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Monthly Newsletter of

Rotary
Bangalore Peenya



BE THE
INSPIRATION

Editor: IPP Rtn. Savitha Suresh

ISSUE: JANUARY 2019

President's Message



Dear Partners in Service

Suma and I send our greetings for a wonderful year full of happy days to you and your family.

The new year brings with it many hopes and dreams, to be different than the rest of the world, to make a lasting impression, to leave our foot mark on this path as we convert the impossible to possible, despair to happiness and dreams to reality.

As a Rotary Club, I am confident that we are in the right place that empowers the future, providing comfort to the needy and solutions that are essential to support the less privileged. The membership base of our club is strong and diverse with seasoned Rotarians who have immensely contributed to the club's growth and have stayed strong and confident through tiring times. With this group, we are stepping into the 22nd year of the flagship project of Rotary Bangalore Peenya "The Annual Mega Jaipur Limb Camp".

Under the chairmanship of PP Rtn Virchand Nahar, we are well prepared but the challenges are plenty. The world watches us to emulate us as we set our feet on this. Join us on the 3rd of January at Ganesh Bagh, Infantry Road to serve humanity, to make a difference, to make yet another beginning.

Yours in Rotary
Rtn Girish S
President

happy
sankranti



BE THE INSPIRATION

RI President's Message



Vocational service can be hard to define, but it is easy to describe: It is simply the point where our Rotary lives and our professional lives intersect. When we put our Rotary ideals to work through our work,

that is vocational service.

When I returned to the Bahamas after many years working in health care administration abroad, I realized that my country badly needed a modern health care facility. The resources we had at the time were out of date and inadequate, and people who were unable to travel abroad for care often did not receive the care they needed. Without the experience I had gained in the United States, I could have done nothing to change the status quo. But since I did have that experience, I was in a unique position to have an impact. I knew I could turn my professional path to good and make a career out of improving Bahamian health care.

As Rotary became part of my journey, I discovered that the words of Paul Harris that became the basis of Rotary — that shared effort knows no limitations — were also true for my vocation. I

could not bring modern health care to the Bahamas alone. But through partnership, both with the doctors who eventually became my partners in Doctors Hospital and with all the dedicated staff members who worked in the hospital over the years, we could change everything. My goal became a shared goal — and then it became reality.

Rotary emphasizes the dignity of every vocation and the worth of every calling. Remember that the four founding members included no doctors or peacemakers — just an attorney, a mining engineer, a coal dealer, and a printer. From the beginning, the diversity of those vocations gave Rotary a special strength. And that diversity is reflected in our classification system, which aims to ensure that each club represents the full range of businesses and professions that serve each community.

Paul Harris put it this way: "Each Rotarian is the connecting link between the idealism of Rotary and his trade or profession." It was true when he said it and should be equally true now. We only spend an hour or two a week at our Rotary meetings, but most of us spend most of our waking time at work. Through Rotary, those hours are also an opportunity for service: a chance to Be the Inspiration to those we work with, those who work for us, and the communities we serve.

Projects and Events

Career Guidance Workshop

Interact Club of Nurture International School is a bunch of vibrant, enthusiastic children who undertake multiple service activities through out the year, be it a fund raising effort, a kite festival, Coorg and Kerala flood relief aid, the list is endless.

This time it is a career guidance workshop organised on 1st December by the Interact President Sneha Reddy and her Office Bearers for the benefit of the outgoing students of 10th std as also 8/9th std students.

The facilitator for the workshop was renowned architect Rtn Fazal Mahmood from Rotary Bangalore Metro. The topic was "Architecture as a career"

He spoke in detail about the roles and responsibilities of a successful Architect. The children participated in the

interactive session and Rtn Fazal Mahmood kept the interest of the children intact throughout his presentation.



The workshop was facilitated by Rotary Bangalore Peenya.

Business Meet

The 21st weekly meeting was the Business Meet that was held at Hotel Tulip Inn on the 5th of December at 7 pm. DGND elections voting was discussed in detail and a consensus was made in the presence of the club members.

22nd Jaipur Limb Camp, that would be held on the 3rd of Jan to the 9th of January, 2019 at Ganesh Bagh, Infantry Road, Bangalore and various other projects were discussed in detail.



Chairman PP Rtn Virchand Nahar explained in detail, all the arrangements, that have been done. The Rotarian volunteers were assigned their roles and responsibilities for this mammoth task. The camp will have every one's hands full for a week. Elaborate discussions were held on various issues that needed attention.

The New Year for Peenyans starts with the service to the needy. Good Luck to the Chairman and the President for this Annual Limb Camp.

Career Guidance Workshop

Career guidance and counseling programs help individuals acquire the knowledge, skills, and experience necessary to identify options, explore alternatives and succeed in society.

These programs aimed at high school students often prepare them for the changing workplace of the 21st century.



An interactive session of a Career Guidance Workshop named "IKIGAI" was held at Nurture International School, Hesarghatta Main Road, Bangalore by Ms Lashana on the 15th of December, 2018 for the high



school students. Parents of the students also participated in the session.

Weekly Meeting

Rotary Clubs around the world choose the new team in December of the Rotary year that will take over on the 1st of July of the new Rotary year.

Rotary Bangalore Peenya called for nominations for the posts of Office Bearers for 2019-20. PP Rtn Srinivas Murthy was the election returning officer for this year.

ROTARY QUIZ

1. Who introduced Rotary to its motto?
2. When was the "Service Above Self" motto first adopted by Rotary?
3. What were the four original avenues of service in Rotary?
4. What is the fifth avenue of service in Rotary?
5. When was the fifth avenue of service introduced to Rotary?

(Look for answers elsewhere in this issue)

Dialysis count for the
month of December 2018

4 6 1

Project Participation by
Rotarians & Family
> 3100 man hours

Intrinsic Value of Projects
> ₹6.0 lakhs



Nominations were received, scrutinized and the results were announced in 23rd Weekly Meeting of the year on the 19th of December, Wednesday, at Hotel Trinity Isle.



Rtn K Suresh was declared the President for the Rotary year 2019-20. He has his team of extremely balanced set of Rotarians as Office Bearers who will shoulder the responsibilities along with him and set new bench marks in Rotary Bangalore Peenya.

We wish him and his team "ALL THE VERY BEST" in their endeavours.

Weekly Meeting

The 24th weekly sepaker meeting was a talk on "We own our health" by Dr. Shreevidya Gurunagesh on 26th December at Hotel Trinity Isle.



Dr. Shreevidya is an Allopathy Doctor, has an MS in Yogic Sciences and a practitioner of Integrated Medicine with deep interest in spirituality. Having 12 years of experience in Family Medicine Practice with patient centric holistic approach she has specialized in Yoga therapy and offers them to her patients at appropriate times. She is well aware of the guidelines set by AHA, ADA, CDC and practice them while treating her patients with passion. She has enormous experience in Cardiology, Endocrinology, Gynecology, Psychotherapy and Counseling.

She kept the audience engrossed with her powerful speech.

Celebrations

1 st Jan	Birthday - Annet. Gopika Devi D/o. Krishnamurthy H
2 nd Jan	Birthday - Rtn. Hariram Thakkar
2 nd Jan	Birthday - Rtn. B M Suresh
4 th Jan	Birthday - Rtn. Mukesh Kumar Bagadi
4 th Jan	Birthday - Annet. Nikitha V Kumar D/o. Vasanth Kumar
5 th Jan	Birthday - Ann. Sudha W/o. Rtn. Gunashekar
5 th Jan	Birthday - Ann. Sunitha N D W/o. Rtn. Dinakar N V
6 th Jan	Birthday - Ann. Sarath Babu H/o. Rtn. Meenakshi
10 th Jan	Birthday - Ann. Dr. Preethi W/o. Rtn. Chandrashekar Patil
12 th Jan	Birthday - Annet. Mridula Madhukar D/o. Rtn. Dr.Madhukar
15 th Jan	Birthday - Rtn. Suresh K
18 th Jan	Birthday - Ann. Chandrika Jagadeesh W/o. Rtn. Jagadeesh Kumar
18 th Jan	Birthday - Rtn. Narasimha Murthy
21 st Jan	Birthday - Annet. Suraj J G S/o. Rtn. Jagadeesh Kumar
22 nd Jan	Birthday - Ann. Sunitha W/o. K.Suresh
23 rd Jan	Birthday - Annet. Deepu N - S/o. Rtn. Narasimhan A

Best Health Tips



Here is the evidence and research based benefits of Lemon on our health.

1. Acts as a detoxifying agent.
2. Helps with maintaining digestive health.
3. Along with vitamin C, lemons are also a rich source of potassium, calcium, phosphorus, magnesium etc.
4. Helps fight common cold

Answers to Rotary Quiz

1. Frank Collins (Fruit Merchant)
2. 1911
3. Club, Community, International and Vocational Service
4. Service to Youth
5. 2010

Birthday Celebrations



Rotary Bangalore Peenya celebrated the 80th Birthday of the first gentleman of the club Charter President Rtn M S Mallappa on the 8th of December at Hotel Taj Vivanta, Yeshwanthpur.

As the beautiful winter evening unfolded, precious moments from the bygone era of Peenya's history made way amidst laughter and nostalgia.

A few contemporaries of Rtn Mallappa spoke in brief about their association with the finest gentleman of Peenya.

Rtn Mallappa cut the incredible red velvet cake with cream cheese frosting! Fluffy, soft, buttery and moist with the most perfect velvet texture! as the crowd sang and wished him "A Very Happy Birthday".

The short eats and appetizers marked yet another great fellowship, Peenya is always famous for. A sumptuous buffet spread ended the party on a high note.

