

October 2021

Rotary

NEWS PLUS



An all-women's club celebrates Teej

Team Rotary News



RC Agra Grace, RID 3110, an all-women's club, celebrated Teej, a Hindu festival observed by women to celebrate the monsoons during the months of Shravan and Bhadrapada in the Hindu calendar. "Through the celebrations, we wanted to spread awareness on women's

health, wellness, sanitation, and hygiene," says club president Dr Jaideep Malhotra. The festival included Indian singing games like Geet-Malhar, Antakshari and a game of Tambola.

Highlighting the importance of the celebration club secretary Ashu Mittal said that during the

festival of Teej, married women worshipped Goddess Parvathi for the health, wealth and happiness of their families. Club member Dr Vandana Singhal stressed on keeping the environment green and suggested that members plant a sapling at either their homes or a park. ■



On the Cover: Spouses of Rotarians of RC Nagpur Metro, RID 3030, distribute saris to tribal women employed at a farm.

A Covid vaccination camp at Ludhiana

Team Rotary News



With the support of the state health department, RC Ludhiana, RID 3070, conducted a Covid vaccination camp in which 400 persons were inoculated at the Rotary hall. BRS Nagar ward councillor Varsha Rampal was the chief guest and 11 Rotarians were present at the venue to coordinate and take care of the logistics.

Tree plantations were taken up at the Rotary Bhawan and the Government Senior Secondary Smart School. Saplings were handed over to the school principal. The club also distributed biodegradable sanitary napkins to women. Dr William Bhatti, director, CMC

Hospital, Ludhiana, delivered a talk on 'Post-Covid cheerfulness' through a zoom meeting. He said mankind was not prepared to tackle the Covid pandemic when it struck in 2019 and put forth his views on how to regain cheerfulness in the coming days with adequate precautions.

A cheque for ₹10,000 was presented to the Guru Amar Dass Apahaj Ashram at Sarabha village for the purchase of medicines and grocery. Homeopathy medicines were given to a dispensary being run by the club where Dr Kamaljeet Singh is giving free consultations to patients. ■

Over 100 students attend RYLA



A photo-op at the RYLA.

More than 120 students took part in a three-day RYLA hosted by RC Surat Tapi, RID 3060, through both physical and digital platforms. The event was held at Bardoli with Rotarians engaging the youth on diverse topics such as financial planning, leadership

activities, art, games, business modelling, farming, animal husbandry and fellowship.

The venue for the RYLA was given by Ram Singh and Rama Singh from Suruchi Shikshan Vasahat Trust, Bardoli. They also gave a lecture on connecting with nature.

Vibha Chopra spoke on adolescent management. DG Santosh Pradhan, AG Rashika Bharadwaj, DRR Vatsal Khimasiya and DRRE Shivani Shah extended their contributions to make the RYLA a success. District RYLA chair Nitin Garg coordinated with the organising team. ■

Rakhi-making workshop for differently-abled girls

Team Rotary News

RC Mandvi, RID 3054, organised a *rakhi*-making workshop for physically challenged girl students at Andh Apang Manav Kalyan Society hostel, Mandvi. "Handmade *rakhi* is a trend now and gets sold faster than the regular ones. We decided to conduct this workshop as this would help these girls earn a little money," says project chair Darshana Shah. Social worker Jaya Ganatra inaugurated the workshop in which 10 physically-challenged girls participated.

The five-day workshop was conducted by artist Avani Monak Shah.■



Workshop in progress.

Grooming leaders through RYLA



RI District 3262 organised an international virtual RYLA for three days in July and it had 500 participants from Pakistan, Ghana, Tanzania, Uganda, Bangladesh and Sri Lanka, besides India. Several

Rotaractors also had enrolled for the programme.

RC Bhubaneswar Kalinga, Cuttack Cantonment and Cuttack Golden Star were the host clubs. PDG Saumya Ranjan Mishra was the chief guest and

PDG Harish Motwani (RID 3132) was the guest of honour. PDG Ajith Weerasinghe (RID 3220, Sri Lanka) and PDG Debasish Mitra (RID 3291) addressed the participants with inspiring lectures.■

Rotarians plant saplings at a farm

Team Rotary News



A saree being gifted to a tribal woman.



Rotarians with spouses at the organic farm.

RC Nagpur Metro, RID 3030, donated 50 saplings of regional trees like amla, neem, kavat (*wood apple*), tamarind and mango to G-Naturals Farms, an organic and natural products startup in Nagpur. Club members enjoyed an all-organic meal at the farm and thereafter were treated to an exhibition-cum-sale of all organic fruits, dishwasher, kitchen grease remover, natural oils, ghee being made at the farm.

The money from their purchase went to the local tribal women employed at the farm. Close to 40 Rotarians and their families visited the organic farm. Spouses of Rotarians also distributed sarees to the women working at the farm. ■

Teaching rural students to speak in English

Team Rotary News



An English speaking class in progress.



Rotarians help students plant a sapling at the Chavara Matriculation School.

The Rotarians of RC Coimbatore Vadavalli, RID 3201, along with the Rotaractors of RAC Coimbatore Vadavalli, organised a 'Spoken English' training programme for students from government schools around the area to help them communicate fluently in the language. Rtr Arthi, a certified district trainer, gave them easy tips to converse confidently in English. RCC Vadavalli helped in organising the programme.

The club conducted an exhaustive new member orientation programme to enhance the interest in Rotary among the newly-inducted Rotarians. Chairman–district priorities RS Maruti gave

a run through the basics of Rotary, district fellowship chairman Lakshmanan spoke on ways to engage in service activities, and district grants sub-committee chairman Chella K Raghavendra shed light on the joy of giving and about TRF's various programmes.

District director Kumaresan and assistant governor Baskaran were present at the orientation programme.

In another initiative, the club engaged the students of Chavara Vidya Bhavan Matriculation HS School in a sapling plantation drive. They were encouraged to plant 25 saplings in the school campus and nurture them until they grow. ■

Helping children fight TB

Team Rotary News

Rotary Club of Agra, RID 3110, is strengthening children as they combat tuberculosis. The club has adopted 25 children affected with TB and is providing them with a month's supply of healthy, protein rich diet. It has plans to continue this service for this year and may extend it further later.

The project was adopted by the club on the request of the District Tuberculosis Department of Agra and is being funded by some generous members of the club every month. Under this mission, for the third consecutive month, a programme was organised at the Shri Krishna Hospital Auditorium, Agra, where the chief medical officer Dr Arun Srivastava distributed nutritious



Food packets being given to a girl.

food packets to the children and club president Ashish Agarwal educated the parents on the need

to provide their wards a healthy diet and keep their surroundings clean and hygienic.■

On a greening drive



DG Pankaj Shah (R) and Rotarians at the Baner Hill for the greening drive.

RC Poona North, along with RCs Pune Sports City and RC Pune Warje, RID 3131, has taken up 'Project Rotaraii' on the Baner hill. The project was inaugurated by DG Pankaj Shah atop the hillock. The clubs plan to plant 5,000 saplings in the area and nurture them for at least five years when they will grow into full-grown trees.

Presidents of the participating clubs Kiran Rao (RC Pune Sports City), Hemant Joshi (RC Pune Warje) and Maneesha Konkar (RC Poona North), along with club members, participated in the greening campaign.■

RC Bhopal Hills

does commendable work during Covid

V Muthukumaran

During the Covid lockdown, the members of RC Bhopal Hills have done some excellent work by reaching out to vulnerable families and patients, said DG Col Mahendra Mishra, RID 3040, at the installation of the club's new president Brig Shivendra Bahadur Singh and his office-bearers. He exhorted the new team to continue with the good work during the challenging times.

"Rotary is in the forefront of social service. Four members of this club have become Major Donors and eight new members have joined the club. We must dedicate ourselves to carry on successful Rotary projects," said Mishra. DGE Jinendra Jain was the installation officer at the investiture that saw the presence of PDG Dhiran Datta and other dignitaries.

Outgoing president Col DC Verma in his welcome speech read out the past initiatives and projects he had completed.

The new president Shivendra Singh took charge by accepting the Rotary collar from Verma. In his presentation, Singh outlined his mission, goals and their methods of execution, especially with regard to membership growth, service projects, TRF giving and PR initiatives in the coming months. New club secretary Kunal Singh also took charge along with other officials and club directors.

Rotarians led by Singh visited two orphanages — Nitya Seva Society for girls at Pipalner and its boys orphanage at Chandbad — to distribute a range of confectionary including cakes, biscuits, cookies and coffee packets. "Around 150 girls and boys (under 11 years) at Pipalner

orphanage and 70 boys at Chandbad received our sweet goodies. Kausar Hussain, the orphanage warden, thanked the club for infusing happiness on the faces of children in these pandemic times, said Shivendra Singh.

Tree plantation

A tree plantation and awareness programme on environment was organised at the Raksha Vihar, Bhopal. "We chose a suitable location and it was ensured that after planting, the responsibility of watering the plants and taking care of them is entrusted to local people," he said.

Twenty saplings were planted at two locations and Rotarians followed Covid precautions in the greening drive. All the Rotarians and their family members wore masks, besides observing the social distance between them.

Club president Brig Shivendra Singh (2nd from L) at the installation along with DG Mahendra Mishra (3rd from L) and DGE Jinendra Jain (3rd from R).



The club donated two air coolers, sponsored by Rtn Col Arvind Nigam, to the Jawaharlal Nehru Cancer Hospital, Bhopal. The appliances were received by Alka Chaturvedi, medical superintendent, and Dr Shrikant Tiwari from the hospital.

Medical testing camps

As part of *Defeat Diabetes* campaign on World Heart Day, the club hosted five medical testing camps at different locations in and around Bhopal. A group of doctors aided by skilled medical staff screened the patients.

“Free blood tests for diabetes, BP, body weight, and heart-related diseases were done on the occasion,” said Singh. Adequate information and publicity were given at camp areas — Aman Hospital, Mubarak Pur village; Wikan Park, Kailash Nagar; Golden Jubilee Park, Kolar Road; Green



DG Mahendra Mishra and spouse Shilpa at a Defeat Diabetes camp.

City Hospital, Berasia Road; and Anjali Complex, South TT Nagar — on days preceding the health check-up. Medical tests on bone mineral density and serum uric acid were done with the latest technology by the Mankind Pharma team and instant reports on calcium deficiency were given to the patients.

Club’s medical camp director Dr Yogendra Sharma, Dr Pankaj Sood, Dr Mushtaq Ahmed, Rtns Dr Anup Kumar Goyal and Dr Rashmi Goyal took care of the logistics. DG Mishra with his spouse Shilpa visited two medical camps to observe the clinical examinations. Rtns Ehsan Ullah Ansari, Rajesh Jain, treasurer

Brahma Swaroop Agarwal, Nirvikar Yadav and secretary Kunal Singhal sponsored the medical camps across Bhopal.

On Independence Day, treasurer Swaroop and spouse Sangeeta gifted grocery bags and milk packets at the Mahatma Gandhi Kustha Ashram, a leprosy home at Gandhi Nagar near airport in which 60 inmates are sheltered. The grocery items included edibles such as lentils, rice, flour, oil and spices which will help the inmates to have nutritious food. Milk in tetra packs were provided by the club. At the Annual District Awards Ceremony held in Kevadia, a tourist town in Gujarat, the club bagged 10 top honours including for membership development, Rotary service honour, Nation Builder Awards, Literacy Mission, Environment, district citation and outstanding project. ■



Club president Brig Shivendra Singh and his team at the Jawaharlal Nehru Cancer hospital.

D 2981

RC Pondicherry Cosmos

Sarees, tiffin boxes, 5kg rice bags, lunch bags and umbrellas were given to around 100 conservancy workers by zonal secretary A Senthil on his birthday. The beneficiaries thanked the Rotarian for his donations. The event lifted the public image of the club.



D 2982

RC Rasipuram

A slew of projects including water supply, construction of a school building and check dam are being implemented at a Jamboothu hills village in Salem district in partnership with RC Namakkal Infinity. One of the beneficiaries was donated a cow and a *homan* (ritual) was done to kick off a community project in this village.



D 2982

RC Salem Junction

Sumptuous meals are being given to over 40 elderly inmates at the Nirai Vaazhvu, an old age home, on Annapurna Day (July 1) each year. This year too Rotarians led by club president Balakrishnan and secretary Ranganathan interacted with the inmates who enjoyed the delicious food served three times on that day. DG K Sudharalingam was the chief guest.





D 3000

RC Thuraiyur

DG R Jeyakkan inaugurated a mega *Go Green* project in which all the three clubs of Thuraiyur came together to plant 10,000 palm seeds and tree saplings on the banks of Periya Erikkarai, a lake offering a perennial source of drinking water to residents. This was followed by a medical camp for the residents.



D 3012

RC Delhi Vikas

DG Ashok Aggarwal was the chief guest at the installation of club president Vipin Kumar Garg who received the ceremonial collar from IPP Taruj Jain. DGE Lalit Khanna and DGN Priyotosh Gupta were also present. Club members with their spouses and other dignitaries attended the gala event.



D 3020

RC Narsipatnam

Two blood donation camps were held at Narsipatnam and Kothakota in which around 140 units of blood was collected. Saplings were distributed to blood donors. Eco-friendly Ganesh idols were given to devotees on the eve of Vinayaga Chaturthi. The families thanked Rotary for the gesture.

D 3030

RC Ballarpur

A rainwater harvesting (RWH) pit was installed at the Jyoti Heights Educational building at Ganpati ward in Ballarpur. A tree plantation drive was taken up on Friendship Day (Aug 1). The club urged its members and Interactors to plant at least one tree on their premises.



D 3053

RC Ajmer Metro

The club distributed essentials and daily use items to 25 hosteller girls of Dayanand Bal Sadan. Seven doctors were honoured for their exemplary service to Covid patients in Ajmer. Both the projects lifted the public image of the club.



D 3053

RC Gwalior Mahanagar

PDG Virendra Bapna celebrated his birthday with Rotarians and donated ₹40,000 as annual school fees for the education of 20 poor girls at the Government Padma Higher Secondary School. The club hosted a lecture event on the importance of breastfeeding at the Kilkari Children Hospital.





D 3053

RC Jodhpur Garima

A multispecialty medical camp was organised at the Rotary Bhawan for the public with doctors screening patients for general ailments. The club in association with the Period Society of Jodhpur conducted an MHM session for women prisoners at the Central Jail.



D 3054

RC Ahmedabad Midtown

The importance of personal hygiene was inculcated to 45 girls at the Navrachit Slum School. Rotarians distributed drawing kits, notebooks, a wall clock and a Goddess Saraswati idol to the school. A motivation lecture was given to girls for taking up vocational activities, apart from excelling in studies.



D 3054

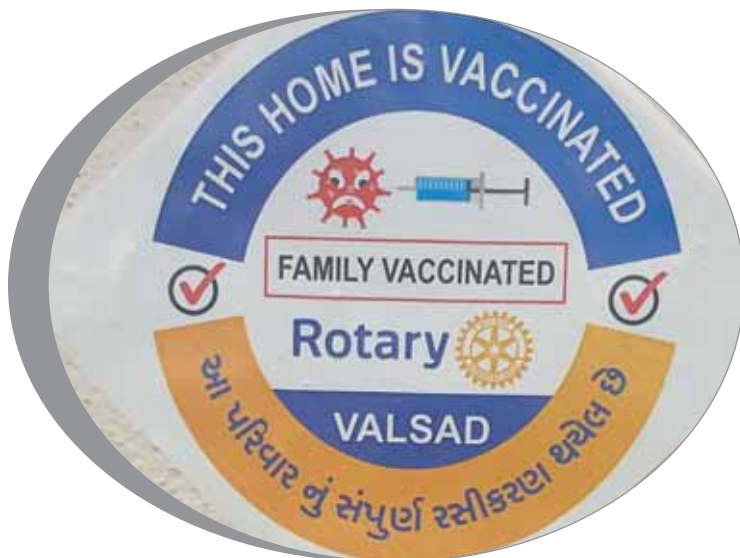
RC Dausa

A seminar on women's empowerment was conducted at the Anagan Bari Centre with Pradeep Kumar, secretary, District Legal Authority, Dausa, as chief guest. Sanitary napkins were distributed to over 200 women at the venue. Various queries on legal issues raised by women were clarified.

D 3060

RC Valsad

The club is pasting stickers in front of houses of those families who were fully inoculated as part of its vaccine awareness drive against Covid in the city. Rotarians are also recommending this unique project to other clubs in the district. Residents too have welcomed this Rotary initiative.



D 3090

RC Sri Ganganagar Main

Go Green stickers for cars and other vehicles were launched by DG Praveen Jindal during his club visit. Club president Jai Kumar Jasuja and secretary Harish Bhatia were present along with other members. The club has taken up a number of initiatives including sapling plantations.



D 3110

RC Agra Neo

Over 150 medicinal saplings were planted at Baghupur and Mursana villages, and 150 fruit-bearing trees were distributed to villagers who took oath to nurture the saplings. More than two dozen teachers were given Nation Builder Awards on Teacher's Day in the presence of G C Saxena, former V-C, Dr Bhimrao Ambedkar University.





D 3110

RC Agra Taj City

Around 120 hygiene kits comprising sanitary pads, masks, sanitisers, soaps, biscuits and bananas were distributed to women at a colony, Rui Ki Mandi, to create awareness on menstrual hygiene. The club plans to do similar projects through the year under the theme 'Action and investment in menstrual hygiene and health'.



D 3120

RC Kushinagar

A total of 75 saplings of fruit-bearing trees were planted on the premises of Bharauli Mandir, Kasia, and at the Bharauli fuel outlet to mark 75th year of Independence. People were urged to plant trees and the event was widely-reported in the Hindi dailies.



D 3120

RC Varanasi East

As part of its Covid-relief work, the club donated 10 oximeters, 1,000 masks and five sanitiser cans of 5-litre each to the Ramakrishna Mission Hospital, Varanasi. Rotarians distributed fruits, biscuits and masks to 96 patients at the hospital. A large number of Rotarians took part.

Rations provided to families, children's home

Team Rotary News



Children at the Rainbow Home with a set of new garments.

Grocery bags were distributed to over 150 people by RC Bangalore East, RID 3190, with its past president V Krishnamoorthy organising the event with support from Rtn Shivakumar. The project was sponsored by past presidents SA Chandran, NJ Menon and Rtn Nandakumar.

The new Rotary year (2021–22) was ushered in with Chandran distributing 110 grocery kits worth ₹75,000. Essae

Foundation sponsored the programme. Past president Chourappa made the arrangements. In a similar initiative, grocery bags were distributed to 125 families with support from Menon and Chandran from Essae Foundation. Club president Benny Augustine, secretary KS Sudhakaran distributed the essentials to the families.

In another generous CSR funding, Essae Foundation sponsored 550 food kits worth ₹3.85 lakh which were

distributed to students and their parents at the Sri Saraswati Vidya Niketan High School, Dommasandra, and Swami Vivekananda High School, Nerlur.

“We also donated four laptops amounting to ₹1.6 lakh for teachers to conduct their online classes,” said Sundaresan Jagannivasan, public image chair of the

Essae Foundation sponsored 550 food kits worth ₹3.85 lakh which were distributed to students and their parents at the Sri Saraswati Vidya Niketan High School, Dommasandra, and Swami Vivekananda High School, Nerlur.



Two girls receive cheque for their school fee.

club. Krishnamoorthy, Chaurappa and president Augustine distributed the food packets and laptops to the beneficiaries in a gala handover ceremony.

Rations to children's home

On the last day of

the previous year (2020–21), the club distributed edible items such as raw rice (100kg), cooking oil (15 litres), *upma rava* (10kg), sugar (10kg), toor dhal (10kg) and pickles (2kg) to the Caruniyam Children's Home. "We also

distributed undergarments to children at the Rainbow Home, Domlur," he said. The club is sponsoring the school fees of two poor children. Club president Augustine, along with secretary Sudhakaran, presented the cheques to the children.

Covid vaccination

Around 1,000 doses of Covid vaccination worth ₹8 lakh were received from the Apollo Home Healthcare, thanks to sponsorship from Essae Foundation, for holding a vaccination camp at the Domlur Senior Citizens Charitable Trust. P P Krishnamoorthy coordinated the project execution.

Wheelchair bank

The club has started a wheelchair bank to lend them to those in temporary need of the same. "After the patient recovers or is no longer in need of the wheelchair, it will be returned to the club. It will be disinfected, cleaned and then made available to the next patient for his temporary need," said Jagannivasan. ■



Grocery bags distribution to pandemic-hit families.

D 3132

RC Barsi

In an ongoing project to enhance the beauty of the city, the club planted over 500 flowering trees and plants on the Solapur Road median with the help of 37 Rotarians. The plants will be maintained on weekend. The project enhanced the public image of the club.



D 3132

RC Solapur

A Rotary Book Bank was started for students of Classes 9–10 from poor families. After completing their exams, they have to return the books to the school libraries which will pass them on to the next batch. Fifty sets of books were allotted to the BM Pulli Kanya Prashala, Solapur, as the first initiative of the book bank.



D 3170

RC Kumta

Van Mahotsav was celebrated by planting fruit-bearing, medicinal and flowering trees at the Nadashree Kalakendra Rotary building. Chatan Naik, senior assistant director, Horticulture Department, was the chief guest. The project costing ₹2,500 was attended by 32 Rotarians and 15 non-Rotarians.





D 3170

RC Seven Hills Dharwad

The club in association with RC Dandeli organised a health check-up for over 150 malnourished children who were given nutrition kits. A team led by AG Dr Kavan Deshpande advised parents on taking care of their children with a balanced diet. Nutrition kits will be distributed for 9–12 months to the beneficiaries and the project, costing ₹1 lakh, was sponsored by the VR Deshpande Memorial Trust.



D 3181

RC Mysore North

Kitchen utensils and cutlery sets were donated to the Savinenapu orphanage. Club president L Channabasavaraju presented cheques for the annual fees of students at the Nrupathunga Kannada School, Mysuru. An amount of ₹25,000 and a food kit were donated to Suresh, who lost his left leg to gangrene.



D 3231

RC Gudiyatham

DGE JKN Palani's daughter Dr Rekha marriage was conducted at the Subramanya Swamy temple at Kundrathur, near Chennai. After travelling 170km, both the bride and groom donated blood at the Government Hospital, Gudiyatham, on behalf of the club to create awareness on blood donation.

D 3231

RC Tirupattur

DGE JKN Palani from RC Gudiyattam was the chief guest at the installation of club president V Barathi along with secretary P Arunagiri and other office-bearers. In his address, legislator A Nallathami noted the good work being done by Rotary and greeted the new set of office-bearers.



D 3231

RC Uthiramerur

PDG A Sampath Kumar was the chief guest at the installation of S Divakar as the club president along with his team of office-bearers. Two cupboards, fans and furniture including desks and benches were donated to three government schools in nearby villages. New members were also inducted.



D 3261

RC Rourkela Queens

A blood donation camp was held at the Ahuti Bhawan in the city. Legislator Sharda Nayak and Rtn DR Patnayak, an AKS member, were guests of honour. This was a joint project by all the eight clubs in Rourkela. Doctor's Day and CA's Day were celebrated by honouring club members Dr Namita Bansal and Akriti Agarwal.





D 3262

RC Bhadrak

The club plans to do 500 cataract surgeries on this golden jubilee year. A cataract surgery camp was held at the Salandi Hospital in which 20 persons were operated. Event chair PP Dr Pravash Mohanty screened the patients and did the surgeries. Club president Basanta Panigrahi and AG Atish Behera were present.



D 3291

RC Geetanjali Kolkata

A seminar on mother's health and child care was held for thalassaemic patients with the support of RCs Calcutta Suncity and Calcutta East Central. The venue, Bira Ballavpura Milanisangha Conference Hall, at Bira village, Barasat, in South 24 Parganas district saw a huge turnout of audience.



D 3291

RC Howrah

A Covid vaccination camp was held in partnership with the Howrah municipal corporation and the health department at the Rotary community hall in which around 280 persons were inoculated. Club president Dr Bula Mukherjee, secretary Santanu Banerjee, PP Somnath Banerjee and IPP Dr Pamela Ghosh arranged the logistics for the project.

Compiled by V Muthukumaran

E-RYLA for Interactors

across six RI districts

V Muthukumaran

Eminent persons from diverse fields of cricket, lifestyle, animal world, graphics and emergency medicine gave presentations at an E-RYLA hosted by RC Nasik Grapecity, RID 3030, in partnership with RC Cochin East, RID 3201. Around 560 Interactors from six RI districts across India, Bangladesh

and Sri Lanka took part in the deliberations.

The speakers kept the audience enthralled with their speech on diverse topics, which was followed by a Q&A session. An inspiring message along with a recorded performance from Stephen Devassy, renowned pianist and musician, was one of the highlights of the E-RYLA. DGE Dr

Anand Jhunjhunwala, RID 3030, gave an interesting talk on “doing service with love and how to bring smile on the faces of underprivileged families.” RID 3201’s RYLA chair Antony Johnson, RC Cochin East president Dr Kuriakose Antony, RC Nasik Grapecity president Anil Deshmukh addressed the youth on various topics related to Rotary ideals.





RC Nasik Grapecity president Anil Deshmukh and DGN Asha Venugopal at the I-Day celebrations at a special home.



The event culminated with the release of certificates by DG Rajasekhar Srinivasan, RID 3201.

Independence Day was celebrated along with inmates at the Gharkul Parivar Sanstha, a special home for the mentally-challenged girls at Pimpalgaon-Bahula near Nashik. DGN Asha Venugopal and club president Deshmukh hoisted the flag and interacted with the girls.

In her address, Vidya Anand Phadkay, secretary of the special home, explained the activities of the Gharkul, which was followed by a group dance by the girls. Rotarians

Following a request from PDG Bal Inamdar, the club donated a wheelchair to a special child Aman Shaikh at Deolali Gaon. DGN Asha arranged for the donation after hearing the plight of the boy.



A multi-district E-RYLA for Interactors.

distributed school uniforms to the inmates. Rtns Uday Singh and Alka Singh donated a 40-inch TV to Gharkul. "This large screen TV will be of immense help to all the students in online learning," said Suruchi Ranadive, the club's PR director. Also, Rtns Rajan Pillai and Lata Pilla donated a sewing machine for the Gharkul Parivar which will help the girls to learn embroidery and tailoring skills. Rotarians strictly followed the Covid protocol during their visit to the special home.

Following a request from PDG Bal Inamdar, the club donated a wheelchair to a special child Aman Shaikh at Deolali Gaon. DGN Asha arranged for the donation after hearing the plight of the boy. Deshmukh, club secretary Jayant Khairnar, vice-president Vebha Ghavare, medical services director

Jyotica Pai went to the boy's house to deliver the wheelchair. "His family was overjoyed to receive the wheelchair. Aman's face lit up and he expressed his gratitude through gestures as he is unable to speak," said Suruchi.

Interact club

An Interact club was installed at the Kilbil St Joseph's High School after getting the nod from the principal and parents of the students. With the coordination of teachers and sisters of the management, 17 students were invited to the investiture and the new office-bearers were sworn in by club president Deshmukh.

Notebooks and stationery items were donated to poor students of Matoshri Savitribai Phule Madhyamik Vidyalaya, Pakhal Road. The project was sponsored by Dr Dhadiwal, an orthopaedic surgeon in Nashik, to mark his 75th birthday. The stationery distribution saw the presence of a large number of Rotarians. Club president Deshmukh, spouse Jalprabha, secretary Khairnar, vice-president Vebha, treasurer Rajan, youth services director Durga, non-medical services director Rajendra and Rtn Rajeev Oka greeted the children and motivated them to excel in their studies.

School principal Madhukar Bacchav and Interact club in-charge

Kammodkar thanked the club for gifting notebooks and stationery items which will help poor children in their education.

On the occasion of World Environment Day, June 5, the club planted over 500 saplings of diverse species at the Chunchale Shivar, a residential locality in Nashik, by joining hands with the Green Revolution, a citizens' forum which is working to preserve the environment in and around Nashik. IPP Kavita Dagaonkar handed over the saplings to members of Green Revolution which has so far planted over 20,000 trees on a mountain which it has adopted to revive its ecology. Then president-elect Deshmukh, Rtns Philip, Amol Kabra and Annettes Anjali Kabra, Vasanti Neve and Master Mannan were present. Rtn Asif Shaik anchored the sapling distribution event.

On Aashadi Ekadashi, a religious day on the lunar calendar for Vaishnavites and devotees of Lord Vitthal in Pandurag, the club distributed writing material and footwear to 48 students at the Thakurpada ZP Primary School. Deshmukh, along with Khairnar and other Rotarians, distributed the stationery items to students. They also planted 15 varieties of flower plants on the school campus. ■

Notebooks and stationery items were donated to poor students of Matoshri Savitribai Phule Madhyamik Vidyalaya, Pakhal Road. The project was sponsored by Dr Dhadiwal, an orthopaedic surgeon.

Creating awareness about Rotary in Ludhiana

Team Rotary News



Rotarians plant saplings with policemen.

RC Ludhiana Greater, RID 3070, conducted a Rotary seminar for the students of the Government School of Jawaddi, Ludhiana. The project worked both as a PR and awareness event as the students were given a detailed lecture on Rotary's 4-Way-Test and how it can be applied in everyday life. The students were also informed about Interact and their role in the organisation. The lecture was conducted by club member MS Aulakh in the presence of club president Vikas Babbar and Rtns Dr Param Saini, Amanpreet Singh and Kiran Gupta.

The club also conducted a tree plantation drive at a police station in Ludhiana. Members along with police staff planted 250 saplings. The station house officer S Harjit Singh thanked and appreciated the efforts of the club. Rtns Amanpreet Singh and Shuvam Bains along with president Babbar were present at the event. ■

A seminar at a government school.



RC Hubli Vidyanagar organises wellness events

V Muthukumaran

A Tibetan 'singing bowls' workshop in progress.



Depression and elevated anxiety are linked to diseases. Covid has not only affected the health of many but also the mental stability of families. A mind healing workshop through the Tibetan 'singing bowls' was conducted by RC Hubli Vidyanagar, RID 3170, with two useful sessions that brought peace and comfort to 45 participants from Hubli and Dharward, said club president Dr Mahima Mohit Dand.

The sound of Tibetan singing bowls, along with the gong, harmonises and allows deep relaxation of both sides of the brain.

Traditionally singing bowls are made of several metals including tin, mercury, copper, gold, silver, lead and iron. Healing was possible through a process of deep meditation induced by the Tibetan bowls with their unique, mesmerising sound, said Mahima.

Due to its name many people believe singing bowls have originated from Tibet but in reality, it has originated from Nepal and Eastern India. The bowls are also known as meditation or Himalayan singing bowls. When used properly, the Tibetan bowls have tremendous spiritual, medicinal and musical values, she said. "These unique vessels





RC Hubli Vidyanagar president Mahima Dand (left) interacting with an aged woman.



are in use thousands of years and it has been scientifically proved that the Himalayan bowls increase our concentration and help us to relax through sound meditation.”

Two sessions of 40 minutes each were held at the first workshop with Rtn Dr Gautam Lodaya from RC Haveri as the resource person. “We got a positive feedback from the event and we have booked one-to-one sessions with those interested with this meditation process,” said Mahima. VRL Logistics president Vani Sankeshwar as the chief guest at the healing workshop took part in the proceedings. Rtns Sharmila Hemant, Anand Patwa, Sanjay Shetti, Bhavani Shankar, Kajal Vikamshi, Sadhana Rao, Gauri Hiremath and Deepak Patil were among the participants.

An awareness talk session on breastfeeding was conducted at the Gandhiwada anganwadi, followed by a healthy baby contest for 2–5 years old. “Gifts were given to mothers of newborns. The lactating mothers were

advised on nutritional diet and child care,” said Mahima who addressed the gathering. Club’s IPP Dr Precella Thomas and Dr Annapurna Sali gave a presentation on the importance of mother’s milk.

Cancer detection camp

On Independence Day, 50 women from Hubli and Dharwad were screened for breast, cervical and colon cancers at a special camp organised by the club. Event chair Dr Rudresh gave a talk on cancer awareness with additional inputs and suggestions from Dr Precella.

Rtn Dr Vishwas Pai gave a speech on the wanton fears and reluctance among women to get screened for cancer. Around 40 women from the Mahila Hitwardak Mandal were diagnosed at the medical camp. Rtn Dr Annapurna Sali urged women to come forward and get screened as all the tests were done free of cost.

An inter-district workshop on making eco-friendly Vinayaga idols



Sarees were distributed to elderly women at the Government State Home for Women, Hubli.

was conducted in partnership with RC Indore Galaxy, RID 3040. Event coordinator Sundhindra, Indore club president Virendra Tomar, DGs Gaurish Dhond, RID 3170, and Mahendra Mishra, RID 3040, made the project a memorable one for all the Rotarians, said Mahima. The Annetts displayed their creative skills by moulding well-crafted Ganesh idols with colourful designs that were much appreciated by the participants.

Raksha bandhan

Seed ball-tagged *rakhis* were tied on the wrists of inmates at the Basavshri old age home to mark Raksha bandhan. Sarees, along with medicines for general ailments, were given to elderly women. "We gave a talk on oral hygiene and the importance of dental check-up. Our members spent quality time with them by sharing anecdotes, stories and real-life incidents to the destitute," recalled Mahima. Around 100 sarees were also distributed to the inmates at the Government State Home for Women, Hubli.

A *bhoomi puja* (foundation ritual) was done for a girls toilet block at the club's adopted school in Devargudihal village in Hubli district on World

On Independence Day, 50 women from Hubli and Dharwad were screened for breast, cervical and colon cancers at a special camp organised by the club. Event chair Dr Rudresh gave a talk on cancer awareness with additional inputs and suggestions from Dr Precella.

Literacy Day (Sep 8). Mahima, club secretary Jaya Jadhav, Bhavani Shankar, Anand Patwa, Avinash Kothari, Santosh Pujai and school headmaster Savita Dubey, panchayat president, teachers and students were present at the gala event.

It was a two-hour emotional outreach to 21 inmates of an old age home. They were taught *pranayama* technique on a one-to-one basis. "Over 90 per cent of the elderly people here are above 80 years, some blind, debilitated or bedridden. The oldest person we spoke to was a 102-year-old woman, though she was almost deaf and could not hear

much of our talk during the 20-minute interaction with her." Yoga expert Rekha Nayak interacted with the aged persons.

Umbrellas with club logo were given to 60 vegetable sellers at a project cost of ₹15,000. Mahima along with club directors Sanjay Shetti, Bhavani Shankar, Santosh Pujari and Sireesha met the retailers and presented the canopies to them which will shield them from rain and daily heat.

Menstrual hygiene

The club will be donating over 10,000 menstrual cups across RID 3170 as part of Project *Red Revolution*. "We are educating women on the use of hygiene cups and the need to transit from rough cloth, pads to reusable cups," explained Mahima who gave a talk on MHM to students at the adopted school in Devargudihal village. Menstrual cups were given to all teachers who were educated on best hygiene practices.

In another MHM programme, around 100 students at the IBMR Degree College, Hubli, took part and women lecturers and staff were given the eco-friendly cups with a specially-designed pods 'womancare'. ■

Teaching self-defence to girls

Team Rotary News



Rotarians of RC Calcutta South Circle with the trainers and participants after the Virangana workshop.



Girls being taught martial arts.

Rotary Club of Calcutta South Circle, RID 3291, trained self-defence skills to 23 girls and three women residing at the Kalighat red light area through their Project Virangana. The beneficiaries were identified with the help of Notun Jibon, an NGO working for the welfare of these girls and women.

They were taught Aikido, a modern Japanese martial art, under an internationally acclaimed trainer Sensei Avijit Mitra and his team comprising Sensei Utpal Chakraborty and Sensei Deeptanil Ray.

The workshop included a talk on diet and nutrition by Dr Ananya Bhowmick and Rtn Dr Samapika Das Biswas extended psychological counselling for the participants to strengthen their mental health and enhance their self-confidence. "The workshop provided holistic benefits for the girls and we will plan a similar session soon," said club president Sukhendu Kumar Basu. DG Prabhir Chatterjee lauded the club members for the initiative. ■

Helping children walk

Team Rotary News



RC Coimbatore Meridian, RID 3201, has been sponsoring the treatment of deformities such as club foot, bow legs and curved foot in children aged 1–18 years, through its Project *First Step*, since its inception a year ago under a global grant supported by TRF and RC Colombo Greater, RID 3220, Sri Lanka. The corrective surgeries are performed at the One Care Hospital owned by club member Dr Abdul Salaam.

The club has helped treat 75 children with such deformities until August, says club president Madhanagopal.

In another initiative, the club has facilitated Covid vaccination for over 150 people residing in tribal hamlets on the Anaikatti Hills with the help of a medical team from the One Care Hospital. “It was a challenging exercise because



most of the people in these backward villages have never been exposed to any form of injection in their lives so far,” says Thamilselvan,

chairman-Community Service. The club has been actively pursuing this service since the beginning of this Rotary year when they first

organised a mega vaccination camp in Coimbatore. Over 350 people were given the jab at the camp. Wheelchairs worth ₹16,000 were given to



Above: A Covid vaccination camp at the Anaikatti hills.

Left: Members of RC Coimbatore Meridian after helping a physically-challenged man and his family.



A child being treated with corrective surgery as part of the club's Project First Step.

two physically-challenged people at the camp.

More recently, the club reached out to a household by providing special footwear to the father

and son who are both physically-challenged. They helped them run their business and earn a livelihood by providing necessary goods to stock up their

tuck shop. A bicycle was also given to the daughter to help her commute to school or run errands

The club members pooled Rs 30,000 and

gave it to the parents of a 17-year-old boy undergoing treatment for cancer at the Ramakrishna Hospitals in the city. ■



Students with sports kits at the Zilla Parishad High School, Vuyyuru.

Vuyyuru Rotarians help students, vendors

Team Rotary News

Sports kits worth ₹15,000 were donated by RC Vuyyuru, RID 3020, to the students of the Zilla Parishad High School at an Independence Day event which was conducted in partnership with the Inner Wheel Club of Vuyyuru.

A merit scholarship of ₹5,000 was given to Syed Fatimunnisa, a student of AG and SGS Junior College of Arts and Science in Vuyyuru. In another initiative, the club donated a 43-inch smart TV

worth ₹30,000 to the primary health centre at Uppuluru village.

On World Senior Citizens Day (Aug 21), the club provided a sumptuous lunch to the elderly inmates at the Aadarana, an old age home at Vanukuru village. The project cost ₹5,000. In a similar event, the club sponsored a grand feast for 100 persons at this old age home to commemorate the 111th birth anniversary of Mother Teresa. The inmates and the

caretaker thanked Rotary for their gesture.

Push carts to vendors

Following a survey to identify the beneficiaries, the club selected six roadside sellers who are using push carts on a rental basis to earn a livelihood. At a project cost of ₹75,000, including a district grant of ₹60,825, the club distributed mobile carts to four women vendors. "In view of RI President Shekhar Mehta's focus on women's empowerment, we selected four women to receive our wheel carts," said Rtn Syed Anees, project contact of the club. District public image chair PYN Rao, public image regional chair Krishna and Rtn M Bhaskar were the guests of honour at the handover ceremony.

The carts were donated to the beneficiaries in the presence of Vuyyuru Nagar Panchayat chairman Vallabhaneni Satyanarayana who, in his address, extolled the service projects of Rotary and the club's initiatives to better the community. ■



Rotarians serving food to inmates at the Adarana old age home.