



BLISS



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Thursday, 8th January, 2026
1638th Regular Meeting

No. 13
Charter on : 12.06.1986

We meet every alternate Thursday at THE ANTELOPE, 3, Ho Chi Minh Sarani, Kolkata - 700071 at 8.00 pm.

Rtn Angana Paul
President

Rtn Sabyasachi Roy
Secretary

PP Rtn Chandra Kumar Paul
Treasurer

PP Rtn Subhashis Ghosh
Editor

TOGETHER, WE THRIVE

Reminiscing The Past

Garment and Food Packet Distribution to Under Privileged

ROTARY YEAR 2020-21
LED BY PP RTN Biswajit Chaudhuri

SPONSORSHIP ACKNOWLEDGEMENTS

BLISS
PP RTN SUBHASHIS KAR

FELLOWSHIP
PP RTN CHANDRA KUMAR PAUL

REFRESHMENTS
RTN ANGANA PAUL

An old cure for loneliness

Since its start, Rotary has been a place for genuine connection

By John Hewko

In the summer of 1910, while visiting his cousin in Chicago, P.A.C. McIntyre, a businessman from Winnipeg, heard about a club where people of different trades and professions gathered weekly to share friendship and perform community service. Since members of the club rotated their meetings at one another's offices, they settled on "Rotary" as a fitting name. Keenly interested, McIntyre met with Paul Harris, the young Chicago lawyer who had founded the first Rotary club there five years earlier.

During their conversation, Harris explained that the club was intended to restore the sense of camaraderie and community he had known growing up in small-town Vermont but found absent in urban life. "Everywhere there were people but nowhere a familiar face," Harris recalled in his autobiography as he described the loneliness and social alienation that he and others had experienced. He wanted to establish a place for people to come together — not just to conduct business, but to form lasting, genuine connections.

Impressed by Harris' vision and Rotary's early success in Chicago and other U.S. cities, McIntyre returned to his hometown and formed the first Rotary club outside the U.S. in 1912. That one club in Winnipeg soon became dozens and then hundreds in Canada as the passion for fellowship and good deeds swept across the country.

In recent years, there's been much talk about social isolation or the "loneliness epidemic." Even though it's portrayed as a modern illness or a long-term effect of the COVID-19 pandemic, loneliness is hardly a new phenomenon, as Rotary's story shows. At the beginning of the 20th century, loneliness and isolation became increasingly recognized as a societal problem in North America because rapid urbanization shifted populations from smaller, tighter rural communities into more anonymous city existences. In response to the social crisis, organizations such as Rotary, Kiwanis, and Lions emerged and flourished.

Unfortunately, in the past decade the idea of belonging to a traditional civic organization has become perceived as obsolete. Many see the groups as relics of their grandparents' generation and instead flock to online communities. Despite being more digitally connected than ever, those same people are struggling to forge the kind of deep, meaningful relationships that give life purpose.

The Commonwealth Fund's 2021 survey of older adults ranked Canada as the loneliest among 11 developed nations. According to Statistics Canada, nearly 1 in 4 people ages 15 to 24 report feeling lonely always or often.

Loneliness is more than a personal struggle; in 2023, Dr. Vivek Murthy, who was then the U.S. surgeon general, declared loneliness a public health crisis on par with smoking or obesity in terms of its detrimental effects.

We don't have to go far to search for a cure. Canada's historical ties to Rotary make it the perfect place for an antidote to the loneliness epidemic. While joining civic organizations might seem outdated to some, it has proved to be effective at creating connections — much like Grandma's homemade chicken soup, which, after many generations, still provides spoonfuls of comfort.

At their core, Rotary and other groups complement governments by addressing social needs and advocating for change. The 2025 Rotary Convention in Calgary, which brought together 15,000 Rotary members from more than 120 countries and regions, offers a powerful reminder of the strength of service organizations.

At present, the trend toward isolationism is taking hold in many countries; in some instances, it's accompanied by drastic shifts in governmental policies that have led to significant cuts in funding for humanitarian programs and economic development. Civic organizations are stepping in to fill the gaps in essential social services. They wield a potent soft power and project their values of compassion and giving onto universal issues, from global health and disaster response to development programs and education.

For more than 100 years, civic organizations have fostered the kinds of connections that sustain us. This time-tested cure can work miracles at a time when loneliness threatens our collective well-being.

John Hewko is general secretary and CEO of Rotary International.

This story originally appeared in the January 2026 issue of Rotary Canada magazine.



Members of the Rotary Club of Winnipeg travel by train to a district conference in 1932.

Rotary International archive



Announcement



UNITE
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GOOD

Register today!

Rotary District Conference

2025-26

RI District 3291

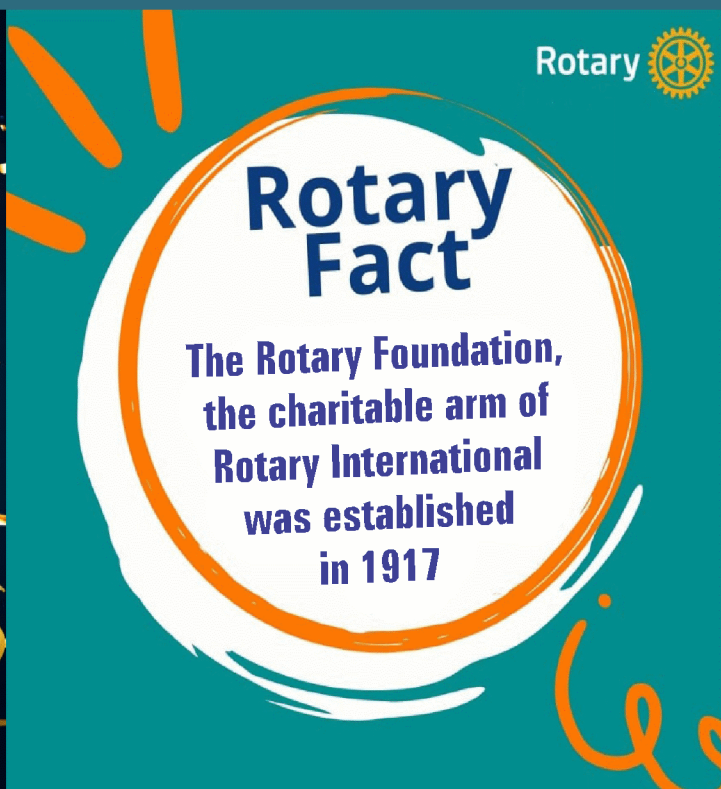


9th 10th & 11th January, 2026
Eastside Pavillion, Nicco Park, Kolkata

Registration Charges:

Upto 15th December : Rs. 3,000/-
After 15th December : Rs. 4,000/-

*Food not included with registration, however
Gourmet cuisine will be available in the venue.



Family Corner



*Rajdeep Paul, elder son of
PP Rtn Chandra Kumar Paul
and President Rtn Angana Paul
has been selected for a
student exchange program at
City University of Hong Kong
for the upcoming semester,
representing IIT Bombay*

Project Report : Atmanirbhaar – Empowering Women

Under the ongoing Atmanirbhaar Project (Atmanirbhaar III), the Rotary Club of Calcutta North East donated two sewing machines from Rotary Club of Calcutta to two underprivileged girls on 18th December 2025.

The initiative focused on women empowerment. The beneficiaries belong to financially weaker backgrounds and are pursuing higher education while supporting their families through tailoring work. The beneficiaries were Ms. Arpita Majhi, an MA student pursuing B. Ed., and Mr. Rajarshi Kar, a BA LLB student.



Project Report – Kalakranti – Creating Together

RCCNE was proud to be a part of Kalakranti – the 31st Multilingual Short Drama Competition, held on 3rd & 4th January 2026 at Muktagan. This celebration of theatre and creativity came alive through collective effort and shared passion.

We gratefully acknowledge the support and collaboration of our co-hosting clubs—Rotary Club of Calcutta South Extension, Rotary Club of Calcutta Avyaana, Rotary Club of Calcutta North East, and Rotary Club of Kabitirth Calcutta. Together, we worked towards making Kalakranti a meaningful platform where art, language, and unity truly converged.



ROTARY CLUB OF CALCUTTA NORTH EAST MINUTES OF REGULAR MEETING NO. 1636

Date : 18th December, 2025

Venue : The Antelope, 3, Ho Chi Minh Sarani, Kolkata - 700017

Call to Order

The Regular Meeting No. 1637 along with the Annual Meeting of the Rotary Club of Calcutta North East was called to order by President Rtn. Angana Paul. The National Anthem was led by Rtn. Ahana Ghosh, with all members standing in respect.

President's Project Report

President Rtn. Angana Paul presented updates on recent club activities. She informed the members that on 13th December 2025, a Heritage Walk was organized with the Interact Club members of DPS Megacity School, Rajarhat, Kolkata. Thirty-eight students and six teachers participated in the walk along with Club President Rtn Angana Paul, Rtn Ahana Ghosh, and Rtn Puspita Mukherjee, and the walk was conducted at Raj Bhavan, Kolkata.

On the same day, "Melbandhan," the first District Assembly of Team 2026–27, was organized at The Saturday Club, Kolkata. The program was attended by President Elect Rtn Sabyasachi Roy along with the present Club President Rtn Angana Paul, IPP Rtn Subasish Haldar, AG PP Rtn Sudip Kumar Dutta, ZS PP Rtn Vivekananda Bhowmick, PP Rtn Chandra Kumar Paul and Rtn Swapnamita Roy.

12th to 14th December 2025, "Urshita," an exhibition organized by IWC Girish Park Urbia, was held at Simla

Bayam Samity Ground. RCCNE sponsored a stall for “Pratham Padakhkhep,” an organization working for specially abled children, which was visited by several club members.

The President also informed that on 17th December 2025 she attended the annual sports event of Pareshnath Balika Vidyalaya, Dakuria, upon invitation from the school authorities, and that a cervical cancer vaccination drive for the girl students of the school is under planning.

Project Completed on the Meeting Day

On the day of the meeting, RCCNE handed over two sewing machines received from Rotary Club of Kolkata under the project “Atmanirbhar – III,” an initiative focused on women empowerment. The beneficiaries belong to financially weaker backgrounds and are pursuing higher education while supporting their families through tailoring work. The beneficiaries were Ms. Arpita Majhi, an MA student pursuing B.Ed., and Mr. Rajarshi Kar, a BA LLB student.

Upcoming Projects and Announcements

The President briefed the members about upcoming projects. A winter garment distribution program will be held on 7th January 2025, where club donor Smt. Iva Das has committed to donate winter wear to underprivileged school children. RCCNE will contribute additional funds towards expenses including food packets. The program will be organized at Kossipore Institution Boys School under the coordination of Rtn Sukanta Khan.

She also informed that a winter cloth distribution program will be conducted on 17th and 18th January 2025 at a Garro village in Jhargram. Fifty blankets have been received under a district project, and an additional fifty blankets will be donated by PP Rtn Shubadip Roy, making a total of one hundred blankets. PP Rtn Biswajit Choudhuri will donate one hundred health drink packets. Club members will visit the village, and the possibility of forming an RCC in collaboration with a local club will be explored. Interested members were requested to confirm their participation for the Jhargram visit.

The renovation of Nandigram School under the Happy School Project was also discussed, and it was noted that the estimation requires revision with additional details to meet EIWRT requirements. Further discussions will be held with the local club and school authorities.

A proposal from Rtn Swapnamita Roy regarding an artificial limb distribution project in association with IWC Chowringhee Queens was also discussed. Under this initiative, the IWC club will arrange artificial limbs free of cost, while RCCNE will organize the beneficiary distribution program. Beneficiaries will be screened using valid Aadhaar cards and disability certificates.

Treasurer’s Report

The President invited the Club Treasurer to present the Treasurer’s Report. Club Treasurer PP Rtn Chandra Kumar Paul reported a healthy surplus from the MAA project and requested all members to clear their second-half dues by 10th January 2026.

Annual Meeting Proceedings

The President proceeded to conduct the Annual Meeting. The audited accounts for the year 2024–25 was presented by Rtn Sukanta Khan, Treasurer for the year 2024–25, in the absence of IPP Rtn Subasish Haldar for the year 2024–25.

The President then invited President Elect for the year 2026–27, Rtn Sabyasachi Roy, to present his plans and budget. Rtn Sabyasachi Roy outlined his proposed programs and presented the budget for the year 2026–27. He announced an increase of Rs. 500 in yearly contributions and an additional Rs. 500 each for family fellowship programs including Installation, DG Visit and Charter Night amounting to Rs. 3000 in total. He also confirmed the continuation of Mr. Suman Saha as Club Auditor for the year 2026–27 and announced the Board for the Year 2026-27.

Secretarial Report

For secretarial business, the President called upon the Club Secretary. Club Secretary Rtn Sabyasachi Roy confirmed the minutes of the previous meeting, extended birthday and anniversary wishes to members and their families, and informed members that the date of the next regular meeting would be shared in the club group.

Conclusion

With no further business to discuss, President Rtn. Angana Paul concluded the meeting and invited all members and their families to join the fellowship gathering followed by dinner, which was sponsored by President Elect Rtn. Sabyasachi Roy.

Sponsorship Acknowledgements

- BLISS : Rtn Rathindra Nath Dey
- Fellowship & Dinner : Rtn Sabyasachi Roy

Minutes Prepared by: PP Rtn Sabyasachi Roy

Birthday Greetings

11 Jan : Paulomi Ghosh, W/o Rtn Subhashis Ghosh

14 Jan : Dibyani Garg, W/o Rtn Hara Prasad Garg

21 Jan : Geetasree Bhowmick, W/o Rtn Vivek Bhowmick

Wedding Greetings

18 Jan : Rtn Ram Prasad & Madhuri Chattopadhyay

18 Jan : Rtn Arup Kumar & Indrani Chatterjee

20 Jan : Rtn Chandra Kumar & Rtn Angana Paul

21 Jan : Rtn Kamal & Madhumita Paul