

December 2021

Rotary

NEWS PLUS

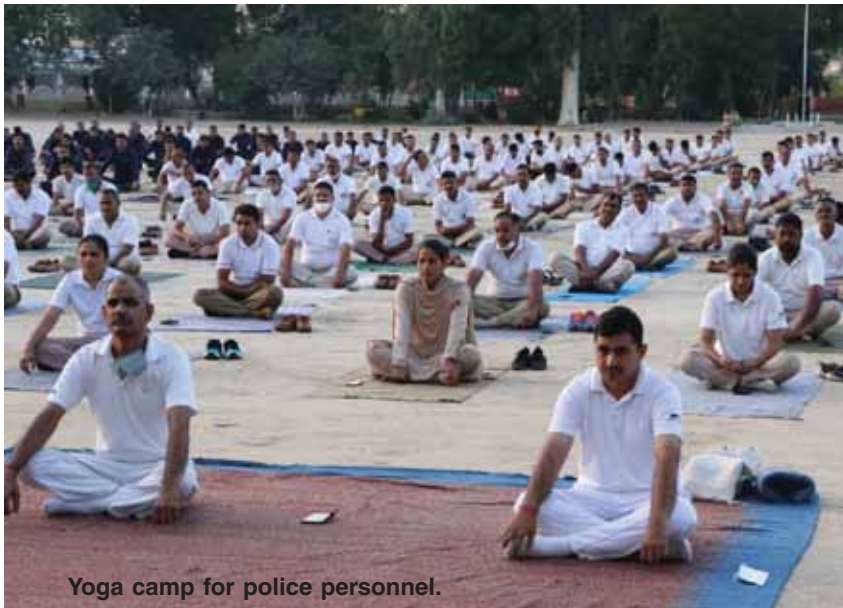


Meditation camp for policemen and awards for teachers

Team Rotary News



Club members along with teachers who received the Nation Builder Awards.



Yoga camp for police personnel.

Over 250 police personnel attended a yoga camp organised by the RC Sri Ganganagar Marwar, RID 3090. The event was part of the club's effort to commemorate World Mental Health Day and help them beat the stress.

AG Ashok Kataria, club president Deepak Jain and secretary Jagnandan Singh, along with club members, were present at the event.

The club also honoured 12 teachers with the Nation Builder Awards on Teacher's Day for their 'selfless service'.

On the cover: Members of RC Arehally, RID 3182, with environmentalist Saalumarada Thimmakka, planting saplings as part of their greening project.

Benches for Ambala schools

Team Rotary News



Students using the new desks and benches donated by the club.

RC Ambala Midtown, RID 3080, provided 40 benches for the seating of school children at the Government Senior Secondary School, Sultanpur, Ambala city in Haryana.

Club president Raman Duggal said that the club is striving hard so that “no child sits on the floor at schools.” The 40 benches have been provided for Classes 6–8 for the seating of 80 students.

RID 3080 has set a target of providing 10,000 benches in government schools this year and this initiative is part of it.

School principal Neeru Gupta, along with the staff, thanked the club for the benches. ■



Club members at the Government Senior Secondary School, Sultanpur.

School bags for Indore students

Team Rotary News



A student receiving the school bag.

RC Indore Greater, RID 3040, in association with AIM for SEVA, an NGO involved in education and career development of those from underprivileged families and

tribals, distributed school bags to 40 students residing in the NGO's hostel. The club annually distributed books, school bags, uniforms, shoes, furniture, computers, sports

equipment and utensils to the hostel.

AG Saroj Modani carried out the bag distribution in the presence of the club members. The project cost ₹11,900.■

Recharging wells in Dausa



Club members pledge to save groundwater.

RC Dausa, RID 3054, in association with the Dausa district administration undertook and completed the recharging of 70 wells in and around Dausa, Rajasthan.

“Water is the most pressing problem in Dausa. Because of the absence of surface water people depend entirely on the groundwater. Having understood the need of the hour, our club decided to recharge public wells,” says club president Shiv Shankar Soni. The club also spread awareness on water conservation among the residents and took pledge to save groundwater at their own homes and work places.■

E-RYLA on soft skills attended by 1,700

Team Rotary News

A five-day international RYLA was hosted by RC Chinchwad-Pune, RID 3131, to mark its silver jubilee year in partnership with RC Alabang Madrigal Central, Manila, RID 3830, and Prof Ramakrishna More Arts and Science College, Pune. The E-RYLA event with the topic 'Soft skills development' was attended by over 1,700-plus Rotarians, Rotaractors, Rotexers (RYE alumni), Interactors and Annets from 26 countries. Also,

around 160 teachers and 900 UG, PG and research students from around the world took part in the interactive sessions.

The resource persons from the US, Australia, Austria (EU), Finland, Brazil, Indonesia and the Philippines spoke on diverse topics related to soft skills, ranging from leadership qualities and time management to positive thinking, handling stress and creative problem-solving.

In his inaugural address, DG Pankaj Shah lauded the club for hosting an e-RYLA on soft skills which help the youth, students and teachers. Club president Shilpagauri Prasad Ganpule welcomed the participants and gave credit to her organising team and its coordinating partners for hosting this mammoth e-RYLA programme. RID 3131-Youth Services director Gauri Shikarpur pointed out soft skills are critical in the 21st century to cater to the emerging market demands.

Ramakrishna More College principal Abhay Khandagale said it was a noble initiative to hone the soft skills of students and Rotaractors. RC North Shore, Houston, past president Charles Grant, who is also the founder-chairman of International Fellowship of Rotary Educators, said, "Rotaractors are the backbone of Rotary and they should be motivated to lead the world." He spoke about the projects being implemented by Rotaractors in Houston, Texas, US.

RC Alabang Madrigal Business Park coordinator Justin Ho Guo Shun, secretary Alexie Reyes and Rotary E-club of Melbourne member Madhumita Bishnu spoke at the inaugural session. RID 3131 Task Force secretary Ganesh Kudale; AG Dr Shubhangi Kothari; club trainer Sanjay Khanolkar; secretary Prasad Ganpule; and Youth Services director Parag Joshi made their presentations. ■



MHM, green planet projects at Coimbatore

V Muthukumaran

Under its Girls' Empowerment initiatives, RC Coimbatore Vadavalli, RID 3201, installed a sanitary napkin vending machine worth ₹12,000 at a government girls school in the neighbourhood. The project was done in association with RC Coimbatore Zenith to mark International Girl Child Day (Oct 11). Sanitary pads were given to 150 girls at the school. An MHM awareness session was held in which Dr Rajini

gave useful tips on best sanitary and hygiene practices for girls.

The club members celebrated Diwali, along with Rotaractors, by providing food and gift items to over 45 inmates at the Karunai Illam, a special home for mentally-challenged in Koundampalayam village. "All the inmates at the special home were delighted to celebrate Diwali with us as we burst crackers which brought smile on their faces," said club president A

John Singarayar. During the weekly club meeting too, the festival of lights was celebrated with pomp.

A new interact club was installed at the Chavara Vidya Bhavan Matric HSS with Joshua Clifford, son of Singarayar, taking oath as the charter president of the new club in the presence of a large number of Rotarians. "We inducted 701 Interactors at this charter ceremony and are glad to have one of the largest Interact clubs in Asia," he said.

Herbal garden

Under the district's priority theme *Our Lovely Planet*, an herbal garden with 10 different species of trees was inaugurated at the Chavara Vidya Bhavan. "Plantation campaign is one of the district's thrust areas and we are able to create this herbal garden in the presence of DG Rajasekar Srinivasan on the school campus."

During the visit of DG Srinivasan, the club donated a sanitary pad vending machine and its incinerator at the Chavara Vidya



RC Coimbatore Vadavalli president John A Singarayar (3rd from R, sitting) along with DG Rajasekar Srinivasan (seated 3rd from L) and other members.



DG Srinivasan presenting the charter to the new Interact club president Joshua Clifford in the presence of parent Rotary club president John Singarayar.

Bhavan which will benefit over 1,700 girls. A newly-constructed dining hall (₹4.5 lakh) was inaugurated by the DG at the Thondamuthur Panchayat Union Middle School, Vadavalli South. The new building will accommodate over 600 students at a time. As part of its *Smile Project*, 50 footwear and stationery kits were donated to students at the Marudhamalai Devasthanam Higher Secondary School, Vadavalli. “The

faces of children lit up with smiles as they received their gifts which the district governor appreciated,” recalled Singarayar. While visiting the project sites of the club, DG Srinivasan released the club bulletin, logo and flag.

The club donated ₹49,000 to a diabetic patient who had one of his legs removed in the course of his treatment. As his family is financially weak, they reached out

to him with this amount which will help him to take care of his medical expenses.

Three projects on a single day

The first day of the Rotary year, July 1, was marked with three grand projects under the district’s *Our Lovely Planet* theme. Herbal gardening, terrace gardening and providing food to 100 families at Vadavalli were accomplished successfully in the presence of Singarayar and fellow Rotarians.

A workshop on spoken English and fluent oration titled ‘English Vinglish — Let’s Learn and Speak’ was conducted with the help of Rotaractors for students of government schools. Rtn Ramesh, chairman, District Priorities, interacted with the students on the issue of fluent conversation in English. Rtr Arthi, a certified district trainer, gave useful suggestions to students on spoken English and how to communicate effectively. The students of MSSD Higher Secondary School enjoyed the sessions with Rotarians and Rotaractors. ■



The club’s logo and flag being released by DG Srinivasan.

Mega polio rally creates impact in Tirupattur

Team Rotary News



Students at the End Polio Now rally.

A mega End Polio Now rally was taken out by RC Tirupattur, RID 3231, with DSP T Santhalingam, as chief guest, flagging off the procession. Students of the Vedha Matric School took part with music and by holding placards. "The polio rally created an impact among the people and lifted our

public image among the residents and commuters," said P Somu, club treasurer.

A toilet block was built at a cost of ₹1 lakh at the TMS Higher Secondary School by the club, followed by the installation of an Interact club at this school. Around 60 pregnant women had benefited from an anaemia

camp held at the Dr L S Hospital, Tirupattur, in which an awareness talk was given to the beneficiaries.

During Teacher's Day event, 38 teachers from various government schools were felicitated by the club. PDG A Sampathkumar honoured 15 engineers at a special event to mark Engineer's Day at the Rotary Hall. The club donated LP gas iron boxes to two people at a cost of ₹25,000 to help them earn a livelihood. Dictionaries were given to 55 poor students from government schools to aid them in improving their language skills.

Sixty-five people were screened for eye ailments at a special camp held at the Boomi Thai Niruvanam, a local NGO, at Tirupattur. The club honoured 13 government staff and officials who had served the community in various capacities. The awardees thanked Rotary for the recognition. ■



The newly-formed Interact club with Rotarians.

Focus on environment

Team Rotary News



Environmentalist Saalumarada Thimmakka lighting the lamp along with DG MG Ramachandra Murthy (fifth from L).

Rotary Club of Arehally, RID 3182, honoured noted environmentalist Saalumarada

Thimmakka at their GOV (Governor's Official Visit), and planted saplings in her honour.

Saalumarada (row of trees in Kannada) is how she is referred to because of her environmental

service. The centenarian is known for having planted and nurtured 385 banyan trees along a 4-km stretch of the Hulikal-Kudur highway in Karnataka.

She has planted more than 8,000 trees and has been honoured with a Padma Shri Award by the Indian government, besides various other awards from other forums.

DG MG Ramachandramurthy also felicitated David, PRO at the Father Muller Hospital in Mangaluru, and outstanding teachers from government schools at an event organised at the Rotary School in Arehally. ■



DG Murthy felicitates PRO David.

D 2981

RC Chola Thiruvarur

Rotarians sponsored a breakfast to 60 inmates at the Yoga Seva Home for the aged people at Ammaiyappan village. They served the elderly people with delicious food which brought smiles on their faces. The home in-charge thanked the club for their gesture on Annapoorna Day.



D 3000

RC Karur

An inter-college debate for girls to promote oratorical skills and leadership qualities was conducted by the club. The topic “Are today’s scientific gadgets helpful or harmful to the growth of youth” saw heated debates among girls. Club president M Balraj and other Rotarians were present at the venue.



D 3011

RC Delhi Safdarjung

Van Mahotsav was celebrated with the support of RC Delhi South and RWA of Greater Kailash, Delhi. Union minister of state Meenakshi Lekhi was the chief guest at the event in which over 500 species of native trees were planted. Earlier, the club planted over 400 saplings at the Garib Niwaj Guru Nanak Education Society.





D 3012

RC Sonipat Midtown

In a joint project with the District Legal Service Authority (DLSA), the club distributed sanitary pads to school girls and conducted an MHM seminar for them. DLSA secretary Harijit Singh Jaspal gave the guest lecture. Social taboos and myths were discussed at the seminar.



D 3012

RC Kundli

In a greening mission, the club planted over 50 trees with sapling guards at the Haryana State Industrial Area, Kundli. The club has taken up a number of environment-friendly projects in the neighbourhood lifting its public image. Club president Neelam Sehgal led her project team in various initiatives.



D 3030

RC Chopda

The golden jubilee year was celebrated by cutting cake in the presence of charter member and past president B M Patil, former speaker of Maharashtra legislature Arunlal Gujrathi, PDG Rajendra Bhamre, AG Yogesh Bhole, club president Nitin Ahirrao and secretary Rupesh Patil. It was an occasion for fellowship.

3030

RC Nasik-Ambad

The club took up a Covid awareness campaign at tribal hamlets in the remote areas of western Dindori tehsil in Nashik district. Rtn DK Zarekar, director, membership, led a team in the year-long campaign till June 2021 in which vaccine advocacy was also taken up among hill tribals.



D 3030

RC Nasik

Under its newly-launched project *Rotaract Katta*, the club hosted a corner meeting in which traffic and parking issues in Nashik were taken for discussion by Rotaractors from the LVH College, Panchavati, Nashik. The event coordinated by Rotaractors.



D 3040

RC Indore Adarsh

A webinar on organ donation was conducted in partnership with the Mohan Foundation, Anand Service Society, Indore, and Pahal Foundation. Around 200 speech and hearing-impaired took a pledge to save lives. DG Col Mahendra Mishra praised the club for the initiative. Club president Hatim Anant briefed the delegates about the club programmes.





D 3053

RC Bikaner Marudhara

A seminar on organ and body donation was held following instructions from DG Sanjay Malviya. The guest speakers were felicitated by the club. Under its *Green Marudhara* campaign, a plantation drive was held at the Government Higher Secondary School, Bamanwali.



D 3060

RC Umbergaon

The club, along with Inner Wheel members and Rotaractors, took up a beach clean-up drive as part of Swachh Bharat Mission. With the help of 10 municipal councillors, 10 sweepers and a JCB machine, a massive beach cleaning was done under the leadership of club president Mehul Sheth.



D 3070

RC Jalandhar Central

It was an occasion for fellowship when new club president Amit Dureja and secretary Kanwaljeet Madan were installed by DGE Dr Dushyant Chowdary in the presence of PDG Parvinderjit Singh, AG Raj Kumar, zonal chairman Kulwant Singh and district secretary Rohit Oberoi. Project director Vijay Sehdev made the installation a gala event.

D 3070

RC Pathankot Midtown

The club donated ₹50,000 for the surgery of a baby girl born without a proper food pipe at the Dr Jaswal Children's Hospital. The little angel is doing well with good care by her parents and well-wishers. The project lifted the public image of the club.



D 3090

RC Sunam

Club president Jagjit Singh Jaura and his team were installed in a gala ceremony presided over by DG Parveen Jindal. District secretary Rajiv Mittal, DGE Gulbahar Singh Ratole, DGN Ghansham Kansal and senior Rotarians were present. A commitment was made to give \$5,000 to TRF. With the efforts of Rtn Naveen Garg, a new Rotaract Club of Shine was formed.



D 3120

RC Lucknow Baradari

Garments and toys were donated to orphans at the Sishu Bal Griha, the state children's home which has 50 children. The staff thanked Rotary for their gifts which enthused the beneficiaries. The club aims to promote a vibrant growth of children with these regular goodies.





D 3120

RC Palia Kalan

Under its *Green Palia, Clean Palia* campaign, the club took up a joint tree plantation with the BSF. A green corridor was developed from the Palia Block Office to Gadminia with the help of 39th Corps, BSF. In the first phase, 2,000 species of trees were planted over 8km with the help of 400 jawans. RC Sampurnanagar and Interactors took part as volunteers.



D 3131

RC Pune Sports City

A global grant project trained 5,280 teachers in 235 government schools through 120 virtual sessions benefiting 250,000 students. RC Albert Park, Australia, was the global partner, while RCs Akrudi and Pune Vibrant East were the local partners. Sixty teachers got Rotary trophies and plaques.



D 3131

RC Pune Westend

A dry waste collection and segregation enclosure was donated to Swachh Pune, an NGO offering waste management services to residents. DG Pankaj Shah gave the storing depot to corporators Madhuri Sahastrabudhe and Jayant Bhawe. Club secretary Rahul Awasthee, environment director Anil Godbole and Rtn Viraj Kukude guided the project with their expertise.

A diabetes check-up camp at Jamnagar

Team Rotary News



Health tips and yoga guidance were given to patients at the diabetes check-up camp organised by RC Senoras Jamnagar, RID 3060, at Sangam Baug, a park in the city frequented by elders and youth.

Screening was done on diabetic patients and they were given consultations with a checklist of dos and don'ts to keep the blood sugar under control. Project chair Dr Pravina Santawani, co-chair Kapila Rathod, club president Jaya Chavan and secretary Prachi Kirkol were present at the venue. The health camp lifted the public image of Rotary in the neighbourhood. ■

Cigarette butt bins in Nashik

With the aim to save the environment and keep the neighbourhood litter-free, RC Nasik Godavari, RID 3030, has installed butt bins at tea shops and pan stalls to collect the cigarette butts under Project *Sankalp*. The collected waste will be sold by the shop owners to recyclers which will avoid soil pollution.

"Cigarette butts and filters are littered at various places which remain unnoticed. Butts are made of cellulose acetate which is nonbiodegradable plastic and takes more than 10 years to decompose," said club president Rajesh

Singhal. Also, the nicotine butts after reaching rivers and lakes release toxic chemicals, thus killing marine flora and fauna, he said. The club has identified recyclers who will buy the waste to make toys, mosquito repellents and other utility items.

Under Project *Sankalp*, the club members appeal to the people to quit smoking for a healthy life and keep the city clean and eco-friendly. ■

Cigarette butt bin designed by RC Nasik Godavari.



A health project by RC Bangalore Brigades

Team Rotary News



DG Fazal Mahmood and club president Gayathri Nayak at the handover of medical equipment to the Jain Mission Hospital, Chikkaballapur.

Under the district's flagship project *Hosa Belaku* (to bring new light), RC Bangalore Brigades, RID 3190, will reach out to the 150-year-old slum, Murphy Town, consisting of over 20,000 residents, by giving nutritious food. DCP Sharanappa (Bengaluru East) as chief guest distributed nutritious food packets, multi-vitamin tablets and protein supplements to the residents of Murphy Town at the inaugural phase of *Hosa Belaku*.

He commended the efforts of Rotary to bring in "new hope in the locality" and expressed happiness to see the impact of Rotary's initiatives on the health, education and social well-being of the residents. In her address, club president Gayathri Nayak said, "the purpose of *Hosa Belaku* programme is to uplift the quality of life of slum residents. We need to provide them with facilities which all of us enjoy, and emotionally integrate them with

our society." No one in the society should be left malnourished, she said, and added "in this direction, our club has distributed food and supplements donated by Bal Pharma." DG Fazal Mahmood has set a target of serving 100-plus notified slums across RID 3190.

The club had installed high-tech equipment for two operation theatres, set up maternity suites (delivery wards) and ultrasound machines at the Jain Mission Hospital under a global grant valued at ₹1.59 crore. RCs Troy-Michigan and Hollis-Brookline NH, RID 7870, US, were roped in as global partners for this project.

"The project was started in 2019-20 under the presidentship of Ashok Patil; it was partly executed in 2020-21 by IPP Ashwani Kinger and completed in September 2021. DG Mahmood inaugurated the facilities at the hospital in the presence of IPDG Nagendra Prasad," said Gayathri. Rtns Satish,

Akshai Mallappa and Dr Narpant Solanki were the persons behind the successful GG project, she said. Covid-related medical equipment such as ventilator, oxygen concentrator, oximeter and IR thermometer, etc, sent by RC Lebanon, were delivered to the hospital authorities.

The multi-specialty hospital will be serving five lakh people in remote villages who cannot afford to come to the city for medical treatment. Also, the club plans to conduct regular medical camps with the help of the hospital doctors and paramedics and create awareness about health hazards, especially those related to mother and child care and ENT.

A mega polio awareness rally was conducted by the club in partnership with the Rotaract Club of Bangalore Golden Rock. The rally from Bagalur to Bangalore Airport covered 11 villages with a total population of 50,000. RBB's PolioPlus chair Dr Raghu coordinated the event which got a good publicity in the local media. ■

D 3150

RC Nizamabad

Bicycles were given to girls at the Pan India Legal Awareness and Outreach programme conducted by the District Legal Services Authority. Justice B Vijaysen Reddy from the Telangana High Court, as chief guest, presented the bicycles to the beneficiaries.



D 3170

RC Hubli East

A blood donation camp was held at the Sushruta Hospital, Hubli, with 25 members including nine Rotarians and 15 non-Rotarians donating blood. The club has been conducting a series of medical service projects including health check-up camps in the neighbourhood for all age groups.



D 3170

RC Panaji Midtown

The 13th batch at the Sahayata Home Care Nursing School, a permanent project of the club, commenced at the Rugnashraya Hospital with a special event chaired by club president Sunil Mone. Out of 54 applications, 21 students were selected.





D 3201

RC Coimbatore Spectrum

Around 20 Anns and Annets led by Ann Revathi Ganeshan tied *raksha bandhan* on the wrists of jawans from the Infantry 110 at the Redfields. DG R Srinivasan's wife Shanti and a number of Rotarians were present. Lt Col Pramod and his team made arrangements for the gala event.



D 3211

RC Trivandrum North

As part of its golden jubilee celebrations, the club adopted a five-bed ward for 10 years at the Sri Ramakrishna Mission Hospital. This will enable underprivileged families to access quality medical services at concessional rates.



D 3212

RC Devakottai

To mark the club's silver jubilee year, the members visited an old age home at the Arockia Hospital in Sarugani village and sponsored noon meals for the inmates for the whole year. The project was taken up under its flagship initiative titled *We will give food to grow virtues*.

D 3212

RC Tirunelveli Central

Grocery items worth ₹6,500 were donated to visually-impaired Ganesan who was suffering due to the pandemic lockdown. The club has assured him help to start a new business such as roadside shop for a regular income.



D 3231

RC Ambur

Annets A M Navdeep and A M Sahasra, along with their friends, planted saplings at Chinnavarikam village near Ambur. Under its *Go Green* initiative, the club donated saplings to its members for planting them at different places and create awareness for a green environment among people.



D 3231

RC Arkonam

Around 100 differently-abled persons were given the first doses of Covid vaccine in a special drive organised in partnership with the district welfare board for the disabled. Club president M Padmabhan, district officials, doctors and paramedics were present during the day-long campaign.





D 3291

RC Calcutta East Central

Twenty cycle vans and 10 sewing machines were given to beneficiaries at Karanjali gram panchayat in South 24 Parganas district with the help of RCC Chakdualpur Arunoday Sangha. PDG Mukul Sinha, IPP Ranjan Jayswal and senior Rotarians were present. The beneficiaries thanked the club.



D 3291

RC Calcutta Mega City

The club is providing eggs for 80 inmates at the Nabanir old age home. Eggs are given three days a week to build nutrition among the elderly inmates. Club president Asit Bhattacharya is leading this initiative of reaching out to the senior citizens and destitute in the city.



D 3291

RC Salt Lake Metropolitan Kolkata

Rotary Swas Kendras were set up at four villages with the help of its RCCs. An oxygen station was installed with an oxy concentrator in each of these RCC centres. Anyone requiring emergency help can approach the Kendras at these rural centres.

Compiled by V Muthukumaran

Agra Rotarians rediscover Mother Nature

V Muthukumaran

An Eco Trail was organised by RC Agra, RID 3110, with the support of Rotaractors and officials from the Divisional Forest Office to mark World Tourism Day (Sep 27). The trail kicked off from Shilpgram, a crafts village near Taj Mahal, from where Rotarians, Rotaractors and volunteers pedalled their way guided by tour operator Rtn Amit Sisodia to the Dusshera Ghat, that offered a scenic view of the Taj monument along the banks of Yamuna river.

To keep the spirits of young Rotarians and Rotaractors high and prove that age is mere a number,

“senior club member PP Shanti Swaroop Goyal, an octogenarian, took part in the bicycle-cum-foot trail along with other members. On the way back the members walked down to the Taj viewpoints at Taj Nature Walk to enjoy the mesmerising views of the Mughal monument from different angles,” said Rtn Manoj R Kumar.

During the walk trail the members had an opportunity to amble through a lush green landscaped trail intercepted by waterfalls, fountains and a range of birds chirping around them, all of which gave pleasurable moments for



the walkers. Light refreshments were arranged by the club which enabled the participants to spend more time with nature. In his pep talk, club president Ashish Agarwal said, “people in the travel and tourism industry should develop, promote eco-tourism packages in this region as it will help to attract travellers to stay for a few days in Agra.”

DFO Akhilesh Pandey, one of the participants at the Eco Trail, said the department has identified several locations to boost eco-tourism in the region. “Agra and its surroundings have an immense potential with a wide variety of flora and fauna; a collective effort from the travel industry, along with the government and local bodies in the city, can offer a number of reasons beyond Taj Mahal for the travellers to visit Agra and spend a longer duration in the city,” said Pandey.

Club’s IPP Dr Alok Mittal appreciated the efforts of DFO Pandey in boosting eco-tourism in Agra. He said that a planned approach can add bigger revenue



A blood sugar testing camp at the Khelgaon Sports Club on World Heart Day. Club IPP Dr Alok Mittal (left) and president Ashish Agarwal (2nd from left) along with Rotarians.



RC Agra members with spouses and Rotaractors at the Eco Trail to mark World Tourism Day.

collections for the people associated with tourism and hospitality industry. RAC Agra president Amber Juneja recalled the steps taken by his parent Rotary club in promoting a sustainable and responsible tourism in the region. Agro Forest Range officer Ram Gopal Chauhan thanked Rotarians and the participants for visiting the eco-tourism spots around Taj Mahal, thereby promoting them for the travellers at large. Club trainer Rajeev Lotchan Bhargadwaj, treasurer Jatin Agarwal, Rtns Vinod Gupta, Dr Anupam Gupta, Rtrs Deeksha Sharma, Abhikansh Khandari, Naman Panicker and Kushagra Jain were among the Rotary fraternity who took part in the nature trail.

Blood sugar camp

With growing sedentary lifestyle and chronic ailments, the club organised a free blood sugar testing camp on World Heart Day which created awareness on cardiovascular diseases such as heart attack, stroke, cardiac failure and other related

conditions. “On average, more than 17 million people die from heart-related illnesses every year in India. This is more than that of people who die from HIV, malaria, and cancer. Over 100 people were tested for blood sugar in the camp at the Khelgaon Sports Club,” said Kumar.

Patients with increased blood sugar levels were given consultations by cardiologists at the camp.

At the workshop held on the sidelines, Dr Himanshu Yadav, cardiologist, spoke on the precautions one must take for the heart to keep functioning



A mega knee check-up camp to mark World Arthritis Day.



Club president Ashish Agarwal (2nd from right) and its IPP Dr Alok Mittal (3rd from left) at the felicitation meet for two cyclists, Hemanth and Dhanush, who are attempting to create a Guinness Record for cross-country cycling.

smoothly and busted myths and misconceptions related to cardiac diseases.

Another cardiologist Dr Jay Babu explained the various tests and investigations required for different heart-related symptoms and “how people can avoid certain procedures that are being done because of misbelief and wrong information they carry.” During the Q&A session, the participants clarified their doubts over the rising incidents of heart attacks and other diseases in the recent past.

Agarwal thanked the sponsors of the camp and guest speakers. The blood sugar camp was organised at Agra Chains as part of nationwide free testing campaign by Rotary India and The Art of Living Foundation under the *Defeat Diabetes* initiative. Around 250 free tests were conducted, thanks to sponsorship from Scientific Pathology led by Rtn Dr Ashok Sharma.

Cycle marathon

Rotarians gave a rousing welcome to two Rotaractors from RAC Shishu

Mandir, RID 3190 — Dhanush M and Hemanth YB — who are attempting a Guinness Book of Records by cycling over 24,000km in 200 days covering 29 states and three union territories. “The marathon will be the longest cycling in a single country and the duo are creating awareness on global warming and literacy in the course of their journey,” said Manoj Kumar. President Agarwal and IPP Dr Mittal honoured the cyclists with a Rotary stole. Club treasurer Jatin Agarwal, Rtns Amit Sisodia and Vinod Gupta were among those present at the event.

Knee check-up camp

DG Mukesh Singhal inaugurated a mega knee check-up camp on the eve of World Arthritis Day (Oct 12) at the Om Medical Complex. In his speech, Rtn Dr Anupam Gupta, who hosted the camp, said the elderly are vulnerable to Covid with poor outcomes for survival. “They have a higher risk among those with pre-existing medical conditions. Due to comorbidities like diabetes, the elderly with arthritis and osteoporosis

experience painful symptoms during Covid,” he said.

Osteoarthritis is the most common form of knee arthritis among the elderly. It is a bone degeneration disorder which leads to joint pain and stiffness in old age. Another common reason for knee pain among the aged is osteoporosis, the most common locomotor disability, said Dr Gupta.

Divya Verma, a dietician, explained the early symptoms and precautions to be taken to avoid knee pain with growing age. With the help of a slide presentation, she focused on diet management, arthritis and activities that one should incorporate in his or her lifestyle to lead a healthy, knee pain-free life.

Dr Prashant Gupta, dean and principal, SN Medical College, Agra, and PDG Sharat Chandra were among the special dignitaries at the medical camp. “Over 100 patients got their free uric acid, bone density and blood sugar tests done at this mega camp,” said Kumar. Club president Agarwal thanked the speakers with mementoes. ■

Care for the elderly

Team Rotary News

Rotary Club of Delhi Mayur Vihar, RID 3012, has recently adopted an old age home at Krishna Nagar in Delhi. Following this the club has appointed a caretaker and has provided some furniture and groceries at the home.

On World Heart Day the club sponsored a medical check-up at the Max Hospital in Patpar Ganj. About 200 senior citizens visited the camp. ■

A medical camp at the Max Hospital, Delhi.



Desilting a canal



Rotarians near the desilted canal.

RC Srivilliputtur Friends, RID 3212, organised the desilting

of a canal at a cost of ₹1.35 lakh. The 5.6km-long canal took six

days to clean and was ready for the monsoon. ■

A stitch in time

Team Rotary News



RC Kumbakonam Sakthi president Bhooma Sowmyanarayanan (centre) at the tailoring class.

Rotary Club of Kumbakonam Sakthi, RID 2981, is organising tailoring classes for women. This will be an ongoing project and women can earn a decent income either by setting up a tailoring unit or getting employed in a textile organisation, said club president Bhooma Sowmyanarayanan.

The Rotarians donated bedsheets and nutritious food to

cancer patients staying in a palliative care centre in the town.

A eye check-up camp was organised for 500 students at a government school. Fifty students were given spectacles. An ophthalmologist delivered an awareness talk on eyecare for the students and the school staff.

The club also distributed sarees for the sanitation workers in the locality and donated cots

to an elder care home and an orphanage.

The Navratri *golu* at the club president's home was the talk of town as she had exhibited Rotary projects as the theme. "People visiting my house were intrigued by the display and almost every one asked me about Rotary and what we do," said Bhooma. Navratri in South India is celebrated for nine days with an arrangement of dolls at homes. ■



Spectacles being given to students.



Club members, along with president Bhooma, give sarees to conservancy staff.

RC Ballarpur donates bicycles to students

Team Rotary News

Two rural students — Prajwal Chaudhari from Bramhapuri village and Mahadev Dudhkoar from Itoli village — were given bicycles by RC Ballarpur, RID 3030, to lessen their hardship of walking over 10km to and from their school daily. “Both are bright students aspiring to become doctors, but hail from underprivileged families. Realising the drain of time and energy in the travelling process of the students, we extended our



Above: Club president Manish Mulchandani (centre) with a student who received a bicycle.



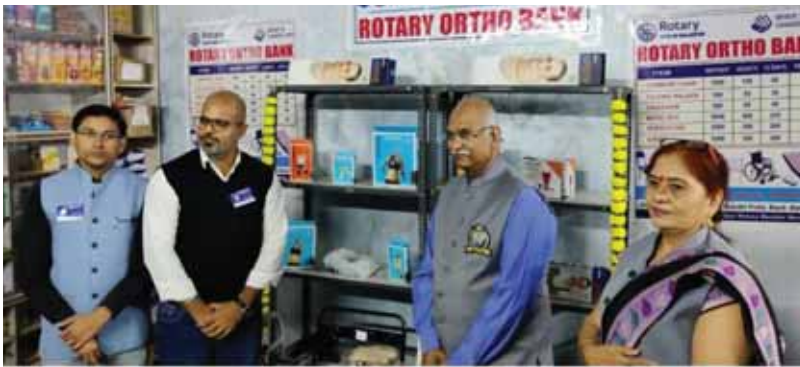
Club president Mulchandani donates blood.

supporting hand by donating bicycles to them,” said Umesh Patel, club secretary.

In the presence of AG Smita Thakre and block education officer Varsha Harshvardhan Pipare, the club honoured nine teachers from government schools.

“We felicitated the teachers for doing the noble work of educating, building and empowering our future generation.” On the occasion of RI President Mehta’s birthday, a blood donation camp was held in which 52 units of blood was collected from the donors.

DG Ramesh Meher inaugurated a Rotary Ortho Bank in the presence of AG Smita, club president Manish Mulchandani and other Rotarians. Meher visited some of the ongoing projects of the club, went through statutory documents and records, while Mulchandani briefed him on some of projects and community initiatives in the pipeline. Rotary umbrellas were given to roadside fruit, vegetable sellers and hawkers to protect them from rain and summer heat. ■



DG Ramesh Meher inaugurates Rotary Ortho Bank in the presence of club president Mulchandani and AG Smita Thakre.

Gudur Rotary gets recognition for excellence

Team Rotary News

At the annual awards function of RID 3160 for 2020-21 held at Nandyal, Andhra Pradesh, Rotary Club of Gudur was felicitated with a 5-Star Champion Club Award for its service projects, membership development and TRF contribution.

Club member Dr C Janardhan Reddy received the 'Best TRF Supporter' Award and the then club president G S Raghava Reddy was honoured with the '3-Star Rating President' Award.

The awards function was presided over by RI Director Mahesh Kotbagi in the presence of PDG B Chinappa Reddy and RID 3150 PDG Ravi Vadlamani. ■



RC Gudur honoured with 5-Star Champion Club Award.

Cheering the elderly



RC Hubli Vidyanagar president Mahima Mohit Dand at an old age home.

Rotary club of Hubli Vidyanagar, RID 3170, celebrated Dussehra at an old age home of the Basavshri Trust where abandoned old people are provided food and shelter. Sarees, sweets, a month's

supply of medicines and toothpastes were provided to each person and the club members gave a month's supply of groceries to the home. The home resonated with the pleasant sounds

of laughter, dance and music at a *dandia* evening specially organised by the club members for the residents.

The club felicitated 15 teachers with the Nation Builder Awards

on International Literacy Day (Sep 8). The celebration and felicitation also included 100 teachers being felicitated under one roof by six Rotary clubs of Hubli. ■

Career guidance for school students

Team Rotary News



Children with gifts from Rotarians.

Rotary E-club of Pune Diamond, along with RC Pune University, RID 3131, organised a career guidance seminar for children of police personnel studying in Classes 11 and 12.

PDGs Deepak Shikarpur and Abhay Gadgil were the resource persons at the workshop held at the Police Recreation Hall in Shivajinagar, Pune. The host club

presidents Pawan Joshi (E-club) and Pallavi Deshpande (RC Pune University) motivated the students with tips on guidance material. Additional Commissioner of Police Dr Jalinder Supekar inaugurated the event in the presence of ACP Govekar.

In a greening initiative, Rotary E-club of Pune Diamond, along with the other clubs, organised a mega

plantation drive at Khed Shivapur.

The club celebrated the birthday of the charter president Supriya Badve by distributing groceries and new clothes to 50 underprivileged families residing at Katkari and Thakar Vasti in Kashal Bhoyare village, Maval district. A sapling plantation activity was also done in the village on the occasion. ■

Club president sponsors vocational course for a student

Shashi Jhavar, the club president of RC Ahmednagar Priyadarshini, RID 3132, has sponsored the fees for a two-year stenography course amounting to ₹20,000 for an underprivileged girl from Ahmednagar.

The course will cover shorthand, typewriting lessons, and transcription lessons. Shashi Jhavar says “this is a step towards fulfilling RI President Shekhar Mehta’s dream of empowering and educating women and



Club president Shashi Jhavar (R) presents a cheque to a girl for stenography course.

girls. We are happy to make a difference.”

Club trainer Dr Bindu

Shirsath and secretary Devika Rele were present at the cheque handing over ceremony. ■

Indian Rotarians visit Kartarpur gurudwara in Pakistan

Team Rotary News



Rotarians at the Kartarpur Sahib.

Ten Rotarians from RC Mansa Royal, RID 3090, visited the holy shrine of Kartarpur Sahib in Pakistan, along with their spouses. The delegation of Rotarians

undertook this visit as part of the Rotary Peace and Fellowship programme led by club president Kaman Goyal and project chairman PDG Prem Aggarwal.

“Thanks to the Indian and

Pakistani governments for opening this corridor. We are happy to pay *ardas* at the gurudwara for peace and brotherhood in the world and specially in both the countries,” said Aggarwal. ■

Rotary helps a rehabilitation centre in Ambalpady

Rotary Club of Ambalpady, RID 3182, gave solar lighting system costing ₹7 lakh to the Asha Nilaya School and the Vocational Rehabilitation Centre for mentally-challenged people at Udupi. The facility was sponsored by Selco Foundation as part of its CSR initiative.

The club donated a cotton wick making equipment to the centre so that the people can be taught to make cotton wicks which has a good market in the region. Assistant governor Padmanabha Kanchan handed over the machine to the school authorities. ■



Rotarians launch the solar lighting facility at the rehabilitation centre.