

# The Chronicle

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FEBRUARY 2025 ISSUE



## THE PRESIDENT'S DESK

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As we celebrate Rotary's Anniversary Month, Rotary Club of Guwahati Luit is proud to launch a continuous project aimed at deworming children in various schools and communities. Our goal is to ensure the health and happiness of these young minds, providing them with a stronger foundation for a brighter future.

We strive to make a meaningful difference in the lives of those who need it most, and we look forward to continuing our efforts to create a healthier, happier society for all.

Yours in Rotary  
Pami Das  
President



# THE SECRETARY'S DESK



February Highlights: Empowering Communities Together!

Our club has been buzzing with excitement and impactful projects this February!

## \*Community Initiatives:\*

1. **\*Deworming Initiative\***: Conducted in various schools at Sonapur, promoting health and wellness among students.
2. **\*Cervical Vaccination\***: Successfully administered 2nd dose to around 50 girls at Sanjevani Hospital.
3. **\*Food Donation\***: Contributed rice and dal to Pariivar Academy, supporting those in need.
4. **\*Education Support\***: Paid fees for a student at Axel Public School, empowering education.

## \*Health and Wellness:\*

1. **\*Juice and Chyawanprash Distribution\***: Spread health and happiness across various locations in Guwahati and Sonapur.

## \*Skill Development:\*

1. **\*Continuous Skill Training\***: Empowering women through vocational training at RCC, Sonapur.

## \*Club Events:\*

1. **\*President Elect Learning Seminar (PELS)\***: Hosted a successful event at Hotel Diaso, Guwahati.
2. **\*TRF Donation\***: Grateful for Pawan Golch's generous donation on his birthday (18th Feb).
3. **\*New Member Induction\***: Warmly welcomed Mithu Chakraborty, our new NRI member!

Together, we're making a difference!

Yours in Rotary,  
Mona Shah  
Secretary



# DEWORMING DRIVE

## Ensuring a Healthier Childhood

On February 1st, Rotary Club of Guwahati Luit took a proactive step towards children's health by launching a sustainable deworming project. The initiative began at Manipuri Basti School, where deworming tablets were distributed to 60 children after their midday meal.

Worm infestations are a common health concern among children, often leading to iron deficiencies, malnutrition, and other related issues. Through this project, Rotary aims to address these challenges and promote better health and well-being among young students.

To ensure the effectiveness of the initiative, the distribution was carried out with proper guidance, ensuring that children took the medication safely under supervision. Teachers and school authorities played a crucial role in supporting this effort, helping to create awareness about the importance of deworming and hygiene practices such as handwashing, clean drinking water, and proper sanitation.

Beyond just distributing medication, we also aim to educate parents and caregivers about the importance of regular deworming and preventive measures to keep their children healthy.

With continued efforts and community collaboration, we believe that every child deserves a healthier, stronger future.



## deworming project

organised by

**ROTARY CLUB OF GUWAHATI LUIT**

**Rotary Motto : Service Above Self**





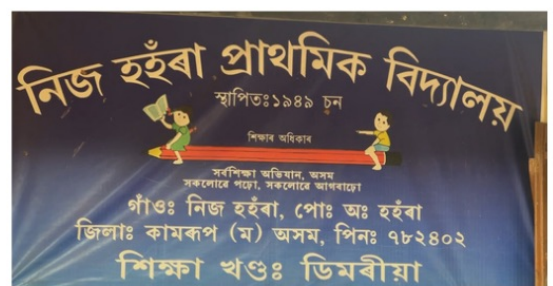
# ONGOING MISSION FOR CHILD HEALTH



With plans to conduct similar drives in various schools and communities every month, this initiative reflects Rotary's dedication to ensuring a healthier future for children. By providing essential medication and raising awareness about hygiene and nutrition, we strive to create lasting change in the well-being of young minds.

## • A Dose of Care

Rotary Club of Guwahati Luit continues its commitment to children's health with a sustainable deworming initiative. The first phase of the project was launched on February 1st at Manipuri Basti School, where 60 children received deworming tablets after their midday meal. Expanding the reach of this initiative, the second deworming drive took place on February 5th at tw Sonapur School in collaboration with the Amri Karbi Community Project. This joint effort aimed to protect more children from worm infestations, which can cause malnutrition, iron deficiency, and other health concerns.





## Fighting Worm Infestation, One School at a Time





**BIRTHDAYS  
CELEBRATE LIFE,  
ANNIVERSARIES  
HONOUR LOVE**

both mark  
moments worth  
cherishing!" 🎂❤️







## SPREADING JOY THROUGH GIVING



In a heartfelt gesture of kindness, one month's rations were handed over to Parijait Academy, Garbangha today. This noble initiative was taken by Rtn. Rajiv Jain and Rtn. Swastika Jain as part of the birthday celebration of their daughter, Shraddha Jain.

Turning celebrations into opportunities for service, this act beautifully reflects the spirit of Rotary—giving back to the community and making a difference in the lives of those in need.

# CERVICAL VACCINATION DRIVE

## PROTECTING LIVES, ONE DOSE AT A TIME



On February 8, 2025, RC Guwahati Luit successfully conducted the 2nd dose of the Cervical Vaccination Camp at Sanjeevani Hospital, marking another step in our commitment to community health.

✓ BENEFICIARIES: 50 INDIVIDUALS RECEIVED THIS VITAL VACCINE  
17 NEXT DOSE: THE 3RD DOSE IS SCHEDULED FOR JUNE 2025



A special thanks to Dr. Amit Agarwal for his unwavering support in ensuring the seamless execution of this initiative. Through such efforts, we continue to empower and safeguard lives, making a lasting impact on public health. Together, we serve!

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# *A New Addition to Our Rotary Family*

RC Guwahati Luit proudly welcomed Rtn. Mithu Chakraborty, our newest member, residing in Singapore, into our ever-growing Rotary family. Her induction marks a step towards stronger global connections and a shared commitment to service.



## *Induction Ceremony of Rtn. Mithu Chakraborty*



Rtn. Rajiv Jain introduced her with inspiring words, highlighting her passion for service and enthusiasm for community initiatives. Following this, President Rtn. Pami Das conducted the formal induction, officially welcoming her into the fold.

With Rtn. Mithu's inclusion, RC Guwahati Luit continues to expand its reach, fostering meaningful collaborations and impactful service projects. We look forward to her active participation, fresh perspectives, and contributions in the months ahead.

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## CLUB FLAG EXCHANGE – STRENGTHENING ROTARY BONDS

In a wonderful moment of Rotary camaraderie, AG Rtn. Pranjal Kr. Mena had the opportunity to exchange club flags with Rtn. Kirthy Joshi Thakuria of RC Bangalore West. This exchange symbolizes the spirit of friendship and collaboration that Rotary fosters across clubs and regions.

Rtn. Kirthy attended the club meeting of RC Gauhati South, where AG Mena, in discussion with President Rtn. Pami Das, availed the opportunity to present the RC Guwahati Luit club flag. This gesture reflects our commitment to building meaningful connections, sharing ideas, and strengthening Rotary's global network.

Such exchanges are more than just ceremonial—they reinforce our shared values, encourage cross-club engagement, and pave the way for future collaborations in service and fellowship.



## A GIFT OF HEALTH AND WELLNESS

As part of our ongoing commitment to community service, RC Guwahati Luit donated four cartons of Chyawanprash to the Missionaries of Charity, Lankeshwar. This initiative aims to support the residents' well-being by providing essential nutrition, especially during changing seasons when immunity is crucial.

Through such acts of kindness, we continue to uphold the spirit of Service Above Self, ensuring that those in need receive care and support.



## A BIRTHDAY MARKED BY GENEROSITY

Birthdays are a time for celebration, reflection, and gratitude—and Rtn. Pawan Kr. Golchha chose to commemorate his special day with a meaningful act of generosity. On this occasion, he contributed \$200 to the Annual Fund of The Rotary Foundation (TRF), reinforcing his commitment to Rotary's mission of service and global impact.

The Annual Fund serves as the backbone of Rotary's humanitarian efforts, supporting projects in education, health, water sanitation, economic development, and more. Contributions like Rtn. Pawan's help Rotary clubs worldwide implement sustainable initiatives that uplift communities and transform lives.



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## **CELEBRATING 120 YEARS OF ROTARY – A LEGACY OF SERVICE AND FELLOWSHIP**

On 23rd February 1905, a visionary idea took shape in Chicago—an idea that would go on to transform communities worldwide. Paul Harris, the founder of Rotary, sought to revive the spirit of camaraderie and friendship he had cherished in his hometown. With this vision, he established the first Rotary club, bringing together professionals from diverse vocations to foster ethical business practices and serve humanity.



The name "Rotary" was inspired by the club's initial practice of meeting in rotation at members' places of business. What started as a small gathering soon grew into a global movement dedicated to humanitarian service, leadership, and international goodwill. Over the past 120 years, Rotary has made an indelible impact through initiatives in healthcare, literacy, water sanitation, peacebuilding, and eradicating polio. With 1.4 million members across 200+ countries, Rotary continues to uphold its motto of "Service Above Self", creating a world of understanding and peace.

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# 9 HABITS THAT MAKE YOU LOOK UNPROFESSIONAL



## I. Talking Too Much

- Sharing personal problems with everyone
- Constantly complaining and boring others

### Impact:

Research shows that 65% of people miss significant opportunities because they talk too much.

### What to do:

Not everything needs to be shared. Ask yourself—if you wouldn't say it to an important person, why say it to anyone else?



## 2. Responding Late to Messages

- Reading messages but not replying
- Leaving conversations incomplete and disappearing suddenly

### Impact:

Research suggests that 78% of people don't trust those who fail to respond on time.

### What to do:

Always reply within 24 hours, even if it's just to acknowledge the message.



## 3. Saying “Yes” to Everything

- Agreeing to every task and then struggling to complete it
- Taking on too much work and failing to meet deadlines

### Impact:

Studies show that 70% of people experience stress because they say “yes” without thinking.

### What to do:

Before saying “yes,” assess your time and energy. Only commit to what you can handle.





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## 4. Oversharing Personal Information

- Talking about every small detail of your life
- Sharing things that make others uncomfortable

### Impact:

A study shows that 70% of people distance themselves from those who overshare.

### What to do:

Keep personal conversations limited and maintain a light, positive tone.



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## 5. Having a Messy Workspace

- Your desk, bag, or phone—everything is disorganized
- Wasting hours just searching for things

### Impact:

On average, people waste 55 hours a year just looking for lost items.

### What to do:

Spend 5 minutes daily organizing your space. A clean workspace boosts confidence.



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## 6. Complaining All the Time

- Bringing negativity into every conversation
- Focusing more on problems than solutions

### Impact:

Constant complaining puts your brain in a negative mode, reducing your decision-making ability by 30%.

### What to do:

If you see a problem, think of a solution too. Complaining alone won't help.



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## 7. Always Being Late

- Being late for meetings, work, or interviews
- Having a “just 5 more minutes” attitude

### Impact:

Research shows that people who are consistently late reduce their chances of promotion and career growth by 40%.

### What to do:

Leave 10 minutes early to ensure you arrive on time. It improves your impression and keeps you stress-free.



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## 8. Making Excuses for Everything

- Finding excuses instead of admitting mistakes
- Saying “I will do it tomorrow” or “I didn't have time”

### **Impact:**

Research shows that people who frequently make excuses are 60% less likely to be trusted with important responsibilities.

### **What to do:**

Own up to your mistakes and focus on fixing them. Excuses damage your reputation.



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## 9. Poor Communication

- Using words like “bro,” “dude,” or “LOL” in every conversation
- Sending unclear and unprofessional messages

### **Impact:**

92% of people don't trust those who can't communicate clearly.

### **What to do:**

Keep your communication clear and direct. Adapt your language based on the person you're talking to.

**Looking professional isn't just about what you wear—it's also about how you behave.**

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# "SURYA NAMASKAR: THE TIMELESS YOGA PRACTICE FOR MIND, BODY & SOUL"

Surya Namaskar (Sun Salutation) offers a range of physical and spiritual benefits, making it a holistic practice that nourishes both the body and mind. Here's a breakdown of the physical and spiritual benefits:

## Physical Benefits of Surya Namaskar

### 1.Full-Body Workout:

Surya Namaskar engages multiple muscle groups, providing a complete workout. It strengthens the arms, shoulders, legs, and core while improving flexibility and balance.

### 2.Improves Flexibility:

- The sequence involves a variety of stretches, forward bends, and backbends, which increase the flexibility of the spine, hamstrings, and hip joints.

### 3.Enhances Muscle Strength:

The poses in Surya Namaskar, such as Dandasana (Plank Pose) and Ashtanga Namaskara (Eight-Limbed Pose), help build muscle strength in the arms, shoulders, and legs.

### 4.Cardiovascular Health:

When performed at a faster pace, Surya Namaskar serves as a cardiovascular workout, improving heart health, circulation, and oxygenation of the body.

### 5.Aids in Weight Management:

Regular practice helps to tone muscles and burn calories, contributing to weight management. It also boosts metabolism, making it effective for fat loss.



### 6.Improves Digestive Health:

The forward bends and stretches help massage internal organs, promoting better digestion and aiding in detoxification of the body.

### 7.Promotes Better Posture:

- The practice of holding poses with proper alignment strengthens the spine and helps correct poor posture, reducing the risk of back and neck pain.

### 8.Boosts Respiratory Function:

Surya Namaskar synchronizes movement with breath, enhancing lung capacity and improving respiratory efficiency.

### 9.Increases Energy Levels:

The flow of movements revitalizes the body, helping to combat fatigue and lethargy. Practicing in the morning is especially beneficial for boosting energy throughout the day.

### 10.Enhances Balance and Coordination:

- The series of postures improve physical coordination and balance, as the body moves fluidly from one pose to the next.

to be continued ...

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## A MUST-READ FOR ALL MEN!

**The confused husband, the overexcited wife, and the shy maid.**

The wife had just hired a new maid, who—by pure coincidence—shared the same name as her: Maya.

The husband, utterly baffled, couldn't have two Mayas in the house. In a moment of pure panic, he decided to call his wife Jaanu instead. And just like that, at the ripe old age of 70-plus, she got a brand-new nickname!

The wife was thrilled beyond words. Suddenly, she started acting like a teenager—giggling, blushing, and even sending her husband heart emojis on WhatsApp. The poor husband, already struggling to find his spectacles half the time, was now even more confused.

In the end, the wife was happy, the husband was even happier, and the shy maid—watching all this unfold—convinced herself that this elderly couple was the ultimate paradigm of true romance.

Moral of the story?

Shakespeare was right—“What's in a name? That which we call a rose, By any other name would smell just as sweet.”, but call your wife Jaanu once, and you might just unlock a whole new level of married life!



**-Rtn. Niladree Gohain  
Editor**



## EDITOR'S DESK

As we turn these pages, we celebrate the incredible work being done by our members—projects that touch lives, inspire change, and uphold the values of Rotary. Each story in this edition showcases not only the projects we undertake but also the people who make them happen. From community service initiatives to impactful collaborations, from honoring our members to sharing insights on our future goals, this magazine serves as a chronicle of our journey.



Yours in Rotary,  
Niladree Gohain  
Editor, The Chronicle

A person wearing a blue suit jacket is shown from the chest down. They are holding a bright yellow mug in their right hand and a red folder or book in their left hand. The background is a plain, light blue-grey color.

**First Rotary Club in  
India was established in  
Calcutta (now Kolkata)  
in 1920.**

**Happy Reading**