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

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"Awareness is the greatest agent for change."

-- Eckhart Tolle

From the Editor

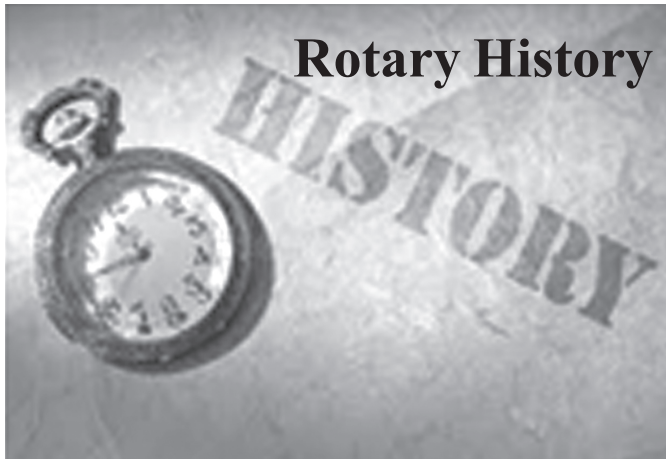
The month of October has been designated by the WHO as Breast Cancer Awareness Month. It is an annual international campaign observed to raise awareness about breast cancer, encourage early detection, support those affected, and fund research into its cause, prevention, diagnosis, treatment, and cure. In 1991, the pink ribbon became the official symbol of breast cancer awareness, and it is now globally recognised as a symbol of breast cancer awareness and a reminder to support breast cancer research.

Worldwide, breast cancer is the most common invasive cancer in women, comprising 22.9% of invasive cancers in women and 16% of all female cancers. In 2022, there were 2.3 million women diagnosed with breast cancer and 6,70,000 deaths globally. In India, breast cancer accounts for 14% of cancers in Indian women. It is reported that every four minutes, an Indian woman is diagnosed with breast cancer. Breast cancer is on the rise, both in rural and urban India, and it is predicted that in 2024 approximately 3,10,720 women in India will be diagnosed with invasive breast cancer, 16% of which will be in women younger than 50 years of age. The statistics are indeed mind boggling!

The theme for World Breast Cancer Day in 2024 is "No one should face breast cancer alone." This theme emphasises the critical role of patient-centred care, which encompasses medical, emotional, psychological, and social support through patient navigation systems. It also seeks to address gender and socio-economic inequalities in access to breast cancer care.

Rotary clubs worldwide observe this month in a number of ways. During this month, various activities and events such as talks, walks, fundraisers, and educational campaigns are organised to spread knowledge about breast cancer and promote mammography screenings for early detection. In Bengaluru, for example, the initiative is supported by the rotary Bangalore Palmville and Sakra world Hospital. The Pink Express, a mobile breast cancer screening centre, is used to conduct awareness and screening camps for underprivileged women free of cost. While Rotary is funding all the medical equipment, Sakra is providing the medical and paramedical staff. Indeed a noble initiative!





Rotary History

EVERY ROTARIAN AN EXAMPLE TO YOUTH

In much of the official literature of Rotary International relating to service to young people, a special slogan will be found - "Every Rotarian an Example to Youth." These words were adopted in 1949 by the Rotary International Board of Directors as an expression of commitment to children and youth in each community in which Rotary

clubs exist. Serving young people has long been an important part of the Rotary programme.

Youth service projects take many forms around the world. Rotarians sponsor Boy Scout and Girl Scout troops, athletic teams, handicapped children's centres, school safety patrols, summer camps, recreation areas, safe driving clinics, county fairs, child care centres and children's hospitals. Many clubs provide vocational counselling, establish youth employment programmes and promote use of The 4 -Way Test. Increasingly, drug and alcohol abuse prevention projects are being supported by Rotarians. In every instance, Rotarians have an opportunity to be role model for the young men and women of their community. One learns to serve by observing others. As our youth grow to become adult leaders, it is hoped each will achieve that same desire and spirit to serve future generations of children and youth.

The slogan accepted over 40 years ago is just as vital today. It is a very thoughtful challenge, "Every Rotarian an Example to Youth."



THE SECRET TO HAPPINESS IS HELPING OTHERS

BY JENNI SANTI

There is a Chinese saying that goes: "If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help somebody." For centuries, the greatest thinkers have suggested the same thing: Happiness is found in helping others. For it is in giving that we receive.

Giving back is as good for you as it is for those you are helping, because giving gives you purpose. When you have a purpose-driven life, you're a happier person.

And so we learn early: It is better to give than to receive. The venerable aphorism is drummed into our heads from our first slice of a shared birthday cake. But is there a deeper truth behind the truism?

Happiness Guide

The resounding answer is yes. Scientific research provides compelling data to support the anecdotal evidence that giving is a powerful pathway to personal growth and lasting happiness. Through fMRI technology, we now know that

giving activates the same parts of the brain that are stimulated by food and sex. Experiments show evidence that altruism is hardwired in the brain—and it's pleasurable. Helping others may just be the secret to living a life that is not only happier but also healthier, wealthier, more productive, and meaningful.

But it's important to remember that giving doesn't always feel great. The opposite could very well be true: Giving can make us feel depleted and taken advantage of. Here are some tips to that will help you give not until it hurts, but until it feels great:

1. Find your passion

Our passion should be the foundation for our giving. It is not how much we give, but how much love we put into giving. It's only natural that we will care about this and not so much about that, and that's OK. It should not be simply a matter of choosing the right thing, but also a matter of choosing what is right for us.

2. Give your time

The gift of time is often more valuable to the receiver and more satisfying for the giver than the gift of money. We don't all have the same amount of money, but we all do have time on our hands, and can give some of this time to help others—whether that means we devote our lifetimes to service, or just give a few hours each day or a few days a year.

3. Give to organizations with transparent aims and results

According to Harvard scientist Michael Norton, "Giving to a cause that specifies what they're going to do with your money leads to more happiness than giving to an umbrella cause where you're not so sure where your money is going."

4. Find ways to integrate your interests and skills with the needs of others

"Selfless giving, in the absence of self-preservation instincts, easily becomes overwhelming," says Adam Grant, author of *Give & Take*. It is important to be "otherish," which he defines as being willing to give more than you receive, but still keeping your own interests in sight.

5. Be proactive, not reactive

We have all felt the dread that comes from being cajoled into giving, such as when friends ask us to

donate to their fundraisers. In these cases, we are more likely to give to avoid humiliation rather than out of generosity and concern. This type of giving doesn't lead to a warm glow feeling; more likely it will lead to resentment. Instead we should set aside time, think about our options, and find the best charity for our values.

6. Don't be guilt-tripped into giving

I don't want to discourage people from giving to good causes just because that doesn't always cheer us up. If we gave only to get something back each time we gave, what a dreadful, opportunistic world this would be! Yet if we are feeling guilt-tripped into giving, chances are we will not be very committed over time to the cause.

The key is to find the approach that fits us. When we do, then the more we give, the more we stand to gain purpose, meaning and happiness—all of the things that we look for in life but are so hard to find.

(Jenny Santi is a philanthropy advisor and author of *The Giving Way to Happiness: Stories & Science Behind the Life-Changing Power of Giving*. This article was first published in November 2020)

PRE-DIWALI CELEBRATION AT PRAMOD TALUKDAR MEMORIAL OLD AGE HOME



Pre-Diwali celebrations were organised at the Pramod Talukdar Memorial Old Age Home on 30 October, 2024. Members of the Rotaract Club of South Guwahati, along with a few representatives from RCGS, participated in the function sharing the spirit of Diwali with our extended community and bringing light and love into the lives of the elderly inmates of the Home.

THE 2313th WEEKLY REGULAR MEETING HELD ON 18th OCTOBER, 2024

1. The meeting was called to order at 7 pm by the President Rtn Chandan Rajkhowa. In absence of the regular Secretary, Rtn Dipak Bhagawati officiated as Secretary.
2. After the rendition of the The National Anthem, Guests were introduced.
3. Birthday greetings were offered to Rtn Rajkamal Bhuyan and Wedding Anniversary greetings to Rtn Nabajyoti Sarma.
4. The President then announced that the timings of the weekly meeting will be advanced and will be from 6.00 pm from the 1st week of November.
5. It was decided that the next meeting, on the 25th October, would be a Family Friday to celebrate Diwali.
6. Members were requested fully co-operate in hosting of the Rotary Md. Rafi Nite in the end of December and urged members to raise a target of Rs. 50,000.00 through ticket sales. The amount would be eventually re-imbursed to the club.
7. This was followed by a very interesting and informative presentation by in-house speaker, Rtn Dr. Anjana Choudhury Saikia, on the topic "*Genesis of Assamese Language and its Recent Recognition as a Classical Language by the Govt. of India.*" She touched the origin of the Assamese language and its detailed history by her excellent deliberations which kept everyone spellbound. There were elaborate interactions on the topic by Rtn Atanu Chowdhury, Rtn. Dr Anil Mahanta and Rtn Dr Rtn Majumdar and others.
8. Rtn Runima Musrikin, who was away from the club for quite some time expressed her gratitude to the RCGS members who stood by her at the time of their family crisis.
9. The Secretarial report was then presented: Rotarians present: 20, Annes: 5, Rotaractors: 2, Rotarylet: 1 and Guests: 3. Sunshine Collection: Rs. 830.00 10. Fellowship was offered by Rtn Rajkamal Bhuyan.
11. The Vote of Thanks was deliberated by Rtn Devajyoti Hazarika with special mention of the in house speaker's presentation.
12. This was followed by rendering of the Jatiya Sangeet. The meeting was adjourned by the President at 8.10 pm

