
The Chronicle

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JUNE 2025 ISSUE



PRESIDENTIAL MESSAGE



Dear fellow Rotarians,

As I reflect on my year as President of Rotary Club of Guwahati Luit, I'm filled with gratitude and pride. It's been an honor to serve alongside such dedicated and passionate individuals, working together to make a meaningful difference in our community.

I'm proud of the initiatives we've undertaken, the challenges we've overcome, and the lives we've touched. Our club's commitment to service, fellowship, and community development has been inspiring, and I'm grateful to have been a part of it.

As I conclude my term as President, I want to thank each and every one of you for your support, trust, and hard work. Your enthusiasm and dedication have made a significant impact, and I'm confident that our club will continue to thrive under new leadership.

I look forward to seeing the amazing things our club will achieve in the years to come. Until then, let's cherish the memories we've created and the friendships we've forged.

Warm regards,

Rtn Pami Das

President, Rotary Club of Guwahati Luit (2024-25)

● SECRETARY'S REPORT



Dear fellow Rotarians,

I'm pleased to present my final secretary report for 2024-25. Highlights include:

1. Public image project: Advertisements for organ donation, blood donation, tree plantation, and vaccination drives on electronic buses.
2. Anand Lok Home: Planted 70 saplings with senior citizens.
3. Vaccination camp: 25 girls vaccinated at Rising Star School.
4. Education support: Sponsored 6 months' fees for 2 girl children.
5. Yoga Day: Collaborated with yoga institutes.
6. RCC formation: Partnered with Puloni, Karbi Anglong.

7. Interact Club: At Bengali High School.
8. Sammaan project: Honored staff at Sattribari Mission Hospital.
9. Women's football team: Provided T-shirts.
10. inauguration: Rotary Montessori School launched. And Skill Centre.

Installation ceremony cum charter day celebration on 22nd June .

I'm also excited to announce that I'll be taking over as President from July 1. Thank you to everyone involved in making this year successful!

Yours In Rotary
Mona Shah
Secretary
(2024-25)

WORLD ENVIRONMENT DAY

Date: 05.06.2025

Venue: Anand Lok Old Age Home,
Bongara, Guwahati

Avenue of Service: Environmental
Protection

Rotary Area of Focus: Supporting
the Environment

To commemorate World Environment Day, the Rotary Club of Guwahati Luit undertook a meaningful tree plantation drive at Anand Lok Old Age Home.

A total of 65 indigenous, fruit-bearing, and medicinal saplings were planted to enhance biodiversity and create a peaceful, green oasis for the elderly residents.

Species Planted: Haritaki, Starfruit, Gooseberry, Coconut, Indian Blackberry, Indian Olive, Guava, Neem, and Flame Tree—each selected for its ecological and health benefits.

Special Mentions:

- Rtn. Raja Gohain for organizing and sourcing the saplings
- Rtn. Neeraj Bothra, Environment Chair, for leading the initiative
- Rotarylets Harshad Ajitsaria & Aaniket Das for their enthusiastic participation
- All Rotary members and volunteers who braved the summer heat to support the cause



“The STORY behind the glory of LACOSTE”

Vision, Leadership, and Success

"They called me 'the crocodile' not by my strength... but for my stubbornness to never let go of what I dreamed of.

I'm **René Lacoste**, and before my last name was on millions of shirts, I was just a skinny young man with a racket... and a dream no one understood.



I didn't have the physique of a champion. They told me, -I was weak, I would never last on the court. But what they didn't know was that each criticism made me hungry. Hungry to prove that elegance and grit can go together.

Won Wimbledon, Roland Garros, Davis Cup... but my greatest battle wasn't on the court, it was against my own body. At 25, a lung disease almost took everything from me. I stopped competing, I stopped running, but I didn't stop dreaming. While I was recovering, it bothered me to wear uncomfortable clothes to workout... so I designed my own shirt: cotton, lightweight

with a soft neck and a small logo. And that logo... yes, it was a alligator. Because I was still there, biting life even though it hurt.

Many mocked at the beginning. “Who’s going to wear a shirt with an alligator?” ”, they said. But when the best ones started asking for them, everything changed. I founded Lacoste with the idea that clothes aren't just seen... who inspires. And even though I suffered relapses, commercial betrayals and moments where I thought to give up everything, I never lost my essence. Because the crocodile doesn't back down. Never.

"Lacoste wasn't born on a catwalk... was born on a hospital bed, with more faith than strength. "

"No matter how many times you've been told you don't fit in... if you're true to who you are, you'll end up rocking. "

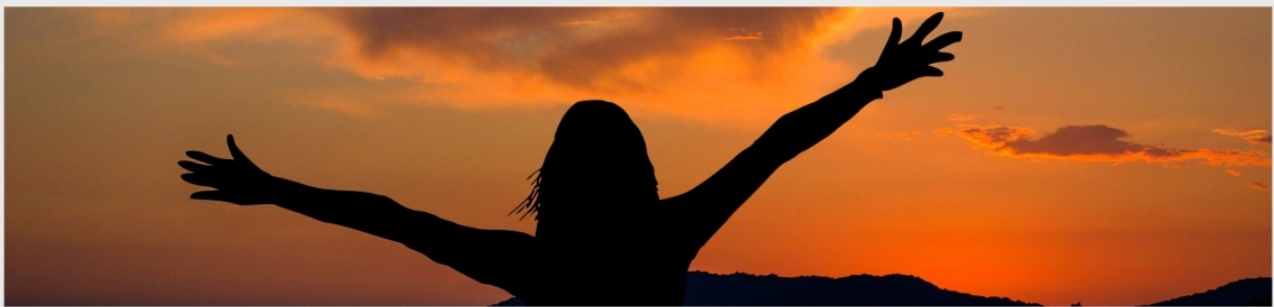


–René Lacoste

Holding On

My Story – A Life Built on Love, Grit, and Unstoppable Dreams

My name is **Moushumi Rudra** and if my life has taught me anything, it's this: when love is your foundation, no mountain is too high to climb.



I was blessed with a joyful childhood in Guwahati, where my family taught me the values of resilience and optimism, lessons that would become my armour in the years to come. But life had its own plans. When my marriage brought unexpected storms, I made a choice: my child's future would never be negotiable. And so began my journey as a single mother, a role I embraced with every ounce of strength I had.



I started my career as an administrator at POBC, where I learned the discipline and diligence that would shape my professional path. Later, I joined the Assam Olympic Association, managing responsibilities with the same determination I brought to motherhood. I was aware that my life demanded more stability.

So, I took a leap of faith - launching my own business while working full-time. There were days when exhaustion threatened to overwhelm me, but I kept going. Why? Because every late night, every extra shift, every risk I took was for one purpose: to give my son a life of security and opportunity.

They say sacrifices bear fruit in time, and nothing proves that more than seeing my son thrive as an engineer in Dublin today. Your success isn't just yours; it's **our** shared victory, a reflection of every hurdle we overcame together.

Through it all, I held one principle sacred: never compromise on happiness, not mine, not my child's. Whether it was standing firm in my career, building a business from scratch, or shielding my son from life's hardships, I chose courage over fear, every single time.

This is my story - of a woman who refused to bend, a mother who gave her all, and a dreamer who still believes the best is yet to come.



Rtn. Moushumi Rudra

Capturing the Quiet Moments-

Rtn. Pawan Golchha

Invites us to find beauty in stillness, where every subtle detail tells a story of peace and reflection.





**Cheers to the wonderful souls
born in June and the beautiful
bonds that began in June.**



The Miracle of Jindo

The Miracle of Jindo refers to a natural phenomenon that occurs off the coast of Jindo Island in South Korea, often compared to the parting of the Red Sea.

In South Korea, the sea opens twice a year usually in spring and summer for just 1 hour.

This is the miracle of Jindo, when thousands of people cross the sea on foot.

In South Korea, a special tidal phenomenon causes the Red Sea to part revealing a natural land path—about 2.8 kilometers long and 40 meters wide, allowing free passage between Jindo and Modo islands for a short period of time.



*Explore the calming essence
and wellness benefits of this
timeless flower.*

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Rotary In Motion

In a powerful stride toward community welfare and environmental consciousness, the Rotary Club of Guwahati Luit launched an impactful **Public Image Campaign** in June 2025.

The initiative featured a **month-long TV advertising campaign** aired across 100 **Guwahati Green Buses**, focusing on key service areas:

- Tree Plantation
- Organ Donation
- Cervical Vaccination
- Rotary Luit Montessori School
- Blood Donation

Leveraging the **eco-friendly public transport system** of the city, this campaign not only reached the masses but also stood as a symbol of sustainability in messaging. The goal was clear: **to raise awareness and inspire civic responsibility** among Guwahati's citizens through consistent and creative public engagement.

Estimated Reach (June 2025):

➡ 750,000 - 1,125,000 unique viewers

➡ 1.5 - 2.25 million total ad views (including repeats)

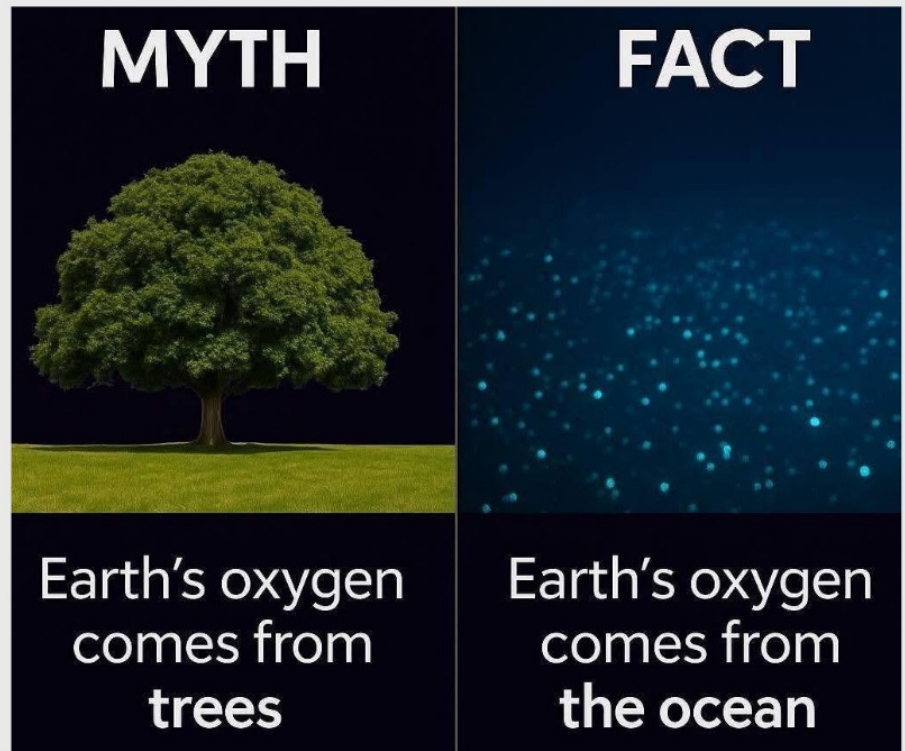
With such promising traction, our **Public Outreach will continue through July and August**, keeping the momentum alive and reinforcing Rotary's presence as a catalyst for positive change.



Think trees give us all our oxygen? Think again!

MYTH
*Earth's oxygen
comes only from
trees.*

FACT
*Earth's oxygen also
comes from the
ocean.*



Earth's oxygen comes from the ocean – not trees.

Forests and rainforests are often called the “lungs of the Earth,” but they’re not the primary source of the oxygen we breathe. Some estimates suggest they contribute around 28% of the global oxygen supply.

The real champions are phytoplankton – microscopic organisms that float near the ocean’s surface and use sunlight to produce oxygen through photosynthesis, much like plants on land. These tiny marine organisms generate at least 50% of Earth’s oxygen, making the ocean a true powerhouse of planetary respiration.

It’s also important to note that much of the oxygen we breathe today comes from a long-term reservoir in the atmosphere – built up over hundreds of millions of years by both land plants and ocean life.

So next time you take a deep breath, remember: it’s not just the trees; it’s the vast, blue engine of life covering most of our planet.

PREVENTION WITH PURPOSE CERVICAL VACCINATION DRIVE



Date: June 18, 2025

Venue: Rising Star School

As part of our ongoing health initiative, the Rotary Club of Guwahati Luit organized a Cervical Vaccination Camp at Rising Star School. Around 25 girl students received their first dose, with the second dose scheduled for December 2025.

This preventive healthcare initiative was well-supported by Dr. Amit Agarwal, our Disease Prevention Chair, and his dedicated team of three nurses. The event saw active involvement from parents, school authorities, and Rotary members, reinforcing the collective commitment to girls' health and well-being.



Special Acknowledgment:

Parents of the vaccinated girls, whose presence and trust made the event truly meaningful.

With vaccination doses provided by a reputed Indian pharmaceutical company, and wholehearted collaboration from the school, the event marked another impactful milestone in Rotary Luit's public health outreach.



Empowering Tales



Enhance the workplace environment through positive thinking and motivation.

Such acts of kindness not only uplift individuals but also contribute to building a stronger, more inclusive society. We deeply appreciate Rtn. Swastika Jain's compassionate gesture and dedication to serving humanity. Her involvement exemplifies the Rotary spirit of service above self.

A stitch in time saves nine

On June 18th, as part of our ongoing commitment to community development and women empowerment, **Rtn. Swastika Jain** extended her generous support by donating a **sewing machine to Ms. Kavita Devi**, a woman from an underprivileged background. This initiative is more than just a donation—it marks the beginning of a new journey for Kavita, enabling her to become self-reliant by utilizing her tailoring skills to earn a sustainable livelihood.



"A Brother's Last Duty."

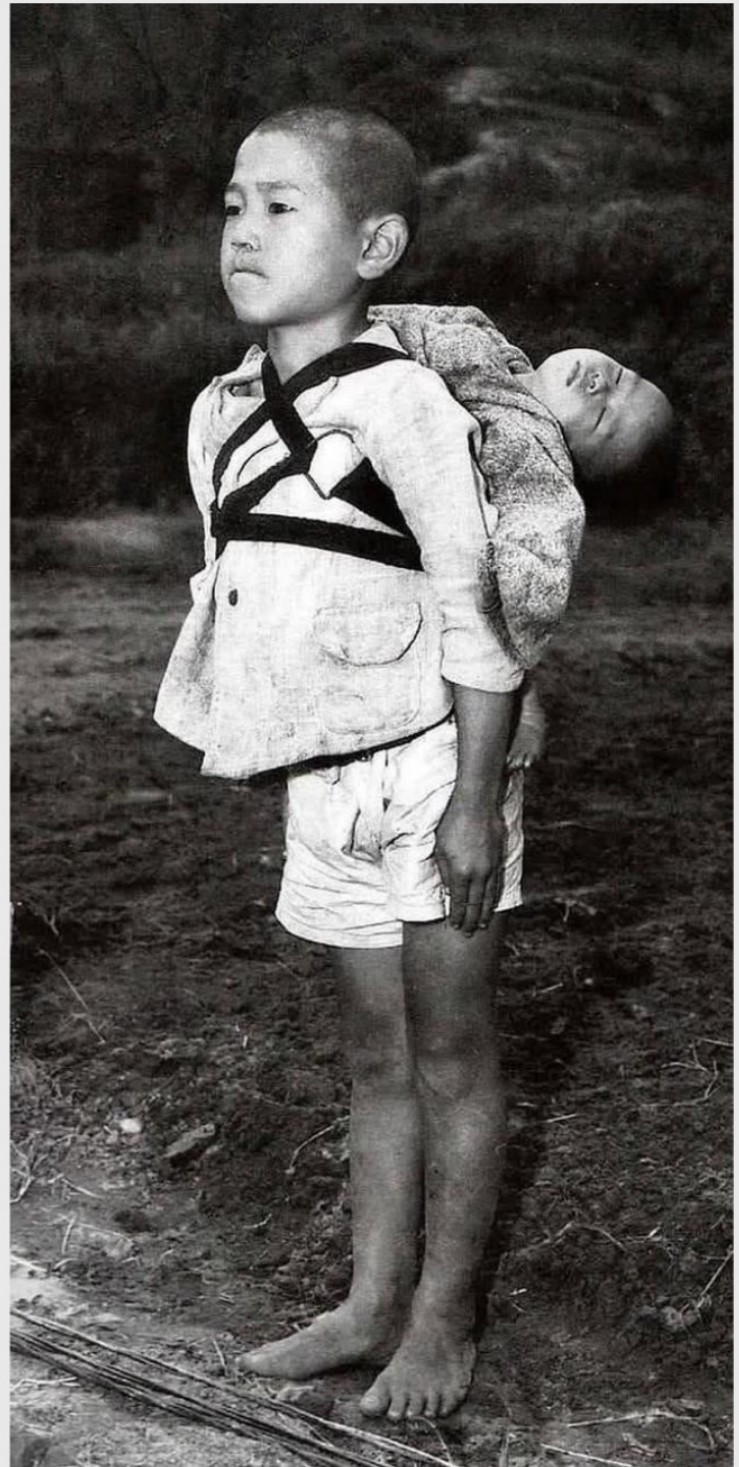
In 1945, in the aftermath of the atomic bombing of Nagasaki, a 10-year-old Japanese boy stood in attention at a cremation site, carrying his deceased baby brother on his back. The boy, barefoot and expressionless, stood in silence as he brought his sibling for cremation.

Joe O'Donnell, the American photojournalist who captured this haunting moment, later recalled the scene in an interview:

"At first, I thought he was just another child carrying a younger sibling, as was common in Japan. But something about him was different—his posture, his stillness. He wasn't playing; he had come with purpose. His face was set in a hard expression, his little brother's head tilted back as if peacefully asleep.

For several minutes, the boy stood unmoving. Then, men wearing white masks approached, gently untying the rope that secured the baby to his back. That was when I realized—the baby was already gone. Without a word, the men took the small body, holding it carefully by the hands and feet, and placed it onto the fire.

Through it all, the boy did not flinch. He simply watched the flames, standing straight, his lips pressed so tightly together that they bled. As the fire dimmed like the setting sun, he turn



A Decade of Service: 10th Installation & Charter Day

Date: 22nd June 2025

**Venue: Dayssco Hotel, Paltan Bazar,
Guwahati**



The Rotary Club of Guwahati Luit joyfully celebrated its **10th Installation Day and Charter Ceremony** on June 22, 2025, with grandeur, pride, and a deep sense of fellowship.

The evening commenced at 6:00 PM with the National Anthem, setting a dignified and patriotic tone for the program.

The formal proceedings began with a warm **Welcome Address** by **Rtn. Sabita Tamuli**, followed by the **Secretary's Report** presented by **Rtn. Mona Shah**, who eloquently summarized the club's milestones and impactful activities during the Rotary year 2024-25



.Outgoing President Rtn. Pami Das took the stage to express heartfelt gratitude for the members' unwavering support and camaraderie during her tenure. She then formally handed over responsibilities by **collaring the Incoming President, Rtn. Mona Shah, and the Incoming Secretary, Rtn. Devarati Roy**, who was collared by the outgoing Secretary herself. The Charter Certificate was ceremoniously handed to the newly inducted President.



Leadership Transitions, Timeless Commitments



In her Acceptance Speech, **Rtn. Mona Shah** laid out her inspiring vision for **Rotary year 2025–26** and invited all members to unite in service and fellowship. This was followed by the Oath-taking Ceremony of the new Board of Directors.

Guests of Honour

The evening was graced by distinguished guests who shared words of encouragement:

- **DGE Rtn. Dr. Kameshwar Elangbam** – Chief Guest
- **Sri Bajrang Lohia** – Guest of Honour
- **AG Rtn. Vikash Bajaj**
- **PDG Rtn. Prabhat Kedia** – Visiting Rotarian

The evening concluded with a heartfelt **Vote of Thanks** delivered by **Rtn. Devarati Roy**, acknowledging the gracious presence of all dignitaries, members, and guests.

The formal event transitioned into a vibrant celebration with an open house, live band performance, cocktail party, and dinner, creating an atmosphere of joy and bonding.

With 35 club members, 5 visiting Rotarians, and 6 guests in attendance, the event was a resounding success, marking a promising start to the Rotary year 2025–26.





Inspiring Young Leaders:

Launch of the First Interact Club



Certificate of Organization

This certificate recognizes that the
Interact Club of Bengali HSS Guwahati

Club ID 231773 Established 15 May 2025
has been organized and has agreed, through its officers and members, to be bound
by the constitution and bylaws of the Interact program of Rotary International.

Sponsored by the
Rotary Club of Guwahati Luit, Assam, India

PRESIDENT, SPONSORING CLUB

DATE

Stephane A. Mahich
PRESIDENT, ROTARY INTERNATIONAL

28 May 2025

DATE

DATE



Bengali High School || Interact Orientation* Rtn. Anurag Patwary – Youth service chair
to address the gathering of *50+ students* & a few teachers regarding *Interact and its*
The session lasted for more than an hour and was appreciated by students & teachers.
Few students came up to speak about their interests. Few enthusiastic students came
forward and spoke about what they understood about Interact. They were all very



Under the visionary leadership of **President Rtn. Pami Das** and **Youth Service Chair Rtn. Anurag**, the Rotary Club of Guwahati Luit proudly sponsored its **first Interact Club**, marking a significant milestone in youth engagement and leadership development.

An awareness session was organized on **13th September 2024** to introduce the ideals of Rotary and the purpose of Interact to the students.

The session focused on nurturing service-mindedness, teamwork, and social responsibility among the youth. It was well-received, with enthusiastic participation and curiosity from the young attendees.

This initiative reflects the club's commitment to building a stronger future through empowered and inspired young leaders.

Community Service & Women Empowerment Initiative



Date: June 25, 2025

Time: 5:30 PM

Venue: Arya College, Arya Nagar

As part of our ongoing efforts to promote community engagement and women empowerment, Rotary Club of Guwahati Luit proudly distributed **24 Rotary-branded T-shirts** to the women's league team of **Akash Football Club**, comprising talented girls from underprivileged backgrounds

This initiative not only provided them with a sense of identity and motivation but also strengthened Rotary's public image. A big shoutout to the entire team for organizing this impactful event, which perfectly blends **community service with youth and women empowerment.**



SUPPORTING ROTARY'S GLOBAL CAUSES



We proudly acknowledge **Rtn. Pami Das** for her generous contribution of \$300 to **The Rotary Foundation's Annual Fund**, helping to support impactful projects worldwide in areas such as education, health, and community development.

We also celebrate **Rtn. Samta Golchha** for her contribution of \$100 to the Polio Fund, fulfilling the requirement for **PolioPlus Society membership**. Her support strengthens Rotary's global fight to eradicate polio and protect future generations.

These acts of generosity exemplify the spirit of **"Service Above Self"** and reaffirm our club's commitment to global humanitarian goals.



Tiny Tots

**Rotary Luit Montessori School
(English Medium)**


Run by:

**Rotary Club of Guwahati Luit &
Rotary Guwahati Luit Trust**

In Association With:

Bengali Higher Secondary School



Rotary 
Guwahati Luit

**ROTARY LUIT
MONTESSORI
SCHOOL**
(English Medium)

Run By:
**Rotary Club of Guwahati Luit &
Rotary Guwahati Luit Trust**

In Association with
Bengali Higher Secondary School

Our Motto :
SERVICE ABOVE SELF

Rotary Luit Montessori School is an English-medium initiative aimed at providing quality foundational education to children, especially from underserved communities. Managed by the Rotary Club of Guwahati Luit in partnership with the Rotary Guwahati Luit Trust, and supported by Bengali Higher Secondary School, the institution is a reflection of Rotary's enduring commitment to literacy, empowerment, and nation-building.



A Gesture of Gratitude



On June 28, 2025, Rotary Club of Guwahati Luit proudly conducted its signature Sammaan project at Chatribari Mission Hospital, celebrating the silent heroes of healthcare—staff nurses and hospital cleaners.

Fifteen dedicated individuals were felicitated with certificates, gifts, juices, and sweets as a token of appreciation for their tireless service. The initiative also extended gratitude to the doctors with fresh fruits and beverages.

This meaningful event, supported by Rtn. Pawan Golcha's generous sponsorship of approximately ₹15,000, was a heartfelt gesture that reinforced Rotary's commitment to service and dignity of labor.

A big thank you to Rtn. Pawan Golcha for his unwavering support in making this initiative impactful and memorable.



DISCOVER YOUR INNER STRENGTH

*Contraindications: When Not to Practice
Surya Namaskar- Rtn.Pami Das*

1.Back Problems:

Individuals with severe back problems, herniated discs, or sciatica should avoid certain postures in Surya Namaskar (e.g., forward bends, deep backbends). Consult a doctor or yoga instructor for modified versions or alternative exercises.

2.High Blood Pressure or Heart Conditions:

People with high blood pressure or heart conditions should practice Surya Namaskar with caution, as some poses (especially inversions or fast-paced movements) may place too much strain on the cardiovascular system.

3.Pregnancy:

Pregnant women, especially in the later stages, should avoid traditional Surya Namaskar. However, modified and gentle versions may be practiced under the supervision of a qualified prenatal yoga instructor.

4.Menstruation:

Some yoga traditions advise women to avoid or modify Surya



Namaskar during menstruation, especially avoiding inversions and vigorous movements. It's important to listen to your body and practice with gentleness during this time.

5.Joint Problems or Arthritis:

Individuals with severe arthritis or joint issues, especially in the wrists, knees, or hips, should either modify the sequence or avoid Surya Namaskar altogether. The repetitive nature of the sequence can aggravate joint pain.

6.Spinal Injuries:

- People with recent or severe spinal injuries should avoid performing Surya Namaskar unless recommended by a doctor or guided by a yoga therapist.

7.Recent Surgeries:

If you have undergone any recent abdominal, cardiac, or spinal surgery, it's best to avoid Surya Namaskar until fully recovered, as the sequence can place pressure on these areas.

8.Dizziness or Vertigo:

Individuals with conditions like vertigo or chronic dizziness should perform Surya Namaskar cautiously, as the constant changes in head position can trigger these conditions.

Arrowhead's Journey- by Wildlife photographer Sachin Rai



Wildlife photographer Sachin Rai, who has followed **Arrowhead** (T-84) since her cub days, captured her poignant final moments at Padam Talab on June 17

Arrowhead belonged to a legendary lineage of tigers that have been extremely popular in Ranthambore Tiger Reserve. Tigers, you see, are primarily identified by their stripe patterns—each one is unique, like a fingerprint. Arrow had a distinctive arrow-shaped mark above her eyes, and that's how she got her name.

She wasn't just known for her markings, though. She was a fierce crocodile killer. We have records of at least four different instances where she killed a crocodile—and as recently as June 14, even in her weakened state, she managed to take down one as big as herself. That kind of strength was truly remarkable.

Her decline began when she was pushed out of her territory. Ironically, it was her own daughter from the first litter, Riddhi, who displaced her from the lake area she once ruled. After that, Arrowhead's health began to deteriorate. She started losing weight, and her body just couldn't keep up.

When I last saw her, she was lying flat on the ground—just a skeleton of the majestic tigress I had known. At first glance, I genuinely thought she was dead. I had never seen a tiger in such a skeletal condition—just skin draped over bones. My heart sank. I remember thinking, 'Oh Lord, I'm watching her die.'

But then her tail flicked. And I thought—wait, is she still alive? Then she slowly sat up, looked toward the lake, and looked away. She tried to get up, managed four steps, and collapsed again. It was heartbreaking. This was a massive animal, one I had seen as a cub, watched grow into a fierce protector of her own young. Seeing her in such a frail state, struggling to even walk—it was deeply painful."

FROM THE EDITOR'S DESK



As we turn the pages of this edition, what stands out is not just the scale of our initiatives, but the spirit behind them. Whether it's honoring silent workers through Sammaan, health camps or empowering women, each story reflects Rotary's heart in action.

This issue is a tribute to those who serve quietly, yet impact deeply. We hope it inspires you, as much as it humbled us while compiling it.

Let these pages remind us—service is not measured in size, but in sincerity.

Yours in Rotary

Rtn Niladree Gohain
Editor, Rotary Club of Guwahati Luit (2024-25)

Why Join Rotary?

R ealization of "Service Above Self"

O pportunities to be involved with community and international projects

T eam up with other volunteers to make a difference

A ppreciation for your contribution

R espect, fellowship and fun

Y our skills and talents are shared

FOLLOW US ON



 YouTube