

December 2020

Rotary

NEWS PLUS



*One Spoon Less
Four Steps Forward*

A walkathon to promote physical fitness

Team Rotary News



Participants at the walkathon.

Below: Lab equipment given to a school.

With an aim to create awareness on physical fitness, RC Srirangam, RID 3000, joined hands with Sri Vivekananda Yoga Centre to conduct a Fit India walkathon at the end of which government's Fit India certificates were given to 70 participants.

A one-day online RYLA was hosted by the club to prepare students for the board exams and dispel their fear by increasing their capacity to study well. "Students were happy as the sessions were useful to develop their leadership



skills to handle various hurdles. The Brain Gym session helped them to handle exam pressure and 120 students took part in the RYLA," said R Sathyanarayanan, club secretary.

Teacher's Day was celebrated by presenting Dronacharya Awards to three teachers, one of whom had received Dr Radhakrishnan Award from the Tamil Nadu government.

Science lab equipment were given to the Panchayat Union Middle School, Easanakorai village, under the Super Double Six projects, a district project initiated by DG AL Chokkalingam. ■

On the cover: A drawing by Rtr Sreejith Jayakumar, RAC Sigma, RID 3212. He participated in the RYLA organised by RC Spic Nagar, RID 3212 and the drawing highlights Rotary's Project Positive Health — Stop NCDs and depicts junk food that are to avoided.

RC Spic Nagar conducts a virtual RYLA

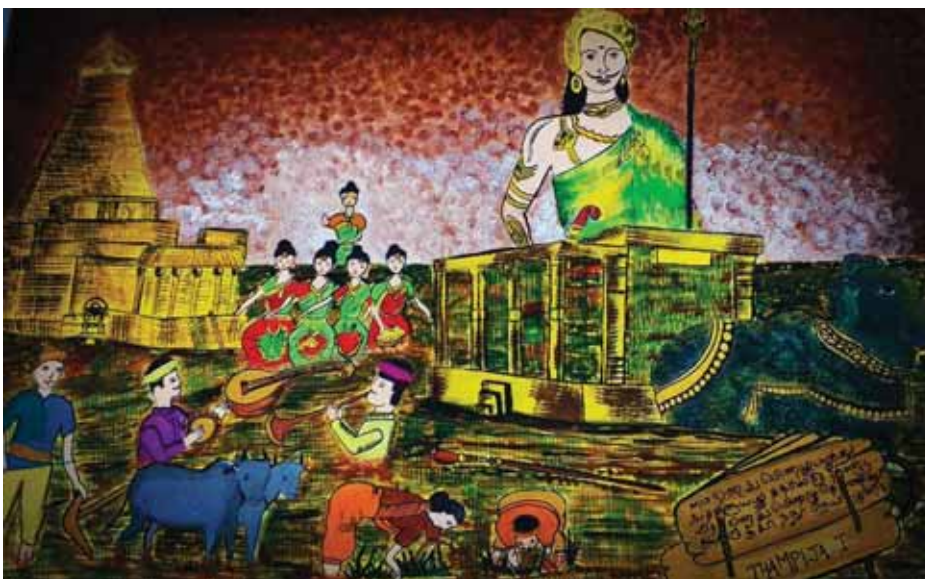
Team Rotary News

Every year Rotary Club of Spic Nagar, RID 3212, conducts leadership development programmes for the student community. “This year with restrictions following the Covid pandemic, we decided to conduct the RYLA event on zoom because we did not want to break our club’s tradition,” says R Rathakrishnan, coordinator of *Nalanda-RYLA 2020*. Around 1,125 youngsters from 35 colleges participated in the two-day event conducted on zoom platform. DG PNB Murugadoss inaugurated the programme.

Faculties from across the country conducted various sessions that enabled participants to unlock their potentials. A life coach taught them to build self-confidence and develop better attitude. Another faculty took them through a session on effective communication. A corporate trainer taught the students to lead and collaborate with online tools in an interactive session. PDG Asoke



Above & below: Art work submitted by the RYLA participants.



Padmaraj, a lawyer by profession, conducted an orientation session on our legal system and the RTI. PDG Navamani spoke on the art of adapting to change and how it is relevant to the present situation.

The participants exhibited their talent through pre-recorded videos on music, drawing, martial arts and oratory skills. The best Rylarians and the winners of the various other contests were felicitated with shields.

DGND VR Muthu appreciated the club members for organising the event in his valedictory address. ■

Rotarians provide food to the needy

V Muthukumaran



Grocery packs and other edible items being given to families in nearby villages.

During the lockdown to provide relief to needy families who had lost their livelihoods, RC Vellore Cosmos, RID 3231, distributed rice bags, grocery kits and gave mass feeding (*annadhanam*) in nearby villages.

Rice packages (five kg each) were given to 25 people at Salamanatham village. The raw food was sponsored by Rtn SK Baskaran. Food packets were given to over 200 villagers at Mettuparai and Thorapadi. "Due

to Covid lockdown, they were suffering from hunger as they were not able to earn a decent income," said K Kanagaraj, past secretary of the club. The *Annadhanam* event was sponsored by Rtn A Soundarajan.

Cooked food was provided to the Irula community near Kannamangalam with the raw edible packages containing 25kg of rice, dhal, oil and other groceries delivered by the club. In a similar initiative, food packs containing

20kg rice, dhal, oil and groceries for preparing fresh meal were distributed to 20 people from below poverty line families at Salamanathan village.

Breakfast packets were distributed to over 150 farmers who visit Uzhavar Sandhai (farmers' market) at the Government Higher Secondary School, Thorapadi, from remote areas to sell their produce in the morning during the lockdown. "We also gave 50 breakfast packets to the inmates of an

old age home at Ariyur on the same day," said Kanagaraj.

In the month of June, food packages (rice, dhal and oil) were given to 10 members of needy families at Thorapadi village for cooking food for a few days. A wheelchair was donated to the warden of Sri Sai Vasantham, a special home for deprived women and children, located on the premises of Thanjam Old Age Home, Ariyur.

Kabasura kudineer, an herbal concoction, was given to over 600

The club purchased spraying machines and disinfectant solutions to conduct a demo at the old bus terminus to prevent the spread of the pandemic.

persons including farmers and the public as a preventive step against Covid and to boost their immunity against diseases. The club purchased spraying machines and disinfectant solutions to conduct a demo at the old bus terminus to prevent the spread of the pandemic. "We also donated 70 spraying machines with solutions to the

district collector on the occasion," he said.

Job fair

All the eleven clubs in Vellore joined hands to organise a job mela at the Voorhees College in March. Around 2,000 students attended the camp, of them 850 were selected by 50 companies. The selected students were given offer letters by the recruiters.



Rice packages being given to needy families.

More than 700 seed balls of native tree species were given to a local NGO who were greening Vellore with

a number of plantation drives.

A blood donation camp was arranged by RID 3231 jointly with the Red Cross Society and Bharat Scouts at the Venkateswara Higher Secondary School, Vellore. "Our members took part in the camp in which 45 units of blood was collected and handed over to the Government Medical College and Hospital, Adukkamparai," said Kanakaraj.

The club members donated ₹40,000 to the Covid relief fund being collected by the district which was handed over to the RISAO, New Delhi. The South Asia office, in turn, donates all the collected amounts from the RI districts to the PM CARES Fund.■



Wheelchair being donated to warden of a special home for women and children.

RC Ballarpur organises a sports meet

Team Rotary News



In line with the *Go Girl Go* campaign, a government of Maharashtra initiative to find the fastest girl in the state, RC Ballarpur, RID 3030,

conducted a 100-metre running competition at the Mount English Medium School. Girls in the age groups 6 to 9, 10 to 13 and 14 to 18 years from

various schools in Ballarpur participated in the run. Winners at the school-level will participate in a taluk-level competition to be conducted in Pune and later will make an effort to represent India in the 2024 Olympics.

The campaign will conduct activities in the field of sports, fitness and nutrition at the state, districts, and taluk levels, reaching out to all female athletes in the state. “This competition has given a great opportunity for girls from rural regions to showcase their talent,” says club president Kalpesh Patel who hopes that “a Ballarpur girl wins the competition and represents our country.”

All the winners were given certificates and medals sponsored by the club.■



A winner receives a certificate.

Pune Rotarians reach out to orphanages

Team Rotary News



Children at Sarthak Seva Sangh with Diwali gifts and donations given by RC Pune Shivajinagar.

Over the last four years, RC Pune Shivajinagar, RID 3131, has been providing grocery requirements of Sarthak Seva Sangh, a free residential hostel at Ambale village in Mawal taulk that accommodates around 100 boys and girls from impoverished families in Pune district. The special home provides nutritious food, medical facilities, schooling, education material, intellectual and physical games, apart from vocational training, to underprivileged children to make them self-reliant.

The club members either individually or with friends and families sponsor the education of the inmates. Recently, under a global grant project, the club donated a computer lab, dining room chairs, bunk beds, sports material and musical instruments. The bunk beds were designed by the children themselves

according to their specific needs. During special occasions like Diwali, the Annettes spend time with children and gift them new clothes. The Anns of the club distributed Diwali *faral* (sweets) for the children and “the smile on the face of children was worth more than the light of thousand lamps,” said on of the Anns.

Inner garments were donated to 28 girls at this orphanage. Masks, gloves, and sanitisers were given to primary school teachers at Khutbao as they were assigned Covid duty. The club’s donations protected them from infections during their field work.

In future too, the club will be collaborating with the orphanage with the aim of giving back to these children their lost childhood and lay the foundation for a dignified and respectful life once they grow up. ■



Handwash stations, Swamaan stores set up in Vadodara

Team Rotary News

On Global Handwash Day, RC Vadodara One, RID 3060, donated 11 handwash stations in the presence of DG Prashant Jani. The designing of these handwash stations was done by WinS district chair Mitesh Bhatt and his team. Each handwash station costs ₹8,000 which includes transportation cost.

“The Covid pandemic is a stark reminder that handwashing is one of the simplest ways to prevent spread of any virus and ensure better health outcomes,” said DG Jani. The handwash stations

are being placed in schools, community halls, hospitals, police stations, temples and other public places. The hygiene project has been taken up by all the 103 clubs in this district.

Rotary Swamaan Store, a pet project of DG Jani, enables weaker sections of the society to purchase household items like fans, electrical appliances and furniture at nominal rates at designated places. “Every household has many items which are not required by them, hence dispensable. They may be in good condition or wanting

minor repairs. If Rotarians can collect such items at one place, repair them if needed, make them presentable, and then sell at nominal prizes it would be very useful to the needy,” said Jani. All the clubs in the district will be setting up Swamaan stores in their localities.

Swamaan stores will enable beneficiaries to buy household things at affordable prices while keeping their sense of dignity and self-respect (*swamaan*) intact. “It is charity with a difference and I am glad that clubs have given me full support and have set up a number of



DG Prashant Jain inaugurating a set of handwash stations.

“Rotary Swamaan stores” in various cities and towns,” said Jani. RC Baroda Sayajinagari is opening Swamaan stores by contacting potential donors and collecting clothes, footwear, electronics, household gadgets like mixer, grinder, chopper, crockery, bed sheets, pillow covers, winter wear and other utility items. One of the reading rooms, Shivnath Dham, set up by the club was turned into a Swamaan store and resale was organised.

Preceding the sale, handouts were given to local communities and banners were put up to inform the public about the sale of household products at the Shivnath Dham. Wide publicity was given on social media on the upcoming sales at the Swamaan store. MSP district chair Nihir Dave and AG Anil Jain inaugurated the Swamaan store at the reading room. More than 500 people bought the household products put up for display and they were sold at nominal rates of ₹10–20 per item.

Swamaan stores will enable beneficiaries to buy household things at affordable prices while keeping their sense of dignity and self-respect intact.

The funds generated was used for the *Akshay Patra* project of RID 3060 wherein food grain kits are donated to the needy TB patients. The project was well-covered in local TV channels and newspapers. RC Vapi West opened a Swamaan store on DG Jani’s birthday on Aug 22. The club members collected a hoard of household items, electronic products, clothes crockery, books and newspapers and followed it by giving a wide publicity to the sale through electronic media, by distributing pamphlets and personal propaganda. The store gets regular visitors of buyers and affluent citizens who donate their household items regularly to maintain a good inventory.

In September, RC Surat Seaface inaugurated a Swamaan store through a virtual meet in the presence of DG Jani, PDGs, district officers and club president Rachna Maheshwari. The club had collected hundreds of clothes in good condition, board games, household items, toys, books including dictionaries and reference books in good condition and made them available at very nominal prices.

Similarly, many other clubs in RID 3060 have opened their stores around the district and have pledged to continue them as permanent projects. ■



Customers visiting a Rotary Swamaan store.

D 2981

RC Karaikal Centennial

District collector Arjun Sharma was the chief guest at the inauguration of *Kurungadugal*, a microforest district project. He planted the first sapling in the presence of DG R Balaji Babu.



D 2981

RC Kumbakonam East

The club members distributed *kabasura kudineer*, an herbal concoction, and face masks to 500 people as preventive step against Covid. Nation Builder Awards were given to seven teachers from various schools for their contributions.



D 2981

RC Mannargudi Midtown

Around 100 conservancy workers of the municipality were given meal packets as part of Annapurna Day project. Club president R Mariappan, secretary C Gurusamy and other members were present at the event which enhanced the public image of Rotary.





D 2981

RC Nagapattinam Midtown

Hearing the plight of a blind widow living alone in a roofless hut, the club fixed thatched coconut leaves as roof for her home at a cost of ₹15,000. This gesture earned goodwill for Rotarians in the neighbourhood.



D 3000

RC Dalmiapuram

A rainwater harvesting facility was executed at the government middle school, Melarasoor, under the Super Six district project. To educate the students an RWH pit was kept for display which will also help the villagers. The project cost ₹25,000.



D 3030

RC Achalpur

More than 5,000 face masks, around 150 oximeters, over 300 vapourisers and sanitisers were distributed as part of Covid-relief projects by the club members.

D 3053

RC Dholpur

The club joined hands with Inner Wheel club to create awareness on personal hygiene for inmates of the state communication and juvenile home in Dholpur to mark Global Handwashing Day. The importance of clean hands, sanitation and hygienic ways of living were inculcated to children.



D 3054

RC Himatnagar

The club purchased a body freezer at a cost of ₹70,000 and donated it to the Himatnagar Palika in the presence of DG Rajesh Agarwal. PDG Arun Parikh, club president Sanjay VEDIYA and AG Rasik Patel were present on the occasion.



D 3060

RC Ankleshwar

The club is producing face masks at its women's empowerment centre enabling the workers to earn a decent income during the pandemic and also keep them employed during difficult times.





D 3060

RC Tarapur

Rotary sewing classes were started to train underprivileged women and provide a sustainable source of income to them. This long-term project was inaugurated by DG Prashant Jani in the presence of club members.



D 3080

RC Karnal Midtown

The club gifted a 40-inch LED TV to Swami Amardev Adarsh Senior Secondary School in Gondal village for setting up a smart class for schoolchildren. This facility will enhance their digital education and widen their knowledge.



D 3080

RC Kharar

Over 40 saplings of different species were planted with tree guards in the parking area of the Ram Baag cremation ground to provide a green cover to the barren land. The project earned goodwill for Rotary.

D 3090

RC Mansa

A flora conservation project was done after clearing the debris and sewage water from a land adjoining a playground. The forest officials provided 1,200 saplings for planting on this 1.300 sqft-plot in which Miyawaki technique was used to create a microforest at a cost of ₹35,000.



D 3120

RC Varanasi Down Town

A Covid awareness programme was held at a government pre-secondary school. Dr Manmohan Shyam talked about preventive steps against the virus. The club stuck posters and erected banners on the school premises and distributed masks to students and teachers.



D 3131

RC Panvel Elite

The club donated 500kg of food grains and essential items to Balgram orphanage at a project cost of ₹40,000. This service will help the inmates, mostly children, get nutritious food during the pandemic.





D 3170

RC Karwar Paschim

A 10km-walkathon was conducted as a fundraiser with the participation of 600 people across age groups. The proceeds will be used for holding medical camps and other community projects.



D 3182

RC Jayapura

Water beds were given to Anjali Shantamma of Hiregadde village as she was suffering from age-related illnesses. Notebooks and school bags were distributed to students of three government schools in four nearby villages.



D 3182

RC Mudigere

A Rotary circle was inaugurated at a prime location in Mudigere. The new installation will create awareness about Rotary and its global projects, thus lifting its public image in this town.

Wadhwan city gets a Rotary Garden

Team Rotary News



RC Wadhwan City, RID 3060, has developed a full-fledged Rotary Garden in the city. “The garden is a reflection of our vision to create a beautiful, public space accessible to everyone,” says club president Prathik Shah. The park has a

walking track, children’s play area and is lush green. This is the club’s signature project since 1994.

The entire maintenance charges were earlier contributed by the club members and now the rent collected from vendors who put

up food stalls and toy shops are used to pay the maintenance.

The club distributed 60 immunity kits to the traffic police in the city. The kit included Vitamin C tablets, sanitiser, liquid soap, hand soap, masks and homeopathic medicines.■

A club member distributing an immunity kit to the traffic police.



RC Kasba holds workshop on management courses

Team Rotary News



West Bengal Governor Jagdeep

Dhankar inaugurated a one-day workshop on 'Career in management' hosted by RC Kasba, RID 3291, at the Rotary Sadan in the presence of IPDG Ajay Agarwal, district trainer PDG Angsuman Bandyopadhyay, PDG Amitava Mookerjee and club members.

A large number of Rotarians attended the

day-long sessions that saw 16 guest speakers and experts delivering lectures on various issues related to management studies. Professionals from the ICAI, ICMAI and ICSI gave presentations on the career prospects in their respective fields. The programme was coordinated by Assistant Governor Subhasish Bose, a practicing company secretary and a Rotarian from 1995. ■

In line with the RI directives on TB control, RC Jamshedpur East, RID 3250, is holding a regular awareness campaign over the last five years. With the help of Rotaract and Interact clubs, Rotarians engage the villagers on the need to actively participate in efforts to control tuberculosis.

During one of their campaigns, the Rotarians went to Narayanpur village which comes under Dorkasai RCC and interacted with village doctors and health *sahayikas* (volunteers) to create awareness on TB control. "We also discussed with them ways to deal with problems arising out of drug treatment. We impressed upon them the need for TB patients to get registered to maintain a proper data," said IPP Dr Anup K Gupta.

RC Jamshedpur East holds TB awareness camps



A mega medical camp was organised at Mahulia village, around 30km from Jamshedpur, in which over 500 patients were screened for various ailments and given medicines. Dr Tamal Deb led a team of doctors in examining the patients.

"The camp was one of its kind as it was held in a remote area in East Singhbhum district with a large turnout of patients and the meticulous work of doctors earned goodwill among the locals," said Dr Gupta. ■

RC Alwar donates equipment for neonatal care

Kiran Zehra

RC Alwar, RID 3053, donated textbooks, stationary kits and snacks to children from the slums in Loha Mandi in Alwar. The club in association with a social worker, Ritesh Gupta, carried out the donation drive.

Club secretary- Vikas Gupta spoke to the children about the importance of wearing mask and washing their hands frequently. "These are tough times for the slum children as they cannot afford to attend online classes and they do not understand the necessity of social distancing. The masks



Clockwise from top: Under the club's 'No Mask No Entry' campaign 5,000 face masks were donated throughout the city; Textbooks, stationery kits and snacks distributed to the children from the slums of Loha Mandi in Alwar; Equipment donated to the NICU at Geetanand Paediatric Hospital; A blood donation drive at Makhan Lal Blood Bank.





and the textbooks will help them keep up with school lessons and safety norms,” he said.

The club has been actively strengthening the ‘No Mask No Entry’ campaign in the city and has already donated 5,000 face masks. Most of the masks have been

distributed to slum dwellers, roadside vendors and corona warriors, said Gupta.

When the club was informed that the neonatal intensive care unit (NICU) at the Geetanand Paediatric Hospital was in need of an equipment, the club responded

immediately. “Neonate requirements for suction need to be at far lower levels than those used on adults,” said the NICU in-charge Dr Somdutt Gupta. He thanked the club “for helping the hospital to fulfil equipment needs from time to time.” Club secretary

along with treasurer Kumar Ahuja and club members Jitendra Khurana, Nirmal Rastogi and Dinesh Jain handed over the machine to hospital authorities.

The club also conducted a blood donation drive at Makhan Lal Blood Bank. ■



D 3190

RC Tirupati

The club celebrated Gandhi Jayanthi and Lal Bahadur Shastri's birth anniversary at a special home for differently-abled children by giving them nutritional food, groceries and sanitary pads. Over 30 inmates benefitted from the donations and gifts presented by Rotarians.



D 3201

RC Kalamassery

The club gifted 11 bicycles to schoolchildren under the Pedal to School project. Also, 36 sets of cot, bed and pillow with sheets were donated to set up the First Line Treatment Centre for Covid, a district project in Kochi.



D 3202

RC Trikarapur

DG Dr Hari Krishnan Nambiar presented the key of newly-constructed house to the beneficiary under the *Sneha Veedu* project in the presence of Valiyaparamba gram panchayat president Abdul Jabbar. State minister Kadannappally Ramachandran took part in the event online.





D 3211

RC Kottayam Gandhinagar

A digital TV was handed over to Father Sebastian, director, Ammaveedu, a charity home at Thellakom, as a learning aid for the inmates. The club donated face shields and masks to the Institute of Child Health, Kottayam.



D 3211

RC Vaikom

DG Thomas Vavanikunnel inaugurated a Rotary Villa at Vaikom with legislator Mons Joseph handing over house keys to six beneficiaries. The project was initiated by PDG EK Luke during his tenure with support from PDG John Daniel, Polyhydron Foundation and RC Belgaum, RID 3170.



D 3212

RC Kutralam

For purchasing a Covid testing equipment, the club presented a cheque of ₹2.3 lakh to Tenkasi district collector Arun Sundar Dayalan. PDG S Rajagopal gave the amount to the collector in the presence of club members.

D 3231

RC Vandavasi

DGN J K N Palani presented Nation Builder Awards to 12 teachers who had excelled in their vocation. Each awardee was presented with a citation, memento and shawl at the event held under the RILM initiative.



D 3232

RC Madras Southwest

The club mobilised ₹20 lakh to donate laptops and tablets to underprivileged students at government schools which will enhance their digital learning experience.



D 3232

RC Madras Vadapalani

Over 750 goggles were presented to traffic police in the presence of DCP MM Ashok Kumar (traffic). These glasses will form part of the PPE gear they wear while on duty, thus forming a shield against Covid.





D 3250

RC Patna City

A cleanliness drive was organised in which 10 conservancy staff (*safaikarmis*) of the municipal corporation were felicitated by Sikkim Governor Ganga Prasad for their efforts to keep the city clean. The event also boosted the public image of Rotary.



D 3250

RC Saran

Food packets and clothes were given to the flood-hit people in the district. The timely gesture brought smiles on the faces of flood victims and underprivileged families.



D 3291

RC Central Calcutta

Dry ration packets consisting of rice, dal, potato, oil, salt and soap were given to over 5,000 plus beneficiaries including daily wagers and migrant families during the first 21 days of the lockdown from March 24. The food items were distributed with the help of local police and councillors.

Compiled by V Muthukumaran

RC Calcutta hosts a talk on dementia

Team Rotary News



Above: A health worker receiving a sanitation kit.

Below: Nilanjana Maulik, secretary general of ARDSI, addressing a zoom meet on dementia.



In September 2020, RC Calcutta Laketown, RID 3291, in partnership with Alzheimer's and Related Disorders Society of India (ARDSI-Calcutta chapter) hosted an online 'Let's talk about dementia' campaign on the zoom platform. Nilanjana Maulik, secretary general of ARDSI, enlightened the online audience with details about symptoms, causes and preventive measures to be taken to reduce the risk of dementia. The campaign aimed to encourage people to talk more openly about dementia.

It not only highlighted the importance of talking about dementia, but also communicated the signs that can be an indication of dementia and ways to reduce risk factors for the disease.

"Talking about dementia helps tackle the

stigma and encourages people to find out more information, seek advice, help and support," said Nilanjana.

As a community project for disease prevention, the club, in association with Aaikatan Charitable Dispensary distributed 100 mosquito nets among domestic helps, street vendors, rickshaw pullers, daily labourers and sweepers in Khardah, near Kolkata. The club also conducted a polio immunisation drive in Sreebhumi, Dakshindari and Patipukur. Health workers from South Dum Dum Municipality went door-to-door immunising children under five years of age. Close to 1,000 children from these areas were immunised.

The health workers were provided with sanitisers, masks, caps, soap and light refreshments by the club. ■

Honouring teachers

Team Rotary News



Rotary Club of Thanjavur South, RID 2981, along with Rotaract Club of Bon Secours College for Women, honoured 10 assistant professors and HoDs for their dedicated service. The club, along with Interact Club of Little Scholars School,

felicited 17 school teachers with Best Teacher Awards.

In another initiative, the club members, along with the Rotaractors and Interactors, distributed new clothes for Diwali to around 40 scavengers, gardeners and security

personnel associated with the college and school, and to 40 other underprivileged families through the club's RCC. The club provided shelves and ceiling fans, costing around ₹95 lakh, to three government schools in the surrounding areas. ■

A cycle rally promotes polio eradication

Rotary Pollachi Royalz, RID 3202, organised a cycle rally to commemorate World Polio Day. K G Sivakumar, deputy superintendent of police, Pollachi, flagged off the rally that extended up to Aliyar, 22km from the town. Around 65 members of the Pollachi Cycle Riders Club participated in the event and they were felicitated with t-shirts, certificates and medals. ■



Rotary blankets keep villagers warm

Team Rotary News



Members of Rotary Club of Solapur MIDC, RID 3132, distributed *chaddars* (blankets) to 300 people in the flood-affected villages of Rampur, Goudgaon,

Mirajgi and Itgi in Akkalkot taluka of Solapur district.

Heavy rains and flood had devastated the villages and many were rendered homeless. When the club

got news about the catastrophe, club president Vitthal Vanga and secretary Shankar Gundla appealed to the members who contributed generously to help the villagers.■

RC Howrah organises healthcare seminars

Rotary Club of Howrah, RID 3291, organised an awareness programme on adult vaccinations at the Rotary Hall in the city. Dr Somnath Naskar, associate professor of Burdwan Medical College and Hospital, addressed the club members on the various vaccinations available for diseases such as pneumonia, influenza, TB and hepatitis, and also shed light on the progress being made in developing Covid vaccines worldwide.

A seminar on 'How to fight Covid-19 and restore health and mental strength' was also educational for the club members. Dr Kajal Krishna Banik, zonal malaria officer, Jalpaiguri sub-division, West Bengal, spoke about the genesis



of coronavirus and its symptoms. He stressed on the need to follow the SoPs such as wearing masks, using sanitisers and maintain social distancing to protect oneself from contracting the virus.

Dr Banik spoke about the need to maintain a positive attitude during these challenging times and reaching out to one's kith and kin regularly to have a balanced mental health.■

RC Karkala on a community-care drive

Team Rotary News



An inverter system being handed over to a government college.

Rotary Club of Karkala, RID 3182, under its district project, 'Clean India Green India', has been implementing various cleanliness activities across the city. The club members recently cleared the wild weeds covering the Nagarbavi lake in the heart of the city. Earlier the club members targeted 12 bus stops in the city, cleaning them all, in association with the Hindu Rudra Bhoomi Samathi Kariakallu and PML Pest Man.

The club provided cow feed to farmers in Sanoor village near the city. An inverter system was donated to the Government PU college.

The Rotarians gave

a solar lamp unit to a household that did not have electricity connection and a wheelchair was

provided to a physical-challenged woman.

The club along with various other

organisations conducted a blood camp in a local school. Thirty units of blood was collected.■



The Nagarbavi lake dons a new look after it was spruced up by the Rotarians.

RC Akola Midtown donates medical equipment

Team Rotary News



An online Ganesh idol-making workshop in progress.

A coagulation meter was installed at the pathology lab of the Dr Hedgewar Hospital and Research Centre by RC Akola Midtown, RID 3030, to provide speedy and accurate test results for patients at a nominal charge.

During the lockdown, the club hosted a series of online meetings and webinars for its members who celebrated the 50th such virtual meet by cake-cutting and greeting each other. A Covid awareness rally was conducted in which frontline warriors were recognised in the

presence of the district collector, DSP, Rotarians, Inner Wheel members and other celebrities in the city.

More than 5,000 masks were distributed to needy families across the city as part of Covid-relief activities of the club. With an aim to inculcate reading habit among the people, the club donated books of higher education and other genres to the Netaji Subash Chandra Bose Library. During Navaratri, the club organised guest lectures through zoom as part of festival celebrations, said its president Prakash Sarda. In

one such event, Dr Mahesh Gandhi gave a lecture on healthy heart in which over 150 club members took part.

Another highlight of the Navaratri events is that the club invited nine women guest speakers on each of the nine days to deliver lecture on special topics. In another initiative, the club organised an online workshop for making clay Ganesh idols on the eve of Ganesh Chaturthi in which over 200 children took part.

During the installation ceremony, the BJP national spokesman Shahnawaz Hussain was made an honorary member and a blood donation camp was held to mark the 25th charter day of the club. "We collected 25 bottles of blood on July 1 as new office-bearers took charge. It was decided that a minimum of one bottle will be donated in a day for the whole year with donations from Rotarians, Anns and Rotakids," said Sarda. ■



A blood donation camp to mark the charter day.



Baking cakes

Team Rotary News

RC Madras Chenna Patna, RID 3232, came out with an innovative way to wish its members on birthdays and anniversaries during the lockdown by sending homebaked cakes to them. Club President B Chakravarthy and the club service team approached the spouse of Rtn Guhaprakash, Ann Egnitha Guhaprakash who immediately agreed. “We wanted to do something different because in person meetings were not possible because of the lockdown and this was the club’s way of honouring our members,” says Chakravarthy.

For Egnitha, who started baking as a hobby during her college days, the lockdown has not just created a steady business opportunity, but also showcased her talent to many. Since July 2020, she has baked and delivered nearly 20 cakes to Rotarians on their birthdays.

“To maintain uniformity, I prepared chocolate cakes that looked similar in design. Before cutting the cake, the Rotarians posed with it and later posted it on our WhatsApp group. Since then, my popularity has gone up by several notches,” she says. ■

Ann Egnitha
Guhaprakash



Rotary Pink Cards - passport to women's health

Team Rotary News

The Women in Rotary team of RID 3190 put together the 'Apollo Rotary Big Pink Card', in association with the Apollo Hospitals, to provide better care for women Rotarians, Rotaractors, Inner Wheel members and Rotary Anns of the district. This card entitles women to a myriad of offers on various investigations and other facilities at the hospital's various centres across the country.

The card was launched in a virtual meeting by DG Nagendra Prasad in the presence of Davison, CEO of Apollo Hospitals, and a participation of nearly 500 viewers. A talk show — Spreading smiles — was organised on the occasion. It was moderated by PDG (RID 3232) Rekha Shetty with panellists DGE Aruna Koushik from RID 6400, Canada; Rtn Bindi Rajasegaran from RID 3300, Malaysia; Dr Meenakshi Bharat, RC Bangalore West; Dr Mehta Pantulla and Dr Jayanthi Thumsi from Apollo

Hospitals, Rtn Nisha Bellare and Dr Preethi. Menstrual health, vaccinations, cancer detection, lifestyle changes, importance of physical activities and menopause issues were some of the topics discussed at the seminar.

Right: DG Nagendra Prasad launching the Rotary Apollo Pink Card on a virtual meet.

Below: Members of RC Bangalore Metro holding placards at the Krishna Rao park.





Above: DG Nagendra Prasad with 24 bikers of the IFMR on a rally to promote End Polio Now.



Left: A cyclothon organised by the IFCR at the Lalbagh, Bengaluru, to commemorate World Polio Day (Oct 24).



The district inducted 113 women in a single day on Aug 30, said Rashmi Tanksali, district director, Women in Rotary.

World Polio Day

The district organised several events on October 24 to commemorate World Polio Day. The DG flagged off a walkathon, a cycle and a bike rally on that day in different parts of Bengaluru. The events had generous participation of Rotarians from various clubs.

The district polio-plus committee assembled at the DG's office to unveil portraits of the inventors of polio vaccine — Dr John Salk and Dr Albert Sabin. A talk on their contribution to fight polio was also organised. At the end of the day, polio warriors were honoured and the district contributed \$65,000 to the Polio Fund.

Members of RC Silk City Ramanagara pasted End Polio stickers on vehicles; RCs Srikalahasti, Bangalore Metro, Kolar Nandini and Mulbagal Central held banners to create public awareness in their respective regions about Rotary's role in polio eradication. ■