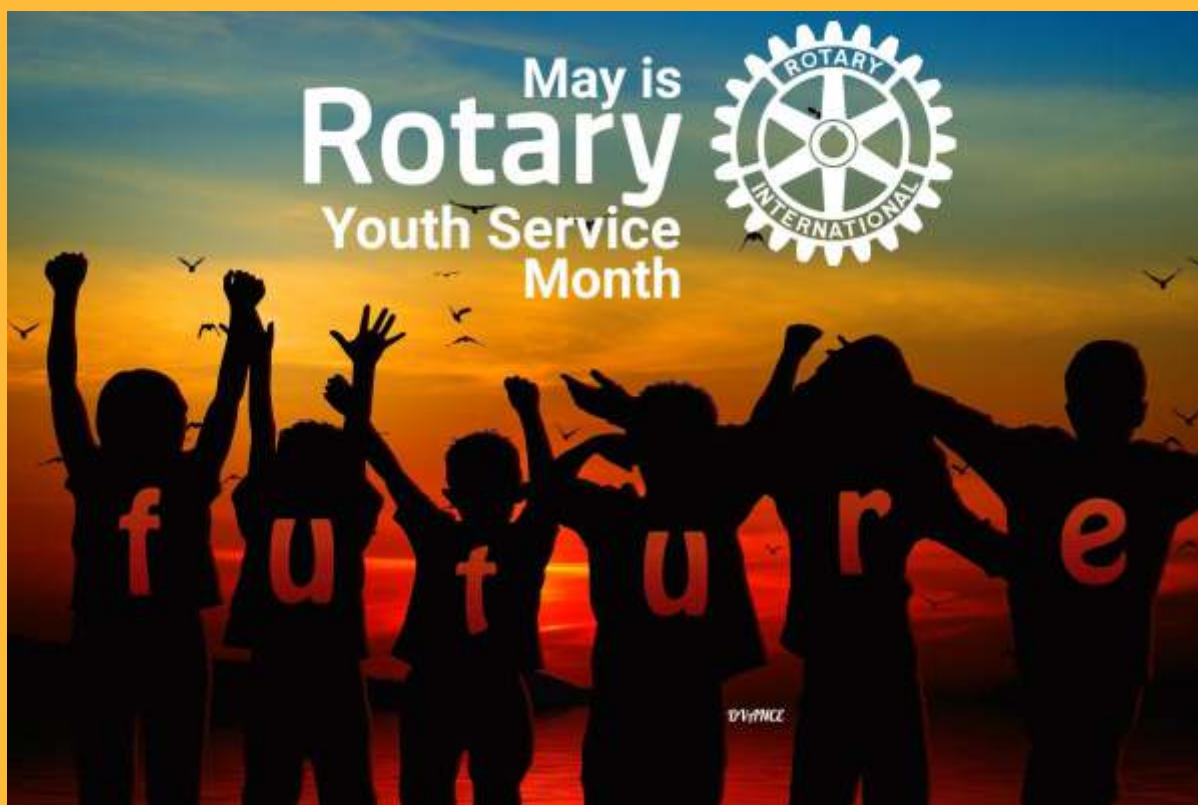


Maitree

Vol : LXI
Issue : 20
15th May 2025
RCM # 2695
Venue: Malik Guest House



HAPPY ANNOUNCEMENTS

BIRTHDAY



Mrs. Sunetra Bhattacharya
W/o PP Rtn. Kaushik
Bhattacharya
DOB: 6th May



Mrs. Sumita Sengupta
W/o PP Rtn. Pijush Ranjan
Sengupta
DOB: 09th May



Mr. Subhrasish Ganguly
S/o. PP Rtn. Debidas Ganguly
DOB: 12th May



Mrs. Madhumita Dasgupta
W/o Rtn. Arup Dasgupta
DOB: 12th May



Mr. Rouhin Bhattacharya
S/o Rtn. Angshuman
Bhattacharya
DOB: 15th May



Neha Shah
D/o Rtn. Shamshir Singh Kapany
DOB: 27th May

MARRIAGE ANNIVERSARY



**Mrs Suneeti Marwah & PP Rtn
Swapan Kumar Marwah**
D/Anniversary: 10th May



**Mrs Anuradha Joardar & PP Rtn.
Debabrata Joardar**
D/Anniversary : 11th May

Profession – Not Your Identity

Sunit Roy

In the whirlwind of today's fast-paced world, it's understandable to feel that our careers define us. We invest so much time in our work, and it often brings us pride and personal growth. Yet, it's vital to realize that our profession is just one part of who we are. Isn't it fascinating that about 65% of people connect their identities to their jobs? While this is a common perspective, let's join together on a journey to discover a more liberating truth: there's so much more to us than our work, and embracing all facets of our identity can lead to a more fulfilling life!

- Your paycheck does not define your purpose.
- Your job is not the core of who you are.
- Your career is simply a chapter in the incredible story of your life.

When we allow our identities to become overly entangled with our work, we often experience burnout, exhaustion, and a blurred line between our personal and professional lives. This strong connection can make transitioning to new roles feel almost overwhelming. When our job defines us, changing paths or facing losses can bring significant emotional challenges.

To foster a more well-rounded sense of self, it's vital to cultivate various facets of who we are, whether through personal interests, hobbies, or treasured relationships. Establishing clear boundaries between work and personal life is essential. Regularly reflecting on your values, goals, and priorities can help ensure harmony within both your personal and professional identities.

Here are some potential outcomes of confusing your job with your identity:

- Diminished self-awareness
- Greater risk of burnout
- Strained personal relationships
- Limited personal growth
- Elevated stress levels

But remember, you existed before this job, and you will continue to flourish long after!

Now, let's dive into 15 uplifting strategies that can help you differentiate who you are from what you do:

1. **Embrace your values** – Prioritize your moral compass in shaping your identity, not just what's on your business card.
2. **Move beyond titles** – Celebrate your passions and the positive impact you have, rather than just your job title.
3. **Set clear boundaries** – Fully unplug during personal time for a fulfilling work-life balance that rejuvenates you.
4. **Indulge in hobbies outside of work** – Explore activities that spark joy and unleash creativity.
5. **Know your worth is not tied to productivity** – Understand that moments of rest and reflection are equally valuable in your journey.
6. **Prioritize relationships over achievements** – Focus on nurturing connections and the way you treat others as a reflection of who you are.
7. **Broaden your social circle** – Seek out friendships and connections beyond your industry that add depth and richness to your life.
8. **Reflect on your identity beyond work** – Take time to journal about your interests and accomplishments that aren't job-related.
9. **Stay grounded in your values** – Always choose your inner peace over external accolades and pressures.
10. **Embrace your multifaceted identity** – Remember, you're a vibrant individual with diverse interests beyond your career path.
11. **Reject hustle culture** – Recognize that ambition and balance can coexist beautifully.
12. **Celebrate personal achievements** – Acknowledge and honor your successes outside of the professional realm.
13. **Engage in conversations beyond work** – Share your passions and varied interests with others to enrich relationships.
14. **Clarify your overarching purpose** – Understand and define your life's direction beyond just your job.
15. **Know when to step back** – Protect your peace and authenticity whenever necessary to stay true to yourself.

Always keep in mind : your job is just a part of what you do, not the entirety of who you are. You are so much more than a title, a salary, or a list of accomplishments. Embrace the fullness of your identity and all the vibrant ways you contribute to the world! Let's celebrate our diverse selves together!

Unsung Hero



PP Rtn. Bikash Dutta truly embodies the spirit of an unsung hero! His unwavering dedication behind the scenes plays a pivotal role in ensuring the success of countless events, businesses, and creative projects. While he works tirelessly, often unnoticed, his contributions are invaluable. What's remarkable is his selfless nature; he doesn't seek acknowledgment or praise, simply motivated by his genuine compassion and empathy for others. It's heartwarming to recognize such dedication! Let's celebrate his remarkable spirit and the positive impact he has on all around him—his efforts truly deserve our heartfelt appreciation!

Theme of May month

Youth Service Month is a wonderful celebration in May, dedicated to honoring the incredible impact and contributions of our young people through service and volunteerism in their communities.

A Bit of History :

Youth Service Month began in the 1980s in the United States, aiming to inspire a spirit of volunteerism and community engagement among youth. It's the perfect time to rally together and appreciate the amazing work our young change makers are doing!

What We Aim to Achieve :

1. Encouraging Volunteerism: We want to inspire young individuals to get involved in community service and volunteer activities.
2. Celebrating Contributions*: Let's take a moment to recognize and celebrate the great strides young people make in their communities.
3. Fostering Leadership: By engaging in service and volunteer work, we can help young individuals build essential leadership skills and promote active civic engagement.

Fun Ways to Celebrate Youth Service Month :

1. Organize Volunteer Events: Get together and plan community projects like park clean-ups, food drives, or even charity walks!
2. Recognize Young Volunteers: Give a shout-out to those remarkable young individuals who have significantly impacted their communities through their volunteer efforts.
3. Share Stories: Use social media to share inspiring tales of youth volunteering, shining a light on the positive contributions young people are making.
4. Support Youth-led Projects: Let's encourage and help empower youth-led initiatives that make a difference in the community.

Why Youth Volunteerism Matters :

1. Builds Leadership Skills: Volunteering is a fantastic way for young people to develop crucial skills like communication, problem-solving, and teamwork.
2. Encourages Civic Engagement*: It empowers youth to take an active role in community issues.
3. Nurtures Empathy: Engaging in volunteer work fosters compassion and social responsibility.
4. Enhances Career Opportunities: Volunteering is a valuable experience that can enhance career prospects and strengthen college applications.

Let's celebrate and motivate our young heroes!

World Thalassemia Day 2025 : Celebrating Unity - Advancing Patient Care

Mark your calendars for May 8, 2025! It's World Thalassemia Day, a special occasion dedicated to raising awareness about Thalassemia and the importance of compassionate care for those affected by this inherited blood disorder. Thalassemia affects the body's ability to produce adequate amounts of hemoglobin, the vital protein in red blood cells that transports oxygen throughout our systems.

The impact of Thalassemia can vary widely, from mild symptoms to severe challenges that significantly affect daily life. In more intense cases, individuals may need blood transfusions and ongoing medical interventions to manage their health and wellbeing.

Inspiring 2025 Theme: "Empowering Lives, Embracing Progress"

This year's inspiring theme, "Empowering Lives, Embracing Progress: Equal Access to Quality Thalassemia Care for All," highlights the essential mission of making quality care accessible to every individual, no matter where they live or their economic situation. Together, we can bridge the gaps in treatment and ensure that no one is left behind!

Thalassemia is passed down through generations, predominantly affecting families in regions such as the Mediterranean, South Asia, the Middle East, and Africa. It can lead to conditions like anemia and fatigue, and without regular treatment, it can pose serious health risks. But with proper management, including blood transfusions and iron chelation therapies, lives can be profoundly improved.

A Brief History of World Thalassemia Day

Established in 1994 by the Thalassemia International Federation (TIF) in memory of George Englesos—who lost his life to the disease—World Thalassemia Day serves as a heartfelt call to action for better prevention programs and innovative treatments. Each year, communities come together to observe this day through educational seminars, blood donation drives, awareness campaigns, and vibrant social media movements that shine a light on the obstacles faced by patients and their families.

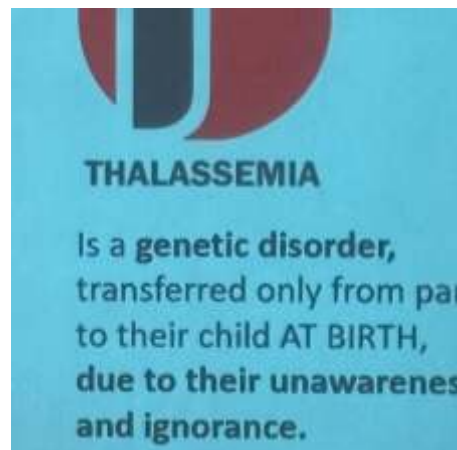
Let's unite! By promoting awareness, genetic counseling, and early screenings, World Thalassemia Day is a beacon of hope, dedicated to reducing the global burden of this disease and enhancing the quality of life for patients everywhere. Together, we can make a difference!

DISTRICT NEWS

**Regional Grand Lodge Of Eastern India**

Regional Grand Lodge of Eastern India in association with Rotary Club of Calcutta organized

“ A Heritage Tour of The Masonic Lodge” on Sunday, 4th May'2025. Rtn Sunit Roy attended the program.

**Thalassemia Day**

World Thalassemia Day was observed on 8th May 2025 at ICCR Kolkata. The theme was “Together for Thalassemia: Uniting Communities, Prioritizing Patients.” The theme emphasizes the importance of collaborative and patient centered approach to managing Thalassemia, highlighting the need for inconclusive healthcare systems and prioritizing the needs of individuals living with the disorder. It was attended by President elect Sanghamitra Dutta Gupta, Secretary Elect Shakuntala Ghosh Hazra, AG Rtn. Siddhartha Chakraborty.

**District Meets President (2025-2026)**

District program was held at Prakash Bhavan. In coming Dist Governor Dr Ramendu Hom Choudhury called the zonal meeting. President elect Rtn. Sanghamitra Duttagupta of RCB attended the program.



Workshop on Membership Development and Retention

On May 8, 2025, district level workshop was hosted on amazing membership development and retention event at a stunning banquet hall on Park Street, Kolkata! It was a privilege to welcome distinguished guests like DG Dr. Ramendu Homchoudhuri, PDG Ravi Saigal, and PDG Jhulan Basu, along with a fantastic group of attendees. The lively discussions spanned two and a half hours, brimming with fresh insights and perspectives.

We were especially grateful for the invaluable contributions from PP Rtn. Debabrata Joardar of the Rotary Club of Behala, who shared his inspiring journey during our regular club meeting. Overall, it was an incredibly fulfilling and enriching experience for everyone involved.



Leadership Development: Rotary's Commitment to Excellence

Rotary International is dedicated to empowering leaders through a variety of dynamic leadership development programs, designed to enhance skills, knowledge, and networking for both Rotarians and emerging leaders. The Rotary Leadership Institute (RLI) play a crucial role in this journey by offering insightful training divided into three

engaging parts: RLI-1, RLI-2, and RLI-3, all focused on cultivating exceptional leadership abilities within the Rotary community.

On April 11, 2025, had the pleasure of hosting the RLI-2 program, organized by the enthusiastic team at Rotary District 3291, right at the iconic Rotary Sadan. This thoughtfully designed event featured a lineup of distinguished speakers, all respected Rotarians, who shared their invaluable expertise.

The program was attended by Rtn. Sanghamitra Dutta Gupta from the Rotary Club of Behala. In her feedback, she described the workshop as truly informative and enriching for her knowledge as a Rotarian. She expressed her gratitude for what she called an enlightening experience, emphasizing how the insights gained during the workshop have enhanced her journey as a Rotarian. She found the insights shared by the facilitators to be eye-opening.

CLUB NEWS



Rotary club of Behala glad to announce an exciting collaboration between the Rotary Club of Behala and the Rotary Club of Top of the Lake, Mooresville (USA)! Together, we are embarking on a meaningful project to install 20 water tanks for toilet use in the vibrant village of Chandanpiri, nestled in the Namkhana Block of South 24-Parganas District. This initiative was sparked by our dedicated Past President, Rtn. Anirudha Gupta, during his recent journey to the USA, and we are grateful that the foreign club has generously agreed to sponsor \$2,000 to support this cause!

With the funding secured through EIRWT, our team has been diligently working on all necessary procedures and document submissions to complete the installation of 26 toilet water tanks. We are excited to share that we submitted a proposal totaling 2,06,430, and EIRWT has issued a cheque directly to our vendor. Our passionate members from RCC Chandanpiri are already hard at work, and we've just received fantastic news—ten tanks have been successfully installed! PP Rtn. Bikash Duutta visited the site, capturing the wonderful progress and engaging in productive discussions with the RCC Chandanpiri team. We are motivated to see the remaining 16 tanks installed by the end of this month! Let's make a difference together!

MINUTES OF MEETING

Minutes of 2694th Regular Club Meeting of Rotary Club of Behala held at Malik Guest House at 6.30 PM on 17th April 2025

In absence of Club President, PP Debarshi Duttagupta conducted the meeting and called Rotary Club of Behala's 2694th meeting in order.

The meeting commenced with the National anthem led by PP Amaresh Bhattacharya

Points discussed :

- 1) A successful and effective eye camp has been conducted at Dhosa at 24 Parganas (South) in coordination with our RCC at Dhosa and Dakshin Barasat Eye hospital on 5th April. 71 patients had visited the camp and got opportunity to check their eyes by the experienced doctors of Dakshin Barasat Eye hospital. 11 patients had undergone for Cataract surgery at the hospital. The Club and the hospital arranged for transportation of the patients to the hospital and took them back to their houses after the procedure was completed.
- 2) President Angshuman Bhattacharya and President elect Sanghamitra Duttagupta both had attended the district workshop on membership growth on 5th April at Rotary Sadan. In that meeting District leaders reiterated importance of attracting new members in clubs.
- 3) Mrs. Sharmila Sur, a prospective member was present in the meeting. At the request of members she introduced herself and expressed her willingness to join in Rotary fraternity
- 4) PP Rtn Amaresh Bhattacharya conducted the club business in absence of Secretary.
- 5) Members confirmed the minutes of the last meeting held on 3rd April
- 6) Next RCM will be held on 15th May at the same venue.
- 7) The meeting was then terminated by the President

Total members : 36. Members present : 10. Guest – 1