

For members only



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
International Women's Day

EDITORIAL

Recognizing empowered women involves acknowledging their achievements, resilience, and contributions across various fields. They are independent, make their own choices, set goals, and pursue their passions. They break the barriers and challenge societal norms, overcome obstacles, and pave the way for others. They rise above hardships and setbacks with determination. They inspire others for a change by advocating for equality, social justice, and positive transformations. Whether in business, politics, education, or the arts, they take charge and lead with confidence. They try to uplift other women by creating opportunities, mentoring and supporting. Through innovation, activism, and leadership, they make a meaningful impact in the society.

Recognizing empowered women means celebrating their stories, amplifying their voices, and supporting their continued success. Today, Rotary Club of Cuttack felicitates some of these empowered women on the occasion of International Women's Day.

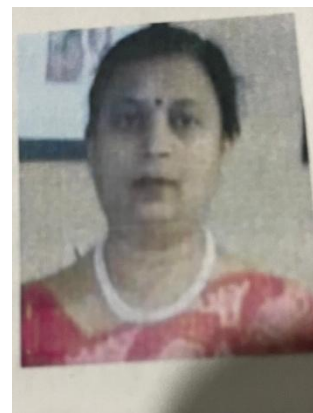
-Editor

OUR GUEST SPEAKER



She has delivered talks at All India radio on different social and women issues. Some of the books that she has published are Mo swapna ra Prithvi, Swarga ra Thikana, Parivesa chintana and Jiban Jienbara kala. she is associated with Odisha Nari Seva Sangh as Secretary, Lok Sevak Yuva Mandal Orissa lekhika Sansad, Rashtriya Kavi Sangam as District Coordinator and many more. Some of the awards that she has received are Annapurna Prabandha award in 2019 from Utkal Sahitya Samaj. She was awarded for creating good environment from District administration of Odisha Nari Seba Sanga and also was awarded for social services from the Chief Minister. she was bestowed with the award of being the 'Best organiser' from Orissa Nari Seba Sanga. She has backed the title of 'Best Mother' award from Abhipsa and 'Best Teacher's award' from OSSTA Teacher organisation and an array of awards and achievements.

OUR SPEAKER



Mrs Mamata Panda, Inner Wheel President is the eldest daughter of Sri Gopabandhu Mahapatra & late Kiranmayee Mahapatra and was born in Burla. An alumnus of Government High School, Burla. She graduated with Botany Honours from the erstwhile Ramadevi College,

Bhubaneswar securing the 3rd position in the merit list and holds a B. Ed. And M. Ed degree from Radhanath IASE, Cuttack. she is married to PP Rtn. Devashis Panda, Advocate. Their daughter Sukanya and her husband Sanjog are entrepreneurs while son Sudipto, married to Dr. Gayatri Debadarshini, is an Advocate. She joined the Inner Wheel Cuttack in 2008-2009, has been the ISO (2017-2018), Club Treasurer for three consecutive years (2018-2021), Joint Secretary and Trust Treasurer (2022-2023). She has proved herself in all the posts. Presently she is the President of Rotary Club of Cuttack.

**MINUTES OF WEEKLY MEETING
NO 3779 HELD ON 04/03/2025
AT CUTTACK CLUB ANNEXE-1**

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 & another one-minute silence was observed for Late Rajkishor Satapathy beloved father of Rtn Sanjeev Kumar Satapathy who passed on 3rd March, 25, thereafter President welcomed esteemed Rotarians, Anns & Guests present in the meeting & then minutes of the last weekly meeting circulated through the weekly bulletin was confirmed. Fellowship announcement was made by the Rtn. Prasanta Kumar Panigrahi & Secretary Rtn. Er Sunyeswar Swain briefed the august house about the activities of the Club's permanent projects. Vice President Rtn. Akshay Kumar Deo escorted the Speaker Rtn. Dr. Sishu Sankar Mishra to the dais & greeted him with a flower bouquet. President briefly described about today's Topic "Let us live with a better health" & invited PP Rtn. Partha Sarathi Chatterjee for introduction of Speaker, thereafter Rtn. Chatterjee introduced the Speaker of the evening Dr Mishra, thereafter Dr Mishra elaborately spoke on

the subject through power point presentation. At the outset he spoke about diseases of 21st century i.e Diabetes, Hypertension, Obesity, Dyslipidmia, CVA post Covid Syndrome then its causes like over eating, heavy & fatty meals, worries, sedent early marker(CPP,ICAM & IL-6 etc).He also informed details about Drugs Therapy & Non Drug Therapy i.e. life style modification for prevention of cardiac diseases by maintaining BMI-20 to 25, doing exercise etc. After Speaker's deliberation President Rtn. A K Nayak felicitated him & presented a memento. Rtn. I. Subhramanyam offered Vote of thanks, Rtn Suryakant Das Mohapatra presented the attendance statistics & meeting was adjourned for Hi-Tea sponsored by Rtn. Satya Nanda Panda.

***Rtn. Er. Sunyeswar Swain
Secretary***

CONGRATULATION



Congratulations Rtn. Dr. Sachidananda Satapathy for receiving PP Rtn. Dr.

Subasini Lenka Janapriya Bigyan Samman on 10.03.25 at Sriramachandra Bhawan.

BIRTHDAYS

05.03.2025 Rtn. Ashok Ku. Mishra
05.03.2025 Rtn. Ranjan Ku. Mohapatra

ANNIVERSARIES

05.03.2025 PP Rtn. Ranjit Mishra & Ann Smita
07.03.2025 Rtn. Ram Prasad Agrawala & Ann Alka
09.03.2025 Rtn. Nikunja Ku. Deo & Ann
10.03.2025 Rtn. Duryodhan Sahoo & Ann Pramila
12.03.2025 Rtn. Sarmistha Prasanti Dey & Spouse Dr. Biswajit
12.03.2025 Rtn. Kishore Pradhan & Ann Srimati

BARABATI felicitates members who have celebrated their birthdays & Anniversaries.

OBITUARY

Barabati mourns the sad demise of Smt. Savitri Choudhury mother of Rtn. Prithviraj Choudhury on 7th March, condoles the family and prays for the salvation of the immortal soul.

March is the designated month for water, sanitation, & hygiene.

LAST WEEKLY MEETING AT CUTTACK CLUB ANNEXE 1



5TH ODISHA EYE CONCLAVE 2025



DISTRIBUTION OF FOOD PACKETS AT SISHU BHAWAN ON 8TH MARCH



MASTI KE PATHSHALA PELS & SELS ON 9TH MARCH AT BHUBANESWAR



WORLD GLUCOMA WEEK



PRINT MEDIA



Rotary District - 3262

AIRAWAT

DISTRICT CONFERENCE 2024-25

REVEALING THE SURPRISE... NEVER BEFORE...

CONFERENCE GIFTS YOU A REASON TO OVERPACK AND TRAVEL WITH A SURPRISE GIFT ...

On 29th to 31st March 2025
Mayfair Palm Beach Resorts
Gopalpur on Sea

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HURRY UP !!
HURRY UP !!!

Registration fee:-

1st March to 10th March
Rotarian - 8000/-
Spouse - 7500/-
Rotaract / Interact - 7500/-