

Kalanchu

THE ROTARY BULLETIN

5th July, 2025

Rotary



ROTARY CLUB OF SIBSAGAR



RI President (2025-26)
Rtn. Francesco Arezzo

District Governor (2025-26)
Rtn. Kameswar Singh Elangbam

Incoming President
Rtn. Manab Kr. Baruah

Incoming Secretary
Rtn. Dr. Anjana Sarmah

Outgoing President
Rtn. Dr. Beenapani Hazarika

Outgoing Secretary
Rtn. Dr. Dijen Koch

Cari amici,

Message from R.I. President

Two weeks ago, I was in my living room playing with my grandchildren. A few days later, I was on a plane to Calgary, suddenly carrying the responsibility of leading this incredible organization. Life comes fast, but so often, it brings us exactly where we're meant to be.

We begin this year with a clear message: Unite for Good. It is a simple phrase, but a powerful one. Because behind every successful Rotary effort, every act of service, every new member welcomed, every global challenge met – there are two things that matter most: friendship and trust.

This is how we build strong clubs. It's how we create meaningful partnerships and transform global problems into local solutions. It's also how we lead—not through titles or applause, but with humility, humanity, and heart. But let me be honest with you—this kind of leadership is not always easy. We're human and yes, we make mistakes. We sometimes disagree, but in Rotary, we are called to something greater. Let us reflect on the full vision of Rotary:

Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves.

That last part is essential, because transformation doesn't start with strategy. It starts with character and the way we treat one another. It starts with how we listen, how we support, and how we serve.

This year, I ask you to lead with that spirit. To grow Rotary through relationships. To make your clubs more welcoming, more flexible, more open to new ideas. To think big—but also to think beyond one year. Our term is short, but our impact can be lasting if we plan and act with continuity and vision.

Let us remember our key priorities: membership, polio, and peace. We are closer than ever to ending polio. We cannot stop now. We must keep the promise we made to the children of the world. And as for peace—Rotary has been building it for over a century. Every clean water system, every youth exchange, every maternal health project is a step toward peace.

I joined Rotary as a young professional, eager to help but terrified of public speaking. My fellow Rotarians believed in me and encouraged me to take on new roles, and in doing so, Rotary changed my life. It gave me courage and purpose, but above all, it gave me you: my friends, my team, my family around the world.

So now, my friends... take out your dreams tucked away in a drawer, especially those you thought were too big or bold to achieve. Let's bring them into the light. Let's Unite for Good—for our clubs, our communities, and our world. And let's make this a year not only of service, but of joy, of connection, and of love.

With gratitude and affection,

Francesco Arezzo
President, Rotary International, 2025-26

Know our R.I. President (2025-26)



Francesco Arezzo is an orthodontist in private practice and owns an agricultural enterprise that produces extra virgin olive oil in Sicily.

Arezzo is a graduate of the University of Padua and a member of the Italian, European, and American orthodontics associations, as well as the Italian and European lingual orthodontics associations. He is a dentistry graduate of the University of Cagliari, where he also received a master's in lingual orthodontics.

He has served as vice president of the National Association of Italian Dentists for the province of Ragusa and was the founder and head for seven years of the Ragusa delegation to the National Trust for Italy.

Arezzo is also the owner of an agricultural enterprise and producer of extra virgin olive oil in the Monti Iblei region of Sicily. He has been vice president of the administrative council of the consortium controlling and regulating quality production of oil in that region. He owns two boutique hotel settlements there. He enjoys modern art and opera.

A Rotary member for 36 years, Arezzo has served as vice chair of the Joint Strategic Planning Committee and as RI director, chair of the 2023 Melbourne Convention Committee, learning facilitator, and district conference presidential representative, among other roles.

He is married to Anna Maria Arezzo-Criscione, an entrepreneur in the tourism field. They have two daughters and two grandchildren. His daughter Raffaella spent a year in Florida as part of a Rotary Youth Exchange. Francesco and Anna Maria are Benefactors and Major Donors to The Rotary Foundation.





Kameswar Singh Elangbam
District Governor 2025-26
RID #3240

Rotary
Dist 3240



"SERVICE ABOVE SELF"

Dear Presidents, Secretaries, and Esteemed Members of the Board of Directors,

As we officially step into the Rotary Year 2025-26 today, July 1st, I extend my heartfelt congratulations to each one of you. While some clubs may still be preparing for their formal installation ceremonies, please be reminded that from this day forward, you are formally recognised as Rotary International club officials.

I wish you all the very best as you embark on your leadership journey. In the true spirit of "unite for good," let us commit to walk together, side by side, not in front or behind, throughout this year for accomplishing significant growth across all aspects of Rotary's developmental parameters: Membership, Foundation, Public Image, Service Projects, Youth Services, and Environmental Protection.

Together, we can make this a year of unparalleled impact and success for Rotary. I look forward to working closely with each one of you.

Yours in Rotary Service,

Dr Kameswar Singh Elangbam

District Governor R.Y. 2025-26



Rtn (Dr) Kameswar Singh Elangbam,
Kamber Medical Centre, Kamber Building, Keating
Road, Shillong 793001, Meghalaya, India



dreksingh@gmail.com / dg3240.2526@gmail.com



+91 9863691221 | +91 9436102842

Dear Fellow Rotarians,



It is with immense gratitude and deep respect that I accept the opportunity to serve as the President of the Rotary Club of Sibsagar for the upcoming year. As we look ahead, let us reaffirm the core values that bind us as Rotarians—service above self, compassion for those in need, and unwavering commitment to building a better world.

In today's world, we are increasingly reminded of the fragility of peace and the unpredictability of nature. From the devastation of wars displacing millions, to natural disasters that wipe away entire communities, the suffering around us calls not just for empathy—but for action. While we may be a local club in a quiet corner of Assam, our impact can echo globally through collective service, humanitarian projects, and international Rotary partnerships.

At the same time, we must not overlook the needs of our own community. There are children who still lack access to education, families struggling with health and livelihood, and elderly citizens who long for dignity and companionship. It is here that Rotary's heart beats the loudest—where service meets need, and hope is born anew.

I urge each one of you to join hands in this journey—not just as members, but as changemakers. Your participation in club projects, outreach efforts, and planning activities will shape not just our year—but lives beyond our own.

Together, let us be the light that brings warmth in dark times, the voice that speaks up for the voiceless, and the hands that lift others up.

Yours in Rotary,

Rtn. Manab Kumar Baruah
President-Elect
Rotary Club of Sibsagar

Know our incoming President

Rtn. Manab kr. Baruah joined Rotary in the year 2002 and served the club in different capacities as treasurer, seargent-at-arms and the president. He is a retired banker, while his wife Nilakshi is working as a Branch Manager at Canara Bank and they are blessed with a son and a daughter.

Thoughts of a President (2024-2025)

As the immediate past president, one might expect to feel relaxed or relieved. But not in Rotary-where the motto is "Service Above Self."

When I joined Rotary, I believed that by being an anesthesiologist, I was already serving society by caring for patients. However, I came to realize that true service goes beyond that. As Rotarians, we have a much larger role to play in serving people, both locally and globally.



Rotary is like a vast ocean, and each of us is like a single drop of water in it. As the saying goes, "A single drop adds to the mighty ocean." So, let's continue to work hard and stay united in our efforts to serve society on a larger, global scale.

We've carried out numerous impactful projects ranging from raising awareness about snake bites, organizing eye and ENT check-up camps, and conducting blood donation drives and adult TB vaccination camps to menstrual hygiene awareness sessions at girls' college of Sivasagar,

We also donated an incinerator to the girls' college in Sivasagar and carried out awareness programs about snake bites, educating the public that "snakes are not enemies, but friends of the forest."

On August 15, 2025, we were honored to be recognized as the Best Social Service Unit by the District Administration of Sivasagar.

I extend my heartfelt thanks to our dedicated Rotarians for their continued support, passion, and for upholding the legacy of "Service Above Self." This spirit will carry on under the leadership of senior and experienced veteran Rtn. Manab Baruah and his team.

I warmly welcome Rotary Year 2025-2026 under the capable leadership of Rtn. Manab Baruah and his official team. With Rotary International's theme "United for Good," I extend my sincere blessings and best wishes to the new team. I truly hope this marks the beginning of a golden era for us all.

Thank you to all my fellow Rotarians.

Long live Rotary!

Long live District 3240!

Long live Rotary Club of Sivasagar!

Jai Hind!

Rtn. Dr. Beena Pani Hazarika
President, RY 2024-2025

KALPANA KHOUND BIO-DATA



Kalpana Khound is an educator and social worker with a focus on peace, education, women empowerment, and livelihoods. She retired from DHSK Commerce College as Principal in-charge and also served as Principal, Salt Brook Academy B. Com Programme till 2023.

In 1992, she joined the Rotary Club of Dibrugarh, just three years after women members were allowed to join Rotary International. She served as President of the Club from 1999-2000. After taking on multiple roles within her club and the district, she became District Governor in 2005 of Rotary International District 3240 which covers eight states of North East India and eight revenue districts of West Bengal. During her term, she started important projects as, the 'Gift of Sight' for conducting several thousand cataract surgeries with support from Operation Eyesight Universal, Canada, 'Gift of Life' for congenital heart surgeries for children, and International Youth Exchange among other activities. She also represented the Rotary International President William B. Boyd in the year 2007 to Rotary District 3020 in Southern India and in 2023, she represented the first woman Rotary International President Jennifer Jones in the District Conference of District 3250 held in Chandigarh. In 2013, when Rotary India Literacy Mission was launched, she headed District 3240's Literacy Committee and was a member of the National Committee. Kalpana was Rotary District 3240's representative to Rotary's "Parliament" the Council on Legislation held in Chicago in 2019. She served as one of Rotary International's Ambassador for Empowering Girls for a major portion of India, Nepal, Bangladesh, Pakistan and Indonesia for 3 years. She has been a Zonal Coordinator for Youth Service of Rotary International and also addressed on youth and education related topics in various parts of the country. She is a member of the ESRAG (Environmental Sustainability Rotary Action Group) and the newly formed Action Group for Empowerment of Girls. Beyond her numerous commitments to Rotary, Kalpana is associated with several social and cultural organisations. She served Dibrugarh Municipal Board as an elected Ward Commissioner for a five year term. She continues to be greatly involved in the public life of Dibrugarh. She also served as Vice President of Assam State Social Welfare Advisory Board and had taken up responsibilities for Vivekananda Kendra, Dibrugarh and Spicmacay. She has initiated skill development programmes in association with the Indian Army through the organisation she co-founded, JONAK. On a visit to a designated camp of Pro talk ULFA in Kakopathar she was filled with a realisation that the young militants needed guidance. She was instrumental in connecting them with the spiritual guru Sri Sri Ravi Shankar of the Art of Living Foundation. This initiative was very much fruitful and subsequently more militant groups of North East India were influenced by it. She feels privileged to associate herself with the effort to bring education to very remote areas through the Ved Vignan Maha Vidyapeeth of Sri Sri Rural Development Programme. It has been her privilege to be able to put in her efforts to set up such schools in No.1 Mahong Village near Bordumsa and Dhulijan in Tinsukia district, Singjuri in Hojai district, and Wadringdisa in NC Hills. She is the primary contact for a Global Grant of the Rotary Foundation, Ganit Setu which has the objective of providing in Interactive Maths Education to 20 Government Schools of Dibrugarh District and Kangra District, Himachal Pradesh. She has been recognized for her outstanding contribution in the field of education and social work by a D.Litt, honoris causa degree, conferred by Assam Women's University, Jorhat in its third convocation last year, a citation from Oil India Limited, Duliajan on the occasion of International Women's Day, 2022 as well as Sadou Axom Lekhika Somaroh Samiti, Dibrugarh amongst others. Kalpana is the daughter of late Dr. Dharani Nath Phukan a pioneer of public health and medical education in Northeast India and Sahitya Academy Awardee late Bhangoni Kuwori (ভাঙ্গনী কুঁৱৰী) Nirupama Phukan. Her husband, a Past President of Rotary Club of Dibrugarh Rtn. Dr.Kalyan Khound, is a medical oncologist and a retired professor, department of Radiotherapy, Assam Medical College and Hospital.

About Dr. Bhaskar Bora

*The Second Chance in Life Where Science Meets Soul,
and Adversity Sparks Awakening*

Dr. Bhaskar Bora is not merely a man of letters or of medicine — he is a storyteller of the

soul, a wounded healer, and a seeker who found grace in the shadow of suffering.

Once a practising physician immersed in the science of healing others, Dr. Bora's life changed irrevocably when a sudden spinal cord injury and a cancer diagnosis forced him to confront his own fragility. What could have broken him instead became a sacred portal — a second chance to listen to the silent language of the universe.

From hospital beds to meditative stillness, from consulting rooms to the blank page, Dr. Bora began to write and talk— not just with ink, but with insight born of pain, humility, and

transformation. His words, now carried in bestselling books and soul-stirring speeches, are bridges between science and spirituality, intellect and intuition, reality and transcendence.

He is the founder of Irene Minds, a home for ideas that heal and awaken, and Aspire Academy, a platform that empowers others to learn, grow, and rise, regardless of circumstance. Through works like “The Second Chance in Life”, “Quantum Mechanics of

the Universe”, “Living A hermit Life” and many others, he reminds us that resilience is not

just recovery, but rebirth.

Today, Dr. Bhaskar Bora writes and speaks not from a pedestal, but from the quiet strength of lived experience. He carries the weight of loss with reverence and the light of wisdom with grace. A devoted father, a loving husband, and a soul reborn, he offers the world not just knowledge, but presence, poetry, and purpose.

In every word he pens and every silence he honours, Dr. Bora invites us to see our own scars not as the end of our story, but as the place where it truly begins.



ক্ষণজন্মা

বটাবীয়ান ডাঃ বীণাপানি হাজৰিকা

সংস্কৃত ভাষাত এটা শব্দ আছে ‘ক্ষণজন্মা’। ইয়াৰ অৰ্থ হ’ল একোটা বিশেষ শুভমুহূৰ্তত বা ক্ষণত, এই পৃথিৱীত অসাধাৰণ গুণসম্পন্ন একো একোজনো বিশেষ ব্যক্তিৰ জন্ম হয়। তেনে ব্যক্তিক কোৱা হয় ক্ষণজন্মা পুৰুষ বা নাৰী। এই ক্ষণজন্মা পুৰুষ বা নাৰী সকলে মানৱ জাতিৰ মংগলৰ বাবে নিজৰ জীৱন উৎসৰ্গিত কৰে আৰু মানুহৰ বাবে নিঃস্বার্থ সেৱা আগবঢ়াই পৃথিৱীৰ ইতিহাসত তেওঁলোকৰ নাম চিৰস্মৰণীয় কৰি থৈ যায়।

এনেদৰেই কোনো এটা শুভ মুহূৰ্তত ইটালীৰ ফ্লৰেন্স চহৰত এক অভিজাত্য ব্ৰিটিছ পৰিয়ালত দ্বিতীয় সন্তান ৰূপে এক কন্যা শিশুৰ জন্ম হৈছিল। সেই শুভ দিনটো আছিল ১৮২০ খ্ৰীষ্টাব্দৰ ১২ মে’। অভিজাত পৰিয়ালত জন্ম গ্ৰহণ কৰা এই কন্যা শিশুটিয়ে পিছলৈ ফ্লৰেঞ্চ নাইটেংগেল নামেৰে পৃথিৱীৰ ইতিহাসত আৰ্ত মানৱৰ সেৱাৰ প্ৰতীক ৰূপে আজিও চিৰস্মৰণীয় হৈ আছে। আজিৰ এই দিনটোতে তেওঁৰ আদৰ্শক গোটেই পৃথিৱীত আন্তৰ্জাতিক খাত্ৰী দিৱস হিচাবে পালন কৰি অহা হৈছে। জাতি, ধৰ্ম, বৰ্ণ নিৰ্বিশেষে আমাৰ এই পৰিচাৰিকা সকলে আৰ্ত মানৱৰ সেৱাত উৎসৰ্গিত তেওঁলোকৰ জীৱনটোক সেই মহীয়সী গৰাকীক স্মৰণ কৰি বা তেওঁৰ কৰ্মৰাজিৰ বিশ্লেষণ কৰি নিজকে আৰু শক্তিশালী ৰূপত সজাই তুলিবলৈ মন বান্ধে। এই খিনিতে স্বামী বিবেকানন্দই কোৱা এয়াৰ কথা মনত পৰিছে। তেওঁ কৈছিল। মানুহৰ বাবে কাম কৰিবলৈ পোৱাটো এক সৌভাগ্য। যিহেতু প্ৰতি গৰাকী মানৱৰ অন্তৰত ভগৱানৰ আত্মিক স্থিতি আছে, গতিকে এই মানৱ সেৱাৰ মাজেদিয়েই ভগৱন্তক সেৱা কৰিব পাৰি। ভাৰতীয় দৰ্শনৰ আপ্ত বাক্যহে এই কথাখিনি স্বামী বিবেকানন্দৰ জন্ম হোৱাৰ বহু আগতেই কিশোৰী ফ্লোৰেন্স নাইটেংগেলৰ হৃদয়ত মানৱ সেৱাৰ এই কথাখিনিয়ে যেন উপলব্ধ হৈছিল। সেয়েহে হয়তো অভিজাত পৰিয়ালৰ কিশোৰী গৰাকীয়ে অভিজাত্য ত্যাগ কৰি ওচৰৰ গাঁৱৰ আৰ্ত মানুহৰ সেৱাৰ বাবে কাৰো হকা বাধা নেমানি ওলাই আহিছিল। সেয়াই আৰম্ভণি। ফ্লোৰেঞ্চ নাইটেংগেলে বহু সময়ত কৈছিল তেওঁৰ এই সেৱা ভগৱানৰ নিৰ্দেশ।

এই যে মানৱ সেৱাৰ বীজ ৰোপণ হৈছিল, ২৪ বছৰীয়া ফ্লৰেঞ্চ নাইটেংগেলে এদিন মাক দেউতাকৰ আগত পৰিচাৰিকা বা Nurse হোৱাৰ কথা ব্যক্ত কৰিলে। পৰিয়ালৰ পৰা পোৱা প্ৰচুৰ বাধাক নেওচি ১৮৫০ চনত তেওঁ এখন Nursing School ত হৈ তিনি বছৰ পিছত পৰিচাৰিকা ৰূপে এখন চিকিৎসালয়ত নিযুক্ত হৈ আৰ্ত মানৱৰ সেৱাৰ জীৱন আৰম্ভ কৰে। মানৱ সেৱাৰ প্ৰতীক এই ফ্লোৰেঞ্চ নাইটেংগেল এগৰাকী আধুনিক Nursing সেৱাৰ প্ৰতিষ্ঠাতা হোৱাৰ উপৰিও এগৰাকী কুসংস্কাৰ মুক্ত সমাজ গঢ়াৰ আগৰণুৱা সৈনিক আছিল। বহুতে হয়তো নেজানে যে তেওঁ পৰিসংখ্যা বিজ্ঞান বা Statistic চৰ্চাৰ এগৰাকী বিদূষী মহিলাও আছিল।

Florence Nightingale ক গোটেই বিশ্বত এটা বিশেষ নামেৰে জানে সেইটো হ’ল “The Lady with the Lamp.” ১৮৫৪ চনত ক্ৰিমিয়ান যুদ্ধত আঘাত প্ৰাপ্ত ব্ৰিটিছ সৈনিকক তেওঁ Turkey 1 Scutari শিবিৰত দিনে নিশাই সেৱা আগবঢ়াইছিল। ৩৮ গৰাকী পৰিচাৰিকাক সহায় হিচাবে লৈ তেওঁ পুতি গন্ধময় যুদ্ধ শিবিৰ সমূহ নিজ হাতেৰে পৰিষ্কাৰ কৰি ৰাখিছিল। তেওঁৰ সেৱা আৰু স্বাস্থ্যবিধি সন্মত (Hygiene) যুদ্ধ শিবিৰত তৎকালীন হিচাবে সৈনিকৰ মৃত্যুৰ হাৰ বহু কমি গৈছিল। যুদ্ধ শিবিৰত নিশা হাতত এটি চাকি লৈ তেওঁ আৰ্ত আঘাত প্ৰাপ্ত সৈনিকৰ সেৱা কৰিছিল। সেয়ে সৈনিক সকলে তেওঁক কৈছিল The Lady with the Lamp. যুদ্ধৰ পৰা উভতি আহি তেওঁ লণ্ডনৰ ছেইণ্ট থমাছ হস্পিটেলত ১৮৬০ চনত বৃত্তিগত সেৱা হিচাবে Nursing সেৱাক প্ৰতিষ্ঠা কৰাৰ বাবে School of Nursing আৰম্ভ কৰিছিল। ই সেই সময়ত গোটেই বিশ্বত এক আলোড়নৰ সৃষ্টি কৰিছিল। আমেৰিকা, আফ্ৰিকা আৰু অষ্ট্ৰেলিয়াত এই স্কুলৰ বিস্তাৰ ঘটিছিল। তেওঁ হস্পিটেলৰ কোঠা সমূহত ওখ খিৰিকীৰ ব্যবস্থা কৰি অধিক পোহৰ আৰু বতাহ অহা যোৱাৰ ব্যবস্থা কৰিছিল। পৰিচাৰিকা সেৱাৰ উপৰিও তেওঁ ব্ৰিটিছ মহিলা সকলৰ ৰক্ষণশীল ব্যবস্থাৰ পৰা মুকলি হৈ সমাজৰ সকলো দিশত সম অধিকাৰৰ বাবে যুঁজ দিছিল। এক জটিল ব্যক্তি আক্ৰান্ত হোৱাৰ বাবে জীৱনৰ শেষ সময় লৈকে তেওঁ বিছনাকে আশ্ৰয় হিচাবে ল’ব লগীয়া হৈছিল। তাৰ মাজতো এই গৰাকী অদমনীয় নাৰীয়ে এক লাখ ত্ৰিশ হেজাৰখন প্ৰচাৰ চিঠি বিভিন্ন ক্ষেত্ৰলৈ প্ৰেৰণ কৰিছিল। ৰাণী ভিক্টোৰিয়াৰ লগত তেওঁ পত্ৰৰ আদান প্ৰদান কৰিছিল। ইংলেণ্ডৰ সন্মানীয় Order of Merit সন্মানেৰে তেওঁ বিভূষিতা হৈছিল।

মানুহৰ দুৰ্দৰ্শক আৰু দুৰ্দৰ্শাগ্ৰস্থ আৰ্ত মানুহক আটাইতকৈ বেছি অগ্ৰাধিকাৰ দিয়া এই গৰাকী বিদূষী মহিলা ১৯১০ চনত ৯০ বছৰ বয়সত ইংলীন্দা সম্বৰণ কৰে। গোটেই পৃথিৱীত Florence Nightingale মানৱ প্ৰেম, দয়া আৰু সমবেদনাৰ প্ৰতীক হৈ আমাৰ মাজত জীয়াই থাকিব। সেয়েহে হয়তো তেওঁৰ মৃত্যুৰ ১১৫ বছৰ পিছতো সমগ্ৰ মানৱ জাতিয়ে তেওঁক স্মৰণ কৰে। হেজাৰ হেজাৰ নাৰী, পৰিচাৰিকা তেওঁৰ আদৰ্শত উদ্বুদ্ধ হৈছে। মানুহৰ বাবে তেওঁৰ উৎসৰ্গিত জীৱনৰ কথাই এক চালিকা শক্তি ৰূপে সমগ্ৰ নাৰী জাতিক এক শক্তিশালী সত্ত্বা হিচাবে গোটেই পৃথিৱীত পৰিচিত কৰাইছে।

‘প্ৰতি গৰাকী আৰ্ত মানৱ পৃথিৱীৰ উৎকৃষ্টতম সেৱা পোৱাৰ যোগ্য’: Florence Nightingale ৰ এই কথা শাৰীৰে মোৰ কথা সমৰিলো।

Health benefits of squash

PUNE : High in vitamins C and B6, plus beta-carotene, squash helps with heart and eye health. Just like apples, the varieties of squash are seemingly endless all with their own unique flavors shapes and textures. Registered dietitian Amber Sommer, RDN, LD, gives the 411 on the many health benefits of squash, along with how to make them a delicious addition to your diet.

Health benefits of peanuts

MUMBAI : Peanuts offer a range of health benefits, primarily due to their nutrient-rich profile and the presence of beneficial compounds. They are a good source of protein, fiber, healthy fats, vitamins, and minerals. Regular peanut consumption may support heart health, weight management, and blood sugar control, while also providing antioxidant protection.

Food to reduce Uric Acid

NEW DELHI : Here are some food that will help you to reduce Uric Acid.

Cherries : Cherries, both sweet and tart varieties, have been associated with lower uric acid levels and a reduced risk of gout attacks. You can consume fresh cherries or unsweetened cherry juice.

Food to reduce Uric Acid

Berries : Blueberries, strawberries, and other berries are rich in antioxidants and can be beneficial for reducing inflammation associated with gout.

Vitamin C-Rich Foods : Foods high in vitamin C may help lower uric acid levels. Citrus fruits, kiwi, and bell peppers are good sources.

Low-Fat Dairy : Low-fat dairy products like milk and yogurt have been linked to a lower risk of gout attacks.

Complex Carbohydrates : Whole grains, such as oats, brown rice, and whole wheat, are a good source of fiber and may help in managing uric acid levels.

Lean Proteins : Opt for lean sources of protein, like poultry, tofu, and legumes, rather than high-purine meats.

Water : Staying well-hydrated is crucial to help flush excess uric acid from the body. Aim to drink plenty of water through-out the day.

Green Tea : Green tea is rich in antioxidants and may have anti-inflam-matory properties that can be beneficial for managing uric acid levels. (Agencies)

Health benefits of black grapes

MUMBAI : Black grapes offer numerous health benefits due to their high antioxidant content particularly anthocyanins and resveratrol. These antioxidants help protect against inflammation, promote heart health, and may even aid in weight management and blood sugar control.

Health benefits of black...

Here's a more detailed look at some key benefits :

1. **Heart Health : Improved Blood Flow :** Black grapes contain antioxidants that help reduce arterial stiffness, improve blood flow, and lower blood pressure.
Protection Against Atherosclerosis : Resveratrol in black grapes may help protect against the buildup of plaque in arteries, reducing the risk of heart disease.
2. **Brain Health : Cognitive Function :** Black grapes, especially those rich in resveratrol, may help improve brain function and slow down cognitive decline.
Neuroprotection : Resveratrol and other antioxidants in black grapes may help protect the brain from oxidative damage and may be beneficial for conditions like Alzheimer's and Parkinson's. (Agencies)

Rotary Club of Sibsagar, Club Code 31199, RID 3240

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Rotary - at a Glance (RY 2024-2025)



Rotary
Children's Celebration Day
by
Rotary Club of Sibsagar
RID-3240
at
Harijon LP School, Sivasagar



Rotary
ROTARY CLUB OF SIBSAGAR
RID-3240
organizes
A Speech on
Menstruation Hygiene
by Dr. Vandana Gupta Sharma
at Phulbari Higher Secondary School, Sivasagar
Date : 17/05/2025 Time : 10.00 am onwards

Rotary
ROTARY CLUB OF SIBSAGAR
RID-3240
organizes
A Speech on
Adolescent Anaemia and Treatment
by Dr. GAURAV CHOUDHARY (Paediatrician)
at Sibsagar Govt. MV School
Date : 02/01/2025

Rotary
ROTARY CLUB OF SIBSAGAR
RID-3240
organizes
A camp of
EYE CHECK UP
Moderator : Rtn. Dr. Biman Chandra Saikia
Netrajyoti Eye Hospital and his team
At Amulapatty Namghar, Ward No. 7, Sivasagar
Date : 18/05/2025 Time : 10.00 am onwards

Rotary
ROTARY CLUB OF SIBSAGAR
RID-3240
organizes
Child Health Checkup Camp
Moderator : Dr. Gaurav Choudhury
at No.3 Primary LP School, Sivasagar
Date : 04/04/2025 Time : 1pm onwards



Rotary
ROTARY CLUB OF SIBSAGAR
RI DISTRICT 3240
organizes
A Speech on
ANAEMIA IN YOUNGER GIRLS
Speaker :
Dr. Dipankar Das, Medicine Specialist
Siu-Ka-Pha Multispecialty Hospital
Time : 12-30 pm onwards Date : 29/04/2025
Venue : Peleswari Higher Secondary School, Sivasagar



Rotary
ROTARY CLUB OF SIBSAGAR
RID-3240
organizes
An awareness camp on
SNAKE BITE
Moderator : Renowned Dr. Surajit Giri
in collaboration with Sibsagar Commerce College
Venue : Sibsagar Commerce College, Sivasagar
Date : 05/06/2025 Time : 12pm onwards



Birthday Wishes

1. Dr. Sanjib Mahanta - 1st July
2. Samir Deorah - 2nd July
3. Dr. Dilip Gogoi - 7th July
4. Nabarun Bhattacharya - 9th July
5. Dr. Ranjit Kumar Hazarika - 18th July
6. Pradip Borthakur - 21st July
7. Nabanita Baruah - 22nd July
8. Dr. Lalit Borah - 23rd July
9. Dr. Vandana Gupta Sharma - 28th July
10. Biswadip Borkakoty - 30th July