



Francesco Arezzo
RI President 2025-26



Dr. Kameswar S. Elangbam
District Governor RID 3240



Chandana Das
President, Rotary Club of Shillong

Rtn. Olayinka Hakeem Babalola:

He was inspired to join Rotary because of something he saw on TV.



Olayinka Hakeem Babalola, a member of the Rotary Club of Trans Amadi, Nigeria, has been selected by the Board of Directors to become Rotary International's president for 2026-27. His term will begin on 1 July 2026.

On summer break between his last year of high school and his first year of college, Babalola was hanging out at home watching TV when a well-dressed man on the screen caught his eye. The man was wearing all white, and "his English was something else," Babalola recalls. Curious, he listened more closely. The man was talking about Rotary. "It was the first time I heard anything about Rotary," Babalola says. "Like with most TV interviews, it probably lasted one or two minutes, but he made an impression on me."

Fast forward to Babalola's second year at the university, when the school's public image director, a member of the Rotary Club of Bauchi, approached him with a proposal: Would Babalola like to help organise a Rotaract club at the school? "I still tell people I have no idea why he approached me," Babalola says. He recalled the well-spoken man in white and asked if the director was somehow connected. It turns out the director knew the man on TV, who was the past district governor. Babalola was sold on the connection and went on to become the Rotaract club's charter president.

He raised \$80,000 with a text message. Part of Babalola's effort to make changes as DG involved his use of technology. On November 1, the start of Rotary Foundation Month, he woke up around 3am and sent a request to a district group on a BlackBerry messaging app asking everyone on the platform to give something to the Foundation that day, no matter how small. Then he went back to sleep. When he woke up a few hours later, he made his own donation and posted the evidence. Within a few hours, the group had raised \$80,000. "Usually, you would gather people together, you'd talk to them, and ask for it," he says. "But with technology, you could ask virtually."

That year, every club throughout the district gave something to the Foundation. The nearly \$1 million raised was, he says, the highest amount ever from a district on the African continent for TRF.

10 Keys to Happier Living

Everyone's path to happiness is different. Based on the latest research, we have identified 10 Keys that tend to make life happier and more fulfilling.

● Giving: Do kind things for others

If you want to feel good, doing good is a great place to start. Helping and being kind not only contributes to the happiness of others, it can also help us to feel happier ourselves! Studies have shown that when we do kind things it can literally give our brain a boost, activating its 'reward centres' and that feels good. It can take our minds off our own worries too.

Giving and kindness also help us feel connected to others which is important for our wellbeing and contributes to building stronger communities and a happier society for everyone.

● Relating: Connect with people

Feeling connected to other people is at the heart of happiness - theirs and ours. Whether these connections are with our partners, families, friends, work colleagues, neighbours or others in our communities, they can all contribute to happiness and resilience. So taking action to build, maintain and strengthen our relationships is important. Having close relationships with family or friends provides love, meaning, support and can increase our feelings of self-worth.

● Exercising: Take care of your body

Taking care of your body is good for your mind. They're connected!

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Save the Date:
Vocational Award
Prog
2025-26

Date : 2nd March,
2026

Venue : Shillong Club
Residential

Time : 6:30 pm

10 Keys to Happier Living

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There are lots of ways we can look after ourselves physically - exercising, moving more during the day, getting enough rest, eating nourishing food, staying hydrated and getting out into daylight. These all directly impact how well we feel and function. They can be instant mood boosters as well as being good for our mental and physical health longer term.

An extensive body of scientific research is showing the many benefits of exercise for our psychological health and happiness. Exercise and being physically active can help us manage, treat and even prevent depression and anxiety. It can boost our confidence, help us manage stress, and help us sleep and think better too - improving how well our brain functions. It's not all about running marathons - there are simple things we can all do to be more active each day. Walk, run, dance, swim, cycle, yoga...the list is almost endless and it all can make a difference to how we feel!

Getting enough, good quality sleep is also vital for our physical, emotional and psychological functioning [4], but it's not always easy when our minds are busy with our to-do lists and worries, or technology is tempting us to stay awake and online.

● **Awareness: Live life mindfully**

Ever felt there must be more to life? Well good news - there can be - as long as we learn to be more mindful and aware. Being mindful can be a firm foundation for wellbeing. Studies show the practice of mindfulness can reduce stress levels, help us manage our emotions and reactions, tune in better to how we and others are feeling and cultivate compassion for ourselves and others. This helps us make wiser choices, can boost our relationships and mean we feel happier and calmer. It can have benefits in school and in the workplace too.

● **Trying Out: Keep learning new things**

Fuel for fun, fulfilment, confidence and creativity! Being open to new experiences and learning fuels our wellbeing, boosts our confidence and our creativity and can be fulfilling - whatever our age. Learning is not just for school but for life - in fact, evidence shows that continuing to learn, even later in life, can help us feel good and function well [1]. It doesn't mean gaining more qualifications. There are lots of ways to get involved in informal learning of topics or skills we're curious or passionate about, whether that's in-person in our community, at work or online.

● **Direction: Have goals to look forward to**

How we feel and think about the future and how we work towards it can make a difference for our happiness in the present. Having a sense of direction, optimism and hope can all contribute to feeling happier. An optimistic or hopeful outlook means we are more likely to experience positive emotions, feel more confident, have higher satisfaction with life, have better physical health and are less likely to be depressed.

● **Resilience: Find ways to bounce back**

Everyone has ups and downs - difficulties are part of life for us all. Science shows we can learn skills, actions and habits of thinking that boost our natural resilience. We all experience small daily frustrations and everyday stresses and at times, bigger upsets, failures, unexpected change and challenges. Many of us will also experience traumatic events at some point in our lives such as the loss of someone we love, the sudden loss of our job, an accident or serious illness.

● **Emotions: Look for what's good**

The positive power of pleasant emotions. They don't just feel good; they bring positive benefits. Emotions are more than feelings. They include momentary physiological changes which influence our actions and add up. Whilst unpleasant emotions like fear evolved to help us survive by avoiding danger, for example, by triggering a 'fight, flight or freeze response, it wasn't until relatively recently that the power of pleasant emotional experiences was also recognised.

● **Acceptance: Be comfortable with who you are**

No one is perfect, yet we often expect ourselves to be! When we learn to accept ourselves we are likely to be happier and better at learning and growing!

● **Meaning: Be part of something bigger**

Meaning matters for a fulfilling and happy life. We all matter and can make a difference to something bigger, beyond ourselves. When we ask people what happiness means to them, their initial thoughts usually describe pleasures - things that in the moment bring joy or other fleeting, positive feeling emotions. However, soon their thoughts turn to a different type of happiness. Friends, family, pets, work, volunteering, learning, hobbies, creative pursuits like making music or art, nature, faith - examples of things that give life meaning. (Source: <https://actionforhappiness.org/10-keys>)

GREETINGS

Rtn. Suresh Singh celebrates his birthday on 14th February

Members of the Rotary Club of Shillong wish you many happy returns of the day.