

For members only



Weekly Bulletin

RY 2025-26



Rotary Club of Cuttack

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

R.I. President
Francesco Arezzo

District Governor
Manoj Kumar Tripathy

Club President
Sujata Priyadarshini

Club Secretary
Dr. Tasneem Dodia

Editor
Atoshi Karmakar

BARABATI

*Today's programme
Talk on "Mental Health" By
Dr. Jayaprakash Russell
Ravan*

EDITORIAL

Mental health awareness is crucial for building a supportive and understanding society. It involves educating people about mental health conditions, reducing stigma, and encouraging open conversations. Many individuals struggle with issues such as anxiety, depression, or stress, yet hesitate to seek help due to fear of judgment. By raising awareness, we create an environment where people feel safe to talk about their mental well-being and access the support they need. Mental health is just as important as physical health, and recognizing the signs of emotional distress early can lead to timely intervention and recovery. Schools, workplaces, and communities all play a role in promoting mental health awareness through education, resources, and inclusive practices. Support from friends, family, and professionals can make a significant difference in someone's life. When we prioritize mental health awareness, we take a vital step toward creating a compassionate society where everyone's mental well-being is valued and protected.

Editor

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GUEST SPEAKER



Dr. Jayaprakash Russell Ravan, originally from the village of Erancha in Adashpur, was born to parents who were both in the teaching profession. He completed his schooling at Government High School Unit 1 and BJB College, followed by his undergraduate medical education at SCB Medical College, Cuttack, and post-graduation in Psychiatry from CMC Vellore, Tamil Nadu. With over 15 years of dedicated service, he has significantly contributed to the development of the Postgraduate Department of Psychiatry and Behavioral Sciences, and has been actively involved in training undergraduate, postgraduate, and nursing students. Prof. Ravan has worked extensively for marginalized individuals facing mental health issues through his organizations BIIPBSAR and Paripurnata Centre. A committed researcher, he has published around 34 journal articles and contributed to three book chapters. He is the co-founder of One Health Foundation, India, serves as the Odisha representative to the East Zone of the Indian Psychiatric

Society, and is also a university PG examiner. Currently, he is the Head of the Department at DRIEMS University, Tangi, Cuttack. A Rotarian and a member of Rotary Club Unique, Bhubaneswar, he is married to Pragya Das and has two children, Maanvik and Miss Darshanika, who are currently studying in school.

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Minutes of Weekly Meeting No. 3808

**Held on: 23rd September
2025**

Venue: Cuttack Club, Annex-1

The meeting was called to order by President Rtn. Sujata Priyadarshini. The Assistant Governor Rtn. Dr. B. N. Mohanty was escorted to the dais. Members joined in singing the National Anthem. One-minute silence was observed for World Peace and Better Understanding. Another minute of silence was observed in memory of the late father-in-law of Rtn. Rajkanwar Nayak. The minutes of the previous meeting were read and confirmed. Secretary Rtn. Tasneem Dodia briefed the members about the upcoming projects of the club for the coming week. Reports of various permanent projects were shared by the respective project heads. IPP Rtn. A. K. Nayak conducted the Nation Builder Award ceremony, recognizing and felicitating dedicated teachers for their

valuable contribution to education.

Assistant Governor Rtn. Dr. B. N. Mohanty addressed the gathering and appreciated the Club's ongoing projects, social initiatives, and community service contributions.

It was decided to form a By-law Amendment Committee, with PE Rtn. Balakrishna appointed as the Chairman.

PP Rtn. Sudhakar Rao. was elected as the Election Officer.

The Vote of Thanks was proposed by PP Rtn. Partha Sarathi Chatterjee.

Attendance report was presented by Rtn. Ajab Patel.

The meeting was adjourned by the President with a request to join for Hi-Tea.

By Rtn. Dr. Tasneem Dodia
Secretary

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BIRTHDAYS

2nd October Rtn. S. Sudhakar Rao

2nd October Rtn. Narayan Kumar

9th October Rtn. Ajab Patel
9th October Rtn. Prakash Chandra Taunk

10th October Rtn. Suresh Kumar Choudhury

10th October Rtn. Ashok Kumar Pattanaik

BARABATI felicitates the members who have celebrated their birthdays.

*Program for the Next Week
Halloween and Diwali Celebration*

Designated Month- October is for Economic and Community Development

Last Weekly Meeting





World Sight Day Celebrated at JPM RCC Eye Hospital & RI on 9th October



SRCCSCH



CPR (Basic Life Support) training to School Students, RCC Organised at JPM Eye Hospital on 13th October



Members of RC Cuttack distributed 1000 clothes among the needy children at Saura Sahi and Berena Munda Sahi on 23rd September



PDG A.B. Mohapatra was the Guest Speaker at Rotary Club of Bhubaneswar on 13th October



CONGRATULATIONS

"The Cult & Constitution" written by PP Rtn. Bijoy Krushan Mahanti was launched at Seven Pillars of Wisdom on 8th October.



PP Rtn. Dr. Subasini Lenka was felicitated in the International Semina



Secretary Rtn. Tasneem Dodia and Rtn. Biswaranjan Sahoo were felicitated by RedCross Society On 1st October

