



THE 322H TIMES



9th November 2025, Sunday

Dear Lions of District 322H,

With immense pride and deep gratitude, I address you once again in this 2nd issue of "The 322H Times." Together, we have not only moved forward — we have ROARED forward.

We have achieved an extraordinary 111% in New Member Recruitment, propelling District 322H to the No. 1 position in the entire Multiple 322 and 2nd in the ISAME Area. This isn't just a number — this is a testimony to our shared vision, unity, and unstoppable drive. Our LCIF goal of \$31,000 stands proudly at \$27,000, a reflection of our compassion and commitment to global causes. With this momentum, I am confident we will cross 100% before our 2nd Cabinet Meeting.

We created 13 New Clubs — the highest in our Multiple and 4th in India so far. This growth shows that we are not just participants — we are leaders.

Another historic milestone was the phenomenal Service Carnival — the first of its kind in the entire Multiple. A grand celebration of fellowship, service, and togetherness, it showcased what 322H is truly capable of when we collaborate.

My heartfelt gratitude to all participating Clubs and Members for their unstinting support, cooperation, and energy.

A special note of thanks to the young and dynamic members of Dalkhola Youth — your exemplary spirit, tireless efforts, and flawless execution made this vision a spectacular reality.

Over 75–80% of our Clubs are actively engaged in impactful services, bringing hope and dignity to our communities. I also applaud the 50+ Clubs who conducted Mental Health and Well-being projects — signs of our deep-rooted commitment to the holistic development of society. Special appreciation to the Lions & Leos of Kalimpong, Sonapur, Dalkhola Youth, Raiganj Unity, and the inspiring Region Chairpersons of Regions 1, 2 & 3.

To the few Clubs lingering outside the mainstream — we need you. Your voice, your service, your roar matters. Let's rejoin the pride, stronger and united.

Let this remind us all — This is the Year of our Leader AP. The Year of Active Participation and Absolute Progress. Let's build a District that isn't just strong — but exemplary.

ONE TEAM. One Dream. One Mission.
The Mission to GROW.

So dear Lions, the world is watching —
Let's show them the POWER of our UNITY.
Let's keep GROWING.
Let's keep ROARING.
Because when we believe — ALL IZZ WELL.

With Lionistic Pride,
Lion Arun Maheswari
District Governor (2025–26)
District 322H



Dear Lions, Lionesses, and Leos of District 322H,
Warm greetings and heartfelt wishes to each one of you!

It is a matter of great pride and joy to pen down my thoughts for this edition of our District Bulletin. Each time I interact with the members of our wonderful district, I feel deeply inspired by the passion, commitment, and teamwork that define our Lions family. Together, we are not just doing service — we are living the spirit of Lionism.

This year, under the visionary leadership of our District Governor and with the motivating theme "All iz Well," our journey has been a reminder that service done with optimism, unity, and confidence can overcome every obstacle. "All iz Well" is not just a slogan — it is a powerful message of faith and resilience. It reminds us that when Lions work together with a positive mindset, everything truly falls into place.

Across the district, clubs have carried out impactful projects that reflect compassion and creativity — serving the needy, empowering women and youth, caring for the environment, and promoting health and education. Each project has added a new feather to the proud cap of District 322H. Your relentless dedication, even in challenging times, embodies the true meaning of our motto: "We Serve."

As your 1st Vice District Governor, I salute each club leader and member who has contributed selflessly to our collective mission. Let us continue to nurture new members, inspire young Leos, and strengthen our bonds of friendship and fellowship. The future of our district depends on the energy, unity, and enthusiasm we bring to every initiative.

Let us move forward with the same belief that guides our Governor's theme — that when our hearts are united in service, when our intentions are pure, and when our faith in goodness remains strong — truly, "All iz Well."

With Lionistic pride, gratitude, and best wishes for continued success to every club in our district.

Together, let's make District 322H shine as a symbol of strength, compassion, and optimism — where service, leadership, and fellowship walk hand in hand.

With warm regards,
Lion Jyoti Gupta
FVDG, District 322H
2025-26



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LCIF Flood & Disaster Relief Drive Brings Hope to Darjeeling Hills

Date: 4th November

Locations Covered: Dudhiya, Soureni & Mirik (Darjeeling District)

Under the Emergency Grant Approved by: LCIF India

In a remarkable display of unity and compassion, the Lions of District 322H carried out a large-scale Flood and Disaster Relief Operation under the LCIF Emergency Grant. The mission brought essential supplies and much-needed comfort to hundreds of flood-affected families across Dudhiya, Soureni, and Mirik.

Relief Highlights

Over 250 families received comprehensive relief kits containing food items, household utilities, and comfort materials such as rice, dal, cooking oil, tarpaulins, mattresses, blankets, and kitchen essentials — all procured locally from Siliguri and carefully packed with LCIF branding.

A total of eight pickup trucks and twelve member cars formed the relief convoy, which was flagged off from Raghukul Bhawan, Khaprail Bazar by:

- DG Lion Arun Maheshwari
- 2nd VDG & Program Chairperson Lion Shivani Goenka
- PDG Lion Abhijeet Sen

At each stop, the local communities extended warm welcomes with garlands, khadas, and heartfelt thanks. The largest distribution took place at Mirik (9th Mile Ground), reaching nearly 200 families.

Team Spirit in Action

Members from nine Lions Clubs — Darjeeling, Kurseong, Kalimpong Greater, Kalimpong GenX, Khaprail Youth, Shibmandir, Naxalbari, Shibmandir Spandan, and Bagdogra Greater — joined hands in a shining example of teamwork and service.

After a full day of service, volunteers were hosted for a fellowship lunch at Hotel Jagjit, Mirik, marking the end of a fulfilling mission.

Special Acknowledgements

Heartfelt appreciation to Lions Vishal Jaiswal, Ajay Sha, Kapil Periwal, Samanta Prasad, and Vinamra Goenka for their flawless coordination; Lion Nabin Agarwal for logistics support; and the RC/ZC team of Region V for activating all clubs.

In the Spirit of Lionism

The LCIF Flood Relief Project stands as a proud testament to the Lions' commitment to humanitarian service — reaffirming our guiding motto:

“We Serve.”

Reported by:

Lion Shivani Goenka

SDVG & Program Chairperson, LCIF Flood Relief Project

Lions Clubs International – District 322H





RLLI , where leadership is learned, confidence is built, and bonds for life are made.



I was not an active member of the Lions Club, but I got a wonderful opportunity to attend the RLLI program. It was truly a golden chance for me to learn and socialize. Being there taught me how to engage in activities, work as a team, and manage group interactions. It gave me great confidence and helped me be myself while enjoying every moment. All the members were very friendly and active, and the faculty was extremely knowledgeable and motivating. Overall, it was an amazing experience that improved my skills, boosted my confidence, and helped me make new friends. I'm truly grateful.

Lion Sarita Agarwal

RLLI- This engaging training platform is designed to empower future leaders with skills knowledge and network to make a lasting impact. It was great experiencing the engaging workshops, group activities, led sessions on leadership skills etc. Fun interactive games were out of the world, took us back to our school days. Inspiring stories from the fabulous and passionate leaders (mentors) enhanced our skills, knowledge and problem solving abilities. The training takes place in a vibrant and energetic set up with modern facilities, delicious meals and a supportive inclusive atmosphere.

Lion Samanta Prasad

During my RLLI journey, I experienced a moment that truly changed my perspective on leadership. One afternoon, our group was assigned a teamwork challenge. At first, everyone wanted to lead but nothing worked until one quiet member spoke up with a simple, thoughtful idea. We all listened, followed, and succeeded together. That moment taught me that leadership is not about being loud, but about listening, understanding, and lifting others. Later, when we visited a local service project, I saw smiles on people's faces because of our efforts and I felt a deep sense of purpose. RLLI reminded me that true leadership begins with a kind heart and the courage to serve selflessly.

Lion Anamika Ghosh



This was the first time that six ladies from our district participated in RLLI Gopalpur 2025 — a proud moment indeed, as it was a first in the history of District 322H. The experience was truly enriching; we not only learned but also thoroughly enjoyed every moment of it. The program provided valuable lessons in leadership, concentration, team spirit, teamwork, mutual understanding, punctuality, humanity, support, and honesty — all the essential qualities for personal and collective growth.

I sincerely encourage everyone, if given the opportunity, to attend RLLI in the future. It is a transformative experience that shapes you both as a leader and as an individual.

Lion Monika Sharma

A Transformative Experience – RLLI, Gopalpur Attending the Lions Regional Lions Leadership Institute (RLLI) was a truly special experience. It wasn't just a workshop—it was a journey that helped us grow both as leaders and as people. We learned many important things like how to work in a team, how to communicate better and how to plan with a bigger vision. The sessions were fun, interactive and full of real-life lessons. What made it even more exciting was meeting fellow Lions from different clubs, sharing ideas & building strong friendships. The trainers were amazing—they taught with great skill & kindness, making sure everyone felt confident and involved. By the end of the program, we were not just trained but truly inspired. RLLI reminded us why we are Lions. It motivated us to return to our clubs with fresh energy, new ideas, and a stronger desire to serve our communities with heart and purpose.

RLLI was not just a training—it was a milestone on the journey of becoming a better leader and a better Lion.

Lion Manisha Maheswari

Attending the Lions Club RLLI training was truly a transformative experience. Despite dealing with some physical discomfort, I was surprised at how effortlessly I could maintain the packed schedule from 5 a.m. to 10 p.m. every day. The program instilled discipline, boosted confidence, and helped me reconnect with my own potential. Through engaging sessions and team activities, we learned the importance of teamwork, leadership, and adjusting within a group — lessons that go far beyond the classroom.

The event was flawlessly organized by the MULTIPLE team, with excellent food and accommodation that made the stay comfortable and enjoyable. The bond I built with fellow participants was beautiful and continues to this day. Beyond leadership development, RLLI also helped me overcome stage fright, shyness, and self-doubt — even when I felt physically unfit. This training is not just about serving others through Lionism, but also about personal growth, confidence, and grooming for life and business alike.

Lion Jyoti Sharma



"Your Mind Matters — Nurture It With Kindness, Rest, And Self-care."



Mindful Kalimpong –

A Lions Mental Health Awareness Campaign was held from 4th to 12th October 2025, organized by the Lions Club of Kalimpong GenX, Greater & Leo Youngs, District 322H, in collaboration with the District Administration of Kalimpong and Trinity Counselling Centre. The campaign aimed to promote mental wellness, mindfulness, and community engagement across all age groups. The initiative featured multiple sessions led by experts including Ms. Anu Sali Nair and Mr. Donald Issac, focusing on youth counselling, emotional wellbeing, and stress management. Meetings were held with key district officials, including the District Magistrate, Superintendent of Police, and Chief Medical Officer, who extended full support to the campaign and related health projects.

A Free Eye Check-up and Wellness Camp was conducted, followed by interactive sessions at schools, the Zila Sainik Board, and community centres. The highlight was the World Mental Health Day celebration on 10th October, featuring a city-wide Wellness Walk, workshops, counselling booths, and a cultural event titled "Music for Mental Health."

The campaign concluded with the Mindful Kalimpong Mega Workshop, engaging over 400 participants and The Majestic Ensemble of dignitaries in discussions on mental health, youth empowerment; and civic responsibility. This event marked a significant step towards a more mindful and compassionate Kalimpong.

Through such workshops, seminars, and interactive sessions, the residents of Kalimpong, especially children have gained greater understanding of emotional well-being and resilience. Young participants are now more confident in expressing emotions and seeking support, with improved communication and coping skills. The initiative has helped reduce stigma around mental health, foster empathy, and encourage early intervention.



Mental Health & Well-being: Lc Malda Rainbow

Mental Health & well-being week observed by Lions Club Malda Rainbow on 07/10/2005, 11 am at sensitive area, Puratuli, English Bazar Municipality, Dist Malda. Activity started with inaugural speech by Dr. Joy Sanyal. There were almost 100 females were present. Some of them are truly suffered by mental health & they have to face it regularly. Then Dr. Soham Mukherjee took class by various physical activity which helped participants' mental relaxation and they really enjoyed. They asked questions to doctors to clear their doubts. Then physiotherapist Lion Suchismita Roy took session before participants. She showed some exercise for physical relaxation. Then we distributed sanitary napkins and refreshment packets among participants. Overall the total programme was very overwhelming and beneficiaries were very excited to get this type of programme again. We also got satisfaction to have opportunity to organise this type of exceptional programme.



"Is Pal Ko Je Le Hum" - LC SONARPUR, LC SONARPUR DIVAS

The week-long project "Is Pal Ko Je Le Hum" was organized to promote mental well-being, stress relief, and community bonding through a series of interactive and therapeutic activities.

The initiative began on 4th October 2025 with a session titled "Rubbing Tensions with Singing and Discussion", encouraging participants to release stress through music and open conversation. On 5th October 2025, a press conference was held with the Press Club, where the project agenda and objectives were officially declared, followed by a press release. A yoga session led by Dr. P.C. Singh and Samta Thapa from the Nirankari Mission took place on 6th October 2025, guiding participants toward relaxation and mindfulness. The following day, 7th October 2025, featured a psychological wellness session conducted by a clinical psychologist. A special camp was organised at the Chhora Police Station, Islampur District, with active participation from the DSP and police personnel. On 8th October 2025, a collaborative session was held at the Art of Living, Siliguri Centre at Kadamtala, in association with Kalwar Mahila Samiti and Rohnishikha Welfare Organisation. Both organisations contributed enthusiastically to the event's success.

A fun-filled Laughter Therapy Session for children, organised by Manju Agarwal, took place on 9th October 2025, bringing smiles and joy to young faces. Refreshments were provided to all the kids. Students of Olivia Enlightened English School participated in a Rally, Laughter, and Meditation Session on 10th October 2025, spreading the message of positivity and emotional wellness.

On 11th October 2025, various local clubs of Islampur joined the movement, further strengthening the spirit of unity and service. The project concluded on 12th October 2025 with participation from local political leaders and Lions family members, marking the successful culmination of a meaningful and impactful week dedicated to mental health and happiness.



Mental Health & Well-being Awareness Program - LC Dalkhola Youth

Mind Matters of Lion's International held from the 4th October 2025 to 12th October 2025, Lions Club of Dalkhola Youth zealously participated by holding an array of events.

On the 5th October 2025, Sunday 18 club members joined a morning yoga session followed by a picnic at Treebo Premium Blue Mountain Country Club And Resort, Dagapur. The "Stronger Together, Dil Chahta Hai - Doston ke Saath: Kuch pal apne liye" event rejuvenated the club members for the forthcoming events of the week.

Wednesday, the 8th of October 2025, a zumba Session. On 9th October YUBA MANN SUNO & "LET'S TALK - CHAT SHOW" On 10th October



Mental Health & Well-being Awareness Program - LC Harirampur

The Lions Club of Harirampur observed Mental Health and Well-being Awareness Week as an opportunity to reach out to the community and promote the importance of emotional and psychological wellness. Our aim was to guide a section of society in the right direction by spreading awareness, encouraging open conversations, and fostering a more understanding and compassionate environment.



Glimpses in Frames



Snapshot Corner **ANANYA**

Malda Aaprajit

This year our motto is 'We Serve' and Lions Club of Malda Aaprajit is constantly doing various activities for needy people of our society. This year on swasti, honorable district governor sir Lion Arun Maheswari inaugurated our service booth. We distributed sarees to needy women from our pooja service booth in addition necessary medicines were provided to public & drinking water was provided to 1000 people approx. Inspired by our district governor sir, we organized another successful project morning yoga session as part of mental health & awareness week with 40 children's held at Maheshpur Primary school, Madhab Nagar & we conducted yoga session mental peace for 30 senior citizens at Anubhav Old Age Home, Ramkrishna Mission road. The yoga session was conducted by yoga expert Bacchu Mandal a teacher from Malda yoga & sports Academy. We plan to do more successful project like this in future.





Glimpses in Frames



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TOGETHER IN SERVICE, STRONG IN PURPOSE



Greetings from GLT Team

Dear Lion Friends

Hope all of you enjoyed the festive season with your family and friends As GLT team we successfully completed the (DLLI) District Level Learning Institute on 6 & 7th September at Lataguri. We are very much thankful to all of you for attending the learning session the registration was 78 participants the highest ever.

We had Dynamic faculties with us

Lion Neha Prasad from Dist-322E Patna, Lion Srawan Chawdhary.Dist -322F

Lion Neeraj Chawdhary. Dist-322F, Lion Sankar Das.PMCC. Dist-322 F, Lion Saneep Mitruka.Dist-322F

Our district participated in RLLI at Gopalpur. 6 women members were attended this is shows the women empowerment of our district.

A ZC trining academy was held at kolkata on 22nd September 10 out of 13 ZC's were attended.

Multiple 322 take various initiatives to make the members educated about Lionism multiple organized zoom training programs to develop the knowledge of the members meetings held on 25th October, 29th October 5th November for various training sessions like how reporting in portal Membership growth etc.

Our district participated in all the training sessions actively.

An ELLI program will be held on 10th to 12th January 2026 at Altair Hotel, Kolkata We request all the new members to participate in the program a registration charge will be there it will be circulate soon.

The new member orientation program will be scheduled in December and January dates will circulate shortly We heartily thank to our District Governor Lion Arun Maheswari for lead the program very successfully

We thank to our 1st Vice District Governor Lion Jyoti Gupta for being a part of the program

ALL IZ WELL

Regards

Lion Ranjit Musaddi

District GLT coordinator

Lion Vinamra Goenka

Lion Debabrata Kar



Congratulations DLLI Graduates.322H

EDITORIAL

From the Desk of the District Bulletin Team

This bulletin is a celebration of every Lion's effort, passion, and service. Your stories breathe life into these pages. Together, we continue to grow, learn, and serve with pride and compassion. Keep shining your light through every act of kindness!

The Firefly and the Sun

I once wandered, a firefly, shy and small,
My light too timid to matter at all.
I glowed for moments, then faded away,
Dreaming that brightness would find me one day.



Then came a roar that split the air,
A call of courage, fierce and rare.
We Serve! it thundered, And I turned,
To find a Pride where hearts still burned.

Among Lions, I found my flame,
A thousand hearts that beat the same.
Where shadows linger, I choose to stand,
With fire and faith held in my hand.

No longer a spark that fears the night,
I burn like the Sun; bold, full of light.
For once I flickered, unsure, alone,
But now, through Lions, my light has grown.



*When the going gets tough,
the tough get going....*

MJF LION DIPIKA PERIWAL
PRESIDENT
LIONS CLUB OF KALIMPONG GENX



Season's Greetings

FROM OUR PRIDE TO YOURS

LIONS CLUBS OF KALIMPONG
WISHES EVERYONE A JOYOUS
AND MEANINGFUL FESTIVE
SEASON FILLED WITH LOVE,
LIGHT, AND SERVICE.

