

Rotary Year : 2025-2026

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Rotary Monthly Theme (December): Disease Prevention and Treatment

In December 2026, the official Rotary International monthly theme is Disease Prevention and Treatment Month. This month highlights one of Rotary's primary Areas of Focus, encouraging clubs to dedicate their service projects and awareness campaigns to fighting diseases, expanding access to healthcare, and promoting health education.

The theme encourages members to support local and global health initiatives, ranging from Polio eradication to the prevention of both communicable and non-communicable diseases.

Disease prevention and treatment involve actionable strategies across three levels: Primary (stopping diseases before they start via vaccines and healthy lifestyles), Secondary (early detection through screenings), and Tertiary (managing complications). The goal is to minimize risk factors and optimize health..

1. Primary Prevention (Avoidance) Immunizations: Keep vaccines, including annual flu shots and routine boosters, up to date. Hand Hygiene: Wash hands with soap and running water to prevent transmission. Healthy Lifestyle: Eat a balanced diet, maintain physical activity, limit alcohol, and avoid tobacco use.

2. Secondary Prevention (Early Detection)

Routine Screenings: Visit healthcare providers for regular check-ups, dental cleanings, and cancer/disease screenings.

Symptom Monitoring: Pay attention to early warning signs or physiological changes to stop progression

3. Treatment Modalities

Infectious/Communicable: Treated with specific medications like antibiotics (for bacteria) or antivirals.

Chronic/Non-Communicable: Managed through long-term medication, physical therapy, or lifestyle adjustments

DECEMBER



Rotary 

TAKE ACTION: Get Involved, Join Rotary

DECEMBER IS DISEASE PREVENTION & TREATMENT MONTH

Combat diseases, promote healthcare access, and support medical research initiatives.



Projects/Events Organized in December 2025

Projects 01: Service Project at Alokendu Bodh Niketan on 3rd December 2025



Rotary Club of East Calcutta donated a Desktop Personal Computer (PC) and a Printer cum Scanner to Alokendu Bodh Niketan Residential of Autistic Children for smooth operation of their day to day activities of health care services on 3rd December, 2025.

Events 02: Celebration of 58th Charter Night on 17th December 2025.



Glimpses of the 58th Charter Night Celebration

Birth Days

ROTARY CLUB OF EAST CALCUTTA
WISHES



Happy Birthday
Rtn. Bijoy Kumar Samanta

1st December 2025

From Board 2025-26
RID 3291
Rotary
East Calcutta

ROTARY CLUB OF EAST CALCUTTA
WISHES




Happy Birthday
Rtn. Dr. Jayasree Maiti

12th December 2025

From Board 2025-26
RID 3291
Rotary
East Calcutta

ROTARY CLUB OF EAST CALCUTTA
WISHES




Happy Birthday
Rtn. Sudipta Poddar

2nd December 2025

From Board 2025-26
RID 3291
Rotary
East Calcutta

ROTARY CLUB OF EAST CALCUTTA
WISHES



Happy Birthday
Rtn. Dr. Sumit Kumar Poddar

15th December 2025

From Board 2025-26
RID 3291
Rotary
East Calcutta



An Appeal

Dear Fellow Rotarians,

You are requested to deposit annual or half yearly club subscription at the earliest for regular projects and related activities. Those who are comfortable with online payment, can transfer to below bank details.

Details of bank a/c as follows:-

Account Holder Name - ROTARY CLUB OF EAST CALCUTTA TRUST

Bank Name - BANK OF BARODA

Branch Name - BELIAGHATA BR.

IFSC : BARB0BELIAG

SB A/c no. 00230100002520

You can also deposit the cheque. We shall issue the money receipt based on your transaction details or against cheque deposit.

Looking forward to your kind support in Rotary services.

Regards,

Rtn. Swati Basu

President 2025 -2026