



Doctors' Day Celebration: A Grand Tribute to Healers



The Doctors' Day celebration held last Wednesday was a memorable and meaningful occasion that honored the dedicated medical professionals among us. The event was graced by the esteemed presence of Dr. Dakshayini, who, despite her tight schedule, made time to deliver a short but impactful message. She eloquently acknowledged the relentless service of doctors and the many challenges they navigate daily in their practice.

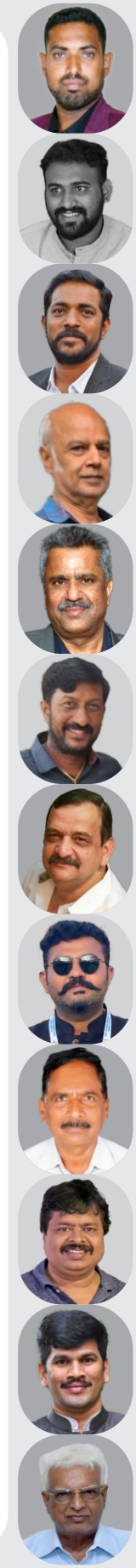
Dr. Dakshayini also expressed appreciation for the Rotary Midtown Club's initiative to provide shelter at K.R. Hospital for attendants of patients. She encouraged the club's leadership to visit the new facility at the super speciality hospital on KRS Road. Responding proactively, President Rakesh Babu, Hon. Secretary Rtn. Bhaskar, and Community Service Director Rtn. Dr. Kumar visited the hospital the day before and assured their support.

A highlight of the event was the thoughtful introduction of all Midtown doctors, carried out by both senior and newer Rotarians, fostering a spirit of camaraderie. Each doctor was honored by Dr. Dakshayini, after which she took leave.

The celebration continued with an engaging Q&A session, where doctors shared inspiring experiences from their professional journeys. The event concluded with warm fellowship, generously sponsored by Rtn. Chandragupt Jain — a heartfelt thanks to “Chandu Bhai” for his support.

The evening was not just a celebration but a reaffirmation of gratitude and community spirit, making this Doctors' Day truly special.





KNOW YOUR ROTARIAN



Dr. Kumar

A distinguished Cardiovascular and Thoracic Surgeon, Dr. Kumar stands as a pillar of expertise and compassion in the medical fraternity of Mysuru. Currently serving at the Sri Jayadeva Institute of Cardiac Sciences, Mysore Branch, he has been at the forefront of performing intricate open-heart surgeries including bypass, valve, and other complex cardiac procedures for the past eight years.

Dr. Kumar's academic journey began at the reputed Marimallappa's Institute, Mysore. He

pursued his MBBS from KVG Medical College, Sullia, followed by an MS in General Surgery from JSS Medical College, Mysore. Driven by a passion for cardiac surgery, he went on to earn his MCh in Cardiothoracic and Vascular Surgery from the prestigious Jayadeva Hospital, Bangalore. His professional path was shaped under the guidance of eminent cardiac surgeon Dr. Vivek Jawali at Fortis Hospital, Bangalore, where he honed his skills before returning to his roots in Mysore.

Off the operating table, Dr. Kumar is a family man. He is married to Dr. Manasa Deepthi Vaka, an accomplished anesthesiologist, and they are blessed with daughter, Hasini. Born on March 12, 1984, and hailing from Nanjangud, Dr. Kumar embodies humility, dedication, and surgical excellence. His contribution to cardiac care in the region has been invaluable, making him a treasured member of both the medical and Rotary community.

We are proud to have Dr Kumar in the midtown family.

continued from last week...

The Rising Burden of Heart Attacks in India: A Holistic Approach to Prevention

Ayurveda identifies heart disease (Hridroga) as an imbalance of the 3 doshas,

Cause:

- Ø Diet: Excess salt, oily foods, incompatible combos (e.g., fish + milk).
- Ø Lifestyle: Suppressing natural urges, poor sleep, Excessive exercise, Daytime sleep
- Ø Mind: Anxiety (Chinta), anger (Krodha), Fear (Bhaya)

Chikitsa (Ayurvedic treatment) and Prevention:

Ø Diet (Ahara):

- * Do's: Eat Garlic (prevents clots), Amla (antioxidant),
- * Don't's: Fried foods, processed meat, and excess curd.

Ø Lifestyle (Vihara):

- * Do's: Moderate exercise for 30-min /morning walk (Chankramana), Pranayama: Anulom Vilom (balances heart rhythm).Sleep: Early bedtime (before 10 PM).
- * Don't's: Staying awake in the night- night owls have 30% higher CVD mortality, Avoid anger, anxiety- Chronic anger triples heart attack risk

Ø Herbs (Aushadha):

Classical Preparations:

- * Arjunarishta: 15ml BID with water (improves cardiac output).Arjuna bark extract improves Ejection Fraction by 8-12% in CHF (J Ethnopharmacol 2015)
- * Punarnavadi Guggulu: 500mg TID (diuretic, anti-inflammatory)

Single Herbs:

- * Guggulu: 3g/day lowers LDL by 15-20%
- * Ashwagandha: Reduces cortisol by 28%
- * **Detox (Panchakarma):**
 - Virechana (purgation)
 - Basti (enema)
 - Raktamokshana (bloodletting) Lepana with Leech therapy (for hyperviscosity)

Integrative Approach: **The Way Forward**

Food	Benefits as per modern science	Ayurvedic Benefit
Garlic	Antiplatelet, lowers cholesterol, Allicin reduces plaque build up.	Clears <i>Srotas</i> (channels)
Amla	Rich in Vitamin C (antioxidant, Reduces oxidized LDL)	Balances <i>Pitta</i> , rejuvenates heart
Ragi	High calcium & magnesium for heart rhythm.	Vatahara
Jowar and Bajra	Gluten-free, reduces triglycerides.	Medohara
Almonds	Lowers LDL cholesterol (soak overnight).	Kaphahara
Chia Seeds	Soluble fibre for cholesterol control.	Pitta shothahara, ojokara
Turmeric	Curcumin reduces arterial inflammation.	Shothahara
Cinnamon	Lowers fasting blood sugar, cholesterol	Strotoshuddikara
Ginger	Prevents blood clots (natural blood thinner).	Rasayana
Fenugreek	Soluble fibre reduces cholesterol.	Strotoshodana
Ghee (moderate)	Contains CLA (Conjugated linoleic acid) which prevents inflammation in artery walls and hardening of the arteries (plaque formation).	Nourishes tissues (<i>Snehana</i>)
Olive Oil (Extra Virgin)	anti-inflammatory protects the endothelium of heart	Snehana, Reduces atherosclerosis risk

- Combine modern diagnostics with Ayurvedic prevention.
 - Awareness on Dinacharya (daily wellness routines), Rutucharya (seasonal routines) for prevention and longevity.
 - **Yoga and pranayama**
- Post-Vaccine Care: The COVID-19 vaccine debate requires balanced interpretation-while rare side effects exist, Ayurvedic Rasayanas (immunomodulators) like Amalaki, Guggulu, Haridra, may help mitigate post-vaccine inflammation.
1. **Takeaway note:**
- Swap breakfast cereals for ragi porridge
 - Practice 5 rounds of Anulom Vilom daily
 - Take Arjuna tea before stressful meetings
 - Get a Panchakarma tune-up each season

Stay heart-smart, stay healthy!
(References: Charaka Samhita, Sushruta Samhitha, WHO/ICMR guidelines, peer-reviewed studies on Ayurveda medicines stated above.)

Dr Chaitra Suhas



Project Week

Rotary Mysore Midtown Project a Week !Our club's Dynamic lady - Rtn. Padmaja conducted a Deeply Soul Satisfying project - A sensitizing class about GOOD TOUCH and BAD TOUCH to students of class 6-10 of DGMT School, Chamundipuram. Through storytelling and relatable examples, she effectively explained the Do's and

Don'ts, helping children grasp this crucial topic with clarity and confidence. Rotary Mysore Midtown n Team Do Good thanks you for ur service mam.
#RotaryMysoreMidtown
#ProudMidtownner

Rtn. Padmaja

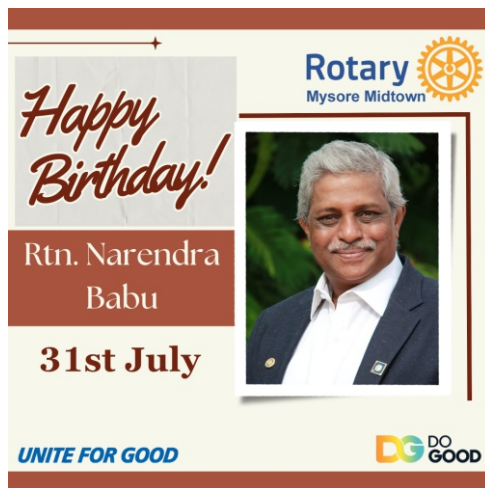
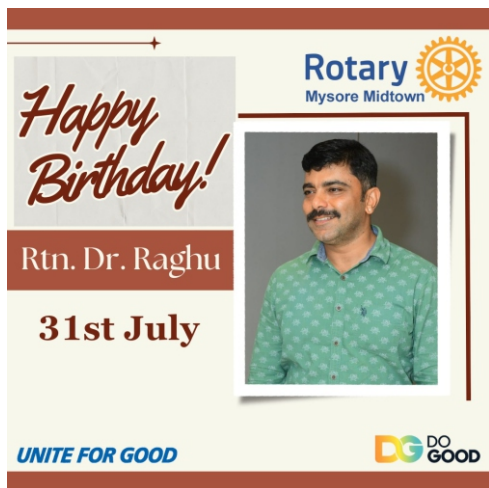


President's Message Month of August 2025

This month and every month August is Membership Month, but our commitment to growth and connection is year-round. When we focus on growing Rotary, we grow our ability to serve, to lead and to bring lasting change. Membership growth isn't just about numbers. It's about opening doors. It's about inviting more people who are ready to give their time, talents, and hearts to a cause greater than themselves. When we welcome new members, we bring in fresh ideas and new energy. We expand our impact, strengthen our clubs, and ensure that Rotary continues to evolve with the world around us.

Remember, there is now great flexibility in fashioning nontraditional club models. I'm inspired when I see these innovative clubs thrive by offering new and prospective members more ways to connect and serve. In Korea, the growth of satellite clubs has created opportunities for nearly 1,000 new members to find their place in Rotary. In Romania, the close collaboration between Rotarians, Rotaractors, and Interactors has built a pipeline of future leaders. In India, some Rotarians gather around a shared interest - whether it's professional development or a passion for service - and those connections deepen their commitment and their joy in being part of Rotary. And

to be continued next week...



Next week in Midtown Speaker Meet

**Pavan Ranga
&
Shruthi Ranga**

6th August, 2025 RCL Hall
JLB Road, Mysuru



Rtn. Francesco Arezzo
President - Rotary International



Rtn. Ramkrishna P K
District Governor RI-3181



Rtn. Rakesh Babu K L
President 2025-26



Rtn. Bhaskar Sainik
Hon. Secretary 2025-26



Rtn. Sulaiman Sait
Editor 2025-26