



CHAKRAVIEW

The Carbonic Service Loop

August 2021



**SERVE TO
CHANGE LIVES**



Rtn. Prabhakar K. & Rtn. Shreemayi Akilla
District Governor and Club President of 2021 - 2022

President's Message

My Dear Fellow Rotarians,

I would like to start my year with a small story.. -

During one of his travels, Kalidasa felt very thirsty and looked around for water. He saw a woman drawing water from a well. He went up to her and asked her for water. She agreed to give him water, but asked him, "Who are you? Introduce yourself."

Kalidasa thought that an ordinary village woman was not worthy of knowing who Kalidasa was. So he said, "I am a traveller." The lady replied, "In this world there are only 2 travellers – the Sun and the Moon. Both Rise and Set every day and keep travelling perpetually."

Then Kalidasa said, "Alright then, I am a guest." The lady promptly replied, "In this world there are only 2 guests – Youth and Wealth ... both are temporary and hence can only be called as guests."

Intrigued Kalidasa said, "I am a Tolerant person (sahansheel vyakti)." Now the lady replied, "In this world only 2 truly know the meaning of Tolerance – Bhoomi (Earth) and Tree . How much ever you stamp the earth or throw stones at the tree (for the fruits), both continue to nurture us."

Now Kalidasa was completely perplexed. He said, "Fine. I am a stubborn person (hatavaadi)." The lady smiled and said, "There are only 2 truly stubborn personalities – our nails and our hair. We keep cutting them non-stop, but they continue to grow."

Kalidasa had been patient so far, but now in anger he said, "I am a fool". Now the lady gave a wide smile and said, "There are only 2 kinds of fools in this world – a King who rules without having any capability or knowledge & a Minister who is a sycophant to such a King and lavishes praises on such a useless king."

Kalidasa realised that he had been outsmarted . He fell at the feet of the lady and when he touched her feet and then got up, whom did he see?

Mata Saraswati – the Goddess of Learning and Wisdom. She said, "Kalidasa, you are wise. But only if you know yourself do you become a Manushya (human being). A person without any awareness of self has not reached the pinnacle of being a Human.

I have recounted this story to all of us to be aware of ourselves to become better human beings, and one way to be better ourselves is through service. Not only us, but we have more responsibility to teach our next generation also empathy and humanity.

Let us come together this year and try our best to involve friends and family, our own children and grandchildren and show them the gratitude of life, make them self-aware that there is more than living to life. Let us show them Service to Mankind is equal to Service to God.

What is better than the platform of Rotary International to do this? I am proud to be a part of it, and will give the best of my service and enjoy my term with fellowship with my club and fellow Rotarians. I believe in team work, and expect my Board of Directors to guide and advise me in all my endeavors I take on this year.

Yours,
Rtn. Shreemayi Akilla
Club President



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Inside this Issue

Check out the Hand Prints
of Rtn. Iqbal Singh

1st prize winner of the post-
er competition.

A mouth watering recipe by
our mother Rotarian.

July 2021

The Year starts with a Bang

The 39th Installation Nite of Rotary Club of Hyderabad Midtown was held on 26th July 2021, Wednesday at Nizam Club, Secunderabad.

The Chief Guest and the Installation Officer was DG Rtn, K. Prabhakar. It started with the invocation of good spirits by the Anne and Annettes of the club, to continue into an immense programme with a 2 minute silence for the Kargil Warriors, Release of the NewsMag CHAKRAVIEW, Prize distribution for the interacts who won in the poster competition COVID THROUGH MY EYES, and ending by singing the National Anthem.

Pres. Rtn Shreemayi Akilla was handed over the collar and Gravel by IPP Rtn Girija Sampath and Sec. Rtn Rinesh Mohanlal was handed over the Charter by IPS Rtn Naresh Ragi in the presence of the DG. He also pinned the BOD who were elected for the year 2021-22.

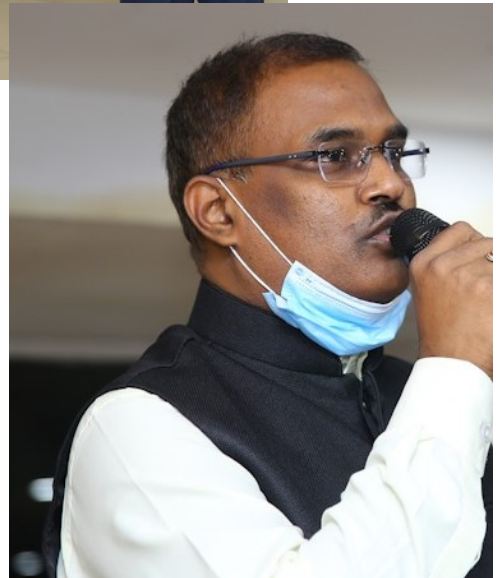
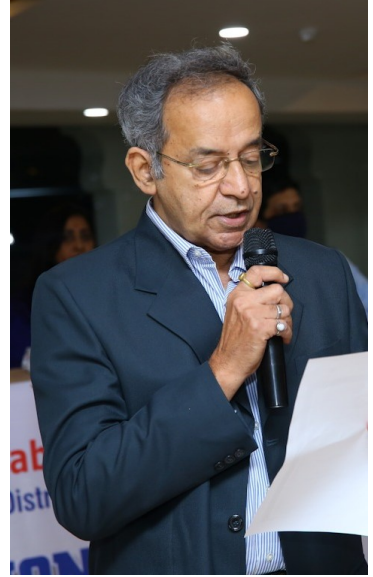
The event followed by fellowship and saplings were distributed to all the members, other club members, attendees, Guests in Newspaper bags made by women from the urban slums.

Smiles, laughter, songs and moments were shared as the new year started for the Midtowners

“Possessions and positions may promote our happiness but cannot create it. Happiness is a state created by self through the realization of how the self is important to the creator.”



July 2021



July 2021



Reports, Presentations and Speeches by DG Rtn. Prabhakar, IPP Rtn. Girija Sampath, IPS Rtn. Naresh Ragi, Pres. Shreemayi Akilla, Sec. Rtn. Rinesh Mohanlal, Annette Aashish, Anne Vyjayanthi Koradkar, Rtn. Rajkumari, Rtn. Raman, Rtn. Seema Kumar, Rtn. Sridhar, Rtn and MC by Rtn. Dr. Ramkrishna and Rtn. Suraj Rajkumar



July 2021

A 2 minute Silence for the Kargil Warriors as 26th Jul being the 'Kargil Divas'



Exchanging Collar with IPP Rtn. Girija Sampath and Pinning by DG Rtn. Prabhakar



July 2021

Outgoing Secretary Rtn. Naresh Ragi handing over the Charter and Collar to Incoming Secretary Rtn. Rinesh Mohanlal with District Governor Rtn. Prabhakar



Pinning of the Board of Directors



July 2021

Pinning of the Board of Directors



July 2021

Interact Krishna wins the second prize for his video in the competition COVID THROUGH MY EYES



Release of the NewsMag CHAKRAVIEW



July 2021

Fellowship Time



July 2021

Fellowship Time



August 2021



Aug 4th

BOD Meet / Regular Meet

Aug 10^h

Speaker Meet- Gilli Mitti - Co-hosting with RC Jubilee Hills

Aug 14th

Speaker Meet - Independence Day with RC Hyderabad

Aug 15th

DDD – Tree Plantation

Aug 19th

Fellowship

Aug 21st

Installation of Global E-Literacy in Virtual Mode

Aug 26th

Speaker Meet- Purushotham Somani - Margin Cap on Cancer Medicals

Environment

Rivers and Myths - I The Story of Anahita

Vaishnavi Akilla & Vedika Pillai

Bachelors of Urban Design, CEPT University 2021

Rivers have been one of the main reasons for civilizations to exist for centuries. Be it the Indus Valley Civilization, the Mesopotamian Civilization, or the ancient Egyptian Civilization. All the people belonging to these civilizations settled on the banks of the rivers and were dependent on the river for the rest of their lives.

Most ancient cultures built a give and take relationship with the natural environment. These were prominently through rituals that were associated with some element of nature. In some prominent cultures, we have stories that talk in detail about rivers invisible physically in the landscape. Nevertheless, people strongly believe in the existence of these rivers and have myths and legends attached to these mythical rivers.

In this series of Rivers and Myths, we will take you through different mythological rivers across cultures across the globe.

It is interesting to understand how everything in nature could be associated with people living in a particular region or an individual's beliefs. Likewise, 'Anahita' in Persian Mythology is considered to be a goddess. Anahita symbolizes purity. She is also considered the goddess of water, fertility, and vegetation by Persians (now geographically Iran). In the early 8th century B.C, Iranians portrayed Anahita as a bold white woman with firm features of beauty riding on four male horses as a symbol of power and dominance. For a long period, Persia (now Iran) faced water scarcity due to its geographical limitations. Hence, the water here is considered a great sign or symbol for Persians. Water further played an important role in the Persian language and Iranian culture. Water is one of the major elements other than earth, air, and fire; and is the root of many beliefs. Iranians believe it to be the life-giving element.

To celebrate these myths, many rituals were followed and made a part of their tradition. For instance, '*Ritual Marching*'. This ritual expresses women in the region to be pure like Anahita. This ritual is performed by women and children drawing around farms up in the hill during rain. Another interesting ritual is making the doll. The dolls that are made during this ritual are called *the water bride*. Most of the rituals that are conducted are rain-induced and are continued in the current times too.

It is interesting how one element, water, symbolizes so much in a culture that rituals are built around them. These rituals are performed to ask heaven to bless their country with rain and sanity. It is the rituals and the kind of built form and techniques they developed that have unconsciously forced humans to use unique methods to conserve water. Furthermore, it is interesting to see and analyse how the water is given the image of a woman and is considered as an idol of purity yet powerful dominance who gives life.

References

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3. *The Routledge Dictionary of Gods and Goddesses, Devils and Demons—ProQuest*. (n.d.). Retrieved July 29, 2021, from <https://www.proquest.com/docview/2131830159/bookReader?accountid=145163&ppg=6>

If you really think that the environment is less important than the economy, try holding your breath while you count your money.— Guy McPherson

The Spiritual Corner

An Emotion is just an Emotion

- Ahimsa Trust represents Thich Nhat Hanh in India.

When you have a strong emotion like fear or despair, you should know how to take good care of it, because it can be overwhelming. At that point, you cannot say, "Present moment wonderful moment," because your emotion is so painful, so overwhelming. But learn how to deal with that emotion, to embrace it, because in each one of us, there is the seed of mindfulness.

Look at a tree during a storm; you see that its branches and leaves are swaying back and forth violently in the strong wind. You think that the tree will not be able to withstand the storm. You are like that when gripped by a strong emotion. You feel that, like the tree, you too are very vulnerable. You can break any time. But if you direct your attention down to the trunk of the tree you see things differently. You see that the tree is solid and deeply rooted in the ground and because it is rooted in the soil, it cannot be blown away.

Similarly, each of us, in a sitting position or standing position, is like a tree. When the storm of your emotion is passing by, do not stay in the heart of the storm, at the level of the brain or heart; it is dangerous. Bring your emotion down to the level of your navel. That is the trunk, the most solid part of yourself. Do not think of anything. Breathe through the movement of the rise and fall of your abdomen. Practise in this way for ten or fifteen minutes and the strong emotion will go away.

For those who cannot stand strong emotions, their suffering is so great that they believe the only way to end it is by killing themselves. That is why many young people commit suicide, because they cannot see any other way out. They do not know how to take care of their strong emotions. But we know that an emotion is just an emotion. It comes, stays for a while and then goes away. Why do we have to die because of one emotion? We are much more than our emotions.

During the critical emotional moment, if we know how and where to take refuge, if we are able to breathe in and out and focus our attention on the rise and fall of our abdomen for fifteen, twenty or twenty-five minutes, then the emotion, the storm, will roll away and we will survive.

By surviving strong emotions, we experience peace. We are no longer afraid. The next time, it becomes simpler and we know that we will survive.

1000 Emotions

GOD created 1000 emotions,
I feel each of them every day,
GOD hid them inside me,
And I show each of them every day.
Few I Understand and few I don't,
Few have roots in the soul.
Few I play with and Few play with me,
Few have no face at all
I Feel Good, I Feel Bad,
In Sorrow, Tears I've Had.
My tears can flood the Desert,
that's the power emotions have Had.



GOD created 1000 emotions,
I feel each of them every day.

Hand Prints— Rtn. Iqbal Singh

This August I would like to introduce Rtn. Iqbal Singh and his Anne Daman Nagpal. He joined Rotary Club of Hyderabad Midtown as a charter member. He is into the manufacturing of Railway Track Items, and runs a successful business with his family. His wife Mrs. Daman is a strong backbone and support all through in his business and personal life.

S - Sir can you please recall some of your time in Rotary?

IS - Dr. Kishan introduced me to rotary. We enjoyed the early days with Dr. Kishan and all other members. I still remember that we used to just drive and go to the farm house or Zaheerabad and have our fellowship or a meeting over there. I took a break in 1992 and re-joined again with a close friend, Ugamraj Nahar.

S - Do you inculcate and service motive in your factory/organization?

IS - With such long years of running the factory successfully and changing of times and technology, we have also evolved our working methods. Now the generation is too different, so we have started trying to inculcate an attitude change of the machinery workers to use the machinery without hurting themselves.

S - Which was your favorite project that you cherish at Midtown?

IS - My favorite project was when Dr. Kishan donated a piece of land in Khanapur, and we collected Rs. One Lakh from all our families and friends and built a small place, wherein we started an eye hospital. We never charged the patients, just kept a box so people could drop money as per their interest. That money was again used for other services.

S - How do you think we should serve people today?

IS - I feel that the young Rotarians nowadays should have more fellowships so that they share experiences. Service will anyways follow. I am a proud grand father, My grand daughter Khushi is an interact in her school. She is 14 years and is already involved in a few social activities.

S - What are your favorite pastimes Sir?

IS - I love reading, when I was a kid I used to steal money to buy books. Nowadays I am into audio books, magazines and light reading.

That was Iqbal Singh Ji for us this month, his love for doing good things, and his soft emotional side that he rarely shows out, and definitely loves to enjoy time with friends

Hands that Serve are Holier
than the Lips that Pray

“When ever you want more time to take a Correct Decision, just Remember... Even a Correct Decision is Wrong when its too Late". Life is a game of TIMING. Respect Time and Time will Surely Respect You.”



“The habits we make cannot be removed, but we can re-make by changing the habits through persistence and patience.”



The Fellowship Pages

Unexpected Visitors - Our Bard Continues

- Rtn. Dr. Ramkrishna S

Does me look forward to visitors- expected or unexpected. Earlier (to be precise before Jan 2020 or pre-covid days) the visitors were welcomed –not necessarily with open arms ! Ha ! Ha !

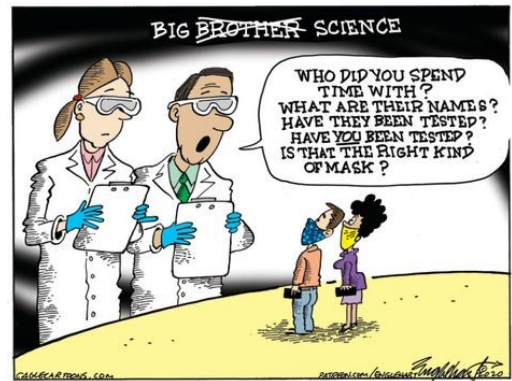
Today it is nearly one and half year that we are all following certain protocols for the BENEFIT OF ALL CONCERNED. The visitors have practically come to a complete halt. A Casual visit is a No-No. One thinks twice before venturing out. Slowly when the rules were relaxed (by the government or our own rules) and IF the gathering was in the OPEN and the number of guests are LIMITED, one thought of the ideal to venture OUT.

Given the notice of a likelihood of a third wave-(?)- one has to change a few guidelines to suit the situation. What will change - NO IDEA. Only the virus knows what he or she is doing and when.

TAKE CARE- Basic fundamentals RULE – CLEANLINESS (personal) and PUBLIC Awareness is THE RULE.

Lock down has not affected life in our gated community. In a few villas- there was occasionally a Covid positive patient. All the villa residents very strictly followed Covid rules to be safe.

As the bard would have said_” To wear a mask or not to



First Prize winner for the Competition COVID THROUGH MY EYES

- Interact Saanvi Dutta—VII A, The Sriram Universal School

We all know that in this pandemic people have suffered a lot with Covid-19. Many people have lost their loved ones. God has come to save us in the form of doctors, nurses, frontline workers and everyone else who are helping out. These are angels and giving their best, but still they feel helpless.



A third wave is on its way to attack us. The first wave had attacked old people. The second wave is attacking young people. The third wave will be attacking us, children. We Children need to follow the precautions and stay protected as we are the future.

- * Wear your mask properly
- * Don't go out of your house until its urgent
- * Follow social distancing
- * Vaccinate yourself for yourself as well as others safety.
- * Wash your hands regularly

Follow the above precautions, we will win against Covid-19

Stay Home! Stay Safe!

The Rise of Modern Ikebana

- By Deborah Needleman

WHEN YOU THINK about ikebana, if you ever do, you most likely think about how it looks: spare and deliberate in its construction. And maybe you think about how it has lots of seemingly unfathomable rules, which it does — so much easier to just throw some flowers in a jug!

And yet, were you to consider the philosophy at the core of ikebana, grounded as it is in Japan's ancient polytheism and its Buddhist traditions, you might find something quite relevant to the times we live in: an art that can expand your appreciation of beauty. And who wouldn't, in this age or any other, want to find beauty where you hadn't seen it before?

According to one of Japan's most influential modern ikebana practitioners, the reclusive 69-year-old artist Toshiro Kawase, that is precisely the point: to see that "the whole universe is contained within a single flower" — for one small thing to open our minds to so much more. Ikebana, which has been considered fashionable at many points in history since its sixth-century origins, is today having another of its revivals — Dover Street Market, for one, has been selling T-shirts with ikebana arrangements printed on them, as well as vintage books on the subject — but anyone focused purely on what ikebana looks like (or, more precisely, what they *think* it looks like) would be missing the point. Ikebana is as much — if not more — about the *doing* of flowers as what gets done to them. Like all great artistic traditions, its survival relies not only on people who can look past the clichés and Orientalist fantasies of what they think it is, but those able to move the art forward. Now, a generation of young artists are reinterpreting ikebana based on the practice's core principles, rather than its traditional mores. In doing so, they are making us reconsider an old art form — and what it has to say about nature.



Thompson's arrangement contrasts the delicate white Serena roses in full bloom with decaying apple leaves, lichen-covered branches and a heavy, worm-eaten apple. In making this arrangement, Thompson thought not only about the stages of the apple tree's life, but of all the hands the branch had to pass through before it arrived in her shop with the fruit still clinging to the young branch.

Credit...Kyoko Hamada and Tetsuya Miura. Just Andersen Bronze Vase, courtesy of Dienst + Dotter Antikviteter.

Mushrooms & Cheese Jaffles

- Rtn. Vijayalaxmi Shekhawat

Ingredients

- 1 cup cleaned and sliced Mushrooms
- 1/2 cup finely chopped spring onions
- 4-5 garlic flakes finely chopped
- 1-2 green chili finely chopped
- Grated cheese
- Salt and pepper (as per taste)
- Oil
- 4 slices Brown bread
- Butter



Method

Heat oil in a pan. Saute garlic until translucent.

Add Mushrooms and give it a quick stir.

Add green chili and spring onions and cook until all vegetables are properly cooked.

Add salt and pepper to taste.

Just before turning off the heat add the grated cheese and allow it to melt. Mix gently and remove from fire.

Butter bread on both sides.

Spoon the Mushroom spread on one side of the bread.

Sandwich using the second slice.

Place in the hot jaffle iron and let it toast it Brown and crisp.

Serve hot with any relish of your choice.



Club and District Support

Members of our Club who are in the Area, Regional and District for the year 2021-22

Rtn. VijayaLakshmi	-	Counselor	-	Women Membership
Rtn. Dr Ramkrishna Satwalkar	-	District Chair	-	Disease Prevention & Treatment
Rtn. Seema Kumar	-	Disrict Chair	-	Women Membership,
Rtn. Sreedhar	-	Regional Chair	-	Rotaract
Rtn. Rinesh Mohanlal	-	Regional Chair	-	Economic and community Development
Rtn. Girija Sampath	-	Regional Chair	-	E Learning
Rtn. Naresh Ragi	-	Area Chair	-	Public Image

ADMINISTRATION	Club	Regional/City			District		
		Name	Club	Phone	Name	Club	Phone
Administration	Sharad Kela				PDG TVR Murti	Greater Hyderabad	9848021462
Citations (RIP & DG)		Ramani Rao	Cantonment Secbad	9703339090	A.Ramaiah	Secbad Sunrise	9391132959
Friendship & Exchange					K R Parthasarathy	Secunderabad	9392436486
Sports & Fellowship		Surya maikyam	Ameerpet	9848013676	D.Madhu Babu	Hyd East	9849023807
Cultural Activities		D V Ramana	Saampradaya Hyd	8801106161	Prasad Subrahmanyam	Hyd Pearl	9951304599
Designated Months		Manmohan Gupta	Ameerpet	9848054944	Vijaya Durga	Chandana-gar	8897312235
4 way Test		Seetharama Raju	Mega City	9908502666/ 9848541051	Dayakar	Miryalaguda	9848003779 / 96
Classification & Speaker		Chakoo	Sainikpuri	9440390062	K R Kumar	Medchal	9440047556
Resolutions					PDG D K Anand	Karimnagar	9849059506
Strategic Planning					DGE T. Rajasekhar Reddy	Narasaraopet	9866130407
Coordinator					P. Mallik	Hyd East	9948668499
Rotary means Business					Manikandan	Hyd North	9440422444

Hyderabad Midtown

Chartered in 1983 October 31st, it has been one of the oldest clubs in RID—3150.

Day and Time

Wednesday at 19:00

Physical Meeting

HOTEL INNER CIRCLE
Saboo Heights, 6-3-905, Raj
Bhavan Road, Somajiguda,
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Our Board of Directors

Designation	Name	Contact	E-Mail
President	Shreemayi Akilla	7207551177	shree.rotary@gmail.com
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Dir Community Service	K. Rajendran	9440066644	kradvocate19@yahoo.com
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Hyderabad Midtown

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President 2021-22

Shreemayi Akilla

Secretary 2021-22

Rtn. Rinesh Mohanlal



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Rch Midtown



#rchmidtown



@RCHMT3150

Rotary



Club of Hyderabad Midtown
RID-3150

Happy Anniversary

August 16th Rtn. Naresh Ragi

August 18th Rtn. Sridhar K



We Love to Serve you Better

From creating Opportunities to Changing Lives we
ensure to help Environment and Humanity with
Respect.