



Francesco Arezzo
RI President 2025-26



Dr. Kameswar S. Elangbam
District Governor RID 3240



Chandana Das
President, Rotary Club of Shillong



Rotary Club of Shillong celebrated 79th Independence Day with nationalist fervour and gaiety

The day started with an elaborate programme at Kanchi Kamakoti Vidya Bharati School located at Mawbah, Shillong which was attended by the President and other club members. The celebration began with flag hoisting and patriotic presentations by the school students. This was followed by presentation of clothes and dress materials to the students of the school by the Rotary Club of Shillong.



The evening celebration at the club premises saw a large number of Rotarian participating and celebrating the day. The music and songs presented by the members brought cheers and enjoyment to its fullest, making it a memorable day.

Know *Stevia*, a natural sweetener

Stevia rebaudiana is a South American plant, the cultivation of which is increasing worldwide due to its high content of sweet compounds. Stevia sweetness is mainly due to steviol glycosides, that are ~250-300 times sweeter than sucrose. Many studies have suggested the benefits of Stevia extract over sugar and artificial sweeteners, but it is still not a very popular sugar substitute. The biological activities of *S. rebaudiana* extract and its individual glycosides, including anti-hypertensive, anti-obesity, anti-diabetic, antioxidant, anti-cancer, anti-



inflammatory, and antimicrobial effects and improvement of kidney function have been widely studied. The acceptable daily intake of Stevia dry extract defined by the Scientific Committee on Food of the European Food Safety Authority and Food and Drug Administration is 4 mg/kg body mass (Lohner et al., 2017). Stevia extract is known to reduce the fertility of rats by up to 21 % compared with control group of rats and also mutagenic as reported in a study (Pezzuto et al., 1985; Melis, 1999). But most of the studies that have investigated Stevia effects on the human body have showed no side effects.

A Rotarian gifts pucca houses to Kodai tribals

Everything about Malliga exudes cheer, confidence and positivity. That's why it's a little difficult to process what she shares, very cheerfully, in response to my question on her age. With a hearty laugh she says: "Madam, I have no idea about my age. Forget education, I've never seen the inside of a school... I've never even got close enough to a school building to get some shade."

And yet Malliga has effortlessly taken over the leadership of a tribal hamlet, bang adjacent to a reserved forest area in Valaigiri, about 30km from the cool and iconic hill station of Kodaikanal, Tamil Nadu. Here, thanks to one Rotarian's passion, vision and dedication, Malliga's and 13 other families have got brand new brick-and-mortar homes. Till June-end, these 14 families were living in this tiny hamlet in homes that were virtually put together with thick blue and white tarpaulin sheets, along with tin plates, arranged over four wooden poles.

The Rotarian who put together this ambitious project for which he singlehandedly raised ₹70 lakh from friends and acquaintances, who included a few Rotarians, is past president of Rotary Club of Kodaikanal (RID 3000) Rajkumar Raman. "I always wanted to do a service project



that would benefit some tribal families living in this belt. The idea about a project to provide homes to tribal people was first planted in my mind in 2022 by PDG Jawarilal Jain of RID 3231 when he came to our Carlton Hotel (where Rajkumar has been working for long years and is now its vice-president) for his PETS and SETS programme. He asked me to address the meeting for five minutes on the joy of giving. This was because during my year as club president I had done over 300 projects."

(Source: Rotary News)

GREETINGS

Rtn S.S. Guha celebrates his birthday on 25th August. Rtn Kishan Tibrewala celebrates his birthday on 26th August

Rtn Pooja Goenka celebrates her birthday on 28th August.

Members of the club wish you all happiness on your birthday and always.