



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 ...



Skill development programmes undertaken by Rotary are indeed very useful to people who look for vocational support and guidance. It is a blessing that RCGS has contacts with capable resource persons to provide vocational and various skill development opportunities for economic upliftment specially among women.

Similarly, HTFI (How To Face Interview) programmes also develop skills and confidence among aspiring job seekers and RCGS has a very strong in-house resource pool that caters to this need. Offering its voluntary services to college and University students of Guwahati, several have benefited from these unique ventures on a regular basis. Successful HTFI programmes are being regularly conducted. Three such recently conducted reports are compiled in the earlier and this issue of Udayan.

The programme "How to Face Interview" is highly valuable for job seekers because it tackles one of the biggest hurdles in employment—the interview itself. Even well-qualified candidates often miss opportunities simply because they are unprepared for this stage. Such a programme builds confidence and reduces anxiety. Interviews can be stressful. Such a programme helps candidates understand what to expect, practice responses, and develop a calm approach. This reduces fear and improves overall performance. HTFI improves communication skills and job seekers learn how to present their qualifications clearly, speak confidently and professionally and use appropriate body language and tone.

These skills are often as important as technical knowledge. It teaches proper preparation for an interview. Participants are asked to collect information about the company and the expected role of the interviewee. Understanding common interview questions is also talked about. Structuring answers effectively (for example, using real-life examples) enhances self-presentation. The programme usually covers about dress and grooming and resume preparation.

Guidance on personality development is also an important part of HTFI programmes. Though, it was earlier believed that personality is 'cast in plaster' by the time of young adulthood, today it is perceived to be more 'fluid'. Positive personality factors strongly influence how interviewers perceive a candidate. Personality improvement develops problem-solving responses. Candidates learn how to handle difficult or unexpected questions.

By combining preparation, confidence, and communication, candidates are more likely to perform well and secure the job. In short, "How to Face Interview" programmes turn nervous applicants into prepared, confident candidates who can present their abilities effectively—making a real difference in getting hired. Our club has left no stone unturned in delivering in this area under the able leadership of President Priyama Goswami and her team. RCGS has indeed never had a dull moment.

(With inputs from Rtn. Atanu Kr. Chowdhury)

Minutes of the 2388th Weekly Rotary Meeting

The 2388th Weekly Rotary Meeting was held on 17th April 2026 at Hotel Rajdhani Regency and commenced promptly at 6:30 PM. The evening began with a fellowship offered by Rtn. Probin Borthakur. The meeting was chaired by President Rtn. Priyama Goswami opened with the National Anthem, followed by a warm welcome to all Rotarians, Annes, Rotaractors, and guests. A one-minute silence was observed in memory of Late Ashok Barkakoti, spouse of Editor Rtn. Anurekha Barkakoti, praying for his eternal peace.

The President expressed gratitude to Rtn. Probin Borthakur for offering the fellowship and presented him with a token of appreciation. She announced that the Vocational Awards will be held in the second week of May 2026 and informed that a committee will be formed, requesting members to identify deserving beneficiaries and submit their biodata. She also shared that 15 more food carts will be donated soon and requested members to submit beneficiary details. Rtn. Jamuna Prasad Sarma briefed

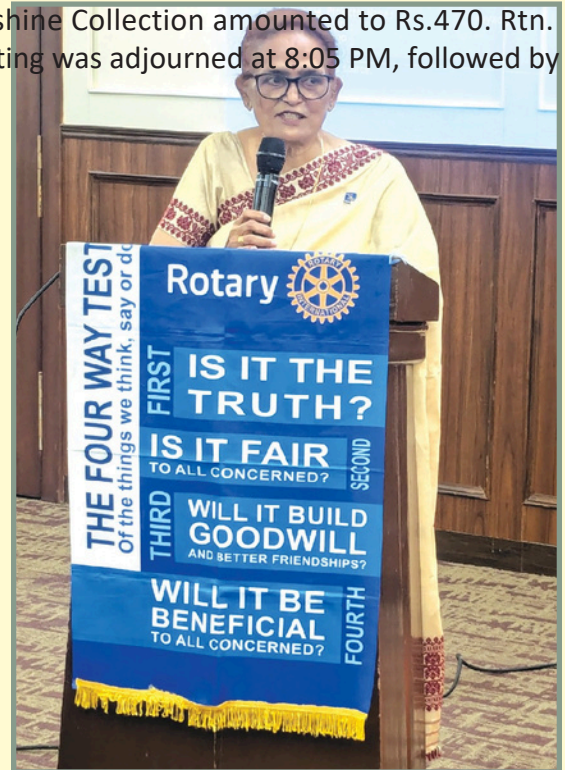
on the HTFI programme held at Hari-Gayatri College, Azara, Guwahati.

Then the in-house speaker, Rtn. Dr. R. N. Mazumder, delivered an insightful and highly relevant presentation on the topic "*Health Harms of Ultra-Processed Food.*" He explained how the growing consumption of ultra-processed foods in our daily diet is linked to various health concerns such as obesity, diabetes, heart disease, and other lifestyle-related disorders.

He highlighted the hidden ingredients, excessive sugar, salt, and unhealthy fats commonly found in such

foods, and emphasized the importance of making informed dietary choices. The session encouraged members to adopt healthier eating habits by choosing fresh, natural foods over processed alternatives. Overall, the presentation was informative, thought-provoking, and served as a valuable reminder of the impact of our food choices on long-term health.

Meeting statistics were presented by Secretary Rtn. Dipanwita Ghosh: 22 Rotarians, 6 Annes, 1 Rotarylet, and 1 guest, totaling 30 participants. The Sunshine Collection amounted to Rs.470. Rtn. Kaberi Bhuyan delivered the Vote of Thanks, and the meeting was adjourned at 8:05 PM, followed by the rendition of the *Jatiya Sangeet*.



Minutes of the 2389th Weekly Rotary Meeting

The 2389th Weekly Rotary Meeting was held on 24th April 2026 at Hotel Rajdhani Regency and was called to order at 6:30 PM by President Rtn. Priyama Goswami. The evening began with fellowship, where Bihu delicacies brought by Rotarians and Annes were enjoyed by all. Following the National Anthem, the President warmly welcomed all Rotarians, Annes, and guests and extended Bihu greetings to everyone.

Birthday wishes were extended to Rtn. Swapan Jyoti Sarma, and anniversary greetings to Rtn. Bari Kanta Das & Anne Rita Das, and Rtn. Arman Ahmed & Anne Mahmuda. The President shared important updates on upcoming programmes, including a Skill Development Programme on Block Printing on 26th April 2026 at the College of Veterinary Science, and a two-day training on Candle Making and Wool Corset Knitting on 29th and 30th April at Apna Ghar, Guwahati (Intas Foundation). She also informed that Rtn. Minoti Barthakur has been invited to deliver an online talk on cancer by REFW on 30th April 2026 and conveyed her best wishes.

The Bihu celebration segment was then conducted by Rtn. P. M. Goswami. The programme began with a chorus performance by Rotarians and Annes, followed by Bihu songs by Rtn. Tarun Ch. Bordoloi, Rtn. Probin Borthakur, Rtn. Jayanta Barman, Rtn. Nibedita Barua, Anne Mahmuda and Anne Suravi Barooah.

A recitation of a tribute to legendary singer Zubeen Garg by Rtn. Dr. Indira Bardoloi, and a short Bihu poem by Anne Rita Das added charm to the celebration. The highlight of the evening was a flute performance by Rotarylet Anumita Priyadarshani.

In the absence of the regular Secretary, Rtn. Gayatri Borthakur presented the Secretarial Report, recording the attendance of 36 Rotarians, 11 Annes, and 4 Rotarylets, making a total of 54 participants. The Sunshine Collection amounted to Rs. 220.

The Vote of Thanks was proposed by Rtn. Jamuna Prasad Sarma. The meeting concluded at 8:55 PM with the rendition of the Jatiya Sangeet.



How to Face an Interview

How to Face an Interview 30th April 2026, Dept of Economics, Gauhati University. The fifth programme of How to Face an Interview for the Rotary year 2026-27 was held for the students of the Dept of Economics, Gauhati University on 30th April 2026. The RCGS team was accorded a warm welcome by Prof Dr Nivedita Goswami, HoD, Economics, GU, Faculty Members and the Student Coordinators of the Training and Placement Cell. Incidentally, Prof Goswami is the daughter of our esteemed member Rtn Renu Goswami. In her welcome address, Prof Goswami narrated two interesting facts; i) she was a participant of the first HTFI conducted by our Club in 1992-93, at the initiative of members including her father Late Rtn H C Goswami, and ii) soon after her participation she qualified in a very tough selection process conducted by UGC. The first session was taken by Rtn Jayanta Madhav Baruah who spoke on the three Qs for success- Intelligence Quotient (IQ), Emotional Quotient (EQ) and Vision Quotient (VQ). He presented several interesting case studies to demonstrate why large financially strong companies like the Lehman Brothers went bankrupt while others continue to flourish, such as the Tata Group with a history of over 150 years. The second session was taken by Rtn Swapan Jyoti Sarma who spoke on what organisations look for in candidates, how to prepare for the interview and the strategies to be followed. He discussed the probable questions that are asked and how best to answer them. He emphasised that the candidates apply for the jobs/ positions which match their qualifications, skills and interests. The third session was taken by Rtn Atanu Kr Chowdhury who discussed the importance of personality development in preparing for the interview as well as for their careers. He also spoke about the increasing importance of online interviews and gave various tips to take the best advantage of online interviews. The programme was attended by around 70 students and faculty members of the department. President Priyama Goswami, President Elect Manjushri Baruah and Mr Bhishan Rai also attended the programme.





A candle-making training program

On 29th April 2026 A candle-making training programme was organized at Apna Ghar Guwahati (Intas Foundation) in collaboration with the Rotary Club of Guwahati South. A total of 32 beneficiaries, including patients and caregivers, participated enthusiastically, creating a lively and pleasant atmosphere. The session was conducted by resource person Mrs. Moon Moon Das, who demonstrated the entire candle-making process step by step, including melting wax, adding colors and fragrances, placing the wick, and setting it in moulds.

Participants actively engaged in each stage, and their curiosity and joy in learning new skills were clearly visible. The programme served as a meaningful recreational and therapeutic activity, helping participants momentarily move away from illness-related stress and the routine hospital environment. This creative engagement promoted mental relaxation, reduced anxiety, and improved overall well-being.

Many participants expressed happiness and satisfaction in creating something with their own hands, which boosted their confidence and gave them a sense of achievement. The session also provided a practical skill that could be developed further as a hobby or even a source of income.

Overall, the programme was educational, engaging, and impactful, fostering creativity, confidence, and a sense of community among the participants.



Hand Block Printing Workshop

Rotary Club of Gauhati South successfully organized a Hand Block Printing Workshop on 26th April 2026 as part of its Skill Development Programme. The initiative aimed at empowering participants by providing them with practical skills that can support self-employment and creative expression.

The workshop was conducted by experienced resource persons, Ms. Chandashi Baruah and Ms. Anisha Ahmed, who guided the participants through the fundamentals and techniques of hand block printing. The session included demonstrations, hands-on practice, and interactive guidance, enabling participants to learn the art effectively.

A total of 25 beneficiaries actively participated in the programme and showed great enthusiasm throughout the session. The workshop not only enhanced their skills but also inspired them to explore opportunities in this craft for livelihood and entrepreneurship.

The programme was attended by President Rtn. Priyama Goswami along with Rtn. Priyam Goswami, Rtn. Renu Goswami, Rtn. Manjushree Baruah, Rtn. Bibekananda N. Saikia, Rtn. Anjana Choudhury Saikia, and Rtn. Jyoti Das, and Rotaracter Preety whose presence and encouragement added value to the event .

Overall, the workshop was highly successful and impactful, reflecting the club's commitment towards community development and skill enhancement initiatives.





David Attenborough

“Nature is our biggest ally and great

– David Attenborough

David Attenborough is one of the most influential natural history presenters and filmmakers in the world. Born on 8th May 1926 in Isleworth, England, he’s best known for bringing the wonders of nature to global audiences through groundbreaking documentaries.

He spent most of his career with the BBC, where he helped shape modern wildlife filmmaking. His signature style—calm narration, scientific clarity, and deep curiosity—has made him instantly recognizable.

What he’s famous for

Nature documentaries: Especially landmark series like Planet Earth, The Blue Planet, and Life on Earth

Innovations in filming: Helped introduce new camera technologies to capture rare animal behavior

Environmental advocacy: In recent years, he’s become a leading voice on climate change and biodiversity loss

Why he matters

Attenborough didn’t just document nature—he changed how people see it. His work has inspired generations to care about wildlife and the planet, often blending storytelling with science in a way that’s both accessible and powerful.

David Attenborough is popular due to his seven-decade career as a pioneering broadcaster and natural historian, characterized by his soothing voice, passionate storytelling, and dedication to environmental conservation.

On the eve of his centenary, Rotary Club of Gauhati South wishes him all the best.

Nature is Fragile!

Earth can look vast and indestructible, but from a natural systems point of view it’s surprisingly fragile—not because the planet will disappear, but because the conditions that support life are finely balanced.

A thin, delicate life-support system

Life exists in a very narrow zone—the biosphere—a thin layer of air, water, and soil. Small disruptions in temperature, chemistry, or biodiversity can ripple through this system. For example, a slight rise in global temperature (as seen with Climate Change) can alter rainfall, melt ice, and affect food chains.

Interconnected systems

Nature works through tightly linked cycles:

Water Cycle

Carbon Cycle

Food Chain

A disruption in one—like deforestation or pollution—can cascade into others.

Biodiversity under pressure

Healthy ecosystems rely on biodiversity. When species disappear (part of what scientists call Mass Extinction trends), ecosystems lose resilience. Forests, rivers, and oceans become less able to recover from shocks.

Local example

In regions around the Brahmaputra River, small environmental changes—like erosion, flooding patterns, or deforestation—can quickly affect agriculture, settlements, and wildlife. It shows how sensitive natural systems are.

Resilient—but not invincible

Earth has survived huge changes over billions of years. But human civilization depends on stable conditions—and those are easier to disturb than to restore.

In short:

The planet itself is tough, but the balance of nature that supports life is delicate. It can absorb some disturbance, but beyond certain limits, changes can become rapid and hard to reverse.

Cancer: A Disease of the Body, Mind, and Soul

A Speaker Meeting was successfully organized by the Rotary Fellowship for Empowering Women (RFEW), India Chapter on 30th April 2026 through a virtual platform. The session was held on the thought-provoking topic, "Cancer: A Disease of the Body, Mind and Soul," highlighting the multidimensional impact of cancer on individuals and society.

The esteemed guest speaker for the session was Rtn. Minoti Barthakur, a renowned motivational speaker, cancer counsellor, and author. She is a recipient of several prestigious recognitions, including Rotary International's Service Above Self Award (2014), the Four Avenues of Service Award (2012), and the Global Peace Award for Women (2024) by EMW International and many more awards.

In her insightful address, Rtn. Barthakur emphasized that cancer is not merely a physical illness but

also

deeply affects the mental and emotional well-being of patients and their families. She highlighted the importance of early detection, emotional resilience, positive mindset, and strong support systems in the journey of healing. Drawing from her experience, she shared practical guidance on coping mechanisms, counselling approaches, and the role of compassion in caregiving.

The session witnessed participation from members across different countries, making it a truly global interaction. It provided valuable awareness, motivation, and encouragement to all attendees, reinforcing the importance of holistic care and empathy in addressing such critical health issues.

Overall, the programme was highly informative, inspiring, and impactful, reflecting RFEW's commitment to empowering individuals through awareness, education, and meaningful dialogue on important social and health concerns. In Rotary International, the month of **May** is celebrated as **Youth Service Month**.

What that means

Rotary clubs around the world focus on programs that support and empower young people, such as: Leadership development (like Interact Clubs and Rotaract)

Educational initiatives and scholarships

Community service projects led by youth

Mentorship and skill-building activities

The idea is to highlight the importance of investing in young people and encouraging them to take active roles in their communities.

Best wishes to all

Birthday

Priyam Goswami

18th May

Malabika Choudhury

26th May

Anniversary

Dr. Rabindra Nath Mazumdar & Anne Amiya 1st May

Satinder Anand & Anne Poonam 5th May

Priyama Goswami & Spouse Bhisani Rai 7th May

Dr. Balendra Kr. Das & Anne Indrani 11th May

Dr. Rabin Kr. Sharma & Anne Rina 11th May

Ram Mohan Hazarika & Anne Purabee 17th May

Pritam Mohan & Anne Bandana 20th May

Dipanwita Ghosh & Spouse Subhrajyoti 26th May