



# Udayan



## FORTNIGHTLY BULLETIN OF THE ROTARY CLUB OF GAUHATI SOUTH (RI DIST 3240)

RI PRESIDENT  
Rtn Dr Francesco Arezzo

DISTRICT GOVERNOR  
Rtn Dr Kameswar Singh Elangbam

PRESIDENT  
Rtn Priyama Goswami

SECRETARY  
Rtn Dipanwita Ghosh

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Editor : Rtn Anurekha Barkakoti

### From the Editor's Pen ...



#### THE YEAR ALMOST GONE...

The year is closing. 2025 has been a year of ups and downs like all other years.

However, the downs have been like never before..

The mindless killing of young men leaving their widows grieving in Pahalgam, the freak Air India crash at Ahmedabad, the worst in airline history shocking the world over, the mine hole disasters, the violent earthquakes, the ravaging floods, and close at home, the untimely loss of an iconic legend the unforgettable Zubeen Garg, are some miserable disasters both natural and human that rock a nation into realisation that man is but a speck in the force of catastrophe.

Not to forget the worst seemingly never-ending Ukraine war in the global scenario that makes one wonder if the world is coming to an end.

Despite it all one tends to believe that all is not lost. As long as there is life, there is hope, there are dreams. The world must go on and it is important to focus on the positives. The reality of existence of human life and humanity must be carried forward to make the continuity pertinent..

History talks of life's ups and downs through centuries and that is what makes human existence meaningful.

Our stories will go on as long as there is life on this planet we call Mother Earth. One needs resilience and courage to brave it all.

Let us reflect on the essence of the value of life in all its victories and defeats.

***We are proud of our dynamic President for her motivational guidance to all RCGSians!***



O.H. BABALOLA  
RI PRESIDENT  
2026-27



Rotary  
District 3240



DR ASIM ADHIKARY  
DIST GOVERNOR  
2026-27

**Team Inspiration**  
**Happy to welcome**



RTN. PRIYAMA GOSWAMI  
District Rotary  
Friendship Exchange  
Chair

R.C. Gauhati South  
7002458823  
priyamaagoswami@gmail.com

# NAHAR PLANTATION PROGRAMME

1st December 2025

A Tribute to our Beloved Icon

## ZUBEEN GARG

On 1st December 2025, RCGS, in collaboration with S. B. Deorah College and Ulubari Higher Secondary School, organized a Nahar Plantation Programme—a heartfelt green tribute to our beloved icon Zubeen Garg.

The initiative was led by Rtn. Bhupendra Nath Das ,Treasurer Rtn. Devajyoti Hazarika and President Rtn Priyama Goswami.

Around 25 Nahar saplings were planted across both campuses. The Principals of the institutions were highly supportive, even deputing staff members to assist with the plantation activities. The Principal of S. B. Deorah College also graciously hosted a delightful high tea for the participating Rotarians.

The programme was attended by Rtn. Biswadip Barooah, Rtn. Dipak Bhagawati, Rtn. Mohim Chandra Deka, Rtn. Devajyoti Hazarika, Rtn. Minoti Barthakur, Rtn. Manjusri, and Rtn. Priyama Goswami.





## Minutes of the 2369 th Weekly Rotary Meeting held on 5th December 2025

The 2369th Regular Weekly Meeting (RWM) was held on 5th December 2025 at Rajdhani Regency Hotel. The President called the meeting to order at exactly 6:40 PM. After the National Anthem, the President welcomed all the Rotarians, Annes, and guests present. A token of appreciation was presented to Rtn. Jayanta Madhav Baruah for offering the fellowship. Birthday greetings were extended to Rtn. Ranjana Gogoi.

The President made a few announcements:

1. She informed the members that a Health Camp will be organized on 21st December near the Dharapur Chariali area, initiated by Rtn. Dr. Bolendra Kr. Das.
2. She requested Rtn. Manjusri Baruah to apprise the members about the Nahar Plantation program held on 1st December 2025 at S.B. Douria and Ulubari Higher Secondary School.
3. She also apprised the members that the President and Secretary had attended the Rotary Foundation Seminar of RID 3240, held at Hotel The Solitaire Bliss, Tinsukia, and hosted by the Rotary Club of Tinsukia. She further highlighted the importance of contributing to the Rotary Foundation and explained how the funds are utilized for meaningful and impactful projects. She appealed to all members to contribute to TRF.

Anne Runima Musrikin introduced Ms. Reshma Ahmed, the Guest Speaker of the evening, followed by her felicitation. Ms. Ahmed then addressed the gathering and delivered an engaging talk on “Yoga and Meditation for a Happier and Healthier Lifestyle.” She began by explaining the true meaning of yoga and the importance of yoga and meditation in daily life. She also conducted a few yoga and meditation exercises with the attendees. The session was highly interactive, and everyone thoroughly enjoyed it. Belated birthday wishes were offered to Rtn. Kalpana Roy Singha, and she was presented with a chocolate as a token of love.

Secretary Rtn. Dipinwita Gosh presented the meeting statistics: 15 Rotarians, 4 Annes, and 1 guest were present, making a total of 20 attendees. The sunshine collection amounted to Rs. 200.00.

Rtn. Kalpana Roy Singha delivered the formal Vote of Thanks. The President adjourned the meeting at 7:35 PM after the rendition of the Jatiyo Sangeet.





# Report of BOD

Report of BOD held on 12th December 2025 , at 5:30 PM in Hotel Rajdhani Regency. The call to order by the President Rtn Priyama Goswami.

## **1. Discussion on Solutions for Members Who Have Not Paid Club Dues**

The Board discussed measures to address the issue of members who have not cleared their club dues. After deliberation, it was agreed that two additional gentle reminders will be sent to the concerned members. If no response is received thereafter, their names will be placed in the RCGS group for further action.

## **2. Proposal for Change of Meeting Venue**

A proposal was placed by Rtn. Bolendra Kr. Das suggesting that three meetings be held at Bishnu Nirmala Bhaban and one or two meetings at Guwahati Main. However, the members collectively opposed this proposal. They expressed concerns regarding increased traffic due to ongoing flyover construction, potential parking difficulties, and the likelihood that the ambiance at Guwahati Main would not be as suitable as that of Hotel Rajdhani Regency.

## **3. Strategies to Increase Membership**

The Board discussed approaches to enhance membership growth. As the Membership Chair Ranjan Bhuyan was absent due to ill health, Rtn. Manjusri Baruah informed the Board that she has identified a potential new active member who may be proposed for induction in the month of January.

## **4. Service Projects**

The President then requested the Service Project Chair, Rtn. Anjana Choudhury Saikia, to initiate some impactful projects soon. In response, she informed the Board of three proposed initiatives—two skill-development projects and an HTFI programme to be conducted at the College of Veterinary Science.

## **5. Formation of a New Rotaract Club**

The President informed the Board that she and Rtr. Anish had attempted to revive the former Rotaract Club of South Guwahati, which had been terminated. However, the process has proven difficult, as it would require extensive communication with RI, clearance of approximately 23,000 in RI and District dues along with penalties, and reactivation of members. Currently, only two to three former members remain active, while the rest are no longer interested. Considering these challenges and acknowledging the enthusiasm of the few students who genuinely wish to continue Rotaract activities, the Board agreed that establishing a new Rotaract Club would be a more practical and effective way forward.

## **6. Seven BOD members were present:**

President Rtn. Priyama Goswami, Secretary Rtn. Dipanwita Ghosh, President-Elect Rtn. Manjusri Baruah, Treasurer Rtn. Devajyoti Hazarika, Club Administration Chair Rtn. Dipak Bhagawati, Service Project Chair Rtn. Anjana Choudhury Saikia, and Sergeant-at-Arms (SAA) Rtn. P. M. Goswami.

7. At 6:00 PM, the BOD meeting was adjourned by President Rtn. Priyama Goswami.





# Minutes of the 2370 th Weekly Rotary Meeting held on 12th December 2025

The WRM 2370th Meeting was held on 12th December 2025 at Hotel Rajdhani Regency. The meeting was called to order by President Rtn. Priyama Goswami at 6:00 PM.

Following the rendition of the National Anthem, the President warmly welcomed all guests, Rotarians, and Rotarylets. She expressed her sincere appreciation to Rtn. Anamika Choudhury for hosting the fellowship of the evening.

Birthday greetings were extended to Rtn. Anamika Choudhury, while wedding anniversary greetings were conveyed to Rtn. Atanu Kumar Chowdhury and Anne Arunima.

The President then presented detailed updates on the matters discussed during the recent Board of Directors (BOD) meeting, which included: Discussion on solutions for members with pending club dues, Proposal for a change in the meeting venue, Strategies to increase club membership, Formation of a new Rotaract Club

Members were also informed that the health camp announced in the previous WRM meeting, originally scheduled for 19th December, has been rescheduled to 28th December 2025 at 9:00 AM at Dharampur Chariali Rotary, due to the unavailability of doctors.

Rtn. Dr. Gayatree Goswamee introduced the Guest Speaker, Mrs. Nimi Borgohain, Chief Clinical Psychologist, GNRC Hospital. After a formal felicitation, Mrs. Borgohain delivered an enlightening talk on the topic "Understanding Disability with Compassion and Empathy." She explained that disability may be physical, sensory, intellectual, or psychological, each presenting unique challenges. She emphasized that societal barriers—such as lack of accessibility, awareness, or acceptance—often create greater limitations than the disability itself. Through empathy and compassion, these barriers can be removed to build inclusive and respectful environments. She also highlighted the importance of respectful language, offering support without assumptions, and promoting equal opportunities in education, employment, and social participation to reduce stigma and foster understanding.

The Secretarial Report recorded the presence of 29 Rotarians, 3 Annes, 2 Rotarylets, and 1 guest, making a total attendance of 35. The Sunshine Collection amounted to Rs. 210.00.

The meeting concluded with a Vote of Thanks delivered by Rtn. Gayatri Borthakur and was adjourned at 7:32 PM after the rendition of Jatiyo Sangeet.





# A Very Important Information

## ROTARY-MATE ( Rotary A.I. Assistant)

PP Col Bharat Haladi of RC Poona has developed this AI chatbot for Rotary clubs.

- ROTARY-MATE is an A.I. chatbot available to everyone to use.
- It responds to questions about Rotary (only).
- It provides a choice of 3 languages (at present) – English, Marathi and Hindi. More can be added, if demanded.
- It has a list of Frequently Asked Questions to choose from. You can also type in your own Rotary-related questions.
- It is free to use. Visit website [rcpoona.in](http://rcpoona.in) and use it, even on your smartphone
- It is available 24 hours a day, every day, to answer questions about Rotary.
- It is “learning” all the time, so the answers will improve as time passes, and more questions are asked.
- Rotary Clubs can join this project with Rotary Club of Poona, for :
  - Adding some questions that they feel are commonly asked
  - Modern and improved ways of attracting new members
  - Adding any local or international languages that they feel their Rotarians and prospective members need.
- Providing a link on their website to our website.

We encourage Rotary Clubs in South Asia to become AI enabled and partner with RC Poona for Deployment of ROTARY MATE in your club in a language of your choosing. This is not a commercial venture so cost is marginal. For more information write to [deepak@deepakshikarpur.com](mailto:deepak@deepakshikarpur.com) or DM +919822044533

Sincerely

Mahesh Trikha

District Governor-2024-25

RID-3011

MEMBER; ROTARY CLUB OF DELHI SOUTH EAST.

## Rotary International theme of the Month

The Rotary International theme for December is Disease Prevention and Treatment Month, focusing on global health initiatives like polio eradication, improving clean water access, sanitation, and fighting diseases like HIV/AIDS and malaria, with clubs showcasing their local and international health projects.



### Key Aspects of the December Theme:

- Focus Area: It highlights one of Rotary's core Areas of Focus, emphasizing efforts to build healthy, peaceful communities.
- Polio Eradication: A major component is the ongoing, decades-long campaign to eradicate polio worldwide.
- Broad Health Initiatives: Beyond polio, Rotarians work on various health issues, including:
  - Building health infrastructure.
  - Providing clean water and sanitation.
  - Supporting immunization programs.
  - Educating communities on healthier lifestyles.
  - Fighting other diseases like malaria and HIV/AIDS.
- Community Action: Clubs organize health camps, support medical training, and provide resources to improve health access for millions.

In essence, December is a time for Rotary to spotlight its commitment to health, demonstrating how members act to prevent illness and improve healthcare globally.

## Health Benefits

Health benefits refer to positive impacts on well-being from healthy habits (like diet, exercise, nature) or services (like insurance, wellness programs), leading to disease prevention, better mood, more energy, stronger immunity, improved heart/brain health, better sleep, and longer life, all contributing to a richer quality of life and reduced healthcare costs.

Benefits of Healthy Lifestyles (Diet, Exercise, Nature)

Disease Prevention: Reduces risks of heart disease, Type 2 diabetes, some cancers, and boosts immunity.

Mental & Cognitive Health: Improves mood, focus, memory, reduces stress, and supports overall mental well-being.

Physical Strength & Energy: Increases endurance, muscle support, and provides more energy.

Better Sleep: Promotes restful sleep patterns.

Weight Management: Aids in maintaining a healthy weight.

Longevity: Extends life expectancy and improves overall quality of life.

Nature's Impact: Boosts attention, memory, immune system, and helps with asthma/allergies.

Benefits of Health Services/Insurance (Employer/Government Provided)

Access to Care: Covers doctor visits, hospital stays, prescriptions, mental health, maternity care, etc.

Wellness Programs: Offers gym memberships, fitness apps, mental health support, and healthy food incentives.

Financial Security: Helps manage healthcare costs and provides peace of mind.

Key Healthy Habits to Adopt

Eat nutrient-dense foods (fruits, veggies, whole grains, lean protein, healthy fats).



Stay physically active.

Reduce sugar, salt, and unhealthy fats.

Stay hydrated (water).

Get enough sleep.

Incorporate nature.

Don't smoke; use antibiotics wisely.



## Best wishes to the following Rotarians of RCGS

### Anniversary

- Rtn Atanu Kr Chowdhury & Anne Arunima 9 th December
- Rtn Dr.Prasanta Madhav Goswami & Anne Mayuri 14 th December
- Rtn Jayanta Barman & Anne Alakananda 15 th December

### BIRTHDAY

- Rtn Ranjana Gogoi 1st December
- Rtn Kalpana Singha Roy 1st December
- Rtn Anamika Choudhury 10th December
- Rtn Jamuna Prasad Sarma 17th December
- Rtn Minoti Barthakur 19th December
- Rtn Sweta Pegu 26th December
- Rtn Dr Chandra Ke Das 28th December
- Rtn Deepankar Roy 29th December