Issue: VII
January' 2026

Manipadma

MONTHLY BULLETIN OF
ROTARY CLUB OF IMPHAL (R.I. District 3240, India)

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Dr. Kameswar Singh Elangbam

UNITE FOR GOOD
Rotary
2025 - 2026

President
Dr. Thingujam Digel Singh

Secretary
Okram Sonamani Singh

Editor
Dr. Sudhiranjan Thingbaijam

Presidents' Speak .....!

Dear Fellow Rotarians,

RC Imphal has successfully organised RLI Part I, II & III at Imphal jointly with RC Polo City Imphal. Year ended with a Rotary Mega Health Camp and CYCLOTHON to promote 'Organ Donation' was also organised successfully.

January is the Rotary Vocational Service Month and let us promotes Rotary's The Four Way Test which was officially adopted by Rotary in 1943 and has been translated into the different languages of over 100 countries including our Manipuri language.

Rotary Club of Imphal has always been promoting Rotary 'The Four Way Test' in many possible ways every year.

Rotary's 'The Four-Way Test'.....
"Of all the things we think, say or do:

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?"

Dear Rotarians, a year has ended leaving behind many fond memories and a new year 2026 has arrived bringing many new hopes and challenges. The essence, the Code and the ethics of Vocational Service at the heart of each Rotarian, let us welcome a happy and prosperous new year 2026.

Wishing all Rotarians and all family members of RC Imphal a Happy New Year'2026.

Long live Rotary International
Long live RC Imphal

Yours' in Rotary
Rtn. Dr. Th. Digel Singh
President (2025-26)

ROTARY CLUB OF IMPHAL
RID 3240, ZONE XII
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Youth Services:	Rtn. Keisham Binotbabu Singh

This Manipadma issue is sponsored by: Rtn. Keisham Binotbabu Singh & Rtn. Longjam Bhagaton Singh

Editorial .....!

Dear Fellow Rotarians,

Decision making is the process of making choices by identifying a decision, gathering information, and assessing alternative resolutions. In psychology, decision making is regarded as the cognitive process resulting in the selection of a course of action among several possible alternative options.

Using a step-by-step decision-making process can help us make more deliberate, thoughtful decisions by organising relevant information and defining alternatives. This approach increases the chances that you will choose the most satisfying alternative possible.

Step 1: Identify the decision
We realize that we need to make a decision. We must try to clearly define the nature of the decision we must make. This first step is very important.

When we are identifying the decision, we need to ask ourselves a few questions:
What is the problem that needs to be solved?
What is the goal we plan to achieve by implementing this decision?
How shall we measure success?
When the problem is clearly defined, we then have more information to come up with the best decision to solve the problem.

Step 2: Gather relevant information
Collect some pertinent information before we make our decision: what information is needed, the best source of information, and how to get it. This step involves both internal and external work. Some information's are internal: we will seek it through a process of self assessment. Other information's are external: we will find it online, in books, from other people, and from other sources.

Step 3: Identify the alternatives
As we collect information's, we will probably identify several possible paths of actions, or alternatives. We can also use our imagination, our knowledge, our critical and creative thinking and additional information's to construct new alternatives. In this step, we will list all possible and desirable alternatives.

Step 4: Weigh the evidence
Draw on our information's and emotions to imagine what it would be like if we carried out each of the alternatives to the end. Evaluate whether the need identified in step 1 would be met or resolved through the use of each alternative. As we go through this difficult internal process, we will begin to favour certain alternatives: those that seem to have a higher potential for reaching our goal. Finally, place the alternatives in a priority order, based upon our own value system.

Step 5: Choose among the alternatives
Once we have weighed all the evidences, we are ready to select the alternative that seems to be best one for us. We may even choose a combination of alternatives. Our choice in Step 5 may very likely be the same or similar to the alternative we placed at the top of our list at the end of Step 4.

Step 6: Take action
We are now ready to take some positive action by beginning to implement the alternative we chose in step 5.

Step 7: Review our decision and its consequences
In this final step, consider the results of our decision and evaluate whether or not it has resolved the need we identified in step 1. If the decision has not met the identified need, we may want to repeat certain steps of the process to make a new decision. For example, we might want to gather more detailed or somewhat different information or explore additional alternatives.

Conclusion
Decision making is one of the most significant tasks of management over our own daily life, our profession, our business, and our office. Dear Rotarians, let us make judicious and progressive decisions to bring out the best in our life and profession, so as to enable us serve our community in the best possible way.

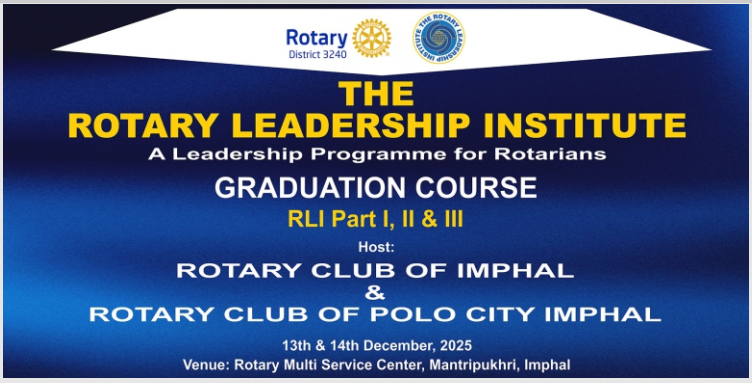
Yours' in Rotary
Rtn. Dr. Sudhiranjan Thingbaijam
Editor, MANIPADMA

SECRETARIAL REPORTS:

Activities during the month of December' 2025

Rotary Egg Bank (1st Dec'2025):

- Rotary Club of Imphal handed over eggs under Rotary Egg Bank Project at three children homes at Imphal on 1st Dec'2025 benefiting 104 children of the three homes namely Yaibilen Children's Home, Keibi Sanapat, Imphal East, Poirei Nawakon Children's Home for girls, Leimakon Women's Abode Complex, Achanbigei, Imphal East and Punya Home, Thangmeiband Yumnam Leikai, Imphal West. This is a continuing community service project of Rotary Club of Imphal since 2021 benefitting these children of the homes in which 1680 eggs are to the three children homes every month so that a child at the home will get four eggs per week free of cost to provide nutritious food to children.



- Rotary Learning Institute was organised jointly by RC Imphal & RC Polo City Imphal on 13th & 14th Dec'2025 at Rotary Bhavan, Mantripukhri participated by 16 Rotarians for Part I & II and 19 Rotarians for Part III. Faculties for the RLI @ Imphal were Rtn. CM Bendre, Rtn. Prakash Saraswat, Rtn. Pradeep Pillai, Rtn. Dr. Pallavi Maji and Rtn. Sailesh Sarmah.

Released of club monthly bulletin, MANIPADMA (19th Dec'2025):

- The club monthly bulletin, MANIPADMA, December'2025 issue was released during RWM at Rotary Bhavan, Mantripukhri on 19th Dec'2025.

Rotary Mega Health Camp cum CYCLOTHON on 'Organ Donation' (28th December'2025):

- Rotary Club of Imphal supported by RIMS, Imphal, Shija Hospital & Research Institute, Imphal, JNIMS, Imphal, Babina Diagnostics, Imphal, R&R Occulus and Sena Athletes Organisation, Kakching Wairi Senapati Leikai organised a Rotary Mega Health Camp at Kakching Public School, Kakching Wairi, Kakching District on 28th Dec'2025 benefitting about 480 persons.
- A CYCLOTHON for 'Organ Donation' was also organised on the same day to promote organ donation to save lives supported by RIMS, Imphal and Manipur Adventure and Mountain Biking Association (MAAMBA) participated by about 50 cyclists from RIMS, Imphal to Kakching. Cyclothon was flag-off by Prof. G, Sunilkumar Sharma, Director, RIMS, Imphal and flag-in by Smt. N. Bandana Devi, IAS, Secretary, SLEE, Govt. of Manipur, Rtn. Dr. Th. Digel Singh, President, RC Imphal and RK. Sanajaoba, Former President, MAAMBA at Kakching Public School, Kakching Wairi.
- *Local media has given a wide coverage of the programme.*

Rotary In News

Mega Health Camp and Eye Test held

IT News
Kakching, December 28: The Rotary Club of Imphal, Maanbha, in collaboration with the Regional Institute of Medical Sciences (RIMS), Imphal, organized a "Donate Organs, Save Lives" awareness bicycle rally. The rally was flagged off by RIMS Director, Professor G. Sunilkumar Sharma, and proceeded to Kakching Public School, Kakching Wairi, to promote public awareness about organ donation.

As part of the initiative, the Rotary Club of Imphal, together with RIMS, Shija Hospital and Research Institute, Babina Diagnostic, R&R Occulus, and the Sena Athletes' Organisation (SAO) Kakching, jointly conducted a Mega Health Camp at Kakching Public School. Free medicines were also distributed to attendees during the camp.

Speaking on the occasion, Professor Sanjib Neprath expressed appreciation for the enthusiastic participation of cyclists in the organ donation campaign.

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IMPHAL, MONDAY, DECEMBER 29, 2025

Cyclists pedal from Imphal to Kakching to spread awareness on organ donation

By Our Staff Reporter

IMPHAL, Dec 28 : The Regional Institute of Medical Sciences (RIMS), Imphal, in association with the Rotary Club of Imphal and Manipur Adventure and Mountain Biking Association (MAAMBA) organised a bicycle rally today to spread awareness about the life-saving importance of donating organs.

The rally, held under the theme "Donate Organs, Save Lives", was flagged off by Prof G Sunil Kumar Sharma, Director, RIMS Imphal, from Jubilee Hall, RIMS Imphal, and proceeded towards Kakching.

Prof N Sanjib Singh, Medical Superintendent, RIMS Hospital, actively participated in the rally by personally riding a bicycle.

As part of a mega health camp, RIMS also joined with the enthusiastic participation from members and staff of RIMS, along with members of MAAMBA and Rotary Club of Imphal, collectively demonstrating strong solidarity in advancing awareness on the life-saving importance of organ donating.

Speaking at the event Prof G Sunil Kumar stated that organ donation is one of the greatest services to humanity. He highlighted that in India, the annual demand for organ transplants is around two lakh, whereas only about 15,000 organs are donated each year, according to data from NOTTO.

He also highlighted the different types of organs that can be donated and urged all organs to pledge to donate. Later a Health Camp cum Awareness Programme was organized at Kakching Public School by RIMS in collaboration with Sena Athletes' Organisation (SAO) Kakching and Rotary Club of Imphal.

During the camp, doctors from various departments provided free health examinations, consultations to about 200 people.

Free medicines were also distributed to the patients.

A health talk on organ donation emphasizing on organ donation was also conducted during various events. Motivational and Civic speeches, highlighting the importance and life-saving impact of organ donation.

As part of the event, finisher certificates were distributed to all participants of cyclists in recognition of their contribution to the cause.

The event successfully reinforced the message of organ donation and underscored the commitment of RIMS and its partner organizations toward community health improvement and social responsibility.

Bicycle rally for organ donation

IT News
Imphal, December 28: A Bicycle Rally for Organ Donation on the theme "Donate Organs, Save Lives" was organized today by the Regional Institute of Medical Sciences (RIMS), Imphal, in association with the Rotary Club of Imphal and the Manipur Adventure and Mountain Biking Association (MAAMBA). The bicycle rally was flagged off by Prof. G Sunil Kumar Sharma, Director, RIMS, Imphal, from Jubilee Hall, RIMS, Imphal, and proceeded towards Kakching. Prof. N. Sanjib Singh, Medical Superintendent, RIMS Hospital, actively participated in the rally by personally riding a bicycle.

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Happy Birthday for the month of January' 2026

Rtn. W. Kened Kumar	1st January
Rtn. Dr. M. Madhumangol Singh	1st January
Rtn. Mongjam Joy Singh	1st January
Rtn. Nilamani Akham	1st January
Rtn. Kh. Phulindro Singh	1st January
Rtn. Sony Singh Pokheriya	9th January
Rtn. Keisham Binotbabu Singh	31st January

Happy Wedding Anniversary for the month of January' 2026

Rtn. Mukesh Kumar Sharma and Anne Madhu	17th January
Rtn. Pradeep Kumar Jain and Anne Sheetal	22nd January
Rtn. Jasvinder Singh and Anne Sandeep Kaur	24th January
Rtn. Manmohan Kumar Maheshwari and Anne Jyoti	25th January
Rtn. Dr. M. Veto Singh and Anne Dr. Priyadarshini	31st January

RWM meetings held during the month of December' 2025

- 22nd Regular weekly meeting on 5th Dec'2025 (RWM No. 2525)
- 23rd Regular weekly meeting on 12th Dec'2025 (RWM No 2526)
- 24th Regular weekly & Annual General Body meeting on 19th Dec'2025 (RWM No 2527)
- 25th Regular weekly meeting on 26th Dec'2025 (RWM No 2528)

Board of Directors Meetings held during the month of December' 2025

The 3rd BOD meeting of RC Imphal was held on 19th Dec'2026 approving BOD 2026-27.

Important decisions taken during November' 2025

(I) Approval of Board of Directors for RY 2026-27.

Upcoming Events:

Upcoming Club Events:
- Rotary Family Picnic'2026

Upcoming District Events:
- 'PRATIDHWANI'-The 36th District Conference at Shillong from 9th to 11th Jan'2026.

Upcoming Rotary International Events:
- NIL

This Monthly Bulletin is edited by :
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