

**PRORAM TODAY:**

**Speaker: Dr Nityananda Swain,**

**Former Professor Biochemistry of S.C. B. Medical College & Hospital.**

**Topic- "POSITIVE PARENTING ".**

**Minutes of the meeting no-2233 Dt-24.01.2025**

1. The meeting was called to order by the President Rtn Dr Ashutosh Debata.
2. National Anthem was recited by all present.
3. One minute silent prayer observed for sad demise of late PDG Gopal Chandra Kar.
4. Rtn Shailendra Narayan Thakur escorted the guest speaker Dr Amaresh Nayak to the dais and Rtn Kailash Chandra Padhi welcomed him with flower and uttariya.
5. The President welcomed all the members, guests, Teachers, PG Students to the meeting.
6. The minutes of last meeting no-2232 was presented by the Secretary Rtn Bibhuti Bhusan Rout and was confirmed by the members present.
7. Fellowship announcement was made by PP Rtn Kamakshya Prasad Mahatab.
8. PP Rtn Raghunath Bhut for and on behalf of Kar family invited all to late Dr. Gopal Chandra Kar's function at IMA house, Ranihat Cuttack on 29<sup>th</sup> January.
9. The president announced about
  - A) Blanket distribution at Badachana by our members.
  - B) Eye and Dental check up camp at CNBT on 27<sup>th</sup> January 2025.
  - C) Blood donation camp by the District Administration.
  - D) Flag hoisting on 26<sup>th</sup> January at Nigamananda Girls High School.
  - E) Upcoming events of January-2025.
10. Dr. Amarnath Sahoo, HOD, Stewart Science College sang a vajan .
11. PP Rtn Subhranshu Samantaray introduced the guest speaker Dr Amaresh Nayak, Director NRRI.
12. The Speaker Dr Nayak on his topic Vocational Training and skill development, spoke about National education policy and emphasis on skill development, global scenario and role of Institutions for skill development. His visual presentation was most interesting and appreciated by all present. His way of talking with his vast knowledge impressed all.
13. The president presented a memento to the guest speaker as a token of love and appreciation.
14. Vote of thanks proposed by PP Rtn Ramesh Chandra Singh.

15. Attendance statistics presented by PP Rtn Maj N K Satpathy.  
16. The meeting was adjourned by the president.

### **Attendance Statistics: -**

Members present was 63.

### **Birthday This Week**

31.01- Ann Seema Das (W/o. PP Kanhu Charan Das)

### **Anniversary this Week**

26.01- PP Sambit Kar / Sailabala

31.01- Rtn.Dr.Biswarup Acharya / Sitansu Kumari Padhi

### **Anniversary Next Week**

01.02- Rtn.Pradeep Agarwal / Sipra

03.02- Rtn.Kailash Chandra Padhi / Rashmi

04.02- Rtn.Tapan Saha / Soma

04.02- Rtn.Debi Prasad Dhal / PP Ranjita

04.02- Mrs.Manju Singh (IW) /

### **Birthday Next Week**

02.02- Dusmant Raj Biswal

02.02- Ann Shuva Palit (W/o Rtn Susanta Choudhury)

03.02- PP Kamakhya Prasad Mahatab

06.02- Ann Sandhya Mohanty (W/o. PP Manoranjan Mohanty)

06.02- Mrs.Anusuya Swain (IW)

### **CLUB NEWS**





Republic day celebration at Nigamananda Girls' High School



Republic day Triranga Yatra at Cuttack.







On 27<sup>th</sup> January a free Eye and Dental health camp was organised at Netaji bus terminal, Cuttack for the bus drivers on the occasion of road safety week.



Maj PP Nanda Kishore Satapathy was felicitated by District on the occasion of 76<sup>th</sup> Republic day for commendable service in armed forces.

## **ROTARY NEWS**

# Rotary members find an unusual way for people in poverty to supplement their income

By **Etelka Lehoczky**

In an impoverished area of Bhubaneswar, a city in eastern India, residents have found a surprising source of income: the humble mushroom.

Salia Sahi is one of the most crowded and underserved communities in the state of Odisha. Its largely migrant population of 100,000 lacks necessities such as a regular supply of clean water, and many people struggle to support themselves and their families.

“I have been earning about ₹11,000 [US\$129] a month working in a park, as a gardener. Now I earn additional money by cultivating mushrooms,” says Mamina Munda, who has lived in Salia Sahi for 15 years. She’s one of around 120 women in the neighborhood who have participated in Rotary-led workshops on growing mushrooms.

“I’m growing oyster and paddy straw mushrooms. I sell them at a nearby market. I make ₹3,000 to ₹4,000 [US\$35-\$47] a month,” Munda says through an interpreter. “Now I can provide better food for my son. He is 10 years old.”

Why grow mushrooms? It requires relatively few resources and offers many benefits. That’s why several Rotary clubs around the world are starting mushroom cultivation projects, including the Rotary Club of Bhubaneswar Flamingo, Odisha, India.

“It’s a very good, very profitable business which doesn’t require a lot of time and doesn’t require a lot of effort,” says Smita Sinha, the club’s executive secretary/director. “And at the same time, they can do their usual job, if they have one.”

Munda and her fellow entrepreneurs grow their mushrooms in bags of straw. First, the straw is boiled or treated with lime to prevent the growth of bacteria and mold. Then it can be inoculated with mushroom spores or spawn (living fungal mycelium). Within a month, the mushrooms are ready for harvest. The medium can continue to produce mushrooms for several growing cycles before it needs to be replaced.

## **How to grow mushrooms**

1. Find a good indoor space. Mushrooms need a cool, moist environment that's not in direct sunlight.
2. Gather a container and growing medium. The medium can be straw, wood chips, sawdust, manure, or even coffee grounds.
3. Pasteurize the medium to kill bacteria and mold spores. If you're using straw, sawdust, or wood chips, you can soak it in a solution of water and hydrated lime (calcium hydroxide) for around 12 hours.
4. Plant your mushrooms. You can use mushroom spores or mushroom spawn. You may need to make some holes in the container to give the mushrooms room to grow.
5. Use a spray bottle to spritz the medium with water twice a day.
6. Harvest your crop. The mushrooms should reach full size in three to four weeks.

Another key benefit of mushroom cultivation, or fungiculture, is that it doesn't require much time. After the medium is prepared and inoculated, it just needs to be kept cool, dark, and damp. The grower can simply mist the medium regularly with a spray bottle.

Jayshree Mohanty, a member of the Rotary Club of Choudwar, Odisha, helped lead the Bhubaneswar Flamingo club's workshop. She advised the participants on how to package their mushrooms and how much to charge for them. First, though, she had to convince them that they could master the growing process. "We showed the women pictures of various stages of mushroom growth to say, 'This is what it will look like,'" Mohanty says. "I could see them thinking, 'This looks simple.'"

Mohanty and Sinha were particularly eager to work with women in Salia Sahi because the neighborhood's female residents don't have many ways to earn money. Members of the Rotary Club of Amelia Kolkata, West Bengal, India, had the same priority when they launched a similar program last year.

"We reached out to women who needed some money in their hands because their husbands were daily workers earning a maximum of ₹300-₹400 [US\$3-\$4] per day," says Nilanjan Mitra, the executive secretary/director of the Amelia Kolkata club. "They require money for their children's education also. We wanted to empower them, give them some economic development, so their family could reach a higher level."

Members of the Rotary Club of Umuahia North, Abia State, Nigeria, also wanted to help underemployed women develop a source of income. They recruited young men as well, ultimately hosting 200 people in a series of workshops. Emeka Sopuruchi, the club's executive secretary/director, says that gaining a sense of purpose can be almost as transformative as adding a source of income.

“We entered the community and asked questions to find out if there was anything we could do,” he says. They found that many people needed more income, but one thing they had was enough time to grow and sell mushrooms.

Mitra adds that mushroom production is one of the few businesses that don’t require much money to start, or even a plot of land.

“There’s a minimal initial investment, and you can earn 15 times what you put in,” he says. “In our district, they can earn US\$53 in a month.”

Most important, people can use what they learn in these workshops to make an impact on their lives for years to come. After learning how simple it is to cultivate mushrooms, Munda taught her neighbors. Now they all work together. Munda even found another way to make money from mushroom farming: When the bag of straw can’t produce any more mushrooms, she can sell it.

“After the mushrooms are cultivated, I can sell the residue for compost and make ₹20 [US\$.25] a kilo,” Munda says. With multiple revenue streams, she says, “my lifestyle has changed for the better.”