

## EDITORIAL



Dear members,

Very Happy New Year and Warm Rotary Greetings to all.

The New Year has come with the usual fanfare and merry making. It has started with songs, dances and light hearted banter among fellow Rotarians. Many more events like picnics, group outings and similar activities expected to follow as is the highlight of January, but even more important feature of January for Rotarians is the observance of the month as Vocational Service month. To understand the importance of Vocational service one has to do a little perspective. Today, we can take some pride in the rise in the level of education in the country, while at the same time we also we need to ponder over the increase in educated unemployed. To a large extent this can be attributed to the legacy of the colonial rule which is continuing till now. As explained by a speaker in a meeting, the education system under the British was designed to produce only clerks to perform the clerical jobs for the then masters efficiently. Our education system post-independencelargely continued to follow the same pattern.

A rapidly developing country, on the other hand required skilled manpower to grow in tandem with the needs - Mechanics, electricians, nurses, pathologists, machinists, drivers, accountants, even highly skilled welders, tailors etc. There is a wide gap between supply and demand. Rotary was among the first to realise this worldwide and therefore has highlighted this by including Vocational Service in its five Avenues of Service designating every January as Vocational Services month. New members will be happy to know that our club has undertaken such initiatives in the past, like driver training, tailoring etc to boost and highlight the importance of Vocational training it has been rewarding selected persons from various professions, including nurses, firemen, policemen etc. under the Vocational Services award - made possible by a personal grant from our respected past member PP P D Bagri.

I request all member, particularly the new members to carry on this important effort with greater vigour.

Yours in Rotary,

**Rtn. Bijoy Dash**

## FROM PRESIDENT'S DESK



Dear Fellow Rotarians and Rotary Family,

Warm greetings to you all.

January, observed as Vocational Service Month, gives us a meaningful opportunity to reaffirm Rotary's core belief that every profession is a powerful medium for service.

It is through ethical conduct, professional excellence, and dedication to society that vocations truly become instruments of positive change.

In this special month, our club will also recognize and honour outstanding professionals from various vocations who have demonstrated excellence, integrity, and selfless service in their respective fields. By acknowledging their contributions, we aim to inspire our members and the larger community to uphold high professional standards and use their skills for the greater good.

The Rotary Club of Bhubaneswar has consistently promoted vocational development, skill enhancement, and ethical practices. Let us continue to leverage our collective expertise to empower individuals, strengthen livelihoods, and build a more inclusive and self-reliant society.

As we step into New Year 2026, I extend my heartfelt wishes to all our members and their families for good health, happiness, peace, and professional growth. May the year ahead bring renewed enthusiasm, stronger fellowship, and many opportunities to serve with purpose and compassion.

Together, let us move forward with unity and determination, living the Rotary motto Service Above Self, and making 2026 a year of impactful service and enduring legacy.

With warm regards and best wishes,

**Rtn. Sanjaya Chaudhury**

## ***MANY MANY HAPPY RETURNS OF THE DAY***

### **BIRTH DAYS**

- 01 Jan : Rtn. Er. S S Harichandan  
01 Jan : Rtn. Dr. Soumya Ranjan Patnaik  
01 Jan : PDG Jayashree spouse of PP Rtn. Tanmay Mohanty  
02 Jan : Rtn. Santosh Kumar Rout  
02 Jan : Rtn. Sushil Kumar Surekha  
02 Jan : Mrs. Puspanjali spouse of PP Rtn Dr. Ashok Kumar Panda  
03 Jan : Mrs. Poonam Ray spouse of Rtn. Bhuban Dash  
04 Jan : Mrs. Sarasweta spouse of Rtn. Santosh Kumar Nayak  
05 Jan : Mrs. Sonali spouse of Rtn. Srijat Mishra  
09 Jan : Rtn. Dr. Arun Kumar Rath  
10 Jan : Rtn. Santosh Kumar Nayak  
10 Jan : Mrs. Sunita spouse of PP Rtn. Braj Kishore Sharma  
10 Jan : Mrs. Usha spouse of Rtn. Prasan Kumar Dixit  
11 Jan : Rtn. Kshiti Ranjan Das  
12 Jan : Rtn. Dr. Rudranarayan Patnaik  
14 Jan : Mr. Manoj spouse of Rtn. Lana Mohanty  
18 Jan : PDG Narendra K Mishra  
18 Jan : Rtn. Tapas Ranjan Das  
20 Jan : Mrs. Saveeta spouse of PP Rtn. P K (BHUMI) Mohanty  
24 Jan : Mrs. Krishna spouse of Rtn Biswajit Patra  
25 Jan : Mrs. Snigdha spouse of Rtn. Bibhudutta Paikaray  
27 Jan : Mrs. Shuchismita spouse of Rtn. Kshiti Ranjan Das  
28 Jan : Rtn. Devadutta Kumar

### **ANNIVERSARY**

- 10 Jan : Rtn. C C Sonny & Lincy  
12 Jan : Rtn. Bijoy Kumar Mohanty & Rashmi  
22 Jan : Rtn. Dr. Nihar Mohanty & Smita  
22 Jan : Rtn. Ishani Das Gupta & Debasish  
24 Jan : Rtn. Biswajit Patra & Krishna  
24 Jan : Rtn. Shubhra Sahu Patro & Sangram  
25 Jan : Rtn. Maj. Gen. Pradeep Kumar Patnaik & Lalita  
26 Jan : Rtn. Munmun Das & Sai Ranjan  
26 Jan : Rtn. Dr. Soumya Ranjan Patnaik & Dr Ananya  
27 Jan : Rtn. Lalit Kumar Sahoo & Surekha  
30 Jan : Rtn. Surendra Nath Pattnaik & Sanjeeta  
31 Jan : PP Rtn. Er. S S Harichandan & Puspa



## Minutes of the 21st Weekly (Speaker) Meeting of the Rotary Year 2025-26 held on 1st December 2025 at 7.00 pm at Rotary Bhawan

### 1. Call to Order:

President Rtn. Sanjaya K. Chaudhury called the meeting to order and requested all members to observe a one-minute silent invocation for world peace, followed by the Vedic chanting "Sarve Bhavantu Sukhinah." The President requested all members to stand for one minute of silent prayer in honor of the departed soul of Suresh, beloved spouse of Rtn. Epari Sushma.

### 2. Welcome Address

The President warmly welcomed all Rotarians and guests. He appreciated members for their continued support and contribution to The Rotary Foundation.

He urged members to actively participate in all December activities, the month designated as Disease Prevention and Treatment Month.

He expressed gratitude to Padma Shri Dr. Ashok Mohapatra, eminent neurosurgeon, for gracing the meeting as the Guest Speaker and welcomed him to the dais.

### 3. Confirmation of Minutes & Secretary's Report

Secretary Rtn. Biswajit Patra read out the minutes of the 20th Weekly Meeting held on 24th November 2025, which were unanimously approved.

He briefed members on the week's activities and upcoming programs.

He thanked members for attending the Certificate Programme on Public Relations held from 24th-28th November 2025 and expressed gratitude to PP Rtn. Dr. Ashok Panda for the meticulous planning and successful execution of the program.

The Secretary also informed the house about

the 80th Charter Day Celebration of Rotary Club of Cuttack, where our senior Rotarian PDG D. N. Padhi, IAS (Retd.) was the Chief Guest.

PP Rtn. Tanmay Mohanty, PP Rtn. B. K. Sharma, President Rtn. Sanjay K. Chaudhary, and Secretary Rtn. Biswajit Patra attended the event. All Presidents and Secretaries were honoured by the RC Cuttack President. He then briefed the members about the planned activities of the club for December.

### 4. Acknowledgement of Inner Wheel Members

The President acknowledged the presence of the Inner Wheel Club of Bhubaneswar President and other Inner Wheel members attending the meeting.

### 5. Felicitations

Members celebrating birthdays and wedding anniversaries were felicitated with warm greetings and applause, led by Rtn. Madhuri Pattnaik.

### 6. Introduction of Guest Speaker

The President invited PP Rtn. S. K. Das to introduce the Guest Speaker, Padma Shri Rtn. Dr. Ashok Mohapatra.

Rtn. Dr. Mahesh Prasad Rout also shared additional insights into Dr. Mohapatra's distinguished contributions.

### 7. Speaker's Address

Padma Shri Dr. Ashok Mohapatra, renowned neurosurgeon, delivered an insightful address on Disease Prevention and Treatment.

He emphasized the importance of maintaining harmony between body, mind, and soul, guided by Vedic principles.

Key points from his address included:

- Early to bed and early to rise
- Avoid junk food
- Regular exercise and pranayama
- Routine health check-ups for all members above the age of 40

He highlighted that an unstable mind leads to stress, which becomes the root cause of most diseases. His talk encouraged members to adopt natural, disciplined habits for long-term wellness.

Rtn. Subir Mitra and Rtn. Moghbelpoor Touraj actively participated in the open-forum discussion, sharing valuable insights and enriching the session.

## 8. Felicitation

PP Rtn. B. K. Sharma felicitated the Guest Speaker, Padma Shri Dr. Ashok Mohapatra, with a token of love and respect.

PHF pins were presented to IW President Sureka Prasad Sahoo and Rtn. Ishani Dasgupta for their contributions to The Rotary Foundation (TRF).

## 9. Attendance Report

Sgt.-at-Arms Rtn. C. C. Sonny presented the attendance statistics:

- Members Present: 31
- Inner Wheel Members: 05
- Guests: 06

Total Attendance: 42

## 10. Vote of Thanks

Rtn. Pramod Das proposed the vote of thanks, expressing sincere appreciation to all members for their active participation.

He extended special thanks to the Guest Speaker for his enlightening talk on maintaining good health and preventing disease.

## 11. National Anthem & Adjournment

The President requested all to rise for the National Anthem. The meeting was then formally adjourned.

Minuted by

**Rtn Biswajit Patra**  
SECRETARY



## Minutes of the 5th Board Meeting of the Rotary Year 2025-26 held on 5th December 2025 at 7.00 pm at Rotary Bhawan

### 1. Call to Order

President Rtn. Sanjay K. Chaudhury called the meeting to order and extended a warm welcome to all Board Members. He expressed heartfelt gratitude for their continuous support and contribution toward all club activities.

### 2. Confirmation of Minutes of the 4th Board Meeting

Secretary Rtn. Biswajit Patra placed the minutes of the 4th Board Meeting held on 24 October 2025 for confirmation.

An open discussion was held on the action taken report of the previous meeting. After detailed point-wise deliberation, the house confirmed the minutes.

### 3. Handover of Accounts 2024-25

Rtn. Subir Mitra, Treasurer 2024-25, handed over the receipts and expenditure vouchers of the Rotary Year 2024-25.

It was decided that an Internal Audit Committee will be formed to verify the accounts.

### 4. Discussion on Upcoming Quiz Events

PP Rtn. Manik Sharma presented the action plan for:

- Corporate Quiz: 04 January 2026, Swosti Premium
- Eco Quiz: 14 January 2026 Details will be circulated shortly.

He also informed that the Bipin Bihari Memorial Drawing Competition for Sub-Junior, Junior, and Senior groups will be held on 14 December 2025 at Rotary Bhawan.

### 5. Autism Project Discussion

An open discussion was held regarding the Autism Project.

- Rtn. Sudhamaya Bajpayi suggested finalisation after the new RCSP Board formation.
- PP Rtn. S. K. Das informed that the new RCSP Board will be formed and operational from 01 April 2026.

After detailed deliberation, it was unanimously decided to proceed with the project and an MOU to be signed between Rotary Club of Bhubaneswar and Better Matter Foundation.

### 6. Lift Installation at Rotary Bhavan

Ar. Rtn. Mrutyunjaya Panda presented a detailed report regarding installation of a lift at Rotary Bhavan.

Rtn. Subir Mitra generously donated Rs. 5,000 toward the Lift Project.

### 7. Club Picnic

Rtn. Surendra Sahoo briefed the Board regarding the upcoming Club Picnic scheduled in January 2026.

Further details will be announced soon.

### 8. Kateni Project

Rtn. Sudhamaya Bajpayi informed that the detailed project report for the Kateni Project will be submitted shortly.

The project will be executed by the Past Presidents' Committee.

### 9. Fundraising Activities

President Rtn. Sanjay Chaudhury briefed the

Board regarding upcoming fundraising initiatives:

- Rotary Corporate Cricket League
- Corporate Quiz
- Rotary Odisha District Chess Premier League

The Chess Premier League will be held at Rotary Bhavan, with:

- Auction will be held on 10 December 2025
- League Matches on 19 & 20 December 2025

The event is organised in association with All Odisha Chess Association and Iconic Sports Federation.

Dr. Sanjeev Pradhan will present the plan of action for the upcoming Cricket League. President announced that the club election will be held on 15th December 2025.

## 10. Vocational Awards

It was decided to present Vocational Excellence Awards in January 2026. Rtn Sikha Khuntia will submit the awardees soon.

## 11. Literacy Excellence Awards

It was decided to present Literacy Excellence Awards in January 2026. PP Rtn S K Das will submit the awardees soon.

## 12. Attendance Report

Sgt-at-Arms Rtn. C. C. Sonny reported attendance of 18 Board Members.

## 13. Vote of Thanks

Rtn. Pramod Das proposed the formal Vote of Thanks and the meeting was adjourned.

Minuted by

**Rtn Biswajit Patra**  
SECRETARY



## Minutes of the 22nd Weekly (Business) Meeting of the Rotary Year 2025-26 held on 08th December 2025 at 7.00 pm at Rotary Bhawan

### 1. Call to Order:

President Rtn. Sanjaya K. Chaudhury called the meeting to order and requested all members to observe a one-minute silent invocation for world peace, followed by the Vedic chanting "Sarve Bhavantu Sukhinah."

### 2. Welcome Address

The President warmly welcomed all Rotarians and guests present. He appreciated the members for their continued support and valuable contributions to The Rotary Foundation.

He urged members to actively participate in all club activities during December, designated as Disease Prevention and Treatment Month. The President specially appreciated PP Rtn. Ashok Panda for his dedication and meticulous planning in successfully executing the Public Relations Certificate Programme. He also thanked Rtn. R. N. Mohapatra, Senior Executive Vice President, PRCI, and Prof. Bishnu Prasad Panda of Bharatiya Vidya Bhavan for their support in conducting the programme.

The President further briefed the house about the 28th Senior & Junior Kickboxing Competition, which saw participation from around 700 participants, with the concluding ceremony held at Rotary Bhavan.

### 3. Appreciation & Announcements

Rtn. R. N. Mohapatra, Senior Executive Vice President, PRCI, and Prof. Bishnu Prasad Panda of Bharatiya Vidya Bhavan presented an amount of Rs. 4,250 to the Rotary Club of Bhubaneswar as a token of appreciation, and a similar amount of Rs. 4,250 to PP Rtn. Ashok Panda for his commendable efforts.

The President invited all members to actively participate in the upcoming Rotary Odisha District Chess Premier League 2025. He also requested members to attend the District programme "Madadgar", scheduled to be held at Rail Bhavan on 13th December 2025.

### 4. Confirmation of Minutes & Secretary's Report

Secretary Rtn. Biswajit Patra read out the minutes of the 21st Weekly Meeting held on 01st December 2025, which were unanimously approved by the house.

He briefed the members on the activities of the past week, upcoming programmes, and the planned activities of the club for the month of December.

### 5. Project Briefing

The President briefed the house about the upcoming Autism Screening Project to be conducted at the ASHA Building in collaboration with the Better Matter Foundation.

An MoU was signed between the Better Matter Foundation and the Rotary Club of Bhubaneswar for a period of three years to undertake collaborative projects.

### 6. Felicitations

Members celebrating their birthdays and wedding anniversaries were felicitated with warm greetings and applause, led by Rtn. Madhuri Pattnaik.

### 7. Attendance Report

Sgt.-at-Arms Rtn. C. C. Sonny presented the attendance statistics:

- Members Present: 35
  - Guests: 4
- Total Attendance: 39

### 8. Vote of Thanks

Rtn. Pramod Das proposed the Vote of Thanks, expressing sincere appreciation to all members for their active participation and support.

### 9. National Anthem & Adjournment

The President requested all present to rise for the National Anthem, after which the meeting was formally adjourned.

Minuted by  
**Rtn Biswajit Patra**  
SECRETARY



## Rotary Odisha District Chess premier league

Rotary Odisha district Chess Premier league has been inaugurated yesterday by Chief Guest CA Rajiv Sahoo, Sj Priti Ranjan Nath (GST commissioner), Sj Basudev Bhatta, Sj Debabrata Bhatta (Secretary AOCA).

Chess has always been a game of intelligence, strategy, patience and precision — qualities that shape great leaders and global citizens. Today, we take a proud step in promoting the sport in a new and exciting format. For the first time, FIDE-rated players from across Odisha are being auctioned to represent 12 competitive teams, bringing a professional league culture to the game of chess right here in Bhubaneswar.

This league is not just a competition — it is a platform:

To recognise young talents of Odisha

To inspire more youth to take up chess as a career

To foster sportsmanship, discipline and mental strength

To showcase Odisha as a rising powerhouse in intellectual sports

Rotary has always focus the cause of youth development, education and character-building. Through this initiative, we are fulfilling our mission of creating opportunities that empower individuals and strengthen communities.

Let us celebrate the brilliance of chess...

Let us celebrate the spirit of Odisha...

Let us celebrate this remarkable journey with Rotary!











All Odisha Chess Association (AOCA)  
Presents

**ROTARY ODISHA  
DISTRICT CHESS  
PREMIER LEAGUE 2025**

In Association with  
Rotary Club of Bhubaneswar

AUCTION	LEAGUE DATES
INAUGURATION 10:30 AM	19th & 20th
AUCTION TIME 11:00 AM TO 4	December 2025

**VENUE FOR AUCTION & LEAGUE**  
ROTARY BHAVAN, UNIT-9, BHUBANESWAR,  
BEHIND HONDA SHOWROOM





## MANAVTA District seminar



Rotary District 3262 | UNITE FOR GOOD | MIRACLE MAKERS

**CSR SEMINAR**

**MANAVTA**  
Expending Humanity through CSR

*Save the Date*

**13<sup>th</sup> | DECEMBER | 2025**  
10:00 Am Onwards

Rail Auditorium, Bhubaneswar

**Host**  
Rotary Club of Cuttack Millennium

**“Our ability to give back to Society is what matters most”**  
- Ratan Tata -

**Francesco Arezzo**  
RI President

**Manoj Kumar Tripathy**  
District Governor

**Rtn Sudhir Kumar Rath**  
President

**Rtn Dr Sambit Kumar Lenka**  
Secretary



## BIPIN BIHARI DRAWING COMPETITION

The school-level painting competition is one of the most important events of our Club. It brings out the creativity and hidden talents of children and strongly aligns with Rotary's focus on youth development.

I sincerely thank each and every Rotarian who was present and actively participated in managing the event so smoothly. My special thanks to our Chairman, PP Manik Sharma, for arranging the competition in such a professional and well-organized manner.

Around 200 children participated across Sub-Junior, Junior and Senior school-level categories. The Bipin Bihari Choudhury Memorial Painting Competition is a regular and cherished activity of our Club, and it continues to inspire young minds year after year.



## Minutes of the 23rd Weekly (Election) Meeting of the Rotary Year 2025-26 held on 15th December 2025 at 7.00 pm at Rotary Bhawan

### 1. Call to Order:

President Rtn. Sanjaya K. Chaudhury called the meeting to order and requested all members to observe a one-minute silent invocation for world peace, followed by the Vedic chanting "Sarve Bhavantu Sukhinah."

### 2. Welcome Address

The President warmly welcomed all Rotarians and guests. He appreciated members for their continued support and valuable contributions to The Rotary Foundation. He urged everyone to actively participate in all Rotary activities, uphold the legacy of RCB, and extended best wishes to all members for the election proceedings scheduled for the evening.

### 3. Confirmation of Minutes & Secretary's Report

Secretary Rtn. Biswajit Patra read out the minutes of the 22nd Weekly Business Meeting held on 08th December 2025, which were unanimously approved by the house.

He then briefed the members on the planned activities for the month of December. He requested members to register for the District Picnic to be held on 24th December 2025 at Tampara (near Chhatrapur) and also encouraged participation in the Odisha Rotary District Chess Premier League, scheduled for 19th and 20th December 2025.

### 4. Felicitations

Members celebrating their birthdays and wedding anniversaries were felicitated with warm greetings and applause, led by Rtn. Nikhil Palai.

### 5. Special Felicitations

Rtn. Surendra K. Sahoo and Rtn. Madhuri Patnaik were specially felicitated by the club on the occasion of their wedding anniversary, with wishes for good health, happiness, and long life.

### 6. Election Process

The President invited PP Rtn. Pravat K. Satapathy, Election Officer for Rotary Year 2026-27, to the dais and requested him to conduct the election process.

### 7. Declaration of Election Results

PP Rtn. Pravat K. Satapathy thanked all members for their cooperation during the election process. He informed the house that, as there were no contesting nominations, the election was completed through a selection process. The elected office bearers for Rotary Year 2026-27 are as follows:

1. President: Rtn. Pramod Das
2. President-Elect: Rtn. Saroj K. Mohapatra
3. Vice President: Rtn. Biswajit Patra
4. Secretary: Rtn. Surendra K. Sahoo
5. Treasurer: Rtn. Lana Mohanty
6. Sergeant-at-Arms (1): Rtn. Jyoti Ranjan Patnaik
7. Sergeant-at-Arms (2): Rtn. Munmun Das
8. Director - Club Administration: Rtn. Madhuri Patnaik
9. Director - Membership: PP Rtn. Sabita Swain
10. Director - Community Service (Service Projects): Rtn. Prasanna K. Dixit

11. Director - Youth Service: Rtn. Subhra Sahu Patra
12. Director - Public Image: Rtn. Kalyan Sunder Chhotoroy
13. Director - The Rotary Foundation: Rtn. Madhumita Chand

PP Rtn. Pravat K. Satapathy congratulated the newly elected team, wished them a successful Rotary year ahead, and handed the proceedings back to the President.

#### 8. Felicitation of Election Officer

President Rtn. Sanjaya K. Chaudhury felicitated PP Rtn. Pravat K. Satapathy for conducting the election smoothly and efficiently. He congratulated the new leadership team and wished them a productive and impactful Rotary Year 2026-27.

#### 9. Acceptance Speech

Incoming President Rtn. Pramod Das delivered his acceptance speech, sharing his vision and commitment to making the Rotary Year 2026-27 meaningful and glorious through teamwork and service.

10. PP Rtn. S. S. Harichandan and President-Elect 2026-27, Rtn. Saroj Kumar Mohapatra, conveyed their good wishes to the newly elected team and emphasized the importance of teamwork in making the

coming Rotary year a year to be remembered.

#### 11. Attendance Report

Sgt.-at-Arms Rtn. C. C. Sonny presented the attendance details:

Members Present: 32

Guests: 3

Total Attendance: 35

#### 12. Vote of Thanks

Rtn. Surendra K. Sahoo (OFS) proposed the vote of thanks, expressing sincere appreciation to all members for their cooperation and the smooth conduct of the election. He also thanked Rtn. Acharya Surendra Sahoo and Rtn. Acharya Madhuri Patnaik for hosting the fellowship snacks.

#### 13. National Anthem & Adjournment

The President requested all to rise for the National Anthem, after which the meeting was formally adjourned.

Minuted by

**Rtn Biswajit Patra**

SECRETARY



## Minutes of the 24th Weekly (Speaker) Meeting of the Rotary Year 2025-26 held on 22nd December 2025 at 7.00 pm at Rotary Bhawan

### 1. Call to Order

President Rtn. Sanjaya K. Chaudhury called the meeting to order and requested all members to observe a one-minute silent invocation for world peace, followed by the Vedic chanting "Sarve Bhavantu Sukhinah."

### 2. Welcome Address

The President warmly welcomed all Rotarians and guests. He appreciated members for their continued support and valuable contributions to club projects and activities. He urged everyone to continue their active participation in Rotary programs and extended best wishes to the incoming leaders for the Rotary year 2026-27.

### 3. Confirmation of Minutes & Secretary's Report

Secretary Rtn. Biswajit Patra read out the minutes of the 23rd Weekly Business Meeting held on 15th December 2025, which were unanimously approved by the house.

The Secretary also briefed the members about:

- Odisha Rotary District Chess Premier League held on 19th & 20th December 2025
- District Picnic scheduled on 24th December 2025 at Tampara (near Chhatrapur) and requested members to register
- Prize Distribution Ceremony for the Bipin Bihari Drawing Competition to be held on 29th December 2025

### 4. Felicitations

Members celebrating their birthdays and wedding anniversaries were felicitated with

warm greetings and applause, led by Rtn. D. Purga Prasad Mohapatra.

### 5. Special Felicitation

The President recognized and warmly welcomed:

- Rtn. Kiran Tenali, Rotary Club of Hyderabad Legends
- IW President Smt. Surekha Sahoo

### 6. Service Project - Distribution of Aids & Appliances

Distribution of the following items was carried out for beneficiaries:

- Sewing Machine - Ms. Sasmita Swain
- Wet Grinder - Ms. Gitanjali Sahoo
- Wheelchair - Mr. Debraj Nayak

### 7. Guest Speaker Invitation

The President invited guest speaker Ms. Sanjana Malu, Counselling Psychologist, to the dais. She was introduced by Rtn. Surendra Sahoo (OFS) and then invited to deliver her address.

### 8. Guest Speaker's Address

Ms. Sanjana Malu delivered a talk on "The Power to Heal: Resilience as Your First Line of Defence."

She emphasized the importance of emotional strength in facing life's challenges and elaborated on how resilience enables individuals to bounce back from stress and adversity. She highlighted simple practices such as self-awareness, nurturing relationships, and seeking timely support. The session encouraged participants to prioritise mental well-being and recognize

their inner capacity to heal.

An open forum followed, with participation from:

Rtn. Lalit Sahoo, PP Rtn. Sajjan K. Sureka, Rtn. Vinay Choudhury, Rtn. Dr. Soumya Ranjan Pattnaik, and Rtn. Sivananda Ray.

PP Rtn. Sajjan K. Sureka felicitated the speaker with Uttariya and a flower bouquet.

### 9. Attendance Report

Sgt-at-Arms Rtn. C. C. Sonny presented the attendance report:

Members Present: 26

Guests: 3

Inner Wheel: 1

Beneficiaries: 6

Total Attendance: 36

### 10. Vote of Thanks

PP Rtn. Sajjan K. Sureka proposed the Vote of Thanks. He expressed sincere appreciation to all members for their cooperation and active participation. He also thanked Ms. Sanjana Malu for her insightful and relevant address.

### 11. National Anthem & Adjournment

The President requested all to rise for the National Anthem, after which the meeting was formally adjourned.

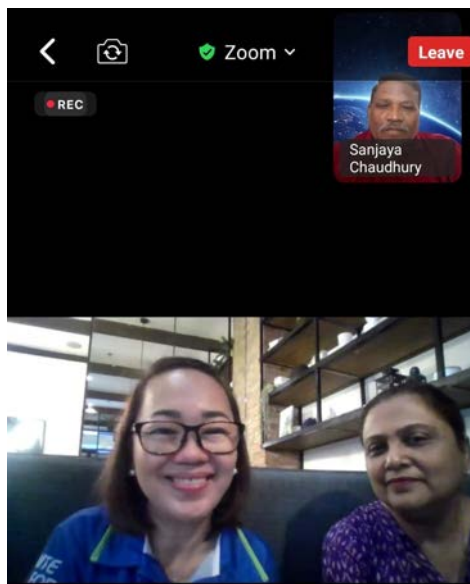
Minuted by

**Rtn Biswajit Patra**  
SECRETARY





Handover Wet grinder, Swing Machine and a Wheel chair to three beneficiaries.  
The products were sponsored by the District 3262.



Rtn. Lana Mohanty joined a Zoom meeting with the President of Rotary Philippines, Mrs. Judith. It was a very engaging and productive discussion that also included a flag exchange. We are happy to share that an MoU was signed, strengthening our bilateral cooperation for impactful community projects and services.

## Orientation training of the Rotary Rapid Action Team (RRAT)

An excellent orientation training of the Rotary Rapid Action Team (RRAT) of RCB was conducted by PP Suvendu Parida. He highlighted the objectives of the team and enriched the session through his real-life experiences and exemplary humanitarian service.

Heartfelt thanks to each and every Rotarian for their presence and active participation in the discussion. The enthusiasm and engagement clearly reflected that everyone is geared up to serve through this dedicated group.

The Rotary Rapid Action Team is committed to serving the Rotary family and society at large during times of emergency, standing ready to respond with compassion and efficiency.

Regards

Sanjaya Chaudhury



“In a world driven by self-interest, Rotary reminds us that true success is measured not by what we gain, but by how many lives we uplift.”

## Minutes of the 6th Board Meeting of the Rotary Year 2025-26 held on 26th December 2025 at 7.00 pm at Rotary Bhawan

### 1. Call to Order

The meeting was called to order by President Rtn. Sanjaya K. Chaudhury, who extended a warm welcome to all Board Members. He expressed his heartfelt gratitude for their continued support and valuable contributions to the club's activities.

### 2. Confirmation of Minutes of the 5th Board Meeting

Secretary Rtn. Biswajit Patra placed the minutes of the 5th Board Meeting held on 05th December 2025 for confirmation.

An open discussion was held on the Action Taken Report. After detailed point-wise deliberation, the house unanimously confirmed the minutes.

### 3. Activity Report

Secretary Rtn. Biswajit Patra presented the activity report for the month and thanked all Board Members for their wholehearted participation and cooperation. He requested continued support for the upcoming Vocational Service Month.

- o P. D. Bagri and Rajvansh Padhi Memorial Vocational Awards will be presented in January 2026 under the leadership of Vocational Director Rtn. Sikha Khuntia.
- o Eco Quiz will be conducted at Sai International School under the chairmanship of PP Rtn. Manik Sharma.
- o International Friendship Exchange Program with members of the Rotary Club of Brazil will be organized, and all related details will be shared in the official WhatsApp group.

### 4. Accounts Update

Treasurer Rtn. Purnendu Ray updated the

Board on the current financial status of RCB and RCSP. Members requested detailed information on Fixed Deposits, which will be presented in the next Board Meeting.

He further informed that almost all members have paid their annual dues and assured that the 2nd SAR will be paid on time.

### 5. Points of Discussion

- a. PP Rtn. Pravat Satapathy declared the results of the RCB election and thanked all members for their cooperation.
- b. For the Internal Audit of 2024-25, an Audit Committee was formed under the chairmanship of PP Rtn. Srichandan Mishra, with members Rtn. Surendra Sahoo, Rtn. Subir Mitra, Rtn. Pramod Das, along with the current President and Secretary (2025-26). The audit fee was approved by the Board.
- c. Rtn. S. P. Singh Deo highlighted the purpose, mission, and long-term vision of forming a Think Tank of RCB. The initiative was applauded by all members, and it was decided that a committee would be formed for further action.
- d. President Rtn. Sanjaya K. Chaudhury briefed the Board on the voting process for COL and RI Director, including the related formalities.
- e. The Board approved organizing a Rotary Corporate Cricket League in February 2026, under the chairmanship of Rtn. Dr. Sanjeev Pradhan and Convenor PP Rtn. Tanmaya Mohanty. The course of action will be taken in due time.
- f. All Board Members were requested to attend the District Conference at Puri on 31st January and 1st February 2026.

- g. The Eco Quiz will be held at Sai International School on 11th January 2026 at 8:00 AM. Details of the Corporate Quiz will be announced shortly.
- h. PP Rtn. S. K. Das shared details of the Literacy Excellence Awards, which will be published soon.
- i. Rtn. Sudhamaya Bajpayi briefed the Board regarding expenditure of Rs. 2,00,000 for repair and maintenance work at Kateni RCC. The amount will be supported by the Past Presidents' Committee.
- j. The Board approved an expenditure of Rs.14,500 incurred for the Chess Tournament.
- k. Rtn. Mrutyunjaya Panda updated the Board on the Lift Installation Project, including warranty and maintenance coverage. The total estimated expenditure is

approximately Rs. 15 lakhs. The work is in progress, and a final report will be submitted shortly.

PP Rtn. Dr. Ashok Panda committed to contribute Rs. 5,000 towards the lift project.

#### 6. Attendance Report

Sergeant-at-Arms PP Rtn. Srichandan Mishra reported the attendance of 26 Board Members.

#### 7. Vote of Thanks

Rtn. Pramod Das proposed the Vote of Thanks. The meeting was adjourned thereafter. Special thanks were extended to PP Rtn. J. K. Das and Rtn. Purnendu Ray for hosting the fellowship dinner and House of Friendship.

Minuted by

**Rtn Biswajit Patra**  
SECRETARY



## Minutes of the 25th Weekly (Business) Meeting of the Rotary Year 2025-26 held on 29th December 2025 at 7.00 pm at Rotary Bhawan

### 1. Call to Order

President Rtn. Sanjaya K. Chaudhury called the meeting to order and requested all members to observe a one- minute silent invocation for world peace, followed by the Vedic chanting "Sarve Bhavantu Sukhinah."

### 2. Welcome Address

The President warmly welcomed all Rotarians and guests present. He acknowledged the presence of the grandson of Late Bipin Bihari, Shri Subhonjoy Mohanty and felicitated him with an Uttariya and flower bouquet. He also welcomed the parents and winners of the Sub-Junior, Junior, and Senior School Drawing Competition.

The President then requested PP Rtn. Manik Sharma to declare the winners of the Painting Competition.

### 3. Felicitation of Winners

Winners of the Painting Competition were felicitated by Shri Subhonjoy Mohanty and President Rtn. Sanjaya K. Chaudhury.

The winners were as follows:

#### Sub-Junior Group

1st - Gyana Ranjan Sahoo, Mother's Public School

2nd - Chetna Padhi, D.A.V. Public School

3rd - Sana Jana, BJEM School

3rd - Suneet Kumar Beura, Vivekananda Shiksha Kendra School

#### Junior Group

1st - Chandini Sampurna Mishra, D.M. School

2nd - Akshyat Aadit Sahu, D.A.V. Public School, C.S. Pur

3rd - Pratyasha Priyadarshini Sahoo, D.A.V. Public School, C.S. Pur

3rd - Sushree Sangita Hembram, Kalinga Institute of Social Sciences (KISS)

#### Senior Group

1st - Deepali Mohalik, D.M. School

2nd - Utkalika Priyadarshini, Mother's Public School

3rd - Sai Sanket, D.A.V. Public School, Pokhariput

3rd - Sai Amritanshu, D.A.V. Public School, Kalinganagar

All winners were felicitated with mementoes and certificates. The President thanked PP Rtn. Manik Sharma for his meticulous planning and execution in making the event highly successful.

### 4. Briefing of Last Board Meeting

The President briefed the house about:

- The upcoming election for RI Director, District Governor 2028-29, and COL
- District Conference on 31st January & 1st February 2026 at Taj Hotel, Puri (registration fee Rs. 8,500)
- Results of the club election and congratulated all elected leaders
- Rotary District Cricket League on 21st & 22nd February 2026 at Hi-Tech Playground with 12 participating teams
- Need for Internal Audit of RCB and RCSP and formation of a committee under PP Rtn. Srichandan Misra He further informed that:
- OCV of the club will be held in May 2026
- Club picnic will be held on 18th January 2026
- Vocational and Literacy Awards will be presented soon under the guidance of Rtn. Sikha Khuntia and PP Rtn. Dr. S. K. Das

- RCSP elections will be conducted in February 2026 and from April 2026, the old format of RCSP will continue as a separate entity
- It was decided in the last board and briefed in the business meet to delete the members membership, if the Rotary annual subscription is not paid before 31st Dec 2025.

He also requested members to join the New Year Celebration on 2nd January 2026 at Rotary Bhavan along with their families.

#### 5. Confirmation of Minutes & Secretary's Report

Secretary Rtn. Biswajit Patra read out the minutes of the 24th Weekly Meeting held on 22nd December 2025, which were unanimously approved by the house. He also briefed members about past activities and upcoming programmes of the club.

#### 6. Accounts Update

Rtn. Purnendu Ray briefed the house about the current account balances of RCB and RCSP. He also highlighted members with outstanding subscriptions and requested payment by 30th December 2025.

#### 7. Felicitations

Members celebrating birthdays and wedding anniversaries were felicitated with warm greetings and applause, led by Rtn. Madhuri Pattnaik.



#### 8. Any Other Matter

Rtn. S. P. Singdeo briefed about the "Think Tank," its objectives, and its role in developing sustainable community service projects to uphold the legacy of RCB.

#### 9. Attendance Report

Sgt-at-Arms Rtn. C. C. Sonny presented the attendance details:

o Members Present: 27

o Guests: 20

Total Attendance: 47

#### 10. Birthday Celebration

A cake-cutting ceremony was held for Rtn. Rajesh Gupta on the occasion of his birthday on 22nd December.

#### 11. Vote of Thanks

Rtn. Pramod Das proposed the Vote of Thanks, expressing sincere appreciation to all members for their active participation and support. He also thanked Rtn. Rajesh Gupta for hosting the fellowship snacks.

#### 12. National Anthem & Adjournment

The President requested all present to rise for the National Anthem, after which the meeting was formally adjourned.

Minuted by

**Rtn Biswajit Patra**  
SECRETARY



## Prize distribution of Bipin Bihari Choudhury Memorial Painting Competition



# The Power to Heal : Resilience as Your First Line of Defense

By **Sanjana Malu**  
Counselling Psychologist

## **When life gets really tough, where do you find this strength to carry on ?**

Some people break under the pressure. Others bend, change, and come out not just okay, but even better than before. This isn't about being lucky, having a natural personality or being privileged. It's about resilience a powerful mental skill that everyone can learn.

As a counselling psychologist, I have seen how resilience can turn difficult situations into chances to grow. It's like the mind's natural protection system just like the body's immune system fights off sickness. And like immunity, resilience isn't something you are born with or without. It's something you build over time.

## **Understanding Resilience : What it is and what it isn't**

Resilience is often misunderstood. It doesn't mean pretending to be strong all the time, hiding your worries, or putting on a brave face even when you are hurting. Real resilience is about feeling your pain fully and then choosing not to let it control you.

Think of a bamboo plant in a storm. It bends but doesn't break. It pauses, gathers strength, and then stands tall again. That's how your mind works. In today's world full of tight deadlines, health issues, family responsibilities, financial stress, and the constant pressure of social media resilience is your first line of defense.

Many of my clients tell me, "Nothing big is wrong, but I feel really tired emotionally." That's not a sign of weakness. It's the mind sending a message that build resilience now, before things get worse. It acts like preventive care reducing stress before it becomes too much,

helping emotions recover faster, preventing burnout, and keeping anxiety in check.

Science supports this. People who are resilient bounce back quicker from tough experiences, make wiser choices when things are hard, build stronger relationships even enjoy better physical health. Resilience doesn't stop you from being hurt. It stops hurt from turning into lasting damage.

## **Why Resilience Is Our First Line Of Defense ?**

We live in a time where stress has become part of everyday life. With deadlines, health issues, family duties, financial worries, and the constant comparison on social media, stress is everywhere. As a counselling psychologist, I often hear people say, "Nothing major is wrong but I feel emotionally worn out." That exhaustion isn't a sign of weakness. It's the mind saying, "I need resilience."

Resilience acts as a first line of defence because it helps before problems get out of control. Think of it like preventive medicine. When resilience is strong, stress doesn't overwhelm you as easily. Emotional wounds heal quicker burn out is less likely, and feelings like anxiety and depression have less power over you.

Research shows that resilient people recover faster from difficult experience, make clear decisions when things are tough, have healthier relationships, and enjoy better health and stronger immunity. Resilience doesn't stop us from hurting. But it stops hurt from becoming real harm.

## **A Real Story of Rebuilding**

Imagine a middle-age professional who came

into my office after 18 years without a job. He said, “I don’t know who I am without this job”. He was sleepless, easily upset with family and filled with doubt-things that seemed like a job loss, but were actually deeper: a serious identity crisis.

We didn’t rush to fix his resume. Instead, we asked: What in a strength help you get through tough times before? Slowly, he started to remember his ability to adapt, his sense of humour, and his determination-qualities he had forgotten during routine life. After a few months, he said,

“Losing the job broke me. Rebuilding myself healed me.” That’s resilience: not avoiding the fall but having the courage to stand back up.

### The Three Pillars of Resilience

Resilience is based on three human foundations-real, not magical.

#### 1. Emotional Awareness

Resilient people don’t hide their feelings; they understand them. If emotions are not spoken about, they build up and cause problems. I often tell my clients: If you can name it, you can manage it. Take a moment to ask: What am I feeling-sadness, fear, anger, or something else? Emotions aren’t weaknesses; they are signals that need attention.

#### 2. Meaning-Making

Viktor Frankl, a psychiatrist who survived the Holocaust, said, “When we can’t change situation, we are challenged to change ourselves.” Resilient people find strength in their challenges. Meaning doesn’t take away pain, but helps move forward.

#### 3. Connections

You can’t be resilient alone. A single meaningful conversation with someone you trust can help you feel better than any solo effort. Seeking

support isn’t weakness-it’s a sign of strength. Even the strongest people reach out for help.

### Everyday Tools to Strengthen Your Resilience

You don’t need big changes. Small, scientifically-backed habits can build resilience over time.

- **The 90 Second Rule:** Brain science says that the emotional high of a feeling only lasts about 90 seconds. What keeps us stuck is the story we keep telling ourselves. Take a break. Breathe. Let the feeling pass.

- **Micro-Recovery Rituals:** You don’t need a vacation to heal-just moments of rest. Examples include 10 minutes of quiet time, gentle movement, a short walk, conscious breathing, or writing one honest line each day. Small breaks prevent emotional overload.

- **Replace Self-Criticism With Self-Compassion:** Notice how you speak to yourself during failure. Would you say those things to someone you love? Self-compassion builds resilience, while harsh self-talk weakens it.

### The Power to Heal is Within You

Think about one question: What has life already brought you through that one’s felt impossible?

The answer to that question proves your resilience. You are not resilient because life has been easy. You are resilient because you kept going despite uncertainty, loss, disappointment, and change.

Healing doesn’t always look like happiness. Sometimes it looks like setting limits, asking for help, resting without guilt, or starting over quietly and patiently.

Resilience isn’t about being unbreakable. It’s about knowing that even when you break, you still have the power to heal.