in Diversity”. We, as an organization, derive our strength from our diversity; diversity in age, gender, race, location, generation. It is this assortment of people that allow us to serve varied range of community and people in varied ways. It is hence your responsibility to develop unity and harmony amongst ourselves.

I am certain all of us have been in a position where either we were helped by or helped ourselves, a Rotarian (who otherwise would have been a stranger) due to the simple fact that he/she was a Rotarian. The power of Rotary transcends beyond you and I, it is a family we are now a part of and no matter where we are and where we go, family is always there, supporting us.



It is therefore also important to focus on membership growth and retention. More hands mean we can do more work to improve the lives of the less fortunate. But we also need to recognize that as we grow we need to continue to work to keep our members engaged and energized so that they truly love the work they are doing. In turn making the most of the Rotary experience and engaging more with other members to build relationships and partnerships that assist in changing the world.

Finally, Sanjana joins me in congratulating the Rotary Club of Imphal on its 50th installation ceremony, it is truly a milestone to celebrate. Also, good luck to the incoming president and his board. Let us keep up the good work and continue with the same zeal for we have mile to go before we sleep.

Jai Hind,
PDG Chandu Agarwal

District Governor, 2022-23

Dr. Kushanava Pabi

Dr. Kushanava Pabi was born in a family where his father was a Charter Member of his club R.C. Burdwan, and mother a Charter President of Inner Wheel Club of Burdwan. Right from childhood he was thus thoroughly involved with the Rotary movement.



After passing from St. Xavier's School, he joined IIT Varanasi in Metallurgical Engineering but later shifted to Burdwan Medical College to pursue his father's vocation. He did his post-graduation in Radiology from IPGMER and after passing joined West Bengal Health Service. Motivated by the need for a state-of-art hospital he soon launched the first private hospital in Burdwan in the name of CAMRI.

Rotary Accomplishment

Well before he joined Rotary he achieved "Extraordinary Volunteer Award" from Rotary Club of Burdwan for his courageous rescue operations in flood affected areas of Burdwan and Nadia District in year 1978 & 1980.

Even as a medical student, he and his friends ran a weekly charitable clinic of Rotary for the slum dwellers. He joined Rotary in the year 1988 and was the president of his club in the Millennium Year (2000-01)

He was the Chairman of various committees like Dist. Polio plus Service, Membership Seminar, Dist. Training Assembly and Co-chair Transport Committee in Rotary India Centennial Summit.

He attended Rotary International Convention in Singapore in 1999.

Apart from Rotary he served as Asst. Secretary, IMA, Burdwan. He is an ardent sports lover and represented Burdwan District in Cricket.

He is a Major Donor (Level II) in Rotary Foundation and his wife Rtn. Jaya Pabi who was the secretary of her club is also a PHF. They are blessed with a daughter Dr. Shreeya who is a Radiation Oncologist and her husband Dr. Ravikant Koushik is a Radiologist.



MESSAGE

Installation inspires us as we look back at the year which had gone by and motivate us for the year ahead. I do hope that the year ahead will be a safe and exciting one for each and every one of us. During this period, let us “Dream Big” and set “Big Goals”. The RI President Jennifer Jones urged us to “Dream for a better world and to take the help of Rotary to change those Dreams to Reality”. Let us Imagine a world which deserve our best. Every-day we wake up let’s believe that “We can make a Difference”. As Rotarians, you are “Change Makers” and you will change the lives for good of every person that you come across. Our motto is Service Above Self. It has taught us to care for others, share with others. Service, to us, is about thinking of others even before we think of ourselves. We should Adopt & Retool our policies so that we remain Relevant in our society and have a Thriving Image amongst them.

Friends, as we go about our service initiatives, our special focus for the forthcoming year will be on Empowering girls. We should try to mitigate the disadvantages of the girls which they face in their society.

Dear Rotarians ending Polio, working on large, impactful projects and increasing our membership to a never before 1.3 million, makes the task ahead of us challenging. It should excite us. Rotarians love challenges. I hope we are all ready to accept the challenge.

Let us jump into action and head for an exciting year.

Dr. Kushanava Pabi
DG 2022-23 RID 3240

Rtn Nilesh Kumar Agarwal
District Governor (2023 – 24)
R.I.District.3240



MESSAGE

Dear Rtn Pramod Jaiswal

President (2022-23)
Rotary Club of Imphal (RID 3240)

I am extremely glad to learn that the Club is publishing an Annual Souvenir “MANDIPADMA” in commemoration of 50th Installation Ceremony to be held on 3rd July 2022. 50 years journey of service requires utmost dedication and commitment. Cherish the accomplishments and plan for better and brighter another 50 years or more. I wish the Ceremony all success.

Congratulation to you and your team which will lead the Club in the year 2022-23. I have no doubt that you have planned a year filled with vibrant & meaningful Rotary activities to improve lives of those in need.

For Rotary “finding the right part” to engage each member should be our core function. Engaging members is crucial to retaining members, we need to ask members what they want to get from Rotary and give them meaningful responsibilities. It is our offer of hands on service, personal growth, leadership development and lifelong friendship that creates purpose & passion.

“IMAGINE ROTARY” is the 2022-23 Presidential theme of RI President Elect Jennifer Jones. She is asking Rotary members to dream big and take action. We all have dreams but acting on them is a choice. “IMAGINE, a world that deserves our best”, where we get up each day knowing that we can make a difference. You don't Imagine yesterday you Imagine tomorrow.

After all planning, remember to enjoy Rotary even if all your goals are not achieved. What is important in Rotary is to love and enjoy every bit of your contribution to this world and cherish every friend you make!

Lakshmi joins me in greeting you, your team, every member of the Club & their family and wishing you all a great year of Joy & Service.

Enjoy Rotary, Enjoy Yourself

With Warm regards

Yours in Rotary

Rtn Nilesh Kumar Agarwal

Rtn. Ellendra Thoudam
Assistant Governor, Zone-XII
Rotary International District - 3240



MESSAGE

I am extremely happy to know that Rotary Club of Imphal is having its 50th Installation Ceremony on Sunday, 3rd July 2022 and is bringing out its Annual Souvenir "MANIPADMA".

One of the hallmarks of Rotary International is that Club Officers change automatically each year on 30th June. On 1st July regardless of any changeover Ceremony the new team assumes office automatically. This change brings with it a new zeal, new ideas and a fresh commitment from a fresh team!

The year 2022-23 is a very special year in the history of Rotary as Jennifer Jones, the only and first Lady Rotary International President with a profound theme to work with "Imagine Rotary". To secure our future we must strengthen our clubs now. I encourage the new team to be innovative and work towards attracting individuals to membership who are young and meet the core values of our organization which comprise of service – that provides unparalleled satisfaction for those who serve.

On this occasion I convey my greetings and good wishes to President Pramod Jaiswal and his team of office bearers as they assume the leadership responsibilities to take their club to new heights in serving humanity.

Sincerely,

A handwritten signature in black ink, appearing to be "E. Thoudam".

(Ellendra Thoudam)

Assistant Governor 2022-23 Zone-XII

President Speaks...

Rtn. Devkumar Thoudam
President (2021-22)



Dear Friends,

First, I would like to bestow my heartfelt gratitude to all my fellow Rotarians for choosing me as the President and allowing me to serve this prestigious club for the Rotary Year 2021-22. I was humbled by the overwhelming backing and encouragement throughout my tenure. We were able to achieve a lot of our goals because of the relentless support from all of you. For that, I thank you wholeheartedly.

The Rotary Year 2021-2022 started off in the middle of a pandemic which prevented all the respected members from attending my “once in a lifetime” installation ceremony. Despite these circumstances, we managed to organize a successful installation ceremony with the BOD members only. The whole ceremony was made available live to the remaining members and their family via zoom from the comfort and safety of their own homes.

On my installation day, I highlighted my dream projects which I promised to carry out during my tenure and today, I am delighted that those dreams have become a reality. Two of the projects, namely, Rotary Umbrella Project wherein umbrellas inscribed with the Rotary

Club’s logo and name were distributed to Traffic Police Personals from four districts of Manipur and the Rotary “No to Plastic” Campaign wherein 3000 non plastic carry bags were distributed to market goers in and around the Imphal markets were highly commended by District Governor, RID 3240, Dr. MS Konwar.

The formation of the corpus fund will enable the club’s upcoming leaders to materialise their future service projects to a great extent. We were able to accomplish this due to the hard work and dedication of the Club’s Foundation Chair Rtn. Dr. Th. Sudhiranjan. We set a target of Rs. 30 lakhs to be raised for the fund and due to the generosity and love for the club from the members of our club, we have almost achieved the target.

Another one of my dream projects of erecting a Rotary Tower to enhance the public image of Rotary is well underway. It will help us convey to the people what the Rotary Club of Imphal stands for and what we are doing under the Rotary platform.

Rotary Club of Imphal became the first club in District 3240 to implement the Rotary Egg Bank Project. This project

benefited more than 100 children residing in three different orphanage homes. These orphanage homes are provided 1680 eggs per month at a rate of 4 eggs per week per child from our Rotary Egg Bank. It provides nutritional support to these underprivileged children to help them grow stronger and avoid malnutrition to some extent. This project received lots of appreciation and acclaim, not only from the districts of our country but also from the districts of our neighbouring country as well.

The formation of the Rotaract Club was another dream of mine. The Charter certificate of Rotaract Club of Imphal was handed over by the Governor Dr. MS Konwar on the fateful day of 31st October 2021 which was Rotary Imphal's 49th Foundation Day. To add to the good news, a new RCC at Takhel Village, Imphal East was formed on the same day and the certificate was handed over to the President and the Secretary of

RCC, Takhel Village by the visiting District Governor.

I would like to once again thank each and every one of my fellow Rotarians and all the other people involved with the Rotary Club of Imphal for their exceptional support throughout my tenure. Without all of your encouragements and helpful advice, I wouldn't have been able to fulfill all of my dream projects and make this Rotary Year a successful one. I am beyond grateful and proud to have served the club and the people as the President of this prestigious organisation and even though my tenure has come to an end, I will continue to serve the club at the best of my ability.

Finally, I would like to wish my successor, Rtn. Pramod Jaiswal the best of luck for the upcoming Rotary Year with the promise that I will be with him in every step of the way, extending my support and help him whenever he needs it.

Our life is better when we are happy but our life is best when other people are happy because of us. So, let's serve to change someone's life.



**Long Live
ROTARY**

**Long Live
RC IMPHAL**

Rtn. Devkumar Thoudam
President 2021-22
Rotary Club of Imphal



Profile

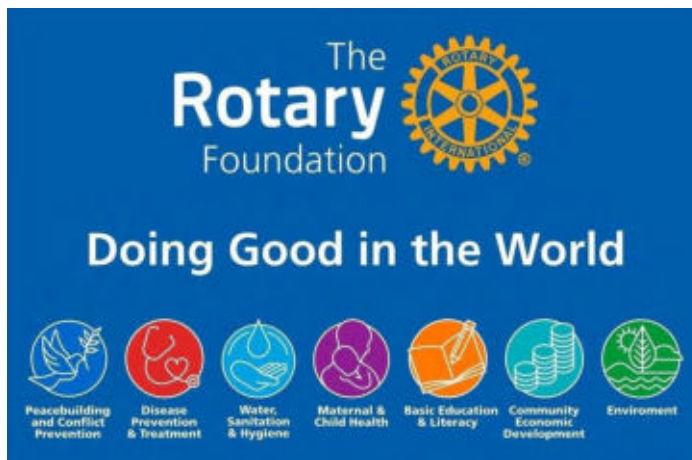
Incoming President Rtn. Pramod Jaiswal (MPHF)

Rtn. Pramod Jaiswal (MPHF) is a Businessman dealing in Motor parts and born on 23rd July 1972 at Imphal (Manipur) had early education from Bhairodan Hindi High School, Imphal and passed higher secondary school from Manipur Public School. He graduated in Commerce from D. M. College of Arts and Commerce and got his M.Com from Manipur University.

Rtn. Pramod joined Rotaract Club of Imphal in 1995 and served in various capacities as President, Vice President, Director, Treasurer and Editor.

Rtn. Pramod joined Rotary Club of Imphal in the year 2005 and has donated blood 44 times till date.

He is happily married to Smt. Sunita Jaiswal and blessed with lovely daughter Jassica who is studying at Golgotia University, Noida.



From the Desk of

Incoming President
Rtn. Pramod Jaiswal (MPHF)
President 2022-23
Rotary Club of Imphal



Dear Fellow Rotarians,

At the very outset I would like to thank Rtn. Dr. Th. Dhabali who inducted me in Rotary in the 2005 and also like to thank Rtn. Dr. Kh. Palin under his successful leadership as President of RC Imphal during 2008-09 and I got the opportunity to serve as the Secretary of the club.

Friends this year we are going to celebrate the 50th Anniversary of our club and I thank all our members for choosing me President of Rotary Club of Imphal during the golden jubilee year and thank with my folded hands to all Past Presidents for scaling up the club to higher level every year.

As our RI President Jennifer has given the rotary theme 'Imagine Rotary', I also dream for many projects for our community and I know that we Rotarians are happy only when we serve needy persons.

I have dreams that we see a world where people unite and take action to create lasting changes across the globe in our communities and in ourselves.

Please remember that Rotarians are the ones who are always ready to help the needy in spite of their own struggles.

During the Rotary Year 2022 - 23, I with my team shall focus in all the seven areas of Focus with more emphasis on economic and community development, maternal and child development, supporting environment basic Education and literacy.

At last, I would like to request each and every member to donate to TRF and to support to my teams to scale our club to a new height in the days to come.

I quote:

Jai Hind, Long Live Rotary.

'Who is a Rotarian?'

A Rotarian is a person who

Digs wells from which he will never drink

Vaccinates children he will never meet

Restores eyesight for those he will never see

Build house he will never live in

Educates children he will never know

Plants tree he will never sit under

Make crawlers into walker halfway around the World

Knows real happiness that Can Only Be Found by Helping Others.'

Rtn. Pramod Jaiswal
President (2022-23),
Rotary Club of Imphal

A **brief** resume of
Club Secretary
2022-23



Rotary Club of Imphal

Dr. Maibam Chourjit Singh, brought up with a sportive instinct and sense of social responsibilities since childhood is born at Thangmeiband Sinam Leikai, Imphal, Manipur. He is an ex-student of Sports Authority of India (SAI) selected under NSTC Scheme in Football. He graduated from D.M. College of Science, Imphal and completed both Master Degree (MPES) & Doctor of Philosophy (Ph.D) in the Faculty of Education from Mohanlal Sukhadia University; Udaipur, Rajasthan. He has completed P.G. Diploma in Sports Management from Alagappa University, Karaikuddi, T.N. and Diploma in Nutrition & Health Education from IGNOU. He is the recipient of Global Youth Award, Indo Nepal Friendship Award and International Best Presenter Award by ISCA.

So far he has authored four books and published thirty research papers including UGC CARE listed Journals. He has also contributed seven chapters in edited books. In association with

CEC (Consortium for Educational Communication) New Delhi, he has ended four MOOCs Course (Massive Online Open Course) and developed sixty two E- content through SWAYAM, Ministry of Education, Government of India. Presently he is working as Assistant Professor (S-3) in the Department of Physical Education and Sports Science, Manipur University.

In connection with Rotary, earlier he served as Director Vocational Service and acted as CLCC for few years. He is happily married with Anne Dr. Sinam Reema Chanu and blessed with a lovely son Ningsha Maibam.

Club Annual Report

for Rotary Year 2021-22



Rtn. Yogesh Kumar Jain
Secretary, 2021-22
Rotary Club of Imphal

It is a pleasure for me to write Club Annual Report for Rotary Year 2021-22. It has been a successful Rotary year under the dynamic leadership of Rtn. Devkumar Thoudam as President of the club with all the supports from members of BoD 2021-22 and all respected members of the club.

Rotary Club of Imphal has served to change lives of our community through various service projects covering all avenues of service for Rotary.

(A) CLUB SERVICES:

1. Regular Weekly Meeting: We had conducted forty nine Regular Weekly Meetings during the Rotary Year (RY) 2021-22.

2. Board of Directors Meeting: We had conducted eight Board of Directors meeting during RY 2021-22.

3. Club Assembly: We had five Club Assemblies during RY 2021-22.

4. Family Get-Together: We had organised three Family Get-Togethers during RY 2021-22.

5. 100% Attendance during RWM: We had felicitated Rotarians who had made 100% attendance during RWMs of each month during RY 2021-22 with simple gift items as a token of appreciation, to encourage high attendance during RWMs of the club.

6. "MANIPADMA", a monthly bulletin of Rotary Club of Imphal: We had published all twelve issues of 'MANIPADMA' during RY 2021-22 including the Annual Souvenir of the club published today (3rd July'2022) on the 50th Installation Ceremony of the club. These issues were sponsored by respected members of the club.

7. Membership and Retention: We had inducted six new members including one lady member during RY 2021-22. They are Rtn. Manoj Kumar Jain, Rtn. Manoj Kumar Patni, Rtn. Beeky Gurung, Rtn. Tikender Kumar Jain, Rtn. Santosh Prasad and Rtn. Sarika Singh Jain. We have a strong 109 active members in the club as on 30th June'2022.

8. Guest Lectures: We had organised guest lectures on different topics by

different guest speakers from within and outside the club. They are:

i. Rtn. Dr. Athouba Arambam, Cardiac Surgeon and Director, Imphal Heart Institute, Imphal talked on a topic 'Covid-19 effect on Heart and Lung' during Virtual RWM on 23rd July'2021.

ii. Past President, Rtn. Ellendra Thoudam, talked on 'Rotary Membership Development' during RWM on 6th August'2021 as part of Rotary's Membership and Extension Month.

iii. Rotary talk on 'Awareness on Organ donation' by visiting Rtn B S Chilana from RC Navi Mumbai Sunrise RID3142 during RWM on 17th February'2022.

9. Visit of Rotarians and exchange of club flags: Rotarians from other Rotary International Districts of India visited Rotary Club of Imphal during January'2022 and exchanged club flags with visiting Rotarians.

(i) Rtn. Kaustva Ghose and Anne Laxmi Sorte of Rotary Club of Navi Mumbai Sunrise, RID 3142 on 15th January'2022.

(ii) Rtn. Rohit Nagesh, President of Rotary Club of Bangalore Banashankari, RID 3190 on 17th January'2022.

(iii) Rtn Devadash Rai, Past District Governor, RID 3181, Mangalore on 19th January'2022. Rotarians from other RI District 3214 of India visited Rotary Club of Imphal and exchanged club flags with visiting Rotarians. Rtn B S Chilana along with his wife from RC Navi Mumbai Sunrise RID-3142 visited RC Imphal during RWM on 17th February'2022. They were on travel across India on car 'The Cause Travellers' spreading awareness on organ donation across India during

December'2021 to April'2022. They will be travelling on car for 131 days covering 22500 KM for a good cause. Club flags were exchanged with Rotarian bikers from International Fellowship of Motorcycling Rotarians (India) from Rotary Club of Bangalore at Imphal on 9th May'2022.

10. The 49th Installation Ceremony :

The 49th Installation Ceremony of Board of Directors for the Rotary Year 2021-22 of Rotary Club of Imphal, RID-3240, was organized on virtual mode on 27th June'2021 with Past President, Rtn. Salam Nilamani Singh as Chief Guest. During the virtual installation programme, Rtn. Devkumar Thoudam was sworn in as new President of Rotary Club of Imphal for the Rotary year 2021-22 along with Rtn. Yogesh Jain as Secretary and new Board of Directors. Rtn. Devkumar in his presidential speech said that fund is the most important part to enable the club for taking up various community based service projects to benefit our community.

For this, Board of Directors wants to set up a corpus fund for which he sincerely requests all the respected members to contribute to the club. He also made a clarion call, 'Each One, Bring One' to strengthen the membership of the club following the words of Rotary International President, Rtn. Shekhar Mehta. The theme of Rotary International for this year is 'Serve to Change Lives'. Rotary Club of Imphal will continue to serve the community to uplift the socio-economical status of the people of the state through various service projects more so during this covid-19 pandemic time. Later, new Board of Directors was administered oath by the Installation Officer, Rtn. Pramod Chhabra.

11. District Governor's Official visit:

District Governor, RID 3240, Dr Mohan

Shyam Konwar visited Rotary Club of Imphal on 31st Oct'2021. He was accompanied by his wife, Rtn. Minu and Rtn. Ashok Agarwal, Assistant Governor (Zone IX). He reviewed the various service projects undertaken by the club during the current rotary year and joined the club regular weekly meeting at Rotary Multi Service Centre, Mantripukhri. DG Dr. Mohan S Konwar appealed to all members of RC Imphal to donate to the Rotary Foundation to help take up various service projects to serve to change lives around the world.

12. The 49th Foundation day of Rotary Club of Imphal: The 49th Club foundation day of Rotary Club of Imphal was also celebrated on 31st Oct'2021 at Rotary Bhavan, Mantripukhri in presence of visiting District Governor Dr. Mohan S Konwar. The club had voluntarily served the community in the best possible ways with various service projects benefitting thousands of needy persons of the state and outside the country since its inception in 1973.

13. Celebration of 117th Rotary International Anniversary: Rotary Club of Imphal celebrated 117th Rotary International Anniversary on 23rd February'2022 by putting up a large banner depicting various activities of RC Imphal in front of the Rotary Bhavan, Mantripukhri along NH-2. As part of celebration of 117th Rotary International Anniversary, Rotary Club of Imphal organised a ROTARY VOLUNTARY BLOOD DONATION CAMP on 23rd February'2022 jointly with Rotaract Club of Imphal and Life Savers Manipur at JNIMS, Imphal. A total of about 34 units of blood were donated during the said programme. Gift items, Rotary caps, Certificates and eatable items were also distributed to all voluntary blood donors. It was on this day, 23rd Feb'1905, the first ever Rotary Club, the Rotary Club of Chicago was

founded.

14. Rotary Public Relation Activity: Rotary Club of Imphal put up a large banner depicting various activities of RC Imphal in front of the Rotary Bhavan, Mantripukhri along NH-2 as a part of Rotary public image building and as part of celebration of 117th Rotary International Anniversary on 23rd February'2022.

15. 49th Club Chartered Night: Rotary Club of Imphal (RID 3240) celebrated 49th Charter Night on 12th April'2022 at Rotary Bhavan, Mantripukhri with a Past Presidents Dinner cum Family Get-together. All the Past Presidents of the club were felicitated during the programme. Rotary Club of Imphal also felicitated Rtn. S. Nishikanta Singh and Rtn. Th. Basanta Singh on being elected as member of 12th Manipur Legislative Assembly. It's a proud moment for the club that two esteemed members of the club are MLA(s). It is also worth to mention here that Rtn. Th. Basanta Singh has been inducted as a Cabinet Minister in the Council of Ministers of Manipur on 16th April'2022. RC Imphal once again congratulated Rtn. Th. Basanta Singh and wishes him to serve our community successfully. Rotary Club of Imphal has been serving our own community since last 49 years through various community based service projects.

16. Past Presidents' Dinner: The Past Presidents Dinner cum Family Get-together was held on 12th April'2022 at Rotary Bhavan, Mantripukhri. All the Past Presidents of the club were felicitated during the programme.

17. National Doctor's Day'2021: Rotary Club of Imphal also joined in observing the National Doctor's Day'2021 which is celebrated on July 1, in India, to mark the birth and honour the contributions of renowned physician Dr Bidhan Chandra Roy. Members of the club visited Regional

Institute of Medical Sciences (RIMS), Imphal and handed over sweets for the doctors on Covid duty at the hospital through Prof. (Dr) H. Priyoshakhi Devi, Medical Superintendent and Prof. (Dr) Sanjib Nepam, Deputy MS. In his thanks giving speech as President of Rotary Club of Imphal, Rtn. Devkumar Thoudam thanked all doctors and health care workers who are tirelessly serving the people during this Covid-19 pandemic by putting their lives at risk in these hard times, whether in main and secondary care settings or in committed Covid care facilities.

18. RC Imphal extends warm and best wishes to Indian athletes at Tokyo Olympic Games - 2020: Rotary Club of Imphal extends warm wishes and prayer to all athletes representing India to bring laurels for the country in the Tokyo Olympic Games 2020 starting from 23rd July 2021. Club wishes all the very best to all five Manipuri athletes representing India namely MC Mary Kom (Boxing), Saikhom Mirabai Chanu (Weightlifting), Sushila Chanu Pukhrambam (Hockey), S. Nilakanta Sharma (Hockey) and Sushila Likmabam (Judo) to give their best performance and bring laurels to the country and the state by putting up life size hoarding boards with photographs of all five Manipuri athletes representing India and participating in Tokyo Games 2020 in front of Rotary Club Bhavan at Mantripukhri along NH 2 and Lamlong Keithel to boost their morale and performed well in the games. It may be worth to mention that Rotary Club of Imphal honours sportspersons of the state every year with 'Rtn. Bijay Jain Memorial Award for Rotary Sportsperson of the Year' which was befittingly awarded to Olympic silver medallist Miss S. Mirabai Chanu in the year 2018-19.

19. Member's Orientation Programme: Rotary Club of Imphal and Rotary

Club of Polo City Imphal (RID 3240) jointly organise a one day 'Member's Orientation Programme' at Rotary Multi Service Centre, Mantripukhri on 17th October 2021 participated by about 49 members. Four resource persons talked in length on different topics on Rotary Club. Rtn. Dr. Th. Dhabali spoke on the Rotary Foundation, Rtn. Dr. S. Rajendra spoke on Rotary Basics, Rtn. Dr. Th. Sudhiranjan spoke on membership analysis and development while Rtn. Pramod Chhabra spoke on Rotary programme. Such programme are organised on regular basis for motivating members of Rotary clubs who are voluntarily contributing in the upliftment of our own community through the motto 'Service above Self'.

20. Rotaract Club of Imphal founded on 31st Oct'2021: A new Rotaract Club of Imphal was founded on 31st Oct'2021. with DG presenting pins and collars. A new Rotary Community Corps was also installed at Takhel village, Imphal East district by visiting DG Dr. Mohan S Konwar. Charter Certificate was presented to Rotaract Club of Imphal sponsored by Rotary Club of Imphal (RID 3240) during RWM on 5th January'2022.

21. Observation of World Rotaract Day: The 'World Rotaract Day' was observed on 13th March'2022. Members of Rotaract Club of Imphal and Rotary Club of Imphal distributed about one thousand eco-friendly carry bags inscribed with the 'Rotary The Four Way Test' to the market goers at Lamlong Bazar. Two new Rotaract members were also inducted to Rotaract Club of Imphal during the programme. Rishav Jain, President, Rotaract Club of Imphal appealed to general public to use only eco-friendly bags while shopping to help save our environment.

(B) VOCATIONAL SERVICES:

1. International Literacy Day & Shiksha Samman Award'2021: Rotary

Club of Imphal (RID 3240) honoured two school teachers with Shiksha Samman Award-2021 on the occasion of International Literacy Day, 2021 on 8th Sept'2021. They are Smt. Ningombam Romabati Devi, Head Mistress (i/c), Waikhom Leikai Upper Primary School, Zone-I, I/W and Shri Wanglembam Gobin, Head Master (i/c), Laikon Upper Primary School, Zone-II, I/E. Awardees were presented a certificate, a memento, a lanyard with financial incentives by the club in recognition of their hard work, sacrifices and dedication to their duties to uplift the education level of their students.

2. The Rotary 4-Way Test Promotion:

Eco-friendly cloth- bags inscribed with Rotary logo and Rotary's The Four Way Test were distributed on 28th Nov'2021 to general population at main Imphal market to motivate them to use non-plastic bags and avoid using single use plastic bags.

3. 46th Rotary on the Spot Painting Competition:

The 46th Rotary on the Spot Painting Competition '2021, as part of vocational service of Rotary Club of Imphal, was organised on 26th Sept'2022 at Rotary Bhavan, Mantripukhri on the theme 'Education is our backbone'. Painting competition was organised following all SoPs of Covid 19 during which facemasks were distributed to all participating students and accompanying parents. Daulas Lambamayum of St. George School, Wangkhei, Presila Heikrujam of KV. No.1. Lamphelpat, Martin Tongbram of Pitambara English School, Kwakeithel secured first, second and third, respectively while Juliana Thoidingjam of KV. No. 1. Lamphelpat, Lanleiba Sinam of Ramakrishna Mission School, Imphal, Toijam Ghanashyam of Bal Vidya Mandir, Palace compound won

consolation prizes.

4. Distribution of various vocational Awards during DG visit:

Various awards and scholarships were distributed during observation programme. Prizes for 46th Rotary on the spot Painting Competition'2021 were distributed to Daulas Lambamayum of St. George School, Wangkhei, Presila Heikrujam of Kendriya Vidyalaya, No.1. Lamphelpat, Martin Tongbram of Pitambara English School, Kwakeithel, Juliana Thoidingjam of Kendriya Vidyalaya. No.1. Lamphelpat, Lanleiba Sinam of Ramakrishna Mission School Imphal and Toijam Ghanashyam of Bal Vidya Mandir, Palace compound. Late M. Ibobi Memorial Award for 'Rotary Traffic Personnel of the Year' to Shri Asem Bima Singh, Late Th. Ibomcha Singh Memorial Award 'Rotary Nurse of the Year' to Smt. Maibam Ranita Devi, Late Shripal Chand Jain Memorial Award for 'Rotary Fireman of the Year' to Md. Khallique Mazumdar, Late Shri Jhoomarmal Kashliwal Memorial Award for 'Rotary Media-person of the Year' to Soubam Bokuljaoba Meetei of the Sangai Express, Rotarian Bijay Jain Memorial Award for 'Rotary Sports person of the Year' to Sh. Nilakanta Sharma, Olympian (Tokyo'2020), bronze medal winning team member of Indian Men's' Hockey, Senator Okram Memorial Rotary Footballer of the Year to Suresh Singh Wangjam, honoured two Senior Citizens Shri Maisnam Ibohal Singh and Smt. Chongtham Kamala Devi, presented wheel chair in memory of Late Om Prakash Gulati to Amom Chaoba Singh of Takhel village, Late Sinam Tomchou Singh Memorial Distribution of Hearing Aids to five needy persons, Late Sagolsem Juge Memorial Rotary Scholarship to four blind students of Ideal Blind School, Takyelpat and "Late Oja Sagolsem Indramani Memorial Scholarship" to the two Best students of

the Children home, Dewlaland.

(C) INTERNATIONAL SERVICES:

Rotary Club of Imphal contributed \$ 12,973.50 (Rs 9,78,386.00) to the Rotary Foundation (TRF) during RY 2021-22. This Rotary Year, we have one Major Donor Level-1, including Four PHF and Two MPH.

(D) COMMUNITY SERVICES:

1. Visit to Children Homes: Rotary Club of Imphal (RID 3240) celebrated the first day of Rotary New Year 2021-22 by visiting Children's Homes at Dewlaland and Tera Bazar on 1st July'2021 and handed over sanitizers, face-masks, vitamins, edible items during Covid-19 pandemic following all SoPs.

2. Rotary Club hands over Covid-19 Relief Materials to Homes: Rotary Club of Imphal handed over Covid-19 Relief materials consisting of hand sanitizers, facemasks, hand-wash, rice, potatoes and other edible items to Punya Home, Thangmeiband and Old Age Home, Mongsangei, Imphal West District as well as Old Age Home, Kongba, Imphal East District on 2nd July'2021 following all Covid appropriate behaviours.

3. Distribution of Umbrella to Traffic Police & Observation of Patriots' Day: Rotary Club of Imphal joined in observation of the Patriots Day on 13th August'2021. As part of the observation of the Patriots Day and community service project of the club, umbrella were distributed to the traffic police personals at various traffic points at four district head quarters namely, Imphal East, Imphal West, Thoubal and Bishnupur districts. Our traffic police personals have been doing their job in rain and in shine for the safety of our community.

4. Rotary Tree Plantation Programme:

i. As a continuing community service

project to save our environment, Rotary Club of Imphal organised a tree plantation programme at Sinam Kom village on 14th Aug'2021 on the theme 'Save Mother Earth' in which about 215 fruit trees and 60 avenue trees were planted by members of the club. Rotary Club of Imphal handed over Covid-19 relief material to the Chief of Sinam Kom village on the same day.

ii. Rotary Club of Imphal organised a tree plantation programme under 'Project Hariyali', an initiative of Mahindra Finance with Rotary Club of Guwahati City & Dept. of Tourism, Govt. of Manipur at Khongjom War Memorial Complex, Khongjom on 29th August'2021. This is a continuing community service project of RC Imphal to save our environment on the theme 'Save Mother Earth' in which about 160 fruit trees & avenue trees were planted.

5. Rotary Egg Bank: Rotary Club of Imphal (RID 3240) launched 'Rotary Egg Bank' at three children homes at Hope Home, Langjing, Punya Home, Thangmeiband and Stephanos Home, Leimakhong on 12th Sept'2021. 'Rotary Egg Bank', a noble community service project of the club will benefit nearly 100 children of these three homes. A child at the home will get four eggs per week free of cost. Egg bank will be run purely with the eggs procured from local farms which will indirectly benefit the local poultry farmers. This project will be run purely with the support of its members and expand to other homes in the state later on. During the launching of Rotary egg bank at Hope Home, Langjing, Rotary Club of Imphal also handed over one inverter set with battery to Hope Home which was donated by former member of the club, Shri Santosh Prasad. Rtn. M. Harekrishna has also sponsored a non-veg dinner for the day at Hope Home, Langjing. As part of the ongoing

project on 'Rotary Egg Bank', Rotary Club of Imphal handed over eggs to the three children home namely (i) Hope Home, Langjing (ii) Punya Home, Thangmeiband and (iii) Stephanos Home, Leimakhong on 30th January'2022. Rotary Club of Imphal provides a total of 1680 eggs every month to these three homes to help provide nutritious food to the children of the home. These eggs are being sponsored by the members of the club. As part of the ongoing project on 'Rotary Egg Bank', Rotary Club of Imphal handed over 1680 eggs to the three children homes namely (i) Hope Home, Langjing (ii) Punya Home, Thangmeiband and (iii) Stephanos Home, Leimakhong on 3rd April'2022. Rotary Club of Imphal provides a total of 1680 eggs every month to these three homes to help provide nutritious food to the children of the home. These eggs are being sponsored by the members of the club.

6. Inauguration of Adult Literacy Programme: An 'Adult Literacy Programme' was inaugurated by Shri. S. Rajen Singh, Hon'ble Minister (Education & Fisheries), Manipur at Takhel village, Imphal East District on 26th Sept'2021. The programme was organised by Rotary Club of Imphal in association with the Department of Adult Education, Govt. of Manipur to promote adult literacy in the state. During programme teaching and learning materials, mats, hearing aids, walking sticks were distributed to about 60 participating adults who will be undertaking adult literacy programme for at least 90 days to make them able to read and write. Adult literacy programme is being implemented under Rotary India Literacy Mission. Six volunteer teachers had already been trained at SCERT, Manipur under the sponsorship of Dept. Of Adult Education, Govt. Of Manipur.

7. Visit to Adult Literacy Programme at Takhel village: As part of continuing

community service project under RILM, President of the club along with CLCC and other esteemed members visited the ongoing 'Adult Literacy Programme' at Takhel village, Imphal East District, Manipur on 26th October'2021 to encourage the adult learners and volunteer teachers. It was worth to mention that 32 housewives including two 82 years old ladies were actively participating in the ongoing project of the club.

8. World Plastic Surgery Day at RIMS, Imphal: Rotary Club of Imphal joined and supported in observation of 'World Plastic Surgery Day-2021' on the theme 'Restore Life after Burns' being organised by the Department of Plastic Surgery, Regional Institute of Medical Sciences (RIMS), Imphal on 15th July'2021 at RIMS, Imphal. It may be worth to mention that the department in association with Rotary Club of Imphal has been organising this particular programme since last eight consecutive years successfully to give assistance to the burn victims and help in restoring their lives. Prof. A. Santa Singh, Director, RIMS, Prof. H. Priyoshakhi Devi, Medical Superintendent, Prof. Sanjib Nepram, Head of Department, Dept. of Plastic Surgery, Deputy MS, RIMS, Rtn. Devkumar Thoudam, President, Rotary Club of Imphal along with doctors, nurses and members of the club handed over sweets to in-house patients undergoing treatment for burns in the hospital. Financial assistance to undergo post-burn corrective surgeries was handed over to the needy patients. Rtn. Devkumar thanked doctors and nurses for taking care of the burn victims tirelessly to help them lead a better life after burns and help in increasing self-confidence as well as lead a meaningful life. Prof. Santa Singh, Director, RIMS thanked members of Rotary Club of Imphal for supporting such programme

even during this Covid-19 pandemic by visiting and helping the needy persons. He also appealed everyone to follow strict government guidelines and SOPs.

9. Rotary's Campaign on 'NO TO PLASTIC - Save Environment' and Promotion of Rotary's The Four Way Test:

Rotary Club of Imphal (RID 3240) organised campaign on 'NO TO PLASTIC - Save Environment' along with promotion of 'Rotary's The Four Way Test' at Imphal on 28th Nov'2021. The campaign was launched & flagged off by Shri L. Radhakishore Singh, Hon'ble MLA and Chairman, Manipur Pollution Control Board in presence of Rotarians, popular film actors and singers of Manipur. About one thousand environment friendly cloth- bags inscribed with Rotary logo and Rotary's The Four Way Test were distributed to general population at main Imphal market to motivate them to use non-plastic bags and avoid using single use plastic bags. T-shirts & caps were distributed to all participating members and film actors and singers as a part of building public image of Rotary Club of Imphal. Popular film actors and singers appealed, through PA system, to all market-goers to use environment friendly cloth bags and avoid single use plastic bags to help save our environment. Rotary's The Four Way Test was also promoted during the programme by distributing the bags inscribed with Rotary logo and Rotary's The Four Way Test.

10. Distribution and donation of mattress, winter garments & eatable items on Nupilal Day:

Rotary Club of Imphal joined in observation of Nupilal Day on 12th Dec'2021. As part of the observation of Nupilal Day and community service project of the club, mattress, winter clothes and edible items were donated to a children home Poirei

Nawakol, Achanbigei, Imphal East district. M/S Blue Bell Fashions and Nishant Agarwal had also collaborated in the programme. It is also worth to mention that members of Rotary Club of Imphal supported in schooling of few children of the said home since last five years.

11. Rotary Free Health Camps:

i. Rotary Club of Imphal (RID 3240) organized a one day Rotary Mega Free Health Camp on 19th Dec'2021 at Takhel village, a newly adopted RCC village of the club in which about 1000 persons including children were benefitted on Oncology, Gynae & Obst, Surgery, Eye (Shija Eye Foundation), Dental, ENT, Medicine, Paediatrics, Dermatology, Psychiatric, Cardiology etc. Free Diabetes Test (by Babina Diagnostic, Imphal). Rotarian Doctors and doctors from JNIMS, RIMS, Shija and state Govt. hospitals along with different supporting staffs and Rotarians and Rotarylets of RC Imphal had joined to make a successful health camp. Free medicines were also distributed to the needy persons.

ii. Rotary Mega Health Camp Health Camp was organised at RCC village, Awang Potsangbam Khunou on 1st May'2022 in which about 248 persons benefitted in the medical camp. About 38 Rotarian Doctor and Non-Rotarian Doctors along with members of the club had joined the health camp which was supported by Babina Diagnostic Centre, Imphal and Shija Eye Foundation, Imphal.

12. Visit to RCC village and distribution of walking sticks & spectacles: Members of Rotary Club of Imphal visited Takhel village, Imphal East District, a new RCC village adopted by Rotary Club of Imphal on 19th Dec'2021. So far, adult literacy programme under RILM is being organised at RCC village. Free health

check up of all participants of adult literacy programme was conducted and as a follow up 8 hearing aids, 32 spectacles and 12 walking sticks had been distributed to adult learners.

13. Rotary Voluntary Blood Donation Camp: As part of celebration of 117th Rotary International Anniversary, Rotary Club of Imphal organised a ROTARY VOLUNTARY BLOOD DONATION CAMP on 23rd February'2022 jointly with Rotaract Club of Imphal and Life Savers Manipur at JNIMS, Imphal. A total of about 34 units of blood were donated during the said programme. Gift items, Rotary caps, Certificates and eatable items were also distributed to all voluntary blood donors. It was on this day, 23rd Feb 1905, the first ever Rotary Club, the Rotary Club of Chicago was founded.

14. Rotary Public Urinal Shed: 'Rotary Public Urinal Shed' was inaugurated and handed over to the general public under the community service project at Lamlong Bazar, Imphal East District by Rotary Club of Imphal on 13th March'2022. It was constructed by Rotary Club of Imphal with partial funding from the Rotary District 3240 Foundation. Shri. A. Okendro, Zilla Parishad, Smt. Kananbala Devi, Pradhan inaugurated the project by cutting the ribbons in presence of Shri. L. Sanajaoba, President, Union of Social Upliftment, Khurai and members of Rotary Club of Imphal and Rotaract Club of Imphal. Rtn. Devkumar Thoudam, President, Rotary Club of Imphal formally handed over the 'Rotary Public Urinal Shed' to Union of Social Upliftment, Khurai who will look after the maintenance of the said project.

15. Handing over of sewing machines to T.G. Higher Sec. School, Imphal: Rotary Club of Imphal (RID 3240), under one of its continuing service projects, handed over six sewing machines under District Grant 2231897 to all girl's and popular

school of Imphal namely T.G. Higher Secondary School, Imphal (Manipur) on 4th April'2022. These sewing machines will be used for vocational training courses for girl students in embroidery and tailoring etc. at the school. Rtn. M. Harekrishna, IAS, Commissioner (Education- U), Govt. Of Manipur, Rtn. Th. Devkumar, President, RC Imphal and Dr. Binita Devi, Principal of the school grace the programme as Chief Guest, President and Guest of Honour respectively. Rotarians, staffs and students of the school attended the programme. School management team thanked RC Imphal for the benevolent service. Local media has given a wide coverage of the programme.

16. Rotary Free Medical Oxygen Cylinder Service: This is a continuing community service project of RC Imphal for the benefit of needy persons. As on 30th June, 2022, 334 patients from 14 districts of Manipur state have been benefitted from this service project of RC Imphal. This has even benefitted many Covid-19 patients during Covid-19 pandemic.

17. Veterinary Aid Camp and Mass Vaccination Programme: Rotary Club of Imphal supported by Directorate of Veterinary Services and Animal Husbandry, Govt. of Manipur organised a 'Veterinary Aid Camp cum Mass Vaccination Programme' at Takhel village, RCC village, Imphal East District on 27th March'2022 in which about 58 dogs were vaccinated with anti-rabies vaccine. As part of the programme, Rtn. Devkumar Thoudam, President, Rotary Club of Imphal handed over eco-friendly bags to Dr. S. Binodkumari Devi, Joint Director (Vety.) to initiate the campaign on 'No To Plastic - Save Environment'. These eco-friendly bags inscribed with the Rotary The Four Way Test were distributed to all owners of the dog who had come for vaccination programme and general

public to avoid using plastic bags which will help in saving our environment. Dr. A. Indrakumar Singh, Veterinary Officer along with his supporting staff vaccinated the dogs for anti-rabies. Rotary Club of Imphal will continue to serve our community with a motto 'Service above Self' to change lives.

18. Handing over of wheel chair at Tabitha Children Home (Girls), Mantripukhri, Imphal: Rotary Club of Imphal (RID 3240) handed over one wheel chair to Tabitha Children Home (Girls), Mantripukhri on 11th May'2022. The wheel chair was sponsored by Rtn. Santosh Prasad.

19. World Environment Day-2022: Rotary Club of Imphal observed 'World Environment Day'2022' by distributing about 615 fruit bearing tree saplings to the customers at three petrol pumps around Imphal city namely, Petrol Pump, North A.O.C., NRL, Khurai and JAS Gas, Uripok today, 5th June'2022. This is a part of continuing community service project of Rotary Club of Imphal to save our environment. Rtn. Devkumar Thoudam, President of the club, appealed everyone to plant trees and help save our environment.

(E)DISTRICT-3240 & ROTARY INTERNATIONAL EVENTS:

1. XXXII District Conference of RID-3240: Fifteen members from RC Imphal participated in 32nd District Conference of RID-3240 'Mahabahu' held at Tinsukia from 7th to 9th Jan'2022.

2. AGETS and PETS of RID 3240: Rtn. Ellendra Thoudam, AG Elect 2022-23, Zone XII and Rtn. Pramod Jaiswal, President Elect 2022-23 had successfully participated in the 'SIKHSAN' held at Lemon Tree Hotel, Gangtok, Sikkim from 5th to 6th March'2022.

3. District Training Assembly 'ANUDHABAN': Assistant Governor Elect (Zone XII) Rtn. Ellendra Thoudam, President Elect Rtn. Pramod Jaiswal, Secretary Elect Rtn. Dr. Chourjit Maibam, Rtn. Sanjay Das and Rtn. Pankaj Jain of RC Imphal participated in the 'ANUDHABAN' District Training Assembly held at Hotel Lily, Guwahati being hosted by RC Guwahati West from 23rd to 24th April'2022.

4. Rotary International Presidential Conference at Hyderabad: Past Assistant Governor, Rtn. Pramod Kumar Chhabra participated in the Rotary International Presidential Conference held at Hyderabad from 29th April to 1st May'2022.

I thank Rtn. Santosh Prasad for donating Invertor with Battery and Wheelchair worth Rs. 34000, Rtn. Robinson Meikam for donating hoarding board and Hall ceiling worth Rs. 22000, Rtn. L. Bhagaton for donating Rs. 125000 for land development at Rotary Bhawan and Rtn. Beeky Gurung for donating Rs. 156218 for Painting Rotary Bhawan during this Rotary year. I thank all Past Presidents, Board of Directors (2021-22), all esteemed members and family members of Rotary Club of Imphal for all your supports in making a successful Rotary Year 2021-22. I also thank print and electronic media for spreading the message of various service projects of Rotary Club of Imphal far and wide across the entire state of Manipur while we 'Serves to change lives'.

Long Live Rotary International and long live Rotary Club of Imphal.

Rtn. Yogesh Kumar Jian
Secretary, 2021-22
Rotary Club of Imphal



49th Installation Ceremony of Rotary Club of Imphal at Rotary Bhawan, Mantripukhri on 27th June, 2021.



Club Official Visit of District Governor (RID 3240), Dr. Mohan S. Konwar cum 49th Club Foundation Day at Rotary Bhawan, Mantripukhri on 31st October, 2021.



“ Rotary Egg Bank” started by Rotary Club of Imphal wherein 1680 eggs per month are provided to three Children Home of Manipur benefitting about 75 Children every month during Rotary year, 2021-22



Distribution of Umbrella to Traffic Police personals of four Districts of the State by Rotary Club of Imphal during observation of Patriots’ Day on 13th August, 2021



“No To Plastic Campaign” under “Save Environment” theme by Rotary Club of Imphal, in which about 5000 ecofriendly bags inscribed with Rotary the 4 Way Test were distributed at Imphal Market on 28th November, 2021



“Rotary Public Urinal Shed” constructed under the District 3240 Foundation at Lamlong Bazar, Imphal East being handed over to the public on “World Rotaract Day”, 13th March , 2022



District Governor Dr. M.S. Konwar and Club President Rtn Devkumar Thoudam putting lapel pin to the President of newly formed RCC Village, Takhel Village of Imphal East on 31st October, 2021



Presentation of Charter Certificate to the newly formed Rotaract Club of Imphal by Club President Rtn. Devkumar Thoudam during RWM at Rotary Bhawan, Mantripukhri on 5th January, 2022

Rotary



Handing over of 6 Sewing Machines under District Grant (No. 2231897) to T.G. Higher Secondary School, Imphal for use in vocational training of the students on 4th April, 2022



Observation of World Environment Day by Rotary Club of Imphal by distributing 615 fruit bearing tree saplings to the general public at 3 Petrol Pumps around Imphal City on 5th June, 2022

Rotary



Rtn. Elendra Thoudam, AG Zone - XII (2022-23) and Rtn. Pramod Jaiswal, President, RC Imphal (2022-23) attending AGETS & PETS “SIKSHAN” at Gangtok, Sikkim during 5th & 6th March, 2022.



Rotarians of RC Imphal attending the District Training Assembly “ANUDHABAN” at Guwahati during 23rd & 24th April, 2022

ROTARY CLUB OF IMPHAL
ROTARY INTERNATIONAL DISTRICT-3240
PAST PRESIDENTS AND SECRETARIES

Founded on 31st October 1973, chartered on 12th April 1974

YEAR	PRESIDENT	SECRETARY
1973-1974	G.B.K. Hooja	Dr. P.P. Singh
1974-1975	Late Justice Ibotombi	O. P Agarwal
1975-1976	E. Nilakanta Singh	D.C. Jain
1976-1977	Th. Haridas Singh	Kishan N. Agarwal
1977-1978	E. Nilakanta Singh	Bijay Jain
1978-1979	Dr. A Gaffar	S.K. Moondhra
1979-1980	O. P Agarwal	Dr. D. K. Taneja
1980-1981	D.C. Jain	S. Mukherjee
1981-1982	M. Mohendro Singh	R. C. Chouradia
1982-1983	H. Baruniton Singh	Bijay Jain
1983-1984	E. Nilakanta Singh (L)	PiyushChoudhary/(L) Bijay Jain
1984-1985	S. Satnam Singh	V. Muthukrishnan
1985-1986	O.P Agarwal	Ajit Kumar Jain
1986-1987	Dr. E. Kuladhawja	L. Binoykumar Singh
1987-1988	L. Damodar Singh	S. Nilamani Singh
1988-1989	M. Mohendro Singh	S. Jaspal Singh
1989-1990	V. Muthukrishnan	Ramesh Patni
1990-1991	Bijay Jain	Dr. Jodha C. Sanasam
1991-1992	N. Bihari Singh	Dr. PK Jain
1992-1993	Vijay Jain	Puran Singh Pasricha
1993-1994	E. Binoykumar Singh	Dr. Gyaneshwar Sharma
1994-1995	S. Nilamani Singh	Dr. PK Jain
1995-1996	Dr. Jodha C. Sanasam	Ramchandra Agarwal
1996-1997	K.N. Agarwal	A. Nilamani Singh
1997-1998	Th. Ibochouba Singh	I. Ajit Singh
1998-1999	Th. Chittaranjan Singh	R.C. Agarwal
1999-2000	Ramesh Patni	Dr. Th. Dhabali Singh
2000-2001	A. Nilamani Singh	M.K.Maheshwari
2001-2002	Dr. PK Jain	L. Surchandra
2002-2003	Ajitrom	G.J. De-Monte
2003-2004	Dr. S. Rajendra Singh	Alok Patni
2004-2005	Dr. Th. Tomcha Singh	Pramod Kr. Chhabra (Engr)
2005-2006	Dr. Th. Dhabali	Pradeep Jain
2006-2007	M.K.Maheshwari	Ellendra Thoudam
2007-2008	L. Surchandra	Kh. Phulindro
2008-2009	Dr. Kh. Palin	Pramod Jaiswal
2009-2010	Dr. Ksh. Chourjit	Dr. Radheshyam Oinam
2010-2011	Dr. M. Madhumangal	L. Manoranjan
2011-2012	Pramod Kumar Chhabra	W. Rabichandra
2012-2013	Dr. Ng. Indrakumar	Ch. Dhananjay
2013-2014	Dr. H Priyoshakhi Devi	Dr. Nepram Sanjib Singh
2014-2015	Dr. K.Binotbabu Singh	Devkumar Th.
2015-2016	Ng.Tejkumar Singh	Dr.B.Gokulchandra Sharma
2016-2017	L.Manoranjan Singh	Saratchandra Phijam
2017-2018	Ellendra Thoudam	Dr.Nongthombam Muhindro Singh
2018-2019	Dr.Sudhiranjan Th.	Manish Jain
2019-2020	W.Rabichandra Singh	Dr.Th.Digel Singh
2020-2021	Ch.Dhananjay	Premkumar Pebam
2021-2022	Devkumar Thoudam	Yogesh Kashliwal

ROTARY CLUB OF IMPHAL

Rotary International District 3240



Pramod Jaiswal
President



Sunita Jaiswal
Spouse



Dr. Maibam Chourjit Singh
Secretary



Dr. S. Reema
Spouse

Club Code - **16174**, State : Manipur, STD Code : **0385**, Founded on 31st October, 1973, Dist Zone- XII, No. of PHF: 65, No. of MPH: 12, Major Donor: 7, TRF Contribution: \$ 172247.50, Meeting Day: Friday, Meeting Time : 6 p.m (Oct-Mar), 6:30 p.m. (Apr-Sept.) Place: Rotary Multi Service Centre, Mantripukhri, Imphal, Manipur

Club Mail ID: rcimphal@gmail.com, Club Website: www.rotaryclubofimphal.org

BOARD OF DIRECTOR

President
IPP
President Elect
Vice President 1
Vice President 2
Vice President 3
Chairman Club Foundation Committee
Club Trainer
Secretary
Joint Secretary 1
Joint Secretary 2/ Web Master
Editor
Co-Editor
Treasurer
Jt. Treasurer
Sergeant At Arms
RCC Advisor
CLCC
Rotaract Advisor

Rtn Pramod Jaiswal
Rtn Devkumar Thoudam
Rtn Dr. Sanjib Singh Nepram
Rtn Saratchandra Singh Phijam
Rtn Dr. Radheshyam Oinam
Rtn Harekrishna Mangsatabam
Rtn PP Dr. Sudhiranjan Th
Rtn PP Dr. Th. Dhabali
Rtn Dr. Maibam Chourjit Singh
Rtn Pradeep Kumar Jain
Rtn Sanjay Das
Rtn Dr. Nongthombam Muhindro Singh
Rtn Dr. Digel Singh Thingujam
Rtn Pankaj Jain
Rtn Tikender Kumar Jain
Rtn Santosh Prasad
Rtn Saratchandra Singh Phijam
Rtn PP Wangkhem Rabichandra Singh
Rtn Dr. Lk. Sharatchandra Singh

Director

Club Service
Vocational Service
Community Service
International Service
Youth Service

Rtn Robinson Meikam
Rtn Lairenjam Nirranjan Singh
Rtn Okram Sonamni Singh
Rtn Yogesh Kasliwal
Rtn Dr Veto Mayengbam

Club's Leadership Plan (Chairman)

Membership Committee
Public Relationship Committee
Club Administrative Committee
Service Project Committee
Rotary Foundation Committee

Rtn PP Dr. H. Priyosakhi Devi
Rtn PP Pramod Kumar Chabbra
Rtn PP Binot Babu Keisam
Rtn PP Dr. M. Madhumangol Singh
Rtn PP L. Manoranjan Singh

Advisors to Board

1. Rtn PDG Ajit Irom
3. Rtn PP Dr. Th. Tomcha Singh
5. Rtn PP Ellendra Thoudam
7. Rtn Dr N. Achou

2. Rtn PP Dr. S. Rajendra Singh
4. Rtn PP Dr. Ngangom Indrakumar
6. Rtn PP Chingangbam Dhananjay

Rotary



Rotary Club of Imphal

Rotary International District 3240

CLUB ROSTER 2022-23

1. ACHOW N. DR. (PHF) : ID : 8209096, CI : Clinical Laboratory Management., Add : Chingamakha, Singjamei, Imphal - 795008, Ph : 09436033031, B : 21st Oct, W : 12th June, SP : Dr. P. Punyabati, Jn : 2010, Sv :D,CHM,
2. AJIT IROM (Major Donor Level-1) : ID : 2416064, CI : School Management, Add: 28, Bengali Colony, Mantripukhri, Imphal-795002, Ph. : 9436118763 (R), email: ajitrom@gmail.com, B : 4th March , W : 17th Sept, SP : Laila, Jn : 1995, Sv: CHM, JS, S, D, DCM, P, AG, DG
3. AMARJIT SINGH MANCHANDA (PHF): ID: 235927, CI: Fleet Owner, Add. : Highway Agencies, Khoyathong Road , Imphal - 795001, Ph. : 09871003573 , Email : manchanda@neline.com, B: 15thApr, W: 7th Dec, SP : Maryam, Jn : 1981, Sv :
4. Amarjit Sorokhaibam : ID : 10705764, CI : Mobile Phone Dealer, Add : Oinam Awang Leikai PO./PS. Nambol Bishnupur District, Manipur, Ph: 7005631362, email : enterprise.amar@gmail.com, B : 4th Feb, W: 11 June, SP: Ameeta, Jn : 2019, Sv:
5. Amitkumar Singh Kh. DR. : ID : 11037780, CI : Urologist, Add: Sagolband Tera Lukram Leikai, Imphal - 795001 Manipur, Ph: 9877493612, email: khwaidrak@gmail.com, B : 30 Nov, W : 10th Mar, SP : Dr. Yumnam Puspa, Jn : 2020, Sv:
6. ANITA DEVI NINGTHOUJAM DR. (MPHF) : ID: 8767525, CI: Anaesthesiologist, Add. Thangmeiband Hijam Leikai, Near Lajingningthou, Imphal - 795004, Ph.; 9862565742, B : 20th Apr, W : 20th May, SP : Dr. Sudhiranjan, Jn : 2013, Sv: CHM
7. ATHOUBA SINGH ARAMBAM DR. (PHF) : ID : 9978217, CI : Cardio Surgeon, Add : Amudon Leirak Bijoy Govinda , Imphal West - 795001, Ph.: 7086525414, B : 2nd July, W ;, SP :, Jn : 2017. Sv :
8. BABITAJAIN, (PHF) :ID: 10561104, CI: Home maker, Add :C/o. DR. P.K.Jain, Paona Bazar, Imphal - 795001, Ph: 9436025491, email: B :2nd Oct, W : 11th June, SP: Dr.P.K.Jain, Jn : 2019, Sv:
9. BASANTA KUMAR SINGH TH. : ID: 8592652, CI: (Retd.) IPS, Add : Babupara, Imphal - 795001, Ph : 9436027041, email: B : 1st Aug, W : 19th Feb, SP : Dr. Romabai, Jn : 2012, Sv : CHM, D
10. BEEKY GURUNG. : ID: 11319596, CI: Paint Retailer, Add : M/S P.G. Paints Centre, Nagamapal Lamabam Leikai, Imphal - 795001, Ph : 9862533530, email: vicky.manipur@yahoo.co.in, B : 1st Feb, W: 20th March, SP: Pushpa Gurung, Jn: 2021, Sv:

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11. BHAGATON SINGH LONGJAM (PHF) : ID : 9356534, CI : Mechanical Engineering, Add.: Keishampat Thiyam Leikai, Imphal - 795001, Ph.: 9436892759, email: lbslda@gmail.com, B : 19th April, W : 25th Feb, SP : O. Nivedita , Jn : 2015, Sv :
12. BIJAY PRASAD SAHU (PHF) : ID : 6031226, CI : Advocate, Add : Opp. CRPF Camp Mantripukhri, Imphal - 795002, Ph.: 9774523323 & 7630075002, 2455322 (R), B : 15th Aug, W : 27th Jun, SP : Sharda, Jn : 2003 Sv : D, CHM
13. BINOTBABU SINGH KEISHAM (Major Donor Level-1) : ID: 6031228, CI: Mech. Brick Manf. Add : KBS Earthmover M.G. Avenue, Imphal - 795001, Ph. : 2412333, (O) : 9436025887, email : binodkumarkeisham@yahoo.com, B : 31st January, W : 24th Feb, SP : Chitra Devi Keisham, Jn : 2003, Sv : T, JS, D, CHM, VP, P, DCCHM
14. BIROJ KUMAR SOUGAIJAM : ID : 8209106, CI : Civil Administration, Add : Sougaijam Leikai, Moirangkhom, Imphal - 795001, Ph.: 9436025731, B : 15th Aug, W : 18th June, SP : Tanuja, Jn : 2010, Sv :
15. BONIUM MEITEI THOKCHOM : ID : 9155070, CI : Film Industry, Add : Kongba Nandeibam Leikai, Imphal - 795001, Ph : 9856249663, email : bonium.thokchom@gmail.com, B : 16th Oct, Jn : 2014, Sv :
16. CHINGTHANG KSH. DR (PHF) : ID : 10062297, CI : Paediatrician, Add : Yumnam Leikai, Imphal West - 795001, Ph : 9591803726, email : mustangrhcp@gmail.com, B : 28th Feb, W : 6th Feb, SP : Sarju Tayenjam, Jn : 2017, Sv :
17. CHITRA DEVI KEISHAM (MPHF), ID : 6150940, CI : Construction Material Mfg. Add : KBS Earthmovers, M.G. Avenue, Imphal - 795001, Ph : 2412333 (O), 2436184 (R), B : 12th Aug, W : 24th Feb, SP : Binotbabu Singh Keisham, Jn : 2004, Sv : D, JT
18. CHOURJIT KSH. SINGH DR. (PHF) : ID : 6401691, CI : Child Specialist, Add : Yumnam Leikai, Imphal - 795001, Ph. : 9436026933, email : drkshchourjit@yahoo.com, B : 24th July, W: 28th Feb, SP : Dr. Binapani, Jn : 2005, Sv : VP, P
19. CHOURJIT SINGH MAIBAM DR. (RFSM) : ID : 9727500 , CI : University Physical Education, Add: Thangmeiband Sinam Leikai, Imphal West, Ph : 9856192919, email : chourjitmaibam@gmail.com, B: 1st Mar, W: 13th Feb, SP: Reema Chanu, Jn : 2016, Sv: CHM, D, CLCC, S
20. DEBEN NAMBAM (RFSM) : ID : 8302759, CI : IT Professional, Add : Uripok Tourangbam Leikai, Imphal - 795001, Ph.: 9206004629, email : debennam@yahoo.com, B : 4th Dec, W : 23rd May, SP : Dr. Nicola, Jn : 2011, Sv: CHM
21. DEVKUMAR THOUDAM (MPHF) : ID : 8090680, CI : Petroleum Product Retailing, Add : NRL, Khurai Thangjam Leikai, Imphal East - 795010, Ph : 9436027883, email : devthoudam@yahoo.co.in, B : 1st Feb, W : 17th Dec, SP : R.K. Sanatombi, Jn : 2009, Sv : JT, D, JS, S, CHM, VP, P
22. DHABALI THANGJAM DR. (Major Donor Level-1) : ID : 2463203, CI : Clinical Pathology & Laboratory Management, Add : Babina Diagnostics, RIMS Road, Imphal - 795001, Ph : 2415551, 2410679 (O): 9862008718, email: dhabali@yahoo.co.in, B : 9th Feb, W : 22nd Dec, SP : Dr. Rita, Jn : 1995, Sv : S, CHM, D, JS, DCH, VP, P, DSG, AG, GSR, Club Trainer
23. DHANANJOY CHINGANGBAM (RFSM) : ID : 6984793, CI : Advocate, Add : Uripok, Naoremthong Khullem Leikai, Imphal - 795001, Ph. : 9436031418 / 9774280259, Email: chdhananjoy@gmail.com, B : 1st Feb, W : 18th Apr, SP : Sundari, Jn : 2008, Sv : D, S, CHM, VP, P

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24. DIGEL SINGH THINGUJAM DR. (PHF) : ID: 9727515, Cl: Gynaecologist, Add. : Thongju Part - II, Pheijaleitong, Imphal East, Ph. : 8119046286, email : dr_digel@rediffmail.com, B : 1st Feb, W : 6th Mar, SP: Joyshree, Jn : 2016, Sv : S, CHM, D, JE
25. DWIJEN NAMBAM : ID: 8707746, Cl: Electrical Engineer, Add. : Nongmeibung, Khwairakpam Leikai, Imphal - 795010, Ph : 9436893374, B : 1st January, W : 4th Dec, SP : Dr. Seram Meena, Jn : 2013, Sv:
26. ELLENDRA THOUDAM (Major Donor Level-1) : ID : 5492391, Cl : Medical Instruments, Add : Diagnomed Instruments, Lalabung Makhong, RIMS Road, Near Canara Bank, Imphal - 795001, Ph : 7085776993 (O) 9862572291, email : ellendra1960@gmail.com, B : 6th Sept, W: 27th Feb, SP : Meriam, Jn : 2001, Sv : CHM, D, JS, S, DCM, DS (Finance), VP, P, Club Trainer, DCCHM, AG
27. GOKULCHANDRA SHARMA B. DR. (PHF) : ID : 6984801, Cl : Dental Surgeon, Add : Advanced Speciality Hospital & Research Centre, Palace Compound, Imphal - 795005, Manipur, Ph : 9856135743, 2449015 (O), email : paoimo@yahoo.in, B : 1st Mar, W : 26th June, SP : B. Shusila Devi, Jn : 2008, Sv : CHM, S
28. GYANESHWAR SHARMA SHAMURAILATPAM (PHF) : ID : 8592661, Cl : Psychiatrist, Add : Iroishemba Lourembam Leikai, Imphal - 795004, Ph : 8732059756, B : 1st Feb, W : 30th May, SP : S. Ashalata Devi, Jn : 2012 Sv : VP
29. HAREKRISHNA MANGSATABAM : ID : 10062288, Cl : Civil Administration, Add : Sagolband Moirang Leirak, Imphal West - 795001, Ph : 9862029768, email : hmangsatabam@yahoo.co.in, B : 3rd Dec, W : 4th April, SP : Mamata Wahengbam, Jn : 2017 Sv: D, CHM, VP
30. IBOMCHA AK. SINGH : ID : 8938902, Cl: Arms Dealer, Add : Eastern Border Arms, Old Lambulane, Near G. P. Womens' College, Imphal West - 795001, Ph : 9436894040, B : 1st Feb, W : 31st Oct, SP : Ibemhal, Jn : 2014, Sv:
31. IBOYAIMA W. (PHF) : ID: 8644126, Cl: District Rural Development, Add. : Lairikyengbam Salal Leirak, Khurai, Imphal - 795010, Ph : 9436029158, B : 1st April, W : 23rd May, SP : W. Indira Devi, Jn : 2012, Sv: CHM
32. INDRAKUMAR NGANGOM DR. (PHF): ID: 5787540, Cl: Obstetrician & Gynaecologist, Add. : SHAIBO HOSPITAL, Khurai Saroj Leikai Near Chaithabi Leirak, P.O. Lamlong, Imphal - 795010, Ph : 7005800460, B : 18th June, W : 22nd Feb, SP : N. Sunita Devi, Jn : 2002, Sv : E, VP, VSG, P
33. INDRAKUMAR OKRAM : ID : 8592668, Cl : Photography Dealer, Add : Singjamei Oinam Thingel, Lairembi Lampak, Imphal - 795008, Ph : 961235132, email : indrakumar.okram@gmail.com, B : 21st Dec, W : 8th Nov, SP : S. Babyna Devi, Jn : 2012, Sv : Sgt
34. JASPAL SINGH SETIA (MPHF) : ID : 235915, Cl : Readymade Garments Retailing, Add : Blue Bell Fashions, Paona Bazar, Imphal - 795001, Ph : 9862008720, B : 26th Oct, W : 7th Sept, SP : Gurjinder Kaur (PHF), Jn : 2003, Sv : D, CHM, VP
35. JITEN SINGH SAGOLSEM (PHF) : ID : 6984800, Cl : Special Contractor, Add : Palace Compound, Opposite Shri Govindaji Mandap, Imphal - 795001, Ph : 9862484188, B : 24th Feb, W : 6th June, SP: Bina Sagolsem, Jn : 2008, Sv :
36. JITENDRA NINGOMBAM DR. (PHF) : ID : 8592649, Cl : General Surgeon, Add : Singjamei Chingamakhong, Chongtham Leikai, Imphal - 795008, Ph : 7085927972, Email: drg10dra@yahoo.co.in, B : 10th April, W : 25th Feb, SP : Dr. Saroda, Jn : 2012, Sv : D, CHM

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37. JUGINDRA SINGH S. DR. (PHF) : ID : 6171342, CI : General Surgeon, Add : Shija Hospitals & Research Institute, Imphal - 795004, Ph : 2412163 / 2416741 (R), 9436021901, B : 18th May, W : 29th Mar, SP : Gayatri, Jn : 2004, Sv :
38. KAMESHORE NANDEIBAM DR. : ID : 8644122, CI : Paediatrician, Add: Nilakuthi Imphal East - 795002, Ph. : 9436024622, email : nandkame@gmail.com, B : 1st Mar, W : 18th Oct, SP : Sunetra Khwairakpam, Jn : 2012, Sv :
39. KENED KUMAR W. (RFSM) : ID : 9206256, CI : Insurance, Add : Opp. ABC Godown Thangmeiband, Imphal - 795001, Ph : 6009161053, email : kened@rediffmail.com, kened_w@yahoo.co.in, B : 1st January, W : 17th Dec, SP : Geeta Naorem, Jn : 2004, Sv : CHM, D, PRO, JS, E, VP
40. KEWAL KUMAR GULATI (PHF) : ID : 867195, CI : Motor Parts Retailing, Add : Delhi Motor Store, M.G. Avenue, Imphal - 795001, Ph : 9774524336, email : kv.gulati1952@gmail.com; B : 8th Dec, W : 28th Sept, SP : Suraksha, Jn : 1983, Sv : Sgt, CHM, JS, VP
41. KRISHNA NARAYAN AGARWAL (PHF) : ID : 1884702, CI : Senior Active, Add : 190, Paona Bazar, Imphal - 795001, Ph. : 2450035 (O & R), M. : 9436022235, Email: kna1945@gmail.com, B : 4th April, W : 27th May, SP : Saroj, Jn : 1973, Sv : CHM, S, D, VP, DCM, P, GZR, GGR, DCH, Charter member
42. MADHUMANGAL SINGH M. DR. (MPHF) : ID : 5933054, CI : Otolaryngologist, Head & Neck Surgeon, Add : Chingamathak Pishum Leirak, Imphal - 795001, Ph : 9862028174, 2450552 (R), email: drmadhumangal@gmail.com, B : 1st January , W : 9th Mar, SP : L. Dhanabati, Jn : 2003, Sv : VP, VSG, P, CHM
43. MAMTA KSH. DR. (RFSM): ID : 8708098, CI : Microbiologist, Add : Jas Gas Station, Uripok Imphal - 795001, Ph. : 9436027431, B : 21st Mar, W : 23rd April, Sp : L. Manoranjan , Jn : 2013, Sv : JE
44. MANISH JAIN (PHF) : ID : 6716030, CI : Hardware Retailer, Add : Amit Hardware, Thangal Bazar, Imphal - 795 001, Ph : 7005959152, email: jainmanish57@yahoo.com, B : 19th Nov, W : 3rd July, SP : Menaka Jain, Jn : 2007, Sv : Sgt, T, S, CHM
45. MANISH KUMAR SABLAWAT JAIN. : ID : 10062304, CI : Automobiles Dealer, Add : Manoj Automobiles, M.G. Avenue, Imphal - 795001, Ph: 8259056767, email: manishsablawat@gmail.com , B : 17th Mar, W : 30th June, SP : Monica Sablawat Jain, Jn : 2017, Sv :
46. MANMOHAN KUMAR MAHESHWARI (PHF) : ID : 3155036, CI : Chartered Accountant, Add : AMD & Associates, Thangal Bazar, MG Avenue, Near Majorkhul Gate, Imphal, Manipur - 795001, Ph: 03852445263, Ph : 7002613691 / 9864305864, email : maheshwari_mk90@yahoo.co.in, B : 27th June, W : 25th January, SP : Jyoti, Jn : 1996, Sv : T, CHM, D, JS, S, DCM, VP, E, P, DS (P)
47. MANOJ KUMAR JAIN : ID : 11177033, CI : Pharmaceutical Dealer, Add : Sanjeevani Pharma, Thangal Bazar, Imphal - 795001, Ph : 8974054199, email: mnjjn21@gmail.com, B : 21st Aug, W : 11th July, SP : Julie Jain, Jn : 2021, Sv :
48. MANOJ KUMAR PATNI : ID : 11177356, CI : IT Hardware Dealer, Add : Sanmati Traders, Thangal Bazar, Imphal - 795001, Ph : 9862090269, email: manoj@sanmatitraders.com, B : 24th April, W : 30th June, SP : Sangita, Jn : 2021, Sv :
49. MANORANJAN SINGH L. (PHF) : ID : 6031229, CI : Petroleum Products Dealer, Add : Jas Gas Station, Uripok, Imphal - 795001, Ph : 9862027867, email: manolairenjam@hotmail.com, B : 23rd Mar, W : 23rd Apr, SP : Dr. Mamta, Jn : 2003, Sv : E, D, CHM, S, P

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50. MEENA SERAM DR. : ID : 10062141, CI : Medical Practitioner, Add : Nongmeibung Seram Leirak Wangkheirakpam Leikai, P.O. Imphal East, Manipur, Ph : 9436027014 email : meenaseram@gmail.com, B : 15th Sept, W : 4th Dec, SP : N. Dwijen Jn: 2017, Sv :
51. MERIAM THOUDAM (PHF) : ID : 9978228, CI : Healthcare Distribution, Add : Diagnomed Instruments, Khoyathong, Nagamapal Road, Imphal - 795001, Ph : 8575856413, email : meriampalmei@gmail.com, B : 25th Dec, W : 27th Feb, SP : Ellendra Thoudam, Jn : 2017, Sv : WM
52. MUHINDRO NONGTHOMBAM DR. (MPHF) : ID : 8707747, CI : Veterinarian, Add : Luwangsangbam Mamang Leikai, Near Essar Oil Pump, Mantripukhri, Imphal - 795002, Ph : 8014617299, email: muhindrovet@yahoo.com, B: 1st April, W : 5th April, SP : Chirom Amita Devi, Jn : 2013, Sv : D, CHM, S, DCM, E, DCCHM
53. MUKESH KUMAR SHARMA (PHF) : ID : 9842947, CI : Logistic Company, Add : Transking Carrier Ltd., Thangal Bazar, Imphal - 795001, Ph : 8731916173, B : 10th Nov, W : 17th January, SP : Madhu, Jn : 2017, Sv : JT
54. M. Joy Singh (RFSM) : ID : 8520231, CI : Civil Services (IAS), Add : Leiren Mansion, Opp. Super Market, Lamphel, Imphal, Imphal West - 795001, Manipur, Ph : 7005631362, email : joymongjam@yahoo.com, B : 1st January, W: 12th Sept, SP: Sameeta, Jn : 2019, Sv:
55. NICOLA LYNGDOH DR. (PHF) : ID: 870809, CI: ENT Surgeon, Add. : Uripok Tourangbam Leikai, Imphal - 795001, Ph : 9436027787, B : 3rd Dec, W : 23rd May, Sp : Deben Nambam, Jn : 2013, Sv :
56. NILAMANI AKHAM (RFSM) : ID: 2157701, CI: Highway Engg., Add. : Moirang Leirak, Sagolband Road, Imphal - 795001, Ph : 9862068027, 2220623 / 244158 (R), email : nil_ratna@yahoo.co.in, B : 1st January, W : 18th Oct, SP : Ratna, Jn : 1993 Sv : D, CHM, S, VP, P
57. NILAMANI SINGH S. (MPHF) : ID: 235918, CI: (Retd) L.I.C. Officer, Add. : Kshetri Leikai Chingamakha, Singjamei Imphal - 795008, Ph : 2450549 (R), 9436025370, B : 7th Sept, W : 26th Mar, SP : Snehaprabha, Jn : 1983, Sv : CHM, D, T, S, P, DCM, PDCC, GGR
58. NIRANJAN SINGH LAIRENJAM (PHF) : ID : 9978179, CI : Management Consultancy, Add : JCRE Skill Solutions, Thangmeiband Meisnam Leikai, Imphal - 795001, Ph : 9856091155, email : niranjan@jcre.co.in, B : 28th July, W : 19th Dec, SP : Jayshree, Jn : 2017, Sv : D
59. NISHIKANTA SAPAM (RFSM) : ID : 8592664, CI : Publisher, Add : Students Store, Paona Bazar, Imphal - 795001, Ph : 9862026599, B : 25th Aug, W : 13th June, SP : Anandita , Jn : 2007, Sv : D
60. OM PRAKASH SETHI (PHF) : ID : 10314534, CI : Paper & Stationery Dealer, Add : Manipur Stationery Mart, Polo Ground Maning Road, Paona Bazar, Imphal - 795001, Ph : 9436026789, email : om.sethi.jain@gmail.com, B : 24th Aug, W : 28th Feb, SP : Santosh Jain, Jn : 2018, Sv :
61. PALIN KH. DR. (Major Donor Level-1) : ID : 5787538, CI : Plastic & Laparoscopic Surgeon, Add : Shija Hospitals & Research Institute, Imphal - 795004, Ph : 9774043322, email : drpalin@yahoo.com, B : 9th Sept, W : 6th Apr, SP : Dr. Bonney, Jn : 2002, Sv : VP, P
62. PANKAJ JAIN (PHF) : ID : 8592647, CI : Motor Parts Dealer and Car Accessories Store, Add. : Car House, M.G. Avenue, Imphal - 795001, Ph : 9402882601, email : chimphal@gmail.com, B : 26th Mar, W : 11th July, SP : Neha Jain, Jn: 2012, Sv : Sgt, T

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63. PHULINDRO SINGH KH. (PHF) : ID : 5933052, CI : General Insurance Dev., Add : The Oriental Insurance Co. Ltd., Thangal Bazar, Imphal - 795001, email: phulindro@gmail.com, Ph : 2452100 (O), 2955148 (R), 9436025455, B : 1st January, W : 7th July, SP : Kh. Roshni, Jn : 2003, Sv : Sgt, D, CHM, S, VP
64. PRADEEP JAIN (PHF) : ID : 5669460, CI : Publishers, Add : P.C. Jain & Co., Thangal Bazar, Imphal - 795001, Ph : 2451756 (O), 9856084649, email: pcjain.imphal@gmail.com, B : 4th Sept, W : 21st June, SP : Sangeeta, Jn : 2001, Sv : T, CHM, S
65. PRADEEP KUMAR JAIN (RFSM) : ID : 9727483, CI : Handloom Products Dealers, Add : Fanek House, Paona Bazar, Imphal, Ph : 9612061282, email : pspjain2@yahoo.com, B : 2nd June, W : 22nd January, SP : Sheetal Jain, Jn : 2016, Sv : Sgt, T, JS
66. PRADIP KUMAR JAIN DR. (PHF) : ID : 1471759, CI : Medical Practitioner, Add : Trio Medical Store Retail, Mani Tower, 2nd Floor, Thangal Bazar, Imphal - 795001, Ph : 0385-2954260 (O), 2950147 (R), 9436025432, email: drpkjain@rediffmail.com, B : 1st Mar, W : 11th June, SP : Babita, Jn : 1988, Sv : CHM, D, E, S, DCM, P, GZR, DCH
67. PRAMOD KUMAR CHHABRA ENGR. (MPHF) : ID : 5683374, CI : Hotel Mgmt., Add : Hotel Rajdhani, Paona Bazar, Imphal - 795001, Ph : 2442778(O) 2456358 (R), 9436025122, email : chhabrapkc2000@gmail.com, B : 30th May, W : 2nd Dec, SP : Sunita, Jn : 2001, Sv : Sgt, D, JS, S, CHM, VP, E, DSA, P, Dist. Cord., DCM AG, DCCHM, DCM, Special Aide to DG, Club Trainer, Chair (PETS& SETS,2018), Zonal (IX) Trainer
68. PRAMOD JAISWAL (MPHF) : ID : 6401686, CI : Motor Parts Dealer, Add : Pintu Motors, M.G. Avenue, Imphal - 795001, Ph : 9402881991, email: pramodjaiswal08@yahoo.com, pramodjaiswal1777@gmail.com B : 23rd July, W : 9th May, SP : Sunita, Jn : 2005, Sv : Sgt, D, S, CHM, VP, P
69. PREMKUMAR SINGH PEBAM (RFSM) : ID : 9155076, CI : Medicine Distribution, Add : Nongmeibung Chakpram Leirak, Imphal - 795001, Ph : 9615382713, email : pebampremkumar@yahoo.co.in, B : 26th May, W : 24th Nov, SP : P. Suprava Devi, Jn : 2014, Sv : D, CHM, S
70. PRIYOSHAKHI DEVI H. DR. (PHF) : ID : 6031222, CI : ENT Specialist, Add : "RAJPRINEE", Chingmeirong East, Imphal - 795001, Ph : 9436034546, 2421711 (R), B : 5th June, W : 29th Nov, SP : Dr. S. Rajendra, Jn : 2003, Sv. : D, VP, P, CHM
71. PUNSHIBA CHONGTHAM (PHF) : ID : 8767671, CI : Information Tech., Add : RIMS Road, Imphal - 795004, Ph : 9862033724, B : 20th Mar, W : 16th June, SP : Romobala, Jn : 2013, Sv : Sgt, D, JS
72. PUNYABATI DEVI P. DR. (RFSM) : ID : 6707748, CI : Pathologist, Add : Chingamakha Singjamei, Imphal - 795008, Ph : 9436033051, B : 7th Sept, W : 12th June, SP : Dr. N. Achou, Jn : 2013, Sv: JE
73. RABICHANDRA SINGH WANGKHEM (MPHF) : ID : 5787536, CI : School Administration, Add : Sacred Heart Hr. Sec. School, Porompat, Opposite DDK Imphal, Imphal East - 795005, Manipur, Ph : 9436039906, email : wrabichandra@yahoo.in, B : 4th Dec, W : 1st Mar, SP : Dr. Kamala, Jn : 2002, Sv : D, CHM, S, CLCC, VP, P
74. RADHESYAM OINAM DR. (PHF) : ID : 5933053, CI : Business Management, Add : Network Services, Changangei Uchekon, (Blossom School Road), Imphal - 795140, Ph : 2456216 (O)/ 9436026403, email : radheo@rediffmail.com, B : 11th Aug, W : 10th Mar, SP : Sudharani, Jn : 2003, Sv : CHM, D, JS, DCM, S, VP

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75. RAJENDRA BAKLIWAL (PHF) : ID : 5492388, CI : Petroleum Products Dealer, Add : Bakliwal Enterprises, M. G. Avenue, Imphal - 795001, Ph : 2450433, 9784011445, B : 6th June, W : 21st Feb, SP : Sangeeta, Jn : 2006, Sv :
76. RAJENDRA SINGH SINAM DR. (Major Donor Level-1) : ID : 1471764, CI : URO Surgeon, Add : "RAJPRINEE", Chingmeirong East, Imphal - 795001, Ph : 2404032 (O), 2421711 (R), 9436026868, email : rajen_sinam@yahoo.com, B : 10th Dec, W : 29th Nov, SP : Dr. H. Priyoshakhi, Jn : 1989, Sv : D, CHM, T, VP, P, DCM, AG, CHM (Dist. Conf. 2010)
77. RAMCHARAN SINGH L. : ID : 10314532, CI : Taxation, Add : Khurai Kongpal Laishram Leikai, Porompat, Imphal East - 795005, Ph : 9402989109, email : B : 1st Mar, W : 29th Dec, SP : L. Samila Devi, Jn : 2018, Sv : D
78. RAMESH KUMAR AGARWAL (MPHF) : ID : 2541704, CI : Motor Parts Dealer, Add : Manipur Diesels, Khoyathong Road, Imphal - 795001, Ph : 2456587 (O), B : 11th Feb, W : 27th May, SP : Bina, Jn : 1995, Sv : CHM, D, JS, S
79. RITA SANJENBAM DR. (PHF) : ID : 640168, CI : Pharmacologist, Add : Babina Diagnostic Centre, RIMS Road (South), Imphal - 795004, Ph : 2320269 B : 21st Feb, W : 22nd Dec, SP : Dr. Th. Dhabali, Jn : 2005, Sv : E
80. ROBINSON SINGH MEIKAM (RFSM) : ID : 10062282, CI : Construction Materials Dealer, Add : Khangempalli Panthak, Imphal West - 795001, Ph : 8257891023, email : robinsonmeikam1@gmail.com , B : 14th Mar, W : 29th Feb, SP : Ranjita Meikam, Jn : 2017, Sv: JT, D
81. Rohem Sharma Aribam DR. : ID : 11037778, CI : Anaesthesiologist Add : Brahampur Aribam Leikai, Imphal East - 795001 Manipur, Ph : 7388633221, email : rohemsharmaaribam@gmail.com, B : 14th July, W : 13th June, SP: Dr. Usha Thingujam, Jn : 2020, Sv:
82. SACHINDRA LAISHRAM DR. (PHF) : ID : 8342840, CI : Eye Surgeon, Add : Kwakeithel Makha Thokchom Leikai, Imphal - 795001, Ph : 9862585468, B : 9th Aug, W : 25th Oct, SP : Dr. Noornika, Jn : 2011, Sv:
83. Sanjay Das, (PHF): ID: 10705759, CI: Tax Consultancy, Add: 4th Floor, Kishan Electronics Building, Thangal Bazar, Khoyathong Road, Imphal 795001, Ph : 7005036545 / 9436084787, email : sanjaybibha@gmail.com, B : 29th Aug, W : 4th May, SP : Viba Das, Jn : 2019, Sv: Sgt, WM, JS
84. SANJIB SINGH NEPRAM DR. (PHF) : ID : 6984797, CI : Plastic Surgeon, Add : Tera, Sayang Road, Imphal - 795001, Ph : 9436026168, email: snepram@yahoo.com, B : 1st July, W : 6th Nov, SP : Dr. H. Rajshree, Jn : 2008, Sv : E, OS (Dist. Conf. 2010), JS, S, D, CHM, DCM, VP
85. SANTOSH PRASAD (RFSM) : ID : 11319634, CI : Motor Parts Dealer, Add : Santosh Automobiles, M.G. Avenue, Imphal - 795001, Ph: 9612391455, email: santoshprasadt@gmail.com, B : 2nd Mar, W : 16th April, SP : Asha, Jn : 2021, Sv : Sgt
86. SARATCHANDRA SINGH PHIJAM (PHF) : ID : 8090672, CI : Stationary Retailing, Add : Phijam Stationery Store, Khongnang Ani Karak, Imphal East - 795001, Ph : 9612901247, 9862485413, email : saratchsp@gmail.com, B : 3rd Mar, W : 1st Apr, SP : Ibeyaima, Jn : 2009, Sv : Sgt, D, CHM, JS, S, RCC, VP
87. SARIKA DEVI JAIN : ID : 11367170, CI : Boutique Owner, Add : Kayra Fashions, Khoyathong Road, Imphal - 795001, Ph : 8787746192, email : Itsmerika5@gmail.com, B : 17th Aug, W : 4th Dec, SP : Sony Singh Pokheriya, Jn : 2022, Sv :

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88. SHADANANDA HAMOM : ID : 8090669, CI : Film Industry, Add : Sega Road, Thouda Bhabhok Leikai, Imphal - 795001, Ph : 9856241073, email : shadananda@yahoo.com, B : 16th Feb, W : 27th Feb, SP : Jeena, Jn : 2009, Sv:
89. SHARATCHANDRA SINGH LK. DR. (PHF) : ID : 10314515, CI : Nephrologist, Add: Tera Lokrakpam Leikai, Imphal - 795001, Ph : 8974891645, email : loukra19@gmail.com, B : 24th Sept, W : 11th Dec, SP : Dr. P. Sobita Devi , Jn : 2018, Sv : D, RCC
90. Somemkumar Singh Laishram DR. : ID : 11037782, CI : Gynaecologist, Add : Khangabok Bazar, Thoubal - 795138, Manipur, Ph : 9862891936, email : someni2014@gmail.com, B : 4th Feb., Jn : 2020, Sv:
91. SONAMANI SINGH OKRAM (RFSM) : ID : 10062283, CI : Banking, Add : Yaiskul Yumnam Leikai, Imphal West - 795001, Ph : 9612170730, email : sona.okram@gmail.com, B : 1st Mar, W : 7th May, SP : Tampha Devi, Jn : 2017, Sv: CH, D, T
92. SONY SINGH POKHERIYA (RFSM) : ID : 6401687, CI : Motor Parts Dealer, Add : Sony Automobiles, M.G. Avenue, Imphal - 795001, Ph : 7005951407 / 9774034190, email : kashmirtangoblack@yahoo.co.in, B : 9th January, W : 4th Dec, SP : Sarika, Jn : 2005, Sv : Sgt, CHM, T, JS, D
93. Subodha Ningthoukhongjam DR. : ID : 11037781, CI : Gynaecologist, Add : Shija Hospital Complex, Langol, Imphal - 795004, Manipur, Ph : 9436039951, email : drsubo@gmail.com, B : 17th July, W : 23rd Nov, SP: Ranjuka, Jn : 2020, Sv:
94. SUDHARANI RK (RFSM) : ID : 8708096, CI : Teacher, Add : Network Services, Keishampat, Airport Road, Imphal - 795001, Ph : 9862269816, B : 7th July, W : 10th Mar, SP : Radheshyam Oinam, Jn : 2013, Sv:
95. SUDHIRANJAN TH. DR. (Major Donor Level-1) : ID : 5933055, CI : Surgery & Healthcare Service ENT, Add : Thangmeiband Hijam Leikai, Near Laijingningthou, Imphal - 795004, Ph.:9862189195, email : dr_sthingbaijam@yahoo.in, B : 16th Nov., W: 20th May, SP : Dr. N. Anita, Jn : 2003, Sv : VP, P, CH (CFC), DCM, CHM
96. SUNITA CHHABRA (PHF) : ID : 8708099, CI : Hotel Management, Add : Hotel Rajdhani, Paona Bazar, Imphal - 795001, Ph : 9436039365, B : 3rd Nov, W : 2nd Dec, SP : Pramod Kumar Chhabra, Jn : 2013, Sv : CHM
97. SURCHANDRA SINGH L. (PHF) : ID : 3440495, CI : Automobile Engg., Add : Oinam Leikai Pishumthong Imphal - 795001, Ph : 9862412606, 2452687 (R), B :1st Mar, W : 1st Feb, SP : Bamasundri, Jn : 1998, Sv : D, S, VP, P
98. SURENDRA KUMAR JAIN (PHF) : ID : 3155034, CI : Readymade Garment Retailing, Add: Muskaan, Paona Bazar, Imphal - 795001, Ph : 9436026800, B : 27th July, W : 9th May, SP : Saroj, Jn : 1996, Sv : CHM, D
99. SURESH KUMAR JAIN (MPHF) : ID : 3155043, CI : Steel Distribution, Add : Thangal Bazar, Imphal - 795001, Ph : 2458760 (O), 2452917 (R), 943602759, B : 22nd Oct, W: 12th Dec, SP : Manisha, Jn : 1996, Sv : CHM
100. SURINDER SINGH KAISER (RFSM) : ID: 9978203, CI: Industrial & Agricultural Machines Dealership, Add: Kaiser Auto & Engg. Works, Thangal Bazar, Imphal - 795001, Ph : 9612329448, email : surinderkaiser@gmail.com, B : 6th Nov, W : 19th Jan, SP : Chiranjiv Kaur, Jn : 2017, Sv: Sgt, JT, D
101. SUSHIL KUMAR JAIN (PHF) : ID : 10314524, CI : Flour Miller, Add : Shree Manipur Roller Flour Mills Pvt., Old Assembly Road, Thangal Bazar, Imphal - 795001, Ph : 8974007578, email : sushil.smrfrm@gmail.com, B : 18th June, W : 8th Mar, SP : Sarita Jain, Jn : 2018, Sv :

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102. TEJKUMAR NG. (PHF) : ID : 5254533, CI : Legal Service, Add : Thangmeiband Yumnam Leikai, Imphal - 795001, Ph : 6909350129, B : 21st May, W : 21st June, SP : Thoibi, Jn : 2000, Sv : CHM, D, VP, P
103. THONTHON DAIMEI DR. (RFSM) : ID : 10062295, CI : Doctor Anatomy, Add : Chingmeirong Kabui Khul, Imphal East - 795001, Ph : 8119899032, email : thondaime@gmail.com, B : 11th Mar, Jn : 2017, Sv : JE
104. TIKEN SINGH LAISHRAM : ID : 6401693, CI : Sports Management, Add : Zommi Villa, North AOC, Imphal - 795001, Ph : 2452114 / 2444184, 9436021893, B : 20th May, W : 27th March, SP : Th. Shantibala, Jn : 2005, Sv :
105. TIKENDER KUMAR JAIN : ID : 11177009, CI : FMCG Dealer, Add : Arihant Marketing, Near Yes Bank Ltd., Khoyathong Road, Thangal Bazar, Imphal - 795001, Ph : 9436026948, email : amarketingimphal@gmail.com, B : 23rd June, W : 23rd June, SP : Nidhi Jain, Jn : 2021, Sv : JT
106. TOMCHA SINGH TH. DR. (PHF) : ID : 3517190, CI : Medical (Radiation Oncologist), Add : Khabam Lamkhai, Opp. North Point School, Imphal - 795002, Ph : 7005337095, email : drtomth@gmail.com, B : 16th Sept, W : 4th April, SP : L. Sanatombi, Jn : 1999, Sv : CHM, VP, P, CHM, (Awards Comt. 2009-10)
107. USHAKIRAN SALAM DR. (RFSM) : ID : 10062300, CI : Medical Practitioner, Add : Luwangsangbam B.S.F. Gate, Imphal East - 795002, Ph : 9436036696, email : dr.s.ushakiran@gmail.com, B : 1st April, W : 29th Nov, SP : Bikram Singh, Jn : 2017, Sv : CHM
108. VETO SINGH MAYENGBAM DR. (PHF) : ID : 8938883, CI : Manipur Civil Services, Add : Mayeng Lamjao Makha Leikai, P.O. Kakching, District - Kakching, 795103, Manipur, Ph : 8730931414, email : mveto87@gmail.com, B : 25th June, W : 31st January, SP : Dr. Ph. Priyadarshini, Jn : 2014, Sv : D
109. YOGESH KUMAR JAIN (MPHF) : ID : 6150941, CI : Retail Business (Furnishing & Mattress), Add : Jhoomarmal Kashliwal & Co., Thangal Bazar, Imphal - 795001, Ph : 2449521, 9612255776, email : yogeshjain14@gmail.com, B : 14th July, W : 7th Mar, SP : Urmila, Jn : 2004, Sv : Sgt, T, JE, T (Dist. Conf. 2010), JS, D, S .

Abbreviations used*:

Add	= Address,	JE	= Joint Editor,
AG	= Assistant Governor,	Jn	= Joining Year,
B	= Birthday,	JT	= Joint Treasurer,
CH	= Chair,	JS	= Joint Secretary,
CFC	= Club Foundation Chair,	MPHF	= Multiple Paul Harris Fellow,
CI	= Classification,	OS	= Organizing Secretary,
CHM	= Chairman,	P	= President,
CLCC	= Club Literacy Committee Chair,	PHF	= Paul Harris Fellow,
DCM	= District Committee Member, Dist.	Ph	= Phone,
Conf.	= District Conference,	PDCC	= Past District Committee Chair,
Dist. Cord.	= District Co-ordinator,	PRO	= Public Relation Officer,
DS	= District Secretary,	RCC	= Rotary Community Corp,
DG	= District Governor,	RFSM	= Rotary Foundation Sustaining Member,
DCCHM	= District Co-Chair,	SP	= Spouse,
DS (P)	= District Secretary (Publication),	Sv	= Served as,
DSA	= District Secretary Administration,	Sgt	= Sergeant-in-arm,
DCH	= District Chair,	S	= Secretary, T = Treasurer,
DSG	= District Secretary General,	VP	= Vice President,
D	= Director,	VSG	= Voluntary Service Group,
E	= Editor,	W	= Wedding Anniversary Day,
GZR	= Governor Zonal Representative,	WM	= Web Master.
GSR	= Governor Special Representative,		
ID	= Club member identification number,		

Rotary Club of Imphal, RID 3240

Committee and Sub-Committee 2022-23

Club Service Committee **Director:** Rtn Robinson Meikam

Sub-Committee:

Greetings and e-Committee:

Chairman : Rtn Sanjay Das
Members : Rtn Dr. Nongthombam Muhindro Singh
: Rtn Tikender Jain

Public Relation Committee:

Chairman : Rtn Dr. Veto Mayengbam
Members : Rtn Prem Pebam
: Rtn Dr. Nongthombam Muhindro Singh

Rotary Bulletin & Information Committee:

Chairman : Rtn Dr. Nongthombam Muhindro Singh
Members : Rtn Dr. Th. Digel Singh
: Rtn Sanjay Das

Attendance/Family Programme Committee:

Chairman : Rtn Devkumar Thoudam
Members : Rtn Sarika Jain
: Rtn Sony Singh Pokheriya

Fellowship Committee:

Chairman : Rtn Sonamani Okram
Members : Rtn Ch. Punshiba
: Rtn Sony Singh Pokheriya

Vocational Service Committee **Director :** Rtn. L. Niranjan Singh

Sub-Committee

Vocational Award/ Training Committee

Chairman : Rtn Dr. Th. Dhabali
Member : Rtn Pramod kr. Chhabra
: Rtn W. Rabichandra

Rotary 4 - Way Test Promotion Committee:

Chairman : Rtn Dr. Sudhiranjan
Members : Rtn Yogesh Jain
: Rtn Beeky Gurung

Career Guidance Committee:

Chairman : Rtn M. Harekrishna
Members : Rtn L. Manoranjan
: Rtn Dr. Veto Mayengbam

Community Service Committee: **Director :** Rtn Sonamani Okram

Sub-Committee

Community Healthcare cum Awareness Committee:

Chairman : Rtn Dr. Th. Sudhiranjan
Members : Rtn Dr. Th Dhabali
: Rtn Dr. Kh. Palin
: Rtn Dr.LK Saratchandra
: Rtn Dr. M. Madhumangol

Environment Protection Committee:

Chairman : Rtn Ch. Punshiba
Members : Rtn Ch. Dhananjay
: Rtn Dr. B. Gokulchandra

Women Empowerment Committee:

Chairman : Rtn Dr. H. Priyoshakhi Devi
Members : Rtn Dr. Ksh. Mamta Devi
: Rtn Meriam Thoudam
: Rtn. Sunita Chhabra

Legal- Aid Committee:

Chairman : Rtn Ng Tejkumar
Members : Rtn Ch. Dhananjay
: Rtn B.P. Sahu

Swatch Bharat Committee:

Chairman : Rtn Dr. Th. Tomcha Singh
Members : Rtn L. Bhagaton Singh
: Rtn. Dr. Nicola Lyndoh

RCC Committee:

Chairman : Rtn Saratchandra Phijam
Members : Rtn Ellendra Thoudam
: Rtn Devkumar Thoudam

Teach & Wins Committee:

Chairman : Rtn W. Rabichandra Singh
Members : Rtn W. Kenned Kumar
: Rtn Dr. Ksh. Mamta Devi

Health Camp Committee:

Chairman : Rtn Dr. Th. Sudhiranjan
Members : All Rotarian Doctors

Egg Bank:

Chairman : Rtn Devkumar Thoudam
Members : Rtn Sanjay Das
: Rtn Ch. Punshiba

International Service Committee: Director : Rtn Yogesh Jain

Rotary foundation Committee:

Chairman : Rtn L. Manoranjan
Members : Rtn Pramod Kr. Chhabra
: Rtn Dr. S. Rajendra Singh
: Rtn Dr. Kh. Palin
: Rtn Dr. Th. Sudhiranjan
: Rtn Dr. A. Rohem Sharma

Rotary Youth Exchange Committee:

Chairman : Rtn Ajit Irom
Members : Rtn Dr. Nongthombam Muhindro Singh
: Rtn W. Kenned Kumar

Youth Service Committee: Director: Rtn Dr. Veto Mayengbam

Rotaract /Interact Committee:

Chairman : Rtn Dr. LK Saratchandra
Members : Rtn W. Kenned Kumar

RYLA Committee:

Chairman : Rtn K. Binotbabu Singh
Members : Rtn Manish Jain
: Rtn Sanjay Das

29th RTN. BIJAY JAIN MEMORIAL AWARD OF ROTARY CLUB OF IMPHAL

Rules and Regulations W.E.F. 15th April 1993

1. The name of the award shall be the Rotarian Bijay Jain Memorial Award hence known as the award. (This is an award sponsored by Rotary Club of Imphal in memory and honour of many active services rendered by Late Rtn. Bijay Jain, who was a founder Charter Member Past Director, Past Secretary, Past President etc. of the Rotary Club of Imphal).

2. The provision and financial control of the award shall be under the purview of the President and Secretary of the Rotary Club of Imphal each year in consultation with other members of the club.

3. The award shall be given away every year on the occasion of the Installation Ceremony of the Club. The award shall consist of a benefiting trophy/memento and a scroll on which is written or printed the name of the award, the name of the awardee and high achievements of the awardee. The inscription in the scroll shall be read out by the Chief Guest of the occasion or the person giving away the award. The Chairman of the Award Committee or the member of the Committee (The foundation of the Committee will be dealt with in the following clauses) shall read out also a brief life history of Late Rtn. Bijay Jain of about 2minutes duration.

4. Only citizens of Manipur state having distinguished achievements in the field of sports and allied discipline in the State, National and International level shall be entitled to this award.

5. The awardee shall be selected by an Award Selection Sub-Committee to be chaired by the Chairman of the Award Committee of the Club; it shall comprise two members of the Award Committee nominated by the Chairman and two experts in the field of sports (to be nominated by the Sports Authority, Govt. of Manipur or recognised Sports Association of the State in preview of the particular discipline).

6. The Award Committee shall be chaired by the President elect, Rotary Club of Imphal for the year and shall consist of four club members to be selected by the Chairman each year. The term of the Award Committee shall be one year from the day of Installation Ceremony of the club.

7. The Award Committee shall complete the selection of the Awardee by the first week of June of the year and shall submit the name and field of the achievement of the Awardee within two days from the date of sitting.

8. The discipline for the award shall be determined each year by the Award Committee. The selection shall as well be made on the achievement during the year or in the past at the International or National or State level pertinent to the particular discipline.

9. The decision of the Award Selection Sub-Committee of the club shall be final in the bounds.

This year the Rtn Bijay Jain Memorial Award for the Rotary Sportsperson of the year is given to Miss Sorokhaibam Bindyarani, Weightlifter. She will represent India in 55 kg class Women Weightlifting in CWG - 2022 at Birmingham, UK. She is a resident of Langol Ningthou Leikai, Imphal West & was born on 27-01-1999.

OUR PRESTIGIOUS

Sports persons of the previous years

	Name	Event	Year
1.	Mr. Kiran Singh	Boxing	1993-1994
2.	Km. S. Linthoingambi Devi	Race	1994-1995
3.	Mr. Aheibam Momotomba	Body Building	1995-1996
4.	Km. W. Nandini Devi	Weight Lifting	1996-1997
5.	Km. O. Binakumari Devi	Cycling	1997-1998
6.	Km. Elangbam Gita Devi	Fencing	1998-1999
7.	Mr. Soibam Suresh Singh	Boxing	1999-2000
8.	Mr. P. Renedy Singh	Football	2000-2001
9.	Miss Mary Kom	Boxing	2001-2002
10.	Mr. Haobam Noren Singh	Football	2002-2003
11.	Km. Waikhom Surjalata Devi	Hockey	2003-2004
12.	Km. Kunjarani Devi	Weight Lifting	2004-2005
13.	Km. Bombayla Devi	Archery	2005-2006
14.	Km. Laishram Monica Devi	Weight Lifting	2007-2008
15.	Km. Nongthombam Saini Devi	Shooting	2008-2009
16.	Mr. N. Suranjoy Singh	Boxing	2009-2010
17.	Km. Laishram Sarita Devi	Boxing	2010-2011
18.	Km. Y. Renubala Devi	Weight Lifting	2011-2012
19.	Mr. Kh. Pradip Kumar	Body Building	2012-2013
20.	Mr. N. Chingkheinganba	Mountaineering	2013-2014
21.	Master M. Meiraba	Badminton	2014-2015
22.	Km. Surjabala Devi	Boxing	2015-2016
23.	Laishram Bombayla Devi	Archery	2016-2017
24.	K.Chinglensana Singh	Hockey(Men)	2017-2018
25.	Kumari S. Mirabai Chanu	Weight Lifting	2018-2019
26.	Miss Ngangom Bala Devi	Footballer	2019-2020
27.	No Award due to COVID-19 Pandemic	-----	2020-2021
28.	Mr. S. Nilakanta Sharma	Hockey (Olympian)	2021-2022

20th LATE SAGOLSEM INDRAMANI MEMORIAL ROTARY SCHOLARSHIP



This scholarship is instituted by his daughter Anne Smt.S.Snehprabha Devi, w/o Rtn. S.Nilamani Singh, (Past President, Rotary Club of Imphal) in fond memory of her late revered father and is awarded to 2 (two) best students of Orphan Home, Deulahland, Imphal every year on the Installation Ceremony of Rotary Club of Imphal.

Late Oja Indramani – A profile

Sagolsem Indramani, popularly known as Oja Indramani was born in Thangmeiband on 2nd of May, 1907 and expired on November 27, 1987. In the early 1940's he established a number of institutions. Mention may be made of the first orphanage of Manipur, SINDAM SINSANG ANATH ASHRAM established and run by him at Lei-Ingkhol, Mantripukhri which was converted to a high school under the name of SINDAM SINSANG RESIDENTIAL HIGH SCHOOL, Chingmeirong. Oja Indramani was quite concerned about the welfare and upliftment of the downtrodden, he was concerned about the people both in hills and in plains. Majority of the orphans in the orphanage were from the hills not only from Manipur but also from Nagaland and Mizoram.

He also established Khoyathong High School in 1953 as New Girls' and Adult Night High School, the establishment which marked the beginning of the Non-formal educations programs in the state of Manipur.

Oja Indramani was a pioneer in the field of modern physical education, also. He is the founder of the Physical Culture movement in Manipur. He trained innumerable physical culturists in Manipur and was instrumental in producing a few young men from Manipur to get Mr. India titles.

In the field of Weightlifting, his endeavour resulted in producing a few Olympians. In the field of boxing also, the seed he sowed in the early 1940's has germinated today. Today, Manipur has produced a few international boxers. It is worth remember that Oja Indramani, along with some of its close associates, conducted the first Mr. Manipur and the first Miss Manipur Contest-1949 at the Imphal Pologround.

Not only that, he was treating numerous patients in Manipur with his Nature Cure Techniques till the last moments of his life, without taking any form of fees, and he also started the service of Naturopath in the 1930's by editing and publishing a weekly journal called "MEITEI MAIBA". In short, Oja Indramani was a devoted social worker who used all his resources and all his energies to make Manipur a Modern Manipur State.

This year the scholarship has been awarded to the following children:-

- i. **L. Tomba Singh (Class IX)**
Lilasing Khongnangkhang High School,
Thangmeiband
- ii. **Haobam Thoiba (Class VII)**
Khunthoknganbi Upper Primary School,
Thangmeiband

13th LATE AKHAM IBOCHOUBA

Memorial Award for
Rotary Meritorious
Civil Constable of the Year



The Award Comprises a Citation and a Cash Prize of Rs. 5000/-. Initiated from 2009, it is to be awarded to the meritorious Civil Police Constable of the Manipur Police every year at the Installation Ceremony of the Rotary Club of Imphal.

The Rotary Club of Imphal will be the nodal authority to select the awardee of the respective year in consultation with the Director General of Manipur Police Department.

The award is instituted by Sons and Daughters of Late Akham Ibochouba Singh, Sagolband Moirang Leirak, Imphal. 1. Rtn. Akham Nilamani Singh 2. Soibam (O) Nalini Devi 3. Akham Gama Singh 4. (L) Akham Rshananda Singh 5. Mongjam (O) Ibetombi Devi 6. Shanti Raikham 7. Elangbam (O) Sharmila Devi

Biodata of Late Akham Ibochouba Singh Late Akham Ibochouba Singh, Sagolband Moirang Leirak, Imphal was born on 11.05.1921. He was the eldest son of Late A. Ibohal Singh and Late Akham (O) Ibemcha Devi. He studied Intermediate in the Cotton College, Guwahati. He joined Manipur Police as literate constable. During the course of his service, he was conferred upon Manipur Police Service and promoted upto the level of Superintendent of Police/Commandant of Manipur Rifle. He was a disciplinarian with high integrity. He was a straight forward and clean officer. He retired from service in 1980. He spent the last part of his life in the devotion of religion and social works. He was the Life Member of the Divine Life Society, Imphal and worked for it in different capacity. He expired on the 28th May 2008 and left behind his sons, daughters, grandchildren, relatives and friends.

This year the award goes to **Lanchungam Kamson**, (Constable/No. 1801268) posted at Reader section of Supdt. Of Police, Imphal West District.

Our prestigious awardees of the previous years

2009 – Mr. S. Ashiho Mao

2010 – Md. S. Rahman

2011 – Shri Soibam Deven Singh

2012 – Nongthombam Thambalsana Singh

2013 – Shri Yensembam Bimolchandra Singh

2014 – Shri Yumnam Robindro Singh

2015 – Shri L. Gojen Singh

2016 – Shri Namojam Premjit Singh

2017 – Shri Nongthombam Lokeshwor Singh

2018 – Shri Sanasam Raju Singh

2019 – Shri Nongthombam Kunjabihari Singh

2020 – Shri Thoudam Prem Singh

2021 – No Award (No recommendation)

**7th LATE M. IBOBI
Memorial Award for
Rotary Traffic Police Personnel
of the Year**



The Award Comprises a Citation and a Cash Prize of Rs. 5000/- and a memento it is to be awarded to the Rotary Traffic Police Personnel every year at the Installation Ceremony of the Rotary Club of Imphal.

The Rotary Club of Imphal will be the nodal authority to select the awardee of the respective year in consultation of the concerned Police Department of Manipur.

The award is instituted by Rtn.Dr. M.Madhumangol Singh in the memory of his father Late Shri M.Ibobi Singh

Brief Biodata of Late Shri M. Ibobi Singh Late Shri M. Ibobi Singh was an educationalist. He was the major architect as a governing body member in establishing of Wabagai High School, Wabagai in 1950s, before it was taken over by the Government of Manipur. He studied at Johnstone School, Imphal but could not complete his matriculation because of financial constraints in the family. He retired as Head Pandit of the then Wabagai L.P.School. He was a strict disciplinarian but treated all his students as his own son or daughters. He was also a Social Worker.

This year the award goes to **Ningombam Lokendro Singh**, Sub. Inspector Traffic Police Thoubal District.

Our prestigious awardees of the previous years

(From 2009 – 2015 Awarded by the Club)

2016 – Shri Ningthoujam Saratchandra Singh, Imphal East

2017 – Shri Sarangthem Sohodeva Singh, Imphal East

2018 – Shri Ahanthem Bihari Singh, Imphal West

2019 – Shri M. Amuchou Singh

2020 – Shri Angom Depinjen Meetei

2021 – Shri Asem Bima Singh

7th LATE TH.IBOMCHA SINGH Memorial Award for Rotary Nurse of the Year



The Award Comprises a Citation and a Cash Prize of Rs. 5000/- and a memento it is to be awarded to the Rotary Nurse every year at the Installation Ceremony of the Rotary Club of Imphal.

The Rotary Club of Imphal will be the nodal authority to select the awardee of the respective year.

The award is instituted by **Rtn.Ellendra Thoudam in the memory of his father Late Shri Thoudam Ibomcha Singh**

Brief Biodata Of Late Shri Th. Ibomcha Singh :

Late Shri Thoudam Ibomcha Singh was born on 7th December 1932 to Late Shri Th. Kanhai Singh and Th(O) Tampha Devi . He was from Kontha Khabam ,Imphal East.He worked in the Forest Department as Beat Officer and was posted at Jiri, Sagolmang, Wangoo Sabal, kakching, Ithai, Singhhat, Hiengang, Sekmai, Ningthoukhong, Komkeirap, Koirengei .He retired in 1990. He expired on 29th Feb. 2000.

This year the Rotary Nurse of the year 2022-23 goes to **Okram Kamala Devi**, w/o Oinam Bimol Singh of Leimapokpam Awang Leikai P.O. Nambol, Bishnupur District Posted as Staff Nurse at Primary Health Centre, Leimapokam, Bishnupur District

Our prestigious awardees of the previous years

(From 2009 – 2015 Awarded by the Club)

- 2016 – Thounoujam Sangeeta Chanu
- 2017 – Miss Mercy Khongsai, Christian Hospital, Imphal
- 2018 – Waikhom Ibeyaima Devi, RIMS Imphal
- 2019 – Hennei Hangshing, JNIMS Imphal
- 2020 – Shri M.Basanta Singh, RIMS Imphal
- 2021 – Smt. Maibam Ranita Devi, PHC, Awang Wabagai

**7th LATE SHRI
JHOOMARMAL
KASHLIWAL
Memorial Award for
Rotary Journalist of the Year**



The Award Comprises a Citation and a Cash Prize of Rs. 5000/-, and a memento, it is to be awarded to the Journalist every year at the Installation Ceremony of the Rotary Club of Imphal.

The Rotary Club of Imphal will be the nodal authority to select the awardee of the respective year.

The award is instituted by Rtn.Yogesh Kumar Jain in the memory of his father Late Shri Jhoomarmal Kashliwal.

This year this award goes to **Nimolchand Ningombam** of Naharolgi Thoudang

Our prestigious awardees of the previous years

(From 2009 – 2015 Awarded by the Club)

2016 – Shri Gurumayum Gagan Sharma

2017 – Shri Raj Nongthombam

2018 – Shri B. Devchandra Sharma

2019 – Shri Laimayum Subhash Sharma

2020 – Shri Jit Ningomba

2021 – Shri Soubam Bokuljaoba Meetei

**7th LATE SHRIPAL
CHAND JAIN
Memorial Award for
Rotary Fireman of the Year**



The Award Comprises a Citation and a Cash Prize of Rs. 5000/- and a memento it is to be awarded to the Rotary Fireman every year at the Installation Ceremony of the Rotary Club of Imphal.

The Rotary Club of Imphal will be the nodal authority to select the awardee of the respective year in consultation with the Fire Service Department of Manipur.

The award is instituted by Rtn.Pankaj Jain in the memory of his father Late Shri Shripal Chand Jain

This year the award goes to

Name : **N. Joychandra Singh**
Rank : Fireman
Address : Thoubal Leishangthem Khong Manung,
Thoubal District
Date of Joining : 08-08-2013

CITATION:

N. Joychandra Singh, Fireman - joined on 08.08.2013. Since the beginning of his service, he has been well disciplined and hardworking personnel and posted at various outlying Fire Sub-Station in the State. He took a prominent role in controlling any fires of various magnitudes. His dedication to duty contributed much in saving several lives. Government and Private properties have been exemplary to his fellow fireman. Hence, N. Joychandra Singh name is commendable.

Our prestigious awardees of the previous years

(From 2009 - 2015 Awarded by the Club)

2016 - Shri Aheibam Tombisana Singh
2017 - Shri Y. Leibakmacha Singh
2018 - Shri M. Romendro Singh
2019 - Shri Rabikumar Singh
2020 - Shri L. Joykumar Singh
2021 - Md. Khallique Mazumdar

9th LATE SAGOLSHEM JUGE Memorial Rotary Scholarship



The Scholarship Comprises of two Cash scholarships of Rs.3000/- and Rs.2000/- to be given to the two students of the Govt. Ideal Blind School, Takyelpat, Imphal every year at the Installation Ceremony of the Rotary Club of Imphal.

The Rotary Club of Imphal will be the nodal authority to select the awardee of the respective year in consultation with the authority of Govt. Ideal Blind School, Takyelpat, Imphal

The scholarships are instituted by Rtn.S. Jiten Singh in the memory of his father Late Shri Sagolshem Juge Singh

BIODATA OF LATE SHRI JUGE SINGH

Sagolshem Juge Singh, who later came to be lovingly called Wangoi Juge, was born on 27th October 1930, to an impoverished family at Wangoi. He was the eldest of eight siblings and the sole provider of the family. His childhood was marked by travails, having to face plenty of hardships and working to put food on the table for the family. Solely bearing the burden to provide for the whole family he was unable to attend school. His life was full of hardships, sacrifices, and problems but these did not stop him from going to become one of the most successful Special Class Government Contractors of Manipur. He worked his way up the business ladder through his hard work and earned himself many prestigious projects. His life remain an inspiration to the young stars of today's generation that with hard work anything can be achieved in life .

This year the scholarship goes to

1. Sapam Sujata Devi, Class X
(Kakching District) **-Rs. 5000.00**
2. Anoubam Michael Sharma, Class VII
(Imphal West District) **-Rs. 5000.00**
3. Diliawang Newme, Class VI
(Tamenglong District) **-Rs. 5000.00**
4. Md. Noor Huda, Class V
(Thoubal District) **-Rs. 5000.00**

7th LATE SINAM TOMCHOU SINGH

Memorial Distribution of Hearing Aids



Biography of Late Sinam Tomchou (27/05/1926 - 21/04/2014)

It is quite common to hear stories of people working hard and availing oneself of existing positions.

One such enthralling example is of a man - Late Sinam Tomchou, who embraced challenging mindsets which ultimately led to him to become an entrepreneur. He was a great devotee, leader, disciplined and man of principles since his early days

His principles and ethics have left footprints that he is not only remembered of but his descendants, peers and community can walk in them.

Let's have a glance at his life journey — He was a farmer in his early days followed by a sepoy for the Royal family of Manipur, then he had an opportunity to become a contractor for the government of Manipur. Going forward, he established his own saw mill and carpentry business. He was also chosen as the First ever dealer of Maruti Suzuki brand in the state of Manipur.

Once he started getting older, his devotion to God and eagerness to do more for the society grew further. There are numerous

marvelous work which he has done and the journey started with the construction of Sinam Shyama Town Hall for the Chingmeirong locality which he dedicated to his Late wife, Sinam Shyaama Devi, is now the venue of a number of activities of the locality. His dedication towards the Chingmeirong Meritorious students organisation has been constant in his younger days as well. This went to more donations for constructing various temples. To name a few -

Shri Shri RadhaGovindji Hari Mandir, Shri Shri Anuprabhu Mandir in Nabadweep, Shri Shri Madan Mohan Mandir near Radhakunda - Bhadal.

He was also a patron member of Divine Life Society and also served as a life member of various organisations. He used this as a chance to know people better and means to take up more projects for the community. He used to also organise community feast regularly commonly known as utsov.

In his lifetime, he has published four major books that include Shri Krishna Karnamitra, Cheitanya Karika Dharmagi Paotak, etc which had valuable teachings to lead a peaceful life. He also used to take active participation in the celebration of yaoshang (Holi) culture.

He has endowed and penetrated his overreaching beliefs to his children leading them to become well established doctors, businessmen and professors.

However, his life did not comprise of a string of pecuniary interests. He was a person of utmost philanthropy as he had utmost interest in facilitating the meritorious students of his locality which his children have now undertaken after his demise.

He may have left us today but his love and dedication, work will always be remembered.

Every year Hearing Aids are being distributed by Rtn. Dr.H.Priyosakhi Devi in fond memory of her father-in-law Late Shri Sinam Tomchou Singh.

This year Hearing Aids are given to the under listed Persons:

1. Smt. Wahengbam (O) Ibemhal Devi, 66 yrs, Kumbi Makha Leikai, Bishnupur District
2. Shri Ratandas, 63 yrs, Uripok, Imphal West District
3. Smt. Kimheihat Vaiphei, Leilon Village, Kangpokpi District
4. Smt. Lhailam Chongloi, Khunkho Kuki Village, Kangpokpi District
5. Shri Nongmaithem Gambhir, 60 yrs, Nambol khathong

9th LATE SHRI OM PRAKASH GULATI

Memorial Wheelchair Distribution

WHEEL CHAIR



Every year since 2013, Wheel chair is given away in the memory of his father Late Shri Om Prakash Gulati by **Rtn. Kewal Gulati.**

This year Beneficiary is

Kh. Ingocha Singh

S/o. Late Kh. Kala Singh

DOB: 12/8/1948

Khurai Thoudam Leikai

Imphal East, Manipur



*Sunita
Neptram*

Every year a scholarship of Rs. 10,000/- is given to Noted Singer **Smt. Sunita Neptram.**

This scholarship is being given by

Rtn.Om Prakash Agarwal.

●

SENATOR OKRAM MEMORIAL

ROTARY FOOTBALLER OF THE YEAR

A brief Profile of

Senator Okram :

Senator Okram was born on 4th April 1998 at Yumnam Leikai Lairembe. He was the second child of Rtn.Sonamani Okram and Anne Okram (O) Tampha Devi.

He had his basic and early schooling at Kendriya Vidyalaya, Langjing, Imphal and then at Aaditya School, Kolkata and Mann Public School, New Delhi.

He was a good upcoming footballer and had represented his schools in various tournaments of IPSC. He also represented India in his age group and had played at Switzerland, Sweden, Finland and Singapore.

God, though always grace and kind, was cruel for Senator when he took away him from us on 15th June 2015 at a very young age of 17 years.

This Award is instituted in his memory by his parents and Rotary Club of Imphal will be the nodal authority to select the awardee of the respective year in consultation with the All Manipur Football Association. The award will be given during the Official Club Visit of the District Governor of RI District 3240 from this year onward.

The SENATOR OKRAM MEMORIAL ROTARY FOOTBALLER OF THE YEAR is awarded to the Football player selected every year.

An Experience of a Lifetime.



2009-10 is a year that shines in my memories in the brightest of inks. Being chosen as the District Governor was a great honour and to be the first from the Rotary Club of Imphal added even more joy. The immense pride I felt in representing the Club was galvanized with the responsibility of being a leader and a Rotarian. There are so many anecdotes and experiences to share but that would be a very long list so allow me to relate some cherished highlights.

I still remember the Presidents' Elect Training Seminar in Gangtok at Mayfair resort which to this day, I fondly think of the times spent surrounded by those serene Himalayan views and with such wonderful company.

The medical mission to Nigeria was a very important milestone for our district's service stories. Able Rotarian Doctors from District 3240 went to the West African country and provided medical services while also interacting with the Rotarians over there. Our Nigerian counterparts were very grateful and it was an exercise in which our district lived up to the Rotarian mission to connect across the world in the noblest of ways.

Then there was the joy of seeing around 100 children getting free cardiac surgery under the Gift of Life / Heart to heart program. Our organization helped give these young beautiful souls a new lease of life. A documentary film was made on

this project which bagged the Rajat Kamal (Silver Lotus) award during the National Film Award Festival.

Those were the days of the Matching Grant system which helped fuel many impactful projects on the ground – from sanitation and education to water supply and medical equipment. The transition to Global Grants happened during my tenure. District 3240 became a pilot district to undertake Global Grants and we were one of just 100 districts in the world to be chosen for this.

Another immense moment for me was the District Conference in my hometown Imphal and we were privileged to have the then RI President-Elect Mr. Kalyan Banerjee attend the event and share his deep knowledge with us in person.

The year for me was filled with many encouraging moments, and I also had a great team around me as we overcame obstacles and actively created new avenues to help communities along the way. I will always be proud of my role as a Rotarian and the experience as a DG was priceless and helped me grow as a human being in so many ways.

PDG Ajit Irom

'WOMEN EMPOWERMENT'

'Behind every successful man is a woman'. A saying that has been reiterated and fervently used in many speeches and even conversations. However, today, rather we now see these women being successful themselves. They are no longer behind the men.

In the last 75 years of independence, India has seen its daughters taking various strides from Falguni Nayar, CEO of Nykaa which is currently valued at 1 billion \$ to Nirmala Sitharaman presenting this year's financial budget to Saikhom Mirabai Chanu clinching the olympic silver medal at the Tokyo 2020 olympics. India has a lot to celebrate for how far its women have come.

Male dominated fields like the Armed Forces 1,47,000 girls apply for the National Defence Academy Examination when the Supreme court upheld the training of women at the premier military training institute of India. Speaking of the Apex court, India has had 11 female supreme court judges, 4 currently sit at the helm of the judiciary with B.V Nagarathna set to become the first female chief justice of India in 2027.

When we take a look at the state where Rotary club of Imphal district-3240 is located, we see that it is one that has copious, an abundance of fierce female leaders from Rani Gaidinliu, who led the Zeliangrong tribes to the historic Nupi lan protesters in 1904 and 1939 and the tradition still continues today.

From the vivacious ambience of the Ima Keithel to two Manipuri women being conferred the



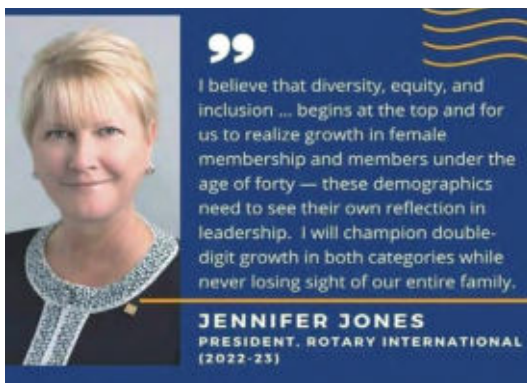
Dr. H. Priyoshakhi Devi
Past President, Rotary club of Imphal

2022 Padma Shri awards to young female entrepreneurs such as that of Michelle's sweet temptation bakery to the number of women in managerial positions in bureaucracy, management and law being higher than that of men, Women have truly played a key role in structuring the Manipuri society as we know today.

Beyond the nation, we have Maryam Mirzakhani who won the prestigious fields medal in the field of Mathematics. From 36 years old Sanna Marin who sits as the Finnish prime minister to 74 years old Sheikh Hasina Wayed who currently sits as the PM of Bangladesh for the fourth term; even the Rotary club has Jennifer E. Jones as its first female president.

However, all is not rosy when one looks beyond these achievements, we see women in Afghanistan being stripped off their right to education. Despite of the National commission for women, laws like Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act 2013, guidelines like equal pay for equal work under Randhir Singh versus Union of India and promised under Article 39 of the Indian constitution, we all know the horrors of the deep rooted patriarchy of the society. However, there is light at the end of the tunnel and we shall move towards it and that light is called 'WOMEN EMPOWERMENT'.

It is also worth to mention here that Jennifer Jones will be the first Women Rotary International President (2022-23) in 117 years of Rotary history.



POST-COVID CARE: WHAT PATIENTS SHOULD KNOW

Dr. Pahel M. Soibam
MD (Medicine)
DM (Pulmonary & Critical Care Medicine)

Assistant Professor of Medicine
Division of Pulmonary & Critical Care Medicine
JNIMS, Porompat, Imphal East

While most people who develop COVID-19 fully recover, some people develop a variety of mid- and long-term effects like fatigue, breathlessness and cognitive dysfunction (for example, confusion, forgetfulness, or a lack of mental focus and clarity). Some people also experience psychological effects as part of post COVID-19 condition. Post-COVID condition or long COVID usually refer to symptoms that develop during or after COVID-19, continue for 4 weeks or more, and are not explained by an alternative diagnosis. These symptoms persist for varying periods of time. Post COVID-19 condition can affect a person's ability to perform daily activities such as work or household chores. Post-COVID conditions are found more often in people who had severe COVID-19 illness, but anyone who has been infected with the virus that causes COVID-19 can experience post-COVID conditions, even people who had mild illness or no symptoms from COVID-19.

Here, we would talk about what a patient should know about his care after getting discharged from the hospital or after recovery from the acute illness. Most of what we discuss here will be applicable for people recovering from other viral illnesses, critical illness or sepsis.

A. Measures to be taken at home after discharge.

1. Continue COVID appropriate behaviour (use of mask, hand & respiratory hygiene, physical distancing)

2. Readdress your ongoing medications for other pre-existing ailments
3. Self-monitoring is essential to inform daily check of oxygen levels and temperature.
4. Look for warning signs like fever, breathlessness, low oxygen levels (SpO₂ < 95%), unexplained chest pain, new onset of confusion, focal bodily weakness.
5. If you are started on blood thinners, keep a close watch on bleeding from any site like reddish spots on the skin, bruise, bleeding gum, red coloured urine, blood in stools, blood in phlegm, etc.
6. If you are started on oral corticosteroids, monitor your sugar levels
7. Ensure nutritious diet, adequate hydration (with plenty of fluids) and sound sleep
8. Be vigilant and vocal about your mental health
9. Professional work to be resumed in graded manner only after confirming with treating Doctor.
10. Follow up with your doctor after 10 days from discharge or as soon as advised by your doctor depending on your health issues.

B. What to do for post covid Fatigue?

Try the following tips:

1. Make a new timetable with your current energy levels in mind. Plan meticulously.
2. Reorganise your space/office/desk to reduce energy consumption.
3. Be honest about how much you can take, and the things that need your input. Assign a priority to the tasks you set for yourself.
4. Go slow: pace yourself.
5. Don't overlook how you are feeling.
6. Eat energy-boosting foods. Bananas, apples, oranges and sweet potatoes are great for getting energy quickly. You can also add a little bit of honey to warm lemon water and drink that for a quick pick-me-up. When you are feeling really low energy, sipping on water can be surprisingly helpful.

C. What to do if you have Cough?

For dry Cough:

1. Drink lots of fluids. Include warm drinks like an infusion of tulsi leaves in boiled water or honey and lemon in warm water.
2. Try to avoid alcohol, sugary drinks and coffee for some time, as these can cause dehydration.
3. Sip on water throughout the day- don't gulp several glasses at a time, sip slowly and frequently.
4. Suck on a throat lozenge it will keep your throat moist and bring some relief.

For cough with sputum:

1. Steam inhalation can loosen the phlegm and help it to come out. Take steam twice or thrice a day, for about 15 minutes each time.

2. Try sleeping on one side rather than flat on your back. You could also sleep in the high side-lying position (on one side, with your head raised on multiple pillows).
3. Drink lots of fluids, including high-protein and high-energy drinks like bone broth, and vegetables and lentil soup.
4. You can also boil ginger, tulsi and black pepper in water for 5-7 minutes and drink the solution while it is warm.

D. What to do if you have Anxiety?

The experience of having COVID-19 can be emotionally traumatic with lingering effect on mental health. The following will help:

1. Avoid watching too much news or social media if it is making you feel anxious.
2. Take up meditation or yoga to de-stress and jumpstart your physical recovery.
3. Stay connected with friends and family over the phone and video calls.
4. Find and enjoy new activities (Cooking, Gardening & Painting).
5. Take help from a Psychiatrist.

E. What to do if you have chest congestion?

Active Cycle of Breathing Technique (ACBT) Exercise:

This is a multi-step breathing exercise that help to expel phlegm and chest congestion. Here's how to do it:

1. Breathing control: Gentle, relaxed breathing with your shoulders relaxed
2. Deep breaths: • Breath in slowly and deeply • Gently breathe out without forcing it. • Repeat 3-4 times only (too

many can make you feel dizzy) Forced expiration techniques (Huff): •Take a medium sized breath in • Breathe out forcefully for a short time • Keep your mouth open and use your stomach and chest muscles • Think 'huffing' a mirror to polish it • Repeat 1-2 times • Always finish with a cough or huff • Stop when your huff is dry on two consecutive cycles.



How often and how long?

Continue to do until you feel your chest is clearer. Perform for at least 10 minutes, but no longer than 30 minutes. Repeat 2-3 times per day.

Positions to help keep your chest clear:

Lie down on your right side with one or two pillows under your hips. You can also increase the number of pillows to three, and drain the lower lobes (sections) of the lungs.



Do not do this if:

- ⊙ Immediately before or after a meal
- ⊙ Stop if you have any side effects
- ⊙ Nausea
- ⊙ Acid Reflux
- ⊙ Become significantly breathless

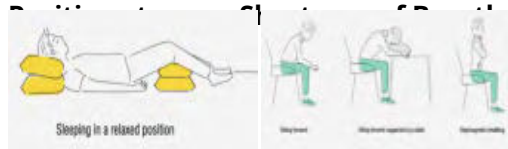
- ⊙ Have blood in your phlegm
- ⊙ Have a recent chest, spine or rib injury
- ⊙ Feel wheezy

F. Managing Shortness of Breath

To be used as required for Shortness of Breath:

(Note: Not a substitute for evaluation of possible lung and heart issues and treatment by qualified Specialist or Super-Specialist doctors)

- ⊙ To recover after coughing.
- ⊙ To recover after exercise or activity.
- ⊙ To help control panic and anxiety.
- ⊙ To help control sudden onset of shortness of breath.
- ⊙ To aid in relaxing the breathing muscles.



G. Breathing Training

Breathing training is an essential part of managing respiratory conditions as they help to clear the sticky mucus from the lungs, and keep the airways open. Take help from a Physiotherapist for the first few times.

What does breathing training do?

- ⊙ Moves stale air and carbon dioxide out of the lungs
- ⊙ Moves fresh air and oxygen into the lungs
- ⊙ Helps control shortness of breath at rest and with activity
- ⊙ Helps remove mucus from the lungs

1. PURSED LIP BREATHING (PLB)

⊙ Breathe in slowly through your nose & count 1 & 2.

⊙ Purse your lips in a whistling position.

⊙ Breathe out gently through pursed lips and count 1 to 4.

⊙ Don't force air out of your lungs

2. DEEP OR DIAPHRAGMATIC (BELLY) BREATHING.

⊙ Lie on your back on a flat surface (or in bed) with your knees slightly bent. To make it more comfortable, you can use a pillow under your head and your knees for support.

⊙ Place one hand on your upper chest and the other on your belly, just below your rib cage.

⊙ Slowly breathe in through your nose & feel your belly rise. The hand on the chest should remain still, while the one on your belly should rise.

⊙ Slowly breathe out through pursed lips and feel your belly fall inwards as you exhale.

⊙ Keep your shoulders relaxed and not hunched up.

⊙ Do this in a sitting or lying position.

3. RIB BREATHING

⊙ Flatten your hands on the lower part of your rib cage.

⊙ Breathe in through your nose and feel the ribs move outward.

⊙ Breathe out and feel your ribs flattened.

4. CLAVICULAR BREATHING

⊙ Keep your hand just below the collar bone.

⊙ Breathe in through your nose and feel your fingers raised.

⊙ Breathe out and feel your fingers flattened.

Note:

⊙ Practice these techniques 4-5 times a day at first so you can get the correct breathing pattern correct.

⊙ Don't exercise immediately after taking food. Wait for an hour after taking food.

⊙ If you cannot do it 10 times, do it according to your tolerance.

6. INCENTIVE SPIROMETRY

⊙ Sit upright in a chair or in bed.

⊙ Put the mouthpiece in your mouth and close your lips tightly around it.

⊙ Breathe in (inhale) slowly through your mouth.

⊙ Hold your breath for 10 seconds, or as long as possible.

⊙ Breathe out (exhale) deeply into the mouthpiece.

⊙ Repeat 10 times, try to lift as many balls as you can.

7. CLEARING THE AIRWAYS

⊙ Sit up and take a slow deep breath until your lungs are almost full.

⊙ Try to hold the deep breath for 2 -3 seconds.

⊙ Cough 2 times with your mouth slightly open.

⊙ Cough the mucus into a tissue.

⊙ Discard the tissue in a closed bin.

⊙ Wash your hands.

⊙ Do this with your breathing exercises.

H. Managing problems with Attention, Memory & Thinking Clearly

People who have been severely unwell, especially those who have been mechanical ventilation in the ICU,

frequently experience new difficulties with attention, remembering things, and thinking clearly. These difficulties may go away within weeks or months, but for some people, they can last longer. It is important for you and your family to recognize if you are experiencing these difficulties, as they can have an impact on your overall quality of life: your relationships, daily activities, and your return to work or education. If you experience these difficulties, these strategies (apart from seeking a Neurologist's help) may help:

⊙ Physical exercise can help your brain recover. While this may be difficult if you are experiencing weakness, breathlessness, or fatigue, try gradually introducing gentle exercise into your daily routine

⊙ Brain exercises, such as new hobbies or activities, puzzles, word and number games, memory exercises, and reading may help

⊙ Prompt yourself with lists, notes, & alerts, such as phone alarms, that can remind you of things you need to do

⊙ Break down activities into individual steps to avoid feeling overwhelmed

I. Physical Exercise

If you have any kind of discomfort, stop exercising and contact your doctor:

WARM-UP EXERCISES:

Shoulder shrugs, side bends, Ankle taps, Knee lifts, Shoulder Circles, Ankle circles

FITNESS EXERCISES : You should aim to do fitness exercise for 20-30 minutes, 5 days each week.

COOL DOWN EXERCISES & MUSCLE STRETCHES:

Your cool down should last approx. 5

minutes. Walking at a slower pace or gently marching on the spot, for approx. 2 minutes. Stretching your muscles can help to reduce any soreness and help your joints.

J. Managing your Diet

Your taste sensation changes during and for a period of time following COVID-19. However, it is important to eat well and to remain well hydrated. Consult a Dietician for better results.

1. Have 3 hand size items from the Protein group daily - Beans, pulses, fish, eggs, meat and other proteins. Eat more beans and pulses, less red and processed meat.

2. Have 3 thumb size items from the Dairy* group daily - *If you want to gain weight, you will have to choose the full fat and full sugar versions.

3. Have 5 handfuls from this fruit and vegetable group each day - Eat with the rainbow;

Different colours provide different vitamins and minerals.

4. Once you regain your weight and energy, switch to BALANCE DIET for a healthy life.

L. Post Covid-19 Complications:

Some people who have had COVID-19 may experience multiple health complications after the acute phase of illness is over. Although COVID-19 largely affects the lungs, there are metabolic, cardiovascular, musculoskeletal, rheumatological, haematological, and neuro-psychiatric complications secondary to the disease.

BLACK FUNGUS

'Black Fungus' or Mucormycosis infection among COVID-19 patients could affect the sinuses, eyes, brain, lungs and can be life-threatening if left unnoticed and

untreated. Patients with diabetes and uncontrolled blood sugar are at high risk of getting the infection.

Warning signs:

Pain, redness around eyes & nose, Nasal discharge, Nasal stuffiness, Oral ulcer, Dental pain, Headache.

DOs

- ⦿Control hyperglycemia.
- ⦿Monitor blood glucose level post COVID-19 discharge.
- ⦿Use steroid judiciously-correct timing, correct dose and duration.
- ⦿Use clean, sterile water for humidifiers during oxygen therapy.
- ⦿Use antibiotics/antifungals judiciously

DON'Ts

- ⦿Do not miss warning signs and symptoms.
- ⦿Do not consider all cases with blocked nose as bacterial sinusitis.
- ⦿Do not hesitate to seek aggressive investigations.
- ⦿Do not lose crucial time to initiate treatment for mucormycosis.

PREVENTION

- ⦿Use masks if you are visiting dusty construction sites.
- ⦿Wear shoes, long trousers, long sleeve shirts, gloves while handling soil (gardening), moss or manure.
- ⦿Maintain personal hygiene including thorough scrub baths

If you experience any black fungus like symptoms, consult your doctor and an ENT specialist immediately.

SOME POINTS TO BE NOTED

Please follow you doctor’s advice. You need to consult your doctor and preferably see a Lungs Specialist or

Super-Specialist about one week after discharge from the hospital. All your previously existing or newly diagnosed co-morbidities need to be managed while you are being cared for COVID related health issues. Your doctor may advise various tests to assess various organ systems of your body as deemed proper and necessary by him depending on the severity and spectrum of COVID related (as well as other co-existing) health issues. Specialized tests may include lung function tests, CT scan of chest, ECG, echocardiography, etc. Please go for timely follow up visits as advised by your doctor. Physiotherapists, Dieticians, psychiatrists, Pulmonologists, Cardiologists,Endocrinologists,Internists, etc. are some of the experts whose help will frequently come handy and useful for you in the post-COVID phase.

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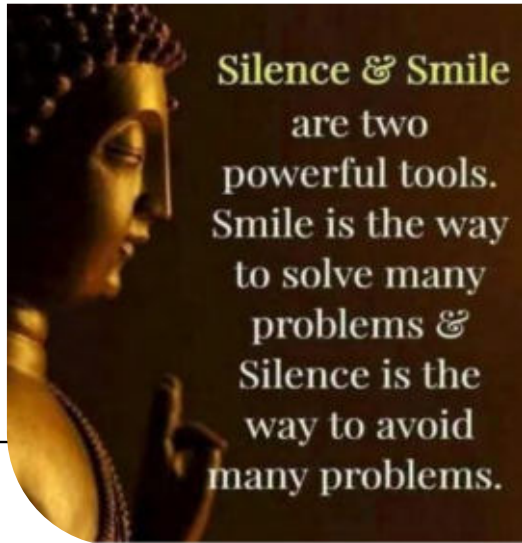
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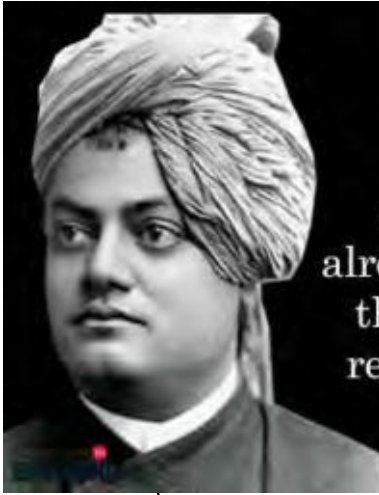
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**Rtn Dr. N. Achow &
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“Education is the
manifestation
of perfection present
already in man. Divinity is
the manifestation of the
religion already in man.”

— Swami Vivekananda

With best compliments from:

Rtn Th. Basanta Singh &
Ann Dr. Romabai

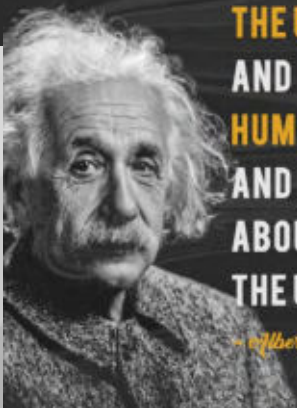
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ALL THAT **GLITTERS**
IS NOT **GOLD.**

Rtn L.Bhagaton Singh &
Ann O.Nivedita

With best compliments from:

**Rtn Dr. Chourjit Maibam
& Ann Reema Chanu**



“

**TWO THINGS ARE
INFINITE:
THE UNIVERSE
AND
HUMAN STUPIDITY;
AND I'M NOT SURE
ABOUT
THE UNIVERSE.**

- Albert Einstein

With best compliments from:

**Rtn Deben Nambam
& Rtn Dr. Nicola**



WHERE THERE'S A WILL, THERE'S A WAY.



With best compliments from:

**Rtn Ch. Dhananjoy &
Ann Sundari**

You catch more flies with
honey than with vinegar.



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With best compliments from:

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Ann Geeta Naorem



**YOU DON'T
HAVE TO
BELIEVE
EVERYTHING
YOU THINK**

“A bad workman
always blames
his tools”



With best compliments from:

Wishes you

Achates

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*Through wisdom is
an house builded; and
by understanding it is
established:*

With best compliments from:
Rtn Dr. Th. Sudhiranajn &
Rtn Dr. N. Anita

You must begin something if you
hope to finish it; something that
takes a long time to finish begins
with one step

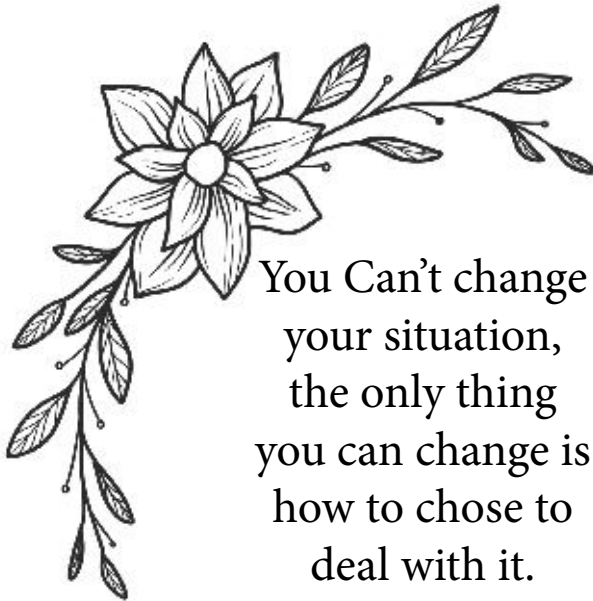


With best compliments from:
Rtn L. Manoranjan & Rtn Dr. Ksh. Mamta



With best compliments from:

**Rtn Kh Phulindro
& Ann Kh. Roshni**



You Can't change
your situation,
the only thing
you can change is
how to chose to
deal with it.

With best compliments from:

**Rtn Pradeep Jain
& Ann Sangeeta**

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**Rtn Pradeep Kumar Jain (Pahariya)
& Ann Sheetal**



Don't be afraid to take
advice. There's always
something new to learn.

With best compliments from:

**Rtn Dr. Pradeep Kumar Jain
& Rtn Babita Jain**



**Alone we can
do so little;
together we
can do so much.**

With best compliments from:
**Rtn Pramod Kumar Chhabra
& Rtn Sunita Chhabra**

**“YOU NEVER
FAIL UNTIL YOU
STOP TRYING.”**

With best compliments from:
**Rtn Premkumar Pebam
& Ann Suprava Devi**



TO
ERR
IS HUMAN
TO **FORGIVE**

With best compliments from:
Rtn Rabichandra Wangkem
& Ann Dr. Kamala Devi

DIVINE

Society

has gotten to the
point where
everybody has
a Right, but
nobody has a
responsibility.

With best compliments from:
Rtn Dr Radheshyam Oinam
& Rtn R.K. Sudharani

**SOCIETY IS LIKE
THE AIR
NECESSARY TO
BREATHE BUT
INSUFFICIENT TO
LIVE ON.**



With best compliments from:
**Rtn Punsiba Chongtham
& Ann Romobala**

“Every day is a gift from God.
There’s no guarantee of tomorrow,
so that tells me to see the good in
this day to make the most of it.”

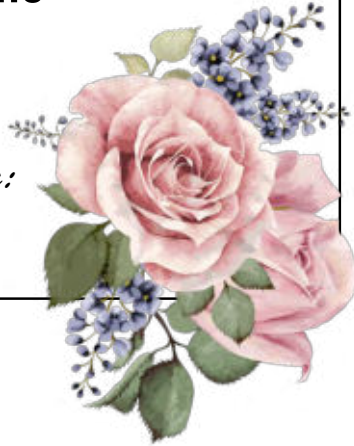


With best compliments from:
**Rtn Rajendra Bakliwal
& Ann Sangeeta**

**“What you are is God’s gift
to you, what you become
is your gift to God.”**

With best compliments from:

**Rtn Ajit Irom
& Rtn Laila**



**The Rich ruleth
over the poor,
and the borrower
is servant
to the lender.**



With best compliments from:

**Rtn Ramesh Kumar Agarwal
& Ann Bina**

“ Be wiser than other
people, if you can;
but do not tell them so. ”

With best compliments from:

**Rtn Robinson Singh Meikam &
Ann Ranjita Meikam**



“

Family is a
divine
connection
by love of
one heart to
another.



With best compliments from:

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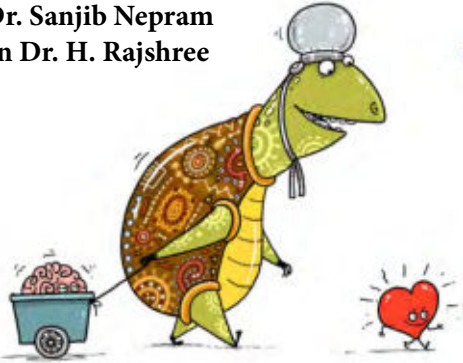
Rtn Mukesh Kumar Sharma
& Ann Madhu



“Go take
a shower
before your
date. You
know what
they say;
cleanliness
is next to
godliness.”

With best compliments from:

**Rtn Dr. Sanjib Nepram
& Ann Dr. H. Rajshree**



**FOLLOW
YOUR HEART
but TAKE YOUR
BRAIN
WITH YOU.**

Then I saw, and
considered it well:
I looked upon it, and
received instruction.

With best compliments from:

Rtn Saratchandra Phijam & Ann Ibeyaima



With best compliments from:
Rtn Sonamani Okram
& Ann Tampha Devi



**Be not a witness
against thy neighbour
without cause; and
deceive not with thy
lips.**

With best compliments from:

Rtn Dr. LK. Saratchandra Singh
& Ann Dr. P.Sobita Devi



*Be careful how you think
your life is shaped by
your thoughts*

With best compliments from:

**Rtn Ng Tejkumar
& Ann Thoibi**



All Good things come to those who wait,
but time and tide wait for no.

With best compliments from:

**Rtn Dr Veto Singh Mayengbam
& Ann Dr. Ph. Priyadarshni**



●

**A NEGATIVE MIND
WILL NEVER GIVE YOU A
POSITIVE LIFE.**

With best compliments from:

**Rtn Yogesh Kumar Jain
& Ann Urmila**



If thou faint in the
day of adversity, thy
strength is small.

With best compliments from:

**Rtn Tikendra jain
& Ann Nidhi Jain**



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Even though you know
 a thousand things,
 ask the man who knows one.



With best compliments from:

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 & Ann Ratna**

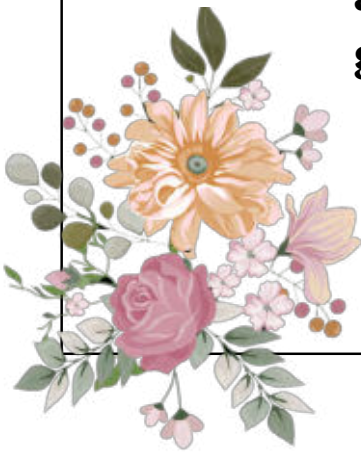
“**Knowing
yourself**
is the beginning
of all wisdom”

With best compliments from:

**Rtn Manoj Jain
& Ann Julie Jain**



**If you want to go fast, go
alone. if you want to go far,
go together.**



With best compliments from:

**Rtn Amarjit Singh Manchanda
& Ann Maryam**

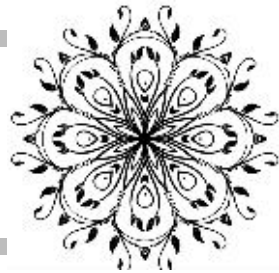
“ **HOWEVER DIFFICULT LIFE
MAY SEEM, THERE IS ALWAYS
SOMETHING YOU CAN DO
AND SUCCEED AT.** ”



With best compliments from:

Rtn Dr. Sinam Rajendra Singh
& Rtn Dr. H. Priyoshakhi Devi

Curiosity is the beginning of
knowledge, but understanding
is the beginning of the wisdom.



With best compliments from:

Rtn Bijay Prasad Sahu
& Ann Sharda



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**GIVE EVERYONE
EQUAL STATUS
IN
YOUR MIND.
BECAUSE
IT WILL
PREPARE YOU
TO LEARN
FROM EVERYONE.**

With best compliments from:

Rtn Santosh Prasad
& Ann Asha Devi





WITH
SINGLE
FLOWER,
ONE
COMMUNICATE
MILLION
WORDS
AND
FEELINGS.

With best compliments from:

Rtn Harekrishna Mangsatbam
and Ann W. Mamta

●

**“Work which
requires long time for
its accomplishment.”**

Rome was not built in a day:



With best compliments from:

Rtn Manmohan Kumar Maheshwari
& Ann Jyoti



Truth

is ever to be found in
simplicity, and not in
the multiplicity and
confusion of
things.

With best compliments from:

Rtn Manish Jain
& Ann Menaka Jain



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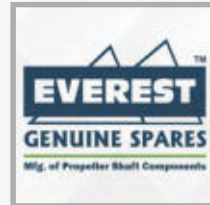
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- Urology



37 years of relentless journey towards changing the healthcare landscape of the region

- Quality Assurance: NABH (pre entry level) certified hospital, NABL accredited Laboratory including Molecular Biology Lab
- A teaching institute: Shija Academy of Health Sciences (1st homegrown private medical college in NE India). Shija Academy of Nursing (SAN), Shija Paramedical Research Academy (SPRA), Post Graduate DNB courses in Anaesthesiology, Emergency Medicine, General Medicine, General Surgery, Plastic Surgery & Ophthalmology, Diploma in Otorhinolaryngology (ENT).
- Shija Kidney Centre: a leading kidney care centre with highest number of haemodialysis in NE India and 71 Kidney Transplants till date and still counting.
- Critical Care: 78 critical care beds, closely monitored by 12 Critical Care Specialists and PG students.
- Shija Heart Beat: a comprehensive heart care destination with angioplasty, device closure of holes in the heart and open heart surgery facilities.
- Orthopaedics: performing joint replacement and arthroscopic surgeries regularly.
- Minimal Access Surgery: Eastern India's pioneer and leading brand.
- Total stone solutions under one roof.
- Shija Institute of Neurosciences: a leading brain and spine surgery centre.
- Interventional Radiology: providing non invasive treatments for stroke (mechanical thrombectomy, cerebral aneurysm coiling), renal artery and leg angioplasty and many more.
- Plastic Surgery: a leading cosmetic & reconstructive centre with free treatment for cleft lip and palate under Smile Train.
- Shija Eye Care Foundation: mentored by LAICO and Aravind Eye Care System, Madurai with corneal transplant and free cataract surgery facilities
- Shija Common Biomedical Waste Treatment Facility: a PPP model in progress.



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