



Ka PATENG NONGKYNTI

"The Heritage" - a monthly bulletin of Rotary Club Shillong Heritage, connecting people...

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PRESIDENT'S MESSAGE



Dear Fellow Rotarians ,
Warm Rotary Greetings!!

The past weeks have been a meaningful journey with service, celebration, and fellowship!!

We successfully completed our Project in Ganesh Das Hospital, reaffirming our commitment to Community health and care. Independence Day was celebrated with joy and pride at Tagore Memorial School , where we shared special moments with the children , and also a warm fellowship over breakfast at my place. We also had a wonderful evening of celebration to mark our Club's 7th Charter Night.

Adding to this momentum a few of us along with our IPP travelled to Siliguri for the Awards Ceremony (for the year 2024-25) where our Club was recognized for its excellence. It was a proud moment for all of us and I extend my gratitude to each member for their dedication and teamwork which made this happen. Special congratulations goes out to our Immediate Past President, Rtn. Vikash Chokhani and Past Secretary , Rtn. Anupam Choudhury for your glorious achievements!!

I would like to take this opportunity to thank each one of you for your support and commitment towards the club. Together , we continue to grow stronger in fellowship and purpose, ensuring that our efforts truly embody the spirit of Rotary.

In Fellowship,
Rtn. Gayatri Marnie Batkhar,
President 2025-26.



From the Editor's Desk

Dear Fellow Rotarians,

EDITORIAL TEAM



Rtn Farida Warjri



Rtn Monideepa Sen



Rtn Dr Binayak Dutta



Rtn Poirei K. Sanasam

We are delighted to bring to you this edition of Ka Pateng Nongkynti (The Heritage), which features the activities of the Club in the month of August. The month was wrapped with different activities that brought the group together, from distributing materials to the Nutritional Rehabilitation Ward at Ganesh Das Hospital, celebrating Independence Day, observing the 7th Charter Night, attending the Rotary Service Awards Night at Siliguri to Rotary Youth Training programme and marathon meetings preparing for events in September. It has been an exciting month indeed for everyone in the Club.

This issue has two members contributing to it. Rtn Dr Sangeeta writes on the Maternal and Child Health programme and Rtn Dr Mrinal Barthakur shares a write-up on "Second Opinion-A Patient's Dilemma.", which makes for very interesting read. We live in a world of choices and it takes a lot of information and wise decisions to arrive at a certain conclusion, whether it is our health or lifestyle choices/changes.

As we gear up and get ready for September, the Club is abuzz with the NBA Awards selection and a Professional Development programme for teachers in partnership with another Rotary Club. The road ahead is an opportunity to connect with people and communities to foster more growth and to forge more partnerships and collaboration for the end goal of Rotary is and always will be "Service above self".

We hope you will enjoy this edition.

With best wishes,
Farida Warjri

ROTARY CLUB INITIATIVE: MATERNITY AND CHILD HEALTH

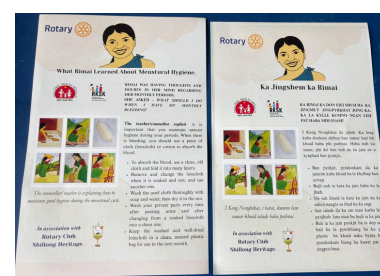
by Rtn. Dr. Sangeeta Kar



At the heart of Rotary's humanitarian mission lies a deep commitment to improving maternal and child health. Every year, nearly 5 million children under the age of five die from preventable causes, and hundreds of thousands of women face complications during pregnancy and childbirth. The Rotary Club, through its Maternity and Child Health initiative, works to create sustainable solutions that ensure mothers and children can live healthy, safe, and dignified lives. The main areas of focus are

1. **Safe Motherhood:** We support programs that provide access to prenatal care, skilled birth attendants, and emergency obstetric services, particularly in underserved communities. Education on birth preparedness and postpartum care is also a vital part of our outreach.
 2. **Child Survival:** Rotary promotes nutrition, immunization, and access to clean water and sanitation.
 3. **Health Education and Advocacy:** Raising awareness is key to long-term impact. Our club conducts community seminars on maternal nutrition, breastfeeding, child development, and hygiene practices to empower families with knowledge and practical tools.
 4. **Capacity Building:** We help train midwives, nurses, and community health workers, equipping them with the skills and resources needed to provide quality care. We also support local clinics with essential medical equipment and supplies.
 5. **Partnerships for Impact:** Our Rotary Club collaborates with NGOs, government agencies, and other Rotary clubs worldwide to implement sustainable projects that address the root causes of maternal and child mortality.
- Rotary's Vision:** A world where every mother has a safe delivery and every child has a healthy start to life.

As part of the Rotary Club Heritage endeavour, we, at RCSH, attempted to implement and carry out our service to the community at Ganesh Das Hospital, Shillong, on August 12, 2025, by providing medical supplies and distributing pamphlets on menstrual hygiene and breastfeeding. We donated 200 adult diapers for patients undergoing cesarean section and needing diapers immediately on the O.T. table postoperatively. Secondly, we donated 100 reusable sanitary pads, which can be washed and worn for up to 4 years. At the Nutritional Rehabilitation Centre Paediatric Ward, we distributed toys, rockers, educational and skill development toys for the children, as well as 450 diapers for newborns. We shared happy moments with the children and mothers, and could see the fun, smiles, and laughter on the children's faces as they played with their new toys and rockers. Our special thanks go to Dr. W. Sutnga, Medical Superintendent; Dr. W. Shangpliang, Obstetrician and Gynaecologist; and Dr. J. Swett, Paediatrician, of Ganesh Das Hospital for providing us with all the help for our project on maternity and child health.



INDEPENDENCE DAY CELEBRATIONS

The RCSH celebrated Independence Day with the students and staff of Tagore Memorial School, Rynjah, Shillong, along with community leaders and members of the Club. This School is one of the Happy School Projects' of RCSH. The Principal of the School welcomed all the guests, followed by the national flag hoisting by the President of RCSH, Rtn G. Marnie Batkhar, along with the Management Committee members. The students of the School performed yoga and dance in celebration of Independence Day. The President of the Club generously contributed umbrellas for all the children of the School, who were overjoyed and excited, as this came as a big surprise to them. The celebration continued with a meeting and a sumptuous breakfast fellowship at the President's residence, attended by members and two Rotarylets.



SECOND OPINION -A PATIENT'S DILEMMA

by Rtn Dr. Mrinal Barthakur



The issue of taking a "Second Opinion" by a patient during the course of his treatment is a debatable chapter and is of prime relevance in the context of present-day medical service. There is huge mushrooming of private health institutions in urban areas all over the country, some being deficient in qualified and proper manpower. Very often we find patients in the hands of unqualified or incompetent health professionals who compound the miseries of the patient by improper or incomplete diagnosis. The stakes are very high for the common man because the wrong diagnosis will result in huge monetary losses with great agony for the entire family.

I still remember the day when my mother started to have severe pain in her back radiating to the right leg. It was severe enough to make her bed ridden with great restriction of movement. Since the pain continued despite first line medication, I decided to get her thoroughly examined in a leading city based hospital. After examination by a Neurosurgeon/ Orthopaedician, all necessary investigations were carried out. The final verdict came that she would have to undergo an operation. "Why don't we take a second opinion?" asked my wife anxiously. After much thought, I decided to get a "Second Opinion" at Fortis Hospital, New Delhi since a few of my friends are working there. On arrival there, she was examined by a host of interdisciplinary doctors. Finally, to my relief and surprise, their opinion was very much different from the earlier diagnosis. They advised that operation can be avoided and prescribed her medication along with some exercises. Gradually she recovered from her illness and, with God's Grace, she is now fully ambulatory with minimal discomfort.

My awareness about the Patient's Bill of Rights helped me to take the second opinion. The Patient's Bill of Rights provides every patient with various rights, it is very necessary and important that we are all aware of these rights.

The Patient's Bill of Rights envisages the following:

1. Right to proper medical attention as and when required.
2. Right to compassionate treatment from the doctors.
3. Write to considerate behaviour from the attending staff.
4. Right to correct and easily understandable information about what is wrong, what is being done and what is the expected outcome.
5. Right to explanation if he is referred to a centre offering better treatment facility.
6. Right to Second Opinion.
7. Right to fair hearing from a competent authority.

The privileges entitled in the Patient's Bill of Rights are of paramount importance to every patient. These rights help the patient to attain quality and compassionate treatment. The Sixth Right clearly states "Right to Second Opinion" and these four words bring hope for every ailing patient.

There are numerous instances in our day-to-day life where an improper diagnosis has been pronounced. My uncle, the other day, was diagnosed as having sixty percent cardiac artery blockage calling for an immediate angioplasty. However, on "Second Opinion" by a higher speciality centre, he was ruled as perfect with no need for any cardiac intervention. Similarly, there are many cases earlier branded as "cancer," later overruled by centres of excellence only as simple diseases. The list is unending, and the time has come where "Second Opinion" has gained great relevance.

However, I would like to emphasise here that "Second Opinion" should be sought only in chronic cases and not otherwise. Moreover, the opinion taken should be from a specialist in the field of disease the patient is suffering from, or else the concept of taking a second opinion gets redundant. A "Second Opinion" gives more clarity to the patient, and if the second opinion is an agreement with the initial diagnosis, then the patient feels more composed in his/ her mind and eventually takes the treatment process in a positive manner.

There are many other times when patients are advised to carry out tests, operations etc which are out of their financial capabilities. In such cases, patients should go ahead and seek another opinion from a specialist who may be able to suggest an alternative route to the patients well-being, and which can also be less costly.

The effectiveness of the "Second Opinion," however, is also dependent on the thoughtful and solid judgement on the part of the patient. I have also come across some patients who, after being diagnosed here on certain ailments, went outside the state to get a "Second Opinion," only to further worsen his/her prevailing condition. And that is why I have emphasised the fact that second opinion should be taken only from a Specialist of repute. Any medical facility may not have the modern equipment or professional manpower of repute.

The option of taking a third opinion is always open for the patient. In extreme difficult situations, it is found that a third opinion does help in the final diagnosis.

THE ROTARY SERVICE AWARDS 2025

The Rotary Service Awards 2025 was hosted by the Rotary Club of Siliguri Central held on the 23rd August 2025 at Siliguri, West Bengal. The members from RCSH who attended the programme were the Charter President Rtn Gideon Kharmawphlang, President Rtn G.. Marnie Batkhar, IPP Rtn Vikash Chokhani, Past Presidents' Rtn Dr Barnali Bhuyan, Rtn Sandeep Das, and Rotary Foundation Chair Rtn Dr Debomallya Bhuyan, Club Membership Chair Rtn Dr Kaveri Sharma Barthakur and senior member Rtn Dr Mrinal Barthakur. The awards received by the Club were as follows:

>Club Excellence Award for 2024-2025

>Certificate of Appreciation for undertaking Water, Sanitation and Hygiene -Public toilets for boys and girls, Basic Education and Literacy -Revamp of School and Play Area

>The Governor's Certificate of Appreciation to IPP Rtn Vikash Chokhani

>Outstanding Zonal Secretary Award to Rtn Anupam Choudhury

>The Eagle Secretary Award to Rtn Anupam Choudhury (2024-2025).

There was also an exchange of Club Flags with Rotary Club of Darjeeling.



CHARTER NIGHT 2025

Rotary Club Shillong Heritage celebrated its 7th Charter Night on the 10th of August at Mikado Restaurant, Pine Borough Hotel, Shillong. It was a night to remember. The Club members are proud of its inception and a cake was cut in honour of the Club by Charter President, Rtn Gideon Kharmawphlang (retd. IAS). It was a fun time of fellowship and camaraderie shared by all.

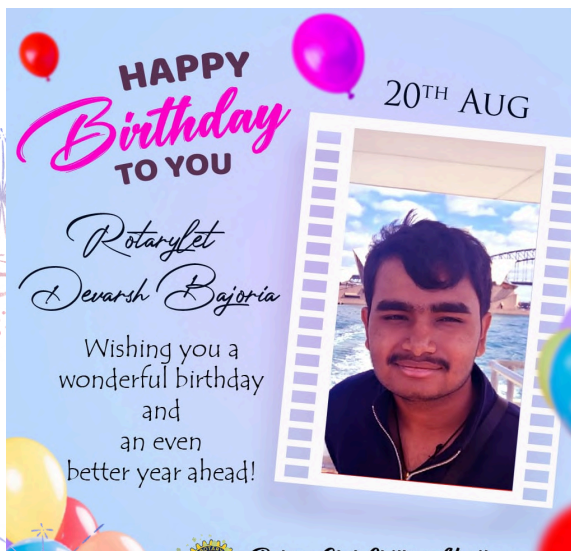


ROTARY YOUTH LEADERSHIP TRAINING WORKSHOP

A two day Rotary Youth Leadership Training Workshop was organised by Rotary Club Orchid City on the 30th August 2025 at Pastoral Centre, Shillong. Shri. Swapnil Tembe, IAS attended the programme and interacted with the participants. Our club sponsored 5 students from H. Elias School, Nongthymmai, Shillong to attend this programme. President Rtn Marnie was also part of the programme.



Celebrations of August



CELEBRATIONS OF SEPTEMBER

Birthdays

- 1st Rtn Dr Sangeeta Kar
- 1st Rtn Pradip Chokhani
- 1st Rotarylet Akshat Singh
- 5th Rotarylet Ashwin
- 6th Rtn Kannaki Parasar Das
- 11th Rtn Dr Binayak Dutta
- 15th Rotarylet Cayden G. Sanasam
- 17th Rtn Prerna Amarnani

Anniversary

- 29th Rtn Malsom Das and Ann Joyliana Swer

