

GOVERNOR'S MONTHLY NEWSLETTER

# PARAMOUNT

JANUARY 2026

Rotary International District 3240



Dr. Kameswar Singh Elangbam  
District Governor RID 3240 2025-26



**UNITE  
FOR  
GOOD**



**VOCATIONAL SERVICE MONTH**

GOVERNOR'S MONTHLY NEWSLETTER

# PARAMOUNT

January 2026

## TEAM PARAMOUNT



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Rotary Club Shillong  
*Associate Editor*



**Rtn. Jashoda Chettri**  
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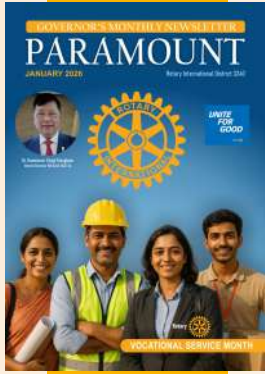
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## EDITORIAL

### Vocational Service: When Professions Become Instruments of Service

What does a doctor, an entrepreneur, a teacher, an engineer and a lawyer have in common? In Rotary, they are not merely professionals — they are instruments of service. January’s theme of Vocational Service celebrates this distinctive Rotary idea: that professional excellence can become one of the most powerful forms of community leadership.



**Amit Saraf**  
*Associate Editor*

Rotary began as a fellowship of professionals who believed that integrity in one’s vocation and service to society were inseparable. As Paul Harris once reminded us, “Whatever Rotary may mean to us, to the world it will be known by the results it achieves.” Across Rotary International District 3240, Rotarians from diverse professions continue to embody this principle by bringing their knowledge, experience and ethical values into the service of communities.

One sees this spirit in many small yet powerful moments: a Rotarian doctor offering a selfless service during a rural health camp; a chartered accountant mentoring young entrepreneurs; a teacher guiding first-generation college students toward careers they once thought impossible. These quiet vignettes reflect Rotary at its most authentic.

Vocational Service reminds us that Rotary’s greatest strength lies not merely in its projects, but in the collective wisdom and experience of its members. When professions embrace purpose, service becomes a natural extension of who we are.

Now onwards in phases, the Governor’s Monthly Letter introduces few new editorial features that reflect this spirit. ‘Rotary Voices’ will invite members across the district to share reflections on how their professional journeys have shaped their path of service. A ‘Signature Project’ feature will highlight an impactful initiative from one of our clubs, a best practice others may replicate. A ‘Think Piece’ will engage Rotarians cerebrally. We now solicit ‘Letters to the Editor’ and encourage Rotarians to give their views on various Rotary related issues. We have also included a ‘Guest Voice’ section. The ‘Opinion Polls’ column will also bring diverse opinions from all over the district.

Let us make this GML a truly immersive experience!

**Amit Saraf**  
*Associate Editor*

## GOVERNOR'S MESSAGE

January 2026

I am at heart, a simple man. I have spent the better part of my life working with bones — structures that hold the human body upright, that bear its weight silently and without complaint. Rotary, I have come to believe, is built the same way. It is held upright not by grand gestures, but by the quiet, load-bearing work of people who simply care deeply and act accordingly.

There is a question every Rotarian must carry through the midpoint of our Rotary year — not as a burden, but as a lantern: *What has my profession made possible for someone who could not have done it alone?*

January, designated by Rotary International as **Vocational Service Month**, is our annual invitation to sit with that question seriously. It is not merely a theme on a calendar. It is a philosophical reorientation — a reminder that the work we do to earn our living must be inseparable from the work we do to justify it. As an orthopaedic surgeon, I have always understood that healing is never a solitary act. It requires trust — the patient's trust in you, and your willingness to be worthy of it. Rotary asks the same of us, as professionals and as human beings.

And January 2025 has been far more than a theme. It has been a season of extraordinary district life.

We witnessed the **District Elections** — held, fittingly, at the very venue where **Pratidhwani**, our District Conference, was unfolding. There is something quietly profound about that simultaneity: while one hall rang with fellowship and celebration, another was conducting the sober, democratic work of choosing leadership. Both, in their own way, are acts of faith in this institution. Pratidhwani itself resonated with everything its name promises. What struck me most was not the programme or the platform — it was the people. Rotarians from the vast plains of South Bengal, from the hills of Gangtok, from the rugged terrain of Nagaland and Mizoram, sitting together, laughing together, disagreeing and then reconciling — embodying, without effort, the principles of Diversity, Equity and Inclusion that Rotary International calls us toward. Pratidhwani was not merely a conference. It was proof that when human beings gather in genuine fellowship, the distances between them — geographic, professional, cultural — simply dissolve. And the elections conducted within its embrace only deepened that meaning: democracy and fellowship, practised in the same breath.

Then comes **Samarpan**, our District TRF Seminar. The word itself — *dedication* — says everything about what The Rotary Foundation asks of us. Our Rotarians did not merely attend; they arrived with intention. The conversations in that room were not transactional. They were about legacy — about what this district will leave behind when the year is over and we are remembered only by what we built.

Across both gatherings, what moved me most deeply were the voices of our Rotarians — those who stood and spoke, without prepared scripts, about what Rotary means to them. Not what it does. What it *means*. Those words, offered from the heart, carry more weight than any resolution or report. They remind us why we



chose this fellowship, and why we stay. This edition carries forward that spirit through our **Rotary Voices** feature, where members share, in their own authentic words, the convictions and experiences that define their Rotary journey. I encourage you to read those pages slowly. You will find yourself in them.

Our **Rotaract and Interact clubs** have not merely supported the vision but have extended it. Your energy, your refusal to treat youth service as a subsidiary programme, and your instinct to lead from the front fill me with genuine pride. I wish to make particular mention of our District Rotaract Representative, whose commendable work in uniting and elevating our Rotaract family across District 3240 has been nothing short of exceptional. You carry the future of this fellowship in your hands, and you are carrying it beautifully.

This edition features the **Signature Projects** of clubs who dared to think beyond the conventional. I have read each one with wonder. The innovation on display is not accidental — it is the product of Rotarians who asked *what is truly needed here* rather than *what is easiest to deliver*. To every club whose project appears in these pages: you have raised the standard for all of us. And to the Clubs profiled here — your stories are instructive as much as they are inspiring. You have shown that bold thinking and a generous heart are not in tension. In Rotary, they are the same thing.

I owe a debt of gratitude to my District team — the officers, committee chairs, and the many hands that work without fanfare. Your untiring dedication is the scaffolding upon which everything visible is built. I am more grateful than words in a magazine can adequately convey.

And to our new **Editorial team** — you have made this GML something to be proud of. The innovation, the warmth, and the care running through these pages tell me you understand that a district magazine is not merely a record of events. It is a mirror the district holds up to itself. You have made that mirror shine.

My ask of every Rotarian in District 3240 is simple: before June, identify one person your profession can serve. Not a project. A person. Begin this week.

The world does not suffer from a shortage of goodwill. It suffers from goodwill that never becomes action.

Let us close that distance — together!

Yours in Rotary fellowship and gratitude,

**Dr K S Elangbam**

*District Governor,  
 Rotary District 3240  
 Rotary Year 2025–26*



**KNOW YOUR ASSISTANT GOVERNOR**

**Rtn. Biswajit Banik**

Assistant Governor -Zone 15  
 District 3240, 2025–26

Rtn. Biswajit Banik, is a dedicated member of RC Greenland, Silchar, Assam, and currently serving as Assistant Governor of Zone 15 for Rotary Year 2025–26 in District 3240.

He is a committed entrepreneur from the Barak Valley. After completing his education, he joined his family bakery business and successfully expanded it to nearly 15 outlets across the region.

He is married to Rtn. Debashree Banik for the past 25 years, and the couple is blessed with two children. His daughter, Gargi Banik, is currently pursuing her MBBS (3rd Year) at Tata Manipal College, Jamshedpur, and his son, Giriraj Banik, is studying B.Com.

Rtn Biswajit joined Rotary in 2016–17. After five years of active involvement and dedicated service, he had the honor of serving as Club President in Rotary Year 2023–24. Currently, he is serving as Assistant Governor of Zone 15 in Rotary District 3240.

Rotary has had a profound impact on his personal and professional life. At every step, he continues to feel the strength, support, and values that Rotary instills.

He has a meaningful experience that truly reflects the spirit of Rotary. When he traveled to Jamshedpur for his daughter’s admission, the place was completely new and unfamiliar to him. At that time, he was serving as President of RC Greenland.

Rtn Biswajit reached out to his District Governor, Rtn. Nilesh Agarwal, who guided him and connected him with the then District Governor of District 3250, Rtn. S. P. Bagaria. Through him, Rtn Biswajeet was introduced to several Rotary Club Presidents in Jamshedpur.

What followed was an incredible example of Rotary fellowship. He met many kind and supportive individuals who extended their help selflessly. Among them, Rtn. Saswati Ghosh from RC Jamshedpur Dalma offered exceptional care and support. Today, she is like a local guardian his daughter.

This experience reinforced Biswajit’s belief that Rotary is not just an organization—it is a global family. As a Rotarian, he has gained lifelong friendships, trust, and unwavering support from Rotarians across the world.

***Rtn. Biswajit Banik***



# DISTRICT IMPACT DASHBOARD

AT A GLANCE — JANUARY 2026

Metric	Value	Notes
TRF Collection Foundation	\$20,823 USD	Contributions to The Rotary
No. of Service Projects	258	Across all clubs in District 3240
Total Cost of Projects	₹3,27,32,475	Approx. ₹3.27 Crore
Total Beneficiaries Reached	23,976	Direct beneficiaries served
Reporting Month	December 2026	Vocational Service Month

*These figures represent the collective effort of all clubs reporting to CMR collated in January 2026.*



## SIGNATURE PROJECTS

### Rotary Club of Ukhra Constructs Electric Crematorium based on Community Need Assessment

Given the increasing population and rise in the number of deaths, the current cremation facilities had become inadequate. Traditional wood-based cremating methods are not only time-consuming but also contribute significantly to deforestation and environmental pollution. An electrical crematorium, on the other hand, is an environmentally friendly alternative that ensures faster and more efficient cremations, reduces smoke and emissions, and conserves wood.

Rotary Club of Ukhra approached for CSR Funds to Coal Mines Associated Traders Pvt. Ltd. and sanctioned a total funding of Rs. 2,01,15,042 (\$235,300) which was utilized in completing the Project in 2 Phases (CS2400383 & CS2500671)

Rotary Club of Ukhra handed over the Project Site post completion of the Project to the PANDAVESWAR PANCHAYAT SAMITI.



### Restoring the Gift of Sight: A Continuing Rotary Initiative

For many people, losing vision to cataract slowly takes away independence, confidence, and the ability to live life with dignity. For the past three years, the **Rotary Club of Agartala City** has been working quietly but consistently to change that reality.

Through a dedicated initiative under the National Programme for Control of Blindness and Visual Impairment at Tripura Medical College, the club has helped restore vision to those who could not otherwise afford treatment. Led by Rtn. Dr. Amar Kanti Chakma, Ophthalmologist, along with his committed medical team, this effort has brought light back into the lives of many families.

Over the last three years, 1,694 cataract surgeries have been successfully performed through this project. Behind every number is a powerful human story—an elderly parent seeing their grandchildren again, a worker regaining the ability to earn, a grandmother returning to her daily life with renewed confidence.

Patients are identified through various medical camps conducted by the club and through two clinics regularly run



by the Rotary Club of Agartala City, ensuring that those in need—often from underserved communities—are not left behind.

The intraocular lenses and spectacles, essential for restoring vision, are generously supported by Rtn. Nirmal Kumar Singhi, Rtn. Ramesh Jain, and Rtn. Ashok Bagaria, whose contributions have helped transform this initiative into a meaningful and lasting service project.

What began as an act of service has grown into a permanent mission of compassion—bringing back not only eyesight, but also hope, independence, and dignity.

This initiative stands as a living example of Rotary's spirit of "Service Above Self," reminding us that sometimes the most powerful gift we can give someone is simply the chance to see the world again.

### Distribution of Food Kits under Nikshay Mitra

On 13th January 2026, the **Rotary Club of Agartala** carried out a significant service activity under the Government of India's Nikshay Mitra initiative by distributing 200 food kits to TB patients. The distribution was conducted at Ashrampara UPHC DTC Centre and Paschim Bhuvanban. As part of this noble initiative, the club has adopted 200 TB patients, aiming to provide them with nutritional support essential for recovery and overall well-being. Each food kit was thoughtfully prepared to meet the dietary needs of the beneficiaries, reinforcing the importance of proper nutrition during treatment. The program reflects Rotary's continued commitment to public health and community welfare. By supporting TB patients through the Nikshay Mitra initiative, the club is contributing towards the national goal of TB elimination while extending care and compassion to those in need.



### Laparoscopic Unit installed at Sub Divisional Hospital in Durgapur

A Laparoscopic Unit was inaugurated at the Sub Divisional Hospital in Durgapur on 31st January 2026, by Shri Pradip Majumdar, the Hon'ble Minister of West Bengal. This unit was installed by the Rotary Club of Durgapur Central, funded through a Global Grant project No GG257147 in collaboration with Walsall Saddlers Rotary Club of the UK. The event was attended by Shri Kabi Dutta, Chairperson of Rogi Kalyan Samiti, Smt Anindita Mukherjee, Mayor of Durgapur; Dr Dhiman Mondal, Superintendent of the hospital; Rtn Mantaar Singh, President of Rotary Club of Durgapur Central and Rotarians. It was the joint efforts of Rotary Club of Durgapur Central, Rotary International and generous contributors whose vision, generosity, and hard work made this Global Grant project a reality. This initiative truly reflects Rotary's spirit of "Service Above Self" and our shared commitment to making a lasting difference in society.



**Rotary Club of Burdwan Diamond installs clean drinking water kiosk**

The Rotary Club of Burdwan Diamond installed a clean drinking water kiosk next to the bus stop in busy intersections. This will cater to general public, taxi drivers, for e rickshaw drivers. The project is also a huge step towards improving Rotary public image.



**Rotary Club of Gangtok installs bio toilets at an altitude of 17400 feet**

The Rotary Club of Gangtok marked a historic milestone by inaugurating the world's highest bio-toilet facility installed by any Rotary Club anywhere in the world, at Old Baba Mandir, Kupup, East Sikkim, situated at an altitude of over 4,110 metres above sea level. The inauguration ceremony was graced by Brig Jha, Tashi Wangyal, IGP (Law and Order), Sikkim Police, and Naresh Agarwal, president (2025–2026), Rotary Club of Gangtok, who jointly inaugurated the bio-toilet block for public use. Distinguished dignitaries, members of the armed forces, local community representatives, Rotarians, and visitors had gathered to witness this landmark achievement.



**Rotary Club Of Agartala Organizes District Seminar On The Prevention And Awareness Of Thalassemia In Tripura**

Rotary Club of Agartala organized a District Seminar on the prevention and awareness of thalassemia in Tripura on 14th of July 2025 at Rabindra Satabarshiki Bhawan, Agartala. The event was launched by Dr Manik Saha, Hon'ble Chief Minister of Tripura. The Club also launched a daily mid-day meal service, "Rotary Anna Yojana," on March 1, 2025, at the Agartala Government Medical College and GBP Hospital in collaboration with a local NGO. Inaugurated by the Chief Minister of Tripura, this initiative serves nutritious, free meals—including rice, dal, vegetables, and an egg—to 100 patient attendants daily, supporting families in need during hospital stays continuous patients, relatives in medical college one meal a day. It has become a prominent project in the medical college.



## DISTRICT GOVERNOR'S OFFICIAL CLUB VISIT

### ● Rotary Club of Karimganj



The DG Official Visit of Rotary Club of Karimganj on **29 January 2026** was successfully conducted with the support of all members. The District Governor appreciated the Club's Computer Literacy Program for empowering needy students through digital education. The visit highlighted the Club's commitment to service and Rotary ideals.

### ● Rotary Club of Greater Silchar

The District Governor's Official Visit to the Rotary Club of Greater Silchar, held on **30th January 2026** at the Club Building, was a proud and inspiring milestone for the club. A day earlier, District Governor was warmly received at the airport with traditional Uttoriyo and flowers by Club President, Rtn. Dr. Rajat Deb, Past President Rtn. Mulchand Baid, Sergeant-at-Arms Rtn. Rohan Yadav, and Rtn. Biswadeep Ghosh, reflecting true Rotary fellowship and hospitality. The official meeting was gracefully conducted, featuring meaningful interaction, presentation of club achievements and future plans, and an encouraging address by the District Governor complemented by appreciation from the Assistant Governor. The club also observed Martyrs' Day with a floral tribute to Mahatma Gandhi. Notably, a Global Grant proposal was positively endorsed, and valuable guidance was shared through checklist verification and a training session, making the visit enriching and memorable.



### ● Rotary Club of Silchar

The District Governor's visit to RC Silchar on **30th January 2026** was marked by the inauguration of Day long Workshop on World Leprosy Day followed by desk and bench distribution at Nazirpatty Model Primary School. Mosquito nets and toys were distributed at Silchar Central Jail. In the evening the District Governor had a meeting with President, Secretary, Treasurer and President Elect after which the Club Assembly was held.

Two new Rotaract Clubs were introduced:

1. Rotaract Club of Silchar Harmony and Heritage
2. Rotaract Club of B Sc Nursing, Silchar Nightingales

The Charter Presentation Ceremony of the following 4 new Rotaract Clubs was also held as a part of the program.

1. Rotaract Club Of Government Model College, Borkhola
2. Rotaract Club Of Cachar College, Silchar
3. Rotaract Club Of Ak Chanda Law College, Silchar
4. Rotaract Club Of Silchar Medvisionaries

A general meeting in the presence of AG Rtn Biswajit Banik, PDG Rtn ARIJIT Kumar Endow, other dignatires and Rotarians from neighbouring Rotary Clubs, Inner Wheel Club, RCCs and general public.

A musical night by members of ROTARACT CLUB OF SILCHAR HARMONY AND HERITAGE made the event memorable.





# PRATIDHWANI 2026:

## 36th District Conference of Rotary International District 3240

### *A Resonance of Purpose and Fellowship*

The 36th District Conference of Rotary International District 3240, *PRATIDHWANI 2026*, held from 9th to 11th January 2026 in Shillong, unfolded as a vibrant confluence of ideas, culture, leadership, and fellowship. Over three days, Rotarians from across the district came together in an atmosphere marked by intellectual depth, cultural richness, seamless organisation, and exemplary democratic processes.

The conference opened on 9th January with an elegant inaugural ceremony that set a reflective and aspirational tone. A graceful invocation led by Rtn. Chandana Das and performed by Rtn. Monika Chanda evoked themes of harmony between nature and sustainable development. District Governor Dr. Kameswar Elangbam formally called the conference to order, followed by a warm welcome from Conference Chairman Rtn. Kishan Tibrewalla. The proceedings, smoothly anchored by Ms. Pooja Pal from Kolkata reflected precision and poise. The inaugural session was enriched by addresses from senior Rotary leadership and dignitaries, including PDG Rtn Manas Chaudhuri, RIPR Rtn. Dr. H.S. Nagendra and Chief Guest His Highness Maharaja Pradyot Bikram Manikya Debbarma, whose presence added gravitas to the occasion.

The intellectual momentum continued into the first plenary session, where Padma Shri Patricia Mukhim offered a compelling interpretation of the conference theme, *Pratidhwani*, highlighting its social resonance and Rotary's role in shaping meaningful discourse. This was followed by an engaging and candid interaction with football legend Padma Shri Bhaichung Bhutia along with Rtn Mary Anne Jyrwa whose reflections on sports, youth empowerment, and the future of football in the North East deeply connected with the audience. The day concluded with cultural performances that blended artistic expression with fellowship.



The second day, 10th January, was marked by one of the most significant aspects of Rotary functioning—the **District Elections**. Conducted in a secure and disciplined environment under the supervision of designated officials and an RI Observer, the elections upheld the highest standards of transparency and procedural integrity. Delegates participated actively in electing the District Governor Nominee Designate for 2028–29, along with representatives for the Council on Legislation. The smooth and incident-free conduct of the elections stood as a testament to the district’s commitment to democratic values.



The intellectual highlight of the day was the keynote address by renowned neurosurgeon Dr. Mazda K. Turel, who delivered a deeply engaging session on the intersections of neurosurgery, happiness, and the human brain. His talk held the audience in rapt attention and was widely appreciated for its clarity and insight. Following the formal declaration of election results by the District Governor, the business session addressed key administrative, financial, and governance matters, including the adoption of district accounts for the Rotary year 2024–25.

The evening session carried forward the spirit of reflection and leadership, with Prof. Sanjoy Mukherjee delivering a powerful address on responsibility and societal leadership that earned a standing ovation. This was complemented by an address from Shri Paul Lyngdoh, Hon’ble MLA, adding a regional perspective to the discourse. The day once again concluded with cultural engagement and fellowship.

The final day, 11th January, began on a vibrant note with a traditional Mizo Bamboo Dance, celebrating the cultural diversity of the region. The conference then moved into a deeply thought-provoking session by Prof. Anand Ranganathan, whose discourse on development, rationalism, and national ethos engaged the audience with remarkable intensity. The concluding valedictory session brought together reflections from leadership, presentation of mementos, and expressions of gratitude, culminating in a farewell lunch that marked both closure and continuity.

As *PRATIDHWANI 2026* drew to a close, it left behind a powerful echo of collective purpose. The conference will be remembered not only for its meticulous organisation and high-quality deliberations, but also for its embodiment of Rotary’s enduring spirit of fellowship, integrity, and service. True to its name, it resonated as a reflection of shared ideals and a reaffirmation of commitment to meaningful action.



ROTARY MOSAIC FOR JANUARY 2026



Annadaan, Rotary Club Golaghat Elegance  
- 26 Jan 2026



Training on Organic Farming for School children  
Rotary Club of Digboi - 4th Jan 2026



ClubFoot Follow up Clinic (Permanent Project)  
Rotary Club Mango City Malda - 1st Jan 2026



33rd Eye Screening Camp,  
Rotary Club of Raniganj - 31 Jan 2026



Rotary Annapurna  
Rotary Club Agartala City - 30 Jan 2026



Republic Day Community Feast  
Service Above Self Rotary Club Silchar - 26 Jan 2026



Pure Drinking water project  
Rotary Club Bongaigaon Assam- 30th Jan 2026



Rotary Egg Bank  
Rotary Club Imphal - 4th Jan 2026



Elites Sparkle Fest  
Rotary Club Durgapur Elite -17th Jan 2026



Awareness program for Cervical Vaccination  
Rotary Club Guwahati Luit -17th Jan 2026



Rotary Picnic  
Rotary Club Dharmanagar 25th Jan 2026



Mega Blanket Distribution  
Rotary Club Asansol Greater -3rd Jan 2026



Distributed food packets,  
Rotary Club Karimganj Assam - 26th Jan 2026



Happy School Project  
Rotary Club Mango City Malda , 25th Jan 2026



Installation of RO water system at Senior Citizen's homes  
Rotary Club Imphal -19th Jan 2026

ROTARY MOSAIC FOR JANUARY 2026



Donated a set of Desktop Computer and Printer - Rotary Club of Katwa- 6 Jan 2026



A set of Desktop computer set and a Printer, donated by the Rotary Club of Duliajan - 6 Jan 2026



Provision of Hearing Aid Rotary Club Durgapur Central - 25 Jan 2026



Sweater Distribution Rotary Club Guwahati Luit - 7th Jan 2026



4th Mega Blood Donation camp, Rotary Club Bardhaman Heritage - 29 Jan 2026



Visit to Childrens Home, Shillong Meghalaya Rotary Club Shillong - 26 Jan 2026



Family Entertainment and amusement - Rotary Club Durgapur Smart City - 4th Jan 2026



Swing Tailoring Project for underprivileged Women, Rotary Club Malda- 14th Jan 2026



Dual Sided - Signage At Umroi Junction Rotary Club Shillong Heritage- 6th January 2026



Distribution of blankets Rotary Club Chanchal -1st Jan 2026



Medical camp Rotary Club Siliguri Uttorayon - 25th Jan 2026



Woolen garments distribution Rotary Club Burdwan South - 3rd Jan 2026



Free Hearing Aids Distribution Rotary Club Dimapur - 26th Jan 2026



Blanket Distribution Drive Rotary Club Dimapur - 14th Jan 2026



Family Picnic Rotary Club Jalpaiguri -17th Jan 2026

## ROTARACTORS AT THE ROTARACT ZONAL CONFERENCE OF ZONE 3-EUPHORIA AT AGARTALA

DRR Rtr. Kumar Shivam Das graced the event along with the Rotaract District officials.

January 2026 has been a powerhouse month for RID District 3240, showcasing a perfect blend of service, fellowship, and sportsmanship. From the hands-on environmental impact of our Clean Up Drives that fostered community responsibility, to the heartwarming camaraderie of Jamboree. The energy reached a peak with Game On Rotaract, bringing out the competitive best in members through events like badminton tournaments that celebrated teamwork and physical fitness. Across the nine states of our district, every active club participation is a testament to our shared commitment to growth and collective action. These initiatives continue to strengthen the bonds between Rotaractors, proving that when we unite for a cause, our impact is amplified. Whether through service or sport, we are building a legacy of leadership and unity that defines District 3240. #DilSeRotaract

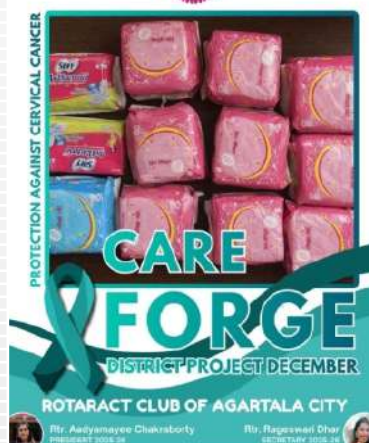
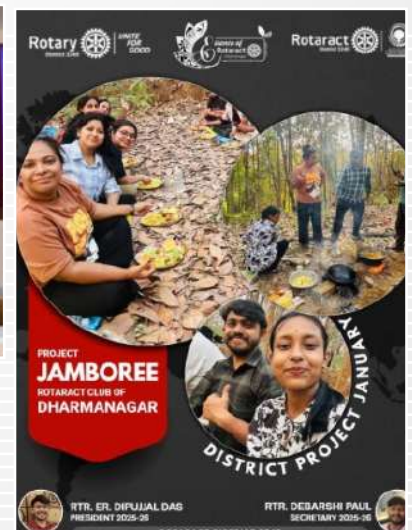


DRR Rtr. Kumar Shivam Das marks his presence at the Rotary District Conference, Pratidhwani 2026. He delivered a key address on the topic: "Rotaract - Engine of Growth." It was a really great opportunity to have the Rotaract Dialogue in presence of several Guests and esteemed Rotarians.

Rotaract District Conference at Nava Sangam held at Guwahati. The District Governor along with several other Rotary District officials were present. The 3-day program was full of joy and memories. DRR Rtr. Kumar Shivam Das, extends heartfelt thanks to each and everyone for the active support and the coming together for this joyous moment.

A District Initiative by Rotaract District 3240, spreading awareness on cervical cancer, menstrual hygiene, and cervical vaccination because informed care saves lives. Many clubs actively conduct the awareness in their Regions.

Rotaract District Conference at Nava Sangam held at Guwahati. The District Governor along with several other Rotary District officials were present. The 3-day program was full of joy and memories. DRR Rtr. Kumar Shivam Das, extends heartfelt thanks to each and everyone for the active support and the coming together for this joyous moment.



**ROTARY VOICES**



## Why Rotary?

**I**t was a bright and pleasant November morning in Shirdi. I go every few years to Shirdi and always stay at Rtn Rajendra Kote Patil's hotel. Apart from being a wonderful Rotarian, he is an incredibly kind and helpful human being. Almost a father figure who would ensure that you are safe and comfortable in Shirdi.

On 22nd November 2016, as I got ready to leave for Shani Shingnapur, Rtn Patil suggested that I visit Trayambakeshwar in Nashik too. I too liked the idea as I had never visited Trayambakeshwar. So I went to Nashik too. I had a beautiful darshan of the Jyotirling. On my way back I was thinking to myself how beautiful the darshan was. I was happy and surprised that the darshan was so smooth and did not take too long either. But on my way back to Shirdi from Nashik, my car was hit by an oil tanker and in a matter of minutes, I was battling for my life. I remember nothing of the accident. I woke up in the ICU where I was surrounded by complete strangers (who later I came to know were mostly Rotarians) I was told later that a group of boys playing cricket near the accident site swung into action and rushed me to the hospital. Thanks to social media, the news of my accident reached Sikkim ( where I am from) in no time and everyone sprung into action. In 2016, I was a member of RC Gangtok South. My Club members lost no time in contacting Rotarians in Nashik who in turn gathered in large numbers in the hospital to ensure I get timely treatment. Rtn Sarita Narang and others from Nashik helped me beyond words. They were there throughout my stay in the hospital in Nashik. The Rotarians of Shirdi took care of all paperwork and other formalities and extended all support to my family who managed to reach only the next morning despite their best efforts. But the driver was not as lucky. My heart still goes out to the driver who lost his life in the accident though I discovered the truth only months later. Initially I was told that he had fracture his legs and is recovering. I always keep him in my prayers and hope his family found the strength to recover from the irreparable loss.

People ask me why am I so dedicated to Rotary. The general perception is that Rotary is meant for senior citizens read retired people. And it is boring and caught in a time warp. But those are just conjectures. You have to be in Rotary to know what Rotary is. I joined Rotary in 2008. Since then there has been no looking back. I will never leave Rotary as I owe my life to it! And Rotary has given me love that feels real. Rotary not only changes lives. It saves lives too. And not all superheroes wear capes. They wear Rotary lapel pins too.

Long live Rotary

Long Live Rotarians

**Rtn Jashoda Chettri**

*Rotary Club of Shillong*

*Email: chettrijashoda@gmail.com*

**ROTARY THINK PIECE**

## The Ethics of Excellence: A Rotary Reflection on Vocation

**T**here was a time when a person's profession was not merely a means of livelihood; it was a declaration of character. The word *vocation* itself comes from the Latin *vocare* — to call. It suggested that work was not simply chosen for profit, but answered as a calling.

When Paul Harris brought together professionals from different walks of life in 1905, he was doing more than forming a fellowship. He was quietly proposing an idea: that the moral quality of society depends significantly on the ethical standards of its professionals. Today, however, the terrain of professional life has changed. Speed outruns reflection. Competition often eclipses conscience. Success is measured in quarterly results rather than long-term consequences. In such a climate, Rotary's idea of Vocational Service becomes not nostalgic — but necessary.

Consider the quiet influence professionals hold.

*A doctor's decision can restore dignity to someone who has lost hope. A teacher's encouragement can redirect the destiny of a hesitant student. An entrepreneur's risk can create livelihoods for hundreds. A civil servant's integrity can preserve public trust in institutions.*

None of these moments make headlines. Yet they shape the moral texture of society.

Perhaps the deeper question Rotary asks its members is not simply - *What do you do but How does your work change the world around you?*

When professionals act with integrity, something subtle but powerful happens. Standards rise. Trust deepens. Young people observing these examples begin to believe that success and ethics need not be adversaries.

And slowly, almost invisibly, communities evolve.

Vocational Service therefore is not merely a Rotary program. It is a reminder that every profession carries moral influence. The real measure of our work may not lie in titles achieved or wealth accumulated, but in the ethical climate we leave behind for those who follow. In that sense, every professional decision becomes an inspirational act of leadership.

**Rtn Amit Saraf**  
*Rotary Club Shillong*

GUEST WRITES...

*Hand Mudras*  
**FOR HEALTHY LIVING**



Prana Mudra



Gyan Mudra



Prithvi Mudra



Shoonya Mudra



Vayu Mudra



Apan Mudra

**H**and mudras, often practiced in yoga and traditional medicine systems like Ayurveda and Traditional Chinese Medicine (TCM), are believed to have various health benefits, including psychological and physiological effects. While there's considerable anecdotal evidence supporting their efficacy, scientific research on hand mudras is still relatively limited compared to other fields of study. Mudras redirect the subtle energies and rekindle the inactive nerves and cells. The principle of hand mudras is based on the basic principle that transfer of energy takes place from a higher level to a lower level. This same law is applicable in thermodynamics, electricity, in magnetism and even in atomic and nuclear bonding. According to Garbhpanishad, the human body is composed of five gross elements and these have to be maintained in the body in the exact proportion as has been designed by nature; any imbalance in the proportion of these elements can result in illnesses. This is where mudras help to restore the imbalance.



However, some studies have investigated the effects of hand mudras on health parameters. For example, a study published in the Journal of Ayurveda and Integrative Medicine in 2017 examined the effects of selected hand mudras on cardiovascular parameters in healthy individuals. The researchers found that specific mudras, such as the "Prithvi Mudra" (Earth Mudra), were associated with significant changes in heart rate variability, suggesting potential benefits for cardiac health. Another study published in the International Journal of Yoga in 2014 explored the effects of the "Gyan Mudra" (Knowledge Mudra) on cognitive functions. The researchers observed improvements in cognitive performance, including attention and memory, in participants who practiced this mudra regularly. Another study by Saraswat and Kumar (2021) confirms that "regular practice of jnaana mudra in normal healthy people creates and improves mental toughness, while reducing levels of anxiety". Application of *Apana Vayu Mudra* on heart patients revealed a substantial reduction in systolic, diastolic blood pressure, heart rate and blood viscosity. This study conducted in 2015-16 in Indore, Madhya Pradesh by Tripathi et al., (2017) confirm that mudra makes its effect through the nerve endings in fingers. This mudra creates a systemic effect on cardiovascular system and improves it. Even Acharya Keshav Dev supports the finding that this mudra is a supportive emergency tool on the spot for heart care till hospitalization. A dentist, Dr. Nitin Priyanka shares her experience with hand mudras. Dentists suffer pain to wrong posture or occupational hazards, as referred to by her. Severity of pain may lead to compromising in the quality of life. Therefore, with personal experience as a doctor she strongly recommends some mudras to manage musculoskeletal disorders. According to Doctor, these mudras should be performed on a daily basis: *Jnaana, Prithvi, Apana, Prana, Shoonya vayu, and Dhyana* mudras.

Furthermore, research in the field of psychophysiology has shown that specific hand gestures, including those used in mudras, can influence neural activity and physiological responses. For instance, studies using electroencephalography (EEG) have demonstrated changes in brainwave patterns associated with different hand positions. While these studies provide some scientific support for the efficacy of hand mudras, more research is needed to fully understand their mechanisms of action and to establish their effectiveness across a range of health conditions. Additionally, it is essential to consider individual differences in responsiveness to mudra practice and the potential role of placebo effects in shaping outcomes.

Hand Mudras should be a way of life. There are more than 100 chikitsa mudras and where modern medicine fails, hand mudras have shown results. Mudras require dedication and faith and they heal at physical, mental, emotional and spiritual levels.

**Dr. Premlata Haralalka**

*The author is a Reiki Master, Practitioner, Teacher of Hand Mudras based in Kolkata.  
 www.mudraswithprem.com |m1prema@gmail.com |Mobile: +919830626402*

**UPCOMING EVENTS**

The Rotary Foundation

**ATTENTION!**  
Trustee Dr. Bharat and RRFCS from Zones 4, 5, 6 & 7 present to you,

**ANNUAL FUND 50:50 MILESTONE award**

For Annual Fund contributions made till 31-Mar-2026

**Eligibility Criteria for the Award:**

<b>For Clubs</b> At least 50% members contributing a minimum of \$50 each towards Annual Fund by 31 March 2026.	<b>For Districts</b> At least 50% clubs contributing a minimum of \$500 each towards Annual Fund by 31 March 2026
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In case of any queries, please reach out to your Zone RRFCC or RISAO!

#RLIGO26 Rotary Districts 3170, 3240 and 3291

**THE ROTARY LEADERSHIP INSTITUTE**

RI President Francesco Arezzo

**RLI Team**

Facilitators for (Post) Graduate Courses

In Person, Multi District, MultiLevel, Multi Classroom for Rotarians and Rotaractors with some of the BEST Facilitators of South Asia

17 / 18 / 19 April 2026  
Terminal Banquets, Caculo Mall Panaji, Goa

Rotary Greenland Silchar RID 3240

UNITE FOR GOOD

Save the Date

**SAMPARK 3.0 सम्पर्क 3.0**

**District Public Image Seminar**  
26th April 2026 | Silchar

Host: Rotary Club Of Greenland Silchar

President: Rtn Ishan Patwa +919435135556  
Secretary: Rtn Soumitra Palit +917086009928  
Club Seminar Chair: Rtn Sandip Singh Walia +91 97060 70409

Rotary Siliguri Uttarayan UNITE FOR GOOD

RI President Francesco Arezzo  
Dist Governor RID 3240 Dr. Kameshwar S Elangbam  
Dist Governor RID 3292 Binod Kotrala

**SAMPARK 2.0 सम्पर्क २.०**

**Multi District Public Image Seminar**  
RID 3240 & RID 3292

8th March 2026 | 3:00 pm onwards  
Montana Vista

Early Bird Registration Charge till 31st Jan' 26  
Rs. 1111/-

Host: Rotary Club of Siliguri Uttarayan  
Project Chairman : Rtn. Brij Mohan Garg

President: Rtn. Dr. Animesh Jha +91 80014 44455  
Secretary: Rtn. Rajeev Ranjan Ojha +91 97759 09030

ROTARY CLUB of BURDWAN PRESENTS

**DISTRICT MENTAL HEALTH SEMINAR**

Rotary RID 3240 Mental Health Initiatives UNITE FOR GOOD

**মনের কথা**  
The Whispers Of The Mind

- Discussion with Students on Mental Health  
Magnus Global School - 11 AM
- Music Therapy Session for Elderly People  
Nabanir Bridhshram - 2 PM
- Interactive Session with Rotarians  
Club Building, Rotary Club of Burdwan - 7 PM

KEYNOTE SPEAKERS GUEST SPEAKER

26 February, Thursday

**ZERO REGISTRATION FEE FOR THE SEMINAR**

Rotary RI District 3240

RI President Francesco Arezzo  
DG 25-26 Dr. Kameshwar Elangbam

**FELICITATION Ceremony**  
at Guwahati

**BLOCK YOUR DATE 10TH MAY**  
Host: Rotary Guwahati Luit

**BASU DEV GOLYAN**  
RIDN 27-29

Rotary Service Above Self

**KHAMATAYAN**

**District Women Empowerment Seminar**

UNITE FOR GOOD

Chief Guest: District Governor 2025-26 Rtn. Dr. Kameshwar Singh Elangbam  
District Women Empowerment Chairperson: Rtn. Siuli Mukherjee Mob :- 9933399235

Hosted by Rotary Club of Barddhaman Diamond  
Rotary International District 3240  
Date : 22 Feb. 2026

Rotary Club of Silchar UNITE FOR GOOD

Francesco Arezzo Rtn. Dr. Nirza Saikia Dr. Kameshwar Singh Elangbam  
RI President RI District Governor & Club Health Chair District Governor RID 3240

**SNEHABANDHAN (স্নেহবন্ধন)**

**DISTRICT SEMINAR ON MOTHER AND CHILD HEALTH**

9th May, 2026 Saturday, Silchar

Host Club: ROTARY CLUB OF SILCHAR

**SAVE THE DATE**

President: Rtn. Debashish Som  
Secretary: Rtn. Dr. Dibrajyoti Nath  
Project Chairman: Rtn. Dr. Anjan Paul

Rotary District 3240 SERVICE ABOVE SELF UNITE FOR GOOD

RI Dist: 3240, Zone-2

**"प्रकृति: PRAKRITIH"**

**District Environment Seminar**  
Building towards a Greener Future  
Rotary Club of Durgapur Central & Rotary Club of Durgapur Elite

Jointly organises on  
March, 15, 2026 | At 3 PM onwards

Rtn Dr Kameshwar Singh Elangbam  
DG, RID-3240 will be Chief Guest.

Venue: Durgapur

Keynote Speakers: National level Speakers

**REGISTER EARLY!**  
Registration Charges: Rs 999 only  
For Rotaract Registration Charges: Rs 500 only

PI scan this QR code for payment

Send screenshot of payment at 947528920 on WhatsApp

Chairman of Seminar: Rtn Atanu Mukherjee, Mob: 8434030117  
Co-Chairman of Seminar: Rtn Pulak Kumar Banerjee, Mob: 97753 01703

Registration Charges will increase after 20th Feb 2026

## ROTARY UPDATES

### ● Election of the Rotary International Director

The past District Governor Rtn Basudev Golyan from the Rotary District of 3292, Nepal was elected with an overwhelming majority. Rtn Golyan is a gentleman with a kind heart, highly approachable, down to earth and always for action. He has always demonstrated generosity and kindness. He always had a soft heart towards District 3240.

### ● Rotary Foundation establishes fund to aid Sri Lanka

The Rotary Foundation Trustees established a new Cyclone Ditwah Response Fund in December 2025 to support immediate relief efforts for people affected by the devastating cyclone in Sri Lanka. Donors can give directly to relief efforts led by Rotary members.

Contributions will be accepted until 31 March 2026. District 3220 can apply for grants from the funds until 3 December 2026 or until the funds have all been allocated. Any contributions that haven't been spent by then will be transferred to the Disaster Response Fund, to be made available for disasters worldwide.

### ● RI Board Adopts New Zones Structure

Every Rotary year, the Rotary International Board of Directors makes minor changes to the list of zones based on decisions to merge or create new districts, or grant district requests to change zones. In addition, the Board conducts a comprehensive review at least every eight years to comply with RI Bylaws that districts and clubs be divided into 34 zones of approximately equal number of Rotarians. This is done to ensure that Rotary's Board of Directors accurately reflects our diverse and global membership.

In 2025, three Board-approved regional workgroups developed rezoning proposals for Asia, Europe/Africa, and the Americas. These workgroups submitted their proposals to the Zones Review Steering Committee, chaired by RI Vice President Alain Van de Poel, which consolidated them into a single, worldwide plan for the Board's consideration at their January 2026 meeting. The Board voted unanimously to approve this plan.

The Board will consider other zone-related issues such as sectioning, pairing, and director election rotation at its April 2026 meeting.

Updated maps are still to come, but for now members can access the zone list or contact [Zones@rotary.org](mailto:Zones@rotary.org) with any questions.

**Russia included in Zone 8, to be headed by India** - The RI Board of Directors, in its January 2026 meeting has approved the new zone structure for Asia, Europe/Africa, and the Americas, recommended by the Zones Review Steering Committee chaired by RI Vice President Alain Van de Poel. Under the new rezoning, Russia (RI District 2223) has been included along with the north and northwestern districts of India under Zone 8.

## Rotary Snippets

Between October-December 2025, the public relations team collaborated closely with Rotary members to enhance their messages, secure interviews, and develop content that appeared in 140 national and regional media in more than 15 countries (Australia, Brazil, Canada, France, Germany, India, Japan, Kenya, Korea, Liechtenstein, Mauritius, Nigeria, Switzerland, U.K., U.S.).

**Celebrating impact:** Rotary Foundation surpasses US\$2.7 million on Giving Tuesday Thanks to the incredible generosity of our leaders and donors around the world, The Rotary Foundation raised more than US\$2.7 million in support of Giving Tuesday in 2025, setting a new fundraising record! For the first time, we also held a Rotaract Giving Tuesday service project challenge, celebrating the power of service on this global day of generosity. The Foundation recognizes these clubs for their engagement:

#### Top fund raising clubs

Rotary Club of Singapore, Singapore, Rotary Club of Saint George Sunrise, Utah, USA  
Rotary Club of Hong Kong Island West, Hong Kong

#### Top donor participation clubs

Rotary Club of Grand Cayman-Sunrise, Cayman Islands  
Rotary Club of Tijuana, Mexico  
Rotary Club of Greenville (Noon), North Carolina, USA

#### Top online giving clubs

Rotary Club of Saint George Sunrise, Utah, USA  
Rotary Club of Hong Kong Island West, Hong Kong  
Rotary Club of Central Cayman Islands, Cayman Islands

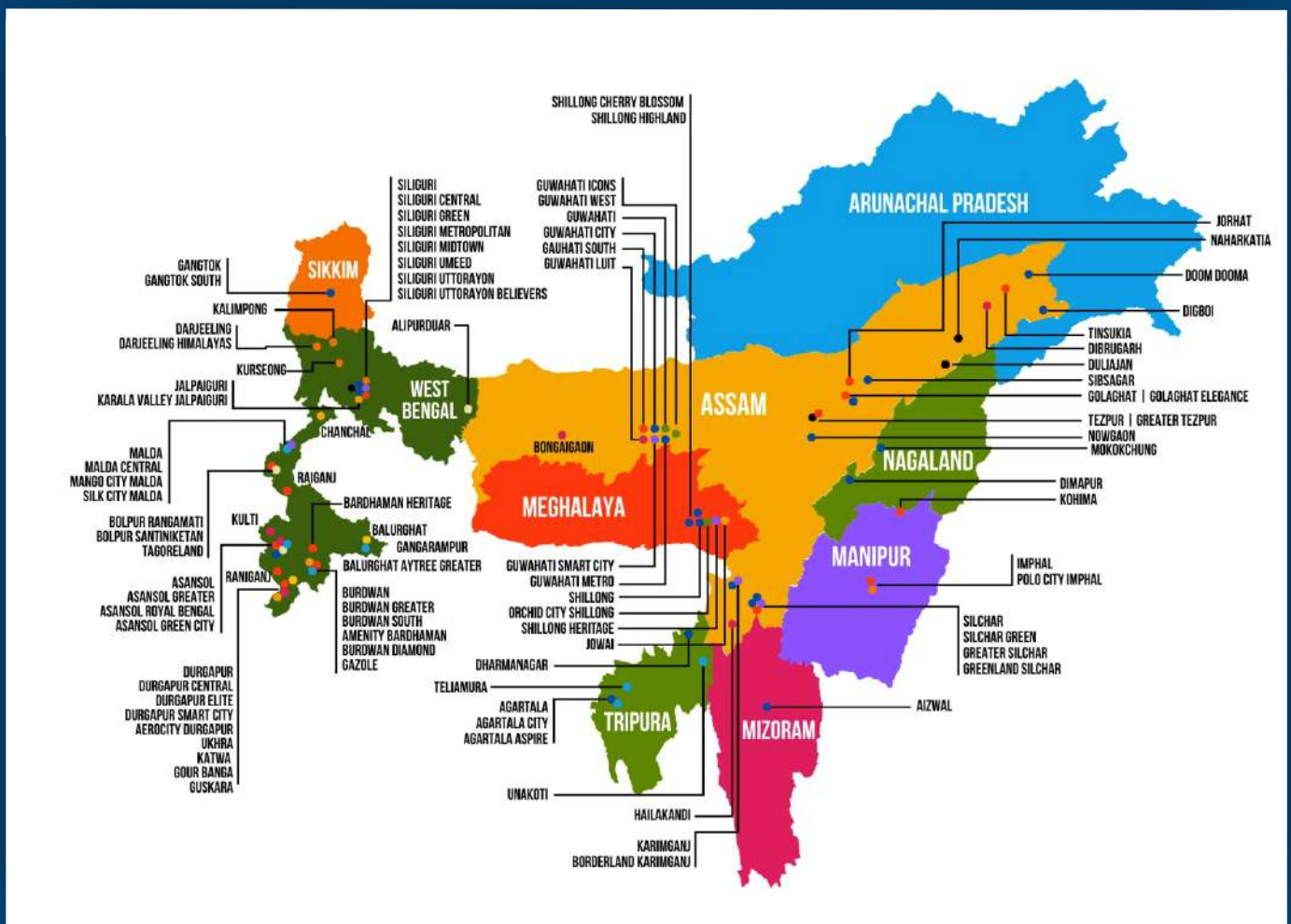
#### Top Rotaract Service Challenge projects

*E-Shuddhi*, led by the Rotaract Club of RUAS, Karnataka, India  
*Giving Tuesday Book and Stationery Drive*, Rotaract clubs in Abuja and Lafia, Nigeria  
*Dhooram*, led by the Rotaract Club of Chennai Radiance Raisers, Tamil Nadu, India.

\* Source - <https://my.rotary.org/en/domui/>

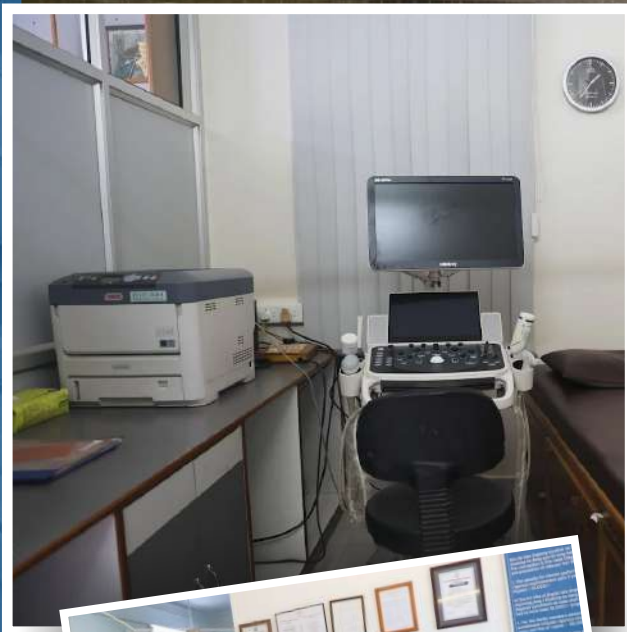
# MAP OF RI DISTRICT 3240

[UPDATED AS ON 20/01/2026]



In the June Edition of GML, few Clubs were not featured in the map due to some inadvertent glitch.

# KAMBER POLYCLINIC



## SERVICES

1. Gynecology & Obstetrics:  
Specialized care for women's health.
2. Pregnancy Care:  
Routine check-ups and maternity care.
3. Family Planning:  
Counseling and consultations.
4. General Consultations:  
Diagnosis and treatment for various conditions.
5. Diagnostic Support:  
Potential for blood testing and related diagnostics

Address : Lower Mawprem, Garikhana, Shillong, Meghalaya Pin - 793002

Phone: 0364 254 4271