

Rotary

NEWS

March 2019





President Elect Mark reading **Rotary News**

After addressing the PETS and SETS conference of RI District 3250 in Kolkata, RI President Elect Mark Maloney took some time off to glance through two issues of *Rotary News*.

Picture by Rasheeda Bhagat

Inside

12 Let us not build barriers to Rotary

RIPE Mark Maloney's tour across India, addressing the PETS and SETS meets.

12

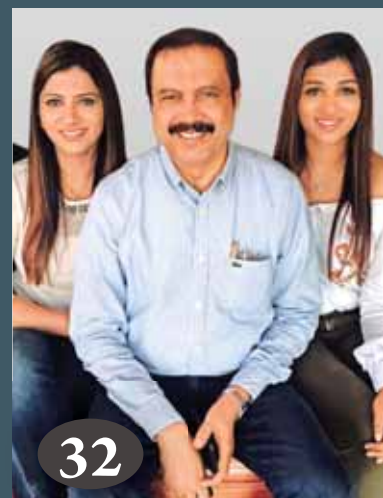


22 Rotary Hospital in Vapi offers paediatric heart surgery

Situated in an industrial belt, this hospital gives timely treatment to industrial accident victims across a 150 sq km radius.



22



32

32 A genetic compulsion for giving & doing good

Get up-close with Azad Moopen, Chairman, Aster DM Healthcare Group, and discover his philanthropy mantra.

38 A Rotary rally reaches Himalayas

Follow the Rotary rally travelling across the Himalayas to Nepal, Bhutan and home turf.



38

46 Building trust in the North-East

Continue reading about the good work a retired Army Colonel is doing in the North-East.



46

60 Kathakali - Dance Drama

An integral dance form of Kerala.



60

78 Mindfulness for well-being

Learn the art of being fully present with the moment.

On the cover: An overwhelmed mother in Kolkata thanks RIPE Mark Maloney, RIDE Kamal Sanghvi and Rotary for saving her child's life through the *Saving Little Hearts* project.

Picture by Rasheeda Bhagat



Spreading cheer

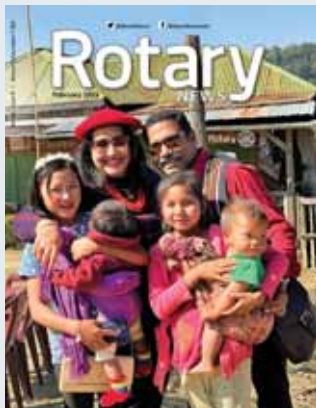
I was delighted to see in the Feb issue the cover photo of the smiling faces of D Ravishankar and his wife Paola, with schoolchildren in Manipur, for whom the couple has given a substantial sum of ₹1 crore to construct schools. The pictures and the article have spread cheer among all of us as they have donated their wealth to the needy and underprivileged. It is a fact that only those who share their wealth will be blessed with happiness and contentment in life.

I was saddened to read from the Editor's Note the heartrending stories of unwanted girls who are tagged as *Nakushi* or *Dhonda* in Maharashtra right from birth and that even today there are thousands of girls thus named in the State.

RI President Barry speaks about transformational service which is the need of the hour for the successful working of Rotary clubs around the globe.

It is happy news that Aster Group and Rotary have signed an MoU to build homes in flood-devastated areas of Kerala.

The article *Path to the presidency* is very informative and to be read by all Rotarians



for guidance and the write-up *The Old Boys Reunion Ordeal* by TCA Srinivasa Raghavan is humorous and filled with facts.

All other articles are impressive and the pictures are unique. Thanks for preparing a good magazine each month with so much effort.

M T Philip, RC Trivandrum
Suburban — RID 3211

Thank you for the inspiring article *A Rotarian partners with a Colonel to change lives in the North-East* that details the work being done in Manipur by Col Christopher Rego and his team. We request you to provide his contact details so that we can partner with him for some of his projects.

Rtn Pankaj Varma

Col Rego can be contacted at phone nos: 70222 60784; 94362 34587. E-mail: chrisregosunbirdtrust.com - Editor.

My congratulations for bringing out a colourful magazine. My non-Rotarian staff are fascinated with *Rotary News* and say it is interesting and absorbing like a marriage album, as it is so colourful and full of positive vibes.

V Pasupathi
RC Erode — RID 3202

I was thrilled to see the Feb issue with so many letters appreciating the *Rotary News* team.

The Editorial — *Educating a girl is like opening a school*; President Barry Rassin's message on the need for strong clubs; *Peace through Service* by RID C Basker; *Surat welcomes Maloney* by Jaishree; *A new Rotary-Aster partnership in the offing* by Rasheeda; *Rotary's support to transgenders*; *Empowering girls*; and *Connecting the World* by Arnold Grahl were superb.

I congratulate Aster Group and RID 3201 for building homes in the flood-devastated Kerala.

Daniel Chittilappilly
RC Kaloor — RID 3201

Making the right note

The Feb issue deserves appreciation. In the Editor's Note on *Educating a girl is like opening a school*, Rasheeda Bhagat quotes the words *Nakushi* (unwanted in Marathi) and *Dhonda* (stone, or a burden) that describe vividly the

plight of rural girls in search of water in a parched land. But all these tags no longer deter Rotary's vow to free this world from backwardness and spread awareness on the importance of educating girl children.

Other articles like RI President Barry Rassin's message on *Strong*

clubs bring out transformational projects; and RID C Basker's message *Peace through service* are informative for Rotary clubs. And all the pictures and articles are lovely and worth pondering over.

AK Sandwar, RC Dhanbad Mid
Town — RID 3250

LETTERS

The Editorial on girl children's education creates an excellent awareness which is very much needed in our community. Generally girl children are sent for household chores and other labour work such as on construction sites. So it is necessary to educate parents to send their girls to school. Our vision should be more on developing good institutions for children's education.

The North-East region requires not only education but also health awareness programmes as there aren't adequate medical facilities for treatment. Many people are coming from North East to Bengaluru, Hyderabad and Chennai for medical treatment.

A stunning all-women's market in Imphal is another interesting story in this issue. Women need self-employment and Rotary should undertake service projects for such needy people in our community. Congrats to the Editorial team for presenting such wonderful and informative articles.

PRN Chandra Mouli
RC Berhampur
Midtown — RID 3262

The Feb issue is very nice. Congratulations for the same. Please refer page 80: A *Rotary circle in Mysore* article. The club's district number is printed as 3180 instead of 3181. This is for your information.

Aa Cha Ashoka Kumara
RC Mysore North — RID 3181

The article on the Interactor Tanvi Roy of Bengaluru who had spurred her imagination to create a day-care for the children of maids and drivers is very inspiring. That the current generation of children are already trying to solve problems in their respective communities augurs well for the Rotary movement and the country. More strength to Tanvi and our Interactors.

Gopinath N
RC Bangalore
Indiranagar — RID 3190

I became emotional after reading the article *Rotary salutes martyrs* in the Jan issue as I was in the NCC and a 'C' certificate holder in bayonet fighting during my college days. We can't imagine how Indian soldiers are giving their best service to safeguard the nation and its citizens, irrespective of the weather being too hot or cold. Every citizen should feel proud about them and their sacrifice. Thank you for giving one of the best articles on Rotary clubs of Chennai paying a tribute to our martyrs.

Venu Gopal Yalamanchili
RC Guntur — D 3150

A powerful message

In the Jan issue, there is an inspiring message from RI Director C Basker titled *The Four-Way Test* in which he says, "Helping hands are better than praying lips." By which he means that serving the society

is the most powerful ethic in real life.

Secondly, the article by Frank Bures *20 years of service beyond borders* explains the magic of Rotary's spirit and passion for doing something good for humanity. PRIP Rajendra Saboo, who has undertaken medical missions to African nations, shows how he has followed his own theme as RI President 'Look beyond Yourself'. There were threats to his medical team during such missions, and 20 years later, he has ensured the conducting of over 67,000 surgeries in different parts of world. The role of Saboo and his wife Usha will always be remembered and inspire others in Rotary.

Staying fit after 40 by Sheela Nambiar is a must-read article as it is related to each and every Rotarian. It tells us how to keep our life stress-free, relaxed and the importance of a healthy life.

Naveen R Garg
RC Sunam — D 3090

Empowered women

The article *A stunning all-women's market in Imphal* by Rasheeda Bhagat is an excellent piece. It encourages women to become self-made entrepreneurs, thus lifting themselves up the economic ladder. Also, that they are exchanging old currency notes with new ones for a 10 per cent commission is interesting news.

S Balasundararaj, RC Sivakasi
Central — RID 3212

We welcome your feedback. Write to the Editor: rotarynews@rosaonline.org; rushbhagat@gmail.com
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 Website : www.rotarynewsonline.org

Printed by PT Prabhakar at Rasi Graphics Pvt Ltd,
 40, Peters Road, Royapettah, Chennai - 600 014,
 India, and published by PT Prabhakar on behalf
 of Rotary News Trust from Dugar Towers, 3rd Flr,
 34, Marshalls Road, Egmore, Chennai 600 008.
 Editor: Rasheeda Bhagat.

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Talking peace in troubled times is not easy

The shocking, heinous and heartbreaking terrorist attack on a CRPF convoy in Pulwama in Jammu and Kashmir, that caused the tragic loss of 40 CRPF men, has immersed our entire country in a pall of gloom and grief. This tragedy once again puts the spotlight on what The Rotary Foundation is attempting through its Peace programme, where it has forged a partnership with seven reputed universities (six Peace Centres) across the world for studies in Peace and Conflict Resolution. The Peace Fellows it sponsors are carefully chosen from a wide range of outstanding individuals with the potential to contribute towards peace and conflict resolution. Recently, a committee headed by PRIP and TRF Trustee K R Ravindran decided to make small adjustments to the Peace Fellow curriculum to make it less academic and more practical to give better employment opportunities to its Fellows. “We are also offering electives that relate to our six Areas of Focus so that graduates can work with Rotary clubs on joint projects as we want them to be part of the family of Rotary. Remember that peace is not simply the absence of war but also derives from the elimination of want,” says Ravindran.

There is so much violence and conflict that is tearing our world apart today. The Syrian refugee crisis is arguably the largest refugee and displacement crisis in modern times. Since 2011, this civil war has forced an estimated 5.5 million people to flee their homes in Syria. And a huge sea of people, once proud and prosperous citizens of a nation like Syria, are now reduced to begging for asylum in alien lands where they often land packed like sardines in unauthorised boats. So many drown in that dangerous voyage; but who is counting?

The crucial question is how much can peace programmes such as TRF’s help to dent violence and

conflict and bring sanity and peace into our troubled world. Every year, Rotary sponsors 100 scholars, 50 each for its short and long-term peace programmes, at the six Rotary Peace Centres. TRF Trustee Gulam Vahanvaty says TRF has sponsored peace fellows from across the world, including India and Pakistan, who have been working in voluntary organisations as well as government, “and are equipped with the right skills and training through our Peace programme to help resolve problems across the world and bring peace.” A police officer from Maharashtra, Praveen Dixit, who later went on to hold the highest police post — that of the Director General of Police — was one of the first Peace Fellows, graduating from the Duke University/University of North Carolina Centre. He acknowledges from various platforms the kind of impact the curriculum and his training as a Peace Fellow has had on his functioning as a police officer.

In recent years, as the Asian, Middle Eastern and African nations have seen much more conflict, TRF’s decision to set up more peace centres in Africa, the Middle East and Latin America gains significance. Feasibility studies in Africa have already begun.

The distrust inherent in resolving conflict in order to get peaceful solutions to geo-political problems need chipping away, as trust building takes a long time. And many more organisations need to join Rotary in the elusive quest for calm and peace in our world. Jingoism and wars can only create more problems, more bloodshed and more misery and displacement of people, but talking peace is not easy when there is so much of anger and anguish as we see in India after the latest act of terror.

A handwritten signature in black ink, which appears to read 'Rasheeda Bhagat'.

Rasheeda Bhagat



Inspire Rotaractors to Rotary



BE THE INSPIRATION

Dear fellow Rotarians,

One of the things I appreciate most about serving as President of Rotary International is the people I get to meet. Much of my time is spent travelling and visiting Rotary clubs around the world. A Rotarian welcome is something quite special. But let me tell you, there's nothing so warm as the welcomes that have been rolled out for me by Rotaractors. These are young people who are committed to Rotary ideals, who are pouring their hearts into service, and who, in the process, don't forget to have fun.

One of the highlights of my recent travels was a trip to Ghana, where I visited a district that boasts some 60 Rotaract clubs. They aren't satisfied with that number, though — in fact, they're excited about a plan to double it. They'll do it, too.

Rotaractors are vaccinating children against polio. They're donating blood where the supply is dangerously low. They're providing handwashing facilities to schools where children previously had no way to get clean. In short, they're all about transformational service: carrying out projects that make a real difference in their communities.

In Nakivale, Uganda, one special Rotaract club is making a difference in its community — which happens to be a refugee settlement. These young leaders are turning what others might see as disadvantages into opportunities for service, building community and opening up new possibilities to those who are most in need of them.

In Turkey, Rotaractors are visiting children in the hospital every Wednesday to lift their spirits by playing games with them. They also are mentoring new students at their university and teaching them leadership skills.

Rotaractors are blazing the path for Rotary to be more relevant in this new century of service. And World Rotaract Week, which we're celebrating March 11–17, is the perfect opportunity to get to know your local Rotaractors and talk to them about how your clubs can work together. If your Rotary club doesn't already sponsor a Rotaract club, know that you don't need to be near a college or university to do it: Community-based Rotaract clubs are a great option. And remember that Rotaractors are part of the Rotary family.

When Rotaractors are ready to leave their Rotaract club, we don't want them to leave that Rotary family behind. I'm asking all Rotarians to help them make the transition into a Rotary club or to start a new one: I'm happy to charter as many new clubs as we need to give everyone a place where they feel at home while making the world a little better. Service should be fun, it should be inspirational, and it should be open to all.

If there's one thing Rotary has always excelled at, it's diversity. In the past, that often meant diversity of profession, nationality and outlook. We've made great strides when it comes to diversity of age and gender, and as we welcome more Rotaractors into our organisation, we'll become even stronger. Rotary is powerful. Together with Rotaract, it is unstoppable. Working side by side, we have the potential to *Be the Inspiration* in every part of society, to every person we meet.

A handwritten signature in black ink, which appears to read 'Barry Rassin'. The signature is stylized with a large, sweeping 'B' and a long, horizontal stroke at the end.

Barry Rassin
President, Rotary International

Message from the RI Director



Communities need a full cycle of sanitation

Dear Rotarians,

Human survival depends on access to water. When drought strikes, the consequences for largely agrarian economies are disastrous. Agricultural production decreases, food supply becomes scarce, prices rise, farmers lose their livelihood. In more severe cases, drought can lead to famine and death. Even where water is available, it may not be hygienic and that can lead to major health issues. Access to clean drinking water and proper sanitation should therefore be the right of all people. Unfortunately, this is not the case. Millions of people still suffer and die from waterborne diseases because of lack of sanitation and poor hygiene.

While we harp upon access to toilets, there is insufficient focus on overall sanitation management, including the key issue of toilet waste disposal. Untreated waste from these on-site systems often goes into undesignated areas like open drains, water bodies and vacant land, leading to hazards such as groundwater pollution and faecal contamination of water supply. According to the National Policy on Faecal Sludge and Septage Management, Faecal Sludge Treatment (FST) involves four stages of treatment for safe disposal or reuse — the key to preventing further pollution of water bodies and the spread of diseases from contaminated water. During treatment, the solid and liquid waste are separated, and the liquid undergoes natural filtration using plant beds and gravel, after which it moves to a maturation pond. Once the water is treated, it is safe for disposal or reuse for irrigation. The solid waste undergoes separate treatment, creating a form of manure free of foul odour and toxins, which can be used as a fertiliser.

Karunguzhi is the first town in Tamil Nadu and perhaps one of the first in India to build an FST facility. Karunguzhi thereby becomes one of the first towns in India to move towards the ‘full cycle of sanitation’, ie, access to toilets, safe containment, conveyance (through the sewer network or trucks), and finally, treatment and disposal of toilet waste. The local administration and the people of this town deserve our approbation.

Recently two Hindi films, *Toilet: Ek Prem Katha* and *Padman*, highlighted the problems of sanitation and menstrual hygiene, creating greater awareness among people. Movies and the media are powerful mass communication tools. Today Rotary needs to tell the community what is ‘Full cycle of sanitation’ and proper use of water and its conservation. By doing so, we also help to enhance the public image of Rotary.

After the introduction of Rotary’s WinS programme and the Indian government’s efforts, major improvements have been made to safeguard the well-being of children in schools in our country. Millions of schoolchildren now have access to purified drinking water, sanitation facilities and basic hygiene.

Now is the right time for Rotary to create awareness among urban and rural masses by organising campaigns and seminars on measures to increase availability of water, reducing wastage, identifying the wasteful uses and increasing efficient uses and also expanding use of grey water, as has been done extensively in Singapore and Israel.

Rotary’s activities must always be an inspiration to the communities it serves.

A handwritten signature in black ink, which appears to read 'C. Basker'.

C Basker
Director, Rotary International

District Wise TRF Contributions as on January 2019

(in US Dollars)

District Number	APF	PolioPlus	Other Restricted	Endowment Fund	Total Contributions	EREY Donors (in numbers)	EREY %
India							
2981	29,218	3,029	0	8,000	40,247	190	4.2
2982	42,254	4,424	0	243	46,921	254	8.8
3000	10,631	1,000	72,766	29,265	113,661	18	0.4
3011	61,865	5,668	19,261	19,930	106,723	105	3.2
3012	64,222	150	269,069	8,800	342,241	73	2.2
3020	14,375	58,875	2,625	5,000	80,875	54	1.4
3030	13,747	0	0	0	13,747	6	0.1
3040	2,509	0	19,245	0	21,755	3	0.1
3053	44,857	0	0	0	44,857	13	0.5
3054	(18,582)	0	88,214	0	69,633	30	0.5
3060	12,100	796	145,229	102,381	260,506	588	14.3
3070	77,128	300	0	0	77,428	266	9.2
3080	71,272	8,702	15,657	5,000	100,631	57	1.8
3090	26,635	0	0	0	26,635	69	3.4
3100	19,623	475	0	0	20,098	76	4.6
3110	24,229	2,630	29,215	0	56,075	41	1.1
3120	53,960	0	217,897	0	271,857	53	1.7
3131	234,767	5,263	205,346	33,203	478,579	715	14.0
3132	10,002	310	14,571	40,000	64,884	19	0.5
3141	448,114	8,383	749,075	26,286	1,231,858	552	11.0
3142	239,566	50	(438)	0	239,178	476	15.1
3150	66,844	2,043	61,487	313,467	443,841	446	12.8
3160	49,081	580	0	9,287	58,949	112	4.7
3170	58,215	2,610	16,486	0	77,311	175	3.3
3181	70,530	691	0	103	71,324	239	7.9
3182	58,427	100	11,367	0	69,894	227	7.2
3190	67,178	4,197	10,530	1,449,359	1,531,264	487	10.2
3201	43,168	10,236	180,987	0	234,391	124	2.4
3202	14,034	19,762	0	0	33,796	38	0.8
3211	34,859	2,423	0	1,515	38,797	172	3.9
3212	87,032	6,530	5,250	24,000	122,812	99	2.5
3231	24,489	2,480	4,286	3,500	34,755	223	7.5
3232	99,622	785	122,867	1,000	224,274	129	3.0
3240	52,075	208	525	0	52,808	98	3.4
3250	17,086	1,834	9,216	0	28,136	39	1.1
3261	11,718	1,100	(1,492)	2,000	13,327	16	0.6
3262	27,244	1,429	900	6,213	35,786	100	3.1
3291	91,626	0	79,028	800	171,455	191	5.3
India Total	2,355,720	157,062	2,349,170	2,089,351	6,951,303	6,573	4.7
3220 Sri Lanka	72,096	2,725	2,626	7,000	84,447	128	7.1
3271 Pakistan	33,122	27,799	2,275	0	63,196	20	1.4
3272 Pakistan	18,308	2,141	0	0	20,449	25	0.9
3281 Bangladesh	106,949	2,900	48,132	15,756	173,737	169	3.1
3282 Bangladesh	36,550	910	0	3,000	40,460	84	2.1
3292 Nepal	190,029	12,711	91,632	0	294,372	282	6.5
South Asia Total	2,812,774	206,248	2,493,835	2,115,107	7,627,965	7,281	4.6
World Total	65,948,448	16,631,160	10,465,887	16,146,916	109,192,411		

Source: RI South Asia Office

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Let us not build barriers to Rotary

Rasheeda Bhagat

An important message that RI President Elect Mark Maloney left behind for the Presidents and Secretaries-elect of Districts 3250, 3232 and 3030 was not to build “barriers” that stopped people from joining Rotary.

Addressing the PETS and SETS sessions in these three districts, he reiterated the importance of family

connections and said, “We should never expect our members to make a choice between their families and Rotary. Let’s take some practical steps to change the existing culture, be realistic in our expectations and welcome children at all Rotary events.”

Another important point he made pertained to Rotary clubs being “welcoming of community-minded younger

professionals, and connecting with them to build a new generation of leaders. The job of a club president should never be seen as a time commitment too great for a busy professional to consider. By making volunteer positions into full time responsibilities, we are closing the doors to the people we need the most in Rotary. The ones with the potential for decades of service and leadership. Let



RIPE Mark Maloney, RID C Basker, Mala, DGE G Chandramohan, Manjula, PRID P T Prabhakar and Nalini with incoming women presidents of D 3232 at the PETS/SETS meet in Chennai.

us not build barriers to Rotary and open doors to them.”

Touching on his theme for 2019–20 ‘Rotary connects the world’, Maloney said Rotarians also needed to open new paths to members, and “build more and newer connections. We need to embrace our Rotaractors as the fantastic partners that they are. With their skills our impact can be transformed.” They already had a good grasp on Rotary issues and “you only need to navigate them.” They had enthusiasm for social causes and were good at discovering the community’s needs, were flexible, well-connected to the social media and knew how to innovate.

The incoming President said that when he was ready to serve as President of RC Decatur, Alabama,

PETS existed only in a few parts of the US, but not his district. “That was in 1985; but that doesn’t mean I’m too old. It’s only that I started early in Rotary and became club president

By making volunteer positions into full time responsibilities, we are closing the doors to the people we need the most in Rotary — people with potential for decades of service and leadership.

RIPE Mark Maloney

When ‘Lead by example’ got Pandya into trouble

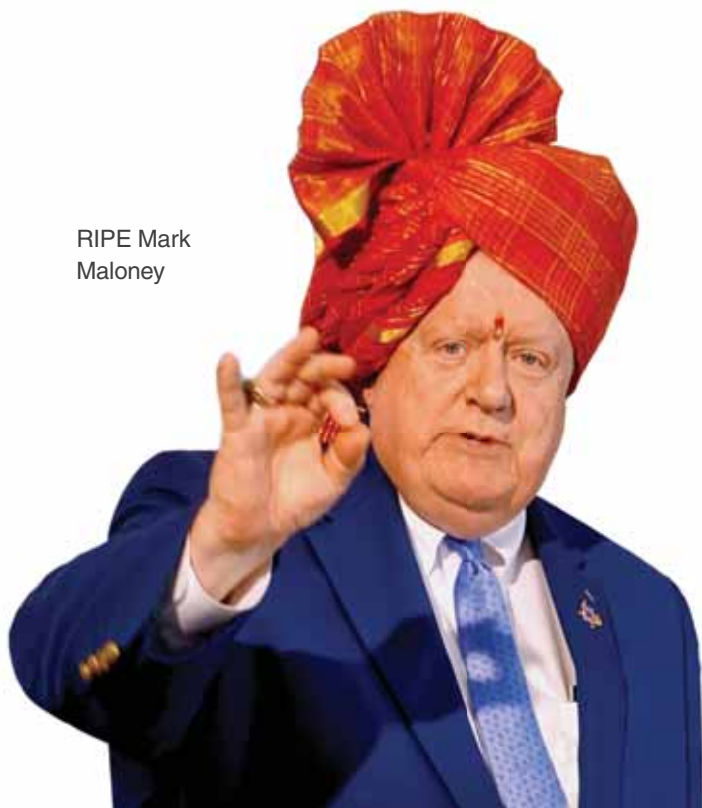
Addressing club presidents and secretaries-elect of D 3030 RIDE Bharat Pandya urged them to lead by example as that captured the essence of leadership. “If you want your members to bring new members and to be present in projects, you have to first do this yourselves. If you want them to contribute to TRF, you and I have to first put our hands in our pockets and give. ‘Lead the way’ was the theme of Bill Boyd when he was RI President and I was his Governor.”

Striking a lighter note, Pandya said that sometimes such a mantra can also land you in trouble. As happened with him during his governorship when he kept advocating this principle. “Our district has a Rotary Service Week ... to create impact in the community. On the first day a chess tournament was held and was inaugurated by an international expert, and the club said you have to play the first game with him.” The next day RC Mumbai Midtown was partnering with ISKCON for a midday meals project, “I had to inaugurate it by eating the first few spoons. The third day, PRID Ashok Mahajan’s club, RC Mulund called me to inaugurate a crematorium and the very enthusiastic project secretary said: ‘Sir, we will work very hard and assure you by the time your year ends we’ll complete the project and inaugurate it with you!’”

“Since then I have been a little wary of saying lead by example,” he added.



RIPE Mark
Maloney



at 30.” He has applied what he learnt as president to his subsequent positions of DG, RI Director and Trustee. “And I am still learning about the positive connections of Rotary every day; it’s a lifelong learning.”

The essence of Rotary was connections; the club connected Rotarians to a global community, but it is the club president who set the tone. “If the president is not motivated the club will not do well. I have seen clubs where a succession of presidents were not focused, engaged and paying attention to what was happening. At first the results are not obvious; the club loses a member here and there, but all of a sudden the membership declines dramatically. I have also seen clubs that are doing very well, are engaged with their members who are doing great projects and they have a lot of fun too. As presidents you have a big role to play and we should all try to leave Rotary a little better on June 30 than it was when we took office on July 1.”

Delegate work

But “making an impact and doing it all ourselves is not the same thing”. To truly lead, a leader should inspire those around her to achieve the most possible. “You don’t have to do it alone. We Rotarians are good at working together and problem-solving. As presidents, your greatest asset is your members, their skills, interests, passions. You should become experts at knowing what motivates your members so that you can better inspire them to achieve their best.”

Each person was motivated by something different and brought different skills to the table. “In my case, I may not be the world’s greatest humanitarian but that’s fine because I consider myself a darned good administrator. By applying my administrative and organisational skills to Rotary activities I have facilitated tremendous amount of humanitarian service,” he said.

Urging the assembled presidents and secretaries to make organisation

and prioritisation their buzzwords, Maloney told the club leaders to examine their approach to Rotary for the year ahead, and learn from their fellow presidents-elect. The diversity of skills, experience and viewpoints was something that made Rotary great. “But I believe we can always make Rotary better.”

Already working well in Rotary were the community service projects. “We are great at that; but when it comes to taking care of internal matters in the club itself, such as membership retention and growth, I feel the clubs are not applying those same organisational skills. I want to see Rotary clubs exercising the same degree of innovation, enthusiasm and organisational skills



they have in external service to their internal service in their own clubs.”

Grow Rotary

Maloney added, “All of you know what we need to work on. We need to grow Rotary; we talk so much about membership, but last year, we set a Rotary record nobody wanted to set... in the number of people who left our organisation. Some left because Rotary was not the experience they had hoped it would be. They left, taking with them their ability, experience and leadership. But I know we can face this challenge in an organised, strategic way.”

Rotarians only needed to look at “what we can achieve when we set our minds to it. Like bringing polio to the

brink of eradication. This is only the second time in history that a human disease will be eradicated and we will end polio very soon. When we focus our attention on a strategic goal, we become a powerhouse for good.”

But to continue to be that force, “we must grow Rotary, and increase our membership so that we can achieve more. We need more hands doing the work and more brains solving the problems. Maybe your club members are comfortable with the current size of the club and concerned about changing the dynamics if the club grows.” A president might say membership was only one of his many responsibilities. “But without members there is no Rotary. To achieve more and do more, we should

draw on what we already do, which is connecting with people, which is our strength, essence and our greatest gift.”

The incoming RI President told the club leaders to form an active membership committee in their clubs that comprised people from different backgrounds, to apply Rotary’s classification system to bring in a wide range of professionals and leaders to strengthen their clubs. “Look for the checklist for such committees on rotary.org,” he added.

In conclusion, Maloney said that Rotary also needed to be connected to the world through the United Nations, which was celebrating the 75th year of signing its charter in 2019–20. “Rotary has a historic and endearing relationship with the UN. And through our areas of



D 3030 DG Rajiv Sharma felicitates RIDE Bharat Pandya with a memento in the presence of RIPE Maloney, DGE Rajendra Madhukar Bhamre, PDGs Kishor Kedia and Dattatraya S Deshmukh (right).



D 3250 PDG Sandeep Narang felicitates RIPE Mark Maloney in the presence of RIDE Kamal Sanghvi, Sonal, Event Chairman Dr RN Singh, DGE Gopal Khemka and Avita Khemka.

focus we also share commitment on healthier, more peaceful and more sustainable world.”

Be fierce, fearless

RIDE Kamal Sanghvi told the incoming club presidents and secretaries of D 3250 that he could sense the new “vigour and excitement” in the room. There was always a reason for everyone being where they were; “do you realise that you have the honour and onus of changing the world? There are very few who get such an opportunity to bring smiles and happiness and a sustainable change in other people’s lives.”

He urged the club leaders to make full and proper use of “this opportunity of a lifetime... during these 366 days (2019–20 is a leap year), think big, achieve what you have dreamt about. You are going to be your Governor’s eyes, hands and legs.”

But if the assembled presidents wanted to make this year “the most

fantastic for RIPE Mark and your DG Gopal Khemka, you will have to be absolutely fierce; fierce like a lion or a tiger, and also fearless, to get your dreams realised.”

Urging the participants to think big and dream big, Sanghvi said, “Gone are the days when Rotarians gave books and

pencils to schools; you have to build those schools. Dreams are meant to be big; each of you should undertake a huge project during your year and a project of a scale which hasn’t been done before. It will give a tremendous boost to our public image... that we care, and are willing to lend a hand.”

In conclusion, the incoming RI Director told the club leaders never to be afraid of failure. “You will fall, but after a fall, if you arise, success will surely follow you.”

DGE Khemka said the district had 100 clubs with 4,000 members and a female membership of 37 per cent. Of its 102 Rotaract clubs, 50 are active. His endeavor during the year will be to focus on retention of members, infuse young blood into Rotary, increase women’s membership and reinvigorate inactive Rotaract clubs.

The trainers at this conference were senior Indian Rotary leaders such as Vijay Jalan, Sam Patibandla, Ravi

Dreams are meant to be big;

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a huge project during your

year and a project of a scale

which hasn’t been done before.

It will give a tremendous boost

to our public image.

RIDE Kamal Sanghvi

Garlands galore

I can get used to this!" This was the comment of RIPE Mark Maloney as he visited different Rotary events, including PETS and SETS in Kolkata and Amravati, where the organisers vied with one another to greet him with big garlands, a buggy ride, a traditional Maharasthrian *feta*, etc.

As he was 'felicitated' at the mega projects launch organised by Rotary Club of Calcutta Mahanagar, RID 3291, he quipped: "In the US a speaker is merely introduced, in India he is felicitated. I am going to have to teach them how to do it back home. The club president introduced (PRID) Shekar Mehta as the pride of Calcutta Mahanagar. My Rotary club is RC Decatur, Alabama, and there it's like 'Hey Mark'; that's it."

Maloney said that he was nominated RI President a year before RIPN Sushil Gupta. "A little party was given by the two clubs in Decatur the night after my nomination, and then we had another event in Decatur. And



From L: RIDE Kamal Sanghvi, Sonal, DGE Gopal Khemka, RIPE Mark Maloney, Dr RN Singh and PDG Rakesh Prasad.



RIPE Maloney being felicitated by D 3232 DG Babu Peram and DGE G Chandramohan (right). DGN S Muthupalaniappan (left) is also in the picture.

that was all. I have been watching Sushil. He is still going around India being felicitated... I hope he finds time to be president! He has so many shawls and flowers coming up to his nose. You all just do it up a lot more in India than we do in the US. In the US it is like "You know Mark Maloney is going to be president? Ah well, we'll get over it one of these days".

Next morning at the RID 3291 PETS and SETS in Kolkata, when he was 'felicitated' with a huge garland, the incoming RI President quipped: "I challenge Sushil to receive a garland as grand as this one!"

Maloney connects with Chennai Rotarians

Jaishree

At the RI District 3232 PETS and SETS meet, RI Director C Basker, highlighting the year's performance, said that of the 16,764 new members added to Rotary world over, Indian clubs have brought 8,659 members. "That is 51 per cent of the world membership."

He complimented RIPE Mark Maloney for facilitating 50 DRREs from across the world to get trained at the International Assembly this year, along with the governors-elect. "When I took over as director in 2017-18, Rotaract membership reporting was 9 per cent." While the data is important to understand the strength and health of Rotaract clubs, RI too did not

have a specific reporting format nor did it reflect the actual membership data. After the coordination meeting ideated by Basker, with the DGs, DRRs and DRCCs, followed by a training programme, the membership reporting has increased to 78 per cent. "Today our membership reporting stands at 100 per cent and with the thrust being given by RI President Barry Rassin and RIPE Maloney, the world membership reporting improved to 34 per cent from 18 per cent." In India, 333 Rotaract clubs have been chartered till Jan 31.

Basker called upon the incoming presidents to "double the number of Rotarians by year-end, which is a focus area of Maloney. This is not a difficult task for you. You are the chosen leaders. Put together an effective team to accomplish your goals and you have a definite deadline at the end of 366 days."

PRID PT Prabhakar said Maloney had an amazing memory. "In the membership committee meet, when I was its director, Mark would quote decisions taken by the committee years ago with accuracy."

When the floor was opened for a Q&A session with the incoming RI President, a president-elect suggested special subsidised membership fee to attract younger Rotarians. Maloney

reiterated Rotary's stance for flexibility in clubs and said, "Rather than making a world-wide mandate for reducing the fee for a certain age group or a certain demographic, let clubs follow what suits them best."

To a long-winded question from President-elect Vijaya Bharathi, RC Madras, on a woman getting the topmost position at RI, Maloney responded: "We will have one in the next five years. And that is just Mark Maloney's opinion. Because I can't make it happen!"

He explained that Rotary follows a hierarchal approach in leadership. So, to be an RI president, you must have served as an RI director. "We have about 14 living women past directors. Some are not interested, while some of them have completed their tenure very recently and are just gaining experience. Whereas we have roughly about 150 male past directors. And this year's Board has no women. We did not do that. Each zone nominated their director and they all happened to be men." There will be two women directors in 2020-21 and five, the following year.

DGE G Chandramohan delivered the welcome address, DGN S Muthu Palaniappan proposed a vote of thanks. DG Babu Peram, along with other PDGs, was present at the event.

Vadlamani, Jawahar Vadlamani and Deepak Shikarpur.

3 essential 'E's for success

Addressing the PETS-SETS session for D 3030 organised in Amravati, incoming Director Bharat Pandya said he had personally known RIPE Maloney over long years since he had been RIPR at his district conference, and then had served with him on the Sydney Convention Committee. He had not only a

friendly approach to everybody, but also the 3 'E's essential for success; "rich experience; he is enthusiastic and ready for everything... you put a *feta* on him and made him climb into a buggy and he readily did it. Third, he has an ethical approach to Rotary."

Pandya asked the club presidents to be aware of the huge responsibility that rested on their shoulders. "Everything that happens in Rotary happens only at the club level. Our success in 2019-20

will not be determined not by how hard Mark or I work but by what you are going to do in your clubs."

Giving the example of Chinese bamboo which grows up to 80-ft-tall, taking five years to do so, but showing little progress for the first 57 months and shooting up only after the 57th month, Pandya explained what was happening. For the first 57 months, "the growth was taking place under the surface. The bamboo was absorbing the nutrients,



RIPE Maloney being greeted by a Saving Little Hearts' child-beneficiary in the presence of RIDE Kamal Sanghvi, PRID Shekhar Mehta, RC Calcutta Mahanagar President Chitra Agarwal, Dr R P Vidhawan and D 3291 DG Mukul Sinha.

networking with the other branches so that when the time for growth came, it was prepared and in three months shot up to 80 ft.”

Similarly, they were now in that preparatory phase; “if you wait till July 1 it will be too late. The time to plan and prepare is now.” The US Marines followed the ‘6 Ps’ mantra — proper planning and preparation prevents poor performance. “So you should prepare. Our clubs are already doing excellent work. This morning, RIPE Mark and

I saw some great projects being done by RC Amravati Midtown.”

Referring to the initiatives planned during the year by their DGE Rajendra Bhamre, Pandya urged the club leaders to “write them all down so you don’t forget... and start working on them from today.”

He also urged them to build a strong team and ensure their clubs held interesting, time-bound and well-executed meetings. “Your meetings are a showcase of Rotary to the community and Rotarians. If I go to a Rotary meeting, am welcomed at the door, escorted to a group of Rotarians, not neglected and left to fend for myself, the meeting starts and ends on time, that’s a good club.”

The Ant philosophy

The incoming Director asked Rotarians to adhere to the ant philosophy; circumventing a barrier in their way by going around, across or over it; looking ahead and preparing for winter by getting food in summer; and staying positive through the chill of winter when they are deep

down in their burrows. They would have to learn from ants to be focused, never give up and stay positive and do all they can. “Today you are standing on the edge of a destiny that is limited only by your vision. Think big and dream big,” he concluded.

DG Rajiv Sharma said the District was lucky to get an incoming RI President after 10 years since PRIP Kalyan Banerjee had addressed them as an incoming RI President.

DGE Bhamre said during the year, together they should aim to do sustainable humanitarian projects that changed lives. “My job as DG is to give good governance, promote excellent fellowship and service to community. I want to pursue the highest standard of stewardship leaving behind the dark past and setting an example for the future.”

As theirs was a drought-prone district, watershed projects, village adoption and WASH in schools would be his priority.

Pictures by Rasheeda Bhagat
Designed by Krishnapratheesh S

Everything that happens in Rotary happens only at the club level.

Our success in 2019–20 will not be determined by how hard RIPE Mark or I work but by what you are going to do in your clubs.

RIDE Bharat Pandya

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RI Convention, Hamburg

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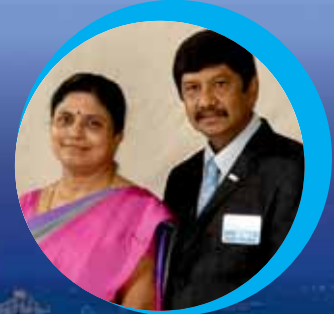
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& Malathi Basker

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Registration Fee: INR 5,000 / EUR 65 / US \$ 75 per person

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Practicing as Management Consultant since 2002, he has evolved his core competencies in three areas which include – Developing Management Systems, Facilitating Business Excellence Practices and Establishing Sustainability Reports for Industries and Institutions.

Active with professional / industrial bodies and social organisations, he has held leadership positions in several of such organisation like QCPI, NIPM, ISTD, IMCI, HDCF, FAPCCI, CII, BNI and Rotary International. His current passion as qualified faculty from Rotary Leadership Institute is strengthening Rotary Movement using several initiatives in Clubs, Communities and Corporates.

Contact:

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Rotary Hospital in Vapi offers paediatric heart surgery

Rasheeda Bhagat



Cardiac Surgeon
Dr Kalpesh Malik
interacting with a
patient at the Haria
Rotary Hospital in Vapi.

The 200-bed Haria Rotary Hospital in Vapi is the biggest hospital between Surat and Mumbai and prides itself in having, apart from other specialties such as joint replacement and other major surgeries, children's open-heart surgery. And its Cardiac Surgeon, Dr Kalpesh Malik, who joined here seven months ago to do paediatric heart surgery — the cardiac unit here was established 18 months ago — is gung-ho about the hospital's capacity to do much more.

He has so far operated at this hospital on 30 children, though in his 20-odd year experience as a cardiac surgeon he has operated on over 3,500 children out of a total of 8,400 heart operations he has done. "I had actually trained as a paediatric surgeon, but do all heart surgeries; paediatric heart surgery is so complex that once you can operate on children's hearts, you can easily do a bypass surgery," he smiles.

We are seated in the room of PRIP Kalyan Banerjee, Chairman of the Rotary Charitable Trust in Vapi which runs this hospital. "We started this hospital in the early 1980s; what began as a dispensary 40 years ago by the Rotarians of Rotary Club of Vapi, RID 3060, grew into a 24-bed hospital within a few years. In 1982, the Haria industrial group gave us ₹7.5 lakh which in those days was a lot of money. And we agreed to name the hospital as Haria Rotary Hospital. Today of course ₹7.5 lakh is nothing and our monthly turnover is now around ₹3 crore," says Banerjee.

Chief Physician and Medical Superintendent of the Hospital Dr SS Singh says that over 40 years this

hospital has been strictly following "one simple rule — not to turn away any patient who knocks on our doors for treatment, whether it is an accident or a medico-legal case or a patient with no capacity to pay."

The hospital has 60 full-time doctors and 60 visiting specialists. "Our surgical department is very strong and well-equipped. We have a full-time neurosurgeon; Vapi is 160 km from Mumbai and 120 km from Surat, and there is no full-time neurosurgeon between Surat and Mumbai. This hospital has grown thanks to Rotarians of course, and also because of the goodwill and patronage of the local community," says Dr Singh.

The Rotary Hospital serves a radius of around 150 sq km. Vapi being an industrial belt and located on the arterial road between Mumbai and Surat, there are many industrial accidents in the factories and trauma cases brought from road accidents. As there is no government hospital in Vapi and other private hospitals are reluctant to take medico-legal cases "we admit these patients, irrespective of who brings them — the relatives, police or passersby — and give them immediate treatment. Also, no hospital in Vapi has a full-fledged cardiac surgery department as we do; they have only visiting cardiologists and surgeons. As for open heart surgery we are the only hospital between Surat and Mumbai offering this facility," says Dr Singh.

He adds that when it comes to neonatal and paediatric surgery, even some of the bigger hospitals in Mumbai do not offer these facilities except for the Kokilaben Dhirubhai Ambani Hospital. "So you have to go to the South — Chennai or Bengaluru — or Delhi, for these operations."

The charge for an open-heart surgery for a fully paying patient in a general ward at this hospital is ₹1.25 lakh. But as most of the patients coming

here are really poor, the funds are got from government schemes such as the Ayushman Bharat, Chief Minister's Fund, ESIC, Railway Employees' Insurance, etc. "Getting money from the government takes some time but we go ahead with the treatment and don't keep any patient waiting," says Dr Singh.

An important feature of this Rotary Hospital, set up on a spacious 8-acre campus, is the excellent quality of critical care. "The intensive care in Vapi and surrounding areas is not much but we have a full-fledged ICU with 40 beds, 10 machines for dialysis, which we offer totally free. Earlier we were charging ₹300 but from 2011, we have done away with this," he adds.

Every month 400-odd dialysis procedures are done. What is more, since such patients, who are mostly breadwinners, lose their jobs, the hospital also gives the family a monthly ration kit with rice, wheat, dhal, oil, etc.

The orthopaedic department is well-equipped and well-manned, and does joint replacement and spine surgeries in good numbers, at a reasonable

cost of ₹99,000. Orthopaedic Surgeon Dr Kapil Pawar says that he does more knee replacement operations compared to hip replacements. Knee problems in Indians are not only due to our lifestyle such as sitting or squatting on the floor but also because of genetics. "We get more knee arthritis compared to westerners. It's in our genes to get bent knees, whereas in the US or UK, hip arthritis is much more common."

He says the practice of bending the knee too often, "such as in the *namaaz* position or doing *Vajrasan* or *Padmasan* is not good for your knees, particularly after a certain age. It puts too much pressure on them; the more you bend them, the more the wear

and tear." In women, they mostly see back problems. "Women don't have fixed time exercise schedules; they think housework is exercise, which is a wrong assumption because the back muscles get strengthened only when you do back-strengthening exercise and not household work."

Dr Malik says in children he operates both for valve defects and hole in the heart. The youngest patient he has operated on is 19-month-old Nidhi, who had a hole in the heart. The hospital gets its cases from the

The practice of bending the knees such as in the *namaaz* position or doing *Vajrasan* or *Padmasan* is not good for your knees, particularly after a certain age. It puts too much pressure on them.

Dr Kapil Pawar
Orthopaedic Surgeon



surrounding areas either through camps or its social workers bringing the patients. More than 80 per cent of its cardiac patients get treatment financed by government insurance. “Our challenge is that unless this hospital establishes a name for cardiac surgery, the fully paying patients will not come here, because Mumbai is 2–3 hours away.”

Intervenes Banerjee, “The industrialists from here prefer to go to Mumbai because they can afford it.”

To which Dr Malik quips sarcastically: “And of course everyone in Mumbai lives up to 300–400 years!”

He says his team puts patients “on the fast track and we send them

home on the third or fourth day after surgery”.

Is it because they don’t have enough beds? “No, it’s because we have a better team,” he rallies.

What is the most challenging or complex surgery he has done till now, I ask Dr Malik.

“It was on a four-year-old boy named Shyamal Mishra. The heart has four chambers, but this child was born only with two, and was a blue baby right from birth. The child was from a village in Madhya Pradesh and his father was working in Mumbai. The parents took the child to AIIMS Delhi where they said they have a waiting period of five years. A private hospital

By and large this hospital pays for itself. As several hospitals have come up in recent times, we did face a challenge, but have tightened our belts, made a few changes, saved money and have started to break even.

PRIP Kalyan Banerjee

Prafull Dewani, Trustee, Rotary Charitable Trust, and Sandra Shroff Nursing College Principal Maj Gen T K Bhutia with the college students.



in Delhi said the surgery would cost ₹4.5 lakh.”

For four years the parents kept getting shunted around, till they came to the Rotary Hospital in Vapi. “Luckily he had survived till then. We operated on him free of cost, and on the third day the child was smiling. And he suddenly became fair; from blue to pink,” says Dr Malik, adding, with a straight face, “so you see, we also do cardiac cosmetology here! We turn blue babies into pink!”

He adds that paediatric heart surgery is being sponsored by Rotarians in a private hospital in Mumbai. “We have additional capacity here; if they can divert some of the cases to our hospital, we can do the surgery at one-third the price. Luckily, there hasn’t been a single mortality in the children we have operated on here.”

Dr Singh adds that the hospital sees 500 OPDs a day and admits about 1,000 patients every month. The premises are spanking clean; when I say so,

he smiles and says, “This despite most of our patients being from the lower strata! Initially Mr Banerjee used to personally check the toilets! We have about 60 people cleaning the place daily.”

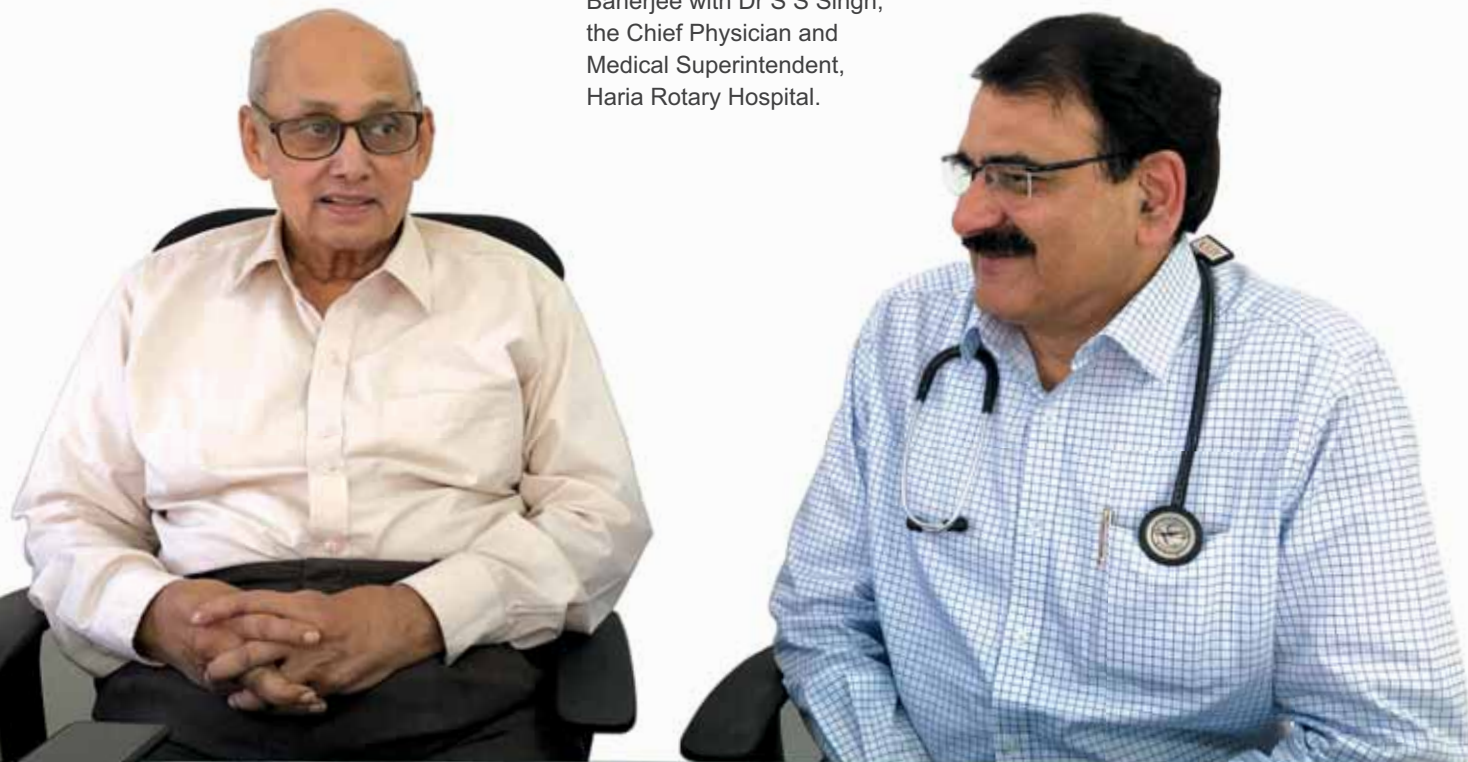
Pointing to a few parents holding their children Dr Singh says they do cleft lip and palate surgery under the SMILE project. Whether it is 2-year-old Lucky or 3-year-old Vaidehi, the children are now able to talk properly after the correction surgery. Till now we have done over 650 cleft and lip surgeries, all of them totally free.

In the cardiac ICU, 22-month-old Riddhi and 11-year-old Dhaneshwari have had their holes in the hearts repaired by Dr Malik’s team and the mothers are all smiles.

On sustainability of the hospital, Banerjee says, “By and large it does pay for itself. As several hospitals have come up in recent times, we had been losing money because our charges are much lower. But we have tightened our belts, made a few changes, saved money and have started to break even. Earlier we used to make some profits which always went into expansion of our facilities.



PRIP and Chairman of Rotary Charitable Trust Kalyan Banerjee with Dr S S Singh, the Chief Physician and Medical Superintendent, Haria Rotary Hospital.



In the adjoining Sandra Shroff Nursing College, Nursing degrees are offered — both BSc and MSc. Its Principal, Maj Gen T K Bhutia, who has retired from the Indian Army, proudly takes me around the spacious campus, and says most of the students are from the tribal belts in the region. This college was started in 2003 and till now some 300 nurses have graduated from here.

So do they get employed easily? “Employed? They are all grabbed by the Kokilaben Ambani Hospital in Mumbai,” says past president of RC Vapi Prafull Dewani, a Trustee of RCT. Their starting salary is ₹20,000 a month, “which we can’t afford to pay as we are a charitable hospital,” says Bhutia.



She adds that almost 80 to 90 per cent of her students — the total strength is 169 — cannot speak a word of English when they come in. “But by the time they are in their fourth year, they can speak English rather fluently.” I interact with the students, including some male ones, who are mostly children of farmers, labourers or white-collar workers from industries. The smiles they adorn and the confidence they display say a lot about the quality of training they get here.

This was the first private/self-financing Nursing college in Gujarat, and its yearly fee, including in the management quota, is only ₹85,000. “Most of our students stay in the hostel and are sponsored by the government which gives a stipend for the ST students.”

Pictures by Rasheeda Bhagat

Designed by N Krishnamurthy

Giving them a hand

Jaishree

Eleven-year-old Nila's face is a sight to behold as she writes her name on a piece of paper. It is a big achievement for the girl who has just got an artificial hand fitted at the mega camp organised by RC Mettupalayam, RID 3202. "My daughter is very brilliant. She was born with this deformity, despite which she rides a bicycle, plays kabbadi like a pro and is an expert in making soft toys — all this with just one hand," says Nila's mother with tears in her eyes and the little girl chips in: "I will be able to achieve more now that I have two hands," showing off her newly-fitted hand.

On the next desk is Kanniammal (70), who has travelled from a remote village near Erode, to attend this camp. Her right hand had been severed two years ago, when she intervened in a quarrel between her son and few other youngsters just outside her home. "Can I cook my own food now?" She asks the Rotaractor-volunteers helping fit her new arm. One of them immediately shows her a demo-video, on his mobile phone, of a woman rolling out chapattis and a man riding a motor-bike with their artificial hands. With a shy smile and hope in her eyes she says: "At this age I don't want to ride a bike. All I want to do is to be able to wear my sari and cook my *kanji*

(porridge). I feel uncomfortable asking for help every time...." The boys cheer her saying, "You can do all that and much more *Paati*," and urge her to extend her newly-fitted arm to shake hands with them, which she does with a big smile.

Ezhumalai (45) from Tiruvannamalai had lost both his upper limbs and one of his legs in an electrical short circuit. He pleads with the volunteer to fit both his hands with prosthetics. "I have to depend on my wife for everything. She is the breadwinner — working as a domestic help in a couple of homes. I want to contribute something for my family," he says, with hope in his eyes.

Rotaractors shake hands with Kanniammal who has a new LN 4 arm fitted at the camp.



The camp venue, MetRo Matriculation School, was abuzz with people, young and old, waiting their turn to receive the LN 4 hand. The school, a sprawling campus in the foothills of the Nilgiris, is the club's pride, built in 1975, and caters to 2,000 children in the region with free education for the poor and a subsidised fee for others.

The screening for the camp was done a week earlier and the club has coordinated with RC Poona Downton, RID 3131, for the prosthetic aids. Sixteen Rotarians from Pune have come down to assist the Rotarians of Mettupalayam after shipping about 850 LN 4 hands by surface transport. Two volunteers — Rukmini, a friend of Sarala Kannan, the First Lady of D 3000, and Dr Mounika, a physiotherapist from Hyderabad, also pitched in with their expertise.

Club President and Project Chairman Dr Aravindh Karthikeyan moves around the venue, ensuring that the



LN 4 Ambassador

KV Mohankumar, the LN 4 Ambassador for South Asia and a member of RC Bangalore Prime, RID 3190, explained the present scenario of LN 4 fitments in the country. While artificial lower limbs are popular and widely used, the awareness on LN 4 hands is yet to gain momentum. According to the 2011 census, two per cent of our population is differently-abled, and of that only five per cent have access to relevant information. "Many people do not know whom to approach. Rotary is doing a wonderful job in conducting these fitment camps. Today we have about 18 permanent limb centres across the country and people can just walk in and get the limb free of cost." According to a conservative estimate, about five lakh people live today without upper limbs which they have lost for various reasons. "We have touched only 14,000 people. This is just the tip of the iceberg," he says.

Mohankumar is actively promoting LN 4 fitment camps across the country. He recalls how in 2006 his club conducted the fitments without proper training. "We referred to YouTube videos. But

the next year the Ellen Meadows Foundation team came down from the US and trained us to do the fitment and train beneficiaries to use the prosthetics efficiently. From then on there is no looking back." This year has been "phenomenal" as 2,600-plus people have got LN 4 fitments, thanks to Rotary clubs across India.

Each camp is quite unique. In the recently concluded Nilambur camp, "we found lot of people with congenital deformities. In Rajasthan, people lost their hands due to agricultural accidents." In general, wherever there is low awareness of safety the incidence of numbers turning up at camps is very big. More focus should be given on the tribal belts, he says. As for spreading the message, he highlights a club where Rotarians went to schools and announced their upcoming camp in the assembly. "Children are the best messengers, especially in small hamlets."

Yet, with all the popularity of the LN 4 device, he says that ensuring its use by the beneficiaries is still a grey area which needs more focus. The LN 4 committee is providing career guidance too to such beneficiaries.

fitments are done without a hitch. "We responded to a mail from Anil Chadda, Project Chair of RID 3131 for *Gift of Mobility*, announcing availability of the LN 4 devices. Initially we aimed at just 50 fitments. But Chadda threw a challenge. He said if you bring less than 100 beneficiaries you have to bear the entire expenses; and if it is above 200, we will take care of all our expenses. This got me going," he says.

L S Sidduram is the Project Coordinator. The club wrapped up the day with a record 750 fitments, after screening 1,200 disabled people, thanks to wide publicity through social and print media. People who had lost their hand in an accident or were born with the deformity were all happy and excited to go back home with a new hand, and along with that, a renewed hope for a better tomorrow.



DG Dr E K Ummer (centre) with a beneficiary and Rotarians of RC Nilambur. K V Mohankumar (right), LN 4 Ambassador for South Asia, is also seen.



Ezhumalai, who has lost both arms in an accident, talking with RC Mettupalayam President Dr Aravinth Karthikeyan as President-elect Dr Vijayagiri looks on.

All the beneficiaries were given a kit comprising a user manual, training material and photograph of the sponsor, all put together in a colourful envelope with a handwritten note or a painting from an LN 4 user. Each of these aids have been sponsored by beneficiary families from across the world, points out Sujata Malkar, a member of the Pune club. Food and refreshments were provided for the beneficiaries and caretakers at the camp venue.

DG EK Ummer who visited the camp complimented the turnout here as also the two-day camp at Nilambur which was executed the previous week by RC Nilambur, along with RC Spandana Bangalore, RID 3190. Vinod P Menon was the Camp Chairman and Dileef, the Convener. About 400 people benefitted from the programme, says Club President Gigi Thomas.

Pictures by Jaishree



Rotary Endowment - a promise to tomorrow

The last quarter of the Rotary year is approaching, and it's time to check our progress. In January a year ago, we set a series of fundraising goals, and this June, we will give ourselves a report card. What will it be?

As Rotary Foundation Trustee Chair, I am looking forward to telling you at the Rotary International Convention what we all most want to hear: that we not only met our goals, but exceeded them.

That's because each of those goals corresponds directly to progress in each of our six areas of focus.

In 2017–18, we approved 1,300 global grants. Those grants funded large, international projects with measurable, sustainable outcomes. Some were to keep newborn babies alive. Some were to bring clean drinking water and sanitary toilets to communities. And some went to economic development in poor areas. But every dollar had an impact — the kind of impact that lasts.

But there's something else just as important: making sure we can continue doing this long into the future.

That's where our goal for the Endowment comes in. Our Rotary Endowment is our promise to tomorrow — that our service to humanity will continue, that we will never give up.

Our goal for the Endowment this year is \$26.5 million in direct gifts, with an additional goal of \$35 million in commitments. But that's not all we're aiming for. We also have a long-term goal: reaching \$2.025 billion in 2025.

Bringing the Endowment to that level will ensure that the World Fund has annual income to fund Foundation programmes year in and year out. This money will go in perpetuity to the programmes you have determined to support through your gift to the Endowment. If each of us supports our Endowment, we can truly make Our Legacy, Rotary's Promise.

Together, we can make our Foundation even stronger, so that we can do even more good in the world.

A handwritten signature in black ink, appearing to read 'Ron D Burton'.

Ron D Burton
Foundation Trustee Chair

Hamburg dining

Gundula Miethke



Hamburg's history as a port city means that it boasts a cosmopolitan cuisine; influences range from Portugal to China. But no matter the restaurant, there's one constant: You're likely to find an abundance of seafood on the menu. So when you're in town for the Rotary International Convention from June 1 to 5, dive into dining Hamburg style.

Fischereihafen Restaurant Hamburg (fischereihafenrestaurant.de/en) has been serving up seafood specialties (if you're feeling adventurous, try the sweet-sour eel soup) in an elegant setting on the Elbe River for almost four decades.

Another local institution is the Alt Hamburger Aalspeicher (aalspeicher.de). Order smoked eel with scrambled eggs and fried potatoes; fried plaice “Finkenwerder style” with bacon potato salad; or Labskaus, a traditional sailor's hash with fried egg, herring, beetroots and pickles. Finish with a classic northern German dessert: rote Grütze, a red berry compote served with heavy cream.

In a hurry? Pick up a Fischbrötchen (fish sandwich) at the snack bar Brücke 10 (bruecke10.com) on the St Pauli Landungsbrücke. The currywurst (pork sausage with curry ketchup) at Imbiss bei Schorsch (imbiss-bei-schorsch.de) is delicious and filling. And don't miss out on Franzbrötchen, best described as a cross between a croissant and a cinnamon roll. Luckily for you, every bakery sells them.

**Register for the 2019 (June 1–5)
Rotary Convention in Hamburg
at www.riconvention.org**

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A genetic compulsion for giving & doing good

Rasheeda Bhagat



Anually, the Aster DM Healthcare group sees over 20 million patients. But more important, the group spends ₹50 crore every year on charity, and if you haven't heard much about that, it is "because normally we don't publicise our charitable activities. But of late, and after taking a cue from philanthropists such as Bill Gates, we've realised



Azad Moopen, Chairman, Aster DM Healthcare Group, with wife Naseera and daughters Ziham, Alysha and Zeba.

that if we promote such work, and make some noise, others may follow and do charitable work for which there is such a huge requirement in our country," says Dr Azad Moopen, Chairman of the Aster Group.

We are seated in his office at the MIMS Multispecialty Hospital in Kozhikode. Surely, there must have been some history of giving in his family, I ask Dr Moopen, as he pens an MoU with Rotary for rebuilding around 400–500 homes in the flood-devastated Kerala, with each partner committing \$1 million. Dr Moopen smiles, and says, "My father was a freedom fighter and actively involved in the Independence movement and post-Independence he was deeply engaged in social welfare activities. My ancestors were landlords with a large amount of land growing paddy, coconut etc, and the rulers of that time gave us the title of *Moopen*, which means 'leader' in Malayalam."

As a child he would sit with his social activist father and watch him work for the community. "Probably I imbibed the charitable gene, as you put it, from him. I studied in the local school and my father died when I was 15."

They were five brothers and while the other four went into business, "because my father wanted one of his sons to become a doctor, I became one. Now of course, I love my profession."

Among the organisations worldwide doing activities to help people, there is no doubt that Rotary stands tall. It is very transparent and the accounting system is so good.

We are sending food to Somalia where there is starvation, apart of course from the medical projects which we keep doing year after year.

Architect Abdul Hameed, a member of RC Calicut Midtown, D 3202, and a close friend of Dr Moopen for decades, discloses that after a stint in Farook College in Kozhikode, where he was an active student leader, Dr Moopen joined the Calicut Medical College for his MBBS and MD degrees in general medicine. "He is still in contact with his Farook College group, and they meet regularly. Their most recent get together was at his holiday home on the Wayanad hills."

Dr Moopen says that he worked as a doctor and a medical teacher in Kozhikode and after a few years opted to go to Dubai, for a two-year stint, "but then decided to remain there and now it is 30 years. I have always believed that god plans things for us and you have to just flow with it. My friends persuaded me to start a clinic in Dubai and then we grew from there to what we are today."

And that is a healthcare empire that is spread across 308 establishments in nine countries in the Middle East, the Far East and of course India.

So how difficult is it to make his fortune in a foreign country? "Initially it was difficult and it always takes time. I was lucky I went to a country like Dubai which is very friendly to foreigners; had I gone to some other country, I don't know what it would have been like! I suppose that if you are at the right place at the right time and among the right people, half of the job is done. And

then god gives you the opportunity. Of course, you have to work hard; no question about that!”

I ask Dr Moopen to take our readers down his journey in philanthropy. He says he was deeply engaged in social activities even before going to the Gulf. “And there also, one day in a week, I would practise without charging anything for my consultations. At that point, there weren’t too many doctors in Dubai with PG qualifications. Doing such charitable or voluntary work

has been in my DNA from the very beginning, and I have always been happy to do such work. I believe that god has given people like me everything: health, wealth, education, a good family and a lot of position and prestige, and also awards. And it is our duty to give back to society.”

Asked about the 20 per cent of his wealth that he has set apart for charity, Dr Moopen says, “That is only a small part, because the rest of my wealth I have to keep for my family (his wife and three daughters). But what I intend to do is invest 80 per cent of my time for charitable activities in the future.”

I’d like to be recognised in my epitaph as a good human being who loved his family, his country, the people around him and as a world citizen who wanted to see the goodness in everybody.

So how supporting has been his family, particularly wife, with his philanthropic activities?

“Very supportive; my family has really tried to push me into philanthropy. My wife especially, makes it a point to give; she has what we call “open hands”, and is very generous in giving. I have three girls; I am like the warden of a ladies’ hostel, and four grandchildren and the fifth is due anytime! (The baby was delivered the same day!) My children also encourage me and are very supportive. They’ve been pushing me to do even more.”

etc — have done so much work, maybe not always with money, but with their time and hard work... has really impressed me. I really appreciate Rotary as a movement. It is very transparent and the accounting system is good, and these are all big positives. And the idea of course came through Rotarian friends such as Dr Rajesh Subhash and Abdul Hameed from RC Calicut Midtown.”

He hastens to add that this “is only the beginning and I want to do more work in partnership with Rotary to help people in Africa, the Philippines etc. I believe we Indians can do so much to help other countries.”

On why he chose Rotary as a partner for building homes in Kerala, an activity for which his group has set apart \$1 million, Dr Moopen says, “Among the organisations worldwide doing activities to help people, there is no doubt that Rotary stands tall. And our friends in the community, the local people I know — district governors, past club presidents,

Dr Subhash, who has known Dr Moopen for long years, says that as “any successful businessman, to his team he is to the point and a target achiever. But once out of the boardroom, he takes a keen interest in even the most personal affairs of his team. More a man of action than words, he believes in doing the right things without delay.”

Adds Hameed, “More than a successful



Rasheeda Bhagat

At a glance



Azad Moopen with (from L) daughters Zihan, Alysha, wife Naseera, son-in-law Anoop and daughter Zeba.

Relaxing: I have this advantage of not taking things inside... as soon as I hit the pillow, I fall asleep. It doesn't even take five minutes and that is the main complaint from my wife! Good sleep is something that comes naturally and that keeps me relaxed.

Reading: I love to read; some of it is related to philosophy and history. I also enjoy spiritual writing. Now I am reading a wonderful book called *The Power of Now: A guide to Spiritual Enlightenment* (written by Eckhart Tolle). You should read it. I also read books on

Management — particularly HR and Finance — because I am not a trained professional in management. I am a doctor who became a businessman.

Entertainment: I love to watch a lot of sports on TV, particularly cricket, but also other sports. I also like watching movies; mostly family-oriented films, both Indian and western.

Fitness: I do yoga every alternate day and walk for 30 to 40 minutes every day. I also do meditation. I get up by about 5 am, so up to 9 am, or four hours, is time for myself during which I finish my reading and exercises.

Food: Mostly vegetarian; occasionally I have non-veg food, such as eggs and fish, but mostly it is vegetarian food that I prefer.

Travel and favourite city/country: New Zealand. It is all nature, and nature at its best. It is such a beautiful country. You'll be surprised to know there are no poisonous snakes in New Zealand.

Dream: I'd like to be recognised in my epitaph as a good human being who loved his family, his country, the people around him and as a world citizen who wanted to see the goodness in everybody. Luckily, I am in a profession where I can help a lot of people.

entrepreneur, he is a wonderful person, with a rustic sense of humour which comes to the fore when he is with people really close to him. He has a clear vision of his goals and the ability to achieve them.” Once he has entrusted a job to his handpicked management team, he avoids the nitty-gritty, “choosing to spend maximum time with his family”.

On his charitable activities, Hameed says, “His empathy and compassion go far beyond the boundaries of community or borders of nations. Human race is the same for him everywhere.”

Dr Moopen says he has been in the healthcare business for 30 years; “we started very small and now

have presence in nine countries with 20,000 employees. We are a public company with many trusts. This (MIMS) hospital has a separate trust called the MIMS Charitable Trust which by itself spends a substantial amount on charity. Overall, we spend about ₹50 crore a year on charitable activities, even though we are not mandated to spend anything by law because we don’t have a standalone company in India making enough profits to come under the government mandate of spending a percentage of our profits on charity. Most of our profits come from outside India. But it’s my commitment to the country I come from, to get significantly involved in charitable activities in India.”

He adds that his organisation also runs “a refugee medical camp in Syria; we are sending food to Somalia

where there is starvation, apart of course from the medical projects which we keep doing year after year. Last year we joined with Sachin Tendulkar in a programme that is going to help 100 children to get cardiac surgery.”

Having seen India from both within and then from overseas (Dubai), where does he think India is headed in the future? “We all know that in the next 10–20 years India is going to be in the centre stage... we are already getting there... and will be among the two or three top countries of the world. The world’s power centres are shifting and it’s a matter of time before India occupies a central position. We have to prepare





Azad Moopen with his family.

ourselves, and our children have to be ready to take on that leadership role.” With our ancient knowledge and wisdom, so many religions, philosophers and thinkers, India can offer spiritual and intellectual leadership of a high calibre. Our heritage and history give us the capability to do so.” Add to this our large young population, and “we know that our time is coming.”

But, adds Dr Moopen, what saddens him is that “we have been a

I love to read; some of it is related to philosophy and history. I also enjoy spiritual writing.

little late. The other day somebody asked me what I wish for and I said I would like to live up to the age of 100 to see India at the top of the stage by 2050... India will by then be No 1 or 2.”

What is striking is that the core areas that Dr Moopen is interested in, such as paediatric surgery and other health care activities ranging from dialysis centres to training medical professionals from less privileged countries, and community welfare activities such as building homes for natural disaster victims, are among the core focus areas of Rotary. So why hasn’t he considered joining Rotary instead of just being the honorary member of a club?

He smiles and says, “I have not been active in any organisation, except for medical or educational associations. But now that we have begun this partnership (building

homes in Kerala), I’d like to do that, going forward.”

RI Director C Basker, who was present at the MoU signing between Rotary and the Aster Group, is greatly enthused by the partnership, and says he will talk to the RI Board and the TRF Trustees about the opportunity to take this “engagement and partnership with the Aster Group much further.”

He adds, “He is a great human being, who has donated 20 per cent of his wealth to a charitable Trust for the poor and is now willing to spend 80 per cent of his time in philanthropic work through free consultation and training doctors from Africa, Philippines, Bangladesh, etc. He is keen to work with organisations like RI. This is exactly the kind of international collaboration and partnership that Rotary is seeking.”

Designed by Krishnapratheesh S

A Rotary rally reaches **Himalayas**

V Muthukumaran

The lofty ideals of Rotary reached Himalayan heights, literally, with a car rally traversing 7,800 km across India, Nepal and Bhutan with 22 members from 10 different clubs of RID 3131 enjoying the chills and thrills of this high-adrenaline journey.

Led by PDG Subodh Joshi, the Rotarians travelled in seven cars adorned with stickers on Rotary's key campaigns such as WinS, global warming, polio eradication and organ donation with an aim to educate the people along the way. The cross-country Himalayan rally was flagged off from Panvel by DG Shailesh Palekar and after travelling a distance of 600 km, the Rotarians reached Indore, their first halt. PDG Sanjeev Gupta made arrangements for a comfortable stay, while DGN Gajendra Narang felicitated the rallyists at a special meeting.

In Jhansi, a press meet was arranged to explain Rotary's achievements. At Bareilly, the Rotarians were taken around a physiotherapy centre and a Jaipur foot manufacturing unit. "We are inspired and motivated by the rally participants who have devoted so much time to Rotary and for spreading awareness on causes like polio, WinS and global warming," said Abhishek Katru from RC Bareilly Heights, RID 3110.

A grand welcome

At Gadda Chauki in Nepal, Rotarians from RC Dhangadhi, RID 3292, gave a rousing welcome to the car rallyists. Nepal Tourism Minister of State Maya Bhatt welcomed the Indian Rotarians at a special event in Dhangadhi. In Butwal,

the delegates were taken around the medical projects being executed by the local club — a hospital, cath lab, MRI centre and dialysis unit, put up at a total cost of around ₹10 crore.

The rally then moved through Palpa, Pokhara and on the way to Kathmandu, the participants visited the Manakamana temple perched on a mountain. PDG Keshav Kunwar welcomed them in Kathmandu from where they took a mountain flight to see Mount Everest at dawn. "This sort of car rally helps in spreading the good work that Rotary has been doing in removing polio from the world and protecting children from waterborne diseases. It also brings awareness

PDG Subodh Joshi (left) and Kumar Vidhate of RC Pune Hadapsar at the highest motorable road in Bhutan.



among the people to protect themselves and their children from the dreaded disease,” said DGN Rajib Pokhrel, RID 3292.

After visiting the Pashupatinath temple and receiving felicitations from the DGN and other PDGs, they drove towards Itahari where Interactors greeted them with music and dance.

Sudhanshu Gore from RC Pune South donated ₹12,000 to cover one-year expenses of an orphan girl. Back in India, the car rally reached Darjeeling and DGN Subhasis Chatterjee made arrangements for a comfortable stay. The sunrise in Darjeeling amidst zero-degree temperature was a memorable experience.



The rallyists on a river rafting adventure.

Snow kingdom

In Phuentsholing and Paro in Bhutan, the temperature was minus 7 degrees and the road was fully covered with snow making this driving adventure a thrilling one. Thimphu is a well-planned city with great options for shopping. The Rotarians were taken around some service projects in Punakha followed by water rafting. From Ghelepu, the

Rotary caravan entered India. At the Bangladesh border, the Indian Army gave them refreshments followed by a guided tour. The rallyists visited a blood bank project in Siliguri.

In Dhanbad RIDE Kamal Sanghvi received them at a grand reception. DGN Rajan Gandotra, PDGs Sandeep Narang and Sanjay Khemka also participated.

Final lap

DG Nikhilesh Trivedi welcomed the rally members at Raipur for a luncheon interaction along with PDGs Rakesh Dave and Subhash Sahu. The car rally reached Nagpur, Maharashtra, after 20 days. A fellowship meet was followed by a prize distribution to the winners of a cricket tournament.

Enroute to Indapur, they were felicitated by Rotary Clubs of Bhigwan, Kurkumbh and Purandar. The Rotarians of Indapur greeted the rallyists with a musical band and the grand finale was held near Loni, Hadapsar with nine clubs led by DG Palekar and DGN Rashmi Vinay Kulkarni hosting a grand welcome ceremony.

Summing up this mega adventure, rally leader PDG Joshi says, “it was a wonderful experience reaching out to the neighbouring countries of Nepal and Bhutan on a Rotary platform. We could showcase many of the prominent Rotary activities throughout the car rally and it was a great opportunity to share Rotary ideas across the border.”



Smruti and Srushti, PDG Subodh Joshi's daughters, and wife Sneha at the Pashupatinath temple.

Designed by N Krishnamurthy

Brought to you by Rotary

How does Rotary International put your RI dues to work for you?

Rotary International is dedicated to enhancing your experience by providing you and your club with the tools you need to make a difference in the world and to connect with others. Your dues help make that happen. Here's how to make the most of what RI offers:

Challenge: Our club needs to grow.

How RI Can Help: Discover resources to help engage current members, connect with prospective members, welcome new members, and develop your club at rotary.org/membership.

Our club wants to connect with prospective members.

Through the Manage Membership Leads tool, RI connects clubs and districts with people who have expressed an interest in Rotary. Visit rotary.org/membership.

I'm moving and want to find a new club to join.

Find the club that best suits you through Club Finder on rotary.org or

Don't be afraid of the Grant Center. Even though it might look overwhelming at first, it's very user-friendly.

Sally Platt
Rotary Club of Marietta Metro
Georgia, US



Rotary's End Polio programme in Pakistan.



Schoolchildren enjoy better seating through a Rotary project in India.

download the Club Locator app to your smartphone. The form to change clubs is at my.rotary.org/member-center/member-relocation.

I know someone who would make a great Rotarian.

Consider inviting them to join your club or refer them to another club by submitting their information at my.rotary.org/member-center/member-referral.

The Manage Membership

Leads page is a fantastic tool! I've already connected with four prospective members who are visiting our club next month.

Adam Bowling
Rotary Club of Sandy Springs, Georgia, US

I want to spread the word about a successful club project.

Describe your project and share photos and impact via Rotary Showcase: rotary.org/showcase.

I want to apply for a grant or check the status of an application.

Get started at Rotary's Grant Center at rotary.org/our-programs/grants. Regional grant officers are also available to provide one-on-one support in all official languages.

I want people in my community to know more about our club and what we do.

Rotary's People of Action campaign offers resources to tell stories about the impact your club is making in your community. You'll find easy-to-use messaging, ideas for local events, social media ads, and print and video advertising material, as well as how-to guides. Learn more at rotary.org/brandcenter.

My club has an idea for a project, but we need to find a club to partner with on a global grant.

Visit ideas.rotary.org to view other clubs' project pages. Club and district

We did a branding campaign at San Diego International Airport that was incredibly successful. The campaign brought together People of Action videos, backlit posters and social media.

Scott Carr
Rotary Club of San Diego
Downtown Breakfast

leaders can create a page to solicit partners.

I'm looking for material about Rotary to take to a local event.

Visit shop.rotary.org to find ready-to-use resources that can build awareness of Rotary and your club.

I want to know whether it's safe to give Rotary my personal information.

Rotary complies with applicable laws to ensure that our members' personal information is safe and secure. Learn about RI's privacy policy at my.rotary.org/privacy-policy.

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RIPE Mark in India



Above: RIPE Mark Maloney with (from L) DGN Shabbir Shakir, Ashwini, DGE Rajendra Madhukar Bhamre, RIDE Bharat Pandya, D 3030 DG Rajiv Sharma, PDG Kishor Kedia, DGND Ramesh Meher and PDG Mahesh Mokalkar.

Below: (From L) PRID Shekhar Mehta, RIPE Maloney, RIDE Kamal Sanghvi and Sonal in Kolkata.





Above: RIPE Maloney and RIDE Pandya being driven on a chariot.

Below: RIPE Maloney with RIDE Sanghvi, Sonal and senior leaders of RID 3250.





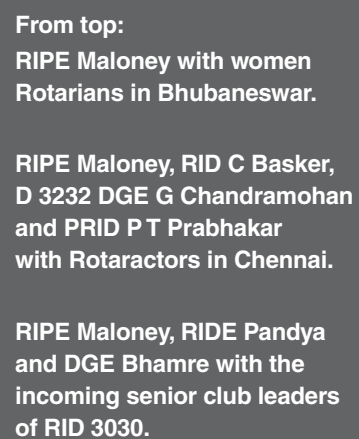
Left: RIPE Maloney with
D 3030 DGN Shabbir
Shakir.

Above: RIPE Maloney
pondering on his spice
tolerance in Indian food.
RIDE Pandya and DGE
Bhamre are also seen.



Left: RIDE Pandya, seated
with RIPE Maloney,
sporting the 2019–20
Rotary theme socks.





Pictures by Rasheeda Bhagat
Designed by Krishna Pratheesh S

Building trust in the

Rasheeda Bhagat

They are all children of course... chirpy, smiling and with shining eyes, at the Lyzon Friendship School at Khomunnom village in the Singnat block in Churachandpur district of Manipur that D Ravishankar, President of RC Bangalore Orchards, RID 3190, has built, investing over ₹40 lakh in the cheerful and spacious building. And at the Happiness Home that a good Samaritan, Brother Rama, runs in the same district. Here too, as in the Singnat school, smiling children greet us with flowers, and sing and dance for us.

But the difference is that many of these nearly 100 children housed in

both the Happiness Home and the nearby Mercy Home, that is run by the Sisters of the Franciscan Clarist Congregation (FCC), are infected with HIV and AIDS.

Manipur is infamous for drug addiction and for two decades now it has engaged the attention of health professionals from the rest of India, as sharing needles while injecting drugs has resulted in a high infection rate of HIV/AIDS. Ravishankar, who wants to do something substantial for the North-East people, particularly after he travelled extensively over the region along with Colonel Christopher Rego (retd), CEO of the Sunbird Trust that is sponsoring the education and other

The mindset of the older generation, who have seen so much of conflict and violence is already set, but we now have a chance to work with the younger generation.



North-East



welfare activities for the children in the region, has helped build two gender segregated toilet blocks for the Happiness Home.

As he has already donated/pledged ₹1 crore for building a school in Khomunnom village in the Singngat block, and a water tank for a hostel in the Ijeirong village, “I requested my partner BSN Hari from our company Hara Housing to consider the children’s request for separate toilets for boys and girls. He said I will give whatever you say, but I said don’t do it for me. Visit this place, see for yourself the conditions and the needs here, and then take a decision. He came with me, was convinced and donated ₹11.2 lakh to make these beautiful toilets,” says Ravishankar.

Brother Rama of the Happiness Home is a man of few words, but Col Rego explains that he started taking care of children with HIV and orphans of parents who died of AIDS, after the

tragic loss of a close family member. He converted his own home into a residential facility and later expanded it by buying some adjoining land.

Their dreams

Here I find two teenaged sisters — Diamond and Ruby, appropriate names for residents of a State that literally translates to ‘the land of jewels’ — who have been living here for 12 years, along with their younger brother. Dressed in traditional Manipuri costume for the entertainment programme they have prepared for us, complete with beautiful headgear made with bamboo and flowers, Ruby tells me, sans any emotion, indicating she has told this story several times before: “My mom died in 2012, and my Dad passed away in 2018. My brother and I take our medicines daily; my sister doesn’t need any medicine.” She is 19, has been living here for six years



The self-help kids cooking their own food in a portion of a hut.





Children trek to school
across knee-deep water.



Col Christopher Rego and RC Bangalore Orchards President D Ravishankar
with women SHG representatives.

and says, “Life here is good.” Her dream is to become an air hostess, while Diamond, 16, wants to become a fashion designer.

Col Rego reiterates that not all children in Happiness Home or Mercy Home are HIV afflicted; “they also take in orphans who have nobody to take care of them. For those who are infected, Medicines sans Frontiers provides the required medicines; it’s a strict regimen and they monitor it regularly. You saw the children sing and dance; their enthusiasm and energy levels. And with time, newer and better medicines to treat this infection will come,” he says.

Sister Annie Porunnonil, from FCC, who heads the Mercy Home, says that it started in 1996 at the province where she was attached as a nurse at its dispensary. There were four sisters with her and some of them taught the children in the community and also carried out immunisation. She distinctly remembers their participation in polio immunisation around 1980. “There was no cold chain in this region then and we used to carry the polio drops in a flask filled with ice.”

In 1996 came an ugly bout of ethnic clashes and around the same time drug addiction was on the

rise. “We found drug addicts in the field, and they came to us with bouts of cold, cough and fever and we treated them. Many men got HIV infection through shared needles and we saw women turning widows, as the men died, but left them infected with HIV,” she sighs.

The nuns were mainly concerned about young children getting affected by HIV/AIDS and dying early. So, they gave shelter to the infected children who were also orphans. “We now have 50 children, and thankfully not all of them are infected with HIV.”

On funding, Sister Porunnonil says the FCC has about 180 sisters, who get a monthly allowance

and from this each of them contributes ₹200 a month to run the Home. Local people help too; “only this morning a kind lady gave us a donation of ₹2,000. And Col Rego’s Sunbird Trust gives Mercy Home ₹10,000 every month for nutritional support — mainly for milk and eggs for the children, who are on the drug regimen for their infection and need to take protein-rich nutritious food,” she adds. On that visit, Rego carries with him 60 blankets and sheets for the children donated by Kurl-on, the mattress company.

Self-help kids

Rego next relates a story that is both heartbreaking and heartwarming; it describes the harsh

conditions under which some of India’s young children live, and reiterates the length to which people in the North-East are willing to go to get the most basic education for their children.

“Many villages are located in hilly areas, and when you have 40 huts in one village and 60 in another, you can’t have schools everywhere. So there is a central school and children from

adjoining villages have to trek down the hills, cross streams, brave leeches, heavy rain, slush etc and then walk into the school.”

To avoid this, families living far deeper in the forests or the hills have to find a hostel close to the school to house their children. “But a hostel is expensive and unaffordable to most people, who often trade bananas for rice. And hence was born the self-help kid. His parents will try and get him

There was no cold chain in 1980 in the North-East to preserve the vaccines and we used to carry the polio drops in a flask filled with ice.

Sister Annie Porunnonil
(who has helped in Polio immunisation)

Left: Actor John Abraham greeting the children and Col Rego at a Indian Super League football match in Assam.





Above: Col Rego, Ravishankar, his business partner B S N Hari, Sunanda Hari and Paola Ravishankar at the inaugural of the water tank in Ijeirong hostel.

Top: Girls dressed in traditional Manipuri costumes for an entertainment programme.

some corner in a hut of a villager that is close to the school. The kids, most often they are siblings, all of 6, 7 or 8 years in age, will be given a small place, usually outside the house, as a rudimentary kitchen.”

What Rego says next wrenches your heart... most parents can't afford to pay rent so they give the hut owner rent in kind — a sack of rice, some vegetables etc. They have little money to give the kids either, so they leave behind a sack of rice, some firewood and maybe some vegetables. “The kids frequently have to manage their food on their own. They'll buy a few potatoes and onions, maybe

catch some fish or snails from the stream or dig out some roots or mushrooms from the forest and rustle up a meal before going to school,” says Rego.

A request from locals

In the background of such thirst for education, and the constant struggle to find children homestay nearer the school, one fine day Rego, while he was still in the Indian Army and serving with the Border Roads Organisation at Imphal, was surprised to get a request from a Naga village in Manipur,

called Ijeirong, about 80 km from Imphal, but which takes about three hours to reach by road, to build a hostel for school children. Apparently, they had heard about Rego’s work in the region (carried in the Feb issue of *Rotary News*), and sought his help. But the village was deep inside a forest and Rego had to negate the possibility of some trap being laid for him, a serving Colonel of the Indian Army, in a conflict zone where the local people are often caught between the Army and the insurgents.

“For them to request me, an Army man for help, was strange. With the help of some local friends who guaranteed my safety, I went to the village and simply loved it. The village chief then pledged to donate the land free and provide all necessary help from the village. In the initial days, given the dangerous security situation, Rego had to be extremely careful and he would often sneak away without informing anybody “because I had to travel through thick forest to reach the spot and if anybody fired at you, you wouldn’t even know where the bullet had come from! Often, even

my driver wouldn’t know where we were going.”

The village contributed a large patch of land and wood for the construction. “We needed stones, and the transport cost was exorbitant,” smiles Rego.

Come to the rescue the village kid-sena! They went to far-flung farms to dig out stones from the fields and these were used for the foundation of the building. Assam Rifles helped to transport cement and construction material from Imphal and “a very kind Brigadier gave me over 300 pre-painted tin sheets for the roof.”

Thus by becoming a “professional beggar”, Rego started the project



Col Rego with children at the Sunbird Friendship Hostel in Ijeirong.

in Feb 2014 in this tiny village with just 45 families, and within six months a beautiful hostel came up. The villagers put in the labour for which they were given a fair wage, “because they are extremely poor, subsistence farmers, and grow only enough food to last them through the year. If there is a drought they starve, and you will find in every hut, over the *chullah*, vegetables, roots, herbs etc.”

In no time the hostel filled up with 45-odd children and they cooked for themselves in the tiny kitchenettes given to them initially. Later he managed to get donors and “we built a kitchen and a dining room; a classmate of mine gave a solar system and for the first time these children started studying under light bulbs!”

One person gave a guitar, another donated a computer and the place filled up with music and happiness.

A sea of children

Very soon word spread and the “self-help kids thronged the hostel and by the next year we had 150; the number had trebled.”

The third year, 2016, tragedy hit in the form of an earthquake, with one of the neighbouring villages being the epicentre. With the villagers asked to relocate to a new place, 60 children from that village

landed up in this hostel overnight, and the number of children swelled to 247.

At this point, Rego put his foot down and told the school management you can’t have such a crowded hostel with so many children as this compromises their dignity, and they need both space and privacy. “But the villagers emotionally blackmailed us saying if you don’t allow our children to come here and study, they may be compelled to join militant organisations later on. What space and dignity are you talking about? They never had this kind of comfort. You don’t worry about toilets or water, let them stay

here, they will manage,” recalls Rego.

He adds that a traditional hostel model will not work in these tribal areas. “You may make a hostel for 60 children, but knowing the tribal people... they have no separate blankets, sheets, mattresses, for each child. Two siblings or even three will be together and share it. And hence your hostel for 60 becomes a hostel for 120 or 150!”

To overcome this challenge, he once again put on his begging hat (in 2016, after rigorous diligence he was declared an Ashoka Fellow, a label that helps in raising funds) and with help from

friends extended the hostel using just bamboo and accommodated the extra kids. Seeing the goodwill he was generating, Assam Rifles extended all support, as it was the best way for the Indian Army to show the locals that it cared for them and their children.

But soon there was shortage of water as the hostel was overcrowded, and Ravishankar came to the rescue to build a water tank with 75,000-litre capacity at a cost of ₹6 lakh. “Next we wanted an adjoining patch of land from a farmer to grow food for the children organically. And Ravi said: ‘Buy it’ and gave

Manipuri youth visit
Infosys, Bengaluru.



a cheque for ₹4 lakh for that,” says Rego.

Chipping away at mistrust

Rego explains that with limited employment opportunities in Manipur, only some manage to get jobs elsewhere in India. Those who fail to get employment “either go to militancy hoping to become Robin Hoods, get a pay and even a rank from the parallel army; their main compulsion being no food at home. Or else they go to the Myanmar border and get into drugs, crime or worse, human trafficking. It is mainly poverty and no jobs that drives them into this, and siblings’ education is a driving factor.”

To dent the perception that rest of India doesn’t care about the North-East, he sought support from people outside the NE to educate these kids. “Once a child is educated and gets a good job, he/she is empowered to lift the entire family out of poverty.”

As he worked and interacted with the locals he realised that the angst, anger and resentment with the rest of the country was present much more in Manipur than Mizoram, his earlier posting. So he partnered with Assam Rifles to take kids from Manipur to Bengaluru, his home town, to help them connect with the rest of India. He gave the 35 kids, mostly from high school level, “a terrific experience in Bengaluru. We took them to the Infosys campus, the Army took them for horse riding, etc.” At the end of one such trip one of the girls said: ‘I don’t know why my people are so stupid! I now find that Bengaluru also belongs to us. The hills, the sea, everything belongs to me, I can go and settle or work anywhere in India. Then why do our people want something that is so much smaller?’

Says Rego, “This was a revelation on how her mindset has changed.

When we tried to limit the number of children, the villagers emotionally blackmailed us saying if you don’t allow our children to be here and study, they will all go and join the militants.

Col Christopher Rego

The mindset of the older generation, who have seen so much of conflict and violence is already set, but we now have a chance to work with the younger generation.”

Sustainability

Rego says people keep asking him how he will make his school or hostel sustainable. “When you work in areas where the poorest of the poor live, there is no question of forcing them to pay the money. I’ve tried to be strict sometimes and said okay the child will not be allowed to write his exam unless the stipulated fee is paid, but have found that two or three children dropped out of school, with

one joining a mechanic’s shop. This hit me very hard and I accepted that these are children of poor farmers and we have no choice but to sponsor 70 to 80 per cent of them in one way or another.”

Rego has tweaked his definition of sustainability; “when this little fellow gets a job and pulls his family out of poverty, 10 or 15 years later, that will be sustainability.” He has



Aliasgar Janjali
teaching children at
the Ijeirong school.

put together a compelling presentation making a strong case for the rest of India to reach out to the underprivileged children of the North-East and help is coming in various forms... for building, computers, mattresses and blankets. "Ideally the parents should put in something to make this a sustainable operation, but they are so poor that they can't even afford to pay ₹250 as tuition fee."

After seeing one of his videos on Facebook that got 3.5 million hits, Vijaylaxmi Poddar sponsored a hostel. He feels it is best to keep the children in the hostel to ensure their proximity to school. "If they are with us for the entire year, we can work on their mindset and knock off the negative baggage they have been carrying from the past."

Another advantage of having a hostel is that through one hostel "we can get children from 10 or even 12 villages and start building bridges of friendship. Our ultimate goal is to make the hostel a hub of the larger community where there will be a healthcare centre, an organic farming activity, some livelihood training and so on."

Rego is lucky in that both the government and the Indian Army are favourably disposed towards his Sunbird Trust. "They see us not engaging in any political, religious

or other nefarious activity. But shaking up the government machinery to get funds is a big challenge."

In this context, an "angel investor" like Ravishankar is a godsend to him!

Building trust

Rego adds that after three years' rigorous work by the Sunbird Trust "people have now begun to trust us, which is not easy in these parts. Because all that they have seen are guns and violence. We say: 'We have no agenda and have come here as your partners to help you, work with you. When they see their children being sponsored, schools and hostels coming up, they jump in. Particularly when we say that we are working on a humanistic platform.'"

Proving this is his team. "Aliasgar Janjali, who was the vice president of Bank of America Merrill Lynch, has joined us as the School Leader at the Ijeirong school.

He gave up the corporate world to come and work here. Similarly, Sonal Sethia, an M Tech from IIT Bombay, with a doctorate from Glasgow University, threw up immense employment opportunities and is now the School Leader at the Singnat school," says Rego. Similarly, Ashwathy, a BITS Pilani graduate, and Bipin Dhane, an IIT Kharagpur PG, who runs the school at Majuli in Assam.

In conclusion, he adds that he has helped 21 children to graduate and these include three doctors, a lawyer, an MBA and a Hotel Management graduate. "Each child who graduates is an ambassador of what we are doing, and the word of mouth spreads. We make it a point to explain to them that somebody from somewhere in India cares about your child to pay for her education. We do our due diligence through the villagers, self-help groups etc and also dispel their

fears that we may be giving information to the Army. Nor are we here to take their land or forests. In no time the entire village is with us and from village to village our trust base has expanded, we are today sponsoring 2,300 children from 23 pockets covering almost 100 villages."

But adds Rego, "None of this would have been possible without the immense support of my wife Myrna and children Rahul and Rhea. Myrna gives tuition to our children in Bengaluru."

Ravishankar says the "trust and confidence that Sunbird Trust has obtained in the conflict zone should be leveraged by people from around India to bring peace, stability and development in the North-East."

Pictures by
Rasheeda Bhagat and
Ryan Lobo from
Sunbird Trust

Designed by
Krishnapratheesh



Girls perform the traditional bamboo dance.

Rotary's unique gift to Sri Lanka's unborn babies

Team Rotary News

It's a hospital in Sri Lanka, which serves an area inhabited by six million people, and its staff cares for 600 women. Every day, between 40–70 babies are delivered here.

Rotary Club of Colombo, RID 3220, continues to pour in resources into a project that commenced the day after Christmas in 2004, when the devastating tsunami claimed over 200,000 lives in Sri Lanka.

One of the many buildings to be washed away by the waves was the Mahamodara Maternity Hospital

in Galle. It had been there since the 1940s, and now it was simply gone and totally unusable. There was no place where women in southern Sri Lanka could get their babies delivered. The regular hospitals were full of injured people, and the maternity hospital was such a low priority at that moment, that no one was even looking at it until the Rotarians came along.

RC Colombo, where PRIP K R Ravindran is a member, began by connecting through PDG Kerstin Thowart (from Germany who was holidaying in Sri Lanka at that time) over 200 Rotary

clubs and 13 districts in Germany. Subsequently more than 6,000 German Rotarians donated 1.5 million euros for the reconstruction of a birth clinic. The project expanded with six more countries and thousands of Rotarians and others such as The Helmut Kohl Foundation, TRF, etc coming together to build one of the great Rotary projects of Sri Lanka.

"Fifteen years have passed by since the tsunami, but Rotary's involvement with the hospital continues unabated," says PDG Senake Amerasinghe, a member of RC Colombo.



Today, the maternity hospital at Galle, costing over SL ₹250 million (\$1.4 million) and funded by Rotarians, has 20 buildings. It has 27 delivery-room beds, eight operating rooms, and a 9-bed neonatal intensive care unit. An additional SL ₹128.8 million (\$718,517) were received from German private sector donors and SL ₹120 million (\$668,384) were given by TRF.

The German donors didn't stop with their monetary help. A team of doctors and nurses from Germany visited the hospital four times to impart training on new techniques and use of equipment. On two occasions a Sri Lankan team of doctors and nurses went across to Germany to upgrade their skills. The exchange of knowhow was focused in the field of gynaecology and baby care.

Another batch of equipment, including more neonatal ventilators, infant incubators, neonatal CPAP machine, an infant resuscitator and other equipment were handed over on



Feb 12, 2019, to the hospital, in the presence of officials from the Health Ministry, Rotarians of Colombo and PDG Kerstin Thowart of Germany.

Many a child today in the southern part of Sri Lanka live because of Rotary and Rotarians from Germany and across the world, "who chose to

give rather than keep. They smile, laugh, and continue to give joy to their parents because of Rotarians who had said, as Mother Teresa said: 'I know that what I do is but a drop in the ocean; but the ocean would be the poorer if not for that one drop,'" adds Amerasinghe. ■



Rtn Pubudu de Soyza, RC Colombo President Kumudu Warnakulasooriya, PDG Senake Amerasinghe, Rtn Mohemdally and PDG Kerstin Thowart from Germany with health ministry officials at the hospital.

An Intimate Portrait of a Great Mughal

Robin Gupta

In her recently published portrait of Jahangir, Parvati Sharma portrays that he has the reputation of being a weak man, a profligate almost, at best an alcoholic with an eye for art and greed for pleasure, and one who was controlled by a powerful wife.

But in fact, far from being a disinterested prince and an insignificant ruler, Jahangir showed tremendous ambition and strength throughout his tumultuous life. When his succession was threatened, he set up a rival court in the face of the mighty Akbar himself. He was the first Mughal to win the allegiance of the Ranas of Mewar after subjugating them, a feat that Akbar had not succeeded in achieving.

In most aspects, Jahangir, the fourth Mughal emperor, was pivotal to the dynasty about which it has been said that “there never was and will never be another age quite like the Mughal. Everything about it was big, larger than life, extravagant. From the majesty of the Emperor to the pomp of the Imperial Court, from the splendour of its architecture to the sublimity of its art and music, from debauchery and cruelty on an unprecedented scale to wisdom and tolerance rarely exhibited before, from the prosperity it engendered to the anarchy it left behind, in the history of the world, the Mughal Empire is rivalled only by that of the Roman.”

Parvati depicts Jahangir as an astute ruler, a conscientious administrator, a keen observer of societal arrangements and the dynamics of social change in the world around him, a large swathe of which he ruled. He was a man deeply

interested in the world of nature which was depicted in his amazingly beautiful atelier, the paintings of which have never been matched in Medieval history. This book attempts to correct a grave historical wrong to one of the greatest rulers in history who has been much undervalued.

Aesthetics apart, consider the fact that during the reign of Emperor Jahangir, the annual imperial income, according to the author, was a mindboggling 56 million pounds. By comparison, Jahangir’s contemporary on the British throne at that time got only half a million pounds per annum from the British treasury. The imperial revenues of the Mughal empire mirror the stable prosperity and administration of India. Also, relative peace in the provinces under Mughal rule resulted in an unprecedented blossoming of arts. Apart from being notorious for his alcoholism as he was well-known

for his refined aesthetics, Jahangir was also a just personality whose empire represented secular harmony. He also gave us gardens with exotic fruits and flowers, hitherto unknown to India.

The author also gives us details about the dietary sensitivities of the imperial Mughals. The royal family was addicted to fine fruits, much of which were imported from Afghanistan, Chaman and Yazd. Jahangir and Nur Jahan rejoiced in the watermelon, pomegranate and grapes that always trailed the imperial camp through the length and breadth of the vast Mughal domain.

Jahangir derived pleasure from the beauty of nature. Travelling through a vale of oleander flowers in bloom, he ordered everybody to decorate their turbans with oleander bouquets. Anyone who didn’t would forfeit his turban. Once, when he caught a dozen-odd fish in one throw, he released them into the water, with pearls pinned to their noses!

From the flower-bedecked nobles and the bejewelled fish, one might imagine an emperor either whimsical or effete, childlike, depending on one’s perspective and inclination. If his memoirs comprised such anecdotes alone, the debate about his character too might have remained at this somewhat insubstantial level. But this was not true.

He was an emperor of the most powerful empire of the time. He was powerful in a way that may be impossible to imagine today.

This intimate portrait of Jahangir shows that the Mughal empire reached its meridian during his reign in terms of economic prosperity, aesthetics and splendour, well-being of its people; military might and invincibility, and the secular interaction of different communities. This book recalls an India which was religiously tolerant, reasonably open and pluralistic. Parvati’s book resurrects Jahangir from the annals of debauchery and opiated hedonism. ■



Message from RI South Asia Office

Top 5 Giving Districts from South Asia as on 31-Jan-2019 (interim update):

Zone	District	Total Contribution in US \$
5	3190	1,527,296
4	3141	1,205,412
5	3131	452,401
4	3150	435,441
4	3012	327,241

Grant Reporting deadlines

Interim reports for activities upto Mar 31, 2019 for all open grants must be submitted by May 31, 2019, after which the grant will become overdue on reporting. Our records also show that there are many grants, which are still overdue on reporting for the period ending Mar 31, 2018. New grant applications from such clubs/districts, as well as their international partners, will not be accepted by the Foundation if there is an overdue report for any Foundation grant from those clubs/districts.

Supporting documents to be submitted in originals to the Foundation along with online report submission:

Reporting Documentation	Interim Report	Final Report
Submit report online	Yes	Yes
Upload bills/invoices/receipts	NA	Yes
Upload Undertaking	NA	Yes
Upload beneficiary information	NA	Yes
Original hard copies required of following documents		
Original Utilisation Certificate & Receipts/payment statement	Yes	Yes
Bank Statement in original/certified true copy	Yes	Yes
Refund, if any	NA	Yes

CSR-funded Global Grants

Rotary Districts/clubs are encouraged to solicit CSR funds from corporates to implement CSR-funded global grants under Rotary's areas of focus in their region. Rotary Foundation (India) is currently executing 36 CSR-funded global grants and four grants have already been closed after submission of report to concerned corporate.

Updated Major Gift Guidelines

The process of establishing a Directed Gift or Named Endowment Fund has been revised as follows:

- As a first step, donor/gift solicitor is required to share the gift information (as illustrated in the chart), which

would help our Gift Administration Team to draft the gift agreement.

Directed Gifts	Named Endowment Gifts
Fund Name, Donor Name, Membership ID, Amount, Area of Focus, District	Fund Name, Donor Name, Membership ID, Amount, Gift Designation/ Type, District

The agreement once ready will be forwarded to the donor/gift solicitor, as the case may be.

- As second step, donor is required to send signed gift agreement (PDF version or original) to our office address along with proposed contribution for processing of the major gift.
- The final gift agreement, duly signed, will be shared with the donor/gift solicitor along with Gift ID for their records.

The entire process takes 10–12 business days for completion and it takes another five business days for Directed Gift ID to reflect in the system. Please initiate the Directed gift process well in advance if you have a global grant application in the pipeline.

January 2019 Club Invoice

Based on club's reported membership as on Jan 1, club invoices have been mailed to clubs. Please note that clubs in India can make online payment by using 'Bank/Electronic Transfer' as mentioned in their Jan invoice; information given in previous invoice do not stand good now and would lead to non-payment.

Contribution to Rotary Foundation (India)

As required under The Income Tax Act 1961, all donors making contribution to Rotary Foundation (India) are required to inform their Permanent Account Number in their contribution form/letter or send us scanned copy of the PAN card, for reporting contributions received during current financial year.

Awards

There are different awards to thank a Rotarian, Rotary club or our partners in service for their dedication and valuable contributions. Visit: <https://my.rotary.org/en/learning-reference/learn-topic/awards> for more details.

Newsletters

Log in to My Rotary and subscribe to Newsletters to stay updated. Visit: <https://my.rotary.org/en/news-features/newsletters>.

Videos

Rotary videos on various topics such as who we are, our causes, 2019 International Assembly speeches etc. are available at <http://video.rotary.org/> and <https://vimeo.com/rotary>.■



Kathakali - Dance Drama

Seetha Ratnakar

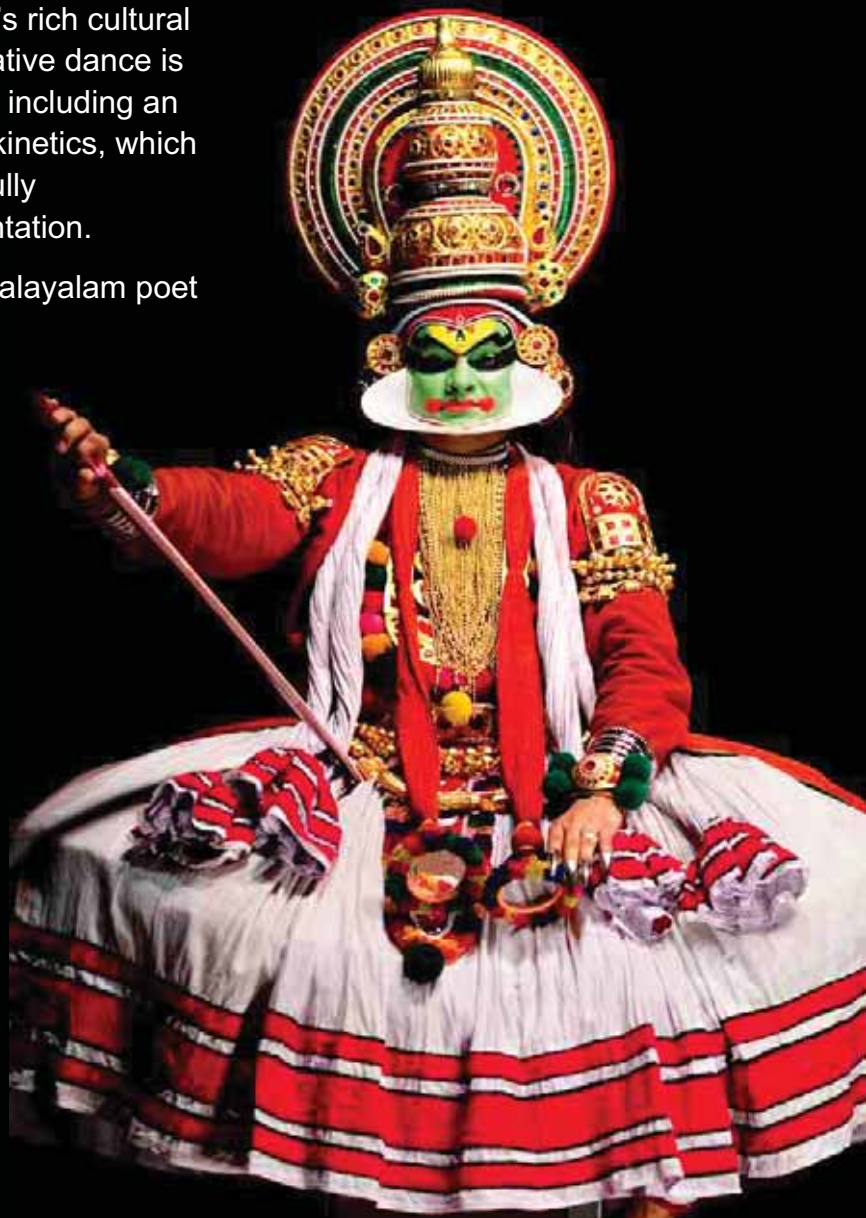
Kathakali is probably the most fascinating traditional performing art form in India's rich cultural pageant... this uniquely interpretative dance is governed by dramatic dynamics, including an elaborately defined code of body kinetics, which combines with beautifully eloquent gestural representation.

— **K Ayyappa Panicker**, noted Malayalam poet

The intrinsic beauty of every classical dance form of India is rooted in the myriad ways that a story can be communicated through dance. Each style has its own distinctive characteristics, though all of them are structured on the grammar of Bharatha's dance treatise, *Natya Shastra*.

In Kathakali, the sheer flamboyance and intensity of the exposition provide a larger-than-life magnitude. The dance form originated in Kerala and was traditionally performed in theatres unlike most other Indian classical dances which were performed inside Hindu temples. It was performed exclusively by male dancers and incorporated movements from the ancient athletic and martial art traditions of South India. It appeals to the senses through an aesthetic synthesis of music, dance, drama and literature, and is easily distinguished by the dramatic make-up, elaborate costumes and colourful face masks that the dancers adorn.

Kathakali which literally means story (*katha*) and dance (*kali*), evolved as a





full-fledged classical art form only in the 17th century but it dates back to ancient folk arts like Koodiyattam which were in existence in the 1st millennium CE. Koodiyattam, or Kuttiyattam as it is also known, is a traditional performing art form which is a combination of ancient Sanskrit theatre with elements of Koothu, a folk that dates back to the Sangam era and is officially recognised by UNESCO as a ‘Masterpiece of the Oral and Intangible Heritage of Humanity’.

Kathakali is an operatic dance where a story is artfully dramatised and performed from dusk to dawn with periodic interludes for the performers and audience. Earlier plays used to last for several nights but in recent times, performances have been drastically shortened. The dance is based on plays called *Attakatha* which are derived from the *Ramayana*, *Mahabharata* and the *Bhagavatha Puranas*. The *Attakatha*

(enacted story) is written in Sanskritised Malayalam in a format that helps identify the action and dialogue in a performance. Kathakali used to be performed on open ground outside temples until special theatres called *Kuttampalam* were constructed inside the temple compound to facilitate performances. The stage is mostly bare and lit with a *Kalivilakku* (lamp of dance) that was in use from the days of Kuttiyattam. The lamp provided light through the night before the discovery of electricity and the tradition is continued even today to highlight the facial expressions and emotions of the dancers.

Kathakali is easily recognised by its *Aharya*, consisting of elaborate costumes, head dresses, face masks and vividly painted faces. The facial

make-up is elaborate and complex and takes about four hours to wear and two hours to remove. The artist who guides this make-up known as *Chouttikkaran*, is an important person both at the training and also the performing stage. The dancer lies on his back on the floor while the expert paints his face. The make-up follows a prescribed guideline that helps the audience identify the characters like gods, demons, saints and animals. Certain colours are associated with particular moods and sentiments. Normally, light green represents *sringara* or love, red for *raudra* or anger, and yellow is for *adhbata* or wonderment. Kathakali follows these basic colour patterns to transform the actor into the character which he is playing.

Seven basic make-up types are used with the predominant colours made from rice paste and vegetable colours that are applied on the face.

Pachcha (green) with lips painted brilliant coral red portrays noble characters like Krishna, Vishnu, Shiva, Rama, Arjun and Surya. The jawbone is exaggerated by pasting cut-outs either of papier-mache to give the face enlarged dimensions. *Tati* (red) is used to depict evil characters like Ravana, Dushasana and Hiranyakashipu. *Kari* (black) is used for forest dwellers, hunters and middle ground characters. Demonesses and treacherous characters are also painted black but with streaks or patches of red. The upturned moustache is common and a white blob of pith is attached to the nose which makes the characters seem more fantastic than human. This make-up is called *Kathi*. Demonic characters also wear a pair of large canine teeth protruding out of the corners of their

mouth. Yellow is the code for monks, mendicants and women. *Minukka* (radiant, shining) with a warm yellow, orange or saffron is used to depict noble, virtuous feminine characters like Sita, Draupadi or Mohini. Men who act the roles of women also add a false top knot to their left and decorate it in a style common to the region. Antiheroes, villains, demons and some special characters in conventional Kathakali don the *Tadis* (beard). The red beard is for evil characters; black beard is used for offbeat characters and white beard represents a divine being, someone with virtuous inner state and consciousness like Hanuman. *Teppu* is for special characters such as Garuda, Jatayu and Hamsa who act as messengers in Hindu mythologies. Face masks and head gear is added to

accentuate the nature of the characters. The costume and make-up transform the actor from his human proportions to superhuman stature.

The fine art of Kathakali survived through a gurukul system and passed down through generations till the turn of the 20th century when it faced near extinction like all other classical arts of India. In 1927, renowned poet Vallathol Narayana Menon and Mukunda Raja established the Kerala Kalamandalam to revitalise the art form. In 1933, the Maharaja of Cochin donated a piece of land and a building in Cheruthuruthy village to be developed into an institute of excellence.



It has been functioning as a grant-in-aid institution under the Cultural Affairs Department of the Kerala government and was accorded the status of 'Deemed University for Art and Culture' by the Government of India in 2007. Kalamandalam has trained some of the finest Kathakali dancers including Ramankutty Nair, Krishna Prasad, Vasu Pisharody, Kesavan Namboothiri and Kavungal Chathunni Panicker.

Traditionally, Kathakali was a male art form where men also performed the roles of women characters in what was known as *Stree Vesham*. The training was often strenuous and required a high level of physical fitness. Body massage borrowed from martial arts tradition became an essential aspect of Kathakali training to make the body supple for vigorous dance movements. Women entering this predominant male bastion was considered a transgression for many years. The first documented woman to participate in a Kathakali dance drama was Kartyayini from Tripunithura and the temple town now has an all-women Kathakali troupe. Mrinalini Sarabhai is reputed to be the first female dancer who popularised Kathakali extensively in India and abroad. She was a student of Guru Thakazhi Kunchu Kurup and trained many dancers in Kathakali at the Darpana Academy of Performing Arts which she established in Ahmedabad in 1949. Dr Kanak Rele also broke stereotypes to learn Kathakali from Guru 'Panchali' Panicker at seven. But Kathakali dancer Sasikala laments that it is



Mrinalini Sarabhai is reputed to be the first female dancer who popularised Kathakali by performing extensively in India and abroad.



An artist getting dressed up for a Kathakali performance.

very difficult for women to perform even today. She says, "I hail from an orthodox family and my grandparents were against my entering a world of men. Only my father supported my decision. He told me that if I have a grip on my shoes I can go anywhere. I faced many challenges but worked very hard to prove that I am as capable as any man and now I want to show that I can do better."

Kathakali is steeped in tradition but dancers are trying to break new ground by experimenting with stories from other cultures to have a wider

reach. Sadanam Balakrishnan successfully presented *Hela*, a recreation of the Greek tragedy by Euripides, and also Shakespeare's *Othello* and Corneille's *Le Cid* in traditional Kathakali style. Interestingly, many similarities can be found between Kathakali and the Japanese theatre, *Noh*. In both styles men traditionally performed all the roles including those of women. Emotions are primarily conveyed by stylised gestures while the costumes communicate the nature of the characters. Both styles use elaborate masks, costumes, make-up and props to communicate larger-than-life stories through a magnificent dance style. As Arundhati Roy sums it up in *The God of Small Things*, "It didn't matter that the story had begun, because Kathakali discovered long ago that the secret of the Great Stories is that they have no secrets. The Great Stories are the ones you have heard and want to hear again. The ones you can enter anywhere and inhabit comfortably. They don't deceive you with thrills and trick endings."

RC Bombay Bandra donates three vehicles for cancer care

Team Rotary News

Rotary Club of Bombay Bandra, RID 3141, along with Patel Integrated Logistics and the alumni of St Xavier's School (Jaipur), has donated three vehicles costing around ₹63 lakh to the Tata Memorial Hospital (TMH) to facilitate the collection of blood at various blood donation camps the hospital organises at regular intervals.

These vehicles, donated from Jan 2017 onwards, are of immense help to the hospital in ferrying team members and camp material, along with the collected blood units, at regular intervals. "They ensure that the blood can

be separated into different components within the stipulated time, thus maximising the precious blood resources," says Syed K Husain, a senior member of this club and Director, Patel Integrated Logistics.

Masroor Ali, past president of the club, 2016–17, adds that from Jan 2017 to Dec 2018, the hospital could organise 344 blood donation camps and 21 platelet donor registration camps with the help of these well-equipped blood bank vans. Around 28,880 units of blood have been collected till recently. "More than 35,000 patients have benefited,



Masroor Ali hands over a blood collection van to an official of the Tata Memorial Hospital PDG Prafull Sharma is also in the picture.

thanks to the timely transport of the blood units from the camps to the hospital, maintaining the cold chain and preventing deterioration of the precious blood collected," says Johnson Lukose, from the Tata Memorial Hospital.

The project was conceptualised when the Rotarians handed over the first vehicle to the hospital. "While we were being taken around the facility on a guided tour, we were impressed by the sensitivity that TMC showed in handling the patients who come here for cancer treatment," says Husain. The doctors said every day

the hospital needs 90 units of blood for transfusion to cancer patients, but this is difficult with just one vehicle. TMC conducts 6,300 major surgeries a year, all requiring blood/platelet transfusion. The shortage of blood was a constant worry and it could not be met by walk-in donors and family/friends of patients. Strict standards are maintained here for the quality of blood and the hospital needed two more vehicles to ensure the demand was met.

While the performance of the first van they had donated was excellent, the problem was that the vehicle had to return within six hours to the hospital as the blood had to be separated into components; hence two more vehicles were needed.

Once again RC Bombay Bandra, Patel Integrated Logistics and the St Xavier's School alumni came together to raise the rest of the money and the other two vehicles were donated to the hospital. ■



Members of RC Bombay Bandra.

RC Thane promotes self-detection of breast cancer

Team Rotary News

To spread awareness on prevention and early detection of breast cancer, the incidence of which is rising rapidly in India, RC Thane, RID 3142, along with its CSR partner Bayer India, supported a unique innovation from MyCliniCare. This is a hand-held device which allows a woman to do a self-examination in less than 10 minutes, said Club President Ajay Kelkar.

It can detect a lump as small as 5 mm. "The examination is not only non-invasive but also painless and radiation-free," he added.

The club recently organised a camp to screen women for breast



cancer using this device. It was managed by women volunteers and over two days 275 women were trained on the self-examination technique using this device. Prior to the camp, which was held at the club's

Rotary Hall, a lot of publicity about it was done on social media platforms such as WhatsApp. The registration process was online and the results were shared on the mobile numbers of those screened.

"The women who came for this test were all educated and from middle class; our club plans to scale this project so that a much larger number of women can be reached," Kelkar said.

The hand-held device is battery-operated and is rather small (measuring around 9"x3.5"). For the screening MyClinic from Bengaluru had sent its team, which carried out the tests. Kelkar says that nine women were detected with tumours and they are being followed up by the club. This test is presently available at MyClinic in Bengaluru and costs around ₹900. The project was funded by Bayer India. ■

Shirol hospital gets dialysis machines

Three dialysis machines were handed over to B A Birnale Hospital at Jaysingpur in Kolhapur, Maharashtra, by RC Shirol, RID 3170, under a global grant in partnership with RC Central Chester County, RID 7450, US, and TRF.

PDG Anand Kulkarni and co-partner Rtn Vasant Prabhu handed over the equipment at the hospital, in the presence of the Mayors of Shirol and Jaysingpur and club members. ■



Handing over of dialysis machines at the B A Birnale Hospital. PDG Anand G Kulkarni (left) is in the picture.



Wordsworld

Never judge a writer by the jacket she wears

Sandhya Rao

Reading Twinkle Khanna was an ego buster. The worlds she describes with a definite delight are charged with emotion, insight and spice.

I always prided myself on being the kind of person who never judged a book by its cover until this overly righteous sense of self-worth hoisted me on my own petard (I have always wanted to use this strange phrase!) as I found myself unable to put down *The Legend of Lakshmi Prasad* until I had reached the very end. Its author is a writer of serious talent.

Twinkle Khanna has been around for a while, initially making news as the daughter of Dimple and Rajesh Khanna, and then not so much written about as an actor. After staying hidden in a fairly long period of silence followed by marriage to actor Akshay Kumar and family life, she slowly began to re-surface, this time breaking news as a writer of pretty strong and well-argued opinions in her blog posts and columns published in the *Times of India* and *DNA*. Her pieces were not only well-written, they were spunky, and her observations politically and otherwise astute. Then, in 2015, came her first book-book, *Mrs Funnybones*, with a nearly not-there tagline that

said, 'She's just like you and a lot like me', written in the tradition of Helen Fielding's *Bridget Jones's Diary* which I had thoroughly enjoyed.

In any case, I should have got the hint from this line in the blurb describing her: 'She narrowly escaped a gruesome tragedy when Bollywood tried to bludgeon her brain to the size of a pea, but she ducked at the right moment and escaped, miraculously unharmed.' How many of us have the guts to admit to ourselves, let alone holler it from the rooftops, that we sometimes bombed at what we did? Despite the hint, intellectual snobbery got in the way of my vision and although I presented a copy of *Mrs Funnybones* to my mother who chews up books and crosswords at the rate of madness in a minute, I myself didn't deign to read it until many weeks had gone by. Btw, if you thought Twinkle Khanna loved her name, read this: "... I decided to take the baby (fondly referred to as the 'little beast') to my mother's house so that she can harass other members of the family



besides me. I get there and mother dearest is sitting with her close friend, Honey, and trying to call up their friend, Bubble. Honey! Bubble! Dimple! Does anyone still wonder why I have been lumped with a name that rhymes with sprinkle and wrinkle?"

In 2016 came *The Legend of Lakshmi Prasad*. While this bit of publishing news registered, it only barely did that until along came *Pyjamas are Forgiving* in 2018. Now

this was getting to be too much, for books' sake! Some curiosity was called for. So at last I ordered these books on Amazon and received them pronto, along with Shweta Bachchan (Yes, Jaya and Amitabh's daughter) Nanda's *Paradise Towers*. After all, it was Bollywood Babies' season in the sun of the publishing scene. However, once unwrapped, the books went into the cupboard, barely examined.

Until a few days ago when I took it out before setting out on a family holiday. I started reading Twinkle Khanna and this time she got me hooked. The writing is elegant, resonant, light without being fatuous, totally unselfconscious and, at times, quietly moving. *The Legend of Lakshmi Prasad* left me wondering how she knows so much — some snobbery, but mostly genuine puzzlement — because without knowing how can you write so simply yet profoundly about being human. It is a set of three short stories and one longer one, more like a novella. The themes are different, the characters and locations unique, and the tellings have their own voices. The novella, I discovered, is the fictionalised account of the story of Arunachalam Muruganantham, a school dropout from Coimbatore who has revolutionised the world of less privileged women by inventing affordable sanitary napkins that can be manufactured at very low cost by women themselves. After reading the book, I listened to the TEDx talk given by Muruganantham: it brought tears to my eyes even as I laughed with the audience and the man himself as he narrated his story. Twinkle Khanna faithfully captures the spirit of the man and his mission in her beautifully written account: 'The Sanitary Man From A Sacred Land'. The three shorter stories are equally engaging, so engaging that I read the book in one sitting. Incidentally, both

Mrs Funnybones and *The Legend of Lakshmi Prasad* are available in Hindi translation.

I realised that Twinkle Khanna's fictionalised account is the basis for the Hindi film *Padman*. Further, in the serendipitous manner of coincidences, on Jan 23, *The Hindu* carried a news item headlined 'Short film set in Indian village gets Oscar nod'. The 26-minute film, *Period. End of Sentence*, is about local women in a village in Uttar Pradesh finding a steady income and access to feminine hygiene thanks to Muruganantham's revolutionary low-cost sanitary pad-making machine. This is being directed by award-winning Iranian-American filmmaker Rayka Zehtabchi and is "a creation of The Pad Project, an organisation established by an inspired group of students at the Oakwood School in Los Angeles and their teacher, Melissa Berton."

Stories inevitably lead to more stories. Twinkle Khanna has been quoted as saying her favourite book is *The Little Prince* (*Le Petit Prince* in French) by Antoine de Saint-Exupéry "because more than a children's book, it is an allegory of love and loneliness". This is significant because children's books are so often not given the respect



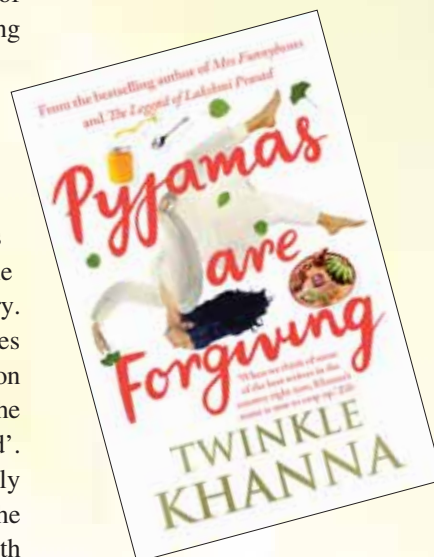
they deserve. Equally significant is her comment in a newspaper interview: "There are books that I read like *A Man Called Ove* by Fredrik Backman or anything by Alice Munro and bang my head on my window in despair because I cannot write like them. And then I read a whole spate of popular writers, I won't name them, and instantly feel better about my own writing." What she says provides an insight into her straightforward manner, decidedly one of the bright features of her writing.

Her third book is a novel. *Pyjamas Are Forgiving* is set in a residential ayurvedic clinic in Kerala. Although it is not as compelling as *Lakshmi Prasad*, it nevertheless has an authentic ring that makes it refreshing even if the love story it spins is not quite so engaging. Still, I look forward to her next book and if you haven't yet read her, you should quickly set that record right.

As Mrs Funnybones says, quoting "one of Baba Twinkdev's sayings: A fool walks around with his nose in the air while the wise keep theirs firmly buried in books. Happy reading!"

Indeed. Happy reading!

The columnist is a children's writer and senior journalist.



Designed by Krishnapratheesh

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**RI Exchange
Rate - March 2019**
\$1 = ₹71

Rotary at a glance

Rotarians : 1,214,363
Clubs : 35,787
Districts : 538
*Rotaractors : 155,020
Clubs : 9,734
*Interactors : 547,492
Clubs : 23,804
RCC : 10,200

**Estimated*

As on February 15, 2019

Membership Summary

As on February 1, 2019

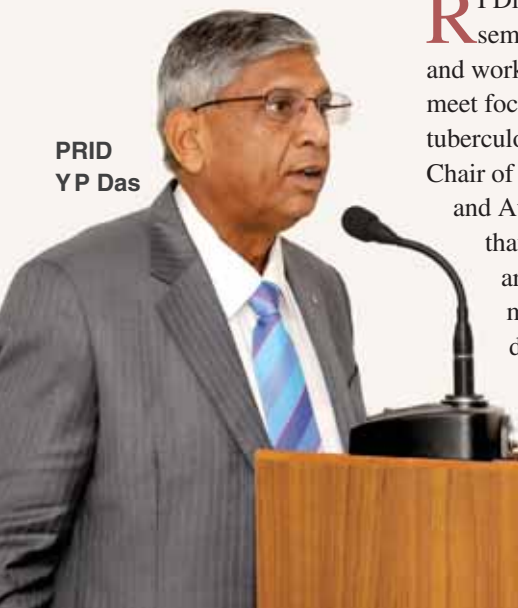
RI District	Rotary Clubs	No of Rotarians	Women Rotarians	Rotaract Clubs	Interact Clubs	RCC
2981	114	4,709	206	40	232	199
2982	68	3,042	151	65	117	53
3000	128	5,349	505	232	679	199
3011	81	3,469	725	47	115	25
3012	89	3,606	799	53	131	56
3020	76	4,021	224	54	466	349
3030	91	4,903	604	78	324	166
3040	95	2,087	230	33	135	142
3053	68	3,055	541	9	57	96
3054	128	6,252	1,084	77	324	475
3060	102	4,302	552	59	131	141
3070	103	3,114	323	45	164	58
3080	79	3,373	269	73	226	109
3090	77	1,971	64	36	39	122
3100	78	1,930	117	11	78	146
3110	115	3,798	321	25	52	104
3120	75	3,197	387	31	63	52
3131	131	5,454	1,204	94	310	90
3132	96	3,846	394	38	214	151
3141	95	5,588	1,327	110	271	84
3142	95	3,484	646	73	204	64
3150	95	3,552	357	60	248	109
3160	72	2,535	148	24	48	81
3170	126	5,695	615	56	346	164
3181	77	3,435	314	51	265	111
3182	84	3,345	256	27	278	95
3190	127	5,031	682	124	368	52
3201	142	5,360	345	93	134	49
3202	130	5,042	262	76	444	47
3211	139	4,431	282	6	97	128
3212	99	4,081	312	95	284	142
3231	78	3,249	255	48	216	305
3232	117	4,793	758	113	347	82
3240	88	3,099	393	44	163	168
3250	101	3,919	699	58	216	176
3261	73	2,651	354	8	105	43
3262	90	3,403	418	37	77	76
3291	147	3,721	721	82	135	600
India Total	3,769	147,892	17,844	2,285	8,103	5309
3220	71	1,997	286	76	204	73
3271	85	1,456	245	51	19	15
3272	145	2,570	367	50	38	38
3281	203	5,626	820	221	94	188
3282	148	4,269	488	114	48	42
3292	117	4,570	697	121	127	113
S Asia Total	4,538	168,380	20,747	2,918	8,633	5,778

Source: RI South Asia Office

Orientation seminar for a TB-free India

Team Rotary News

PRID
YP Das



RI District 3232 recently organised a seminar for Rotarians to coordinate and work towards a TB-free India. The meet focussed on highlighting the gravity of tuberculosis in our country. PRID YP Das, Chair of the Rotary India National TB Control and Awareness Committee, pointed out that 25 per cent of the global TB cases are from India, so much so that every minute one person is dying of the disease. He urged the delegates to spread awareness in the community and effectively address the social stigma attached to the disease.

Dr Hisamuddin Papa,
Co-chairman - Operations
(South), Rotary India TB Control

Committee, explained why active case-finding was needed and recalled how the district had dedicated its first TB screening van to address tuberculosis in remote areas. Dr Suma from the World Health Organisation explored possibilities for partnership opportunities to end TB by 2025. She explained about the various schemes of the Central government's TB control programme.

DG Babu Peram assured complete support at the district level and sanctioned ₹5 lakh from the District Funds for the expenses to carry out the chest-screening programme by various clubs. Dr P Srinivasan, Director - Community Service Health, proposed the vote of thanks. ■

STATEMENT ABOUT OWNERSHIP

Statement about ownership and other particulars about Rotary News to be published in the first issue of every year after the last day of February

- | | |
|---|---|
| 1. Place of Publication | : Chennai - 600 008 |
| 2. Periodicity of its publication | : Monthly |
| 3. Printer's Name | : PT Prabhakar |
| Nationality | : Indian |
| Address | : 15, Sivasami Street
Mylapore
Chennai 600 004 |
| 4. Publisher's Name | : PT Prabhakar |
| Nationality | : Indian |
| Address | : 15, Sivasami Street
Mylapore
Chennai 600 004 |
| 5. Editor's Name | : Rasheeda Bhagat |
| Nationality | : Indian |
| Address | : 25, Jayalakshimpuram
1 st Street, Nungambakkam
Chennai - 600 034 |
| 6. Name and address of individual who owns the newspaper and partner or shareholders holding more than one percent of the total capital | : Rotary News Trust
Dugar Towers, 3 rd Floor
34, Marshalls Road
Egmore
Chennai - 600 008 |

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1st March, 2019

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Rotary-Corporate tie-up enhances school experience

Team Rotary News

Rotary Club of Kashipur, RID 3110, joined hands with Naini Group, a reputed paper manufacturer, to provide sanitation and drinking water facility in government schools in the town. When Rotary Foundation (India) opened its door to accept CSR funds for global grants, Pawan Agarwal, Managing Director of the corporate, and a member of the club, earmarked the company's CSR funds for the club's WinS, and Basic Education and Literacy projects.

The Rotarians shortlisted six schools that were dismally lacking in WASH facilities and provided gender-based toilets, handwash stations and drinking water facilities there.

The club's intervention brought better practices in more than 1,200 students by encouraging improved hygiene, and making handwashing with soap a part of their everyday routine. Teachers and support staff, local and religious leaders were trained to implement the programme in their respective schools and community to ensure that it is sustained beyond the project lifespan.



Rotarians of RC Kashipur teach children the right handwash method.

Naini group will bear the salary of the sanitation staff in each school initially for three years, after which it will rest on the schools. The club members visit the schools regularly basis and interact with the school management committee. The club aims to implement another grant for upgrading school infrastructure. ■

Clean drinking water for students in Raigad



DG Nikhilesh Trivedi (centre) and Umesh Patel, Minister for Higher Education, on their way to inaugurate a water purifying unit in a school.

The Minister for Higher Education, Chhattisgarh, Umesh Patel inaugurated drinking water purifying units at four

government schools in Raigad in the presence of DG Nikhilesh Trivedi, District 3261. Considering the high alkaline level in water in

the region RC Raigad Steel City, RI District 3261, donated these units to the schools to provide the students with clean drinking water. Tarapur Government Higher Secondary School, Nandali H S School, Kachar H S School, and Cutar Government Primary School were the four schools which received the purifying units. The club has set up 32 water coolers in different parts of the city. "This project will help students access clean drinking water and enhance Rotary's public image in the region," said Project Chairman Tekalal.

Rotarians of the club have also set up sanitary napkin vending machines in four other schools. ■

Rotary Skill Centre at Gorakhpur

Team Rotary News



Women learn tailoring at the Rotary Singer Skill Development Centre.

A Singer Rotary Skill Development Centre was started at Ram Narayan Lal Girls

Inter College with RC Gorakhpur, RID 3120, donating 45 sewing machines under a global grant project with RID

5610 (South Dakota, US) and TRF.

The centre became operational from July 2018 following an MoU with the National Education Society. At present 160 women are being trained and they can choose any time between 10 am and 4 pm for their tailoring classes. The centre is being looked after by Project Director Purvinarain Pandey.

Adopting the concept of 'Earn while you learn', the vocational centre has taken job work from various schools and

institutions. While 80 per cent of the earning is given to the trainees, the balance is used for buying consumables and overhead expenditure.

The club is running a Rotary Primary School at Shivpur Sahabganj. It was inaugurated by the then RI President Charles W Pettengill and PRIP Nitish Laharry in 1964. "This legacy of our 73-year-old club is being maintained well. The club celebrates events such as Independence Day and Republic Day at the school," says Club Secretary M P Kandoi. ■



DG Stuti Agrawal interacting with students of the Rotary Primary School.



RC Kumbakonam — RID 2981

Over 3,000 girls took part in a cancer awareness marathon organised in partnership with Life Again Foundation. Actress Gouthami was the chief guest. The club also donated sewing machines and sarees to 500 needy women on the occasion.

RC Ulundurpet — RID 2982

The club organised a mass tree plantation drive in Senthnanadu village as part of an initiative to provide green cover to the region. The Rotarians involved the villagers also in the effort.



RC Akola Central — RID 3030

An eco-friendly Ganesh idol-making workshop was organised in association with the Inner Wheel Club of Akola Queens for the students of Jubilee English High School. DG Rajiv Sharma was present at the workshop.

RC Pudukkottai Palace City — RID 3000

In an anti-plastic drive, the club members distributed pamphlets at a weekly market to create awareness among traders and vegetable sellers. Club President Kasinathan and his team collected polythene carrybags from the retailers and distributed cloth bags to them.



Matters

RC Balotra — RID 3054

An Ayurvedic camp was held at Rotary Bhavan and medicines were given to over 60 patients. Rotarians donated ₹5,000 to the Maa Aainath Gaushala which takes care of disabled cows and calves.



RC Surat — RID 3060

Philanthropist couple Rtns Narendrakumar and Bhavaniben Mehta donated a solar plant and water heater unit worth ₹9 lakh to a cemetery. DG Pinky Patel handed over the facilities to the officials.



RC Hoshiarpur — RID 3070

PDG Parvinder Jit Singh along with District Sessions Judge Arora inaugurated a waiting shelter equipped with chairs and ceiling fan at the district court to provide comfort for the public litigants.

RC Ambala — RID 3080

An interaction was organised between school students and a visiting US couple — Shlagha Archibald working in a top defence firm and John Archibald, an attorney. They held discussion on the topic ‘Aspirations of modern youth’.



RI District — RID 3090

Parveen Jindal, a PDRR who was elected as DGND (2021–22), was felicitated by the district Rotaractors and Rotarians. Till now three PDRRs have been elected as district governors.



RC Allahabad North — RID 3120

Over 50 conservancy staff of Civil Lines, Prayagraj, were presented with gift boxes containing sweets, clothes, and fruits as part of the celebrations of the festive season.



RC Sonpeth — RID 3132

Rotarians distributed sarees, blouse pieces and savouries to needy women on the occasion of Deepavali and Bhaubij festivals. The token gesture enhanced the image of Rotary in the neighbourhood.



RC Bombay Sea Face — RID 3141

Three people and three organisations were presented with Vocational Excellence Awards for their selfless service that extended beyond their call of duty.



RC Dombivli East — RID 3142

The club's signature project *Balmela*, a talent search among school students, was held at Abhinav Vidyalaya and Rotary Bhavan. PDG Ulhas Kolhatkar inaugurated the colourful event.



RC Guntur Vikas — RID 3150

More than 2,800 desks were donated to 82 government schools in Guntur and Prakasam districts of Andhra Pradesh under a global grant project in partnership with six clubs of RID 6920, USA, and TRF. RIDE Kamal Sanghvi was the chief guest at the event.



Matters

RC Kadri — RID 3160

An awareness rally was taken on World Polio Day with the participation of Rotarians, *anganwadi* staff and paramedics from government and private sectors. Around 800 people took part. Essay writing and elocution contests were also held.



RC Seven Hills Dharwad — RID 3170

A five-day workshop on cloth bag making was organised for underprivileged women by this all women's club. More than 1,000 such bags were produced by 25 participants.



RC Shanivarasanthe — RID 3181

Under *Asha Spoorthi* project, the club painted colourful pictures on the walls of an *anganwadi* to attract children. The staff were also urged to keep the environment clean and green.



RC Tirupur Midtown — RID 3202

In a thoughtful gesture, the club donated over 2,000 books and sports material to three government schools at Vellakovil near Tirupur, besides planting 50 saplings in the premises.



RC Pearlcity Tuticorin — RID 3212

A mini marathon was organised for school and college students under the slogan "Save the blood of Earth — Water". DG S Rajagopal flagged off the rally which saw participation of over 600 students.

Compiled by V Muthukumaran
Designed by L Gunasekaran

4 QUESTIONS ABOUT

Sending your club president-elect to the convention

with John Blount

2019 Rotary International Convention Chair



1 What was your first convention?

It was in 1988 in Philadelphia. I took my mom, daughter and wife, so it was a family trip as well as an excuse to go to the Rotary Convention. I went to a couple of sessions, and then we enjoyed Philadelphia. It was a great trip, but it's not a memorable convention to me because I really didn't partake in it.

But when I was incoming governor a few years later, I went to the convention in Portland, Oregon. It was amazing. I heard speakers like Robert Fulghum, who is famous for writing the book *All I Really Need to Know I Learned in Kindergarten*. He was fantastic. I end most of my speeches with a quote I got from him. That convention broadened my understanding of what I was getting into.

2 Why should clubs send their incoming presidents to a convention?

Back in 1983, the members of my club, the Rotary Club of Sebastopol, California, decided we were going to send our president-elect to the convention every year, no matter what it cost. The first year we sent Dave Madsen. He brought back a fundraising idea that totally changed what we did in our club. He'd gotten it from another club when

he was there. It made a ton of money through the years. We enjoyed the fruits of sending that person long after the cost was satisfied — that's one benefit of sending a president-elect to a convention.

We still send our president-elect every year, no matter where. They come back so impressed, so moved, so changed by the convention's magic. They're so engaged with Rotary and so passionate that they're going to spend the next year changing the world through us and our club. Why is that? They see the world in a microcosm. They meet people. They bring back ideas, they make connections. Our club has become an excellent club through the years — and I think a significant part of that is because the incoming leadership gets that baptism of a convention.

Before and after a convention is also a great time, as a Rotarian, to travel. Every hotel, every restaurant is loaded with other Rotarians. They're all wearing pins, so you can strike up amazing conversations — and ultimately friendships.

3 How does your club manage the cost of sending someone each year?

We just budget it out of members' dues. We don't do fundraisers or anything

like that. Some years it's going to be in Atlanta, and it's relatively cheap for us to fly there. Some years it's going to be in Bangkok, and we're going to spend a lot of money. So over a 10-year-period it averages out. It's a fairly high amount, but there's no question we have gotten a lot of value out of it.

4 What can Rotarians expect this year in Hamburg?

The convention's theme — *Capture the Moment* — speaks to an urgency. Clubs are trying to adapt so that they can continue to thrive. We have a new strategic plan. We are ending polio. *So carpe diem* — let's seize where we are today and make it better. That extends to capturing the moment of this convention and meeting people and having this magical experience.

At the Hamburg convention, we are basing the general session speakers on Rotary's core values: leadership, integrity, service, diversity and fellowship. We selected breakout sessions related to these core value issues too. These are the building blocks that are constant, however you work to update and improve your club.

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Houses for Gaja victims

Team Rotary News

Following the havoc wreaked by Cyclone Gaja in Tamil Nadu during November last year, several people lost their homes and property. Rotary rose to the occasion and provided succor to the flood victims in the affected areas.

One such group of beneficiaries were the 41 families in a non-descript hamlet, Nettodai, in Thanjavur district for whom RC Ramnad Royals, RID 3212, sponsored houses. “As we were passing through this village on our way to Adhiramapatinam where we planned to distribute

groceries to the flood affected people, we were shocked to see the broken homes on either side of a canal and we stopped over to assess the extent of the damage and how we can help the people,” says Club member N Karthikeyan.

The Rotarians distributed the provisions to the villagers in Nettodai and nearby hamlets and got together to work out the modalities to restore the lives of these people. They publicised their intention to construct houses for the villagers extensively on social media and soon

donations started pouring in. IPDG Chinnadurai Abdullah who was the first to contribute for the cause inaugurated the new houses on Jan 1, along with Ponraj, the Scientific Advisor to former President of India APJ Abdul Kalam. Solar lamps were also erected in the villages and “every donation of kind-hearted people has been transformed into groceries, blankets, candles, water bottles, clothes, roof tiles, scaffoldings and other essential things for the rehabilitation of 775 families in the

affected villages around Thanjavur,” says Club President Somasundaram.

Disaster management is not new to the Rotarians, he says, recalling the extensive relief work the club executed, including building 23 houses in a village near Cuddalore, in the aftermath of the 2015 cyclone.

More recently, the club constructed 36 more homes with help from the Tamil Sangam of Carolina in the US and the Abdul Kalam Vision India Movement.

Designed by
L Gunasekaran.

PDG Chinnadurai Abdullah
interacting with the villagers.



Mindfulness, mindful meditation, mindful eating seem to be the new age terms that have become rather popular lately. But mindfulness goes back to ancient times. Most religions and spiritual practices have their own repertoire of a variety of meditative practices. Mindful meditation and mindfulness, however, have no religious trappings and anyone from any walk of life can incorporate mindful meditation into their life for just a few minutes in a day to witness the benefits.

The practice of mindfulness and meditative practices have gained scientific attention since several studies have come out, especially from the Center for Mindfulness at the University of Massachusetts. Studies show improvement in general psychological health, depression, anxiety, chronic pain, cancer recovery and fibromyalgia amongst others. The improvement in physical ailments through this mind-body method is now accepted as a very important complement to mainline management of diseases.

What is Mindfulness?

Mindfulness is the conscious and purposeful awareness of the present moment. The past is over and the future is not yet here. Being aware of the present moment keeps us more engaged and involved with our lives.

Have you been with your kids while distracted and wanting to be somewhere else? Have you driven home completely absorbed in the argument

you had with a co-worker feeling the anger and irritation welling up inside? Have you looked back and wondered where the day had disappeared, having no memory of it? Have you sat in front of your TV and gone through an enormous bag of chips with no real recollection of having eaten it. These are all examples of mindlessness that are typical and not helpful. They rob us of the present moment and spin us into a realm that does not even currently exist and then create ill-health (as a result of overeating or anxiety).

Mindfulness is not about escapism but about being fully present with the moment. It is also the ability to observe (without judgment) the present moment with its pain, suffering, joy, happiness or feelings of insecurity and recognise it for what it is. Being mindful of the situation as it is helps us firstly concede it and then, when required, make the necessary changes to it. So, for instance, if you are angry or disappointed with someone, recognising that emotion for what it is and then questioning yourself to reveal the source of the anger/disappointment will help you deal with it far better than just acting on impulse, mindlessly. In fact, embracing the feeling of anxiety or pain instead of trying to escape from it can tell us much about ourselves, increasing self-awareness.

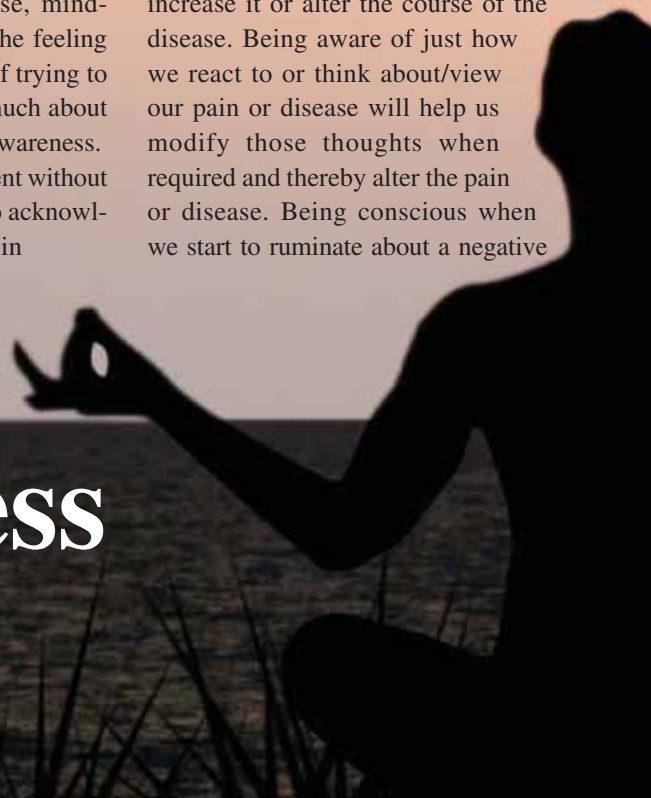
This habit of being present without judgment and being open to acknowledging what is happening in real time transforms our relationship with ourselves, creating a higher

level of self-awareness that most of us lack. Our body and mind have an innate wisdom and capacity to indicate to us what is truly wrong and what is going on within. The only trouble is, we don't listen because we are too busy living life at a high speed and mostly through virtual reality, with photographs and social media, comparing, wishing and judging.

Being mindful is a habit. The thoughts in our head can actually cause or aggravate disease or precipitate emotion; so our thoughts matter. Being aware of what they are therefore is critical to our well-being. Dr Kabat-Zinn, founder of the Mindfulness Based Stress Reduction programme, has conducted several studies on the benefits of mindfulness and mindfulness-based practices for medical conditions such as anxiety, pain and even skin conditions like psoriasis. The improvement in such conditions, using mindful meditation, appears to be the result of the deepening awareness of our own thought processes related to the disease or pain we suffer. Thinking in a particular manner about our pain or disease can actually increase it or alter the course of the disease. Being aware of just how we react to or think about/view our pain or disease will help us modify those thoughts when required and thereby alter the pain or disease. Being conscious when we start to ruminate about a negative

Mindfulness

Sheela Nambiar



outcome or recognising that our pain in the back is aggravated when we are stressed (not necessarily physically) is helpful to alter the course of the physical condition.

Steps to being more mindful

- Pay attention to simple things — such as taking a shower. Be conscious of the water, the temperature, the sound and feel of the experience. Make it a habit.
- Breathe — Sounds so simple. Rarely are we conscious of our breathing. Make it a habit to become aware of your breath at frequent intervals through the day. It could be every time you move from one project to another, or one client to another, or when you walk down a corridor, or get yourself a glass of water; stop and breathe.
- Listen to your body — Sometimes we are aware that there is some vague pain or discomfort in our body. Pay attention to how the body moves or how we sit, stand, eat or engage.
- How do we position our hips, feet, back, arms? Is there tension in some part of the body? Is it aggravated by the way we move or sit? Do we favour one side more than the other? Is one side weaker? Is our core engaged? These are not always aspects of ourselves we pay attention to. Doing so will bring a deeper awareness of our own

body. This in turn keeps us tuned into our body, working with it instead of against it.

- Be aware of your thoughts — recognise your thoughts as they play out in your head. Don't judge or be upset by them. Just be aware of them.
- Use all your senses — try to use all your senses from time to time. When you go for a walk outside, for instance, be conscious of the sights, smells and sounds. When you are cooking, be conscious of the colour of the vegetables, the feel of them as the knife goes through them, the changing smells when you cook and so on. Even cutting vegetables can be a mindfully meditative process!
- Engage fully — This is especially important when you interact with people. Engaging with them fully allows not only for better understanding and relationship but also makes them feel you are present and involved. In our fast-paced world we tend to skim through interactions without much thought leaving everyone concerned feeling unimportant and the whole interaction quite superficial.
- Practice — Mindfulness-based meditative practices may last for as short as ten minutes. You can source many of them online on YouTube. You could try the ones by Kabat-Zinn. Practising this form of meditation for even ten minutes every day will

allow the habit of mindfulness to seep into the rest of your day. The practice may be anything from Body Scans to an actual Mindfulness Based Stress Reduction — MBSR session. Create a regular practice that you commit to every day, preferably at the same time of the day. Over time, this becomes your way of 'being' not just 'doing'.

Mindfulness has a wide range of benefits from disease management to a general improved sense of well-being and increased productivity. Do you wonder sometimes why you are not able to get things done? Why you can't focus your attention when needed? Why you find it difficult to express yourself properly as your thoughts careen from one thing to another? Why you overeat when you know you shouldn't or why you can't sleep with those thoughts spinning around in your head in an endless loop of melodrama? Mindful meditation and a continued practice of mindfulness on a day-to-day basis may be the answer to calming the mind and creating a more peaceful, focused and meaningful life experience.

*The author, an obstetrician and gynaecologist, is a fitness and lifestyle consultant, and has published two books: Get Size Wise; Gain to lose.
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Designed by N Krishnamurthy



for well-being

Bicycle ride to school

Team Rotary News



DG Ramesh Vangala (centre) along with the student beneficiaries. RC Hyderabad Gachibowli President T S Sashikala, PDGs T V R Murli and Tamanamu Vijendra Rao are also present.

Under its Basic Education and Literacy programme, RC Hyderabad Gachibowli, RI District 3150, along with 14 other clubs, donated 100 bicycles to underprivileged, but meritorious

girl students of various government schools.

“These children walk long distances to school each day and were excited to receive the cycles as it will help them save time for studies,” said Debjani Chatterjee,

Club Secretary. Club President T S Sashikala had sponsored all the cycles.

DG Ramesh Vangala, AG Usha Rani and Rotarians from other clubs of the district were also present at the event. ■

Pedalling for a Clean India

Abicycle rally with 75 participants covering a distance of 200 km from Coimbatore to Kochi, organised by RID 3201, was flagged off by the Coimbatore Corporation Commissioner Dr K Vijayakarthiskeyan in the presence of District Governor A V Pathy, RPIC Rajadurai Michael and District Secretary Chella Raghavendran. The event titled *Pedal for Clean India* campaigned for maintaining cleanliness besides promoting Rotary’s public image, as part of Rotary Day celebration.

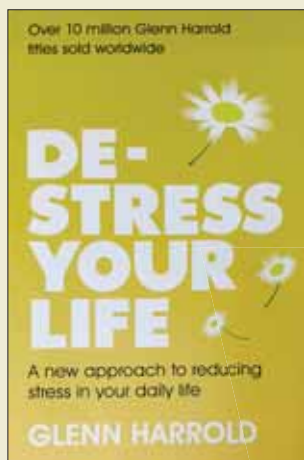
Rotarians, Rotaractors, Annetts and jawans from the 105 RAF Battalion cycled their way through Palghat, Ottapalam, Wadakenchery, Thrissur, Irinjalakuda and Chalakudy to touch the finish line at the Nedumbaserry Airport in Kochi the next evening. The valedictory, hosted by RC Angamaly, was presided by PDG Sunil Zacharia.



DG A Venkatachalapathy (third from right) cheering the participants as Corporation Commissioner Dr K Vijayakarthiskeyan flags off the event.

Around the same time First Lady Veena Pathy flagged off a Walkathon for 300 participants to celebrate the 150th birth anniversary of Mahatma Gandhi and the World Polio Day (Oct 24). ■

On the racks



De-stress your life

Author : Glenn Harrold
Publisher : Hachette India
Pages : 183; ₹299

The must-have book for de-stressing your life and embracing modern living.

Using tools and techniques such as meditation, regulated breathing and self-hypnosis, expert Glenn Harrold shows you how to cope with the pressures of modern life and create a happier, stronger and more resilient you. Through seven easy steps you will learn:

- What stress is and what causes it
- The mental and physical effects of stress
- Techniques to help you cope with stressful situations and problems
- Ways to be kinder to yourself and build a greater sense of self-worth

From finances and careers, relationships and self-image to time management and life goals, *De-stress your life* will teach you the skills, techniques and practices you need to achieve for a healthy work/life balance and find your own inner calm.



Sleep well every night

Author : Glenn Harrold
Publisher : Hachette India
Pages : 178; ₹299

In this easy-to-follow six-stage programme, clinical hypnotherapist Glenn Harrold reveals how you can truly change the way you sleep.

By rethinking basic lifestyle choices and using 100 per cent natural remedies, including self-hypnosis, Harrold shows that a good night's sleep is only a step away. *Sleep well every night* will give you the tools and knowledge to:

- Understand what sleep is and why it's so important
- Identify common problems and know how to tackle them
- Make simple but powerful changes that will drastically improve your quality of sleep
- Eliminate the hidden causes of insomnia

With practical exercises, top tips and easy-to-follow techniques, this invaluable programme will help you sleep easier, better and longer. It's time to take back control of your day and night, reclaiming your right to a good night's sleep.



Loss weight now!

Author : Glenn Harrold
Publisher : Hachette India
Pages : 200; ₹299

Do you want to lose weight and stay slim?

Do you wish it was easy to choose healthy foods?

Would you love to have the will-power to exercise regularly?

Do you wish losing weight was really, really easy?

Glenn Harrold has developed a safe and revolutionary approach that will transform your relationship with yourself and with food. He promises to give you total control of your weight, so you never need to diet again.

Successful weight loss starts in your head, not at the supermarket or at the gym, and Harrold's quick and easy exercises will change your mindset in an instant. Suddenly you will find it really easy to eat healthy food all the time, you'll want to get out and exercise, and you'll not even think about all those foods you know are bad for you but you normally can't resist.

Weight loss has never been easier. With Glenn Harrold you'll watch the pounds disappear forever — and you'll love it!

Compiled by Kiran Zehra
Designed by Krishnapratheesh S

Airline economics



TCA Srinivasa Raghavan

The first time I flew from Delhi where I have lived since 1958 and Madras, as it was called then, was in the late 1970s. The flight, said the Captain, will take two hours and twenty minutes. We took off at 5 pm on the iconic IC 539 (or was it 540) and landed at 7.20. India had only one domestic airline then, Indian Airlines, which was merged about ten years ago with Air India which flew the international routes. For the next 30 years, that is all the time it took between the two cities — 2 hrs 20 mins.

So imagine my astonishment when the ticket on the private airline said departure 1110 hrs, arrival 1420 hrs. That was three hours and ten minutes. Hello, I asked myself, have I been given a one-stop flight? Or am I flying on a turbo-prop plane? I checked and checked — on the ticket, on the airline's flight schedule, on the flight tracking apps but all said it was a non-stop flight.

So I got on to Twitter and asked if the two cities had moved apart. Again, despite 100-odd responses, I got no satisfactory answer until someone said it had to do with an indicator called 'on-time performance'. You claim you are not late by saying that the flight will take longer. Then when you land in what

is the normal flight time — after all the distance remains the same as does the speed at which the plane flies — you say you have excellent on-time performance.

This extended flying time printed on the ticket allows them to take off late — as happened in my case. We took off 50 minutes late and arrived on time after 2hrs 20mins! This after the airline had coerced me to report two hours before departure saying they would not wait if I tarried. To add insult to injury they had charged an arm and a leg for the ticket. They also charged double for half of the snacks that they used to give two years ago. This airline also charges extra for all but the middle seats. It puts Shylock to shame.

But I had my revenge. Once the seatbelt sign had been turned off, I found a premium seat and moved there. The stewardess, who was barely out of school, said I needed to pay for it. But I just frowned hard at her and the poor thing scampered

The airlines charge double for half of the snacks that they used to give two years ago, and extra for all but the middle seats. It puts Shylock to shame.

off, possibly not wanting to annoy someone who looked like her less-favoured grandfather.

But seriously, folks, what are these airlines up to? As a consultant of long standing at a transport research institute, I am something of an expert on transport generally and aviation particularly. I just can't understand how the government — the DGCA to be precise — is allowing the private airlines to gouge customers so much.

I understand the general economics that if demand exceeds supply a higher price will be charged. But in the case of airlines that is simply not the case. They charge whatever they like — much higher or much lower than what their costs would warrant. The dynamic pricing algorithm ignores costs altogether. The pricing is completely opaque.

Anyway, my happiness at sitting comfortably was over the moment we landed in Delhi. We were herded on to a bus and driven to the old international terminal that is now called T2 and is the new domestic terminal used by airlines that pretend they are low-cost. The terminal was built in 1986 and looks it. The only thing that has changed is the smell from the toilets that hit us when we entered it. I can bet it also belonged to the late 1980s. ■

RIPE Maloney gets a *Feta* experience





DISTRICT CANCER AWARENESS SEMINAR -2019

HOPE 'होप आशा'

Saturday, 2nd February 2019 • Hotel Radisson Blu, Kaushambi, Ghaziabad



DR. SUBHASH JAIN AKS
District Governor 2018-19

THE CANCER FOUNDATION



ROTARY FIGHTS CANCER

UNDER AN INITIATIVE AND SUPPORT OF
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DR. SANDEEP KUMAR
MS FRCS, Ex Professor of Surgery,
King George's Medical University, Lucknow



DR. G.K. RATH
Head National Cancer Institute
& Chief Brairch, AIIMS

CANCER

AWARENESS

CAUSES

INFORMATION

PREVENTION

TREATMENT



DISTRICT 3012 CRICKET TOURNAMENT

Sunday, 10th February 2019

Venue : Mohan Sports Club, Mohan Meakin, Ghaziabad



Winner



Runner-Up

