For members only



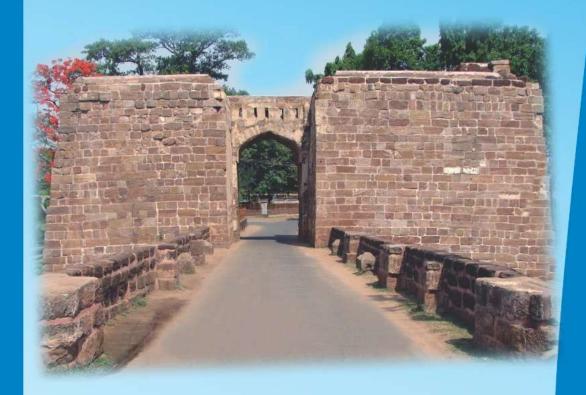






# Weekly Bulletin

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

Today's programme Talk on "Mental Health" By Dr. Javaprakash 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 recovery. Schools. and workplaces, and communities all play a role in promental 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** 

#### **GUEST SPEAKER**



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 Pragva Das and has two children, Maanvik and Miss Darshanika, who are currently studying in school.

Minutes of Weekly Meeting No. 3808

Held on: 23rd September

2025

Venue: Cuttack Club, An-

nexe-1

The meeting was called to order by President Rtn. Sujata Privadarshini

The Assistant Governor Rtn. Dr. B. N. Mohanty was escorted to the dais.

Members ioined 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. Raikanwar Navak.

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. Navak 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 Bylaw 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

#### **BIRTHDAYS**

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2<sup>nd</sup> October Rtn. S. Sudhakar Rao 2<sup>nd</sup> October Rtn. Narayan Kumar 9<sup>th</sup> October Rtn. Ajab Patel 9<sup>th</sup> October Rtn. Prakash Chandra Taunk 10<sup>th</sup> October Rtn. Suresh Kumar Choudhury 10<sup>th</sup> 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 13<sup>th</sup> October



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



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



#### **CONGRATULATIONS**

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



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



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

