



Weekly Bulletin

Rotary Bangalore North – R I Dist 3190

ENGAGE | EMPOWER | COLLABORATE | CELEBRATE

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28-Jan-2022

73rd Republic Day Celebration at ROBANO



73rd Republic Day celebration was held at ROBANO. Chief Guest for the day was our District Governor Nominee Rtn Uday Kumar Bhaskara. National Flag was unfurled by our President Rtn Chandra Prakash and DGN Rtn Uday Kumar Bhaskara. Assistant Governor Rtn Ranga Swamy accompanied the DGN. Rotarians and Rotaractor's joined for the Flag Unfurling ceremony. The ceremony was followed by breakfast.



Rotary Bangalore North meets every Friday at - Robano Social Service Center, Rotary Eye Hospital, 68th Cross, 5th Block Rajajinagar, Bangalore-560010. **President: Rtn Chandraprakash** **Secretary: Rtn Vinod Kumar** **Editor: Rtn Praveen H K.** Contact No: Rtn Chandraprakash – 9845007151. For feedback on Deepa – praveenhk@rediffmail.com

Workshop on Varmakalai by ROTARACTOR'S

Rotaractors of Bangalore North conducted a very interesting and useful workshop on Varmakalai on 26th Jan.



They taught a few tips and tricks to the participants on self-defense, providing relief to heart attack patients, COVID patients, and Thyroid patients.

The event was inaugurated by President. Chandra Prakash and graced by Rtn.Udayakumar Baskar - DGN along with a number of Rotarians, Rotaractors, and guests.

Varma Kalai (Tamil: varmakalai, Malayalam and Sanskrit: marma-vidya, Sinhala: maru kalā, Telugu: marma-vidya kaḷa) is an Indian traditional art of vital points. It originated in present-day Kanyakumari, the southernmost part of India. It combines massage, alternative medicine, traditional yoga, and martial arts in which the body's pressure points (varmam) are manipulated to heal or cause harm. The healing application called Vaidhiya Murai is part of Siddha medicine (Siddha vaidyam).

Its combat application is known as Adimurai (it includes a component called Varma Adi, meaning "pressure-point striking") can be done either empty-handed or with a blunt weapon such as a stick or staff. Varma Kalai is usually taught in the advanced stage of Adimurai, Kalaripayattu, and Silambam in Kerala and Tamil Nadu respectively; strikes are targeted at the nerves, veins, tendons, soft tissues or ligaments, organs and bone joints.

Folklore traces Varma kalai to the god Shiva who is said to have taught it to his son Murugan. While disguised as an old man, Murugan passed the knowledge of 108 Varmams to the sage Agastya who then recorded it and disseminated the skill among his students. Nadars tribe claims varma kalai was given to them by Agastya. Siddha medicine is also attributed to Agastya. With numerous other scattered references to Varmam in Vedic and epic sources, it is certain that Tamil Nadu's early fighters knew and practiced attacking and defending vital points.

Answer for Quiz No 25

Who designed the Indian National Flag? And on which day the National Bravery Award is given?

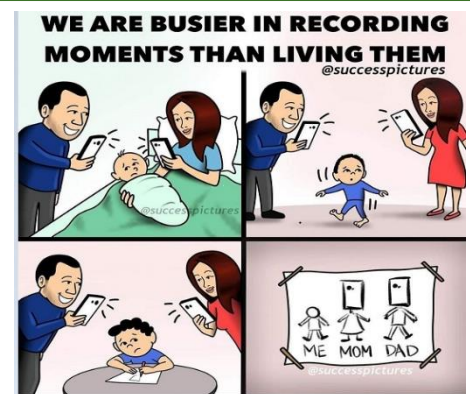


Answer is
Pingali Venkayya &
26th Jan

Quiz 26:

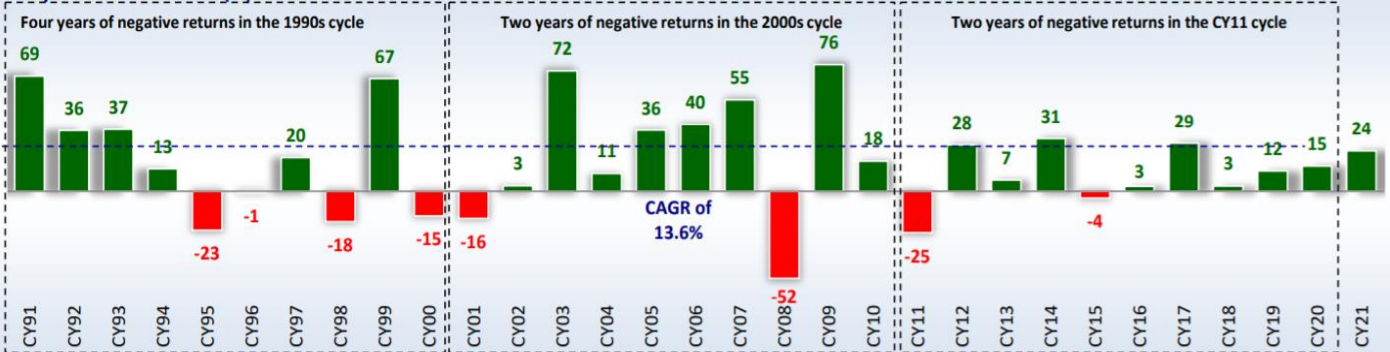
Funny Bones

An alumnus of Jawaharlal Nehru University, is an Indian economist and politician serving in the council of ministers of PM Modi. She is a member of the Rajya Sabha since 2014. she had served as Minister of State (Independent charge) in the previous central government, identify this person.



Financial Gyan

Nifty annual return YoY (%)



Celebrations



Rtn.Gopalakrishnan K

31st jan



Rtn.Krishnaiah M S & Anne. Jyothi K

27th Jan

Rtn.Venkitachalam Sethuram & Anne. Shoba

1st Feb