



(RI Theme, 2015-16)

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

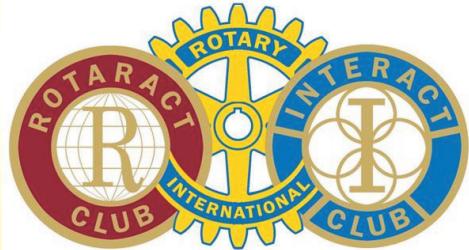
Secretary
Rtn. Priyam Goswami

VOL. XXXIV NO.22

Date : 6th May, 2016



Youth Services



Editor's Column

Nothing gives us greater delight than the wonderful victories of the battles being fought by Rotarians in various ways, specially eradicating polio from the face of the earth. Rotary is graciously moving forward on its second century of service. All of us want this century of service to be even more successful than the last. We the Rotarians must always understand that when times change, so must we and that fidelity to our founding principles require new responses to new challenges and that preserving our culture of service requires collective action. It is time for us to spread our branches, we need to bring youths and younger adults, who will breathe new life and new vigour into our organisation.

The month of May on the Rotary Calendar is Youth Service month. The youth of a nation are the trustees of posterity. Working with the youth is the best investment that we can make as Rotarians.

Youth Service recognizes the positive change implemented by youth and young adults through leadership development activities, service projects and exchange programs and aims to provide innovative and practical opportunities to assist and motivate young people in our communities to acquire learning and life skills.

Youth Service is an investment in the future. A commitment to Youth Service within and through our clubs is a commitment to the next generation of potential Rotarians and the ongoing future and health of our clubs. There are so many programs of Rotary that are aimed at developing the youths. Rotary youth leadership Award (RYLA) is a week long camp aimed at encouraging and developing leadership and social skills in young people .

RYLAS may not turn young people into leaders in just a week, but they surely sow the seeds of leadership in the fertile young minds who attend these camps. They go back with a new zeal, a new flair and a new found humility.

Rotary Youth Programs of Enrichment and the Science programs are also very interesting and beneficial. But the most fruitful and exciting is the Rotary Youth Exchange program. They become the ambassadors of our culture, ethics and values.

Rotaract and Interact clubs are all aimed at developing the youth. Early in life Rotary teaches these youngsters lessons in ethics, morality, values and very importantly, a lesson in caring for other people, and that is how they learn to embrace humanity.

I am proud to mention that our club had a number of youth oriented programs like , sponsored students for RYLA, started a new Rotaract club, Literacy, several sessions of How to Face an Interview for college students, and Debate competition. These are the ways to groom our future Rotarians, to keep up our legacy to make the world peaceful, healthy and vibrant.

Rtn. Giti Bujarbarua

We meet every Friday at 6.30 p.m. at Hotel Rajdhani Regency, Dispur Last Gate, Guwahati-781006

Minutes of 1897th meeting of R.C.Gauhati South on 22.04.16

1. In absence of President Rtn Dr.B.N.Saikia, Vice President Rtn Sweta Pegu presided over the meeting and welcomed the members and Annes.
2. National Anthem was sung.
3. One minutes silence was observed for demise of Mr.Mihir Barooah IPS, and well known writer on 21.4.16 who happens to be elder brother of Rtn Biswadip Barooah. Condolence message was prepared and was handed over to Rtn Bhupendra Nath Das who will be sending it to the bereaved family.
4. President elect Rtn Bhupendra Nath Das announced about District Seminar to be held on 23.4.16 and 24.4.16 at ITA, Machkhowa on :
 - 1) Literary management and Fund raising.
 - 2) Fund Management.
5. President welcomed selected peace scholar Dr. Akashitora Saikia and Rozi Rani Sarma APS and her husband Dr.Narayan Chetri.
6. Rtn Dr. R.N.Mazumdar spoke about our Dist. 3240 Grant project of supplying 30 pairs of Desk and benches to South Guwahati Govt. M.E.School at Lutuma. Project costing Rs.90,000.00 will be partially supported by Dist. 3240 grant. 5 members from our club was present in the function on 16.4.16. Rtn Dr.R.N.Mazumdar, Rtn Dr. B.N.Saikia, Rtn Bhupendra Nath Das, Rtn Biswadip Barooah and Rtn R. K. Bhuyan was present. Rtn Dr. R. N. Mazumdar also reported about programme on How to face an Interview at Nalbari Commerce College on 19.4.16. 150 students attended the programme. Rtn Dr.R.N.Mazumdar, Rtn Swapan Jyoti Sarma, Rtn Subhash Goswami, Rtn Gayatri Bhattacharya, Rtn Dr.Priyam Goswami and Mr.Binode Goswami participated in the programme.
7. Rotary Peace Scholars from RC, Gauhati Main-Dr. Akashitora Saikia and Smt. Rozy Rani Sarmah visited our club on 22 April.
8. Rtn Sweta Pegu reported about How to face an Interview programme at Guwahati Commerce College on 22.4.16 5 members from the club participated. They are : Rtn Sweta Pegu, Rtn Tarun Ch. Bordoloi, Rtn Subhash Ch. Goswami, Rtn Jayanta Madhav Baruah and Rtn Bijay Ketan Barua.
9. Peace scholar Dr. Akashitora Saikia and Rani Sarma narrated their experiences of violation of peace at different times and their efforts in conflict management.
10. Rtn Bhupendra Nath Das spoke about late Mihir Barooah. He also gave some health tips.
11. Secretary's report was read out by tn Prasanta Kr. Das. Rtn Present 18 Ann 5 Guest 3. TRF collection Rs.100.00. Fellowship was by Rtn P.K.Das and Ann Kabori.
12. Vote of thanks by Rtn Minoti Barthakur.
13. Meeting was adjourned at 8 PM.

Did you know...

Japan has approximately 200 volcanoes and is home to 10% of the active volcanoes in the world.



Eat more fibre

Eat plenty of fibre to help lower your risk of heart disease – aim for at least 300g a day. Eat fibre from a variety of sources, such as wholemeal bread, bran, oats and wholegrain cereals, potatoes with their skins on, and plenty of fruit and veg.

PRESIDENTIAL MESSAGE

Some years ago, in the Kano plains of Kenya, a well-meaning development agency took on the task of improving water availability to a rural community. Committees were formed, meetings were held, and the local people were consulted. The main need the community identified was improved delivery of water for irrigation and livestock. A plan to meet this need was created, and the work was soon begun, exactly as the community representatives had requested.

Yet once construction began, it was met by immediate protest from groups of community women, who came to the site and physically blocked workers from building diversion channels. Upon further investigation, the agency realized that the water it was diverting for farming came from the only source, for dozens of families, of water for cooking, drinking, and washing. The entire project had to be scrapped.

Why? Because it had never occurred to a single member of the all-male team in charge to consult the local women. At every stage, it was assumed that the men knew the needs, spoke for the community, and were able to represent it. Clearly, this was far from the case. The women knew the needs of the community, and its resources, far better – but their opinion was never sought.



K.R. RAVINDRAN
PRESIDENT 2015-16

We have had women in Rotary for only the last quarter of our history, and it is no coincidence that those years have been by far our most productive. In 1995, only 1 in 20 Rotarians were women; today, that number has risen to 1 in 5. It is progress, but it is not enough. It is only common sense that if we want to represent our communities, we must reflect our communities, and if we want to serve our communities fully, we must be sure that our communities are fully represented in Rotary.

Rotary's policy on gender equality is absolutely clear. Yet nearly one-fifth of our clubs still refuse to admit women, usually by claiming that they simply cannot find women who are qualified for membership. I would say that any Rotarian who makes this argument, or believes it, himself lacks the two most basic qualifications for Rotary membership: honesty and good sense.

A club that shuts out women shuts out much more than half the talent, half the ability, and half the connections it should have. It closes out the perspectives that are essential to serving families and communities effectively. It damages not only its own service but our entire organization, by reinforcing the stereotypes that limit us the most. It leads our partners to take us less seriously, and it makes all of Rotary less attractive to potential members, especially the young people who are so crucial to our future.

To tolerate discrimination against women is to doom our organization to irrelevance. We cannot pretend that we still live in Paul Harris' time, nor would he ever want us to. For, as he said, "The story of Rotary will have to be written again and again." Let us see to it that the story we write in Rotary is one of which he would be proud.

HOW YOUR EMOTIONS HARM YOU:

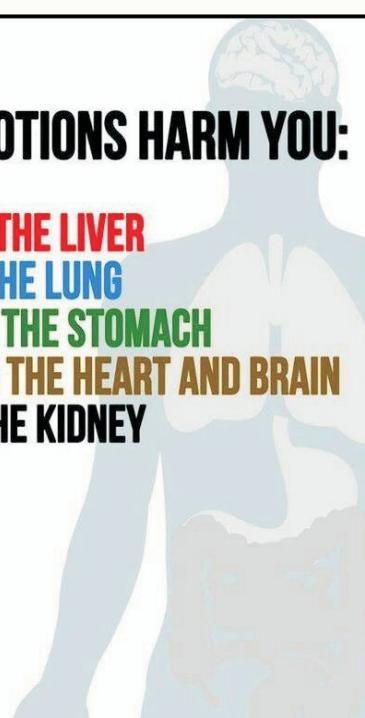
ANGER: WEAKENS THE LIVER

GRIEF: WEAKENS THE LUNG

WORRY: WEAKENS THE STOMACH

STRESS: WEAKENS THE HEART AND BRAIN

FEAR: WEAKENS THE KIDNEY



YOUTH SERVICES

Rtn Priyam Goswami



Positive social change is necessary for the world to progress in a way that is healthy and vibrant. During the three and a half decades of my professional career I had been extremely fortunate to be involved with youth and I realized that youth and young adults represent the group that offers the greatest hope for this change as they go beyond societal, cultural, governmental and institutional barriers to enliven the wisdom of communities around the world. I also realized that youth and young adults have tremendous potential and by supporting their leadership roles, we can build strong, resilient communities.

Past RI President Luis Vicente Giay coined the term

New Generations in 1996 when he shared his belief that the future of Rotary relied on involving young people in the organization's programmes and activities. Subsequently, New Generation Service, was implemented in 2010. It was renamed Youth Service in 2013 and is currently Rotary International's Fifth Avenue of service. Youth Service recognizes the positive change implemented by youth and young adults through leadership development activities, involvement in community and international service projects, and exchange programmes that enrich and foster world peace and cultural understanding.

Youth Service programmes include all Rotary service programmes for young people up to the age of 30. These include the RI Programmes of Rotaract, Interact, RYE, and RYLA, along with other projects done at the club level. Each year, Rotary connects thousands of young people to a global network of friendship, service, and action. As Rotaractors and Interactors, they make a difference in communities at home and abroad. Through Rotary Youth Exchange, they explore new cultures.

Rotary's programmes for students and youth can change the lives of those who participate. Thousands of young people in the age group of 30 and younger, who participate in Rotary programmes learn skills that will help them become future leaders. Moreover, taking part in youth programmes, participants discover more about themselves and the world by participating in community projects, leadership training, or cultural exchanges. Young people also learn about the principles of ethics, service, and fellowship that Rotarians exemplify. Rotary youth programmes provide service that is the keystone of our organization, develop relationships and provide exposure to the ideals of Rotary to the next generation.

The youth of today are the leaders of tomorrow. The youth involved in Rotary programmes are our legacy. Rotarians and our Youth share a common bond of "Service above Self" and working together we can grow and learn from each other.

Did you know...



The right ear is better at hearing speech, and the left ear is better at hearing music.

1898 th MEETING OF RC GAUHATI SOUTH HELD ON 29 April 2016

VENUE: HOTEL RAJDHANI REGENCY

1. The President called the meeting to order at 7.15 pm. This was followed by the National Anthem.
2. The President welcomed all Rotarians, Annes and Rotarylets present.
3. The President announced the birthday of Rtn Swapna Jyoti Sarma and wedding anniversaries of Rtn Arman Ahmed and Anne Mahmuda and Rtn Dhiraj Kakati and Anne Kalpana. However, all of them were absent on that day.
4. Rtn Bhupendra Nath Das made a detailed presentation on the Grant Management seminar held during the District Assembly at Guwahati on 23-24 April, 2016.
5. Rtn Rajkamal Bhuyan delivered an interesting talk on the recent visit of Rotarians to Sri Lanka. He had prepared a power point presentation but had to make an oral presentation owing to certain technical difficulties. It was decided that he would make his presentation again next week.
6. The Secretary reported the presence of 25 Rotarians, 13 Annes, and 1 Rotarylet. TRF collection was Rs 310.
7. Fellowship was offered by Rtn R.N.Mazumder and Anne Amiya.
8. The meeting was adjourned at 8.10 pm.

Volunteering Work with Rotary Changes Lives

Whether you are **volunteering** by helping your local community set up a foodbank or responding to local and international disasters, there is a project or activity to suit everyone. By volunteering with Rotary, you know that you will be changing people's lives for the better.

Being part of Rotary is more than just giving back to the community by volunteering. It is also about you bringing your skills, experience and enthusiasm to help it thrive, whilst making some great friends along the way. Our clubs are friendly places which invite speakers from a wide range of backgrounds to share their knowledge, increasing your social and cultural understanding. Members also share a common interest in friendship and if you visit any of our clubs around Great Britain and Ireland you will immediately feel the sense of camaraderie and fun.

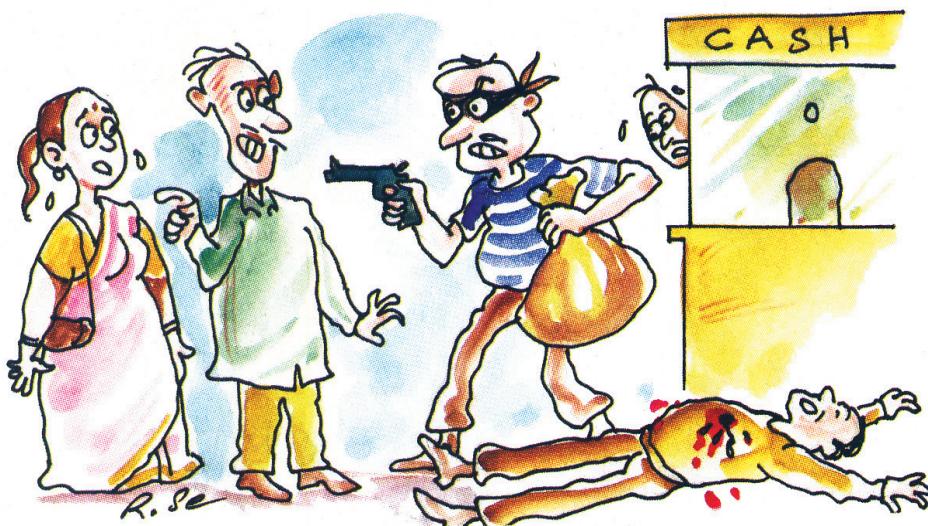
In a Lighter Vein

VIEW TO KILL

A man with a gun goes into a bank and demands their money. Once he is given the money, he turns to a customer and asks, "Did you see me rob this bank?"

The man replied, "Yes sir, I did." The robber then shot him, killing him instantly. He then turned to a couple standing next to him and asked the man, "Did you see me rob this bank?"

The man replied, "No sir, I didn't, but my wife did!"



TRUSTEE CHAIR'S MESSAGE

The 100th anniversary of The Rotary Foundation will occur in June of next year, and a full year of activities is planned leading up to it, starting with the 2016 convention in Seoul and culminating with the 2017 convention in Atlanta. I remember well the excitement of the Rotary centennial in 2004-05, and I hope that Rotarians worldwide will treat the Foundation's centennial with the same enthusiasm!

The centennial celebration will launch at the Seoul convention, and the entire general session on Tuesday morning will feature the Foundation's programs. However, it is the activities of clubs and districts that will determine the success of the centennial celebration. To assist in the planning of centenary events, the Rotary Resource Center in the House of Friendship in Seoul will offer Rotarians helpful materials and ideas.

For Rotarians who are unable to attend the convention, the same materials will be available for download at www.rotary.org/foundation100. The tool kit includes:

- Ideas and activities for clubs and districts
- Promotional flier and bookmark for the centennial book, *Doing Good in the World*
- Promotional postcard
- Sample press release for clubs to promote activities in their communities



RAY KLINGINSMITH
TRUSTEE CHAIR 2015-16

- History of The Rotary Foundation PowerPoint
- Centennial letterhead and PowerPoint template
- Centennial video (highly recommended)
- Centennial logo

Rotary would not be as strong and vibrant as it is today without the tremendous support of The Rotary Foundation, and it is now time to celebrate its 100th birthday. Rotary is a grassroots organization with more than 35,000 clubs, most of which have directly benefited from support of The Rotary Foundation. Therefore, I truly hope that all of you – and your clubs – will show your appreciation for the Foundation that Rotary created for the purpose of Doing Good in the World!

A graphic illustration of a woman's profile facing left, with her mouth open as if speaking. A speech bubble originates from her mouth and curves upwards and to the right, containing the word "BLAH" repeated multiple times in a large, bold font.

**WOMEN SPEAK ABOUT
20,000 WORDS A DAY.
THAT'S 13,000 MORE
THAN THE AVERAGE MAN.**

Seaside sessions on leadership and peace in Sri Lanka

Posted on April 14, 2016



The team of Leadership Retreat Peace Fellows

By Lucas Wolf (and the team of Leadership Retreat Peace Fellows)

On the southern coast of Sri Lanka, there is a special place just north of Galle where the waves crash over the rocks after their long journey across the Indian Ocean.

The rains arrive in the early evening to inundate the verdant, tropical lands. This was the setting for the second Rotary Peace Fellow Leadership Retreat from 7-9 March, attended by 10 former Rotary Peace Fellows and one gifted facilitator from Northern Ireland, Susan McEwen. We arrived from all corners of the globe, including Juba, Mindanao, Nicaragua, Somaliland, Kurdistan, London, Ottawa, Nigeria, and Sri Lanka itself.

McEwen is the Head of Programs at the prestigious Corrymeela Community, Northern Ireland's oldest peace and reconciliation organization. Along with two of the peace fellows, she designed the retreat to highlight the importance of reflective practice, echoing the works and teachings of John Paul Lederach. It also incorporated the unique ethos and experience of Corrymeela and the dedication to service and peace inherent in Rotary's philosophy.

Reflective practice is designed to allow practitioners to dig deeper into their own perspectives, observations, and experiences, while also taking time to listen carefully to fellow participants and enhance listening and communication skills. It proved invaluable for sharing lessons and struggles from the field and discovering how we can unite to form networks of resilience. Susan's mastery of facilitation, dynamic energy, and skill in

discussing sensitive areas surrounding peace and conflict resolution helped us grow together tremendously.

There was a special group chemistry from the start and it was clear that these hours together marked critical building blocks for our professional development and personal well-being.

Sri Lanka is a unique and inspiring destination for such a Peace Fellows reflection: On the one hand it possesses all the magic and allure of any top tourist destination in the world, but on the other hand, it is a post-conflict country seeking to turn the page and change the dialogue after years of struggles. On the final day of the retreat, Peace fellows received an overview of the post-conflict realities and challenges facing Sri Lanka via a prominent field worker, Ananda Galappatti. This opened up a wider and deeper discussion on our collective experiences in conflict or field settings. Ananda is the founder of the Good Practices Group and the Mental Health and Psychosocial Support Services Network. We discussed psychosocial approaches to trauma, reconciliation, and recovery at length and emerged with a much greater understanding of the history and scope of the Sri Lankan struggles, and lessons we can use to inform our own work.

Three days is a relatively short time for a retreat, but this session was unique from the beginning. There was a special group chemistry from the start and it was clear that these hours together marked critical building blocks for our professional development and personal well-being.

HTFI workshop at Gauhati Commerce College on 22 April 2016

Participants- Rtn. Tarun Bordoloi, Rtn. Subhas Chandra Goswami, Rtn. Jayanta Madhab Barua, Rtn. Bijoy Ketan Barua and Rtn. Sweta Pegu.



Snippets of our Weekly Meeting on 22-04-2016



HTFI workshop at Nalbari on 18.3.2016



Did you know...

Sleeping on the left side of the bed makes you more cheerful and positive, study shows.



Grapefruit, watermelon, berries, celery, greek yogurt, eggs, fish, coffee and oatmeal are all fat-burning foods.

Eat fish

Eat fish at least twice a week, including a portion of oily fish. Fish such as Rowhu, mackerel, sardines, fresh tuna and salmon are a source of omega-3 fats, which can help protect against heart disease. Pregnant or breastfeeding women shouldn't have more than two portions of oily fish a week.

Editor : Rtn. Giti Bujarbarua

Rotary Club of Gauhati South, E-mail : giti_baruah21@yahoo.co.in Mobile : 9954382241