

R.I. President : Francesco Arezzo  
Governor : Kamesh Suwar S Elangbam  
Asst. Governor : Sunil Borgohain



In a garage outside Salinas, California, young people who are learning to restore classic cars are doing more than developing a skill — they are reclaiming their futures. This training program provides mentorship and, for some, a path away from gang involvement toward

meaningful employment. Graduates leave with certifications, practical experience, and hope.

This is what Rotary's Vocational Service Month celebrates each January — the power of bringing together people with unique skills to do good in the world. It reminds us that integrity isn't just about our actions matching our words. Integrity is in everything we do.

The California automotive program has been such a success because it was built on integrity. Members of the Rotary Club of Carmel-by-the-Sea didn't assume they knew what the community needed. They listened. They learned there was a shortage of skilled mechanics as well as a large number of young people lacking job training. They recognized that technical skills alone wouldn't be enough, so they partnered with Rancho Cielo, a nonprofit offering counseling and support services alongside vocational training.

That is The Four-Way Test in action. Those four simple questions help us not judge others but guide us toward genuine, effective service.

Consider our commitment to ending polio. For nearly 40 years, we have promised the world's children we will eliminate this disease. Despite obstacles, we persist, and today we are closer to defeating the virus. Keeping this promise is the very definition of integrity.

The same integrity must drive our vocational service. With 1.2 billion young people in emerging economies reaching working age in the next decade and only 420 million jobs projected, we face a critical gap. Communities long excluded from economic opportunities need our support.

Club President : Santanu Roy  
Club Secretary : Dr Dipen Borthakur  
Editor : Bhaskar Chaudhuri

with Rotary's values creates lasting change. The question isn't whether you have something to offer, it's how you'll use your skills to serve.

This January, I encourage you to ask how your club can address vocational needs in your community. What skills do your members have that could change someone's life? How can your networks open doors for young people? What partnerships can create sustainable jobs?

Let integrity guide you. Let The Four-Way Test light your path. And let the young people in California and the multitudes worldwide who need job skills remind you why vocational service matters.

Let us celebrate putting our professional skills to work for humanity with integrity at the heart of everything we do.



### From the Editor

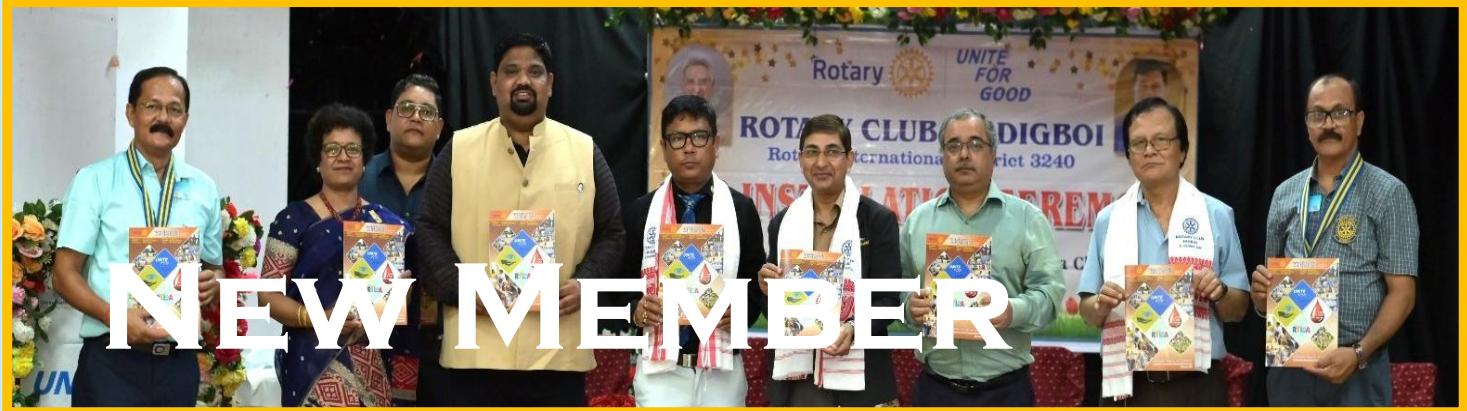
As we step into January, a month of fresh beginnings, warm seasonal greetings to all our members and readers. The New Year brings renewed hope, energy, and commitment to service above self, values that continue to guide the journey of आदर्श.

This month, we proudly reflect on our impactful activities. The cataract operation initiative has restored not just eyesight, but dignity and independence to many lives—truly a service that touches the heart. Our awareness program on Organic Farming encouraged sustainable practices and reminded us of our responsibility towards health and the environment. Adding youthful enthusiasm to our schedule was the visit of students from Sri Sri Gayan Mandir School, whose curiosity and smiles made the interaction meaningful and inspiring.

We also carry a sincere message from PP Rtn Dipok Chandra Gupta, who has requested all members to attend the Rotary weekly meetings regularly. Active participation strengthens fellowship, ideas, and service outcomes.

Let this January set the tone for a year filled with compassion, unity, and purposeful action.

Bhaskar Chaudhuri



## Welcome to Rotary!

Rotary is proud to welcome you to our global community of more than 1.2 million Rotary and Rotaract members dedicated to building a better world.

You make Rotary stronger. By adding your skills, experience, and enthusiasm to your club, you can advance communities at home and on a global scale. Together, we can eradicate polio, train more skilled peacemakers, and provide lasting solutions for communities fighting disease, hunger, illiteracy, and poverty.

Through the Rotary community, you can exchange ideas and build lifelong friendships with people who share your passion for service. Take advantage of the resources and activities available through your club, district, and Rotary International to make your experience with Rotary both rewarding and fun.

## How do I start?

There are many ways to make the most out of your Rotary experience.

Get started today:

- Sign up for a *My Rotary* account to access the benefits of Rotary
- Learn about Rotary and The Rotary Foundation in *Rotary Basics*
- Take a course in the Learning Center
- Serve on a club committee where you can use your skills
- Identify a need in your community and suggest a hands-on project to address it
- Work with a youth service program sponsored by your club, such as Interact or *Rotary Youth Leadership Awards (RYLA)*
- Recommend a colleague or friend for membership in your club

## How can I meet other members?

Rotary's global network provides a great opportunity to expand your contacts and friendships to other countries while creating a foundation of support with communities around the world.

## Consider these opportunities:

- Visit another club
- Connect with members around the world who share your hobbies and personal interests or your expertise and make a difference in projects outside your club or district
- Participate in a Rotary Friendship Exchange
- Attend the Rotary International Convention

## Where do I go for help?

Want to learn more? Talk to your club members or committees, and if we can help, let us know. Email the Rotary Support Center.





On 7<sup>th</sup> of December, 2025, Rotary Club of Digboi in association with Govt of Assam organised a cataract detection camp followed by free operation and check up at Udaipur, Jagun. A total number of 34 patients were there for primary check-up and 13 were detected with cataract.

These patients will be taken to Dibrugarh Dristi Hospital for further treatment and operation total free of cost. From R.C. Digboi, President Rtn Shantanu Roy, Rtn. Trilok Gupta, Rtn. Kailash Gupta, Rtn Deepasree Das Sarkar attended the camp.



The cataract patients detected during our camp were followed up On 17<sup>th</sup> Dec. Arrangements have been made to refer for further cataract surgery at Dibrugarh. This follow-up initiative reflects our commitment to providing quality eye-care service to underprivileged patients & ensuring successful restoration of vision.



Rotary Club of Digboi conducted an awareness camp at Digboi High School on 4th Dec. 2025.

Nearly 360 students, school staff & our club members actively participated in the programme. Rtn. Arup Goswami delivered an informative session on organic farming. The student showed great interest & even expressed their willingness to start preparing vermi compost within the school premises.

Our main motive behind this awareness programme was to help people understand the benefits use of organic product in our daily life & to encourage sustainable, eco- friendly practices.



**Re-erected the Rotary "Welcome Signboard" at the entrance of Digboi which was pending from long time, by our present Club President Santanu Roy and PP Purna Borah on 5<sup>th</sup> December 2025**



## Stargazing: A Beginner's Guide to Exploring the Night Sky

Have you ever looked up at the night sky and wondered what's out there? Stargazing—observing stars, planets, and galaxies—has fascinated humans for centuries. From ancient navigators to modern astronomy lovers, people across time and cultures have found wonder in the stars.

Today, stargazing is more than just a hobby. It's a peaceful way to relax, practice mindfulness, and feel connected to the universe. Whether you're spotting constellations or watching a meteor shower, the night sky has something magical to offer.

### What is Stargazing?

Stargazing is the act of observing the night sky, a practice that has been around for thousands of years. People engage in stargazing to admire the beauty of the stars, understand celestial phenomena, or even attempt to decipher the mysteries of the universe.

### Why is Stargazing Popular?

Stargazing has captivated people for centuries, and its popularity has not waned. There are several reasons why stargazing continues to be a favorite activity for many:

- Connection to Nature.
- Mindfulness and Relaxation
- The Beauty of the Cosmos
- Celestial Events
- Increasing Interest in Space Exploration

To make the most of your stargazing experience, it is essential to choose the right time. Here are some key factors to consider when deciding when to go stargazing:

**Seasons:** Winter is often the best season for stargazing due to clear skies, lower humidity, and crisp air. These conditions make celestial objects more visible.

**Moon Phases:** A full moon can wash out the night sky with its bright light, making it harder to spot faint stars. To get the best view, try to plan your stargazing sessions during a new moon or when the moon is in its crescent phase.

**Weather Conditions:** For optimal stargazing, you need clear skies. Cloud cover, fog, and humidity can hinder visibility.

### Essential Stargazing Tips for Beginners

As a beginner, it's important to start with the basics to ensure an enjoyable and rewarding stargazing experience. Here are some tips to help you get started:

**Finding a Dark Spot:** Light pollution is a major obstacle when it comes to stargazing. To enjoy the clearest views, try to find a location away from artificial lights, such as city streetlights.

**Let Your Eyes Adjust:** When you step outside for stargazing, your eyes will need time to adjust to the darkness. This process can take around 20 to 30 minutes, so be patient and avoid looking at bright lights during this time.

### Use the Right Tools:

**Naked Eye:** You can enjoy stargazing with just your eyes. Many constellations and planets are visible without any tools.

**Binoculars:** Binoculars are a great option for beginners, allowing you to get a closer look at celestial objects without the need for a full telescope.

**Telescopes:** If you want to dive deeper into the world of stargazing, a telescope is an excellent investment. With one, you can observe planets, moons, and even distant galaxies in greater detail.

**Helpful Apps & Guides:** Star maps and stargazing apps are great resources for beginners. Apps like Stellarium, SkySafari, and Star Walk 2 can help you identify stars, planets, and constellations in real-time.



Vermi-compost is the product of the decomposition process using various species of earthworms to create a mixture of decomposing vegetable or food waste, bedding materials, and vermicast. This process is called vermicomposting, while the rearing of worms for this purpose is called vermiculture.

Vermicompost contains water-soluble nutrients and is an excellent, nutrient-rich organic fertilizer and soil conditioner. It is used in farming and small scale sustainable, organic farming.

Vermicomposting has gained popularity in both industrial and domestic settings because, as compared with conventional composting, it provides a way to treat organic wastes more quickly. In manure composting, it also generates products that have lower salinity levels.



Factors affecting the speed of composting include the climate and the method of composting. There are signs to look for to determine whether compost is finished. The finished compost would have an ambient temperature, dark color, and be as moist as a damp sponge. Towards the end of the process, bacteria slow down the rate of metabolizing food or stop completely.

Vermicompost has been shown to be richer in many nutrients than compost produced by other composting methods. It is rich in microbial life which converts nutrients already present in the soil into plant-available forms.

Unlike other compost, worm castings also contain worm mucus which helps prevent nutrients from washing away with the first watering and holds moisture better than plain soil.

The major benefits of vermi composting are as summarised below :

- Improves soil aeration
- Enriches soil with micro-organisms (adding enzymes such as phosphatase and cellulase)
- Improves water holding capacity of soil
- Enhances germination, plant growth, and crop yield
- Biowastes conversion reduces waste flow to landfills
- Low capital investment and relatively simple technologies make vermicomposting practical for less-developed agricultural regions

If you are interested to prepare your own vermicompost, please feel free to drop at our Adarsh Seuj Prakalpa, Muliabari for hands on training.

As banana trees are favourite food of the earthworms, we used to collect the banana trees after the Dewali from the entire township of Digboi and besides preparing vermi compost for our garden it also helps in keeping our Digboi town clean.





On 22.12.2025, approximately 60 students from Sri Sri Gayan Mandir School, Purani Pukhuri, Tinsukia, accompanied by their teacher, visited our ASP to gain practical exposure to organic manure preparation and to understand its long-term benefits for soil health and sustainable agriculture.

Sri Sri Gyan Mandir School, established by the Art of Living, is an institution that blends quality education with strong human values. Guided by the vision of Gurudev Sri Sri Ravi Shankar, the school emphasizes not only academic excellence but also character building, stress-free learning, and inner growth. Through a balanced curriculum that includes modern education, yoga, meditation, and life-skills training, the school helps students develop confidence, discipline, and compassion. Sri Sri Gyan Mandir School aims to create responsible global citizens who contribute positively to society while maintaining peace and harmony within themselves and others.

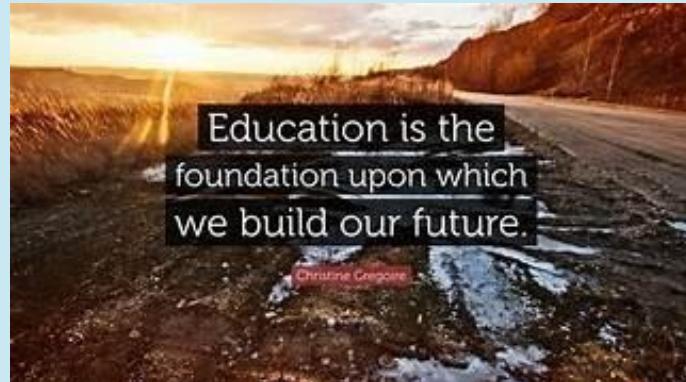


The interaction generated keen interest among the students. To motivate & encourage them lunch was arranged for all.

The visit proved to be an enriching learning experience & helped spread awareness about the importance of adopting organic practices from an early stage.



During the visit, the students were given hands on training & detailed explanations on the process of preparing organic manure, highlighting its role in eco-friendly farming & improve crop productivity.



# ডিগবৈ ৰটাৰী ক্লাবৰ সদস্যসকলৰ প্রতি আবেদন

-দীপক চন্দ্র গুপ্ত



মোৰ দাদাৰ হাঁটুৰ চিকিৎসাৰ বাবে ভেলোৰৰ খ্ৰীষ্টিয়ান মেডিকেল কলেজ বা চমুকৈ CMC লৈ গৈছিলোঁ। অপাৰেচেনৰ প্ৰয়োজন হোৱাত চিকিৎসকে আমাক চাৰি বটল তেজৰ বন্দোৱন্ত কৰি থ' বলৈ ক' লে আৰু লগতে এইবুলিও ক' লে যে তেজ কোনো নিচাগ্রন্ত লোকৰ পৰা লোৱা হ' ব নালাগিব। যিহেতু মই ৰটাৰী ক্লাবৰ সদস্য, সেয়ে মই জানিছিলোঁ যে ভেলোৰৰ কোনো ক্লাবৰ সৈতে কথা পাতিলে হয়তো তেজৰ বন্দোৱন্ত হৈ যাব। কিন্তু মই তাত বটাৰী ক্লাব ক' ত আছে জনা নাছিলোঁ। বহুত খা-খবৰ কৰাৰ পিচত জানিব পাৰিলোঁ যে ভেলোৰত মুঠ তেৰটা ৰটাৰী ক্লাব আছে আৰু ঠিকনা চাই এটা ক্লাবৰ খবৰ লওঁ। সেই ক্লাবটোৰ শনিবাৰে সাত বজাত মিটিং আছিল। মই মোৰ ভতিজা ল' বাটোক লগত লৈ দহ মিনিট আগতেই ক্লাবটো পাওঁগে, কিন্তু কোনো সদস্যক দেখা নাপালোঁ। মিটিং হ' বলগীয়া ঠাইত এখন হোটেল আছিল আৰু হোটেলৰ মানুহৰ পৰা জানিব পাৰিলোঁ যে ঠিক সময়ত সকলো আহি উপস্থিত হ' বহি। মই দেখা পাইছিলোঁ মিটিংৰ সময় সাতটাৰ ঠিক দুই-তিনি মিনিট আগতেই সকলো সদস্য আহিবলৈ আৰন্ত কৰিছিল আৰু ঠিক সাত বজাৰ ভিতৰতে সকলো সদস্যই সভাকক্ষত আসন গ্ৰহণ কৰিছিল। সদস্যৰ উপস্থিতিৰ সংখ্যা বেচ ভাল আছিল। পিচত মই ক্লাবৰ সভাপতিৰ পৰা জানিব পাৰিলোঁ যে প্ৰতি সপ্তাহতে প্ৰায় ৯০-৯৫% শতাংশ সদস্য উপস্থিত থাকে।

নিৰ্ধাৰিত সময়ত প্ৰায় সকলোৰোৰ সদস্যক লৈ সভা আৰন্ত কৰা দেখি মই আপ্লুত হৈ উঠিছিলোঁ। পিচত আৰু অন্যান্য ক্লাবলৈ গৈ একেই দৃশ্য দেখা পাইছিলোঁ।

আমাৰ ডিগবৈ ৰটাৰী ক্লাবৰ প্ৰতিজন সদস্যই শিক্ষিত আৰু তেওঁলোকৰ কাৰ্যক্ষমতা অতি প্ৰৱল। সদস্যসকলৰ মাজত শিক্ষক, চিকিৎসক, অভিযন্তা, ব্যৱসায়ী, ভাৰতীয় তেল নিগম (অসম অইল সংমণ্ডল)ৰ উচ্চপদস্থ বিষয়া আৰু সমাজসেৱক আছে। প্ৰতিজন সদস্যই নিজ নিজ কামত সুনাম অৰ্জন কৰিছে।

ডিগবৈ ৰটাৰী ক্লাবে জন্মলগ্নৰ পৰা আজি পৰ্যন্ত নানান জনহিতকৰ আৰু সামাজিক কাম ডিগবৈ আৰু ইয়াৰ পাৰ্শ্বৰতী বহুতো গাঁৱত কৰি আহিছে।

অতীতত আৰু বৰ্তমানেও ডিগবৈ ৰটাৰী ক্লাবে নানান জনহিতকৰ আৰু সামাজিক কাম-কাজ কৰি আহিছে। ক্লাবৰ কোনো কামেই ক্লাবৰ সদস্যসকলৰ সহযোগিতা অবিহনে কোনোপধ্যেই সন্তুষ নহয়। আমাৰ বাবে অকলে কোনো সেৱামূলক কাম-কাজ কৰাটো সন্তুষ নহয়। যদিও কৰা হয় তেন্তে সেই সেৱাৰ সুবিধা মাথোঁ দুই-এজনে উপভোগ কৰিব পাৰিব। কিন্তু ৰটাৰী ক্লাবৰ মাধ্যমেৰে সকলোৱে মিলি-জুলি কাম কৰিলে তাৰ ফল অনেকেই উপভোগ কৰিব পাৰিব।

ৰটাৰী ক্লাবৰ নানান জনহিতকৰ কামৰ সৈতে যুক্ত হৈ মই ক্লাবৰ সদস্য হোৱাৰ বাবে গৰ্ব অনুভৱ কৰোঁ। তদুপৰি সমাজৰ সেৱা কৰাৰ সুযোগ পাই মই ধন্য হৈছোঁ।

সাম্প্রাহিক মিটিংত সদস্যসকলে সমবেত হৈ ক্লাবৰ কামৰ বাহিৰেও নিজৰ মাজত কথা-বাৰ্তা পাতি পাৰস্পৰিক সম্পর্ক অধিক দৃঢ় কৰি তুলিব পাৰে। ইয়াৰ বাহিৰেও অন্যান্য বিভিন্ন ক্লাবৰ সদস্যসকলৰ সৈতে সম্পর্ক গঠি তুলিব পাৰে।

মই কলকাতাত থকা সত্ত্বেও ডিগবৈ ৰটাৰী ক্লাবৰ সদস্য হৈ আছোঁ আৰু থাকিম যিহেতু ক্লাবৰ জন্ম লগ্নৰ পৰাই মই সদস্য হৈ আছোঁ। প্ৰতি বছৰে জুলাই মাহত নতুন সমিতি গঠন কৰাৰ সময়ত মই কলকাতাৰ পৰা ডিগবৈলৈ গৈ ক্লাবৰ অনুষ্ঠানত যোগ দিওঁ। অনুষ্ঠানত ক্লাবৰ সদস্যসকলক লগ পাই অফুৰন্ত আনন্দ উপভোগ কৰোঁ। কোনো কোনো সদস্যক লগ নাপাওঁ তেওঁলোক অনুষ্ঠানত উপস্থিত নথকাৰ বাবে।

এটা কথা সঁচা যে ডিগবৈ ৰটাৰী ক্লাবৰ মানদণ্ড অতি উচ্চ আৰু সদস্যসকলে মিলিজুলি নানান সামাজিক কামত আৰু উন্নতি কৰিব পাৰিব বুলি মোৰ দৃঢ় বিশ্বাস।

ৰটাৰী দীৰ্ঘজীৱী হওক।

ডিগবৈ ৰটাৰী ক্লাব দীৰ্ঘজীৱী হওক।

**“Fellowship isn’t just what we do for each other. Fellowship is what we do together for the world.”**