



MONTHLY DIGEST

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January Highlights 2020

On January 21st, SPIBA Innovation and Intelligent Systems



Committee held a meeting on "Artificial intelligence capabilities". Artificial intelligence is a new reality. We are already in the world under control of artificial intelligence, and the challenge facing modern leaders is to understand what benefits it can bring to business, where there are



risks and how they should be managed. The meeting was opened by Vladimir Knyazhitsky, CEO, Fast Lane – IT consulting and training. He talked about the risks and opportunities of AI, and also gave



examples of the effective use of artificial intelligence in business. Olga Pankova, Associate at Baker McKenzie, shared her opinion on the narrow application of AI in law. Olga gave examples of AI assistants, which are already used by lawyers, and expressed the hope that they



will develop. Konstantin Soloviev, Business Development Director, PROeye company, resident of Technopark, spoke about computer vision and the practice of the global use of facial recognition systems. According to Konstantin Soloviev view, the efficiency of neural networks in humans is much higher than in modern neural networks: they can be compared with the ocean and a drop. The topic of the speech by the Vice President of Bank Saint Petersburg Mikhail Gavrilov was unexpected: "We were waiting for smart androids, but we got Instagram masks. The whole truth about actual use of artificial intelligence". Mikhail was rather skeptical about the possibilities of AI and the prospects of crowding out man from all spheres. He believes that realistically in the field of AI there is computer vision, work with languages and translations, predictive analytics, architectural and infrastructure solutions for artificial intelligence. But the areas of its effective application are still limited.

[Read more](#) – [See photos](#) – [Read post release in Russian](#)

On January 30th, SPIBA Quality of Life Committee held a seminar on



"Balanced Nutrition: Truth and Fiction". Alexander A. Strelnikov, MD, general practitioner at Lahta clinic, has been conducting seminars at SPIBA for many years on the topic of health, active longevity, proper nutrition under the speaking heading "The Formula of Health". The theme of nutrition, according to Alexander experience, is



complicated in that everyone, like in the pictures with a dual image, sees what he wants to see. But there are general principles of healthy eating, confirmed by world science and the personal experience of Dr. Strelnikov, which he shared. The audience got acquainted with the results of recent studies in

the field of nutrition. Some of them sounded completely unexpected. Late dinner doesn't harm. Vitamins, so necessary for everyone, can be dangerous in case of an overdose. And the model of the food pyramid, which is based on carbohydrates, is outdated, since the structure of the diet is important. The gastroenterologist and general practitioner Strelnikov finished his presentation with the phrase "If 100 people start eating right, 90 of them will become completely healthy."

[Read more](#) – [Read post release in Russian](#)



2020 is the anniversary year for SPIBA. We are 25 years old. 25 years of success!

We are grateful to our members and partners for their active participation in the events and for their help in embodying ambitious ideas! Thanks to energy, professionalism and enthusiasm, everything conceived became possible, and it is thanks to the members of the association that SPIBA continues to move forward towards its goals.

In honor of such a significant event, we invite you to take part in the video challenge! Congratulate SPIBA in the most creative and original way.

Teaser for the contest and the conditions here:

<https://www.facebook.com/193629330654925/posts/3789175801100242?sfns=mo>

According to the results of open voting, the 3 best videos will receive prizes from SPIBA.

SPIBA Memories

2002



2003



February Events 2020

Date	Title	Description	Location
Wednesday 05/02 09:30	Workshop	SUCCEs Model: 6 Steps to Make a Successful Presentation	Camelia Conference hall, Novotel, 3A ul. Mayakovskogo
Thursday 06/02 09:30	Legal Committee	Legal2Business: Signing a contract: tips & lifehacks	Mertens House, 21 Nevsky Prospect, SPIBA office 506
Friday 07/02 10:00	Finance Committee	Improving accounting competency: useful news and some nuances for preparing the 2019 annual report	Business Center Mertens House, 21 Nevsky Prospect, 6th floor conference room
Friday 07/02 19:00	English speaking club with Jerry	Discussion club	Mertens House, 21 Nevsky Prospect, SPIBA office 506
Wednesday 12/02 09:30	SPIBA Real Estate & Construction Committee	Results of the year 2019. Commercial and residential property market trends	Business Center Mertens House, 21 Nevsky Prospect, 6th floor conference room
Thursday 13/02 11:00	Breakfast with the Director	Breakfast with the Director: Dmitry Dikman, "Yat", "Petrusha", "Dikman's Deli"	Petrusha restaurant, 4, Konnogvardeysky Boulevard
Friday 14/02 10:00	Discussion	Socio-economic Situation in Russia: Results of 2019	SO/ Sofitel St.Petersburg, 6 Voznesensky pr.
Friday 14/02 19:00	English speaking club with Jerry	Discussion club	Mertens House, 21 Nevsky Prospect, SPIBA office 506
Tuesday 18/02 09:30	Conference	Conference "Legal Results of 2019"	Charlotte conference hall, LOTTE Hotel, 2 Antonenko per.
Wednesday 19/02 09:30	Marketing & Communications Committee	Media Meeting: Delovoy Peterburg	Dentons office, Jensen House, 32-34, lit.A. Nevsky pr., 5 th floor
Thursday 20/02 10:00	Finance Committee	Annual conference "Taxes 2019".	Landskrona Conference Hall, Corinthia Hotel, 57 Nevsky Prospect
Friday 21/02 19:00	English speaking club with Jerry	Discussion club	Mertens House, 21 Nevsky Prospect, SPIBA office 506

Wednesday 26/02 09:30	Look@It	Look@BSH Bytowije Pribory	Ul. Karl Siemens, 1A, Peterhof, St. Petersburg
Thursday 27/02 10:00	St.Petersburg Labor Forum'19: SPIBA Round tables	#Productivity Organizational Challenges for Lean Manufacturing #safety Professional burnout - international and Russian experience in prevention	Expoforum, St. Petersburg, 64 k.1, lit.A Petersburgskoe Sh.
Friday 28/02 19:00	English speaking club with Jerry	Discussion club	Офис СПИБА, Невский пр. 21, офис 506

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