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PRESIDENT DR ANKUSH BANSAL

CLUB NO 78956

# Spectrum

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## Inaugural Installation of Rotaract Club of Salt Lake Metropolitan PP Dr Aruna Tantia writes

A long awaited dream of RCSLM members achieved. The Rotaract Club of Salt Lake Metropolitan formally stepped into the world of Rotary. Installation and charter hand over took place in presence of Rajani Mukherjee, past Governor and Rotary and Rotaract members on 6<sup>th</sup> April 2019 at RCSLMK's meeting venue.



**Rotary president Dr Ankush decorates Rotaract President Souvik with Rotaract Club Collar and pin**



**Rotaract President Souvik and Secretary Events Subhranil receive Club Charter from Past Governor Rajani and President Dr Ankush**



**Rotaract Board members with past Governor Rajani, President Dr Ankush and Treasurer Ashok**



**Rotaract members with guests and RCSLMK members**



**PP Kusum, President Elect Dr Sudha and Rotaract members follow and enjoy words of wisdom from guest of honor outside the frame**

The board members of the Rotaract club of Salt Lake Metropolitan were pinned by President Dr Ankush Bansal, past Governor Rajani Mukherjee, Rotary members, among others, Ashok Surana, Uma Shankar Agarwal and Umapasrad Datta.

RCSLMK President Dr Ankush decorated **Rotaract President Souvik** with Rotaract Club Collar and pin. He also handed over hammer and gong to Rotaract President Souvik for conducting meetings.

Vibrant group of Rotaractors were given words of wisdom by the Guest of Honor of the evening: past Governor Rajani Mukherjee. Such words were applicable to Rotary members. The Past Governor stressed upon variations in competencies among members, which could be utilized for serving community.

Past Governor Rajani suggested a break to listen to **Rtr Sanchari**, who sang beautifully 1997 **Titanic** theme song 'My Heart Will Go On' by Celine Dion. **Rtr Noor Hamira**, immediately thereafter, took the stage and shared couplets from Mirza Ghalib.

Past Governor Rajani later added that, while a Rotaract member can opt for dual membership of both Rotaract and Rotary, a proposal of elevating Rotaract Clubs to Rotary Clubs would be tabled at the Council of Legislation scheduled on April 15, 2019 onward.

While responding to apparent constraints of project funding and fund raising, past Governor Rajani clarified that though the sponsoring Rotary Club would always be available for guidance and support, would, however, not be responsible for providing financial aid to the Rotaract Club. He further added that being club of youth, a Rotaract Club gets greater opportunities to obtain funding and sponsorship from several institutions.

Rotaract President Souvik presented the following board members: Arunava Banerjee, Director Service Projects ▪ Debanik Deb, Vice President ▪ Diptendra Nath Dhar, Secretary Admin ▪ Niladri Ray, Sgt-at-arms ▪ Prodipto Kar, Director Membership ▪ Rohan Das, Joint Treasurer ▪ Souradeep Karmakar, Director Club Admin ▪ Souvik Mukherjee, President ▪ Subhranil Halder, Secretary Events ▪ Sumit Biswas, Treasurer ▪ Supratik Bhattacharya, Chair Community Service. **Subhranil, Secretary Events**, shared past and upcoming programs of the Rotaract Club.

Before termination of the meeting, RCSLMK President Dr Ankush invited everyone to brief vegetarian dinner at the adjacent cafetaria.

### Attend the Multi-Club Workshop in Moscow

Posted on April 9, 2019 in rotaryservice by Philippe Cohen, Treasurer of Rotary Club of Moscow International, Russia and Coordinator of the 13th Multi-Club Workshop



Dear Rotary friends,

It gives me great pleasure to invite you to the 13<sup>th</sup> edition of the **Multi-Club Workshop (MCW)**, which will be held from 3 to 8 September in Moscow, Russia. The 13<sup>th</sup> MCW is coordinated jointly by Leonardo de Angelis from the Rotary Club Ravenna and the Rotary Club of Moscow International.

I am pleased to share background and information about the Multi-Club Workshop:

**Philosophy:** We are a group of Rotarians, community members, professionals, and good-willed people who wish to serve others by taking concrete steps. We want to improve the lives of people in need, particular children. In 2006, during a meeting with Italian and Swedish Rotary clubs, our idea for a Multi-Club Workshop was born: an annual meeting meant to develop friendships among people and promote humanitarian projects that we could implement together.



**The 12th MCW in Matera (2018)**

**Mission:** Through our common work, we strengthen our fellowship and promote new relationships. We combine cultural discoveries by exploring the cities where each MCW is hosted with convivial meetings where humanitarian projects sponsored by Rotary clubs from different countries are presented.

**What happens at the workshop?** Representatives from the different participating Rotary clubs present a project they are hosting or supporting. Usually a maximum of eight projects are presented to allow efficient time to review each project. MCW attendees then we vote to select support the projects which seem most relevant to all

clubs. The attending Rotary clubs commit to financially support a project or sometimes multiples projects, subject to the approval of their Board. The main idea is then to create awareness about the projects seeking international support, and promote networking between clubs in order to effectively implement those projects.



**The 10th MCW in Palermo (2016)**



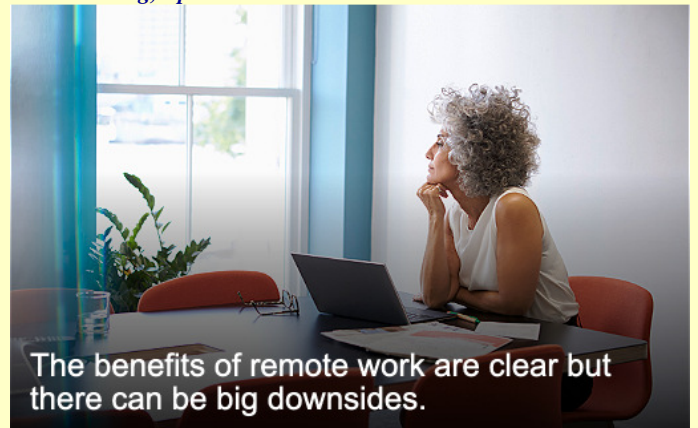
**The 11th MCW in London (2017)**

**History:** Since 2007, we have held a Multi-Club Workshop every year in a different European city. More than 900 Rotarians and relatives representing many clubs, districts and nations have attended the various workshops. Over the past 12 years, MCW participants have supported 64 projects totaling approximately USD \$3,800,000.

After the first Multi-Club Workshop was hosted in Stockholm in 2007, subsequent workshops were hosted in Bari, Riga, Ravenna, Malmö, Manfredonia, Belgrade, Ischia, Saint-Petersburg, Palermo, London, and Matera. We look forward to exploring Moscow together, building new friendships and relationships between Russian and international clubs for partnership on service projects, and promoting Rotary in Russia!

### Create connections at work in the age of isolation

Lauren Young, April 12, 2019



The benefits of remote work are clear but there can be big downsides.

New York (Reuters) - If an overflowing inbox is killing your productivity at the office, you are not alone.



**File Photo: Workers are seen in an office tower in the Canary Wharf financial district at dusk in London, Britain, November 17, 2017. REUTERS/Toby Melville/File Photo**

Well, maybe you are, but not in the way you think.

A recent survey of more than 2,000 managers and employees in 10 different countries found that employees increasingly depend on technology to communicate with their colleagues, including email (45 percent), text messaging (15 percent) and instant messaging (12 percent).

Of those who cited email, more than 40 percent said they felt lonely always or often, were not engaged and had a high need for social connection.

**Dan Schawbel**, author of *“Back to Human: How Great Leaders Create Connection in the Age of Isolation,”* offered Reuters these tips on working remotely, managing technology and building a collaborative workplace.

**Q. Is there a dark side of working remotely?**

A. One-third of workers in the U.S. often work remotely. The number of remote workers is up 115 percent in the past decade. But just 5 percent of these workers see themselves staying at the same company for their entire career.

While we want flexibility so much, there is a tradeoff. Our research shows that remote workers are more likely to quit because of loneliness as well as low engagement. The reason why (co-working space) WeWork exists is because people want the human connection. Otherwise, people would just work from home.

**Q. Is there a “right way” to work offsite and keep remote workers engaged?**

A. These employees will work harder if they have a sense of connection. For managers, it is important to let a remote worker lead the meeting. It’s so simple and brilliant at the same time. It also makes sense to fly remote workers in once a year for an offsite or social event.

And be sure to use video conferencing often for meetings - you get to see and hear someone, which is much better than an email. It also forces you to dress like you are in the office. If you dress the part, you act the part.

**Q. How can we maximize our time when we are in the office?**

A. When you are working, you need time to focus, think deeply and pay attention to your words, thoughts and ideas. You also need collaborative time to share those ideas.

The actual work is important. But it’s also crucial to cultivate friendships. The workplace survey I led, which was conducted by my company Future Workplace, an HR advisory firm, and Virgin Pulse, a digital health company, found that 7 percent of all employees globally have no friends at work and over half have five or fewer total friends.

The majority of people (60 percent) said they would be more likely stay with their company longer if they had more friends.

This was especially true for younger employees. Gen Z (74 percent) and millennials (69 percent) say they would be inclined to stay with

their company longer if they had more friends than Gen X (59 percent) and baby boomers (40 percent).

You will never be able to replace face-to-face interactions at work. Once you are in a room - at a meeting, event, or even celebrating a birthday at work - be present. Put down your phone and actually talk to people.

**Q. People spend so much time at work. What is the best way to avoid burnout?**

A. Even if you love your job, everyone needs a break. That is why some interesting things are happening around the world to combat burnout. For example, in Finland and in the United Kingdom, they are looking at a four-day work week. In France, you actually have the right to disconnect - workers there don’t have to answer email on the weekends or after work hours.

In Japan, every Japanese citizen gets the right to take Monday mornings off.

Overall, it is about what you do, and who you do it with. The people you choose to work with are more important than the work you do. Even if you love your work, and it gives you purpose, toxic co-workers will make it unbearable.

**Editing by Beth Pinkser and Bernadette Baum**

## **Pingpong in the park**

**By Nikki Kallio in the Rotarian**

When Dianne Moore read about how expensive swimming and hockey lessons were for kids in Toronto, she knew exactly what to do. “I thought, ‘Pingpong is not expensive,’” recalls Moore, a member of the Rotary Club of Toronto Bay-Bloor. “So I took my idea to Toronto Parks and Recreation, and I said, ‘What about having outdoor pingpong tables in parks?’ They said, ‘That’s a great idea. Go for it.’”



**Pingpong tables have caught on from Canada to France to Pakistan. Photo by City of Windsor**

Having grown up playing the game with her dad nearly every day, she knew it was a fun, physical activity that didn’t require a lot of costly equipment.

Moore, who was a member of the Rotary Club of Toronto-Forest Hill at the time, approached concrete company Alpha Precasts, which built a prototype at its plant.

The concrete tabletops are set on four large, ball-shaped legs, a clear invitation to play. Each 2-ton table is equipped with a permanent steel “net,” so players need to bring only paddles and balls.

The first table was installed in 2013 in Toronto’s Mel Lastman Square. Now they number more than 100 throughout Toronto, funded partly through donations and partly by the city. Each costs \$3,700 to \$4,500, Moore says.

The tables have caught on elsewhere too. For instance, in 2015, the Toronto-Forest Hill club donated two of them to the First Nations community in Cross Lake, Manitoba, a remote area that has been plagued by youth suicide and drug use. And in 2016, the club sent a table to France, where it was installed near a memorial to Canadian soldiers who fought in World War I.

Faiza Arshad Alavi, a member of the Rotary Club of Lahore Crescent, Pakistan, learned about the project and brought the idea to her club.

She hoped to encourage children to engage in physical activity and thought the tables, designed to endure the extreme cold of Canadian winters, would also withstand Pakistan's heat. In Lahore, she says, summer temperatures can soar to 114 degrees Fahrenheit. The first of four tables manufactured in Lahore was installed in February 2017 at Friends Public School. The club planned to identify more sites in the future.

Moore knew the pingpong tables would provide enjoyment for Torontonians. Now that vision has expanded around the world. "It's for people of all ages - children, adults, it doesn't matter," she says. "It's just to have fun."

**Birthdays of Rotary members in April, 2019**

Uttam Ganguli, past Governor on April 2, 2019  
Debashis Mitra, past Governor on April 21, 2019  
Vijay S Bhandari, past Governor on April 27, 2019

*April is Maternal and Child Health Month*

**RCSLMK co-hosted sports for specially challenged kids**

The Rotary Salt Lake Metropolitan co-hosted sports event for specially challenged kids was held on Sunday, April 7, 2019 from 4.00 PM onward at Gouri Mata Uddyan near Sovabazar Metro Station.

**Rotary** **BE THE INSPIRATION** RID:3291

**SPORTS MEET FOR SPECIAL PRIVILEGED CHILDRENS**  
(MENTAL, PHYSICALLY CHALLENGED, THALASSAEMIA STREET CHILDREN & ORPHANAGE)

7th April, 2019 (sunday) From 4 P.M.  
Special Project Exhibition Cricket Match by Sightless Youth  
At **Gouri Mata Uddyan**  
Girish Avenue, Kolkata - 3, Near Sovabazar Metro

*Please Join & Co-operate in this Noble Course*

Supported By : Dist. Committees **ROTARY**

PHYSICALLY + MENTALI CHALLENGED  
THALASSAEMIA AWARENESS & PREVENTION  
NABADISHA  
DISTRICT SPORTS

GREATER CALCUTTA ORGANISING CLUB  
LEAD CLUBS -  
CAL. MAIDAN, CAL. YUVIS, CAL. MID CITY,  
CAL. NORTH EAST, RABINDRA SARABAR  
SALT LAKE GREEN CITY, COSSIPORE  
GEETANJALI KOLKATA, SALT LAKE METROPOLITAN

The Rotary Greater Calcutta organized event supported by the District Committees of the physically and mentally challenged, Thalassaemia Awareness and Prevention, Nabadisha and District Sports included sports for the kids, who are physically challenged, thalassamia affected, orphans and steel dowers.



The event started at about 4.00 PM with march past and flag hoisting.



Visually affected kids participated in a Cricket match on the occasion.



Governor Mukul was present at the time of prize distribution

**UNWIND**

They opened a Starbucks in Hyderabad. Now watch how Hyderabad coffee rolls...

Waiter : Kya Hona ?

Customer: Latte !

Waiter : Hau Latoon. Ab Kya Hona Bolo.

Customer : Waiter, Cappuccino.

Waiter : Kaiku Doosro Ke cuppa chinu? Andar bahot cuppa hai.

Customer : Ek Mocca Hona.

Waiter : Mauka Sab Ku Hona Life Mein Ek Baar. Ab Kya Hona Bolo?

**TAILPIECE**

*There's no use in two people remembering the same thing.  
The wife has the last word in any argument.  
Anything her husband says after that is the beginning of a new argument.*