



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 : Office Bearers (2026-2027)

In accordance with the Constitution & ByLaws (Article 5, etc.) of the Rotary Club of Shillong, the following Rotarians were elected Directors of the Club for Rotary Year 2026-27 on 12th December, 2025:

Vice-President	- Rtn. Gurmeet Singh,
Secretary	- Rtn . Sunil Arora
Treasurer	- Rtn. Aksah Chirania
Sergeant-at-Arms	- Rtn. Amit Saraff
Editor	- Rtn. Joshoda Chetri
Learning Facilitator	- Rtn. Sarad Bawri
Club Administrator	- Rtn. Amit Sharma
Service Projects	- Rtn. Abhishek Singhania
Rotary Foundation	- Rtn. David Umdor
Membership	- Rtn. Deeya Rathore
Pubilc Image	- Rtn. Santaram Johsi
New Generation Services	- Rtn. Skhemjingmut Law
IPP.	- Rtn. Chandana Das
PE 2027-28	: Rtn Sunil Arora

Rtn. Osmand E.J. Nongbri is the President for the Rotary year 2026-27

## A mobile blood bank to meet Thiruvananthapuram's growing need for blood

Following a need-assessment survey conducted jointly by RC Trivandrum Central, RID 3211, and the CSI Mission Hospital, Kazhakootam, and keeping the focus on the city of Thiruvananthapuram needing about 400 units of blood every day to help those requiring blood transfusion, RC Trivandrum Central has gifted the city a blood bank on wheels. The blood collected from this mobile blood bank will help save the lives of patients, accident victims and surgical cases in over five medical colleges and medical research centres like the Regional Cancer Centre, Sree Chithra Medical Research Centre, etc in the city. Named 'Rtn R Ravindrakumar Memorial Blood Bank on Wheels' in the memory of past president of the club who passed away last year, this van acquired and equipped at a cost of ₹50 lakh will "help significantly boost blood donation efforts, especially among the city's busy urban population, and encourage young professionals and students who often cite time constraints as a reason for not donating blood, to come forward for this great cause," said RID 3211 PDG Suresh Mathew, the moving spirit behind the project and the one who conceptualised the idea of bringing a blood bank to the doorstep of donors in this busy city. (Contd on back page)

### Pre-Christmas Celebration

The Rotary Club of Shillong will hold its regular Weekly Meeting today , the 19th December 2025 at 7pm in Rotary Corner along with the Pre - Christmas Celebration .

Members are requested to kindly attend along with their spouses.

## A mobile blood bank (Contd from page 1)

*He said this mobile blood bank will directly visit high-density locations like IT parks, engineering colleges and corporate establishments to organise donation camps. "This approach eliminates the need for potential donors to travel to fixed centres, saving them valuable time and effort. The initiative was funded through a global grant, executed in partnership with RC Singapore Raffles," he added.*

*Speaking to Rotary News, Mathew said since its launch, around 50,000 people had already watched the videos on this blood bank on wheels, posted by social media influencers. "The mainstream print and electronic media covered the launch and the IMA (Indian Medical Association) has already tied up with our beneficiary hospital CSI Mission Hospital to use this mobile blood collection unit for their blood mobilisation drives. Trivandrum Technopark and Trivandrum Techno City have a combined work force of 140,000 techies, of which around 70 per cent are below age 40 years. To encourage this group to donate blood, RC Trivandrum Technopark has already taken up a promotion drive among tech companies. Videos and relevant information has been shared on several Rotary WhatsApp groups."*

*He said the van was spacious enough to allow three people to donate blood at the same time. "Our target is to collect blood from 50–75 persons a day; that will give us 150–200 units of blood products. The blood will be separated into components at the Dr S M Memorial Medical College where the mother blood bank is located." (Source-Rotary News: Rasheeda Bhagat)*

## Understanding ageing

**I**ndia, along with the rest of the world, is ageing rapidly. It is a scary proposition. Even with financial security, a failing body and a forgetful, slow-reacting brain make coping with life difficult. Additionally, children may reside in distant countries. Social security benefits are limited, and finding domestic help may be challenging.

This has led to a plethora of anti-ageing advice on social media, in medical journals and anecdotes. Some wealthy people sit in hyperbaric oxygen chambers and devote a greater part of their day to anti-ageing devices. Many treatments are unproven, and some may be dangerous.

We all start life at conception as a single cell. It multiplies at an unbelievably rapid rate to form a baby. The cells continue to grow as the child grows and matures. Then, all of a sudden, in early adulthood, growth stops and gradually senescence sets in. Cells do not divide as rapidly as they used to. Repairs to damaged body parts are slow or do not occur at all, as with ageing, cells lose the ability to divide and replace lost or damaged tissue. The mitochondria within the cells become less efficient. The ends of the chromosomes (telomeres) break off and become shorter. Our immunity decreases.

Ageing is an inevitable biological process, not a disease. It is a time-dependent functional decline that affects every part of our body. DNA damage is considered a primary driver of ageing, controlled by genetic pathways, which regulate metabolic efficiency and defences against age-related damage.

By the mid-thirties we start losing muscle at the rate of 1–2 per cent every year. Balance becomes a problem, joints ache, and lifting that "carry-on" into the overhead bin becomes a herculean task. It contributes to a decrease in aerobic capacity, and fatigue sets in faster.

Most people do not want to age. If they must, they want to remain healthy and free of incapacitation. Many people search for a magic potion which, if taken with minimal effort, will keep them young and fit for life. All kinds of theories and advice circulate on how to "remain young forever," but much of it is unscientific and unproven.

### To age well and look good:

- Exercise aerobically. Walking, jogging, swimming, dancing, or cycling for 40–60 minutes a day, at least six days a week. Muscle attrition slows down. Strong muscles provide good balance and hold joints in place, decreasing the risk of fall and preventing incapacitating joint pain.
- Do strength training with 2–5kg dumbbells with at least 30 repetitions on each side. You can also walk holding 2kg dumbbells or wear a weighted vest to increase exercise efficiency. Try Japanese interval walking: 3 minutes at a fast pace where talking is difficult, followed by 3 minutes at a slower pace.
- Practise yoga. Eye exercises help prevent rapid deterioration of eyesight, ear exercises help with hearing, and balance exercises prevent falls.
- Avoid toxins such as smoking, alcohol and fast food.
- Diet. The Japanese do not take a second helping of food, even if it is delicious. They follow the Hara Hachi Bu principle (eat until 80 per cent full), which helps prevent overeating. Eat only until the edge of your hunger disappears.
- Control lifestyle diseases that you may have unfortunately developed.
- Do not underestimate the power of natural oils. Massage your face and body with a mixture of 250ml coconut oil, 250ml sesame oil, and 100ml castor oil. Leave it on for 10 minutes and wash off. Your skin will retain its youthful glow.

*(Source Rotary News: Gita Mathai)*