



Rotary Newsletter



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RI DIST 3181 - ZONE 6

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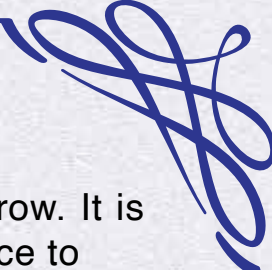
Bulletin Editor

Editorial

Our favourite club “Misty Hills” got new faces to represent it, recently, so did Rotary District 3181, as did the Rotary International. So, is it going to change anything in the years to follow? You can bet, it will. Rotary is “Service above Self”, and every ensuing day is an opportune dawn to live up to the oath. And, Rotary is living every word of it.



In the midst of life's trials and tribulations, it is often hope that sustains us through the darkest of days. As members of the Rotary Club, we have been steadfast in our commitment to serving our community and uplifting those in need. Hope is the beacon that guides us towards a better future. It is the driving force behind every act of kindness, every initiative, and every project we undertake as a club. Through our various community projects, educational initiatives, and humanitarian efforts, we have witnessed hope being sown in the hearts of those in need. Hope requires collective action, empathy, and a deep-rooted belief in the potential of every human being. Let us continue to be the agents of change, kindling hope wherever we go and nurturing it until it blossoms into a force that uplifts not just individuals but entire communities.



Life's journey is inevitably marked by moments of joy and sorrow. It is about embracing life, even in the face of adversity, and offering solace to patients and their families during the most challenging times. On a day, during last week, on my way to the town I chanced upon a Maruti van emblazoned across its front "...Palliative Care..." drive past me. It took me back to the day I shall always remember. The day we got drenched by the musical "Swaranubhuthi". It was a musical ofcourse, but it was more than that. The underlying current was from way beyond. Audience were from teens to the very elderly, from different strata of life. The programme was magnetic and the club members attending the function must have felt a feeling of doing a little good when the screen projected - Bronze Philanthropist- Rotary Misty Hills.

In a world that sometimes seems clouded with uncertainty, the Rotary Club shines as a beacon of hope and compassion. As we strive to make a positive impact in our community, let us remember the significance of hope and the transformative power it holds. Together, we can create a future where hope is not a fleeting emotion but a constant companion, and where palliative care is a universal right, ensuring that everyone experiences their journey with grace and dignity. Let us continue to work hand in hand, for it is through our collective efforts that we can create lasting change, foster hope, and provide comfort to those in their most vulnerable moments. As Rotarians, let us remain committed to our noble mission, knowing that our actions today will shape a brighter and more compassionate tomorrow.

Rtn. Ashoka P V
Bulletin Editor





Luminous Living


There is no life without light; can you imagine how our lives would be without light even for a short span of time? As an Optometrist, keen in changing lives with “Vision Therapy” the concept of “Light energy” in healing various ailments has always fascinated me.

“Light- is the invisible potential that magically makes everything visible”. This means light itself is invisible, it is only the brightness we see, suppose we make an instrument wherein bright light is projected (in vacuum) and care is taken that it doesn’t strike anything and if provision is made to look at it, we actually see nothing (this has been experimented by several people). “Light” is the way universe provides us knowledge, information, gives us a sense of intuition; in a way “light” is the communicating medium of the universe. Probably that is the reason from ancient times blessings are given as “Let there be Light” and so on and a knowledgeable person who has reached a certain height in wisdom referred as an “Enlightened person”.

Life on earth has evolved under natural sunlight; Mankind has worshipped sun for its healing power using its full spectrum to treat physical and mental ailments, the practice known in different names such as Heliotherapy, Chromo therapy, Light therapy, Syntonics and so on. However in the present day the natural “Light therapy” has given way to evidence based pharmacological treatments

“Eyes are windows of the soul” –William Shakespeare

True to this statement the eyes reveal a lot, we can just by looking at the eyes tell how happy or sad a person is, how healthy/unhealthy a person is. This is because the “light” affects us in multiple ways. The most obvious way is through the eyes. “Vision” is not the only function of the optic system, the “light” entering the eyes carries lots of information the universe has to convey us reaching every part of the cell and simultaneously the light emanating from the eyes reveal a lot about the physical and mental state of the person, hence the term “Eyes speak”.



Life in Gloomy Weather

The month of June commences the arrival of monsoon and over a period of a few weeks of gloomy weather, we witness a general slowing down of mood and enthusiasm. In places such as in the polar- regions, prolonged winters lacking sunshine people experience changes that trigger debilitating depressions condition commonly referred as SAD (Seasonal Affective Disorder). Lack of sunshine make people eat more, sleep more, less interested in sex, frequently become withdrawn, become more addicted to alcohol; in general undergo a change in personality as though a state of seasonal hibernation. Whereas once the clouds make way to sunshine, the influence of light on the morale of the people is powerfully experienced, bringing in fresh hope and energy.

The Light Spectrum

The light consists of various wavelengths, each wave length perceived as different colors. The visible spectrum to human eye is between 380nm to 760nm, the wave lengths below 380 nm are termed ultra violet rays and wave lengths beyond 760nm are termed Infra red waves.


Each color/wavelength of light has an influence on health of living beings. Excess exposure to certain wavelengths such as the blue light emitted from the LED lights as well as absence of certain wavelengths of light can have debilitating effects on our health.


‘When trace amounts of light are missing from your ‘light diet’, this can have staggering effect on your health. –John Ott

Mall-Illumination

Human lives have evolved. Unlike the people of older generations, the present day man has to spend most of the time indoors. We get enough illumination through artificial sources such as incandescent bulbs, fluorescent lights and LED lights; all the artificial sources of light although provides enough brightness lacks full spectrum of light essential for well being.

Attempts to deal with malnutrition have been a major issue in our society but what about mall-illumination? Just as an incomplete diet of food may cause malnutrition, so an improper ‘light diet’ can cause mall-illumination with a similar potential for adverse effects on health. If light is the major nutrient sustaining all life, then it follows that poor or incomplete lighting will significantly affect every aspect of human existence.





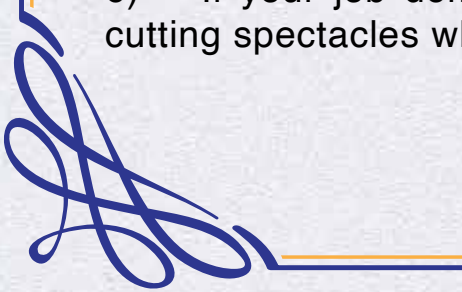
Present day lighting


Human beings have lived in harmony with light of the sun. But in the last hundred years or so, since its introduction, have we become rather well adopted to artificial lighting? The advent of artificial lighting liberated us from our dependence on daylight for accomplishment of most activities and in doing so it has fundamentally transformed human lives.

The modern day LED lights: Technologically LED possesses extraordinary versatility. We can adjust spectrum at will. Its light is pure, efficient and highly adaptable for general use, but to make it cost effective and energy efficient the commercially available LED's we use in our households are towards the peak of blue spectrum and absence of red and near infrared spectrum

Exposure to blue spectrum of light especially at night or after sunset can interfere with the production of 'Melatonin' (a hormone secreted by pineal gland essential for control of sleep wake cycle) messing up the Circadian Cycle*, thus causing serious health disorders.

Tips to get maximum benefit from "Light"

- 1) Spend at least 30 minutes in sunlight in the early hours of the day after sunrise
 - 2) Take off your glasses (if you are wearing corrective spectacles) and consciously feel the full spectrum of light-it is the way the universe interacts with you. (Note: do not look straight at the sun as it can damage your retina)
 - 3) If you have the habit of early morning walks, try to walk without your spectacles as the optical glasses may have filters to cut certain wavelengths (Ex: UV filters, blue light filters etc), however if you find it difficult to see without glasses put them back
 - 4) Place your VDU's (Laptops, desk top monitors) near windows and open up the curtains allowing natural light in while working online indoors (Note: The operator facing windows so as to look outside at regular intervals, position the monitor avoiding any kind of glare)
 - 5) Minimize screen time post sunset including your computers, Tabs and mobiles as most of the screens use blue emitting lights for better display which can hamper the production of melatonin and mess up the Circadian cycle*
 - 6) If your job demands use of screen time post sunset wear blue-light cutting spectacles while working
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7) If you use LED lights choose “warm white” type to minimize the effect of blue light and its influence in the Circadian Rhythm* especially in the evenings

8) Avoid all light sources in your bedroom at night including your alarm clocks and mobile screens, if you require using bed lamps, use red or orange color lamps as it has minimal interference on circadian rhythm. Use curtains if there are lights distracting from outside

Dear friends we all have an innate sense of divine, which we would have experienced in a few occasions making those moments special moments. These are the moments that give real sense of meaning to life. And it is always in these moments that “LIGHT” accompany us, our precious life-giving source

* Circadian rhythm or circadian cycle is a natural, internal process that regulates the sleep-wake cycle and repeats roughly every 24 hours.

Dear friends for any discussion regarding this article I’m just a call away

Rtn. S M Chethan M.Opt
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GALLERY



Office bearers for the year 2023-24



Annet Abhin Rai facilitated in recognition of his Motor Rally Championships



Contributing amenities to Anganavadis of Madikeri



Our club being recognised on the screens of Swaranubhuthi



Rtn. Dr. C R Prashanth recognising Mr. Sri Purushotham, well-wisher/volunteer of SVYM on the dias of Swaranubhuthi



Family planning camp conducted by Rtn. Dr. N S Naveen at Napoklu



Installation ceremony of Interract Club
at Sri Rama Trust school, Napoklu



Vanamahotsava at CMC Park Sudarshan Circle with Addl SP Mr. Sundar Raj
and Rtn. Sathish Bolar



Ex Serviceman Mr. Uragni Madaiah facilitated on Kargil Diwas
MLA A S Ponnanna graced the ceremony