



Francesco Arezzo
RI President 2025-26



Dr. Kameswar S. Elangbam
District Governor RID 3240



Chandana Das
President, Rotary Club of Shillong

Commemoration of ORS Week



An Awareness and sensitization Programme at Children's Hospital, Shillong on 26th July 2025 commemorating the ORS week aimed at sensitizing the mothers on the importance and significance of Oral Rehydration Solution (ORS) was organised by Rotary Club of Shillong in collaboration with Children's Hospital and IAP Meghalaya State Chapter on 26th July 2025 at the conference Hall of the Children's Hospital, Poksheh, Shillong. The highlight of the event was a detailed presentation by the Nursing staff of the hospital on ORS as emergency home remedy for protection of child from dehydration. Dr. K.S. Elangbam, DG RID 3240, spoke on the relevance of the programme and how ORS can be administered in times of need when the child suffers from loose motion and loss of body fluids. There was an impromptu quiz organised on the theme amongst the participating mothers and the winners were awarded gifts. Dr. Charis Budnah while briefing the participants on ORS in her closing remarks thanked the Rotary Club of Shillong for choosing Children's Hospital as the venue for the meaningful event.

RC Shillong and Polio Eradication: A recollection by Rtn SL Singhanian

While on Polio Eradication, I would like to apprise the members of our club about how this programme was undertaken by the Rotary Club of Shillong much before the RI conceived the idea and has become almost eradicated from the face of the Earth except nominal cases.

The Rotary Club of Shillong had in fact, started the Polio Eradication Programme in a solemn ceremony held at the Auditorium of St. Edmund's School by the Governor of Meghalaya Shri Vishnu Sahay. At that time there were no polio drops but only injectables manufactured by M/s Glaxo India Ltd. The programme was looked after by (L) Dr. S.S. Guha, father of our present member Rtn S.S. Guha, in his chamber at "Mitali" Laitumkharah who single handedly looked after this project till his death. He used to charge very nominal price i.e., the actual cost of the medicines. After his death the remaining amount collected by him was handed over to the club's fund.

So, RC Shillong had made pioneering work on Polio Eradication which I hope will be acknowledged by the RI or the club leaders and the district leaders as well. I have narrated the story from my memory and I think most or none of our present members are aware of this philanthropic programme undertaken the Rotary Club of Shillong.

This connects to the story carried in the last issue of "Harmony" dated 25th July 2025, the details of Polio eradication was shared by the Editor.

Ghumo.....Magar Pyaar Se : Roam around...but with love !!

By Rtn Jashoda Chettri

Over the last two decades, travelling has become a global trend. With modern day conveniences and advancements in technology, traveling has become easier and faster. But given the rapid pace of global warming and climate change, we need to ACT! Tourism is responsible for roughly 8% of the world's carbon emissions. From plane flights and boat rides to souvenirs and lodging, various activities contribute to tourism's carbon footprint. The majority of this footprint is emitted by visitors from high-income countries, with U.S. travelers at the top of the list. As the number of people who can afford to travel grows, so will tourism's environmental footprint. Mindless traveling can compound climate change. As responsible travelers, we must strive to reduce/offset and mitigate our carbon footprint to the extent possible.

Speaking at UN Headquarters in 2023, the Secretary-General underscored the need for global action on emissions, climate adaptation and climate finance. He warned that "the era of global warming has ended" and "the era of global boiling has arrived."

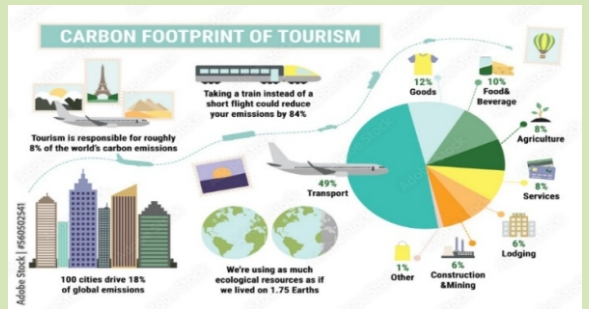
So what exactly is Carbon Footprint?

A carbon footprint is the total greenhouse gas (GHG) emissions caused directly and indirectly by an individual, organization, event or product.¹ It is calculated by summing the emissions resulting from every stage of a product or service's lifetime (material production, manufacturing, use, and end-of-life).

Greenhouse Gases Contribution by Food Type in Average Diet (*Infographics: From Google)

Be A Responsible Traveller

- Be considerate of the communities and environment you visit.
 - Don't litter.
 - Carry your own shopping bag to avoid contributing to the plastic problem in many countries of the world.
 - Remove all packaging before leaving home...avoid excessive waste and the use of plastic bottles (in many countries there is no way of disposing of these, therefore creating plastic mountains due to tourism)
 - Reduce energy consumption. Unplug your mobile phone charger; turn off the lights
 - Conserve water. Take shorter showers. The average hotel guest uses over 300 litres of water per night! In a luxury hotel it is approximately 1800 litres!
 - Support the local economy. Buy locally made souvenirs, eat at local restaurants – enjoy the local culture!
 - Take public transport- Use a bicycle. Or if you must rent a car – why not a hybrid or electric one if available?
- So next time, you travel, don't forget to **Eat Green, Live Green and Think Green**



GREETINGS

Rtn. Ashok Goenka celebrated his birthday on 29th July. *Rtn. S.R. Sen* celebrates his birthday, today, the 1st August.

Rtn.(Dr.) Debashish Das celebrates his birthday on 7th August.

Rotary Club of Shillong wishes you all good health and happiness always.