

ROTOYEL VOICE

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Our Activities

Read all about it from page 8

Basic Education & Literacy Month
ROTARY CLUB OF BANGALORE YELAHANKA





EDITOR'S NOTE

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ROTARY CLUB OF BANGALORE YELAHAKA

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Back in the days when I first started my career with the magazine IFM, I was dragged to a few Rotary programs by my colleague whose father was a Rotarian from Indiranagar. I then heard a speaker say the importance of having our Rotary children (Annet's) be part of our Community Service. Wondering what it was as those words kept ringing in my mind all these years, I finally as a mother has understood the profoundness of those words, Recent studies and my personal experience, as seen in my son, shows that children during community service acquire skills which they can't imbibe from schools and teachers. Leadership, Teamwork, Problem Solving, Compassion, Time Management, Interpersonal Skills and Communication - all of this as a package comes to them naturally and sometimes becomes their habit. These are what any successful human in the present world would need, moreover, these are traits people develop after awareness at adulthood. The best gifts we can give as parents to our children are all of these from an early age. So dear friends join hands with your family and friends and with your children and theirs and be a part of all our Club's Community Services. Let's truly make the world a better place for them as a better them.



FROM THE PRESIDENT'S DESK
RTN ABHILEKHA P MANTRI
ROTARY CLUB OF BANGALORE YELAHANKA

Dear Friends,

The first month of the Rotary year just zoomed by and here we are in the second month of the rotary calendar year. The August month is the month of membership and we have inducted 3 new members into the Rotary Bangalore Yelahanka Family. Rtn Shree Harsha K, Rtn Krishnamurthy A and Rtn Harikishan K taking the tally of the membership to 41 nos.

Our club service activities included a talk from Mr. Ashwani Ranjan of Pratham on the mentorship programme. With the support of the members and other clubs of RID 3190, we plan to initiate the mentorship program for the children from villages near Mysore in the next month.

The Club celebrated independence day celebrations with the Sunday school children and Govt School children of Ambedkar Nagar. The well-organized event was lead by Rtn Rajalakshmi and Rtn Rajashree. The club has decided to support few of the Sunday school infrastructure needs. We are looking out for the tremendous support of our members towards this initiative. The club also sponsored the district independence day celebrations at FKCCI.

The Community service activities included the two online health awareness talk by Cytecure Hospital specialists on Breast Cancer, Wellness and nutrition. This joint event was partnered by other rotary clubs and gave a great insight into both the topics. A health camp was organized by Rtn Sandeep Bansal in the housing society to serve maids, security personnel and others. The event was supported by Cytecure and 40 no's of beneficiaries made use of this camp.

In the youth service , we had the installation of the Rotaract club of Agagrami. The official registration of the club is in progress. The enthusiastic Rotaractors will surely make us

proud with their activities. The support from the management was evident and I am sure we will have more engagements together.

Membership is the engine that powers the vehicle of Rotary. More members means new ideas and new interests that will ultimately lead to an active club - bringing in new energy and future leaders. The asset of each Rotary Club is its members. As RI President Rtn Shekar Mehta acknowledges that membership development should be the number one priority of a rotary club, I would like to call upon my fellow Rotarians to get one member each, you can refer your colleagues, friends and neighbours to the membership team.

The membership team will take the lead and Rotary Bangalore Yelahanka can reach a membership growth of more than 50 members by the end of June 2022.

After all, fellowship is an important element in Rotary and keeping this in mind, with the contributions from the Rotarians we organized the first family meet at Hotel Prakyaati Verda. The event was well attended by Rotarians and also Rotarians celebrated their birthdays and anniversaries with us. The Rotaractors arranged the games and the fun filled event was enjoyed by one and all.

On the whole, August month has been very productive and an engaging month. I would like to take this opportunity to call upon my friends in Rotary Yelahanka to take active participation in the service projects.

We would like to carry forward the momentum that we have set in the current month to make more contributions in the upcoming months. September month is the month we will focus on Nutrition and education.

The 4-Way Test: Accept the responsibility



RTN PP ASHOK SHANBAG
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YELAHANKA
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The 4-way test as a concept to engender change in the lives of people is something I realized only after becoming a part of Rotary. I personally believe that it could play an integral role in our lives whether it may be in our personal, professional, or social life, and that it could mould our behaviour towards our fellow beings. What led me to this perspective?

In general, the basic concept of the 4-way test can be seen in our own surroundings. For example, in my own workspace I noticed it in technical areas like ISO standards, which speaks of "PDCA (Plan-Do-Check-Act) and SOPs to Do what you say and say what you do". This is similar to what the 4-way test promotes too.

One of my first experiences with an approach like this was in the initial years of my profession when my senior, Mr. Madhav Kamat instilled these ideas in the organization I work for. It was a privilege to work in an atmosphere defined by such principles, and I learnt a lot from it as well. It helped me understand better his reasons for defining such ethics. My experience in such an environment truly made me value the approach as something that is at the heart of systems and functioning. I had joined Electronic Automation Private Limited (EAPL) - a company that has since then specialized in Electronic Process Control Instruments - as a Trainee Engineer. Electronic Automation Private Limited (EAPL) at that time was a start-up by Mr. Madhav Kamat.

Mr. Madhav Kamat had a humble beginning and had worked in TIFR (Tata Institute for Fundamental Research) and Marconi Instruments England, before starting out on this venture. His philosophy was simple. To provide compact, standard, cost-effective electronic instruments to the Indian market, which was till then ruled by bulky, low technology products.

During one of our conversations, he mentioned that during the reign of Chandragupta Maurya, India had scaled the highest peak in world trade, commerce, and knowledge dissemination. This period was characterized as Golden Age in Indian History. Trade and Commerce was not based purely on a profit-making philosophy but rather, was pivoted on ethical principles, transparent practices and a total commitment to the quality of goods

services provided. However, the mind set and the trading philosophy in India manifested on the commonly seen signs that were prominently displayed in our shops and commercial establishments - "Goods once sold will not be taken back". This presupposes and more so, reflects the psyche of our manufacturers and traders. It implies their own doubts about the quality of the products they sell.

Meanwhile, a surprise opportunity knocked on Mr. Kamat's door. He was on a flight from Mumbai to Zurich, to attend a meeting with a collaborator in Switzerland. During the flight he purchased an expensive cigarette lighter. He wanted to present it to a senior colleague. Two weeks later, after the meeting and a visit to London, he was on his way back to Mumbai, again on Swiss Air.

few days ago, he had tested the lighter and found it to be defective. He asked one of the air hostess about the same. She took it from him, looked at it, went inside the cabin, came out with a brand-new piece and handed it to him - no questions asked!

"This is for you sir", she said, with absolute politeness. So impressed was he by her gesture and indeed by this whole incident that he decided to patronize Swiss Air for all his travels abroad.

A result of this incident was to accept responsibility - without questioning the purchaser's credibility!

This stands as a touchstone in the Electronic Automation Private Limited (EAPL) manifesto which states that if there is a defect in our product, either we refund the money or replace the goods. This has put tremendous pressure on our manufacturing system and chain of sales outlets. But the acceptance level and the goodwill that this declaration has generated is beyond measure. As a result, millions of products were sold and the awards, merit certificates that the company received are a testimony to the approach that we adapted to.

This, for me is one of the important ongoing applications of the 4-way Test. I hope it helps you too.

Rtn. Ashok Shanbag joined Rotary as charter secretary and has held several positions in the dist. 3190, including Asst. Governor. He has been the primary contact for 5 major global grants projects on basic literacy in primary schools in Bangalore Mysore Corridor. He's currently the CEO at Electronic Automation Private Limited (EAPL), India

A project of Integrity & Ethics Committee (Vocational Service Avenue - 2020-21)

Rotary  **4 Way Test**
of the things we think, say, or do:

Is it the **TRUTH**?

Is it **FAIR** to all concerned?

Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?

Will it be **BENEFICIAL** to all concerned?

OUR ACTIVITIES

Independence Day Celebration at Samudhayabhavan, Ambedkar Nagar.



On 15th of August, independence day was celebrated. The president of Rotary club of Bangalore Yelahanka Rtn Abhilekha P Mantri has got honour Tricolour Flag hoisting at Ambedkar Nagar Govt. School, followed by National Anthem. School students performed Patriotic songs and play. All students, school staff, citizens and Rotarians were present.



RBY Signed a Sister Club MOU with Rotary Club of Accra Industrial on 15th August



SISTER CLUB M.O.U

Rotary Bangalore Yelahanka, India, RID 3190
AND
Rotary Club Of Accra Industrial, Ghana, RID 9102



Conformable with the object of Rotary to encourage and foster the advancement of International understanding, goodwill and peace through a world fellowship of business and professional persons united in the ideal of service do hereby enter into a Sister Club Agreement to manually undertake the following:

- Promote friendship and understanding.
- Coordinate and cooperate with each other regarding projects and/or activities of mutual interests.
- Encourage visitation either individually or in groups.
- Exchange messages, information, and such other publications pertaining to Rotary Activities.
- Where feasible, engage in joint activities and joint projects in the pursuit of the Objectives of Rotary.

This M.O.U takes effect from 15th August, 2021 upon its signing by the duly designated representatives of the clubs and shall be effective for a period of three (3) years, renewable upon mutual consent of the clubs.

IN CONSENT WHEREOF, the Presidents of the two (2) Rotary Clubs representing their Respective clubs have hereunto affixed their Signatures this 15th August, 2021.

ROTARY BANGALORE YELAHANKA



RP ABHILEKHA P MANTRI



ROTARY CLUB OF ACCRA INDUSTRIAL



RP SANTOSH NAIR



A membership record was made, RID 3190 International Service team quietly created history on the 15th of August 2021 by signing MOU with 15 sister clubs from Republic of Ghana.

Rotary Club of Bangalore Yelahanka is one of the leading clubs with Sister club MOU and under the leadership of RP Abhilekha and ISD Rtn Abhijeeth have planned several projects with Sister Club of Accra Industrial.

THE GREENING DRIVE LAUNCH



Rotary
Bangalore Yelahanka

Rotary
District 3190

THE GREENING DRIVE

What is Greening?
It's about getting the green back. It's a pledge to plant trees at every given opportunity.

Join the team! Swear your allegiance to the movement!! Let's do our part!!!

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AN INITIATIVE BY ROTARY CLUB OF BANGALORE YELAHANKA

Online Health Talk on Breast Cancer by Dr Poovamma CU, Cytecure Cancer Hospitals on 7th August in association with 6 Partner clubs

Rotary District 3190 | SERVE TO CHANGE LIVES | CYTECARE CANCER HOSPITAL | Fighting cancer the right way | CHANGE MAKERS 3190

Rotary
Bangalore Yelahanka

Organizes Disease Prevention webinar
in association with
Cytecure Cancer Hospital

Dr. Poovamma C U
Consultant: Oncoplastic Breast Surgery

Topic: Know All about Breast Cancer
Date & Time: Aug 7, 2021 | 03:00 PM IST

Join Zoom Meeting:
<https://bit.ly/Cytecure>

Meeting ID: 812 1923 4202 | Passcode: 181791

Participating Clubs:

- Rotary Bangalore Palmville
- Rotary E-Club of Bangalore Green City
- Rotary Greater Jayanagar Bengaluru
- Rotary Bengaluru Abbigere
- Rotary Bengaluru Richmond Town
- Rotary Club of Bangalore Oasis

Blood Donation Camp in association with Rotary Bangalore e-club & Rotaract Club of BMSIT.

25 units of Blood collected and 70 eye pledges.



Online Health Talk on Stress Management Yoga-Relaxing & Diet & Nutrition Consultancy in association with Cytecure Cancer Hospitals on 28th of August.



Health Check-up camp for RWA, SLV GVR Paradise, Yelahanka, 40 residents got their general and dental check-up done on 29th August. Team of Doctors from Cytecure Cancer Hospital has done a wonderful job.





HEALTH TIPS

MIND MATTERS

WHO defines health this way-

Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.

Don't ignore it!! Your mental health is just as important as your physical health.

REBUILD SOCIAL BONDING:

When the traditional family and social support systems are gradually collapsing, efforts should be made to connect with the real world and build up our own social support network. One way to do this is to make an effort to talk to parents and other family members on a regular basis.

DON'T HESITATE TO SHARE PROBLEMS:

It helps to share the problems with near and dear ones.

DON'T LET WORK STRESS COME HOME WITH YOU:

It's quite normal to get stressed at work but bringing it back to home would only spoil your relationship with your family members

STAY ACTIVE, STAY FIT:

Exercise has great benefits for mental health. It releases endorphins that make you feel happy.



GO ON A VACATION:

Vacations break the cycle of day-to-day activities and thus help relieve the stress accumulated over a period of time.

TAKE MENTAL HEALTH SERIOUSLY:

We tend to ignore mental health as it doesn't seem to have any immediate physical pain or challenge.

EAT HEALTHY:

Body and mind influence each other, unhealthy foods can result in a mental health crisis. Physical conditions like obesity and hypertension are directly related to mental health.

DON'T DESERT A PATIENT:

A person suffering from a mental health disorder should not be cut off from friends and family as the treatment is more effective in a community than in the hospital.

(Inputs by Om Prakash, associate professor at the Institute of Human Behaviour & Allied Sciences, New Delhi)

GALLERY

Rotary   SERVE TO CHANGE LIVES  CHANGE MAKERS 3190



MOU among 30 Dynamic Rotary Clubs Ghana (RID9102) & India (RID3190)



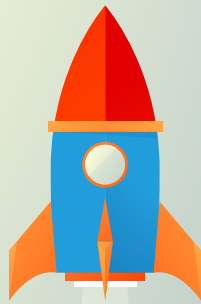


SOCIAL INNOVATION 101

BASIS is back.

This time bigger and better. It's **3.0**

It's about finding Innovators who bring in positive impact in society.



It's about a launchpad to rocket to heights.



It's about ideating and flourishing solutions.



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