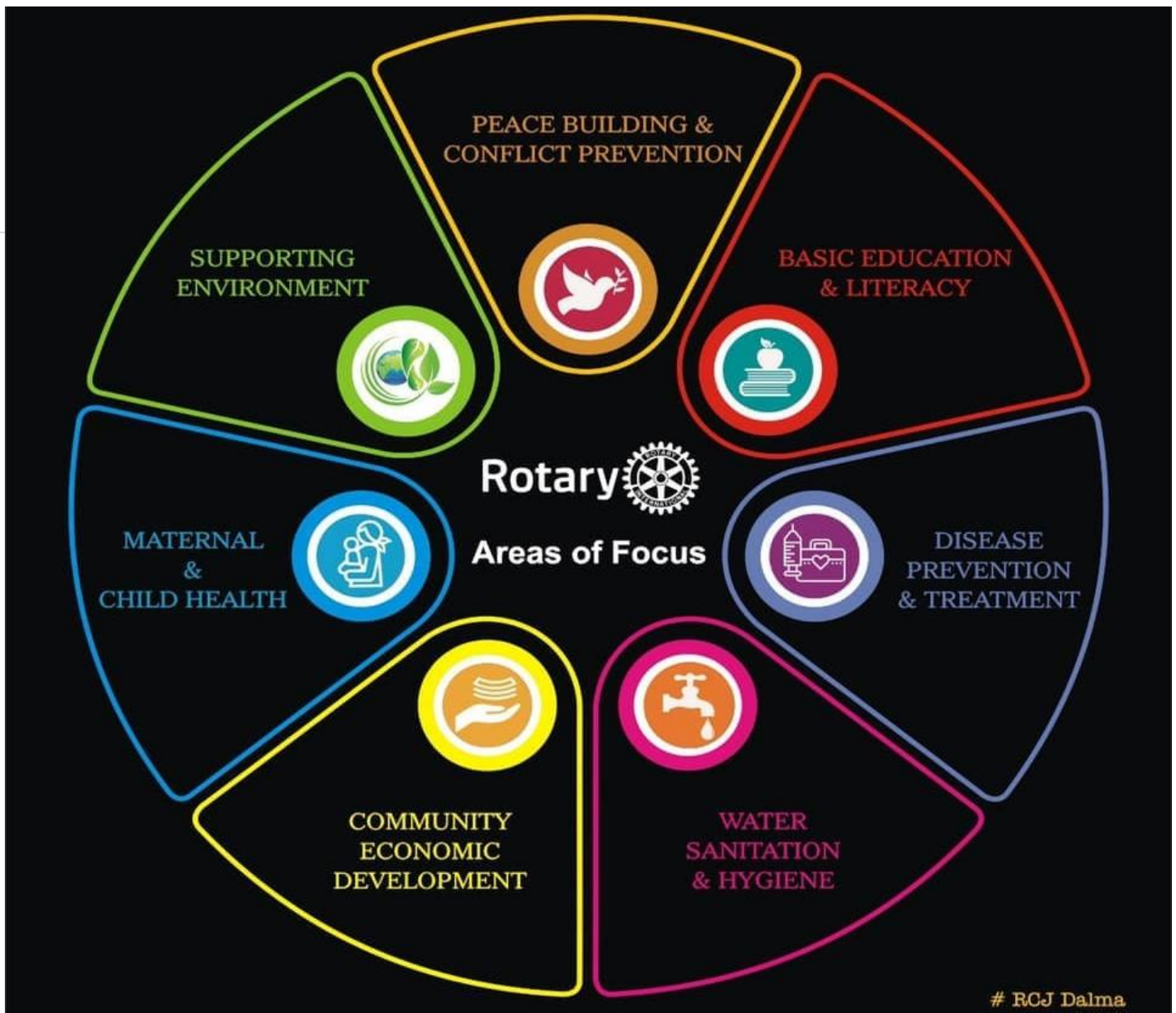




Dreamer's Digest

"Dreams, are not that you see in sleep, dreams are those that doesn't let you sleep."

DISTRICT 3291
CLUB NO. 227098

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CELEBRATIONS

Birthdays & Anniversaries

Every milestone deserves to be celebrated! Here's raising a toast to our Dreamers who added joy to July with their birthdays and anniversaries.



Birthdays

- **Ritwika Chaudhuri – July 17th**
- **Madhumita Datta – July 22nd**



Anniversaries

No anniversaries this month

"Because every Dreamer's joy is our collective happiness."

Introducing



UNITE
FOR
GOOD

Charter Members



Dipayan Banerjee
Entrepreneur



Shashi Prabha Sharma
Graphologist, Psychologist



Amit Ghosh
Entrepreneur, Marketing Pro



Anil Dubey
CS, Insolvency Pro, Regt Valuer



Aniruddha Mishra
Entrepreneur



Arjan Bhattacharyya
Artist



Balshakhi Sankar
Manager, Anthelion SoA



Madhumita Dutta
Entrepreneur, Artist



Pooja Mukherjee
Entrepreneur



Ranu Halder
Artist, Astrologer



Ria Chakrabarti
Economist, Ex-Banker



Ritwika Chaudhuri
Entrepreneur, Ex-Media



Samrat Laha
Entrepreneur



Santanu Bandopadhyay
Entrepreneur, Artist, Astrologer



Dr. Shruti Sharma
Digital Learning Strategist



Subrata Barman
Artist



Susmita Banerjee
Housewife, Singer

Dream, is not what you see in sleep, dream is something which doesn't let you sleep ... Dr. A P J Abdul Kalam

The Story of Bengal Dreamers

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Every great movement begins with a dream. From every score of life, the arts and literature to science, reform, sports, economics, explorers and enterprises, Bengal's history has always stood as a testament to courageous imagination and the march towards a new dawn. Carrying the same legacy, we proudly announce the formation RC of Bengal Dreamers—a collective of passionate individuals united by the belief that solitude grows stronger when shared.

The aim of Bengal Dreamers is not merely to provide a forum for the exchange of innovative ideas, but to nurture them into meaningful actions. It also encourages grooming leadership and uplifting values in society. Hence it stands ready to transform tender aspirations into tangible achievements.

The conventional proverb says, success comes to them who dare and act'. For the members of the Rotary Club of Bengal Dreamers, we believe success also comes to them who dare to dream big and tirelessly work towards making the dreams come through. This club wishes to remind our community that determination can turn even the faintest spark into a guiding light.

Hence the few dreamers came together, created "The Rotary Club of Bengal Dreamers" and are out to look for opportunities to use the magic wand of Rotary and making a difference wherever needed, changing people's life for better, ensuring sunshine to a dark alley, putting a soothing balm to painful wound and bringing hopes to hopeless.

This is not just another club to increase numbers but a set of dreamers who believe that change comes with conception, commitment and conviction. Also, what sets Bengal Dreamers apart is its philosophy of inclusivity and collaboration. Students, professionals, artists, entrepreneurs—every voice matters here. Together, members seek to create a space where creativity is celebrated, social initiatives are encouraged, and innovation is shared across boundaries. Whether it is in the form of cultural events, workshops, or community projects, the club envisions becoming a hub where imagination meets resolve.

Keeping the two pillars of Rotary philosophy, fellowship and service in mind, we would like to be the change makers who are ready to practice as per preaching.

As this journey begins, we invite dreamers from every walk of life to step forward. The Bengal Dreamers is not just a club—it is a movement to reclaim the power of vision, the courage of action, and the hope of a brighter tomorrow.

Because when Bengal dreams, the world listens.

FOUNDATION STORY

Know The Members

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Everything has a beginning. For a flower to bloom, the gardener needs to sow the seed, then the plant grows, buds come and open to become a flower. To have food on your plate, fruits and vegetables must grow first. A mother keeps the embryo in her womb for 10 months, nurturing it with blood, love, and food, finally giving birth to a baby.

Our story is no way different from that. We wanted to have a club with like-minded people, sharing similar dreams of making a difference to the downtrodden, giving back to society, and creating a bond with people from different vocations but sharing the aspiration to be architects of possibility.

It was at the end of June when we had an awareness seminar inviting people who are keen to know the Rotary way of life and want to add it to their Wishlist. Sharing some lovely moments from the gathering on awareness seminar at ICCR on June 29th.

The awareness seminar helped people with decisive information and sufficient encouragement to sign in for membership.

In our newfound unity and purpose, we glimpsed a brighter tomorrow. The launch of the Bengal Dreamers is also a call to action. Imagining new horizons for Bengal, the Dreamers prioritize nurturing young minds, advocating for accessible education, and cultivating talent for both personal and community excellence.

The journey will be challenging, but the club's mission is clear: to eradicate hunger, uplift the underprivileged, champion inclusive education, and foster a spirit of shared growth.

FIRST MEETING HIGHLIGHTS

The Beginning of Fellowship

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We had our first meeting on July 17th at Anthelion School of Art. There was a palpable air of optimism and excitement. It was a very focused meeting which started with a fantastic presentation by our young dreamer President, Dipayan Banerjee. The presentation was on the basic introduction of Rotary International, story of its inception and the glory of the organization, its philosophy, guiding principles, ways of working, dos and don'ts, what is expected of an ideal Rotarian and typically the activities and role of a club within district and at the international level.



The presentation was followed by individual introduction of the newly joined members, their own stories, accolades and the purpose to join Rotary. Ours is a group of people from varied vocations - Artists, Engineers, Media Personnel, Economists, Chartered Accountants, Entrepreneurs, Researchers, each came with their expertise and new set of ideas with the two basic objectives in mind: finding lovely friends who think alike and aspire to be change makers and giving back to society with different innovative.

We spoke about different projects, each of the members shared their ideas and willingness to contribute to the club based on their experience, expertise, knowledge and reach. We spoke about the possible roles and responsibilities we would like to share and the best way to implement our projects.

It was also the birthday of **Ritwika Chaudhuri**, one of our members. So, the first meeting, along with a brilliant introduction of Rotary as an organization and members getting to know each other, also initiated the seed of fellowship, fun, food, and creating fond memories.

Here are a few more clips of the first day of the Dreamers' meet:



FIRST PROJECTS IN MOTION

Turning Dreams into Action

Page | 5 Bengal Dreamers bring practicality to their passion. From projects distributing nutritious meals to destitute communities, to education drives for children in remote rural and slum areas, their work is guided by the ethos that no dream is too small and no hurdle insurmountable. In their first outreach programs, the Dreamers have aimed few ambitious programmes for the year 2025-26, believing that when individuals unite around a common purpose, progress is possible.

Pathra-Gurbhanga Smart Village

Program: Focus on education, skill development, water and sanitation, health, and economic development. The goal is to set up a computer school, a pre-school, a stitching school, facilitate tutoring to students in the village, and organize health camps.



Sibnagar Model Academy - School Development Program in

Sundarbans: Development of a 3-storey CBSE English Medium School, and one smart classroom within the next six months.



Rotary Youth Leadership Award (RYLA) & Village Camping:

The aim is to partner with Narayana School-Newtown for the project and organize an Interschool RYLA Meet.

Project Yutori: The vision is to foster mental wellness by creating awareness about the importance of slowing down in day-to-day life, and through developing relaxed and thoughtful approaches to life.

Apart from the ones mentioned above, several other projects are in the planning phase:

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- **Uttoron Skill Development project:** Vocational training and employability training for marginalized youth.
 - Establishment of an **E-Commerce Portal** for beneficiaries belonging to unprivileged communities.
 - **DURGESHNANDINI (Long-term initiative):** Empowerment of girls, women, and transgenders in vulnerable communities.

The Dreamers will mobilize resources through cultural events, sports, art festivals, CSR, and crowdfunding — proving that when passion meets purpose, progress follows

RECCE DIARIES

Sundarbans & Metro Hospital

Page | 7 Dreamers are there to also help fulfilling the wishes and desires of millions who need not only a little more just for subsistence but also to have a better living in terms of some basic facilities... food, clothing, shelter, education and health.

On 6th of July, we had an excellent recce experience with Sibnagar Model Academy, located in the remote corner of Sundarbans. Some of the Dreamers Club members led by our president Dipayan Banerjee went to have a survey of the school.



The two-time visit, one by Dipayan alone and the second time with other team members, has convinced us that the academy has the potential to become a full-grown CBSE school if it gets necessary and enough support. So the club, for the time being, has decided as an initial effort to set up a smart class with online support for teaching and creating an awareness amongst members and women about how Rotary involvement can help them improve their lives.

And as we move forward, we dream of having a proper CBSE school in future and a self-sufficient village in a few years down the line.



And on July 29th, there was another recce experience with the Metropolitan Hospital. Sharing a few shots of the visit.

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From Sundarbans to Metro Hospital — the Dreamers are mapping the future of service.

DISTRICT 3291 AT A GLANCE

The Changeover

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Rotary is made up of over 500 districts around the globe, one of which is Rotary District 3291.

Structure of Rotary District 3291: Rotary District 3291 covers Andaman and Nicobar Islands, and parts of West Bengal (Zone 6). The district has 143 clubs currently, with 3781 Rotarians, 169 Honorary Rotarians, and 12 Honorary Rotaractors. July, being the month of installation and the beginning of a new Rotary year, we were honored to be a part of the handing over of the baton from the past Governor to the new one.

The honourable new District Officers are:

- Rtn. Dr. Ramendu Homchaudhuri (District Governor)
- Rtn. Tapas Bhattacharya (District Governor-Elect)
- Rtn. Purnendu Roychowdhury (District Governor-Nominee)
- Rtn. Shayak Gupta (District Executive Secretary)

And of course continuing with the fellowship goal...



In alignment with Rotary's seven focus areas and the two official mottoes, the clubs under district 3291 have been actively and continuously working towards improvement of depressed societies and individuals, in collaboration with various stakeholders.

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For the year 2025-26, Rotary district 3291 is actively involved in fighting Thalassemia, through timely screening initiatives, health camps, public awareness programmes, and community engagement in collaboration with the Zero Thalassemia Foundation and medical practitioners, NGOs, influencers, and Government.

The district has been arranging public awareness programmes on eye care, and funding eye surgeries and spectacles for the needy. The district backs different scholarships like the Shyamsundar-Radhika Ranjan Dey scholarship, Nirmal Jyoti scholarship, and Satyacharan-Binapani scholarship.

The Rotary clubs under the district strive to improve educational infrastructure, organize skill development programmes, provide study aids, and build vocational training centres for the youth, women, and other depressed population. Besides the above, creating awareness for ecological sustainability and conservation of nature are in their agenda too.



Rotary District 3291 — Creating Change Through Fellowship, Service & Sustainability.

ROTARY INTERNATIONAL AT A GLANCE

Its Formation & Activities

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Rotary is an international network of 1.2 million friends, leaders, and problem-



beyond

solvers

where people come together with common interests or professions for fellowship, and to play a lasting and meaningful part in community service. As a non-profit organization, Rotary's mission is to provide community service and contribute towards world peace, through connection and cooperation of people from diverse backgrounds who are ready to act as community leaders with integrity. Rotary's two official mottoes are "Service Above Self" and "One Profits Most Who Serves Best."

Way back on 23rd February 1905, Rotary Club of Chicago was founded by Paul Harris. The idea was to bring together professionals from different backgrounds who could share their thoughts and establish significant, long-standing associations. With time, Rotary started catering to humanitarian needs. Rotary formed clubs in six continents within just sixteen years of its inception. Rotary's most notable project has been its battle against polio since 1979, with the aim of immunizing 6 million children in the Philippines. The organization has played a key role in eradicating polio around the globe, except only Pakistan and Afghanistan as of 2024, decreasing from 125 countries in 1988.

Structurally Rotary has 3 main pillars:

- Rotary Clubs – Membership-based clubs dedicated to building lasting relationships and taking meaningful action.
- Rotary International – Assists Rotary clubs around the world by joining hands in global programmes.
- The Rotary Foundation – Provides financial support for humanitarian activities at both the local and global levels, expending more than \$4 billion on transformative, sustainable projects since its inception.

The Rotary International and The Rotary Foundation have their headquarters in Evanston, Illinois, USA. Rotary has associate foundations in Australia, Brazil, Canada, Germany, India, Japan, Korea, and the United Kingdom.

Rotary — 1.2 million friends, leaders, and problem-solvers serving humanity for over a century.

THE MENTAL HEALTH NOTE

Screen Time vs Sleep Time: The Three-Reel Truce

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Arjun's nightly bargain reads: "three reels and lights out." The first part is a Hinglish masterpiece; "Three Reels" is a reference to a short video format he's fond of, and "lights out" is self-explanatory while hinting at bedtime. The second part of his bargain is a street food hack he will never try, and the third is a boy dancing on the Delhi Metro.

1:07 a.m. The algorithm piques the guest's interest with magic: the phone is now a warm companion and a carnival to access. The guest now has complete dominion over the time as it stretches, and a single "one more" becomes a multi-dimensional bead of time. All the while, the mind pens its notes.

PRACTICAL SLEEP HACKS

1. Out of sight, out of mind: Leave the phone in another room while charging.
2. Auto-grayscale + Do Not Disturb at 10 p.m. to reduce temptation.
3. Watch app timers of 15 minutes. When it's over, it's over.
4. Wind down anchor: 15 minutes of dim light/stretch, book, and warm water.
5. Post-curfew standing rule: Check the phone only while standing by the charger.
6. Paper parking lot: Write thoughts down before sleep to relax the mind.



7. Calm out: Replace reels with sleep stories, white noise, or deep breathing.
8. Sunlight pledge: 5 minutes of morning sunlight resets the sleep clock.
9. "Lights Out Pact 10:30 p.m." treat bedtime like a promise.

"Better sleep, better mind, better tomorrow — because dreamers need rest too."