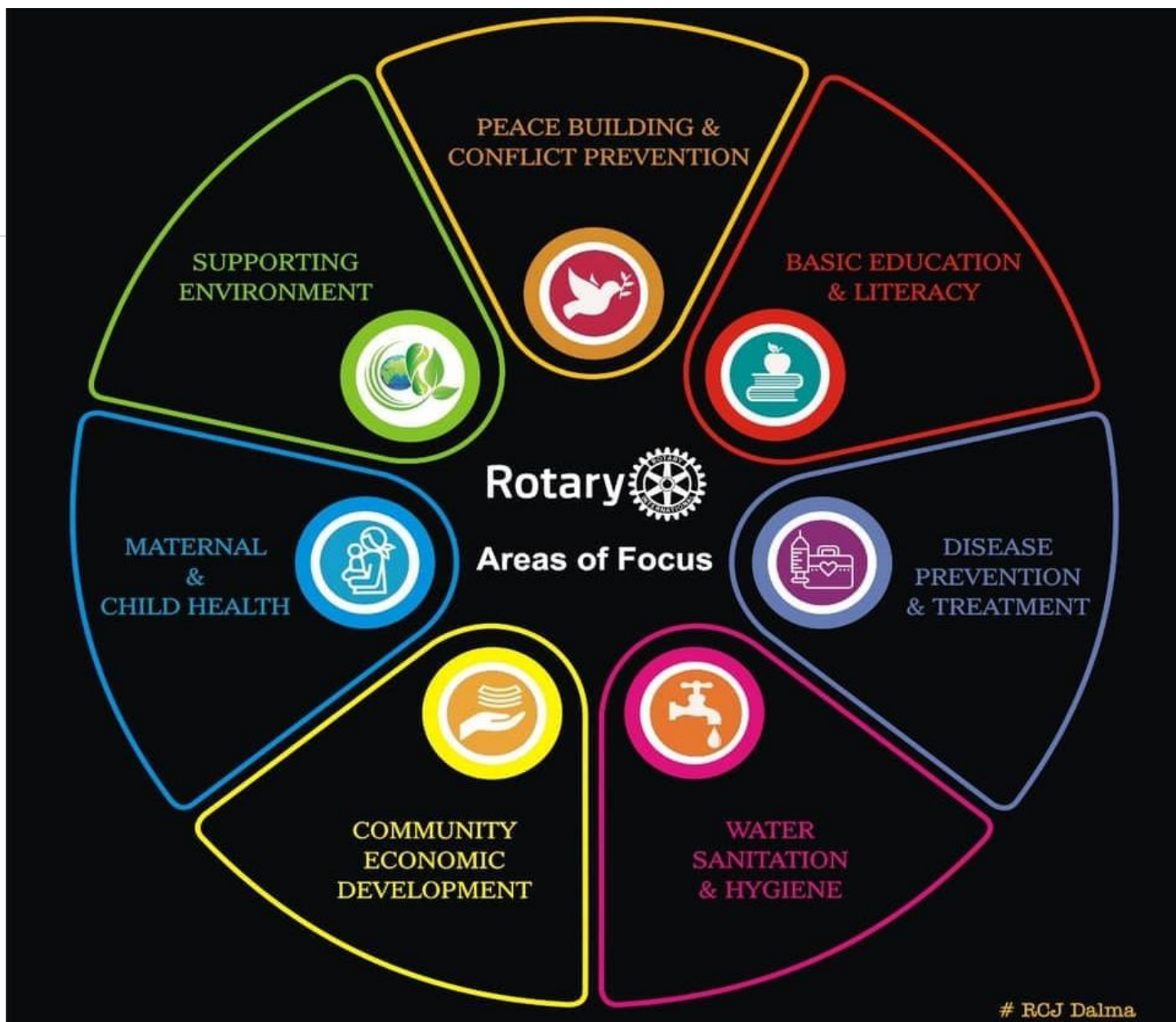




Dreamer's Digest

"Because when Bengal dreams, the world listens."

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

- **Amit Ghosh – August 4th**

Anniversaries

- **Amit Ghosh – August 7th**

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

THE STORY OF ROTARY: HOW IT HAPPENED

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“The fascinating story and history of Rotary is not unknown to the proud Rotarians, but it is always interesting to go through the amazing journey as that reminds us that how a great organization is born with only intentions to do good for the human being and how the universe aids in helping the concept blossom and become a behemoth over time.

Today, there are about 45,000 clubs in 220 countries with total membership of about 1.2 million.

Rotary is the brainchild of Paul Harris, who founded the Rotary Club of Chicago on 23rd February 1905. 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. Polio still remains endemic in only Pakistan and Afghanistan, as of 2024, decreasing from 125 countries in 1988.

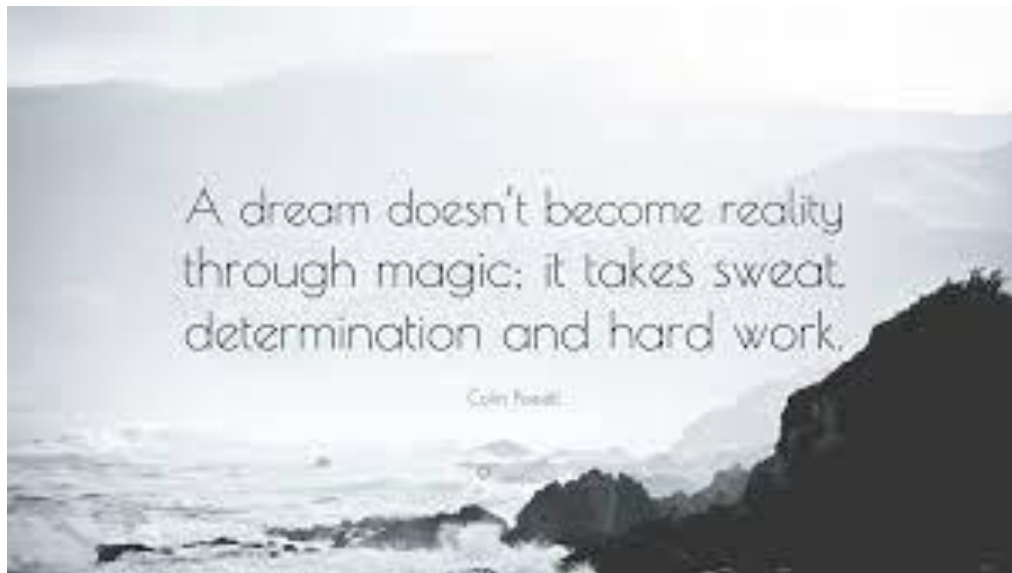
Rotary is an international network of beyond 1.2 million friends, leaders, and problem-solvers where people come together with common interests or professions for

EDITORIAL

fellowship, and to play a lasting and meaningful part in community service.

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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."



CHARTER CEREMONY

We are born!

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In our first and maiden issue of July 2025, we spoke about our aspirations to set up our dream club, bring hope and changes to people around and carry the baton of fellowship and services in an exemplary manner and pledge to Unite for Good and Serve Together.

Finally on August 31st Bengal Dreamers came under the auspicious umbrella of Rotary international through the charter ceremony and approving the formal establishment of our club.

The charter ceremony took place at the Sivananda Hall of Ramkrishna Misson Goal Park. The morning started with an extremely informative membership seminar followed by Charter ceremony of three new clubs under District 3291, Rotary Club of Barasat City, Rotary Club of Krishnanagar Riddi and ours.





Membership seminar at Nehru Children's Museum on August 3rd



August being the month for membership, the month started with its first membership seminar in the Nehru Children's Museum under the newly appointed District Governor Dr. Ramendu Hom Chaudhuri and DMC PP Rtn Debi Prasad Basu. They wished to meet all Club Presidents along with their newly inducted / prospective members. This is a part of Mission 1000 which is the target for District Membership Growth for Rotary Year 2025-26. This event was hosted by Rotary Club of North Calcutta.

The seminar was followed by our first club meeting at a nearby comfy café to discuss roles and responsibilities based on the interest of the club members, some introduction to the upcoming projects and of getting to know each other better.



LEAD 25: CHENNAI

An amazing confluence of Rotarians from all over India with 12,500 attendees, August became important for Rotary India chapter due to a massive leadership conference held in Chennai on August 24th and 25th: Lead 25.

With musical programmes and dances, a gala show of local culture, thought provoking lectures, panel discussions, networking opportunities, it was a worthy event for Rotarians to attend. From Bengal dreamers, our club president and Secretary were there.



INDEPENDENCE DAY CELEBRATION BY DISTRICT 3291

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Jai Hind.....

The Independence Day celebration on August 15th is perhaps one of the most important national level celebrations of India. There is no segment in the society, country, corporate sector, academic institutions, that do not observe independence day and salute the freedom fighters and martyrs who were instrumental in bringing freedom to our country – Rotary India do follow the same tradition starting flag hoisting along with singing of national anthem and remembering the national hero's and priding on the triumph of victory after 200 years of submission to British Raj. It was also our first Co-host event at the district level.



Here are a few more clips from the Independence day celebration!



DT 3291: AWARD CEREMONY: SAMMANAM

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Time to acknowledge the best:

Rotary District 3291 held its Sammanam awards ceremony on August 17, 2025, at the Dhono Dhanyo Auditorium in Kolkata to recognize outstanding achievements of Rotary clubs and individuals for the 2024-2025 Rotary Year. The event acknowledged members and clubs for their excellence in various service areas, including community development, literacy, eye care, and disease prevention, with several clubs and individuals receiving prestigious awards.

Key Recognitions and Awards

- **Rotary Club of Calcutta Avyanna**: received numerous awards, including the Rolling Trophy for Youth Service, Rolling Trophy for Club Service, and the overall Four Lions Trophy for Best Club.
- **Rtn. Krishnendu Biswas**: (President, Rotary Club of Budge Budge) was awarded the Best President Award by District Governor AKS Dr. Krishnendu Gupta.
- **Rtn. Meeta Lakhotia**: was honored for her exemplary leadership and creativity in publishing the outstanding Governor's newsletter.
- **Rotary Club of Amelia Kolkata**: was recognized for its significant contributions, including 1st Prize in Blood Donation, 1st Position in Eye Care, and achieving the Gold Award for Eazy School in Literacy.

RECCE DIARIES

Shibnagar Model school and Aarush Memorial Trust

Meanwhile, the second recce done by Dipayan and Amit helped us to conclusively decide for One Smart Classroom, 5 computers and Awareness programs with women to start with at Shibnagar Model Academy.



Our club member Ritwika managed to another Recce for Aarush memorial Fund and a meeting with its main trustee, Abhijit who lost his son to the dreaded diseases of Cancer and has decided to set up a homestay for 12 such patients who are coming for treatment to Tata Memorial Hospital, New town.



SIMPLE FELLOSHIP AND FUN!

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Tandur Park dinner on August 18::



ROTARY INTERNATIONAL AT A GLANCE

What's happening across the world!

I In August
Rotary
International

2025,



designated the month for Membership and New Club Development, encouraging activities like membership growth, new club formation, and the submission of nominations for awards such as the Sylvia Whitlock Leadership Award and the Club Excellence Award for Interact Clubs. Club leaders also focused on club administration, including managing club invoices and deadlines, while Rotary members continued their ongoing global service projects in areas like disaster relief, sustainable agriculture, and public health.

Focus on Membership and Club Development

- **August as Membership Month:**

The Rotary calendar designates August as Membership and New Club Development Month, shifting the focus towards growing the organization and strengthening existing clubs.

- **Leadership Development:**

The month also highlights opportunities for members to develop leadership skills through club roles and training courses in areas like public speaking, project management, and conflict resolution, as noted in Rotary's August 2025 magazine, "How to succeed in business".

- **Award Nominations:**

Key award deadlines were set for August, including the Sylvia Whitlock Leadership Award for advancing women in Rotary (which accepts nominations throughout August) and the Club Excellence Award for Interact Clubs.

Global Service Activities

- **Disaster Relief:**

In August, Rotary clubs and districts were involved in ongoing disaster relief efforts, such as the work of the Rotary Club of Agartala City in Tripura, India, which provided aid after flooding.

- **Sustainable Agriculture:**

Rotary's support for sustainable agriculture in India, such as the Partners for Water Access and Better Harvests program, continued to improve farmers' livelihoods.

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

ROTARY LEADERSHIP INSTITUTE (RLI)- a short note

Member's participation in RLI 1

RLI is a grassroots coalition of Rotary districts implementing a leadership development program for “potential” leaders of Rotary clubs. Established in 1992, RLI has become a worldwide organization with divisions in every Continent of the world. While it is an unofficial program of Rotary International, it has substantial support of a number of past Rotary International Presidents and current, past and incoming R.I. Directors

Why RLI is important?

1.RLI believes that excellent CLUB leadership (all types of club leaders) is essential to the future of Rotary in a complex and fast changing world. Most Rotarians have not been exposed to the great scope of Rotary around the world and have not considered what leadership skills are necessary to move Rotary forward.

2.RLI strongly believes that a good Rotary Club leader must know the evolution of Rotary, its current status and activities in the world and have a vision for what Rotary can be in the future. Therefore, RLI provides a three day non-consecutive basic course in both Rotary knowledge and leadership skills, especially for

voluntary organizations. In addition to the specific leadership skills sessions, all the RLI sessions have a leadership component.

In addition to the basic three day course, RLI holds in-depth seminars on important Rotary subjects, including leadership, for the “graduates” of the basic course.

The mission of RLI is to have the clubs in the member districts identify those with the potential for future club leadership and send them to RLI courses at club expense. All member clubs may send any club Rotarian to RLI courses and any Rotarian may attend any course at his/her own initiative.

The overriding goal of the courses for club Rotarians is to create ENTHUSIASM for Rotary by opening up to them the world of Rotary outside of their own clubs and also showing them the great potential of Rotary service for the benefit of the world that can be furthered with excellent leadership in our clubs.

RLI is a general education program, while most Rotary International training programs are “job-specific”; that is R.I. trains Rotarians for specific positions. RLI is not a PETS or any other district training program, but graduates of RLI bring a greatly enhanced background in Rotary when they later attend job-specific programs.

Participators from Bengal Dreamers in RLI part 1 on August 24 are:

Samrat Laha

Amit Ghosh

Madhumita Dutta

Anjan Bhattacharjee



THE MENTAL HEALTH NOTE - 02

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"Beyond the Mirror: How Body Image Shapes Our Mental Health"

In today's world, where social media and popular culture constantly promote unrealistic beauty standards, body image has become a major factor affecting mental health.

Body image refers to how a person perceives their physical appearance and how they think others view them. When individuals, especially young people, start comparing themselves to idealized images of beauty, they may develop dissatisfaction with their own bodies. Negative body image often leads to feelings of low self-esteem, anxiety, and depression. People may feel pressured to look a certain way, resulting in unhealthy behaviors such as extreme dieting, over-exercising, or even developing eating disorders like anorexia or bulimia. Constant self-criticism can also cause social withdrawal, as individuals may avoid situations where they feel judged based on their looks.

Moreover, body image issues are not limited to women; men too face pressure to achieve a muscular, lean physique. The obsession with achieving a "perfect" body often distracts people from appreciating their individuality and overall health.

To promote better mental health, it is crucial to shift the focus from appearance to self-acceptance. Encouraging body positivity, practicing gratitude for what the body can do, and limiting exposure to unrealistic media portrayals can help

build a healthier mindset. Embracing diversity in body shapes and sizes reminds us that beauty is not one-size-fits-all.

Ultimately, a positive body image nurtures confidence, self-worth, and emotional well-being.

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I DON'T CARE
IF YOU LIKE ME
OR NOT

GRL
PWR

LEAVE
ME
ALONE

Fearless

YOUR
VOICE
MATTERS

STOP
BODY
SHAMING

DON'T
TELL ME
TO SMILE

BE YOUR
OWN HERO

SHINE
BRIGHT

I AM ENOUGH
THE WAY I AM

MY BODY
MY RULES

I am
STRONG

GIRLS
CAN

Be YOURSELF

HELLO

Be Grateful

I DON'T
CARE

Never
mind

Good
vibes
ONLY

SHOW
your
Talent.

INSPIRE
EXPLORE

Make
Memories