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Weekly Bulletin

BRINDAVAN

Rotary Mysore West



P/8C, 3rd Cross, Saraswathipuram, Mysuru - 570 009

Club No. 15744 - Zone 8 - R I Dist. 3181 Secretariat : 0821 - 4850866, Email : rotaryclubofmysorewest@gmail.com

RMW : 2510 Meeting

July 28, 2020

Vol. 47-05

President
Rtn. PHF Dr. Raghavendra Prasad

Secretary
Rtn. PHF D K Dinesh Kumar

Editor
Rtn. PHF Dr. S A Mohan Krishna

Dr. M N Sudha spreads awareness about Corona through Ayurveda



On July 21, Rotary West Mysore organized a Webinar on "How Ayurveda and Yoga can help in managing COVID - 19 pandemic for general public?" The resource person was **Dr. M N Sudha**, Senior Consultant Ayurveda and Yogic Science, Agasthya Ayurveda Hospital, Mysuru. She authoritatively expressed that, Immunity of the patient is the essential requisite to facilitate the eradication of any infections. As of we all know that, disturbed immune system seen as lymphopenia and elevated C-reactive protein levels have been recognized to be the characteristic features in severely affected cases of COVID-19 infections, she told. She gave her opinion that, Ayurveda and Yoga, Siddha, Unani systems of medicines have welcome world for health promotion aspects. Also, the intake of proven broad spectrum antiviral medications observed in recovering patients with mild symptoms, she opined.

Simple yogic exercises, pranayama and meditation will improve health significantly. Simple daily practices of Pratimarshanasya, oilpulling (Gandusha), pranayama, regular deep breathings and intake of immune modulators like, Trikatu (Shunti, Pepper, Pippali), Vacha (Baje), Tulasi, Haridra, Karpuravalli (Doddapatre), Neem, Amrutha, Ashwaganda, Vasa (Aadusoge) and so on in the form of Kashayam/tablets can prevent, cure and improve cellular immunity, enhances biochemistry. Good simple balanced diet calmness of mind spiritual attitude can be the best lifestyle for this present pandemic COVID-19. In the meeting, **PDG G K Balakrishnan**, **PDG H S Shivanna**, **PDG R Krishna**, Immediate past president and secretary of Rotary West Mysore, **Rtn PHF Reginald Wesley**, **Rtn PHF Ullas Pandit**, **Rtn A Ramesh**, **Rtn B Chandra** and others participated. President **Rtn PHF Dr. Raghavendra Prasad M D** and Secretary **Rtn PHF D K Dinesh Kumar** coordinated the Webinar programme in an organized manner and also encouraged for interaction.

From the Editor's Desk



It gives me immense pleasure in becoming the editor for the most recognized bulletin of Rotary West Mysore, 'Brindavan'. It is indeed a great pleasure for me to serve as an editor for this bulletin and will greatly help me to imbibe many eulogistic aspects concerning with this prestigious international organization. Being an editor, it provides me a great opportunity or platform to cover information about new initiatives, challenges, ventures, and projects of Rotary club and Inner Wheel. The guidance, motivation, encouragement and advices of revered rotarians and inner wheel will help me to do the work with diligence, seriousness, perseverance and eloquence. On July 21, the club organized a Webinar on health awareness, wherein few rotarians had interaction with the resource person, **Dr. M N Sudha**. On the whole, the programme was successful, which was conducted through online. Hearty congratulations for this and wish everyone good luck!

Rtn. PHF Dr. S A Mohan Krishna

TRF Giving

TRF giving is a benchmark in understanding the worth of a club or Rotary District. It is here that RID 3181 has set a new record by contributing over \$ 4,35,000/- to TRF during Rotary Year 2019-20. In the past, the highest contribution to TRF by the erstwhile RID 3180 was about \$ 3,05,000 /-. After the district strength was split into two RI Districts viz., 3181 and 3182 the highest contribution by RID 3181 was \$ 2,23,000/- in the RY 2017-18. However, RID 3181 under District Governor Rtn PDG Prof. Joseph Mathew not only surpassed past highest contributions but also went far ahead and set a benchmark that will take some extraordinary efforts to best. Speaking of specifics, 01 Arch Klum Society member, and a whopping 21 Major Donors, and as many as 243 PHFs in RID 3181 during this one year alone. And in all this Rotary Mysore West contributed significantly by producing 2 Major Donors namely, Rtn PDG Joseph Mathew and Rtn CS Ravishankar and

- 10 PHFs namely
 - Rtn Gangadhar Gowda
 - Rtn D K Dinesh Kumar
 - Rtn N G Malleshi
 - Rtn Dr. SA Mohan Krishna
 - Rtn Ullas Pandit
 - Rtn Sam Cherian
 - Rtn S Sundaram
 - Ann Madhura Ramesh
 - Annets Vishakd and Tushar, sons of Rtn Joseph Mathew.
- Besides, PDG R. Krishna and Rtn Dr. Raghavendra Prasad MD contributed \$ 1000 each;
- Rtn A Ramesh, Rtn Reginald Wesley, Rtn Veena Jairam & Rtn Yashoda Salian contributed \$ 100 each and
- 28 members contributed \$ 13 each.

Needless to add that, this year with the Corona virus pandemic raging all over the world, these contributions to TRF will significantly help in 'healing the world'. The Rotary Foundation (TRF) has quickly added COVID 19 projects to their list of eligible activities and has already transferred \$ 3 million Disaster Response Fund for COVID 19 grants. District Governor Prof. Joseph Mathew in his valedictory message to all Club Presidents on 25 June 2020 said "I am overjoyed to say that, with your active support and help, we have done wonderfully well. You have all ensured that our District has its flag flying high among the league of Districts at RI. I thank each and every one of you my dear presidents, for this remarkable achievement."

Report by Immediate Past President Rtn PHF Reginald Wesley

e-mail from PRIP Rajendra Saboo to Jose Mathew

Dear IPDG Jose,

Usha and I send our greetings to Annie and you.

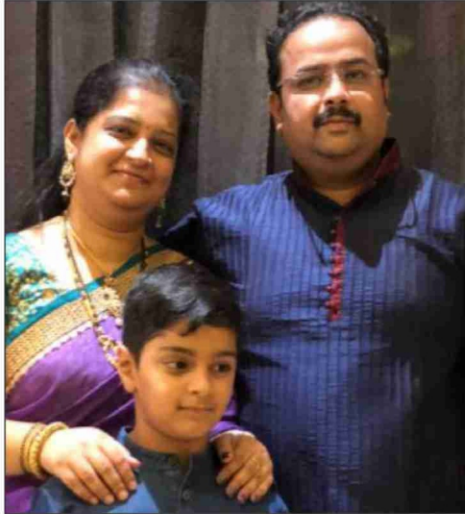
After a very challenging year you have deserved to have some respite. Of course, there are no telephone calls, may be not so many zoom meetings, no avalanche of emails. You may be feeling uncomfortable since you were the most important person in the district and now you are the junior most among the Past Governors. Let me share my own experience. Back in the International Assembly of 1993, I was sitting in the last row on the plenary session. One of the incoming governors passed by and shook my hands and asked me, "Mr. President, last year you were the President and the most important person on the stage, and now you are sitting on the last row. How do you feel about it?" I spontaneously answered, "It has been a great journey and I have earned it".

My friend dear Immediate Past District Governor Jose, you have earned the prefix by your sheer perseverance, hard work, committed involvement. You connected the members – clubs – districts and the world. It was not easy under the present situation but you took it up as an opportunity. I submit to you the spirit of Goethe's words that will guide you, as I felt when I completed my term as Rotary International President. "One cannot always be a hero, but one can always be a human being." This is the spirit of Rotary, this is the flowing river bringing continuity and strength to our organization. What you did was to lift your district to new heights and now your successor will use that as a launching pad to greater heights. You should be proud that you have been part of the process – proud with utmost humility.

Usha joins me to wish Annie and you well as you move ahead in your life. May you be blessed now and always.

Raja

Know Your Rotarians



Rtn Sudheendra G K

Rtn Sudheendra G K was born in a family of agriculturist, contractors, textile merchants & bankers. He believes to be fortunate to have seen and lived in many parts of Karnataka. A native of Kudligi in Ballari district. His eagerness to live, study and work in southern Karnataka came true with studying Bachelors of Architecture in Malnad College of engineering, Hassan and association with architect **Sri ShashiBhooshan** for over 7 years in Mysuru. He is an avid traveler from childhood days, listening to music & spend time qualitatively is what he wants to do when he is not working.

He has worked in a few architecture design offices in Bengaluru during semester holidays and was working part time with a firm in Hassan during my college days. Started the firm "place called 2 morrow" with his wife Savitha G K in 2008. The firm has a production Studio at Mysuru and an office at Bengaluru. They have a son Saksham G K, 8 year-old studying in Excel public school. He has also been a visiting faculty at University school of design, and Mysore School of architecture, Mysuru and a jury member to a few other schools of Architecture in Karnataka.

He has been a registered architect with the council of architecture India, and registered associate with the Indian Institute of Architects.

He has been a member of National Real Estate Development Corporation, Mysore chapter and attempt to share his knowledge under the title "Technical talk" in the monthly meetings. Has also been a member with networking organizations like Rotary means business RMB, Mysuru and Business Networking International BNI Yuvaraja chapter, Mysururegion. He became a rotarian in 2019 and find himself fortunate to be amidst all revered Rotarians.



Rtn Nagarjun

Rtn Nagarjun, a student from Vidyavardhaka College of Engineering (VVCE), Mysore, flamboyantly exceled to pursue Master's degree in Information Science and Technology. He is the son of **Sri Anantha Bhagavan** and **Smt. Manjula**. He is presently a Chief Executive Officer for M/s. Deliware, a bulk grocery delivery service portal at Mysuru. Also, a managing partner for Vasavamba stores. A very good swimmer, has represented Karnataka in water polo tournament held at Bhopal, Madhya Pradesh. He has also participated in many motorsport rallies and off-roading events across the nation. He is happily married to **Ms. Shamili**, who is also an engineering graduate in Computer Science & Engineering.

AKS member **Rtn Ravishanker Dakoju**
has been appointed as
Rotary Foundation Arch Klumph
Society Association Ambassador for India



Today's Programme :
Business Meeting
on 28-07-2020

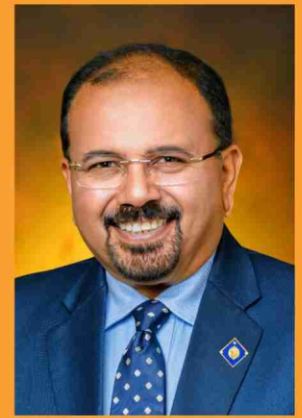
Next Week Programme :
Know your Rotarian
on 04-08-2020



Rtn. Paul Harris
Founder of Rotary



Rtn Holger Knaack
R I President 2020-21



Rtn Ranganath Bhat
District Governor 2020-21

Save a Child



Divya

Case No. : 04 (491)
Age : 2 month
Sex : Female
Father : C Umesh
Job : Daily Wage Worker
Address : Belagola, Mandya
Mobile :
Diagnosis : Strangulated Hernia
Surgery : Herniotomy



Dishanth

Case No. : 05 (492)
Age : 1 year
Sex : Male
Father : Abhishek
Job : Air Ambulance Operator
Address : Bogadi, Mysuru
Mobile : 7760100731
Diagnosis : Bilateral Undescended Testis
Surgery : Bilateral Orchiopexy

Rotary Information



Past Rotary International President M A T Caparas is no more

On July 15, the past president of Rotary International MAT Caparus passed way at 96. He was the president of Rotary International during 1986 – 87. Mateo Armando Tengco Caparas (1923 – 2020) was a Filipino statesman, lawyer, and civic leader. He served as Chairman of the Presidential Commission on Good Government (PCGG) under the administration of President Corazon Aquino. As a lawyer, Caparas practiced in Caloocan and specialized in labor law and tax cases. In 1960, he transferred his law practice to Manila when he was invited to join the Rotary Club. He represented the province of Bulacan during the 1971 Constitutional Convention. In 1988, he was appointed Chairman of the Presidential Commission on Good Government tasked to retrieve the Marcos administration's ill-gotten wealth. He is the first and only Filipino to date to be elected President of Rotary International and the only Filipino trustee of Rotary Foundation. During his presidency, Rotary started the campaign to raise \$120 million to eradicate polio by 2005. The campaign reportedly generated more than \$240 million in two years.



Note

An humble request among all revered rotarians and members of Inner Wheel Club of Mysore West to share the achievements of their children, so that it shall be published in Rotary bulletin, 'Brindavan'.

For Suggestions, Comments and Contributions please contact us at editorbrindavan@gmail.com mohansakrish@gmail.com
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