



# CONCORD

The Monthly Bulletin of Rotary Club of Tinsukia

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## RI PRESIDENT'S MESSAGE

### Rotary's young people of action

No matter how long we've been with Rotary, we all benefit from the energy and fresh perspectives of our young leaders. It is my privilege to place this month's presidential message in the capable hands of one young leader, Vitor Joventino. In his column, Vitor reminds us how teamwork and inclusivity can spark transformative change. As you read his message, I encourage you to reflect on its insights, share in his excitement, and embrace new opportunities to learn.

— STEPHANIE URCHICK

I remember the exact moment when I realized the power of Rotary's youth programs. It was a Saturday morning in Australia during my year as a Rotary Youth Exchange student. I stood among a group of young leaders at a Rotary Youth Leadership Awards event. The organizers challenged us to stand on a large tarp spread across the floor and, without stepping off, find a way to fold it in half.

At first, the task seemed simple. But as we moved, strategized, and adjusted, the reality set in — it required teamwork, agility, and constant communication.

Rotaractors and Rotarians guided us, but no one dictated how to succeed. The decisions were ours to make. And then something remarkable happened. Without being instructed, we collectively decided that no one would be left behind as our space on the tarp shrank.

One of our teammates was a person who uses a wheelchair, giving us an opportunity to adapt, ensuring that he was fully part of the experience. We shifted, lifted the tarp, and reconfigured our positions, using our time to think, plan, and act as a team. In the end, we successfully completed the challenge together.

As we celebrated our success, one participant said, "Society works the same way — challenges will come, but instead of leaving people behind, we must find ways to include everyone." It was such a profound thought for someone so young, yet it perfectly captured the essence of our experience.

Interact empowers young people to create service projects with real and lasting impact. Youth Exchange builds global citizens who return home with broader perspectives and stronger

leadership skills. RYLA develops young leaders equipped to inspire and mobilize others. All of this is The Magic of Rotary, emerging through the actions of youth. These programs are the heart of Rotary's ability to grow and adapt in a changing world.

But the success of these programs depends on more than young leaders — it requires Rotary members who believe in their potential. I encourage you to sponsor an Interact club, host an exchange student, and support a RYLA participant. Your involvement does more than sustain these programs; it multiplies their impact and ensures that young leaders are not just beneficiaries of Rotary but active contributors.

To those already supporting youth programs, thank you. Your mentorship and commitment make all the difference. And to those considering getting involved, now is the time! Because youth leadership isn't just Rotary's future, it's Rotary's present.

VITOR JOVENTINO

Rotaract Club of Penápolis, Brazil



## VIEWPOINT

### \*The Power of Our Club Magazine\*

As Rotarians, we're part of a global network driven by a shared vision of making a positive impact. Our club magazine plays a vital role in bringing this vision to life, serving as a powerful tool for connection, inspiration, and community engagement.

By showcasing our projects, achievements, and member stories, our magazine highlights the incredible work being done in our community. It informs, educates, and inspires members, potential partners, and the public, fostering a deeper understanding of Rotary's mission and values.

The magazine also provides a platform for members to share their experiences, insights, and perspectives, promoting unity and collaboration within our club. By celebrating our successes and learning from our challenges, we can refine our strategies and improve our impact.

In essence, our club magazine is a reflection of our club's identity, values, and commitment to service. Let's continue to leverage this valuable resource to tell our story, inspire others, and make a lasting difference in our community.

Rtn Vikash Jalan  
Editor 'Concord'

# The Kaleidoscope of Rotary: Embracing Diversity, Equity, and Inclusion

- RTN SAILESH SHARMA

Imagine a Rotary club. A room filled with vibrant energy, ideas sparking, and hands ready to serve. Now, picture that room filled with people from every walk of life: different ages, ethnicities, religions, sexual orientations, abilities, and professional backgrounds. Does it look like your club? It should, and increasingly, it is.

Rotary International, a global organization with a rich history, is embarking on a crucial journey: embracing Diversity, Equity, and Inclusion (DEI). This isn't just a buzzword; it's a fundamental shift in how we understand and embody "Service Above Self."

For too long, the face of Rotary has often been a reflection of a narrower demographic. But the world is a kaleidoscope, and to truly serve, we must reflect that beautiful diversity. DEI isn't about ticking boxes; it's about building a richer, more impactful Rotary.

## Why does DEI matter?

- **Expanded Perspectives:** Diverse voices bring diverse solutions. When we include people with different lived experiences, we gain a wider understanding of community needs and create more effective projects.
- **Increased Relevance:** To attract and retain younger members and remain relevant in a rapidly changing world, Rotary must embrace inclusivity.
- **Enhanced Impact:** Equity ensures everyone has the opportunity to contribute their unique talents, leading to more impactful service.
- **Strengthened Connections:** Inclusion fosters a sense of belonging, creating a stronger, more vibrant Rotary family.

## How is Rotary embracing DEI?

- **Strategic Planning:** Rotary International has incorporated DEI into its strategic priorities, emphasizing the importance of creating welcoming and inclusive environments.
- **Education and Training:** Clubs are engaging in workshops and discussions to raise awareness about unconscious bias and promote inclusive practices.
- **Membership Growth:** Clubs are actively seeking to diversify their membership, reaching out to underrepresented communities.
- **Leadership Development:** Ensuring equitable access to leadership opportunities for all members.
- **Open Dialogue:** Facilitating conversations about diversity and inclusion, creating safe spaces for open and honest dialogue.

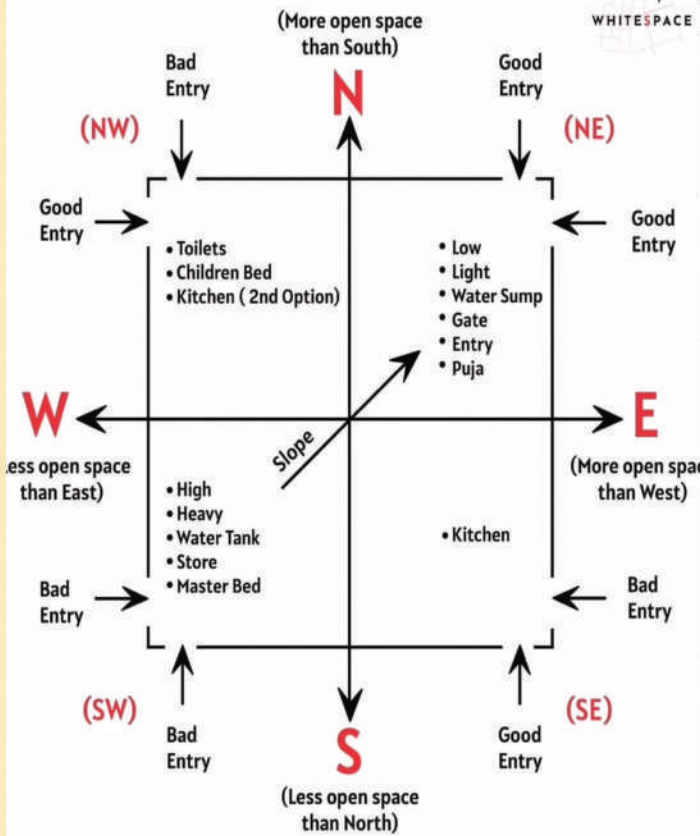
## The "Magic" of Inclusion

Think of the "Magic of Rotary" theme. How much more magical would it be if that magic was amplified by the unique perspectives and skills of a truly diverse membership? Imagine the innovative solutions we could create, the deeper connections we could build, and the greater impact we could have.

This journey isn't without its challenges. There will be uncomfortable conversations and moments of learning. But the rewards are immeasurable. As we embrace DEI, we are not just changing Rotary; we are changing the world.

# BASICS OF 'VASTHU'

WHITESPACE



# Leadership Strategies for Stress Reduction

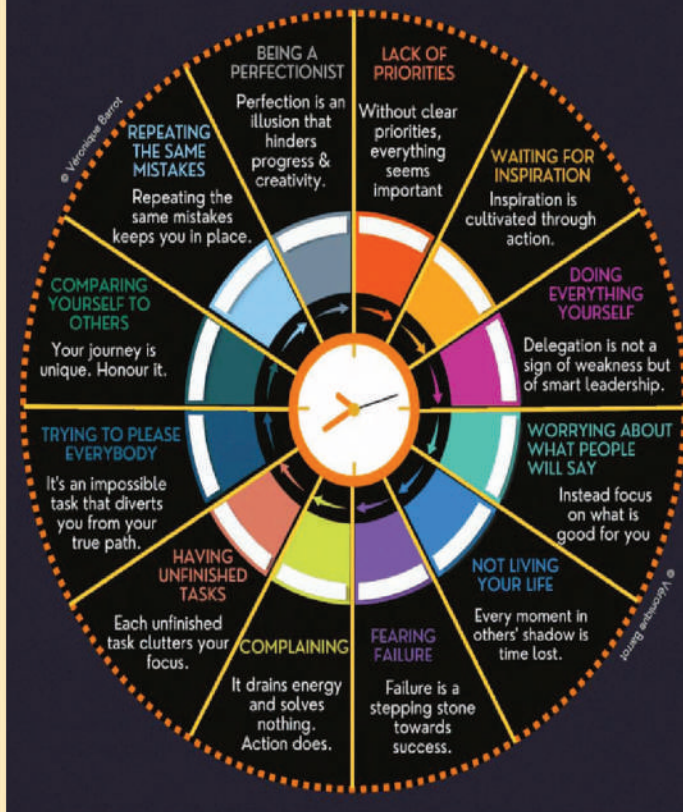
Stress Triggers	Stress Solutions
<b>1 Overflowing Inbox</b> The overwhelming sensation caused by a flood of unsorted emails. "Approximately 28% of the workday is spent managing emails." What it could look like: • Unread emails piling up. • Important messages getting lost. • Constant notifications disrupting focus.	<b>Inbox Zero</b> A method aimed at keeping the inbox empty or almost empty at all times. 1 Delete unimportant emails. 2 Delegate tasks to others. 3 Do: Tackle quick tasks immediately. 4 Defer complex emails for later.
<b>2 Tight Deadlines</b> The pressure of having to complete tasks within a very short period. "82% of people don't have a time-management system." What it could look like: • Rushing to meet end-of-day submissions. • Sacrificing quality for speed. • Feeling anxious about the workload.	<b>Parkinson's Law</b> Parkinson's Law - work expands to fill the time available for its completion. How to use it: Identify a task, estimate the time needed, then cut that estimate down to challenge yourself.
<b>3 Multitasking Overload</b> Juggling multiple tasks at once, often inefficiently. "Multitasking can reduce productivity by as much as 40%." What it could look like: • Switching between tasks. • Decreased quality of work. • Increased mistakes and oversights.	<b>Single-Tasking</b> Focusing on one task at a time until completion. How to use it: Dedicate your full attention to a single task before moving on to the next.
<b>4 Unresolved Conflicts</b> Disagreements or misunderstandings that haven't been addressed. "Effective conflict resolution can increase group outcomes by over 30%." What it could look like: • Tension in team meetings. • Avoidance between colleagues. • Decreased collaboration.	<b>The Thomas-Kilmann Model</b> TKI helps individuals understand their preferred style of dealing with conflict and how to adapt to various situations. How to use it: Assess your natural conflict resolution style and aim for a collaborative approach.
<b>5 Work-Life Imbalance</b> Struggling to balance professional responsibilities with personal life, leading to stress and burnout. "67% of workers think work-life balance is achievable, but many struggle to reach it." What it could look like: • Working late nights or weekends regularly. • Neglecting health or family time due to work.	<b>Four Burners Theory</b> A metaphor that suggests life has four burners representing family, friends, health, and work. How to use it: Identify key areas for happiness and success and prioritize those areas.

Follow Jay Mount for more.

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# 12 TIME WASTERS

© Véronique Barrot



## Tax benefits decoded

Planning a tax regime switch? Here's how key allowances stack up across old and new regimes

	Old regime	New regime	Cap	Documents required
HRA	Yes	No	Formula: Can't exceed 50% of basic	Rent or lease agreement, Landlord's PAN
Home loan interest	Yes	Let out, Yes	₹2 lakh for self occupied	Interest certificate
LTA	Yes	No	2 trips over 4 years	Travel tickets and boarding pass
Car lease	Yes	Yes	No	Lease agreement
Car fuel and maintenance	Yes	Yes	No (but ₹1,800-2,400 perquisite tax, in case of personal use)	Fuel bills; Maintenance/service receipts
Driver salary	Yes	Yes	No (900 per month perquisite tax, in case of personal use)	Salary slips or payment proof; Driver employment agreement
Telephone	Yes	Yes	No	Post-paid bills in employee's name
Meal card	Yes	Yes	₹24,000 per year	Usage statement if required
NPS	Yes	Yes	Old: 10%, New: 14% of basic	Transaction statement

You can claim both HRA and home loan interest if your owned home is in another city and rented out. However, these benefits are available only if they're included in your salary structure.

Source: CA Vijaykumar Puri, partner, VRRP & Co LLP, Chartered Accountants, and CA Chirag Wadhwa, founder, Wadhwa Chirag & Associates, Chartered Accountants

## Regime comparison

Break-even points for deductions and exemptions under the old vs new tax regime for 2025-26

Gross salary*	Break-even deduction*	Tax under both (including surcharge and cess)
₹7 lakh	₹1,50,000	0
₹8 lakh	₹2,50,000	0
₹10 lakh	₹4,50,000	0
₹14 lakh	₹5,18,750	₹81,900
₹16 lakh	₹5,68,750	₹1,13,100
₹20 lakh	₹7,08,335	₹1,92,400
₹24 lakh	₹7,87,500	₹2,92,500
₹25 lakh	₹8,00,000	₹3,19,800
₹30 lakh	₹8,00,000	₹4,75,800
₹50 lakh	₹8,00,000	₹10,99,800
₹1 crore	₹8,00,000	₹29,25,780
₹1.5 crore	₹8,00,000	₹48,52,770
₹2 crore	₹8,00,000	₹66,46,770
₹2.5 crore	₹8,00,000	₹91,74,750
₹5 crore	₹8,00,000	₹1,89,24,750

\*excluding standard deductions

If deductions plus exemptions are more than break-even

Old tax regime ✓

If deductions and exemptions are less than or equal to break-even

New tax regime ✓

Example: Mr A's salary is ₹40 lakh

Category	Amount (₹)
HRA	10,00,000
PPF/ELSS (80C)	1,50,000
NPS (80CCD)	50,000
Medical insurance (80D)*	50,000
<b>Total</b>	<b>12,50,000</b>

\*includes senior citizen dependent parents

**Point to remember:** The break-even limits apply to deductions available exclusively under the old regime. If claiming work related allowances that are available in new regime as well, taxpayer should calculate net impact under both the regimes

# APRIL 2025

## BIRTHDAY

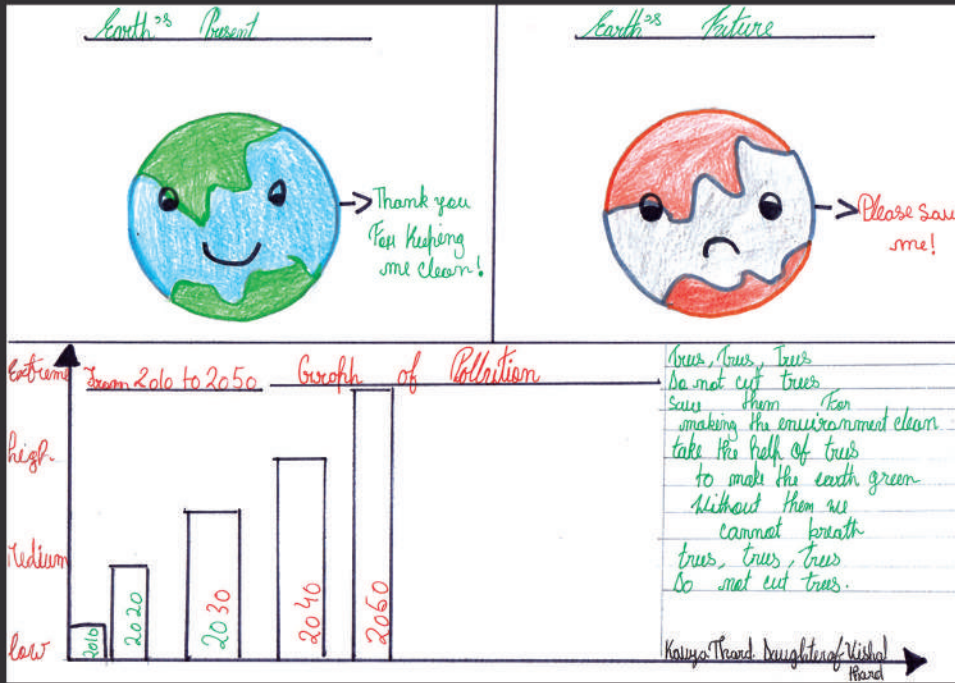
- Rtn Rakesh Agarwal 1st April
- Rtn Trilok Chand Goel 15th April
- Rtn Rajesh Kedia 29th April



## ANNIVERSARY

- Rtn Niraj-Sweta Agarwal 30th April
- Rtn Deepak – Pinky Prithany 30th April
- Rtn Sailesh – Dr. Rasmita Sharma 20th April
- Rtn Dr. Pankaj – Dr. Malbika Sharma 28th April
- Rtn Fowzia Tasneem-Mr. Tridip 25th April
- Rtn Shyam- Rtn Kiran Thard 30th April

### Little Artistes



Art By, Rotarylets Kavya Thard, D/o Rtn Vishal Thard







# VACCINATION CENTRE

OPENED BY

## ROTARY CLUB OF TINSUKIA

R. I. DIST. 3240



VACCINES:  
MMR & HPV (CERVAVAC)  
@ AFFORDABLE PRICE

VENUE:

## ROTARY COMMUNITY CENTRE

BORDOLOI NAGAR, NEAR ARUNACHAL IB, TINSUKIA, CONTACT : 9435035189, 8638560539, 8812817360

Every  
2<sup>nd</sup> & 4<sup>th</sup>  
Sunday  
of the month  
3 To 5 PM






# YOUTHACT 2025

by  
Rotary Club of Tinsukia

## Inter School Competition

From Class VI – VIII and IX – XII

Date : 9<sup>th</sup> May, Friday – 11<sup>th</sup> May, Sunday 2025

Activities : **Indoor** • Table Tennis • Chess • Quiz  
• Debate • Photography

**Outdoor** • Athletics - track and field events • Tug of war  
• Kabaddi • Arm Wrestling and many more

Major Sponsor :



