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Empathy

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From the Editors Desk

Dear Rotarians,

As we step into December, the final chapter of the year, we are reminded of the essence of fellowship, service, and giving that lies at the heart of Rotary's mission. December, a season of joy and reflection, serves as a poignant reminder of our shared purpose: creating lasting change in our communities and the world.

This month, as many cultures and traditions celebrate generosity and gratitude, we are called to renew our commitment to Rotary's motto, Service above Self. It is an opportunity to strengthen our bonds as Rotarians by engaging in meaningful service projects that embody the spirit of the season. Whether through supporting families in need, organizing community events, or promoting peace and goodwill, December offers abundant avenues to make an impact.

Let us also take this time to reflect on our accomplishments and the lives we have touched. Every small act of kindness builds a better world, and December encourages us to carry this momentum into the year ahead.

Together, let us celebrate this season not just with festivities but with purposeful action. In doing so, we honor the Rotary cause and inspire others to join us in making the world a brighter, more compassionate place.

Serve to change lives!

Yours in Rotary,

Soumya Roy

Secretary & Bulletin Editor, Rotary Club of Calcutta Empathy.



Empowering Women through "Atmasamman": A Rotary Initiative

Soumya Roy

The "Atmasamman" project is a testament to Rotary's commitment to empowering women and promoting community well-being. This women's self-defence training program aligns perfectly with the core tenets of Rotary, fostering a safer and more equitable society.

At its heart, "Atmasamman" embodies the Rotarian principle of "Service above Self." By providing women with practical self-defence skills, the project empowers them to protect themselves and their loved ones, fostering a sense of security and independence. This aligns with Rotary's emphasis on humanitarian service and the betterment of society.

Furthermore, the project promotes the Rotarian ideal of "Friendship" by bringing women together in a supportive and inclusive environment. The shared experience of learning self-defence can build camaraderie and foster a sense of community among participants. This sense of unity strengthens social bonds and reinforces the importance of women's empowerment.

"Atmasamman" also reflects the Rotarian value of "Integrity." The project upholds ethical principles by promoting non-violence and peaceful conflict resolution. By equipping women with the skills to defend themselves without resorting to aggression, the program encourages a culture of respect and understanding.

Finally, the project demonstrates the Rotarian commitment to "Diversity and Inclusion." By targeting women from all walks of life, "Atmasamman" promotes gender equality and breaks down barriers that may limit women's participation in society. This aligns with Rotary's vision of a world where all people have the opportunity to reach their full potential.

In conclusion, the "Atmasamman" project is a shining example of how service, friendship, integrity, and diversity can be woven together to create a positive impact on the community. By empowering women with self-defence skills, the project fosters a safer and more equitable society, aligning perfectly with the core tenets of Rotary.

