



Rotary  
R.I. District 3200

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Service

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Rtn. Binay Kumar Pathak  
Editor RY 2025-2026



## Editorial

Good Evening Rotarians,

Trauma is the integral corollary of the subject "Mental Health". Trauma can have a profound impact on a person's mental health. In case of a traumatic event body's stress response is triggered, releasing stress hormones like cortisol and adrenaline. This can affect the development and function of brain regions involved in emotional regulation, memory and stress response. Types of trauma includes acute, chronic and complex traumas. The acute trauma results from a single incidence; the Chronic trauma results from ongoing exposure to traumatic events, such as domestic violence or abuse, while Complex trauma results from continued exposure to multiple traumatic events, often interpersonal, like childhood abuse.

The impact of trauma is influenced by severity and duration of exposure to trauma. More intense or prolonged trauma has worse outcomes. The availability of support system influences to mitigate negative effects of trauma. Stronger the support system faster is the recovery whereas it's absence results in worsening of the effects of trauma. The resilience of the individual to copy skills and adaptability play crucial role in recovery from trauma. It is true that traumas from violence to the femininity of a woman is not a physical violence to her body only but it is violence against her soul. This type of violence severely disturbs the overall orientation of her body and mind and leaves a deep scar on her mental and physical platform.



The remedies to exit from traumas require application of trauma focussed therapies like CBT, EDMR, etc. Somatic therapies directed to adaptation of and moderation of thinking, logical and skills to harness a new approach, overriding the elements of previous traumas are essential tools to help emerge from traumas. Sometimes medications do become necessary tool in the therapy of managing depression, anxiety, obsessive compulsive screening of traumatic events in the mind of affected persons. Finally the support in developing mindfulness, exercise and creative outlets have often resulted in recovery of the affected persons.

Proceedings of 3321st Regular Weekly Meeting of Rotary Club of Burdwan held on 05.03.2026 at 6.30 p.m. at Rotary Bhavan, Borehat, Burdwan.

IPP Rtn. Syamantak Haldar, Working President called the meeting to order.

Members sang 'National Anthem'.

Object of Rotary was recited by PP Rtn. Ashok Saraogi.

Rtn. Sanjoy Singhania read over the 4-way test.

The proceedings of the last meeting circulated among the members were confirmed.

President expressed thanks to the members for cooperating and participating in the 'Mental Health' project organized in three stages.

Rtn. Arjun Prasad Sharma reported the programme briefly. He stated that the overall programme was successful. So many members, guest Rotarians and outsiders attended the programme.

President reported that the explanation made by expert speaker on Artificial intelligence and mental health should be a fruitful solution before us.

Rtn. Jyotirmoy Choudhury invited our members in the reception ceremony of his brother on 11th March at Ullas.

Rtn. Soham Hazra made the following fellowship announcement.

Birthday of : 1) Rtn. Sanket Roy on 5th Feb. 2) Rtn. Surendra Singh Bhutoria on 9th Feb.

Members wished many more happy returns of the day.

Rtn. Dr Arindam Mondal, Sergeant-At-Arms reported as follows.

Total members ...74, Members present.....20

The meeting was adjourned.

President.

