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Rotary

NEWS PLUS





Dr Sumedha breaking a stack of tiles in the presence of Karate instructor Sensei P Vasu (L) and DGE Dr Nandakumar at the PrePETS event.

Karate lessons for women

Team Rotary News

Dr Sumedha, wife of DGE Dr Nandakumar, RID 3232, was applauded at the PrePETS programme when she displayed her karate skills, breaking into two a stack of roofing tiles on fire. She had undergone a brief training in karate with P Vasu, a 5th Dan Black Belt holder. He will serve as an assistant governor for the district in the next Rotary year.

Vasu, a past president of RC Madras East R A Puram, has been imparting free karate lessons to girls and women to empower them

with self-defence since his presidency tenure in 2018-19. Over 7,000 girls and women have been trained in karate by him since then. "It was a priceless moment when I trained 1,100 young girls in Jaigopal Garodia school recently," he says.

The training sessions were put on hold during Covid lockdown, but after the restrictions were relaxed, he was flooded with requests from schools and other NGOs. He, along with a woman instructor, conduct training sessions for two days of

two-hour duration each day, and on the third day the girls perform a demo for an audience of students, school/college staff and the principal.

"We teach girls on how to overcome fear, gauge the predator's move and how to protect themselves with materials on hand such as handbag, pencil, compass, an umbrella or even a pain-relief spray," says Vasu, adding that he and his team are ready to extend training for institutions recommended by local Rotary clubs. ■

On the cover: RC Hubli Vidyanagar president Dr Mahima Dand presents a bag to a child at an orphanage on Children's Day.

Making children happy

Team Rotary News



From top: DG Gaurish Dhond and his spouse Pratima at the installation of Rotary E-club Rainbow Global. Charter president Sonal Mehta is seen fourth from left.

RC Hubli Vidyanagar president Dr Mahima Dand (L) presenting a bag to a child at the orphanage.

The members of RC Hubli Vidyanagar, RID 3170, led by president Dr Mahima Mohit Dand visited an orphanage run by the Seva Bharati Trust in Hubli to celebrate Children's Day. They distributed bags to the children and gave them sweets and chocolates. DG Gaurish Dhond and Shilpa Shettar, president of the Trust, were also present. The Rotarians organised games and cultural events to cheer the children.

The club installed the E-Club Rainbow Global. This is the first new club and the second E-club in RI District 3170. DG Dhond was the installing officer. Sonal Mehta is the charter president of the E-club. Mahima has proposed 23 out of the 26 members of the E-club. ■

A health camp for rural women

Team Rotary News

Around 50 children, 25 elderly and 100 women were screened at a health check-up camp conducted by RC Agra Grace, RID 3110, at the ISKCON temple, Pathauli, in Agra. The medical camp focused on bone density and the need to take care of it. A panel



A session on health and hygiene for women.



Doctors screening patients in the presence of Rotarians.

of doctors including IVF (in vitro fertilisation) experts provided services, while the ISKON representatives explained the benefits of yoga to the patients.

The club also roped in RC Agra Taj City, Ujala Cygnus Rainbow Hospital, Smriti and Emcure Pharma as co-sponsors for the health camp. The treat-

ment options for different ailments from blood sugar to calcium deficiency were explained to the beneficiaries.

Dr Jaideep Malhotra, president, RC Agra Grace, spoke to the beneficiaries about the club's project for ensuring the health of rural women. "We asked them to share this initiative with friends, relatives or any woman that they know who requires medical attention." The club has also rolled out an initiative to reach out to adolescent girls and educate them on menstrual health and hygiene. Club members Dr Neetu Choudhary, Sabita Jain and Mayuri Mittal gave information about the Rotary health cards for women and adolescent girls and encouraged them to enrol in this health project. ■



A woman registers at the OPD counter.

Freedom fighter felicitated

Team Rotary News



Veteran Rotarian and freedom fighter KV Chalamaiiah being felicitated by Andhra minister Velampalli Srinivasa Rao and Vijayawada mayor Rayana Bhagyalakshmi.

Freedom fighter KV Chalamaiiah, member of RC Nellore, RID 3160, was felicitated with the 'Jatheeya Keerthi Pathaka Puraskaramu' award by

Endowment minister Velampalli Srinivasa Rao and Vijayawada Mayor Rayana Bhagyalakshmi in the presence of MLC Dokka Manikya, Vijayawada Central MLA Malladi

Vishnuvardhan and Rama Devi, grand daughter of Pingali Venkaiah, a freedom fighter who had designed the Swaraj flag which forms the basis for our present-day national flag.■

Honouring young achievers



Young achievers in sports along with members of RC Madras Chenna Patna.

RC Madras Chenna Patna, RID 3232, recently felicitated four outstanding sportspersons aged 6–17 in billiards, chess, cycling and table tennis.

National billiards champion Anupama Ramachandran (17), chess grandmaster Praggnanandaa (16), TT champion Suresh Raj (15) and cycling champion Rian Mishra (6), along with Dronacharya awardee 2021 TT champion S Raman, were felicitated by former Tamil Nadu additional chief secretary PWC Davidar who is also a boxing champion.

For the last few years, the club has been recognising and honouring young achievers and successful persons in sports and business, says N Anand, the club's director-vocational service.■

A condolence meeting was hosted by RC Kushinagar, RID 3120, to pay tributes to chief of defence staff late Gen Bipin Rawat and 13 armed forces personnel who died in a chopper crash at Coonoor in Nilgiris hill district of Tamil Nadu. The event was jointly organised with the Yuva Vyapar Mandal, Kasia, a local traders' body. "Hundreds of people paid their respects to the late army general at the Amar Shaheed Memorial Park, Kasia, and some turned emotional with moist eyes," said club secretary Wahid Ali. Candles were lit in front of a small hoarding with the picture of Gen Rawat which was also garlanded by the club.

Under its Happy School project, a 40-inch smart TV, DTH set top box and 10 wall clocks were provided to at the Government Junior High School. The school principal received the appliances and thanked Rotary for their large donations.

Over 100 blankets, 100 sarees, 120 jackets and 150 woollen caps were distributed to the elderly, children and women at the Musahar Basti, a large settlement for the poor families at Kudwa Dilipnagar village near Kushinagar. "Our woollen

clothes will help the beneficiaries to protect themselves against wintery nights. A child disguised as Santa Claus distributed toffees and snacks to the children of the deprived families to mark Christmas," said

Ali. Kushinagar deputy collector Varun Kumar Pandey, chief guest at the distribution event, said, "Rotary clubs are doing excellent social work and community service in the district and nearby villages." ■

A fitting tribute to Gen Rawat in Kushinagar

Team Rotary News



Rotarians and public in Kushinagar paying tribute to late Gen Bipin Rawat and other personnel who died in the chopper crash.



Children with woollen caps and winter jackets along with the Rotarians.

Miyawaki forest in Mumbai school

V Muthukumaran

Under the newly-introduced Environment Focus Area of Rotary, RC Deonar, RID 3141, along with the Inner Wheel Club of Deonar, has set up an urban forest over an unused patch of land, 2,000 sqft, at the Nutan Vidya Mandir, Mankhurd, in the eastern suburb of Mumbai.

An NGO partner Keshav Srushti took up the project implementation after both the clubs got permission from the school authorities for

creating the Miyawaki forest with over 900 saplings of 60 native varieties such as peepal, neem, sheesham, kadam, beheda and karani, among others. A small team consisting of club's IPP Prabodh Sharma, IWC-Deonar then chairperson Rekha Mallya and four others was formed to take care of fundraising and project implementation.

A drip irrigation system was installed to water the urban forest and to avoid weed growth, mulch film

was also used. "The social forestry, protected with a bamboo fencing, was inaugurated in January 2021 by then DG Sunnil Mehra and then IWC district chairperson Amala Mehta. Since then, the trees have grown big and had enriched the biodiversity in the area," said Rajesh Choudhary, environment avenue chair, RID 3141. "Apart from giving an aesthetic look to the school compound, the once derelict patch on the sidewalk is now put to good, sustainable use," he said.

Interact club

An installation ceremony was held at the Interact club of General Education Academy, Chembur. Addressing the students, club president Sudhir Mehta complimented them for their "sustained efforts in the running the Interact club for years."

Interactors will have more opportunities to contribute to Rotary's growth in the near future, he said.



RID 3141 IPDG Sunnil Mehra and Inner Wheel club then district chairperson Amala Mehta at the newly-created Miyawaki forest.



Rtn Hertzal as Santa Claus entertains children on Christmas.

In his speech, Daksh Savla, who took charge as the new Interact club president, thanked the parent Rotary for mentorship. “With Rtn Naresh Shenoy as their mentor and guide, the Interactors deserve all sorts of encouragement and support from Rotary,” said Usha Desai, a veteran Rotarian.

Project Prayaas

In a world being connected with digital gadgets, the club has initiated *Prayaas* which strives to bridge the digital gap between students, thus enhance their learning curve, apart from facilitating their classroom studies.

With an aim to digitally empower the underprivileged students, the club has teamed up with Kotak Education Foundation (KEF) and Rotaractors to impart training to schoolchildren at the Subhaschandra Bose Vidyamandir, Mankhurd, on effective use of computer tabs for three years.

Also, teachers were taught on ways of teaching the curriculum

through tabs. Over 100 students at Class 7 and their teachers were gifted with 8-inch Lenovo tabs (2GB RAM) with quality covers and screen guards for durability.

Xmas gifts for children

Over 500 children from three schools, drawn mostly from the slum tenements of Mankhurd area, were presented with goodie bags comprising food packets, colouring books, crayons, Santa caps and chocolates on Christmas.

In partnership with Vikhroli Cucina, a platform for foodies,

Project Prayaas aims to train students and teachers in handling digital content and how to make effective use of smartphones and computer tablets.

bloggers, writers and chefs, the club engaged the children from the Abhinav School Mandala, Bal Kalyan Nagari Children’s Home and Subhashchandra Bose Vidyamandir with fun activities and recreation. Rtn Herzel turned up as Santa Claus to regale the children and gave the goodie bags to them. “We shared our Christmas treat to children on social media which got a positive feedback, especially from our corporate partners. Chef Varun Inamdar as chief guest was overawed by the kind of work we are doing to reach out to schoolchildren from underprivileged families,” said Vivek Khandelwal, PR director at RC Deonar.

Through its RCC network, the club donated computers and printers to the seven zilla parishad schools in Karjat taluk, Raigad district. “The support from the club will help Adivasi children from remote areas to upgrade their digital skills. The local people thanked Rotary for the work we have been doing in these areas,” he said. ■

D 2981

RC Chidambaram Central

A pregnancy cot, delivery clothes and concrete chairs were donated to the Kamarajar Government Hospital, Chidambaram, at a total cost of ₹1.1 lakh. The pregnancy cot will help those women having medical complications and the club plans to donate two such cots to the hospital.



D 2982

RC Rasipuram Royal

A blood donation camp collected 50 units of blood. Rotarians also planted 50 saplings at the venue. Club president Karthi, AG K Guna and project chairman A Raju have donated blood around 60 times so far. The event created a buzz in the neighbourhood.



D 2982

RC Villupuram Central

A grand reception was given to the motorcycle rally which travelled across the seven RI districts in Tamil Nadu to spread awareness about Rotary and its global activities. RCs Villupuram, Rasipuram and Sankagiri took part in the felicitation event chaired by DG K Sundaralingam.





D 3000

RC Dindigul Kingtown

An herbal tree plantation was taken up at the primary health centre in Thadicombu village. The club will maintain all the 35 saplings that were planted in the presence of district collector Visakan.



D 3000

RC Karur

Three book shelves were donated to the Aranganathanpettai Rural Library; while blankets were distributed to over 160 village labourers at a project cost of ₹77,600. The beneficiaries thanked the club for the gesture.



D 3011

RC Delhi Rajdhani

In a mega greening drive, the club created six urban mini forests in North Delhi by planting over 7,500 saplings. The project was inaugurated by local councillor Pooja Madan and legislator Virender Yadav. The club also planted over 2,500 saplings at various sites provided by the North Municipal Corporation of Delhi.

D 3030

RC Smartcity Chandrapur

DG Ramesh Meher during his official visit, addressed club members and reviewed the ongoing projects. He also felicitated active Rotarians with mementoes at an event. The club distributed white sticks to visually-impaired people to mark White Stick Day. Sarees and sweets were distributed on Diwali.



D 3040

RC Dewas

Cataract surgeries were done on 86 patients at a special camp in Dewas. Twenty-eight operations were performed at the Sankara Eye Centre, Indore. To mark the birthday of one of their members, Anns distributed woollen blankets to roadside dwellers and destitute.



D 3053

RC Ajmer Midtown

LN-4 hands were fitted to beneficiaries in a mega camp organised at the Rotary Bhawan, Ajmer. At the end of the camp, hundreds were fitted with prosthetic hands. The camp was held in partnership with RC Jaipur Majesty.





D 3080

RC Ambala

A docu-film *Sneha* was launched by DG Ajay Madan at the weekly club meeting to create awareness on cancer prevention. Club president Inderjit Guglani, AG Inder Dev and district bulletin editor M P Gupta were also present. The production team was given a standing ovation.



D 3110

RC Agra

An awareness event was held on World AIDS Day at the Agra Railway Station with the support of Lal Vardi Kooli Association and the local tourist association. Rtn Ashok Sharma, CMD, Scientific Pathology, was the key speaker. Club president Ashish Agarwal welcomed the guest speakers. Dr Alok Mittal, IPP, administered an oath to Rotarians not to discriminate people with HIV.



D 3110

RC Bisauli

The club's 13th blood donation camp held in partnership with the Blood Bank, Bareilly, and IMA, local chapter, saw a good response from the public. Over 100 units of blood was collected from the donors. Sub-divisional magistrate Jyoti Sharma and chief medical officer Vinaya Chauhan inaugurated the blood camp.

D 3120

RC Kushinagar

Around 250 people were inoculated at the Covid vaccination camp at the S N Girls High School, Kasia. To mark World Polio Day, the club held a special meet in which Rotarians recalled the efforts of Rotary in eradicating the disease from most parts of the world.



D 3120

RC Lucknow

A two-day Kid's Carnival was organised with the support of Star Makers at the Rotary Community Centre that saw children performing a number of variety programmes such as singing, dancing and modelling. Club president Naresh Kumar Agarwal, PDG C P Agarwal and other celebrities were present at the carnival.



D 3131

Rotary E-club Pune Diamond

An electronic and plastic waste collection drive was held in partnership with Badve Engineering. The environment campaign received a great response from the public and it was supported by NCP corporator Baburao Chandere and other political representatives. DGE Dr Anil Parmar, club president Pawan Joshi and other members were present at the collection drive.





D 3132

RC Jalna Rainbow

A Vaccination on Wheel was flagged off by Maharashtra health minister Rajesh Tope in the presence of PRID Ashok Mahajan, chairman, Rotary India Covid Task Force, and PDG Dr Rajeev Pradhan, zonal chairman of the task force. The mobile vaccine lab will be a boon to villages living in remote, hilly areas.



D 3141

RC Bombay Sea Face

Around 200 children were screened for general illnesses at a government primary school, Aina, in Palghar district. Diet and nutritional advice were given to them. Sanitary pads were distributed to girls along with sanitisers, masks, toothpastes and toothbrushes. Educational toys and books were also given.



D 3142

RC Mulund Hills

The club in partnership with RC Ahmednagar Central and Snehalaya, an NGO, inaugurated a vocational centre. The centre worth ₹3 lakh in Ahmednagar has equipment like compressors, welding machines, plumbing and electrical tool kits for training youth.

A vaccination drive in Pondicherry

Team Rotary News

More than 350 residents of White Town, Pondicherry, have been inoculated against Covid amid the raging third wave with the fast-spreading Omicron virus during the vaccination drive taken up by RC Pondicherry White Town, RID 2981.

The drive took place in November at the primary health centres in Murungapakkam, Thai Sei Thunai Nilayam and Kombakkam in Pondicherry. The club will hold another vaccination drive soon. "We are glad that our efforts will help the beneficiaries fight the coronavirus that has crippled us



A vaccination drive in progress.



A blood donor receiving the certificate from club president R Vaitheeswaran.



Club members with the End Polio Now posters.



for nearly two years,” says club president R Vaitheeswaran.

The club partnered with the UT government and RC Pondicherry Marina for the vaccination drive. End Polio Now posters were also unveiled and installed at prime locations and business premises of club members. “I wanted to encourage club members to come forward to raise awareness, funds and support to wipe out polio from the world. With polio nearly eradicated, Rotary and its partners must sustain this progress and continue to reach out to every child with the polio vaccine,” he says. The club partnered with Uyirthuli, a local NGO, to organise a blood donation camp in which over 55 donors took part. All donors received a certificate of appreciation by the club. ■

D 3142

RC New Bombay Seaside

Three dialysis machines (₹21 lakh) were donated to the PKC Hospital for treatment of post-Covid affected people. Two units were sponsored by GN Hearing India, and the third one was donated by Rtn B V Ravi Prakash and spouse Anjali from the club. DG Dr Mayuresh Warke inaugurated the new facility.



D 3160

RC Nellore

Rice bags were distributed to 11 Dalit families in Kothuru village and biscuits were given to poor children. The project was sponsored by Rtn K V Subrahmanyam. Around 200 saplings were planted at Kanuparthipadu village in the presence of club president and other members.



D 3170

RC Bailhongal

A veterinary camp was conducted at Bevinakoppa village with the support of the animal husbandry department. Brucella vaccination was given to female calves. Dr Iranna S Kolhar, assistant director, veterinary hospital, Bailhongal, and his team extended their support.





D 3170

RC Hubli East

Rotary Wheel was installed at the Hubli-Bijapur highway as a public image building exercise. DG Gaurish Dhond and PDG Bazil J D'Souza, along with club members, were present at the inauguration of the Rotary structure.



D 3201

RC Irinjalakuda

Vocational Excellence Award was given to Subeena Rahman, who cremates the bodies at the Mukthisthan, the burial ground in Irinjalakuda. During Covid times, she faced extreme challenges as bodies piled up at the crematorium.



D 3204

RC Calicut Sunrise

A week-long virtual district literacy festival titled Aksharavaram was organised with 300 participants taking part. DG Rajesh Subash was present along with other PDGs. President-elect Ananda Mani, programme chair, was appreciated for his efforts.

D 3212

RC Tirunelveli Town

New clothes were distributed to differently-abled persons and destitute at the Deva, a home for the mentally-retarded people. Rtn Dr Dhivakar sponsored the dress material. Past president Venkatachalam, club secretary Shanmugasundaram and Rtn Samuel Ravi were present at the event.



D 3231

RC Vellore Midtown

A programme on 'Addiction prevention' was conducted at the Santhinikethan Matric HS School in which 150 students took part. Club president C Venkatesan spoke and interacted with the students. He gave valuable tips on career-building for students and means to achieve their academic goals.



D 3232

RC Royapettah

A virtual event titled Lakshya on higher education opportunities was jointly hosted by the Annettes Club and the Interact Club of Chhatrapathy Shivaji DAV Secondary School. Rtn Debie Avila from RC Madras Silver Beach and A Sowmiya from TI Abroad were the guest speakers. Around 60 participants interacted with the speakers.





D 3240

RC Gangtok

The club joined hands with the Red Cross Society to distributed 120 hygiene kits to the labourers working for the National Highways Authority of India at a tunnel site, Topakhani, in East Sikkim. The beneficiaries thanked Rotarians for the sanitary kits which will protect them against infections at the construction site.



D 3291

RC Calcutta Majestic

An eye check-up camp under Rotavision was conducted by the club's RCC, Suvadayini Seva Sangha, at Uttar Chandanpiri village in South 24 Parganas district in which over 200 people were screened. Spectacles were given to 140 beneficiaries in the age group of 40–55.



D 3291

RC Kallolini Kolkata

Girls are being given short-term training for gainful employment under Project Change Lives. In the first batch, three girls were inducted for the course which is being held at Jodhpur Park. The club donated home furniture to its newly set-up working girls hostel in Kasba.

Compiled by V Muthukumaran

Rotarian cyclists honoured

Team Rotary News



Cyclists from Kerala exchanging club flags with RC Aadarsh Ahmedabad president Soniya Vinod.

Three Rotarian cyclists from RC Kondotty, RID 3203, who were pedalling their way from Kerala to Kashmir with the aim to spread awareness about Rotary and its focus areas of action among the public were felicitated by RC Aadarsh Ahmedabad, RID 3054. “We exchanged our Rotary club flags in the presence of AG Dr Rohit Joshi and arranged the overnight stay for the three cyclists. It was a challenging experience as the cyclists could speak only Malayalam, but it was nice to have diversity within Rotary,” said club president Soniya Vinod.

Rtns Abdul Rasheed Vemmully, Sinjith Puthukkattu and Mohammed Rafeeq were cycling from Kondotty to Kashmir to promote Rotary’s multifaceted areas of focus such as women’s

empowerment, End Polio Now and Do more grow more, among others. The host club sought the help of Rtn Vinod Sivadasan, director, club’s vocational service, to interact with the cyclists. Around 30 Rotarians were present at the felicitation meet. “It was a good experience to witness a blend

**Rtns Abdul Rasheed Vemmully,
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of different cultures and embrace the new diversity all along. The cyclists and members of our club were committed to serve to change as many as lives we can,” said Soniya. The host club helped the cyclists with spare parts for their vehicles and they were able to do some minor repairs for a hassle-free journey till the end.

On the next day, the cyclists attended a district seminar on new member orientation and “it was an amazing experience to share ideas and views with the young Rotarians. We will work together for the growth of our service activity as Rotary will reach out to those across caste, creed, language, religion or other barriers,” said club president. “Our club members enjoyed their interaction with the enthusiastic cyclists from Kerala who were given a warm send off.” ■

A health camp for Rotarians

Team Rotary News



Members of RC Rourkela Queens at the Know Your Numbers health camp.

A Know Your Numbers health camp was conducted by RC Rourkela Queens, an all-women's club in RID 3261, in partnership with the Gupta Polyclinic and Diagnostic Centre for the benefit of Rotarians and their families in Rourkela. Around 80 members were examined for non-communicable diseases such as BP, blood sugar, obesity and other chronic ailments like heart and kidney disorders.

To provide essential items for the deprived families, the club implemented a *Neki ki Dukan* project

in which sparsely-used clothes and other utility articles were stocked for distribution to the poor families at Shitalpada village near Rourkela. Also, fourteen people were given basic training under an adult literacy programme at this village. The club sponsored a satellite club to reach out to more beneficiaries through service projects; and a Rotary Community Corps of Birkera was chartered to strengthen its presence in rural areas.

With many children suffering during the pandemic after their parents lost their livelihood, the club

launched *Ek Ghar Ek Roti* project in association with the Smile Foundation to distribute food packets to poor teens and adolescents.

On International Day of Girl Child (Oct 11), five girl students were sponsored by the club for their higher education. The newly-formed satellite club provided fodder to a *gaushala* (cow shelter).

Kiran Arora, the third runner-up at the Mrs India pageant 2021-22, and a member of the club was felicitated at a gala event. Later on, Kiran gave a lecture demo on make-up and hair care at a special meet hosted by the club. To mark Krishna Janmashtami, the club distributed 25 'mother and child care' hampers to hospitals in Rourkela.

Along with other clubs in Rourkela, a giant End Polio Now hoarding was erected at a vantage point in the city to drive home the message of Rotary's role in eradicating the disease since 1985. An event was hosted by the club to mark Karwa Chauth in which housewives observe day-long fast and do rituals to pray for the longevity of their husbands. The club members distributed 24 pairs of Nazariya anklets to baby girls born during Navaratri at the Shanti Memorial Hospital and Astha Hospital, Rourkela. ■



Newborn gift hampers being given to mothers.

Promoting eye donation and CPR to save lives

Team Rotary News

On the eve of World Sight Day, Rotary Bangalore Lakeside, RID

3190,, in collaboration with The Project Vision, organised 'Blind Walk' at Gouribidanur, Tumkur district to spread awareness about eye donation among the public. The participants had to walk blindfolded in a rally which started from Gouribidanur-Bangalore Circle and ended at the government taluk office. The event made them understand the challenges the visually-impaired had to face and empathise with them. Flyers and pamphlets with slogans related to eye donation were distributed among the public.

The participants took a pledge to become an eye donor and also promote eye donation. Information about the procedures to be followed and how to help connect the deceased family members to the nearest eye bank were shared with the participants at the rally.

Rtn Sunand Sampath gives a lecture demo on CPR, a basic life support mechanism during an emergency.



The blind walk made Rotarians and participants to understand the challenges the visually-impaired had to face and empathise with them.



DG Fazal Mahmood and RC Bangalore Lakeside president Kashi Prabhu present a cheque to an official at the Jayadeva Institute of Cardiovascular Sciences for sponsoring heart surgery on two children.

World Sight Day is held on the second Thursday of October to focus global attention on vision impairment, including blindness. Last year, it was observed on October 14, 2021 with the theme: *Love Your Eyes*.

To commemorate World Heart Day, the club joined hands with the Needy Heart Foundation (NHF) and sponsored paediatric heart surgery for two children at

the Jayadeva Institute of Cardiovascular Sciences and Research, Bengaluru. DG Fazal Mahmood, club president Kashi Prabhu, club members Nirmalya, Jayanta, Rotarians O P Khanna, Tasleel, Manoj Agarwal, Srikanth and Ravi were present at the NHF to hand over the cheque.

In another initiative the club, in association with Mantri Élite Apartment Welfare

Rtn Sunand Sampath, a CPR certified instructor from the American Heart Association, gave an awareness-cum-training session on Cardio Pulmonary Resuscitation.

Association, organised an awareness and training session by Rtn Sunand Sampath, a CPR certified instructor from the American Heart Association, at the apartment complex to train the residents in administering Cardio Pulmonary Resuscitation (CPR) as a basic life support mechanism in case of emergency. CPR is an emergency lifesaving technique or first aid procedure that's useful in many emergencies, such as a heart attack or near drowning where someone's breathing or heartbeat has stopped. ■



A blind walk rally to create awareness on eye donation.

Donating blood – one unit a day

Team Rotary News



Blood donors at the IMA.

Rotary Club of Coimbatore Meridian, RID 3201, has set a target to donate 365 units of blood to the Indian Medical Association, Coimbatore chapter, this Rotary year. They plan to achieve this by donating at least one unit a day.

Organising blood donation camps every year is an ongoing project for the club. "Our endeavour is particularly significant in the past two years with the onset of the Covid pandemic. IMA has been facing shortage in the availability of blood components for treating patients as

very few donors volunteer to donate in these challenging times. We realised that this is the need of the hour," said Thamilselvan, the club's chairman for community service.

Every day club members, their friends and acquaintances are readily donating blood for the cause. ■

Rotarian felicitated for polio eradication efforts

RI Director Mahesh Kotbagi presented the 'Regional Service Award for a Polio-free World' bestowed by The Rotary Foundation to Dr Ramesh Yelsangikar, past president of RC Gulbarga, RID 3160. He is one of the seven recipients from the South East Asia Region of WHO. The award programme was organised by IPDG Chinnappa Reddy in Nandyal.

Dr Yelsangikar is a Rotarian for 34 years and has been decorated with several awards including the prestigious Fellow of Indian Academy of Paediatrics in 2006. ■



RI Director Dr Mahesh Kotbagi presents the Regional Service Award for a Polio-free World to Dr Ramesh Yelsangikar in the presence of IPDG Chinnappa Reddy and his wife Mahalakshmi.

An MHM workshop at Kolar school

Team Rotary News

Under the Rotary focus areas of disease prevention and women's empowerment, RC Bangalore Brigades, RID 3190, jointly hosted a menstrual hygiene and mental health (MHMH) workshop for girl students at the Morarji PU College and Morarji Residential School, Kolar. "The programme consisted of an awareness session on menstrual hygiene, followed by the distribution of reusable sanitary pads for girls," said club president Gayathri Nayak. The clubs also conducted a workshop on basic self-defence training for over 200 adolescent girls at the PU college and school. A special session for adolescent boys was also held on the sidelines.

A felicitation event was held to honour Padma Shri awardee Malathi Holla, a social activist, for her selfless contributions to



Padma Shri awardee Malathi Holla being felicitated by RC Bangalore Brigades president Gayathri Nayak (2nd from right) and her team.

the community. Event chair Kala Gautam, club president Gayathri and secretary Mahadevi Biradar honoured the chief guest. In her address, Malathi recalled her tumultuous past, the various obstacles she faced in the course of her social work that reached out

to the special children with different needs.

The club honoured Kalyani for her financial assistance to various service projects. A donation of ₹10,000 was made to Mathru Foundation being run by Malathi for the differently-abled people. ■



Girl students with reusable sanitary pads and Rotarians at the Morarji PU College and Residential School, Kolar.