



UDAYAN



Be a gift to the world

FORTNIGHTLY BULLETIN OF THE ROTARY CLUB OF GAUHATI SOUTH
Rotary International District-3240, India

R.I. President
Rtn K.R. Ravindran

Dist. Governor
Rtn. Chandu Agarwal

President
Rtn Bibeka Nanda Saikia

Secretary
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**JUNE
IS**

ROTARY FELLOWSHIP MONTH

Editor's Column

June is celebrated by Rotary International as the Fellowship month. This is the time to strengthen Rotary bonds through fellowship. Indeed, it is the fellowship in our clubs, that creates the environment in which we serve better. Paul Harris said "Fellowship is wonderful. It illuminates life's pathways, spread good cheer and is worth high price." Truly, fellowship signifies companionship, friendliness, fraternity, reciprocity, and everything else connected with these words. Rotary founder Paul Harris believed that when the people of one nation understand the people of other nations, there would be less likelihood of friction. And therefore Rotary always encourages the acquaintance and friendships between individuals of different nations.



It is hard to find one word capturing the shades of meaning suggested by Rotary fellowship. Broadly fellowship can be related to three areas of significance--- company, association and partnership. So it can refer to a community of interest or activity but also a company of equals or friends a state of being comradely. Fellowship is of course one of the five core values of Rotary, the others being service, diversity, integrity and leadership.

There is also another significance of the word Fellowship in Rotary, this is based on a friendly association of people who share a common interest or more broadly as a group of people meeting to pursue a shared interest or aim. They join together to share a common interest in worthwhile recreational activities like sports hobbies etc. They also form a group to further their vocational development through acquaintance with others of the same profession. Rotarians also form groups to make new friends around the world, explore new opportunities for service and sometimes just to have fun and enhance their experience in Rotary. There is hardly any subject or interest which does not have a Rotary Fellowship group. Rotary Fellowships are designated as autonomous, international groups of Rotarians, Rotarian spouses, and Rotaractors who join together. We all appreciate how warm the ties of brotherhood which bind the Rotarians of various nations together!

Rotarians also have commonly identified fellowship to mean a period of social time but also an activity. In our Rotary functions, fellowship is often listed in the program as a period of time before or after meetings. That refers to our socialising period. Of course the meeting itself is also represents real fellowship.

Let us all join hands together to make these social forces into constructive achievement for a better world.

Rtn. Giti Bujarbarua

1903rd MEETING OF RC GAUHATI SOUTH HELD ON 3 June 2016
VENUE: HOTEL RAJDHANI REGENCY

1. The President called the meeting to order at 7.10 pm. This was followed by the National Anthem.
2. The President welcomed all Rotarians, Annes and Rotarylets present. A special welcome was accorded to the Guest of the Evening, Luis Aind.
3. Wedding anniversary wishes were announced for Rtn Vikash Bajaj and Anne Suman. They were, however absent.
4. The Secretary presented a Report on the workshop on Floriculture held at the Horticultural Research Centre, Kahikuchi on 30 May 2016. She also gave a report on the Grow More Fish Programme held at Deepor Bill on the same evening.
5. Rtn R.N.Mazumder made an announcement regarding the excellent result of Saidul Alam, the student from Belsor sponsored by our club, in the recently concluded HSSLC examination. He secured 91% and missed a position by just 6 marks.
6. President Elect, Rtn Bhupen Das, appealed to all members to collect as many advertisements as possible for the forthcoming souvenir to be released at the installation ceremony.
7. Rtn Anil Mahanta next made a very lucid presentation on the ill effects of tobacco.
8. Guest of the evening, former Peace Scholar and Deputy Commissioner (Crime), Assam Police, Luis Aind, spoke on his activities on peace education. As a token of appreciation, the President gifted Mr. Aind with a memento.
9. The President announced that with the completion of the Project under the District Foundation Grant, (supply of 30 pairs of desks/benches to Dakhin Guwahati Primary School) the matching grant of Rs 50,000 had been received by our club.
10. The Secretary reported the presence of 26 Rotarians, 12 Annes/spouses, 1 Guest. TRF collection was Rs 130.
11. Fellowship was offered by Rtn Dhiraj Kakaty.
12. The Vote of Thanks was offered by Rtn Adib Ahmed.
13. The meeting was adjourned at 8.45pm.

1904th MEETING OF RC GAUHATI SOUTH HELD ON 10 June 2016
VENUE: HOTEL RAJDHANI REGENCY

1. In the absence of the President, Rtn B.N. Saikia, Vice President Rtn Sweta Pegu presided over the meeting. The meeting was called to order at 7.10 pm. This was followed by the National Anthem.
2. The President welcomed all Rotarians and Annes/spouses present.
3. Birthday wishes were announced for Rtn Atanu Chowdhury, who was, however, absent.
4. The Secretary informed the members that Rtn Bhupen Barkataky was seriously ill and had been admitted to the International Hospital. She also informed those present that Rtn Prahanta Goswami would be undergoing an operation on 13 June at the International Hospital.
5. The President reminded members about the contribution of Rs 2100/- each towards the Asha Kiran Project and appealed to all those who have not yet contributed to do so at the earliest.
6. President Elect Rtn Bhupendra Nath Das updated members on matters relating to the Installation Ceremony.
7. Rtn R.M.Hazarika made an announcement regarding fellowship on the day of the installation. He proposed that those who did not have the opportunity of offering fellowship at weekly meetings of the club this year be asked to contribute an amount of Rs 1800 each and that the money collected could be used to supplement the expenditure incurred on the dinner on the day of Installation Ceremony. The house agreed to the proposal.
8. The Guest Speaker for the evening was Rtn Tarun Chandra Bordoloi who made an excellent presentation on "Changed Political Scenario of Assam". The talk was followed by a very lively interaction in which Rtn Malatee Barua, Rtn Minoti Barthakur, Rtn Gayatri Bhattacharya, Rtn Biswadip Barooah and Dr. B.M.Goswami participated. Owing to shortage of time the discussion had to be curtailed.
9. The Secretary reported the presence of 16 Rotarians and 9 Annes/spouses. TRF collection was Rs 280/- Fellowship for the evening was offered by Rtn Atanu Chowdhury.
10. The Vote of Thanks was offered by Rtn Bijoy Ketan Barua.
11. the meeting was adjourned at 8.15pm

RAVINDRAN MOVES AUDIENCE WITH PERSONAL STORY



RI President K.R. Ravindran shares a personal story of triumph over polio at the closing session of the 107th Rotary convention.

RI President K.R. Ravindran closed the convention in Korea on Wednesday, 1 June, with a poignant story about his mother's fight to survive polio at age 30.

When Ravindran was 11 years old in his native Sri Lanka, his mother awoke one day feeling weak and short of breath. Sitting down to rest, she found herself unable to move. The polio virus had quickly invaded her nervous system, resulting in paralysis.

She was placed in an iron lung at the hospital to enable her to breathe, and was told that her chances of walking, or even surviving without a ventilator, were slim. But most Sri Lankan hospitals were not equipped with ventilators in 1963.

Ravindran's grandfather, a Rotary member, hosted a club committee meeting in his living room the evening after his daughter was rushed to the hospital. Rather than simply offer consolation, his fellow members went to work, using their business acumen and professional connections to find a ventilator.

One of the members was a bank manager who called a government minister to facilitate a quick international transfer of funds. Another member, a manager at SwissAir, arranged to have a ventilator flown in. The next day, it arrived at the hospital.

"There was so much red tape at the time in Sri Lanka, but somehow, those Rotarians made it all fall away," Ravindran told the packed audience at the KINTEX Convention Center in Goyang city.

Ravindran's mother spent a year-and-a-half in a hospital

bed, but her condition gradually improved. She eventually left the hospital walking -- with a walker, but upright, on her own two feet.

"Fifty-three years ago, my mother's life was perhaps one of the very first to be saved from polio by Rotarians," Ravindran said. "We have saved millions of lives since then.

"Tonight, I stand before you as her son, and your president, to say that soon -- perhaps not in years but in months -- Rotary will give a gift that will endure forever: a world without polio."

At the convention's general session the day before, Rebecca Martin, director of the Center for Global Health at the U.S. Centers for Disease Control and Prevention, had described how close we are to polio eradication. Earlier that day, Rotary released an additional \$35 million in grants to support global efforts to end the crippling disease.

This year's convention, one of the largest in Rotary history, attracted more than 43,000 attendees from over 150 countries. Ravindran, in his final speech to members as their president, emphasized what it really means to be a Rotarian.

"There are people on this planet whose lives are better now because you traversed this earth," he said. "And it doesn't matter if they know that or not. It doesn't matter if they even know your name or not. What really matters is that your work touched lives; that it left people healthier, happier, better than they were before."

LOOKING AHEAD TO NEXT YEAR

Following Ravindran's remarks, members of Ravindran's Rotary Club of Colombo, Sri Lanka, and RI President-elect John Germ's Rotary Club of Chattanooga, Tennessee, USA, took the stage to exchange club banners, a tradition that unofficially marks the changing of the guard.

Germ told the audience that Rotary is about to begin the most progressive year in its history.

"You told us that we need to change and become more flexible so that Rotary service will be attractive to younger members, recent retirees, and working people," Germ said. "You spoke with clarity, and groundbreaking legislation was passed this year at the Council on Legislation.

"Clubs now have the opportunity to be who they want to be, but at the same time remain true to our core. I'm pleased to share with you that Rotarians all over the world are responding with great excitement."



Rotary Projects Around the World

Act Of Kindness



Rotaract club De Beyrouth-USJ provided food boxes and essential supplies for families in need.

Project location : Lebanon, **Project category :** Community, Vocational, Economic development

La dictée du Rotary - lutte contre illettrisme



Intéresser les personnes à la langue et valoriser ceux qui font un effort pour la défendre

Project location : France, **Project category :** New Generations Basic education, Community

Seminar on Banking Career



Self development

Project location : Bangladesh, **Project category :** New Generations

Painting competition for kids of slum School



RC Baddi organised a painting competition for kids studying in Slum area School

Project location : India, **Project category :** New Generations Maternal and child health.

Assam Girl wins the Rotary International's Young Leaders Summit Award

As part of the Rotary International Convention 2016 in South Korea, the Host Organising Committee (HOC) had organised the Young Leaders Summit (YLS) on the 27th of May 2016. As part of the summit the HOC had organised an online contest asking the participants 2 questions, i) How can they be a gift to the world?, ii) What can Rotary do to bring about more change in the world? 6 young leaders worldwide were selected from hundreds of entries, and they were flown in to South Korea to participate at the YLS and the RI Convention 2016.

One of the winners is Ms. Supriya Khound, from Dibrugarh, Assam. She is the only selected representative from South Asia, the others being from Jamaica, Germany, Zimbabwe, British Virgin Islands and South Korea. Supriya is a social entrepreneur who runs a brand called Organic Love in Guwahati and she works on issues related to womens' rights, WASH and environment.



Enjoying Korean breakfast with her host family in Busan

Supriya won the YLS Award. I understood how prestigious this award was after meeting all the other award winners and participants who had entered the contest. They were all doing amazing work in their own countries, trying to make a difference wherever they were. I met people from across the world and now have friends in Guam, Fiji, Ethiopia, Jamaica, Zimbabwe and many more countries. This experience has definitely enriched me as a person and I hope we can do similar events in District 3240. I also hope to join Rotary very soon.'

Speaking about the fun bit at the summit, 'the YLS Committee took us on a special DMZ tour, where they took us to the main military base, showed us some of their most advanced tanks and artilleries. They took care of our every need and took us for cultural events, traditional dances, street festivals and definitely lots of K-Pop performances. As a YLS participant I also got to volunteer at the RI Convention, and that was a whole lot of fun.'

After the week-long conference, Supriya decided to backpack around South Korea on her own. She went to Gyangju, Busan and Jeju Island. Staying in hostels and homestays, making new friends everyday, learning some Korean, cooking local food, visiting the beautiful temples and palaces on the cliffs and on top of the mountains and hiking up Mount Hallasan were some of the things she will always cherish from her trip.

Her video presentation highlighted how climate change is not a mandated area of work for Rotary International and it should focus as one of their core areas of focus. She highlighted some of the big challenges which the world faces with climate change and how each Rotary club can do their bit to protect the earth and save the environment. She also stressed about the need to do more sustained work on education for children and women and children healthcare. Her video presentation is available on youtube under the link: <https://www.youtube.com/watch?v=H9XTM9Vxu8Y> (Titled: Rotary is not just about now, it's about our future!)

She received her award at the Summit and got an opportunity to address the other participants including Rotractors and Rotarians from across the world. The HOC of the Korea conference took care of all the needs of the award winners including their international travel, stay, food and local transportation. Talking about her experience, 'I was very overwhelmed to know that I had



Posing with kids at the ancient shrine in Gyangju

Supriya is the daughter of PDG Rtn. Kalpana Khound and PP Rtn. Dr.Kalyan Khound, from Rotary Club of Dibrugarh.

Snippets of our Weekly Meetings



Club members with guest speaker



Guest speaker Mr Louis Aind being Felicitated



Felicitated on Wedding Anniversary



Guest speaker Mr Louis Aind presenting his talk



Rtn Dr AK Mahanta delivering his talk



WINS AT Hatigarh Prathamik Vidyalaya

16 ideas for breathing life into your club

Posted on **May 31, 2016**

By Anabella Q. Bonfa, District 5320 membership chair

How do you breathe new life into your Rotary club? We held a young professional summit recently in southern California, USA, attended by 52 members of Rotary and Rotaract — some new and some with many years of experience — who came together for half a day to share their thoughts. Everyone had fun, and many creative ideas surfaced. Here are just a few:

Plan events that are family-friendly to engage members with young children.

- Plan your events in locations where kids are welcome. A few examples would be a cleanup day at the beach or park. Or hold a picnic followed by dessert at a nearby restaurant
- Give children of members duties to do at club events like collecting money or arranging cans at a food drive
- Reward children for taking part in your community service work. A little recognition now may plant the seed for a life-long love of service

Share the value of Rotary. “What’s in it for me?”

- Explain how Rotary offers a chance to make new friends
- Prompt club meetings as an opportunity to spend time with nice people who share a similar mindset and a desire to serve
- Show how your members can make a difference and have a direct impact on your community
- Explain how members build business connections that grow their careers.
- Advertise the opportunities to develop leadership skills

Come up with ways to decrease the cost for emerging young leaders

- Offer sliding scale meals.
- Consider options of meetings without food, coffee, or dessert
- Offer corporate memberships
- Subsidize young leaders by pairing them with more established members who can pay part of their costs for a period of time

Allow, don’t discourage, members to promote their professional life

- Schedule minute-long vocational talks for members to share about their business during a meeting
- Invite speakers to talk about innovations in business and technology
- Hold club networking events
- Encourage newer members to share trends in their line of work

All these came out of one half-day seminar. Hold your own young professionals workshop, and see what great ideas you come up with!

RATE THIS:

A 13-month, residential learning experience designed for those who have a passion to lead in a public horticulture environment.



Participants in the summit draw their ideas on paper.



Steer Clear of Antibiotics

"The misuse of antibiotics can weaken your immune system," says Dr Prasad Rao, director, Department of Internal Medicine & Geriatrics, Medanta—The Medicity, Gurgaon. Researchers found that certain patients taking antibiotics had reduced levels of cytokines, the hormone messengers of the immune system. When your immune system is suppressed, you are more likely to develop bacterial resistance or become sick in the future. "Antibiotics also destroy healthy bacteria in the gut which weakens your defences," adds Dr Ajay Kumar, head, Dept of Gastroenterology, at Fortis Escorts Heart Institute, New Delhi.

Take antibiotics only for bacterial infections and only when prescribed. Remember to complete the course.

Watch What You Eat

A nutritionally balanced diet is key to a strong immunity. Eat out too often and chances are that you are not getting all the nutrients you need.

Eat fresh, home-cooked food. "Pay particular attention to protein (a recent study found 80% Indians are protein deficient), says Chennai-based nutritionist Dharini Krishnan. You need 0.8 to 1 g of protein per kg of body weight. Pack in lean protein in the form of lentils, chicken, eggs and low-fat dairy.

Fill your plate with fruits and vegetables, especially purple, blue, red, orange and yellow veggies that are rich in anti-oxidants. Opt for organic foods as far as possible to lower your exposure to harmful toxins.



Pump your heart to better your brain

Aerobic exercise increases cardiac output, meaning the heart's pumping capacity, like swimming, biking and running. But even more interesting is new research showing that patients with better cardiac output also have larger brains, with more neural growth factors and even some new cells. It's a brain that's more efficient.

Rotary Fellowships Group



Musicians



Motorcycling



Skiing

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