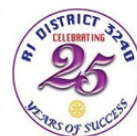


UDAYAN



Light up Rotary Rotary

FORTNIGHTLY BULLETIN OF THE ROTARY CLUB OF GAUHATI SOUTH

R.I. President Rtn Gary C.K.Huang	Dist. Governor Rtn. Swapan K. Choudhury	President Rtn. Paramesh Dev Choudhury	Secretary Rtn. R. M. Hazarika
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VOL. XXXXIII NO. 2

Date : 1st AUGUST, 2014



Editor's Column

In the Rotary Calendar the month of August is designated as Membership and Extension month.

RI President Gary C.K. Huang has pegged a target at 1.3 million members during his term, 2014 15.

An organisation is borne out of an idea conceived. The very idea transforms and takes root in the form of a distinct philosophy. That philosophy escalates into a movement when it kindles passion in people and wields spontaneity for engagement. Now does any magic potion exist to trigger such a passion. If there happens to be any, Rotary can certainly use it to cause wonders to our planet ! The very idea of Rotary is to provide leadership to strive for a better and equitable world. Rotarians seek to convert their sensitivity into a commitment they owe to the community around them. They, however, realise that they alone cannot conjure a remedy for all the issues of our planet . But they dare to offer themselves as agents of change with whatever they have acquired through their engagement during their professional and vocational journey.

When we talk of being sensitive it cannot be devoid of empathy and a genuine will to share. Today Rotary is a 1.2 million strong force on this mission , yet , it is a mere 0.017% of a population of our planet. Meaning we still have many well meaning souls out there awaiting only a little nudge to join this mission of service. We have to inculcate in ourselves that self belief to be able to go out and announce aloud that Rotary is the best thing that has ever happened to the humanity. That only will induce others to aspire for a pride of place in the Rotary's winning story. May be that needs to start with in our immediate families and communities in right earnest. After all the people we can relate to with ease respond better provided we can drive home the point with serious conviction of purpose. Let Rotary not remain as another service idea. Let it evolve as a cult drawing mass appeal. We have to seriously introspect ,as to, how we can make Rotary more inclusive. With that note we need to believe that the target of 1.3 million certainly looks to be an achievable goal.

Tarun Ch. Bordoloi

Be positive and change your life !

Positive thinking doesn't mean that you keep your head in the sand and ignore life's less pleasant situations. Positive thinking just means that you approach unpleasantness in a more positive and productive way. You think the best is going to happen, not the worst. Positive thinking often starts with self-talk. Self-talk is the endless stream of unspoken thoughts that run through your head. These automatic thoughts can be positive or negative. Some of your self-talk comes from logic and reason. Other self-talk may arise from misconceptions that you create because of lack of information.

If the thoughts that run through your head are mostly negative, your outlook on life is more likely pessimistic. If your thoughts are mostly positive, you're likely an optimist - someone who practices positive thinking.



The health benefits of positive thinking :

Researchers continue to explore the effects of positive thinking and optimism on health. Health benefits that positive thinking may provide include:

- ◆ Increased life span
- ◆ Lower rates of depression
- ◆ Lower levels of distress
- ◆ Greater resistance to the common cold
- ◆ Better psychological and physical well-being
- ◆ Reduced risk of death from cardiovascular disease
- ◆ Better coping skills during hardships and times of stress

It's unclear why people who engage in positive thinking experience these health benefits. One theory is that having a positive outlook enables you to cope better with stressful situations, which reduces the harmful health effects of stress on your body. It's also thought that positive and optimistic people tend to live healthier lifestyles - they get more physical activity, follow a healthier diet, and don't smoke or drink alcohol in excess.

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

FOCUSING ON POSITIVE THINKING

You can learn to turn negative thinking into positive thinking. The process is simple, but it does take time and practice - you're creating a new habit, after all. Here are some ways to think and behave in a more positive and optimistic way:

- Identify areas to change. If you want to become more optimistic and engage in more positive thinking, first identify areas of your life that you typically think negatively about, whether it's work, your daily commute or a relationship. You can start small by focusing on one area to approach in a more positive way.
- Check yourself. Periodically during the day, stop and evaluate what you're thinking. If you find that your thoughts are mainly negative, try to find a way to put a positive spin on them.
- Be open to humor. Give yourself permission to smile or laugh, especially during difficult times. Seek humor in

everyday happenings. When you can laugh at life, you feel less stressed.

- Follow a healthy lifestyle. Exercise at least three times a week to positively affect mood and reduce stress. Follow a healthy diet to fuel your mind and body. And learn techniques to manage stress.
- Surround yourself with positive people. Make sure those in your life are positive, supportive people you can depend on to give helpful advice and feedback. Negative people may increase your stress level and make you doubt your ability to manage stress in healthy ways.
- Practice positive self-talk. Start by following one simple rule: Don't say anything to yourself that you wouldn't say to anyone else. Be gentle and encouraging with yourself. If a negative thought enters your mind, evaluate it rationally and respond with affirmations of what is good about you.

(Source : Mayo Clinic (USA) e News letter)

MINUTES OF THE WEEKLY MEETING NO.1809 HELD ON 11-7-2014, AT HOTEL RAJDHANI REGENCY, AT 0700 PM.

Sergeant-at-arms Vikash Bajaj invited the President & the Secretary to the dais and President Rtn Paramesh Dev Choudhury called the 1st Meeting of RY 2014-2015 to order at 0705PM which was followed by the National Anthem.

Guests present were introduced. For the first time as a part of sharing "Information on Rotary", Rtn Satinder Anand read out the "Objects of Rotary". Secretary read out the Minutes of the weekly meeting of 4th July 2014. Minutes were accepted by the members present after some correction. President read the various mails including various installation invitations received during the week ending 11-7-2014. President also apprised the members on the various events/ programmes conducted / concluded, like (1). Annapoorna Day on 1-7-2014 at Noonmati Sishu Bikash Kendra, (2). 37th Installation Meeting of 4-7-2014 at India Club, (3). Charter Presentation of RC Nalbari on 5-7-2014, (4). 2 selected Peace Scholars namely, Dr Indranoshee Das & Dr Abhijit Das.

President told that the updation of members data on Rotary website has started. He requested the members to deposit their annual dues of Rs. 7400 (till July Rs 7400 and Rs 7500 after July). All Directors/ Chairmen were requested to prepare their budgets / activities action plan. President apprised about signing of the "Planning Guide for Effective Rotary Club" between AG & President on the 29 June 2014. President also requested all the members to make a serious effort for induction of new members in August 2014 which is the "Membership & Extension Month"

Rtn Mahendra Nath Borah told about our club's next activity plan " Tree plantation". In the month of July Tree Plantation activity is to be completed.

Rtn H N Das felicitated Rtn Dr Nareswar Sarma by giving a Birthday Card on the occasion of his Birthday.

The speaker of the evening was Rtn H N Das who gave a talk on the recently (10-7-2014) presented Union General Budget for 2014-2015. Experienced Rtn Das nicely explained the various facets of the budget, which was followed by an interactive session .

On the members points: Rtn Hareswar Talukdar invited all the members to GMA meeting on 24-7-2014 at 4PM at the Auditorium of the State Museum .Dr R N Mazumder told about the receipt of applications from 2 poor students of Nalbari area for financial help.

Vote of thanks was offered by Rtn Vikash Bajaj.

Secretarial report:

Rotarians	: 20
Annes	: 13
Visiting Rotarians	: 15
Rotarylets	: 4
Guests	: 1
TRF	: Rs. 580

(Fellowship was offered by Dr Nareswar Sarma on his Birthday)

Rtn. Paramesh Dev Choudhury
President

Tree Plantation Programme at Guwahati Central Jail

As a part of *Vano Mahotasava*, a "Tree Plantation Programme" was organized in the premises of Central Jail, Guwahati on the 19 July 2014. Sri Arup Patangia, Jailor, Rotarians Rajkamal Bhuyan, M.C. Deka, M.N. Borah, D. Sarkar, P.D. Choudhury & many of the jail staff participated in the programme. 150 nos. of fruit bearing trees were planted. This is the 3rd consecutive tree plantation programme in the Central Jail.

Paramesh Dev Choudhury, President



CANCER AWARENESS AND PREVENTION CAMP

A "Cancer Awareness and Prevention" camp was organized by the Inner Wheel club of Guwahati East on the 12 July 2014 at Japorigog Kala Kristi Sangha at Nayanpur Road, Guwahati, where Rtn Monoti Borthakur, attended as Chairperson for Cancer Awareness and Prevention Committee, RI District 3240. AG Jayabrata

Banerjee Zone-VII and doctors from the B. Barooah Regional Cancer Institute, Guwahati were also present. The program was attended by large number of people of the locality. The Q&A session was also conducted at the end. The camp was a great success.



MINUTES OF THE WEEKLY MEETING OF 18-7-2014, AT HOTEL RAJDHANI REGENCY, 0700 PM.

President Rtn Paramesh Dev Choudhury called the 2nd Meeting of RY 2014-2015 (MN-1810) to order at 0725PM followed by the National Anthem.

Guests present were introduced.

As a part of "Information on Rotary", Rtn Biswaip Barooah read out the "4-Way Test". President read out the Minutes of meeting of the 11th July 2014 which was accepted by members present. Members suggested that henceforth to save time the Minutes of the meeting is not required to be read.

President read the various mails / invitations letters received during the week ending 18-7-2014.

It was told that (1). Under Rotary India Literacy Mission, Literacy zone - VI, RI- 3240, program for district level-2 literacy seminar has been arranged by RC Greater Tezpur on 3rd August 2014 from 1030AM to 1 PM; (2). DG has requested for contribution to TRF & increasing the membership strength by inducting new members into Rotary Clubs or forming new Rotary Clubs.

Members positively responded to the President's request for induction of new members during the Membership & Extension Month - August 2014. Rtn Dilip Sarkar, Rtn Biswadip Barooah, Rtn Arman Ahmed suggested a few names. President told that this year's target of induction is 6 new members. President requested members to give the bio-data of prospective members to Rtn Dr R N Mazumder, Convenor, Classification Committee, with a copy to President via mail.

President also apprised the members about the upcoming two Tree Plantation Programmes (1). On 19-7-2014 Saturday at Central Jail, at 3-30PM, (2) On 22-7-2014 Tuesday at IIT Gauhati, at 11 AM. He requested Rotarians to attend the functions. It was also informed that press release of 37th Installation meeting has appeared in The Assam Tribune (8July2014) / Amar Asom (15July2014) / Asomiya Pritidin (18July2014) etc. On the issue of continuance of Rotary Quiz members suggested that this should be continued. A 3 minutes power point presentation on "Value of a Tree" was made by Rtn P D Choudhury.

On the occasion of their Birthday, Rtn Vikash Bajaj (19-7-2014) was felicitated by Rtn Sweta Pegu and Rtn Hareswar Talukdar (22-7-2014) by Rtn Prasanta Kumar Das. To mourn the death of legendary sports personality, Pulin Das, 1 minute's silence was observed.

The last item of the agenda was on RI Conference Australia. Rtn Tarun Chandra Bordoloi made an audio visual presentation of RI Conference as well as their visit to New Zealand trip. It was enjoyed by the members.

Vote of thanks was offered by Rtn Ram Mohan Hazarika.

Secretarial report:

Rotarians : 19, Annes : 10, Visiting Rotarians : 0,

Rotarylets : 2, Guests : 1, TRF : Rs. 140

(Fellowship was offered by Rtn Vikash Bajaj on his Birthday)

Paramesh Dev Choudhury, President



"TEACH" - An Initiative by RC Gauhati South in Rastriya Siksha Sadan, Cherab Bhatti, Ulubari, Guwahati.

To chalk out the future course of action on "TEACH" under **Happy School**, Conveor, Literacy Committee, Rtn Renu Goswami called a pre-action meeting in her residence at 12 noon on 20-7-2014. Rtn. Paramesh Dev Choudhury, President and the Literacy Committee members Rotarians M.C. Deka, Giti Bujarbaruah and Vikash Bajaj attended the meeting. The committee members have already visited the school on several occasions and decided to adopt this school as **Happy School** under the "TEACH" programme of Rotary.

It was decided-

- "To approach the Guwahati Municipal Corporation (GMC) through Rtn Prasanta Kumar Das, on the issue of permission for construction of the school boundary Wall.
- "To approach various Corporates like SBI, OIL, NRL, ABITA, IOCL for their financial support.

- The book racks, books already collected, teaching aid materials are to be kept ready till October 2017.
- To talk to the Principal of the school on various issues.
- Also to look for another school instead of the one at Upper Dikshak.
- "SHED" partner Mr. Lanu Aimol is to be approached for opening one Adult Literacy Centre as they have teachers in their unit.
- "To attend the District Level-2 Literacy Seminar, to be hosted by Rotary Club of Greater Tezpur, on the 3rd Aug.2014 by Rtns. Renu Goswami, Convenor, Paramesh Dev Choudhury, President, Members-Rtn. Giti Bujarbaruah and Rtn. M. C. Deka.

Paramesh Dev Choudhury
President

Tree Plantation Programme at IITG

RC Gauhati South organized a Tree Plantation Programme in the campus of Indian Institute of Technology , Guwahati, on 22nd July 2014 in presence of many IITG executives & Rotarians M.N.Borah, P.D.Choudhury, R.M.Hazarika, Minoti Barthakur, D.Kakoti, B.Barooah and B.Das . 50 saplings were planted out during the programme.

Paramesh Dev Choudhury, President



Achievment !

Rtn. Dr. Balendra Kumar Das , a Rotarian of RC Gauhati South, has been adjudged the 'Best Principal' by the 'North East College Principal's Conclave - 14'. The Award was given away by Dr. A.P.J.Kalam on the 23rd July 2014.

Rtn. Hareswar Talukdar