

For members only

Rotary



Weekly Bulletin

RY 2024-25



Rotary Club of Cuttack

RID 3262 * Club Id. 16012 * Charter Dt. 04-12-1945
Regd. No. 15794/630 of 1979/80, Odisha, India

R.I. President
Stephanie A. Urchick

District Governor
Yagyansis Mohapatra

Club President
Akshaya Kumar Nayak

Club Secretary
Er. Sunyeswar Swain

Editor
Sujata Priyadarshini

BARABATI

*Today's programme
Talk on "Let's laugh" by Rtn
Satyabrata Tripathy*

EDITORIAL

"A day without laughter is a day wasted." - Charlie Chaplin

Laughter is like touch and contagious. It is the most effective way of communication without words.

The simple act of laughter gives you many benefits and strengthens your well being. It helps in relieving stress, building relationships, and making happy surroundings. Research shows that it has some short term benefits and long term effects. Short term benefits: stimulates heart, lungs, muscles by the help of oxygen rich air we inhale, it relieves stress by the relaxed feeling which resulted from increased and decreased heart rate and blood pressure, eases tension by the stimulated blood circulation and muscle relaxation. Long term effects: improves immune system, relieves pain, helps to cope with difficult situations, changes to lighter mood.

Many yoga clubs and laughter workshops are helping people to start exercising laughter. In the beginning it may be forced but gradually it becomes humorous. It is more enjoyable in a group because the sound of laughter gives rise to more laughter. Also it can be developed by spending time with friends, sharing funny stories, and jokes. There

are comedy clubs online podcasts to develop humour.

There is a saying "Your body cannot heal without play. Your mind cannot heal without laughter. Your soul cannot heal without joy."

Keeping these things in mind Rotary Club of Cuttack tries to make its members happy and joyful. So it organises entertainment programs for happiness and relaxation.

Relaxation before the club election, awesome!

-Editor

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OUR SPEAKER



Rtn. Satyabrata Tripathy, fondly known as Kuna Tripathy, is the chairman of "The Odisha Film Development Corporation Ltd. He has done his Master in Arts and is "A", "B", and "C" certificate holder of NCC. He has a national record of acting in seventeen mega television serials. He has also acted, scripted, and directed several telefilms and documentaries. He is a well known news reader for Doordarshan Bhubaneswar

for more than 8 Years. He is an "A" grade artist of Doordarshan.

His voice brought him prominence on the radio. His voice is "B" High Drama voice for AIR Cuttack. Another feather in his cap is theatre. He has acted, directed, and scripted more than 100 State plays. He is a recipient of two National Awards and more than 80 other awards. In order to popularize Odiya Culture, he has travelled to 19 countries to talk about the same.

He is a Rotarian, a Past President, Assistant Governor, Chairman, Rotary Band promotion and District Liaisoning Chair of Rotary (Dist. 3262).

He is married to Sangeeta. They are blessed with two daughters.

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***MINUTES OF WEEKLY MEETING
NO- 3763, HELD ON Dt.
29.10.2024, AT JPM RCC EYE
HOSPITAL & RI***

Meeting was called to order by the President Rtn. Akshya Kumar Nayak & after the National Anthem was recited one minute silence was observed calling upon the Almighty for World Peace and Better Understanding, then President welcomed Guests, Esteemed Rotarians, members of Rotaract Club of Birupa, Anns present in the meeting & the minutes of the last weekly meeting

circulated through the weekly bulletin was confirmed. Fellowship announcement was made by the Rtn I. Subramaniam, Rtn. Vikram Senapati & Rtn. Dr Shiba Sankar Rao offered flower bouquet. Secretary briefed the august house about the activities of the club & its different permanent projects. President informed the house regarding receipt of good nos. of awards by our club during district award ceremony of RY 2023-24 "Bahubali" held at Swasti Premium, Bhubaneswar on 27th October, there after congratulate IPP Rtn. Samir Kumar Mishra & his team for their excellent achievement & receipt of Platinum Club award, then individual awards were handed over to the awardee 1) PP Rtn. Surya Prasad Mishra- Avenues of Service by RI & District Leader Gold as legal advisory chair, 2) PP Rtn. Devashish Panda- Bahubali Club Leader, 3) PP Rtn. Bijoy Dasmohapatra- Silver AG, 4) Rtn. Biswaranjan Sahoo- Champion in Blood Donation Service, 5) IPP Rtn. Samir Kumar Mishra- Gold President & 6) Rtn. Akshay Kumar Sahoo- Gold Secretary, the awards of PP Rtn Sushanta Mohanty-Platinum District TRF Seminar Chair & PP Rtn. Satyabrata Tripathy - Platinum District Liaison Chair were displayed for handing over later as the awardee were not present. After distribution awards Rtn. Tanmaya Kanti Sahoo escorted the Speaker Assoc Prof. Dr Mitali Chinnara to the dias, Sgt-at-

Arm Rtn. Tasneem Dodia greeted her with a flower bouquet. President gave an overview of today's Topic "Economic & Community Development in Odisha" thereafter she elaborately talked on the subject "Economic & Community Development" in the Globe, in India & particularly in Odisha. She emphasize on goal no. 10 i.e not to leave any one in the process of development. She also informed that as per IMF during 24-25 Indian economy is the fastest growing economy in the world but most unequal distribution of income & expenditure etc. After talk is over as per request of president Rtn. Manjushree Pattanaik felicitated the Speaker & presented a memento. Rtn. Babita Patnaik proposed vote of thanks & awarded for most courteously dressed Rotarian of the evening Rtn. Tasneem Dodia presented the attendance statistics & meeting was adjourned for Hi- Tea sponsored by Rtn. Vikram Senapati.

**Rtn. Er. Sunyeswar Swain
Secretary**

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The Flag Exchange program. PP Rtn. P. S. Chatterjee received a flag Rtn. Suchismita Chakraborty, secretary RC Dalma on 4th Noveber.



President, Secretary and members of RC Cuttack mate DG Yagnsassin at Bhubaneswar.



The members, president, secretary of RC Cuttack visited JPM RCC EYE HOSPITAL VISION CENTRE AT CHANDAKA
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MINUTES OF 4th BOARD OF DIRECTOR'S MEETING FOR RY 2024-25 HELD ON DTD 28/10/2024 AT 7PM IN THE BOARD ROOM OF CUTTACK CLUB, KILLA FORT, CUTTACK

The meeting was called to order by the President Rtn. Akshya Kumar Nayak. Minutes of the 3rd Board meeting dtd.27-09-2024 was placed & confirmed. Income & expenditure statement for the month of September' 24 was placed & approved by the Board. President informed the house that 102 numbers of members have been paid their dues & requested the balance esteemed members to pay their club dues immediately for smooth running of the Club.

The program for the month of November, 2024 was placed before the Board & approved.

05/11/2024 - Meeting on T.R.F.

12/11/2024 -Talk on National Legal Services Day.

19/11/2024 - No Weekly meeting on that day due to Bali Yatra.

26/11/2024- Celebration of 125th Birth Anniversary of Dr. H K Mahatab.

The date of next Board of Director's Meeting is fixed to be held on 29/11/2024 & the host of the meeting is Rtn. Akshay Kumar Deo, VP. Regarding Club's Election for Rotary year 2025-26 was discussed, the Election Officer PP Rtn. Sashi Sekhar Samal said that, he has received the list of members those have paid their club dues from the President, there after president requested Election Officer to dispense with the clauses in amended by-laws on

registration in my Rotary & Rotary India status as a criteria for the valid voter for the Club Election of RY2025-26.

Any other matter:

a. The proposal of President for what I stand for meeting in the contest of Club Election RY2025-26 is decided to be held on 04/12/2024.

b. Proposal of Purchase of Incinerator & Vending machine was approved & President was authorised to take the decision regarding installation of the same in a suitable location.

c. Some members are proposed not to keep any MC meeting of different permanent projects preceding to the BOD meeting & the same was approved.

PP Rtn. Sushant Mohanty offered the Vote of Thanks.

The meeting was adjourned by the President requesting the attendees to join for dinner hosted by PP Rtn. S Sudhakar Rao.

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BIRTHDAYS

01.11.24 Rtn. Sujata Pattanayak

04.11.24 Rtn. Biswa Ranjan Panigrahi

BARABATI felicitates members who have celebrated their birthdays.

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OBITUARY

On 3rd November Rtn. Amiya Ku. Mishra lost his mother. Members of RC Cuttack expressed their heartfelt condolence to the bereaved family.

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November is Rotary Foundation month.

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LAST WEEKLY MEETING





AWARD WINNERS OF DIST 3262 RY 2023-24





DIWALI CELEBRATION - ROTARY PLAY SCHOOL



DIWALI CELEBRATION - SRCCSCH





The Rotary Foundation

Rotary Foundation (India)

Rotary THE MAGIC OF ROTARY

ROTARY INTERNATIONAL DISTRICT - 3262

NOVEMBER IS THE ROTARY FOUNDATION MONTH

"We can all make a difference in the lives of others in need, because it is the most simple of gestures that make the most significant of differences."
Miyu Yamanouchi

EVERY ROTARIAN EVERY YEAR TAKE ACTION: www.rotary.org/india

Pay \$ 300 become PHF or PHF + Last Date 21.11.2024

Cheque in Favour of :
The Rotary Foundation (India)
Exchange Rate : \$1 = INR 84
Mention at the Backside of Cheque
Name with ID, Club Name with ID, Your PAN no.

Doing Good In The World

- Basic Education & Literacy
- Maternal & Child Health
- Peace & Conflict Prevention/Resolution
- Disease Prevention & Treatment
- Water, Sanitation & Hygiene
- Community & Economic Development
- Support the Environment



ଘନଶ୍ୟାମ ସିଂହପାତ୍ର
District Governor



PDG Aja Agarwal
DRFC



PP Vijay Kumar Agarwal
Dist. Secy. Foundation