

Friendship Bulletin

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Saturday, 19th December, 2020

President : Alope Kumar Kanodia

Secretary : Amar Kumar Malhotra

Editor : Ajay Khanna

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DECEMBER IS
 DISEASE PREVENTION
 AND TREATMENT MONTH

15	33	40	60	86
4	19	37	51	70
7	25	48	57	76
2	23	31	50	73
	10	29	42	66
8	14	37	45	69

PRIZES:

- | | |
|-----------|---|
| 1st House | G D Agrawal -1000 |
| 2nd House | Indira Goenka - 700 |
| 3rd House | Vishnu Dhandhanian,
Rajesh Agarwal - 500 |
| 4th House | Swapna Paul - 300 |

PRIZES 200 each

- | | |
|----------|--------------------------------------|
| Early 5 | Neelam Khanna |
| Early 7 | G D Agrawal |
| Early 11 | Madhu Khuteta,
Vishnu Dhandhanian |

- | | |
|----------------------|----------------|
| Vertical middle line | Minoo Seth |
| 4 Corner | Rajesh Agarwal |

PRIZES 300 each

- | | |
|-------------|---|
| Old | Kavita Jain |
| Young | Swapna Paul |
| 1st line | Usha Agarwal |
| 3rd line | Suresh Khuteta,
Indira Goenka |
| 2nd line | Sumati Sehgal |
| Most Blanks | Manju Banthia Sunil Jain,
Bina Agarwal - 100 |

Today's
 EVENT

Discovering Yoga
 Revive and Relax



Ruchica Patni
 CEO and Founder
 Yoga Library, Singapore

Anand Goyal
 Co-Founder
 Yoga Library, Singapore

Ruchica Patni is the founder and CEO of Yoga Library Singapore. She is a certified instructor and therapist from SVYASA Swami Vivekananda Yoga Anusandana Samsthana. Despite having studied from London School of Economics her vision is to take Yoga Therapy to the world. She uses Integrated Approach of Yoga Therapy to cure ailments.

She has built a team of therapists who conduct therapy classes for psychosomatic diseases including arthritis, diabetes, hypertension, obesity, migraine, back pain, knee pain, asthma.

Anand Goyal: Co Founder of Yoga Library, Singapore. Yoga instructor trained by Swami Vivekananda and Yoga University Bangalore. He is a banker by profession, Yoga Instructor by Passion. Anand was drawn towards yoga as a mean to balance his busy corporate lifestyle. His vision is to spread Yoga across the globe.

HOUSIEFUL EVENING ... - A SUMMATION

It had been decided to set aside a meeting for the entertainment of members and their spouses, thus on 5th December 2020 as planned an eventful evening full of thrills of Housie and much more took place much to the delight of members. The complementary playing number board was sent in advance to all members and spouses alike by ever exuberant **Swati Malhotra**, spouse of Secretary Amar. PE Indra Goenka set the ball rolling by calling out the 1st number which set up festivity for the evening. Soon enough the prizes kept falling into the kitty of winning members. A well organised affair and kudos to the entire team who carried out the proceeding flawlessly.

RI President & TRF Chair on 'Our Involvement with COVID-19 vaccination'

Dear district governors,

In these difficult days, we are so heartened to receive such uplifting reports on the unrelenting efforts of our Rotary members who have responded in their communities against the COVID-19 pandemic.

Today, the single question we hear time and again as we traverse the virtual world is, "Are we getting involved with COVID vaccination?" Considering the success and expertise we have gained in our polio eradication effort, this question is both natural and timely.

The answer is yes. We will have an important role in the months ahead.

This does not mean we will deviate in any way from our avowed commitment to eradicating polio, which remains our highest priority and will continue to be our only corporate program. Polio vaccinations and surveillance activities must continue unabated, as must our effort to raise \$50 million per year for this effort.

But as we know, there is a pandemic sweeping the world. The Board of RI and the Trustees of our Foundation met in joint session and have agreed that we have a role to play.

We ask you, then, to encourage your clubs to:

- Utilize Rotary's knowledge of vaccine safety and efficacy based on our polio eradication experience to conduct vaccination education and communication outreach in your communities. This will need to be tailored to local contexts to address unique cultural and regional needs. Your leadership will be critical in crafting the appropriate messages and strategies.

- Engage, where appropriate, with our current polio eradication partners WHO and UNICEF at the country level to offer Rotary's support to COVID-19 response activities, including vaccination efforts.

- Partner at the local level with governments, corporations, and foundations to support Rotary activities at the country level.

- Through hundreds of global grants and projects, Rotary members have demonstrated what we can accomplish to raise awareness, deliver critical personal protection equipment, and provide support for frontline health workers. As you learn of work being done in your area, please encourage clubs to add to the more than 3,000 projects already registered on Rotary Showcase (please log in to My Rotary first, and navigate to Rotary Showcase). We would like to know about them.

We have one final call to action: Help us combat the powerful, growing force of vaccine resistance and misinformation. Our advocacy in our communities will be critical — we need to spread the message about the power of vaccines to save lives.

Working together, we have done so much to adapt to the COVID-19 pandemic, to care for our communities, and to prepare Rotarians for the work ahead.

We do this for ourselves and for future generations. We do this as part of our obligation to support our world as it faces the most significant challenge of this generation.

Thank you.

Holger Knaack
President, Rotary International

K.R. Ravindran
Chair, The Rotary Foundation



The meeting on WASH in Schools Target challenge Pilot was convened by RIDs Kamal Sanghvi and Dr Bharat Pandya on 14th December 2020 to emphasize the need to submit as many as possible Star One Recognition Applications in view of the fast-approaching deadline of 20 February 2021.

The meeting was attended by Rtn Alope Kumar Kanodia President, Rtn Indra Goenka President Elect, Rtn Vishnu Ji Dhandhanika, Rtn Rakesh Bhatia and Rtn Radha Krishna Bubna from our club.

Minutes of 2425th E- RCM of Rotary Club of BELUR held on 5th of December, 2020 at 5pm

The 2425th e-regular club meeting was called to order by President Alope Kanodia. He requested the members to rise for the national anthem. As customary president Alope requested Rtn Suresh Khuteta to render invocation to God was done wonderfully by him.

More than 40 members and spouses attended this Virtual RCM. It was an evening of entertainment of playing HOUSIE. The tickets to all members and Spouses was given complimentary. The game was well conducted by Rotarian Indra Goenka and Anne Swati Malhotra. All members took good interest and enjoyed every bit of the show wherein lots of prizes were to be WON. They were duly announced by President Alope. On occasion of his anniversary on the same day, Rtn Ajay Khanna obliged with singing a Bollywood number. Rotarian Sunil Jain followed him with another song.

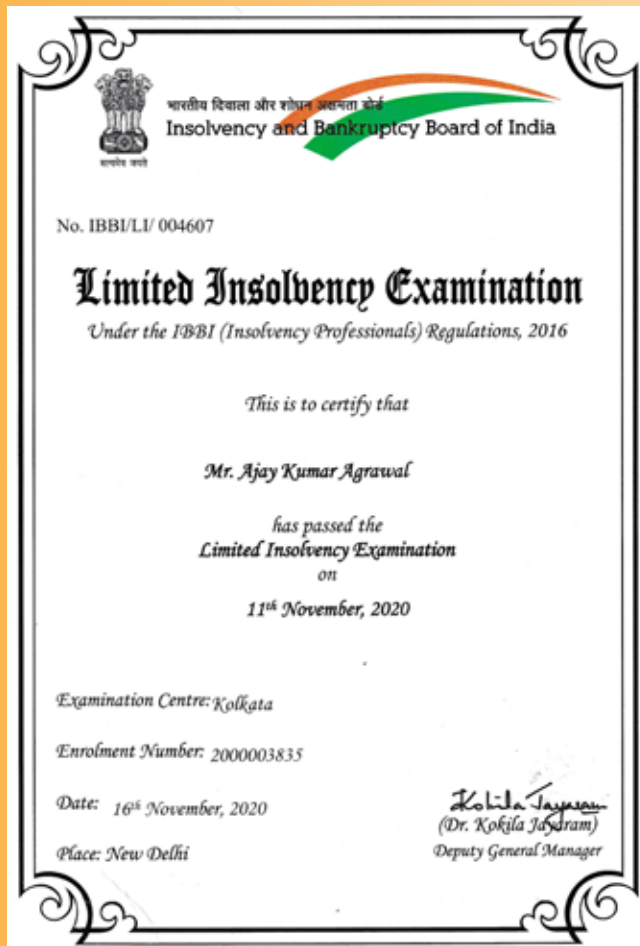
With no other business pending to be conducted, President Alope terminated the meeting .

Rtn Alope Kanodia, *President*
Rtn Amar Malhotra, *Secretary*

PP Rtn Ajay Kumar Agarwal created a record of sort by clearing Limited Insolvency Examination by 76%. Besides he also has the distinction of passing Arbitration and Conciliation Examination conducted by Institute of Chartered Accountants of India by 88%.

Congratulations!

PP Rtn Ajay Kumar Agarwal



This may shock you ?



The Breast Tax or Mulakaram.

I was completely shocked to know about this disgusting part of history. Women in Kerala used to pay a whopping sum of tax to cover their breasts, Those who were unable to pay, they kept their upper body naked.

This tax was imposed on the Shudras and Dalit's to show this class their 'AUKAT'

The breast was bared as a symbol of respect to higher-status people only. A society where men even stare at the cleavage, these women faced oppression with naked breasts.

The officers used to come and examine the size and weight of the taxpayer women with their own hands, utter disgrace and demand tax.

Later, A woman named Nangeli protested against this law by cutting off her breasts and presenting them in front of the officer, she died of blood loss, which eventually resulted in mega protests.

Finally, the heel piece law was removed, but only at the cost of a sacrifice.

Contributed by PP Rakesh Bhatia



Members you may have something interesting to share. Starting with **the hobbies, your family, OR upcoming plans post lockdown OR Books which have impressed you OR the best short story you read. How great was your weekend once OR life experiences which impacted you in more than one ways?** The list is endless so friends do email any such narrative that you wish to share to the Secretary- amar1900@yahoo.com or khannajay@outlook.com.

Birthdays

Dr. Rajrani Agarwal on 16th December

- Indra Goenka on 16th December
- Vishnu Dhandhanian on 22nd December
- Girdharilal Agarwal on 23rd December
- Amar Kumar Malhatra on 25th December

Anniversaries

Jimmy and Yasim Tangree on 27th December

CLUB EVENTS



December 26, 2020

Annual General Meeting

Earwax and its importance

The medical term for earwax is cerumen. It is a naturally occurring substance in the outer ear. Earwax includes oil, sweat, dirt and dead skin cells. Some people make more earwax, and for some it becomes harder and drier. Earwax may increase because of stress and exercise.

You will not believe that earwax is actually important for good health.

Earwax is a natural barrier. It prevents dirt and bacteria from entering the innermost parts of your ears. Earwax is sticky so it collects microscopic debris that enters the ears. If earwax is not there, the inner ear would be at risk.

Earwax is a natural moisturizer and protective coating for your ear canal. Without earwax, the outer ear will become dry, itchy and flaky and it may cause ear infection.

Earwax also acts as an insect repellent. The smell of earwax keeps bugs / insects away and the stickiness traps those that accidentally enter the ear.

How to safely clean your ears

Experts strongly discourage twirling cotton-tipped swabs in the ears. The ear is self-cleaning. Earwax is produced within the ear canal and naturally migrates from deeper inside to outside.

Inserting a cotton tipped swab into the ear can damage the ear canal or eardrum, or push earwax farther into the canal, making it harder to remove. This may cause a feeling of pressure in the ear, diminished hearing and painful ear infections.

Do not try ear candling. Besides having no proven benefits, ear candling can cause burns, wax blockage, punctured eardrums and serious injury.

Wash your ears using a warm, soapy cloth. Letting warm water from your daily shower run into your ears often is enough to soften and loosen excess earwax.

If you wear hearing aids, make sure you clean them properly.

If you're older than 60, have your hearing evaluated periodically by a hearing healthcare professional.

See a doctor immediately if you experience sudden hearing loss, pain or bleeding

Know the World



The Great Blue Hole is a giant circular sinkhole, 318 m across & 124 m deep inside the seabed near to a small atoll 70 km off the coast & Belize City of Belize, the second smallest country in Central America, after El Salvador. Belize borders with countries Mexico, Guatemala and the Caribbean Sea. The Great Blue Hole is a large marine cavern or sinkhole composed of limestone (stalactites) or coral reef bedrock, forming in the last ice age over 14,000 years ago. In 2018, a mission was undertaken to create a 3D map of the sinkhole interior. The crew found the usual suspects: reef sharks, turtles, and giant corals. But as they pushed 90 meters, life started to vanish due to a thick layer of toxic hydrogen sulfide spanning the width of the entire sinkhole like a floating blanket below where there is no oxygen. This Great Blue Hole became famous in the 1970s when it was declared as one of the top 10 scuba diving spots in the world. It is part of the Belize Barrier Reef Reserve System and the

Contributed by Amitabh Mohan



Missouri Lottery winner lost her winning ticket for three weeks

A Missouri woman said she recognized the winning numbers of a \$195,000 jackpot -- but she couldn't find her ticket for three weeks. Erwin bought a ticket with numbers representing the upcoming ages of her grandchildren, and the winning numbers matched her picks.

"The winning numbers looked familiar to me, so I went home to look for my ticket," Erwin said. But soon discovered the ticket was missing, and it took some time to find it, in fact

three weeks,

The winner brought the recovered ticket to Missouri Lottery headquarters to collect her \$180,000 jackpot.



Mom: Beta kaha gaya tha..??

Beta: Mom movie dekhne gaya tha.

Mom: Beta Kaunsi..?

Beta: MAA KI MAMTA

Mom: Ja beta upar ja nayi film lagi hai.

Beta: Maa, kaunsi..?