



THE FLAMINGO HUB

"DO YOUR LITTLE BIT OF GOOD WHERE YOU ARE, IT'S THOSE
LITTLE BITS OF GOOD PUT TOGETHER THAT OVERWHELM THE
WORLD"

DESMOND TUTU



RID 3262

CHARTER NUMBER: 224175

CHARTER DATE: 25 MARCH 2022

MEETS FORTNIGHTLY SUNDAY 5PM
(VIRTUAL AND HYBRID)

LOCATION: HOUSING BOARD COLONY,
BARAMUNDA, BHUBANESWAR, ODISHA





Rtn. Gordon McInally
RI PRESIDENT 2023-2024



Rtn. Jayashree Mohanty
DISTRICT GOVERNOR RID 3262

RID 3262
RCB FLAMINGO TEAM



Rtn. Vijay Dash
CLUB PRESIDENT



Rtn. Dr. Smita Sinha
IMMEDIATE PAST
PRESIDENT/EXECUTIVE SECRETARY



Rtn. Dr. Nibedita Pani
CLUB VICE PRESIDENT



Rtn. Col Debabrata Kar
CLUB SECRETARY



Rtn. Dr. Pusparaj A. Pradhan
JOINT SECRETARY



Rtn. Sibabrata Kar
DIRECTOR CLUB ADMIN/
SEARGANT AT ARMS



Rtn. Anshuman Patnaik
DIRECTOR
MEMBERSHIP



Rtn. Reeta Patnaik
DIRECTOR CLUB
FOUNDATION



Rtn. Nikhil Ranjan Nayak
DIRECTOR SERVICE
PROJECTS



Rtn. Rtr. Susita Das
DIRECTOR PUBLIC IMAGE/
STRATEGIC PLANNING



Rtn. Dr. Prasannanshu
BULLETIN EDITOR



Rtn. Pankaj Kumar Sahu



Rtn. CS Satya Pradeep Roy



Rtn. Dr. Pabitra Kumar Misra



Rtn. Nihar Ranjan Nayak



Rtn. CS Rashmi Agarwal



Rtn. Dr. Geetanjali Sethy



Rtn. Dr. Pritilata Panda



Rtn. Dr. Gayatri Ray



Rtn. SK Kausar



Rtn. Suresh Chandra
Mahapatra



Rtn. Dr. Pranati Mohanty



Rtn. Saptendra Behera



Rtn. Anjali Panda



Rtn. Vimal Mishra



Rtn. Ruma Das



Rtn. Ira Helfand
HONORARY MEMBER



Rtn. Vijay Narayan Kewalramani
HONORARY MEMBER



Rtn. Dr. Deepak Vohra
HONORARY MEMBER

District Governor Official Club Visit



SPECIAL



2ND
CHARTER DAY
CELEBRATION
SPECIAL

THROWBACK TO 1ST & 2ND



CHARTER DAY CELEBRATION

TRIBUTE TO PAUL P. HARRIS



“He who tries to find the good in others will be rewarded, for others will surely find the good in him.

Of all the earth’s sad and lonesome creatures, the most helpless is he who loves not his fellowmen.”

**-PAUL HARRIS
(FOUNDER OF ROTARY)**

EDITORIAL



RTN. DR. PRASANNANSHU

“In the middle of Winter, I at last discovered that there was in me an invincible summer”.

– Albert Camus

“Mental Health” as it has been of paramount interest for the Rotarians this rotary year aligning with the Presidential theme ‘Create Hope in the World, clubs from around the world are doing various projects to address the issues. Through projects done by people and organisations like Rotary and others, it’s very interesting to see that there are several ways to deal with people who need support for curative as well as preventive measures. Music is another way to penetrate deep down the heart as therapy, as well as for creating awareness. The best songs in the world resonate within itself. Many singers in the world through their evocative and metaphorical wordplay explore heartfelt songs on mental health that leave lasting impact on the listeners in need of support. The singer Danielle Haim feels that the most important relationship one can have is within oneself as she sings, ‘Can’t get a read of myself... Need to change the situation’. Another popular track of 2017 ‘Logic’s ‘800-273-8255’ named after the National Suicide Prevention Lifeline in the US shifts perspectives from a caller to the hotline to the adviser on the other end, before concluding with a soulful outro provided by young RnB star Khalid who provides the refrain: ‘I wanna feel alive’. The release of the song increased nearly 30% of the hotline calls from those in need. Similarly, Demi Lovato in 2011 much after she sought treatment in a US facility realising her need to seek help wrote this powerful lyric, ‘Go on and try to tear me down I will be rising from the ground, like a skyscraper’. When the Canadian pop singer Avril Lavigne was suffering from Lyme disease, to remain positive, she sang;

“My life is what I’m fighting for,
Can’t part the sea,
Can’t reach the shore,
And my voice became
The driving force,
I won’t let this
Pull me overboard”.

In this era of fast changing technology, climate crisis, increasing instability, changing life style & food habits, threat to food safety, all of us at some time of other are facing some depression which may or may not be serious enough to draw medical attention.

EDITORIAL



RTN. DR. PRASANNANSHU

We thought of creating awareness through dance and music to ease the stress. We have been co hosting various online meetings with clubs from around the world to exchange ideas, fostering fellow feelings and to mitigate various burning issues jointly in order to create hope in the world and to make the world a better place for all of us including for our flora and fauna. On 21st,2023, we along with various clubs on Rotary Districts and Clubs Joint International Mega Meeting Platform which was initiated by Amb.CP. Ozuem Esiri of Rotary Club of Sapele GRA Nigeria organised a mega meeting 'One on One' with RI Vice-President Pat Merryweather on mental health. The meeting preceded with a cultural event showcasing various dance and music forms performed by dancers both Rotarians, Interactors and non-Rotarians from across the world to sooth our neurons for inner peace and to appreciate the cultural diversity of the world.

In this Rotary Year, we have been trying to create hope in the world by working with the school children, university students, slum children, women from different socio- economic background, senior citizens in all the seven areas of focus. On 3rd July,2023, we spent the time with the elderly inmates, both men and women at Sri Krishna Old Age home and shared a meal with them. We sang and danced with them and spent the day in a most meaningful way possible that gave them the feeling that they are still wanted even by people not related through blood and are valued.

Our Club has completed two years of rendering humanitarian service to the society and now we entering in to the third year. We have undergone through various metamorphosis trying to improve and to polish ourselves. Today, being a very special day of the Official Club Visit of our beloved District Governor Rtn.Jayashree Mohanty and the 1st Gentleman PP.Tanmay Mohanty who have been the guiding spirit behind us in all our endeavours that coincided with the Charter Day celebration. Congratulations to the Club members especially to the charter members on successful completion of two year.

I welcome our guiding spirit esteemed DG and 1st GM to our club and to motivate us so that we are able to create more hopes in the world even during the stormy nights or in the thunderous or windy day whether the sky is blue or grey or pitch dark or the earth is dry or wet. With our timely intervention, optimistic approach and positive attitude, we shall be bringing rays of hope for the people undergoing psychological trauma. I 'm ending with a famous quote on 'Hope' by the famous French writer of 19th century Victor Hugo who had rightly said; "Even the darkest night will end and the sun will rise again".

RI PRESIDENT

2023-2024

RTN. GORDON & HEATHER MCLNALLY



KNOW YOUR RI PRESIDENT 2023-2023

RTN. GORDON MCLNALLY



R. Gordon R. McNally was educated at the Royal High School in Edinburgh and at the University of Dundee, where he earned his graduate degree in dental surgery. He operated his own dental practice in Edinburgh until 2016. McNally was chair of the East of Scotland branch of the British Paedodontic Society and has held various academic positions. He has also served as a presbytery elder, chair of the Queensferry parish congregational board, and commissioner to the general assembly of the Church of Scotland.

Gordon joined Rotary in 1984 at age 26. A member of the Rotary Club of South Queensferry, he has served as president and vice president of Rotary International in Great Britain and Ireland. He has also served RI as a director and on several committees, most recently as an adviser to the 2022 Houston Convention Committee and chair of the Operations Review Committee.

Gordon says he looks forward to working with members to build new Rotary clubs and groups. "My vision is that Rotary should exist everywhere in a style to suit everyone who has the desire to be part of us and to help us do good in the world," he says.

He is a patron of the UK-based nonprofit Hope and Homes for Children and led a partnership between that organization and RIBI to support children in Rwanda who had been orphaned in the genocide there. He is a patron of Trade-Aid, an initiative of the Rotary Club of Grantham Kesteven, England, that provides sustainable humanitarian aid to individuals, families, and businesses in the developing world. He is also an ambassador for Bipolar UK, a national mental health organization. In August 2022, he was made a laureate of the Sino Phil Asia International Peace Awards Foundation.

In his free time, Gordon enjoys rugby, good food and wine, and stick dressing, the traditional Scottish craft of making walking sticks.

Gordon describes The Rotary Foundation as "the engine that provides the energy to do Rotary service." He and his spouse, Heather, also a Rotarian, are Paul Harris Fellows, Major Donors, Benefactors of The Rotary Foundation, and members of the Bequest Society.

Gordon wishes to dedicate his presidency to making the world a better place for his granddaughters, Ivy and Florence, and all the children of the world, to live and thrive.

RI PRESIDENTIAL MESSAGE

RTN. GORDON MCLNALLY



March 2024

There are many pathways to peace, and in Rotary, we are fortunate to have Rotary Peace Fellows who demonstrate this truth time and again.

Each year, Rotary awards up to 130 fellowships for leaders around the world to study peace and development, and what these peace fellows learn prepares them to work in conflict prevention and resolution and promote Positive Peace. Here are a few examples of the creative ways peace fellows advance peace:

Promoting sustainability

Alejandra Rueda-Zarate combined her Rotary Peace Fellowship in peace and conflict resolution with her master's degree in energy and resources to support her dream of protecting the Colombian countryside.

She founded the organization NES Naturaleza in 2011 to help farmers in Colombia and across rural Latin America gain access to knowledge and training to uphold sustainable farming standards. That support has improved the lives of nearly 4,500 farmers, inspiring many of them to become entrepreneurs. And it's helped promote both natural and social sustainability throughout Latin America.

Ending racism

Peace fellows Geoffrey Diesel and Kathy Doherty have applied their fellowships in peace and development studies toward co-founding the Racial Equity Project, a subcommittee of Rotary Positive Peace Activators in North America committed to studying ways to create a more peaceful society through anti-racism efforts.

The Racial Equity Project takes a deep look into how the eight Pillars of Positive Peace could support efforts to address racism, and it works to spread this message to communities across North America. The organization initially grew from Rotary's strategic partnership with the Institute for Economics and Peace, a global think tank dedicated to promoting Positive Peace.

RI PRESIDENTIAL MESSAGE

RTN. GORDON MCLNALLY



Managing disasters using data

Through a Rotary Peace Fellowship, Jamie LeSueur earned a master's degree in social science within peace and conflict research. He now leads emergency operations for the International Federation of Red Cross and Red Crescent Societies, setting a management and operational framework for agency collaboration in emergency response situations.

Jamie has found that research data is a powerful tool to bring calm to the complex world of disaster response. No matter what an organization's protocols might entail, letting research be the foundation for decision making helps clarify even the most complicated emergencies.

These stories — and hundreds like them — show how Rotary is creating a generation of leaders ready and able to build peace worldwide. Nearly 1,800 peace fellows have graduated from Rotary Peace Centers, and they are applying their craft in more than 140 countries.

May the continuing work of peace fellows and the Rotary members who support them inspire you to continue to Create Hope in the World through service, fundraising, and creative thinking.



**CREATE HOPE
in the WORLD**



**MARCH IS WATER,
SANITATION & HYGIENE
MONTH**

KNOW YOUR DISTRICT GOVERNOR

RTN. JAYASHREE MOHANTY



A Management Alumnus of Indian Institute of Foreign Trade, New Delhi, she is the most Awarded Entrepreneur of the State with over 20 years of experience in Information Technology Services in India and Overseas. Co-founder of Luminous Infoways, recognized as the Brand of Odisha-Pride of India employing over a thousand people with developed clientele in India, USA, UK, Middle East, Africa, Norway, New Zealand and Australia.

With outstanding best practices and endeavors, she stands out for touching thousands of lives.

1. Her name is behind IT initiatives such as National e-Governance Award winner RTI Central Monitoring Mechanism acclaimed by World Bank, E-Blood banking system and ESDM Portal of Govt. of India.
2. As Member, Start-up Task force, Govt of Odisha, she advises thousands of startups towards scale and growth. A Mentor with Reputed Incubators & Speaker at various National & International forums, she is referred as the Changemaker personality by contributing most to the industrial ecosystem as the prominent lady entrepreneur.
3. She incepted the revolutionary Next Gen Trust aiming to bring the best skills and research in Odisha.
4. Her vocational excellence has won her STPI exports award for leading woman entrepreneur, Woman IT leader promoting women in MSME and the best IT service provider by CII and Govt of India.
5. As Founding Chairwoman CII-IWN, she is instrumental in instituting the Special hues of Entrepreneurship and the "Shakti Awards" with Govt of Odisha, which recognizes and provides platform to Women entrepreneurs including Grassroots microentrepreneurs.
6. She is credited with chartering the first Rotary E-Club connecting 7 countries, has launched impact-oriented women empowerment programmes, TSD car rallies, Cancer care programmes, formed Rotary-corporate interface and successfully executed Global grants benefitting 1000 plus women. Her Innovative projects "Walls of wisdom" and "Project Red Pride" has earned her much respect and she received the Prestigious RI recognition for "Five Avenues of Service".

Odisha is proud of seeing her elected as the first Lady Rotary Governor in year 2023-24 after 76 years of Rotary's service in Odisha. She will be governing 129 clubs with more than 4500 Rotarians in the State.

A woman of strong will, compassion and traditional values, her philosophy in life is "As individuals we are a drop, together we are an ocean".

MESSAGE FROM THE DISTRICT GOVERNOR

RTN. JAYASHREE MOHANTY



A Special Message on OCV

Dear Bahubali President Vijay

I congratulate you for an excellent year of service as a Bahubali President of Rotary year 23 24. You have worked on a most beautiful theme “create hope in the world” by Rotary International President Gordon McNially. It gives me immense pleasure to have the official club visit of the District Governor at your club. It is the day that I will give my heartfelt appreciation and acknowledge how your Rotary Club has made a difference to the numerous lives that has been touched through your programmes.

This has been a beautiful year of service. I recall the good Seminars that your club has invited me in the previous years. It was great to be a part of joint the joint mega meeting with Rotary club of Dhaka cohosted by your club. I was thrilled by the significant topic “Imagine a future beyond borders and creating hope for the world”. Here, I would also like to mention the great work done by PP Smitha Sinha of your club. The webinars are informative and has created a lot of awareness for its viewers. I wish Rotary club of Bhubaneswar Flamingo to be an anchor club in these initiatives. I also appreciate the signing of agreement of your club and Rotary club of Greater Dhaka to explore possibilities of International Service. My heartfelt appreciation for the Oyster Mushroom Cultivation Training held at Salia Sahi for livelihood generation for women. With the bloom of these Mushrooms, we create hope in the world.

Both first gentleman PP Tanmay and self is thankful for all the activities the club has taken up. Please invite all members, Presidents of other club, partners and people of the community to join the public meeting and understand the excellent activities taken up by your Rotary club. I am very much looking forward to my official visit. Please convey my wishes to first lady Disha, all members and their families for a beautiful year of “creating hope in the world”.

Jayashree Mohanty, District Governor
Rotary International District 3262

With Best Compliments



Style that hits home



Sofa sets | Dinning Table | Bed | Couches

Address: Near Siripur Chowk, Saubhagya Nagar, Baramunda,
Bhubaneswar, Odisha.

Contact: 8456021519, 9840611523

MESSAGE FROM



PP RTN. TANMAY MOHANTY

Dear President Vijay Dash

It is heartening to learn that ur club is going to have your OCV on 24th March.

Couple of your activities which has caught attention including arranging international seminar involving multiple clubs from several countries.

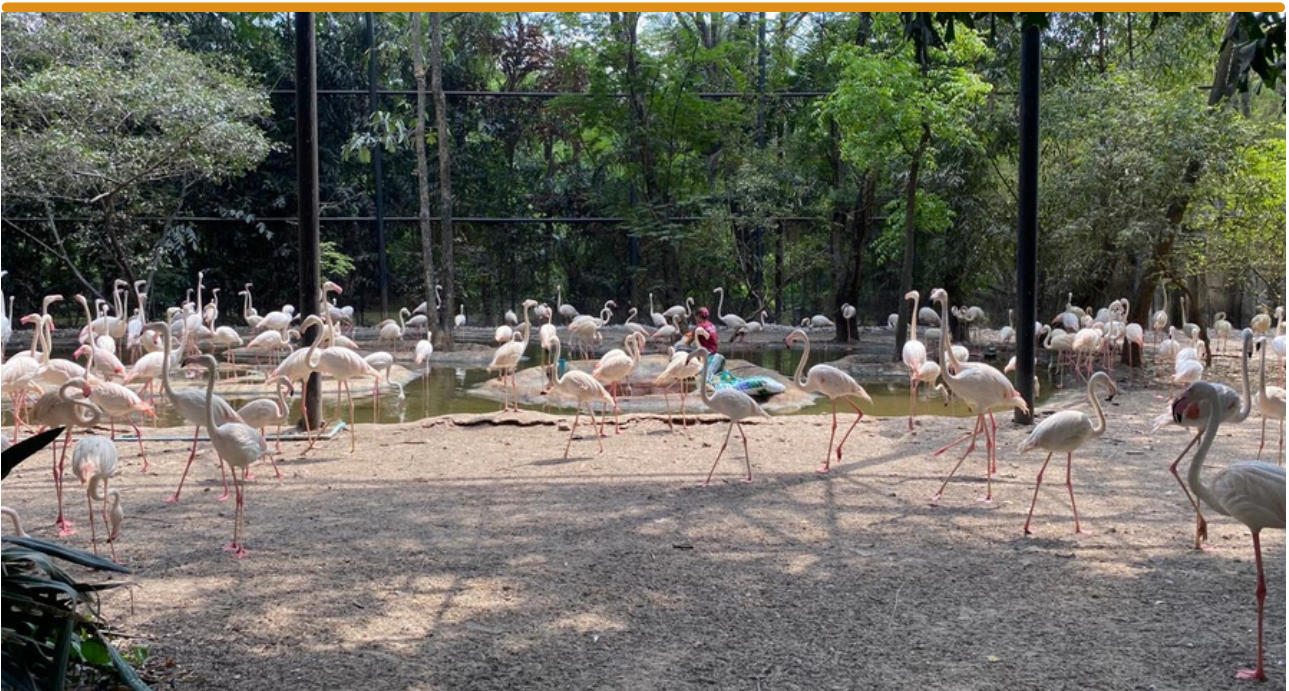
Your leadership in doing projects and service project is also well noted. Looking forward to your involvement in more service projects in future with full rotary spirit.

Either I am able to attend or not, my best wishes are with you and with your club.

God bless

Rtn Tanmay Mohanty
Chair, District service project and FG

FLAMINGOES SPOTTED DURING RID 3262 TRAINING, BANGKOK 2024



CHARTER PRESIDENT SPEAKS

CP RTN. DR. SMITA SINHA



Someone had rightly said; 'Time and Tide wait for none'.

Seven hundred thirty days passed by and Bhubaneswar Flamingo is a two-year-old young baby now trying to add colours to her wings and to fly high on the sky. Recently, during AGTS and DTTS held at Bangkok, I watched the Flamingos very closely at the Safari World, both the grey and the orange ones and tried to discover the close connection with our club that is christened after them. I was amazed to notice their unique call, signalling to one another and the flock moves forward then. This signifies the bonding and fellow feeling these beautiful but fragile birds have among themselves.

We have undergone many metamorphoses in these two years to polish our wings and adding lusture to it. As we grow, we learn more on the dos and don'ts constantly and continuously. So, we justify our existence in serving the community more dedicatedly. Our members are doing extremely well both professionally and in Rotary service. They stand behind the club as the backbone and the charter members as the strong pillars on which the mantle stands.

I'm happy to see that the club is doing extremely well under the leadership of our President Rtn.Vijay Dash and Secretary Rtn.Col.Debabrata Kar. Nothing more can give more happiness to the Charter President than to see that the club is in good hands. Both the senior members and the new members are regularly working towards the betterment of the club.

On this special day, I again congratulate all the club members whom I fondly call as Flamingos and wish the very best.



**SHARING
HOPE
WITH THE
WORLD**

SINGAPORE | 25-29 MAY 2024

#Rotary24



Rotary International Convention 2024

MESSAGE FROM ASSISTANT GOVERNOR



RTN. BIKASH RANJAN MOHANTY

Respect District Governor Jayashree Mohanty, 1st GM Tanmay Mohanty, President Vijay Dash, Secretary Col. Debabrata Kar, the distinguished guest and the club members,

I congratulate President Vijay Dash and the entire team members of RCB Flamingo on this special occasion of OCV DG and 2nd Charter Day.

It has been a wonderful journey for me to walk beside the members of this new but vibrant club from the beginning of this Rotary Year till date. I have been watching how the club is progressing day by day. One thing I observed about the distinctive character of the club; that is 4 Ps Passion, Planning, Patience and Perseverance. The club activities are meticulously planned by their passionate and committed Rotarians and executed with fruitful results. For example, whether it was implementation of BYJU's E Learning Scholarship program to KV 2 students, Adult Literacy program 'DIKSHA' program at Saraswati Shishu Vidya Mandir or 'VIDYA' program at RDW University or skill development at Govt UP School, Baramunda or Mushroom cultivation and Ornamental Fish Farming project at Salia Sahi, or Thalassemia awareness and other Health related projects at various places, the club members have shown tremendous passion, patience and perseverance over coming many hurdles at times especially in motivating the beneficiaries and financial hardship. The members of Interact clubs and RCCs are doing wonders. I have witnessed many a times the dedicated projects by the members of Interact Club of Floricans. The club also does amazing international meetings on various topics involving Rotary Clubs from around the world.

With such dedication, I am sure, the club will march ahead and will bring glory to the District very soon. I again congratulate all the members and specially the Charter President Dr.Smita Sinha for leading the club in right direction. I also congratulate DG Jayashree Mohanty madam and 1st GM cum Director, Service Projects for mentoring the club in doing good work for the community.

FROM THE DESK OF CLUB PRESIDENT

RTN. VIJAY DASH



On behalf of the club, I take this opportunity to welcome our most respected District Governor Madam Jayashree Mohanty, the 1st Gentleman of the District PP. Tanmay Mohanty, Assistant Governor Rtn.Bikash Ranjan Mohanty, Council of Governors present, distinguished guests, my club members, visiting Rotarians, our partners in service, Interactors, RCC members, ladies and gentlemen, boys and girls to today's special public meeting on the occasion of the official club visit of the District Governor. It gives me immense pleasure to acknowledge the presence of a great leader as dynamic as our DG under whose guidance, we have done a good number of projects this Rotary Year.

Though a young club, year 23-24 saw a lot of activities. Our cheer leader AG Rtn.Bikash Ranjan Mohanty has become a family member of the club and is always available to us whenever any help is required. Under his encouragements, we were able to render humanitarian service in all the seven areas of focus and in all the avenues of service; the highlights of which will be shown in the activity report by our Club Secretary. Besides, we have contributed to TRF in Polio Fund, Annual Fund and in World Fund direct contribution and have two PHFs and two sustainable EREY members. We sponsored one Interact Club and one RCC this year. So, currently, we have two Interact clubs and two RCCs in toto. Our CP cum learning Facilitator Rtn.Dr.Smita Sinha is a RLI Faculty who recently completed a Refresher course held at Chennai and she regularly mentors us to become better Rotarians. We have our own website and also have social media presence such as FB, Insta, Twitter. We have accomplished our goals and are eligible to earn Rotary International citation for 23-24.

Today on the eve of our 2nd charter Day, we shall be honouring some of our partners in service and two club members who have rendered best support to the club this year. In these two years, though we have been able to create some hope and some impact both locally and globally but, the journey has just started and we have a long road ahead. Before I conclude, I again welcome you all and look forward to your continuing support. Together, we shall be creating hopes in the world.

MIND MATTERS EVERYDAY

CREATED BY: SHRISH SHUBHANG



MIND MATTERS

We're listening



Shrish Shubhang

EVERY DAY!

A POEM ON AUTISM



DR ADYA ANWESHA

Tears trickle down like black diamonds
from your eyes,
And all you could utter in the blatant
horror of the moment was,
"He's so broken,
He's so imperfect,
He's three and still doesn't know
how to write it in words or numerics,
Let alone be able to utter his own name.
Someone like him couldn't be my ward."



That wasn't at all relevant to your life,
The only thing that matters is he's there,
Alive and well and kicking and playing,
As lively as a child should be.

Even a broken clock is right twice a day,
Still your inhumane mind grasps the cynical aspect.
I intently watch the troublemaker you have,
Why! He doesn't seem to have anything in lack.
There are hundreds of papers lying beside his bed,
And the only thing I could see was the interplay
between the iridescent hues.

Tell me, do we fix the crooked angle
the moon hangs on the sky,
Or that one yarn that keeps jutting
its head out of the sweater?
Because that's what makes them beautiful
and stand out.
Would you dare fix the ambiguous
smile of Mona Lisa?

If it ain't broken, why do you want to unbound
the ample time in your hands slip away?
Just to tread your immense strength
on something so hollow,
Just to regret this moment here with me?
If it ain't broken don't fix it,
because they can backfire.



DEAR BEAUTIFUL LIVES...

DR. ARADHANA PANIGRAHI



“Kuch toh log Kahenge...
Logon ka kaam hai kehna...”

It is actually true that no matter what we are or what we do, people will hold their opinions or criticisms. Forming opinions and judging is a natural process through which individuals assess, evaluate and form ideas about others. It is basically influenced by personal biases, societal norms, cultural backgrounds, and past experiences. Positive opinion can help to give us a new outlook and open our eyes to things we may have overlooked or never considered. It can boost confidence and self-esteem, nurturing a sense of validation and acceptance. Negative opinion can lead to feelings of inadequacy, self-doubt, and social isolation. Constructive criticism can be valuable for personal growth, but it is also necessary to learn to distinguish between helpful feedback and baseless negativity. It is important to remember that we cannot control opinions; we can only control how we react and how we choose to live life.

Instead of focusing on pleasing everyone, let us start prioritising being true to ourselves, living according to our values (learnt and inherited) and surrounded with supportive and understanding people. While others' perceptions offer an insight, it is still crucial to remember that their views are subjective and may not always align with reality. Eventually, how we perceive ourselves and our actions is what matters. In the social fabric of human interaction, the phenomenon of opinion plays a significant role.

People are inclined to form opinions and make evaluations about others based on various aspects such as, appearance, behaviour, beliefs, and achievements. However, it is crucial to recognize the complexities and how it can impact both individuals and society as a whole. The fear of being judged may inhibit individuals from expressing themselves authentically and pursuing their goals. Judgment often stems from insecurity, envy, ignorance, or a lack of empathy. Recognizing the underlying motivations behind judgment can help individuals develop empathy and compassion towards themselves and others.

Developing self-awareness and cultivating a strong sense of self-worth are essential for mitigating the impact of opinions. Practicing self-compassion and embracing imperfection can counteract feelings of shame and unworthiness.

DEAR BEAUTIFUL LIVES...

DR. ARADHANA PANIGRAHI



Surrounding oneself with supportive and non-judgmental individuals can provide a sense of validation and belonging. While judgment is an inevitable aspect of human communication, it is essential to approach it with empathy, understanding, and self-awareness.

By recognizing the nature of judgment, understanding its impact, and adopting coping strategies, individuals can navigate others' perceptions with resilience and authenticity. Ultimately, embracing one's intrinsic worth and refusing to be defined by external judgments are keys to fostering personal growth and fulfillment in a fast-paced world.

There was an article I went through a couple of days back (I don't remember the source) which said that the reasons for which people tend to lose their happiness are that they are the victims of over-analysis, they tend to match everything with high standards, no one is available to appreciate them or understand because the vice-versa is true for others. Moreover, they lack patience. Therefore, do have patience and hope while you are striving to achieve your goals. The mantra is happiness and satisfaction that everyone wants in life. By recognizing the impact of judgments, we can strive to be more fair, compassionate, and understanding in our interactions with others.

Dear beautiful lives, ultimately, our happiness and well-being should not be dependent on the opinions of others. May we find joy in each moment, love in every connection and strength in every challenge. May our days be filled with laughter, hearts with kindness, and paths with purpose. Embrace the beauty within us, around and in the world. Cherish each breath, each step, and each heartbeat- for life is a precious gift. It's important to focus on our self-worth and not let the opinions of others define us. Remember, we are in control of our own narrative and worth. Recognizing our worth comes from self-awareness, self-compassion, and acknowledging unique strengths and qualities. It's about embracing who we are and believing in our value, regardless of external validation or criticism.

There is a saying by Nishan Panwar, "A beautiful life doesn't just happen, it is built everyday with prayers, humility, sacrifice, hope and hard work."

EMBRACE. BIND. HEAL.

CREATED BY SHRISH SHUBHANG



DETERMINANTS OF MENTAL HEALTH OF ELDERLY WOMEN IN INDIA



DR. SANGHAMITRA JENA

Abstract:

In India, females have continued to face health-related and mental health issues. Low economic viability, general social prejudice against women and the overburdened family responsibilities have resulted in challenges in their life. The status of elderly women in Odisha is particularly more vulnerable due to several factors including lesser entitlement to assets, increased dependency, increased chance of widowhood and decreased access to various support systems. With the changing social scenario, the elderly people are destined to be exposed to emotive social, physical and economic insecurities in the future there by coming across both physical and emotional separation in families. Consequently, they feel marginalized and isolated.

Key words: Mental Health, Elder population, Venerable, Dependency.

Introduction:

Aging is an expected manifestation which refers to the process of growing older, a highly inevitable phase in any women's life. Aging to a great extent affects the holistic wellbeing of a person which includes both psychological and physiological factors influencing them. The multiple dimensions of aging viz. chronological, physical, psychological, cultural, social, financial, and spiritual aspects determine the wellbeing of a person at any point of time. WHO (2017) states that mental health, as well as emotional well-being, is important in advanced years like any other time of an individual's life. Any sign of emotional distress in the form of increased dependency, loss of freedom and loneliness in older people, result in failing health, economic insecurity, isolation, neglect, abuse, fear, boredom, inactivity, lower self-esteem, absence of self-control, lack of preparation for old age, bereavement and a drop in socioeconomic position with retirement and disability.

According to the 2011 census, there were 77 million elderly persons living in India and the number is bound to touch 177 million in the next 25 years. The recent demographic trends suggest that a number of elderly women would increase more than the present rate of the elderly population by 18.4 million in 2050. This would place the older population in India under the phenomenon of feminization. It requires both elderly women and men to make equal adjustments alike to his/her changed living circumstances and health conditions. But, in the social system, certain factors influence women to greater vulnerability of deprived mental health compared to men. A fundamental variance with regard to the issues and concerns faced by elderly women paralleled to those of elderly men are very much observable (V. Sasirekha, 2013).

DETERMINANTS OF MENTAL HEALTH OF ELDERLY WOMEN IN INDIA



DR. SANGHAMITRA JENA

In India, females have continued to face health and mental health-related issues due to economic constraints, general social prejudice against women and overburdened family responsibilities; these, in turn, decreases their mental capacity and wellbeing. Many programs were initiated for empowering women group in common by the government, but they barely focus on elderly women.

Historical development of the problem:

In global perspective Aging, as a world-wide countries is common phenomenon but it appears to happen more quickly in developing countries. When the world population is expected to witness a demographic transition from current 7.3 billion to 9.4 billion by 2050, the elderly above 60 years of age are estimated to increase from 10.4 percent to approximately 21.7 percent. According to statistical figures of the world population, about 10 percent are above 60 years of age. The worldwide aging population of 60 years or above is anticipated to reach two billion in 2050 that is three times more than the present situation (World Population Ageing, 2009). The phenomenon of rapid population aging all around the world is rapidly increasing, causing widespread alarm. Moreover, the elderly population of the world is projected to grow almost double, from 12 percent even up to 22 percent beginning from the year 2015 to 2050. In absolute terms, it is a calculated growth from 900 million to 2 billion people who are above 60 years old. Therefore, there is an urgent need to recognize the special physical state and mental health problems, encountered by the elderly. (Agrawal, 2016).

Status of elderly women in India

Traditionally, the majority of Indian families had a joint family structure. This extended family system consisted of two generations or more who lived together. This arrangement had usually benefited the elderly as they were given special power and status. Children at present are increasingly opting out of the extended family ties depending on the availability of jobs and continued urbanization. This creates an 'empty nest' feeling among the elderly. It is almost sure that the population of the elderly will grow dramatically in the coming years, causing the number in the family to reduce. The absence of traditional caregivers, and the fragmentation of the joint family, along with the new trend of women willing to move out of the household work for work, has further contributed towards the vulnerability of the aged who require extra care and attention (Help Age, 2015). In the National Policy for Older Persons (1999), the Government of India pledges itself to protect and safeguard the empowerment of the older persons.

DETERMINANTS OF MENTAL HEALTH OF ELDERLY WOMEN IN INDIA



DR. SANGHAMITRA JENA

The National Policy looks at the elderly person's concerns as national concerns, assuring that they will not live ignored, unprotected, or marginalized. The Policy stated that the main objective is the well-being of the elderly population which also aim to strengthen them by giving an appropriate condition in society. It also promises help and support to the older persons so that they live their lives in dignity, purpose, and peace, being in the last stage of life. Thus, the Government of India has assumed the responsibility towards the vulnerability of the destitute, those of the aged and needy. However, in modern society, we cannot have a prejudiced view of helplessness confined to poor economic condition. Even senior citizens from financially well off families have a vulnerability, though of a different sort. It can be inferred that the elderly are not a homogeneous community nor is their vulnerability level. It is calculated that each year three percent of the population is placed below the poverty line on account of the amount spent on health issues (Kaushik, 2013). When the expenses on health are calculated it goes almost eight times up (in ratio to the young population) (Getzen, 1992). The unequal relations in gender are social creations and in most cases are propagated through socialization. Men are considered "superior" to women; just because of their sex, the difference between genders can be easily felt. Placing women below men, denote the lower status of women in every aspect of life where health is also included.

As women begin to grow old, the health requirements also start varying, because of their culturally and biologically assigned roles, and more health care needs than men. Biologically, they have to bear the burden of reproduction and will have to go through all the complications and anxieties related to pregnancy and delivery. Culturally speaking, Indian women are anticipated to do work for the male fellows in the household. They were assigned to work for the latter's satisfaction and happiness. Added to this, the society expects elderly women to play a very significant role in providing informal healthcare to the other members of the family (Kumar, N. A., & Devi, D. R. (2010). Generally, this scenario continues throughout all the phases of a female's life; and an elderly woman holds absolutely no identity of her own where her social status is low in all communities' across India. Moreover, elderly women are considered useless and powerless creatures, to be left alone or to be shifted from one son's house to another son's house (Annapurna shah & Uma Joshi, 1997).

Women beyond 60 years and above are financially and socially dependent on their husbands or someone else in contrast to older women in most of the nations in the world. These women are extremely alone in every sense, there no income, low income or constricted income eventually lead them to compete penury and destitution. The greatest trauma is when society adds restrictions on their costume, diet, appearance, and activities. Till the time they are financially or functionally useful, they are tolerated by other family members and finally isolated when it completely declines. Even their circles of friends evaporate into this familial ostracism. Added to this, the social aspect of vulnerability is equally significant. Incongruent relationships with significant others may put the elderly into a state of destitution (Panda, 2005).

DETERMINANTS OF MENTAL HEALTH OF ELDERLY WOMEN IN INDIA



DR. SANGHAMITRA JENA

With the changing social scenario, elderly people are exposed to physical, emotional, social, and financial insecurities in the years ahead. As Elderly people encounter both physical and emotional isolation in families, they feel often lonely and out of the way (Bajpai, 1998). The status of elderly women in Odisha is more vulnerable due to several factors including lesser entitlement to assets, increased dependency, increased chance of widowhood and decreased access to various support systems. Inadequate family support, combined with social deprivation and economic dependency, pertaining to women and their aging process causes a devastating effect on the problems of mental health of elderly women (Schoevers, 2003).

National Policy on Older Persons attempts to make sure the well-being of senior citizens and improvement in the quality of their lives, by initiating and promoting specific facilities such as concessions, relief, services etc., and serving them to manage the problems associated with old age. However, the attempts from the part of the state government to guarantee a smooth operation often remain unanswered. The study focuses on the primary prevention and promotion of mental health of elderly women through early detection, identification, and treatment that begins from the family. Various research tries to emphasize the importance of accessibility of elderly women to various social support systems, which reduce stress factors and improve mental health among elderly women. Since a significant population of elderly women in the state depends on their family, the enhancement of the quality of life of the elderly women should initiate from the family system, by primary prevention and early promotion of issues of the elderly. The study roots on the family systems theory (Murray Bowen, 1985) which consider family as the primary system supports the elderly women, which assess various protective and risk factors that lead to deterioration of mental health among the elder women, to suggest the various domains of the mental health which would improve and strengthen their family system and result in their better mental health and well-being. The various domains of the mental health of elderly women are modifiable and amending these modifiable variables can produce improved mental health as well as their well-being. This article tries to emphasize the importance of accessibility of elder women to various social support systems, which reduces stress factors and improve mental health among elderly women.

Lack of Family Support

Caring for the elderly is an important aspect of the healthcare system. Though, it is one of the responsibilities of the family members to take care of the older relative or elderly parents, being in the modern society one can find them alone at home or being cared in old age home. The main reasons given are: such as decreasing family size, increased life expectancy, and the two-career family. Other reasons added to this can be limited economic capacity, geographical mobility, and the change of attitude towards family obligations. All these have influenced the support of the family and their involvement in the lives of the individual, residing in elderly homes (Dannefer & Phillipson, 2010).

DETERMINANTS OF MENTAL HEALTH OF ELDERLY WOMEN IN INDIA



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From ageold times, caring for the elderly was the task to the daughters-in-law who were full-time homemakers. Nowadays, the numbers of working women outside the family have increased and they are less available to look after the aged parents. This altered role of women has also affected the way the old are treated. The elderly women are also mistreated by the negative attitude of the young generation. The socio-cultural aspects associated with the concerns of the aged are equally important irrespective of cultural peculiarities, and rural or urban backgrounds of the old. He/she is not involved in decision making in the affairs of the family and is treated as an unwanted burden by their own children. (Thomas & Nagaraju, 2012). A new form of caregivers from agencies are employed by families to take care of ailing aged parents. The elderly are left alone with these home Nurses (Male or female) who many a times man handle and abuse them leading to dampening of their spirits.

Financial dependency:

The distribution of aged persons by the state of economic independence for the state according to the NSSO survey (NSS 60th round for the year 2004) shows that 70 percent of the aged had to depend on others for their daily maintenance (Paltasingh & Tyagi, 2015). Those who were the recipients of retirement benefits after superannuation finds it difficult to meet their basic requirements due to fall in their income and increase in the cost of living as a result of unabated inflation, particularly, when they still have to discharge their responsibilities of arranging the marriages of their children. Many elderly persons lack regular income and they are compelled to depend on their sons or daughters who themselves would be struggling to meet both ends meet because of difficult situation created by price rise and fast-changing lifestyle (Thomas & Nagaraju, 2012).

A study conducted on the economic, social and health concerns of older women in India (Giridhar, et al., 2014) confirms that the income insecurity is a significant aspect of vulnerability among older women, as the study findings say 59 percent of the older women do not have any personal income from salary, pension, interest, etc. and almost one-third of older women do not own any assets at all. The findings of the study also state that whether it is inherited or self-acquired, older women have much less asset ownership than older men. And combined with the lower level of asset ownership and no income, the study revealed a higher level of economic dependency among older women which eventually place older women in a position of heightened vulnerability. The situation is not so different from this in the state of Odisha as well.

DETERMINANTS OF MENTAL HEALTH OF ELDERLY WOMEN IN INDIA



DR. SANGHAMITRA JENA

Mental Ill-being

Old people are considered the unhappy group among all the other age groups. They are believed to have very low subjective well-being or poor emotional quality of life (Sharma, 2009). In most of cases, their psychosocial essentials often go unattended. Elderly people are mainly concerned with neglect and poor maintenance that give rise to emotional and related problems. Dependence on others, especially during times of ill health, aggravates the prevailing situation leading to great emotional disturbances. Social isolation then becomes troublesome for the old aged people particularly for those who have no family to live with. Some aged, on the other hand, may keep them busy to counter these issues of filling the emptiness in their time. With the disintegration of the system of a joint family in rural areas, these issues have become more acute (Sirohi, 2005). Stress comes as the response of individuals to the circumstances and environment that threatens them and suppresses their coping abilities. The relationship can be established between stress produced by life events, physical health, diseases and difficulties in emotional or psychological adjustment. Stressful events such as the death of a spouse, marital separation, widowhood, empty nest, the death of near and dear ones, personal injury, illness and so on, reduce the capabilities of the immune system and leave the casualty vulnerable to disease and infection. The most frequently reported physical signs of stress among the aged are headaches, stomach aches, muscle aches or muscle tension and fatigue (Pappathi, 2007). The emotional responses to stress are predominantly grief, guilt, loneliness; loss of meaning in life; lack of motivation; anxiety/anger/hostility; depression (Shanti Johnson & Irudaya Rajan, 2010).

Anxiety and Depression among aged

The suspected causes of depression among older women are symptoms of poor health, traumatic events of life such as the death of a spouse and inferior social support. Elderly depressed experience irritable mood, diminishing interest and less joy in pleasure, loss in weight or gain weight, increase or loss of appetite, insomnia or hypersomnia, psychomotor agitation, retardation, exhaustion or loss of energy, feeling of irrelevance, excessive or inappropriate feelings of guilt. The depressive episode could happen by the loss of a friend, retirement, moving out from one's own family, institutionalization, and reduced income or by some other stressful and painful events (Gatz, 1997). Depression and generalised anxiety show a high incidence of comorbidity, increasing in parallel to disease severity. Risk factors for the diagnoses of anxiety, depression, or mixed diagnosis are similar while mixed anxiety/depression is much more frequent in women than in men.

DETERMINANTS OF MENTAL HEALTH OF ELDERLY WOMEN IN INDIA



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Abuse and neglect of the elderly

There are neither agreed-upon intrinsic or extrinsic definitions nor standardized conceptualizations on the term elder abuse and neglect till now. There are several authors who have attempted to define the construct (Hudson & Johnson, 1986) & Stones, 1991), but ambiguity still prevails as researchers have only operationally defined the constructs as per the requirement of their studies. Further, there is no consistency in using these terms across studies that arose, because some researchers used the term elder abuse and neglect, while some others used the word mistreatment (Sharma & McDonald, 2008). In Indian society, much earlier the elderly persons were respected and enjoyed a very unique position in the family and the society, and their opinions and advice were well cherished and valued. This gradual decline in value systems adversely affected the elderly and they began to experience isolation and alienation at homes and in a society which paved way for elder neglect and abuse (Sharma & McDonald, 2008).

Conclusion:

The major determinants cross verified and confirmed were found as the factors that influence the mental health of the elderly women in were, life course satisfaction, family support, financial status and support, physical care and medical support, emotional support and care, caregiving, violation of rights, neglect, and abuse, assured policies and programmes for elderly women, dependency, social connectedness and spirituality. The significance of family as the fundamental unit of the society, has to be primarily strengthened as a support system for the elderly for the provision of care and protection, for elderly women and widows in particular. Incentives and programmes should be more oriented towards problems of older persons in a gender-specific view on elderly women who are more vulnerable while appropriate housing arrangements for elderly widows who live alone, deserted or isolated and for elderly women who live under abusive conditions, either by choice or by circumstances. The elderly women in need have to be identified and be provided with additional assistance and there should be some form of support system for the elderly women other than family particularly for those who are suffering from mental and physical illness. Moreover, various on-going schemes of the government should be evaluated to launch the effectiveness of these programmes and provisions for the welfare of elderly women in general, and elderly widows and deserted elderly women in particular. They have contributed to lot the society and family now it is the time to pay back and elevate their mental status and spiritual wellbeing.

DETERMINANTS OF MENTAL HEALTH OF ELDERLY WOMEN IN INDIA



DR. SANGHAMITRA JENA

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TRUST A VOICE



CREATED BY SHRISH SHUBHANG

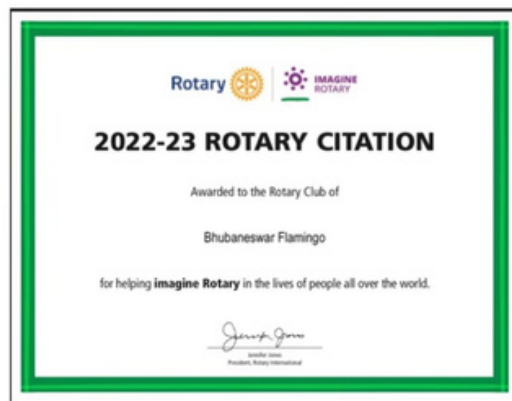
TRUST A VOICE

We're listening



DISTRICT AWARDS AND ROTARY CITATION

AUGUST 2023



ACTIVITY REPORT



PEACEBUILDING AND
CONFLICT PREVENTION

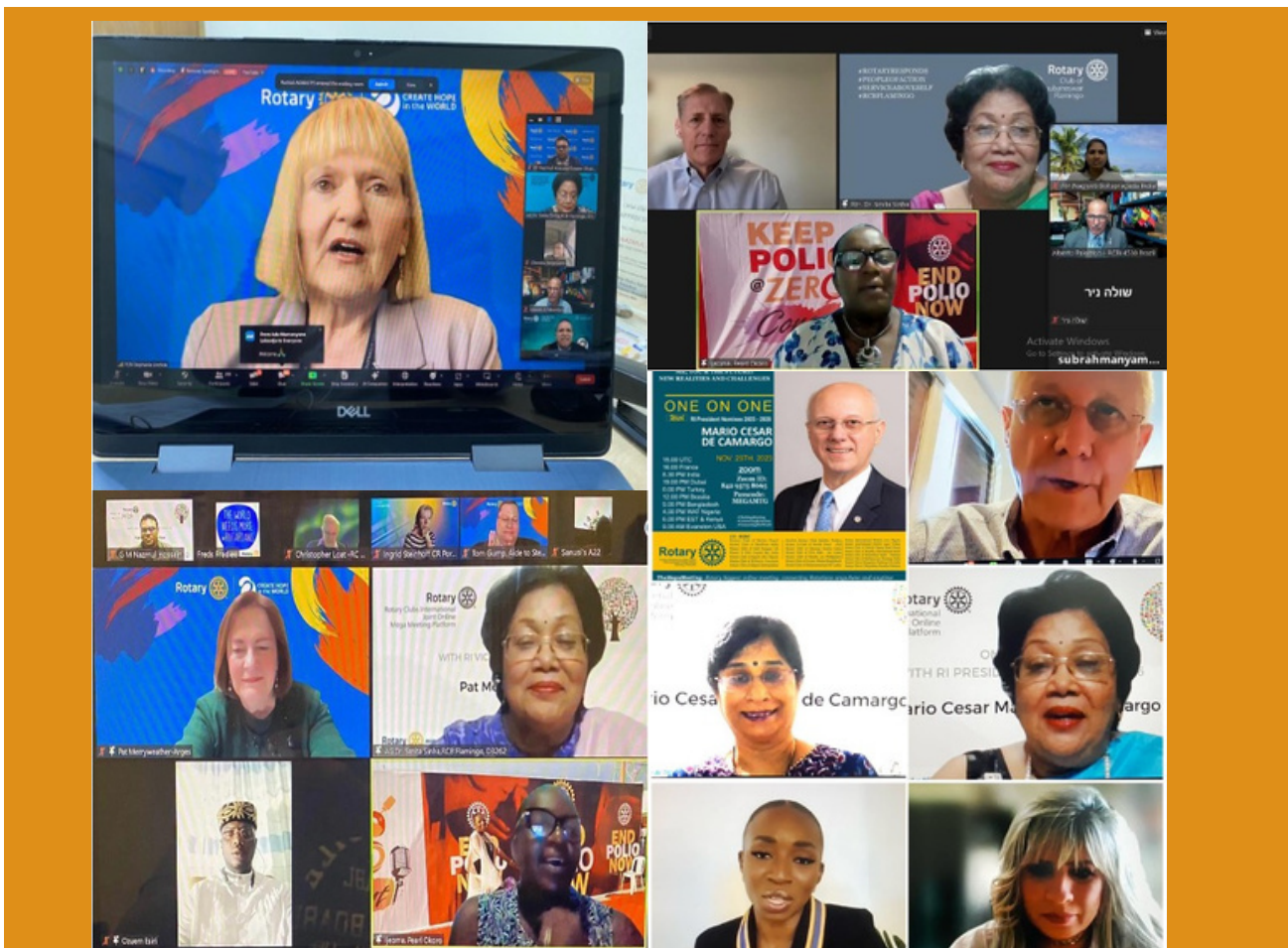
JULY 2023- MARCH 2024

PEACE BUILDING AND CONFLICT PREVENTION

Co Hosting Mega International Meeting with clubs from around the world for building fellowship, peace & mental well being through International Service

With:

- RI CEO John Hewko on July 19, 2023
- RIPN Mario Cesar De Camargo on Nov 25, 2023
- RIPE Dr. Stephanie Uchik on Oct30, 2023
- RI VP Pat Merry Weather with cultural events for mental well being with cultural events on Dec 21, 2023



ACTIVITY REPORT



BASIC EDUCATION
AND LITERACY

JULY 2023- MARCH 2024

BASIC EDUCATION AND LITERACY

NATION BUILDER AWARD UNDER RILM'S ROTARY T-E-A-C-H FOR TEACHER SUPPORT

- Nation Builder Award for 5 number of Govt School Teachers on 17.9.23

E LEARNING

- Byju's RILM scholarship for online coaching through E Learning for 25 number of students from class 6-10 (5 from each class) for 3 years from July 2023. at Kendriya Vidyalaya -2,CRPF Campus,Bhubaneswar

IMPLEMENTATION OF RILM'S ADULT LITERACY PROGRAMME-

- 'DIKSHA' EACH ONE TEACH ONE in collaboration with Saraswati Shishu Vidya Mandir, Mancheswar & Interact Club of Falcons launched on 19.12.23
- 'VIDYA' – EACH ONE TEACH MANY in collaboration with RD Women's University, Bhubaneswar, E Club Coastal Bay of D3262 & Young Indians; MOU Signed on 1.3.2024

HAPPY SCHOOL

- Gifting of Teacher's table and office table to Govt UP School, Baramunda as a process of making Happy School soon
- The club has already provided drinking water purifier and renovated girl's toilet earlier in RY 22-23 under WINS.

T- TEACHER SUPPORT
E- E LEARNING
A- ADULT LITERACY
C-CHILD DEVELOPMENT
H- HAPPY SCHOOL



ACTIVITY REPORT



BASIC EDUCATION
AND LITERACY

JULY 2023- MARCH 2024

BASIC EDUCATION AND LITERACY

AWARENESS, SKILL DEVELOPMENT OF THE STUDENTS & CONFIDENCE BUILDING

- Creative Skill Development of the students of KV-2 on International Youth Day on 11.8.23
- Road Safety Awareness at Govt UPS, Baramunda in association with E Club Coastal Bay of D 3262, Young Indians & Commissionerate Police on 12.1.24
- Motivational Talk for Confidence Building for students:

-By Ambassador Rtn. Dr. Deepak Vohra, Honorary Member of RCB Flamingo at RDW University on 19.8.23

-By Dr. S. M. Mishra, Recipient Global Peace and Humanitarian Award on International Peace Day at Saraswati Shishi Vidya Mandir, Mancheswar on 21.9.23

Empowering Girls & Confidence Building- a project of Interact Club of Floricans

- Training on Martial Arts for Self Defence at Govt UP School, Baramunda on International Day of the Girl on 11.10.23

-Trainer- Grandmaster PP Rtn. S. S. Harichandan

- RCC Florentina celebrated Teacher's Day at Jingle Bell School, Baramunda on 5.9.23

- World Literacy Day celebration by Interact Club of Floricans at Govt UP School, Baramunda on 8.9.23
-

ACTIVITY REPORT



JULY 2023- MARCH 2024

BASIC EDUCATION
AND LITERACY

BASIC EDUCATION AND LITERACY



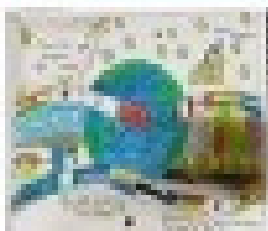
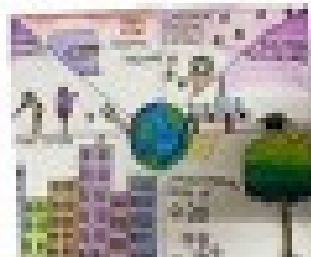
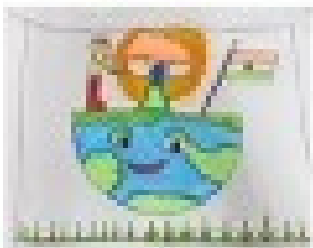
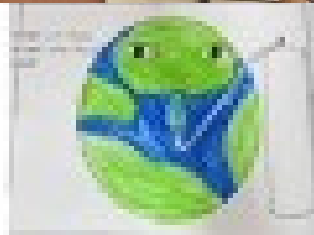
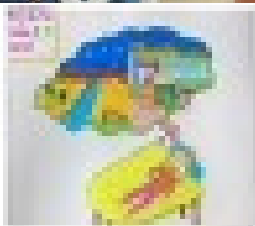
ACTIVITY REPORT



JULY 2023- MARCH 2024

BASIC EDUCATION
AND LITERACY

BASIC EDUCATION AND LITERACY



ACTIVITY REPORT



JULY 2023- MARCH 2024

BASIC EDUCATION
AND LITERACY

BASIC EDUCATION AND LITERACY



ACTIVITY REPORT



JULY 2023- MARCH 2024

DISEASE PREVENTION AND TREATMENT

•MASS DRUG ADMINISTRATION (MDA) FOR ELIMINATION OF LYMPHATIC FILARIASIS BY GOVT & WHO FROM FEB 10-19, 2024 AT BMC WARD NO 50

- Assisting the health workers
- Mobilising the mass
- Creating Awareness

In Association with RCC Florentina

•MISSION THALASSEMIA – An Ongoing Project since RY 21- 22 by Doctor members of the club

- Free Consultation to Parents
- Check up Camp at Baripada
- Webinar to create Public Awareness



ACTIVITY REPORT



JULY 2023- MARCH 2024

DISEASE PREVENTION AND TREATMENT

•LIVER HEALTH

- Free Hepatitis B Vaccination (all 3 doses), Fibro Scan Test and Awareness Walkathon on 28.7.23 with Utkal Hospital

-Free Hepatitis B Vaccination (all 3 doses), Fibro Scan Test on 28.8.23 with KDCC, Jaydev Vihar

•AWARENESS ON PREVENTION OF CERVICAL CANCER

- On going initiative

-Awareness Created Among Girls by Doctor members of the club to prevent cervical cancer by taking HPV Vaccination at Maharajapur Orphanage, Baripada on 12.II.2023 on Daughter's Day in association with IAP CAHCW

Free health camp at KV 2 in collaboration with The Link Hospital IMA WDW,BBSR & Mohanty Dental Clinic, Nov20-22 ,2023

•GENERAL HEALTH CHECK UP

•DENTAL CAMP

•VISION SCREENING CAMP

•AWARENESS ON ORAL REHYDRATION BY DOCTORS IN THE CLUB AT MKC UP SCHOOL, BARIPADA



ACTIVITY REPORT



JULY 2023- MARCH 2024

DISEASE PREVENTION AND TREATMENT



ACTIVITY REPORT



DISEASE PREVENTION
AND TREATMENT

JULY 2023- MARCH 2024

DISEASE PREVENTION AND TREATMENT



ACTIVITY REPORT



DISEASE PREVENTION
AND TREATMENT

JULY 2023- MARCH 2024

DISEASE PREVENTION AND TREATMENT



ACTIVITY REPORT



DISEASE PREVENTION
AND TREATMENT

JULY 2023- MARCH 2024

DISEASE PREVENTION AND TREATMENT



ACTIVITY REPORT



DISEASE PREVENTION
AND TREATMENT

JULY 2023- MARCH 2024

DISEASE PREVENTION AND TREATMENT



THE BOTTOMLINE

*Cow's milk is good for calves...
Human Milk is good for infants...
Artificial feeds are almost good for nothing!*



ACTIVITY REPORT



PROTECTING OUR
ENVIRONMENT

JULY 2023- MARCH 2024

PROTECTING OUR ENVIRONMENT

MULTI COUNTRY "UTOPIA" WEBINAR ON AWARENESS ON ENVIRONMENTAL ISSUES

- UTOPIA-4 on Nuclear Weapons
- UTOPIA-5 on Plastic Soup & Plastic Water

ASIAN BIRD CENSUS BY IBCN & WILD ODISHA TO SAVE THE ENVIRONMENT

Participation In:

- Weaver Bird Census 2023 Bhubaneswar to Paradeep on 6.8.23
- Counted the total of 95 number of weaver bird nesting
- Mahanadi Water Bird Census 2024 Banki to Jobra on 14/1/24

Counted total number of 1348 birds of 73 species at Arachandi temple encircling Dampara water body through Baghua chak

PLANTATION

- Plantation program at various places from time to time

AVIAN VILLAGE – CREATING SAFE HOME FOR THE BIRDS – AN ONGOING PROJECT

- Terracota Bird's Nests planted on trees to help the birds to nest and propagate

AWARENESS ON WASTE SEGREGATION

- Waste Segregation Awareness Program at Govt UP School, Baramunda on 12.1.24 in collaboration with E club Coastal Bay of D 3262 and Young Indians
-

ACTIVITY REPORT



PROTECTING OUR ENVIRONMENT

JULY 2023- MARCH 2024

PROTECTING OUR ENVIRONMENT



ACTIVITY REPORT



WATER, SANITATION,
AND HYGIENE

JULY 2023- MARCH 2024

WATER, HYGIENE, AND SANITATION

DRINKING WATER PROJECT-INSTALLATION OF WATER PURIFIERS UNDER WINS

- At Saraswati Shishu Vidya Mandir, Mancheswar on 7.10.23

Sponsored by AG Rtn.Bikash Ranjan Mohanty

- At Bhawani UP School, Banapur on 24.2.24

Sponsored by Rtn.Dr.Pritilata Panda

PROJECT BY INTERACT CLUB OF FLORICANS

- Hand Washing teaching at Govt UPS,Baramunda on Global Hand Washing Day On 16.10.23



ACTIVITY REPORT



MATERNAL AND
CHILD HEALTH

JULY 2023- MARCH 2024

MATERNAL AND CHILD HEALTH

END POLIO NOW DRIVE

- Polio Day Car Rally from Baramunda to Chandaka to create awareness on World Polio Day
- Assisting & Motivating during nation wide Polio Immunization drive on 3.3.24

HEALTH CAMP FOR SCHOOL CHILDREN

- Eye Health Camp at Govt UP School, Baramunda in collaboration with Rotary Royal Eye Hospital, Bhubaneswar on 2.12.23

Assisted by members of Interact club of Floricans

- Free Health Camp at Jingle Bell School, Baramunda by club's doctor members on 23.9.23

AWARENESS ON BREAST FEEDING ON BREAST FEEDING DAY

- Awareness program for mothers on the importance of breast feeding at Dept of OB& G, PGIMER & Capital Hospital in collaboration with WDW IMA Cuttack & PGIMER Capital Hospital
- Awareness Rally at Baripada on breast feeding



ACTIVITY REPORT



COMMUNITY ECONOMIC
DEVELOPMENT

JULY 2023- MARCH 2024

COMMUNITY AND ECONOMIC DEVELOPMENT

SUSTAINABLE PROJECTS BY MIGRANT TRIBAL WOMEN MEMBERS OF RCC FLORETTA AT SALIA SAHI, BHUBANESWAR

- Growing Paddy Straw Mushroom for self consumption and marketing
- Training on Oyster Mushroom Cultivation on 15.1.24
- Growing Oyster Mushroom & Selling regularly
 - Training for Ornamental Fish Farming in collaboration with ICAR-CIFRI, Barrackpore, Kolkata
- 1st phase on 10, 2023 Salia Sahi
- 2nd phase on Dec 20-22, 2023 at Kolkata
- 3rd phase on Mar 3, 2024 at Salia Sahi

FELICITATION TO HANDLOOM WEAVERS

- Weavers at Nuapatna were felicitated on National Handloom Day on 7.8.23.
- Promoting the handloom weavers is club's up coming long term project

SUSTAINABLE PROJECT BY RCC FLORENTINA AT BARAMUNDA

- PHENYL MAKING Training for self consumption and marketing
-

ACTIVITY REPORT



COMMUNITY ECONOMIC
DEVELOPMENT

JULY 2023- MARCH 2024

COMMUNITY AND ECONOMIC DEVELOPMENT



ACTIVITY REPORT

JULY 2023- MARCH 2024

CELEBRATION

- Rotary Day of Service - RC Bhubaneswar Flamingo along with Young Indians, AASHRAA Foundation & E club Coastal Bay of D3262 organized Rotary Day of Service on 23.2.24 on the occasion of Rotary Day and distributed nutritional kit to slum children of Rajarani Basti,BBSR
- Public image: Rotary's 119th birthday at Bangkok with Rotarians from D3262 on 23.2.2024
- Women's day celebration by Women Pediatrician Club Members
- Republic day & Independence Day celebration at Govt UPS Baramunda

JOY OF GIFTING

- Clothes, Apparels, Bedsheets, Pillow cover & Blankets gifted to Bamboo Weavers & Family on 27.12.23
- Wheelchair received from DG 22-23 to a young man with Cerebral Plassey on 10.8.23

CLUB SPONSORSHIP

- Interact Club of Falcons at Saraswati Shishu Vidya Mandir, Mancheswar

Charter No:228053

Charter Date:5.10.23

Installation of the Office Bearers on 19.12.23

- RCC FLORETTA at Salia Sahi Charter No: 96069

Charter Date: 18.9.23

Charter Presentation on 8.10.23

District event

ACTIVITY REPORT

JULY 2023- MARCH 2024



ACTIVITY REPORT

JULY 2023- MARCH 2024



ACTIVITY REPORT

JULY 2023- MARCH 2024



Certificate of Organization

This certificate recognizes that the
Interact Club of Falcons

Club ID 228053

Established 5 October 2023

has been organized and has agreed, through its officers and members, to be bound
by the constitution and bylaws of the Interact program of Rotary International.

Sponsored by the
Rotary Club of Bhubaneswar Flamingo, Odisha, India

PRESIDENT(S), SPONSORING CLUB(S)



PRESIDENT, ROTARY INTERNATIONAL

11 October 2023

DATE

DATE

647-EN-(3/2)



The Rotary Leadership Institute RECOGNITION OF SUCCESSFUL COMPLETION

Refresher Course

This is to certify that

Rtn. De Smita Sinha

from Rotary Club of Bhubaneswar Flamingo District 3362 India

has successfully completed the Refresher Course

of the Facilitators of ROTARY LEADERSHIP INSTITUTE

on 01-Nov-2023 at Chennai.



ROTARY COMMUNITY CORPS Certificate of Organization

This certificate recognizes that the Rotary Community Corps of
Floretta

(Established Date: 11 September 2023)

has been organized and has agreed, through its members, to be bound by the guidelines
and bylaws of the Rotary Community Corps program of Rotary International.

Sponsored by
Rotary Club of Bhubaneswar Flamingo, Odisha, India



18 Sept 2023
DATE



18 September 2023
DATE

91-01-012

ACTIVITY REPORT

JULY 2023- MARCH 2024

PARTICIPATION IN

- District Membership seminar
- District Public Image seminar
- District conference
- District Eye Conclave

District Event & RLI South Asia event Participation In

- Sankhanada, Bhubaneswar Sept 20, 2023
- AGTS & DTTS, Pattaya, Thailand Feb 19-24, 2024
- RLI Annual Meet, Refresher Course & Curriculum Meet, Chennai Nov 4-5, 2023

FELLOWSHIP

- Flag Exchange with visiting Rotarians from RC Ahmedabad West on Oct 20, 2023
- Regular Social activities among club members

AVENUE OF SERVICE

Club Service: 35

MINUTES OF LAST MEETING



Minutes of BoD Meeting

BoD Meeting #9

2023-2024



17/3/2024



17.00 IST



ID:717 9325 9557

Passcode: Oc86uK

Members Present

Club Members:

- 01.Prez.Rtn.Vijay Dash
- 02.IPP.CP.Dr.Smita Sinha
- 03.VP.Rtn.Dr.Nibedita Pani
04. Secy.Rtn.Col,Debabrata Kar
- 05.Director Foundation Rtn.Reeta Patnaik
- 06.Director Public Image Rtn.Rtr.Susita Das
07. Sgt-At-Arms Rtn.Shibabrata Kar
- 08.Bulletin Editor Rtn.Dr.Prasannanshu

1. Meeting was called to order by the President Rtn.Vijay Dash.
2. One minute silence was observed for world peace & understanding followed by national anthem.
3. President Rtn.Vijay Dash welcomed all members.
4. He gave all the updates about the projects done so far in the current month and updates on preparation of DG OCV.
5. Secretary Rtn.Col.Debabrata Kar presented the minutes of the last meeting and the same was confirmed.
6. Discussion on various club matters, budget, and duty distribution for OCV were held.

Discussed, resolved, and unanimously approved.

- Rs.30,000/- be sanctioned for OCV.

Upcoming Club/District Events

- UTOPIA-5 on 23.3.24
- PETS/ SETS on 31.3.24

Vote of thanks & Attendance Statistics

Vote of thanks were given by Rtn.Rtr.Susita Das.

Attendance Statistics was given by Sgt-At-Arms Rtn.Shibabrata Kar

Total attendance = 8

Meeting was adjourned by the President.

Next BoD meeting 0n April 21,20224

CLUB PRESIDENT AWARDS

MARCH, 2024

Outstanding Support to the Club in the Rotary year 23-24

RTN. DR. PRITILATA PANDA



RTN. DR. NIBEDITA PANI



DO MORE THAN YOU THOUGHT POSSIBLE WITH ROTARY

Visit rotarybhubaneswarflamingo.org
(Official website of Rotary Club of Bhubaneswar Flamingo) and
rotary.org (Official website of Rotary International)
to find out more

Rotary is a global network of clubs with 1.4 million members — neighbors, friends, leaders, and problem-solvers just like you.

We apply our diverse perspectives and collective expertise to support one another and tackle the most persistent issues that our communities face.

JOIN US TO:

- Connect with other people of action
- Form new friendships and build your network
- Find creative ways to meet community needs
- Gain new skills and grow as a leader



