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Not long ago, in a small health center in the village of Aaye in southwest Nigeria, a woman arrived in labor carrying twins. The facility was short-staffed. The nurse midwife in charge was not present.

A community health worker stepped forward. She had participated in Together for Healthy

Families in Nigeria, a Rotary Foundation Programs of Scale initiative. And though she was not formally trained as a midwife, she was equipped with essential emergency obstetric skills.

Hours later, both babies had been delivered, one at the health center and the other at a general hospital, where the mother had been referred after complications were quickly identified. The newborns and their mother were alive and safe.

Women around the world face similar circumstances every day — moments when the difference between life and loss depends on well-trained medical staff and reliable systems and procedures.

Together for Healthy Families in Nigeria exists to increase the chances that those moments end in hope. By strengthening health systems and training frontline workers, this program helps communities protect mothers and children even when circumstances are difficult.

This work reflects the very heart of Rotary service. Service is not only what we do when conditions are ideal. It is what we do when systems are strained, resources are limited, and the need is urgent. It is the commitment to prepare people before a crisis arrives and to stand with communities when it does.

Maternal and child health is not an abstract goal. It is deeply personal. It is a mother who survives childbirth. It is a newborn who takes a first breath. It is a family that remains whole because someone was trained, ready, and cared enough to act.

Programs like Together for Healthy Families in Nigeria show what is possible when Rotary brings together local knowledge, global partnerships, and sustainable solutions. By working alongside health professionals and local leaders, Rotary helps ensure that lifesaving care does not depend on luck or location.

The story of the mother and her twins is at its core a story of service. It is a reminder that Rotary's impact is measured in human moments when people step forward to help others in their most vulnerable hours.

When we Unite for Good, service becomes more than an ideal. It becomes a lifeline for families, a source of strength for communities, and a promise that Rotary will continue to go wherever help is needed most.



From the Editor

As we welcome another vibrant edition of *Adarsh*, it is with immense pride and gratitude that we reflect upon a month filled with purpose, compassion, and meaningful service. March has been particularly special, as it gave us the opportunity to celebrate the spirit, strength, and resilience of women through our dedicated initiatives around Women's Day.

Our Women's Day celebrations were not merely symbolic but deeply impactful. The health awareness program organized for women served as a significant step toward empowering them with knowledge about their well-being. It was heartening to witness enthusiastic participation and engagement, reaffirming our belief that awareness is the first step toward change..

Continuing our commitment to community health, we successfully conducted an eye camp, bringing essential vision care services to those in need.

Adding a refreshing and inspiring dimension to this issue is a special travelogue by our very own Rtn. Darshita. It is a delightful read that transports us beyond our routine and inspires us to embrace new experiences.

Wishing you all an inspiring read.

Bhaskar Chaudhuri



In observance of the March theme of Water, Sanitation and Hygiene (WASH), the Rotary Club of Digboi undertook a meaningful initiative by constructing a concrete wash basin at Borjan LP School.



In conjunction with the March Rotary Theme, WASH (Water, Sanitation, and Hygiene), Rotary Club of Digboi organized an Awareness Program on Hand Washing techniques as an initiative to promote hygiene and sanitation among the students. The programme was held at Borjan LP School on 26th March, 2026. The Secretary of Rotary Club of Digboi

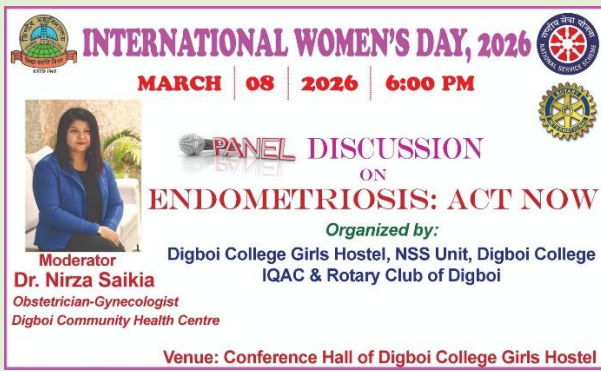


On 26th March 2026, the ceremonial inauguration of the wash basin was held in the presence of Rotary members, school staff, and students. The programme was hosted by Dr. Dipen Borthakur, Secretary of the club. The school authority conveyed thanks to RC Digboi for this initiative taken for the benefits of the students of rural area.



Rtn Dr. Dipen Borthakur demonstrated six steps of hand washing techniques to the students and explained how various diseases can be prevented by applying proper hand washing techniques. The programme was attended by the members of Rotary Club of Digboi, school staff, students and other members of the village.





The panel discussion was moderated by Dr Nirza Saikia, O & G specialist, Digboi CHC. Present were teaching faculty of Digboi College, Dr. Sangeeta Saikia, Dr. Lakhi Devi, Ms Sangeeta Tamang, Ms Neha Kumari, Ms Kalyani Rajak. The students interacted actively. The program ended with cake cutting with the cook and helpers of Girls' Hostel.

Earlier women entrepreneurs of Digboi were felicitated at our weekly meeting at our Club Premises

Endometriosis is a complex disease that affects many women, globally from the onset of their first period (menarche) through menopause, regardless of ethnic origin or social status. March is observed as The Endometriosis Month, to create awareness and in an endeavour to promote quality of life amongst endometriosis affected women.

The theme for International Women's Day 2026 is **"Give To Gain"**, emphasizing the positive impact of generosity and support for women, leading to societal growth and equality. This theme encourages people to contribute time, resources, and advocacy to create opportunities for women.

Additionally, the United Nations observes International Women's Day 2026 with the theme **"Rights. Justice. Action. For ALL Women and Girls"**, focusing on equal justice, protection of women's rights, and collective action towards gender equality.



In conjunction with both the theme, Digboi College Girls Hostel, NSS Unit, IQAC cell of Digboi College and Rotary Club of Digboi organised a panel discussion on de busting Myths regarding Endometriosis in Girls Hostel, Digboi on 8th March 2026 at 6 pm in the college hostel premises.



The program was conducted by Mr Rajib Rudra Tariang, HOD, Zoology Department of the college.



A Health and Nutritional Awareness Program for post-natal mothers was organized by Rotary Club of Digboi on 5th March, 2026 at the Anganwadi Centre of AR&T Company, Margherita.

A total of 35 mothers, along with 5 medical staff and 4 ASHA workers, attended the program. The session was conducted by Rtn. Dr. Dipen Borthakur, who spoke about the importance of proper nutrition, personal hygiene, breastfeeding practices, and overall health care for mothers and new-borns during the post-natal period.



The President of RC Digboi, Rtn. Santanu Roy, also addressed the gathering and assured continued support from the club for similar health awareness initiatives in the future. The program concluded with an interactive discussion where participants shared their concerns and received guidance from the resource person.





 বটাৰী ক্লাৰ অফ ডিগবৈ, ইন্টাৰেক্ট ক্লাৰ অফ অইল ডালী স্কুল
 আৰু ৰেনু আই কেয়াৰ চেণ্টাৰ, ডিব্ৰুগড়ৰ সহযোগত
বিনামূলীয়া চকু পৰীক্ষা শিবিৰ
 প্ৰয়োজন অনুসাৰে বিনামূলীয়া চশমা বিতৰণ কৰা হ'ব।

A Cataract Detection Camp was organized by the Rotary Club of Digboi on 17th March, 2026 at 2 No. Golai Parthamik Vidyalaya. The camp was conducted in association with the District Blindness Control Society, Tinsukia.



A total of 117 persons were screened during the camp, out of which 20 individuals were diagnosed with cataract. Necessary arrangements have been made for their follow-up surgeries at Dibrugarh.





Rotary Club of Digboi, in association with Team UPHC, Margherita, organized an Awareness-cum-Campaign Programme on Human Papilloma Virus (HPV) infection, its updated vaccination protocol, vaccination process. The programme was held at the AR&T Company Anganwadi Centre, Margherita, on 18th March 2026. The secretary Rtn Dr. Dipen Borthakur attended as the resource person and interacted by addressing the importance of early prevention, timely vaccination, and awareness among the community.

More than 35 parents along with their adolescent girls actively participated in the programme, making it a meaningful and impactful awareness initiative.



On the occasion of Annapurna Puja Rotary Club of Digboi conducted an Annadaan program at Borjan village on 26th March, 2026. The Club has arranged lunch and sweets for about 80 members of the village. President, Secretary and other members of the club participated in distributing the food among the villagers.

Annapurna Jayanti is one of the most meaningful festivals in Hindu tradition. This day is dedicated to Goddess Annapurna, who is worshipped as the divine mother of nourishment. Food is one of the most basic needs of life, and this festival reminds us that every meal we receive is a form of blessing.

The festival highlights a simple truth—life becomes complete when there is food on the plate. Families perform puja and donate food as an act of gratitude. Across India, temples of Goddess Annapurna become centres of devotion, where devotees pray for prosperity and nourishment.





A Memorable Journey from Digboi to Gujarat : Ms. Darshita Borah

Travelling is one of the best ways to explore new places, cultures, and experiences. Our journey from Digboi in Assam to Vadodara in Gujarat was an unforgettable trip filled with adventure, spirituality, and learning. This six-day journey gave us the opportunity to visit some of the most famous and sacred places in Gujarat.

We along with Trilok uncle, aunty, Yash and Urvi travelled from Digboi to Vadodara. The journey began with a flight from Dibrugarh to Vadodara on Monday 23rd March 2026. Bhaskar uncle received us at the airport and took us to their residence.

Next day, we visited the magnificent Statue of Unity, the tallest statue in the world, standing at 182 meters. It is dedicated to Sardar Vallabhbhai Patel, one of India's greatest leaders. The statue was truly awe-inspiring, and the surrounding area was beautifully developed, making it a perfect tourist destination.

On the second day, we explored the vibrant city of Vadodara. We visited local markets and experienced the rich culture of Gujarat. Shopping in Vadodara was especially exciting, as we found many traditional items and unique souvenirs.

The third day involved a long journey to Dwarka in a tempo traveller. After travelling throughout the day, we reached Dwarka in the evening and visited the sacred Dwarkadhish Temple. The peaceful atmosphere and spiritual energy of the temple made the experience truly special.



On the fourth day, we visited the famous Nageshwar Jyotirlinga, one of the twelve sacred Jyotirlingas of Lord Shiva. Later, we travelled to Beyt Dwarka, an island believed to be the original residence of Lord Krishna. In the afternoon, we continued our journey to

Somnath.

The fifth day began with a morning visit to the holy Somnath Temple, one of the most important pilgrimage sites in India. The temple's rich history and divine atmosphere left a deep impression on us. After darshan, we returned to Vadodara.



On the final day, we took a flight back to Dibrugarh from Ahmedabad, marking the end of this beautiful journey. This trip was not only enjoyable but also educational, as we learned more about India's rich history, culture, and spirituality.



We are thankful to Bhaskar uncle for organizing the trip His planning, guidance, and efforts made the journey smooth, comfortable, and truly memorable. We are sincerely grateful to him for making this trip so special.