

President Rtn. Kumaswamy - 1st Business Meeting



On 7/8/2024, Rotary Mysore Midtown held a productive business meeting led by President Rtn. Kumaraswamy and Hon. Secretary Elizar Milton. The meeting brought together Midtowners to discuss ongoing projects, share updates and align on future initiatives.

President Kumaraswamy started the meeting by celebrating the birthdays of President Kumaraswamy welcomed members, setting the tone for a fruitful discussion. He presented a comprehensive report on July club activities, highlighting over 6 community service projects. The financial Report was also presented.

The President & Board announced the appointment of Chairmen for the 3 Trusts / Foundations (more details in a separate article). The appointments had been discussed at several levels in the respective Trusts. The appointments were approved by the board on its first meeting held on the 25th July 2024.

Kushalnagar: *Vistara Membership Conference*



Our Mysore Midtowners attended the Vistara Membership Conference in Kushalnagar.

We are proud of our members dedication to growth and collaboration. We look supporting President Rtn. Kumaraswamy's goal to grow membership to the magic number of 100 this year.

ಸಾರಥಿ-ಮಹಾಸಾರಥಿ of Rotary Midtown Foundations

President Rtn. Kumaraswamy, Hon. Secretary Rtn. Elizar Milton & Team Empathy are pleased to announce the appointment of new Chairman, Secretary & Treasurer for our esteemed Foundations. The new teams will take charge effective 18 Nov 2024. The President and board have selected these individuals for their exceptional leadership skills and dedication to our shared mission.

Please join us in welcoming the new Teams. In the spirit & tradition of Midtown, we are confident that their expertise and vision will guide us towards continued service, success and growth.

President Rtn. Kumaraswamy, Hon. Secretary Rtn. Elizar Milton & Team Empathy also extend our gratitude to the outgoing chairmen and management team for their tireless efforts and contributions over the years. To honor and acknowledge the guidance, passion and service of Rtn. Alagappan, he has been appointed as "Patron Chairman". Rtn. Alagappan has gracefully accepted the role.

Our Foundation along with the Rotary Midtown Academy & Manasakuteera are proud flag bearers of the ethos of Rotary Midtown. We look forward to this new chapter in our journey and the positive impact we will continue to make together.



New team for Rotary Mysore Midtown Manasa kuteera starting from November 2024
Chairman - **Rtn. Dr Ravindranath**
Hon Secretary - **Rtn. Raghu M S**
Treasure - **Rtn. Sulaiman Sait**



New team for Rotary Mysore Midtown Foundation starting November 2024
Chairman - **Rtn. Azeezulla**
Hon. Secretary - **Rtn. Manickam**
Treasure - **Rtn. Gopinath**



New team for Rotary Midtown Accademy starting from November 2024
Chairman - **Rtn. Narendra Babu**
Hon. Secretary - **Rtn. Narendra**
Treasure - **Rtn. Pavithran**



Soon, we will share the plans and visions of the new teams in coming issues.

The Art of MCing in Rotary Programs (Conclusion - Part 3)

“Mastering the Stage for a Meaningful Event”

Flexibility and Adaptability:

Even with the best-laid plans, unexpected situations can arise during an event. A skilled MC should be flexible and adaptable, able to handle unforeseen circumstances with ease. Whether it's adjusting the program schedule, accommodating technical glitches, or handling last-minute changes, the MC's ability to remain composed and professional is crucial. The MC's role is crucial when impromptu announcements arise. Balancing the agenda while preserving the event's objectives, they skillfully decide where to place these updates. Considering relevance and timing, the MC seamlessly integrates them, ensuring a focused and harmonious flow.

Hyper-local and International:

The ideal Rotary MC strikes a balance between hyper-local and international elements, adhering to Rotary International standards. They understand the local context, culture, and audience while embracing a global perspective

that reflects Rotary values. This dual approach creates an inclusive and impactful experience for both local attendees and the broader Rotary community worldwide.

Conclusion:

MCing in Rotary programs is an art form that requires careful preparation, charisma, and adaptability. The MC serves as the voice and face of Rotary during events, setting the tone, engaging the audience, and reinforcing the organization's values. By mastering the art of MCing, Rotary clubs can elevate their events to new heights, leaving a lasting impact on attendees and ensuring the continued success of their programs



- Rtn. Rakesh Babu KL

ನೀವು ಕಳಲೆ ತಿಂದು ಆನಂದಿಸಿದ್ದೀರಾ...? Health Bounty Bamboo Shoots



ಮಲೆನಾಡಿನ ನೆಚ್ಚಿನ ಖಾದ್ಯ ಕಳಲೆ : ಮಳೆಗಾಲದಲ್ಲ, ಆಷಾಢ ಮಾಸದಲ್ಲ ಕಳಲೆಯನ್ನು ಒಮ್ಮೆಯಾದರೂ ಸೇವಿಸಬೇಕು ಎಂದು ಹಿಲಿಯರು ಹೇಳುವುದನ್ನು ಕೇಳಿರುತ್ತೇವೆ. ಇದರಲ್ಲರುವ ಔಷಧೀಯ ಗುಣ, ಆರೋಗ್ಯಕರ ಅಂಶ ದೇಹಕ್ಕೆ ಅತ್ಯುತ್ತಮ ಪೋಷಣೆ ನೀಡುತ್ತದೆ.

ಕ್ಯಾನ್ಸರ್ ನಿವಾರಣೆಗೆ: ಕಳಲೆ ಜಿಗುಲಿನಲ್ಲ ಫಿನಾಆಕ್ ಅಂಶಗಳಿವೆ (Phenolic compounds). ಇದು ಅಂಟಿ ವೈರಲ್ ಗುಣಲಕ್ಷಣಗಳನ್ನು ಒಳಗೊಂಡಿರುವುದರಿಂದ ಕ್ಯಾನ್ಸರ್ ನಂತಹ ಕಣಗಳನ್ನು ನಾಶ ಮಾಡುತ್ತದೆ.

ಕೊಲೆಸ್ಟ್ರಾಲ್ ನಿಯಂತ್ರಣ: ದೇಹಕ್ಕೆ ಅಗತ್ಯವಿಲ್ಲದ ಕೆಟ್ಟ ಕೊಲೆಸ್ಟ್ರಾಲ್ ಕರಲಿಸಲು ಜಿಬಲಿನ ಜಿಗುರು ಸಹಾಯ ಮಾಡುತ್ತದೆ.
ಹೃದಯದ ಆರೋಗ್ಯಕ್ಕೆ: ಜಿಬಲಿನ ಜಿಗುಲಿನಲ್ಲ ಫೈಟೊಸ್ಟೆರಾಲ್‌ಗಳು

ಮತ್ತು ಫೈಟೊನ್ಯೂಟ್ರಿಯೆಂಟ್ ಅಂಶಗಳು ಹೆಚ್ಚಾಗಿರುತ್ತದೆ. ಇದು ಹೃದಯದ ಆರೋಗ್ಯವನ್ನು ಸುಧಾರಿಸುತ್ತದೆ.

ರೋಗನಿರೋಧಕ ಶಕ್ತಿ ಹೆಚ್ಚಿಸಲು: ಕಳಲೆ ಜೀವಸತ್ವಗಳು ಮತ್ತು ಖನಿಜಗಳ ಅಂಶ ಹೆಚ್ಚಾಗಿರುತ್ತದೆ. ಇದು ರೋಗ ನಿರೋಧಕ ಶಕ್ತಿ ಹೆಚ್ಚಿಸಲು, ಮೂಳೆಗಳ ಆರೋಗ್ಯಕ್ಕೆ ಮತ್ತು ಜೀರ್ಣಕ್ರಿಯೆಗೆ ಇದು ಸಹಕಾರ.

ಗಮನದಲ್ಲಿರಿಸಬೇಕಾದ ವಿಷಯ (Caution: Poison)
ಕಳಲೆಯಲ್ಲ ಹೈಡ್ರೋಜನ್ ಸಯನೈಡ್ (Yes, cyanide) ವಿಷವು ಇದೆ. 2 ಬಾರಿ ಕುದಿಸುವುದು ಸೈನೈಡ್ (cyanide) ಅನ್ನು ತೆಗೆದುಹಾಕುತ್ತದೆ. ಈಗ ನೀವು ಆನಂದಿಸಬಹುದು.

Rotary Peace Conference: 2025



Ri President, Rtn. Stephanie Urchick will host a peace conference at the launch of Rotary's newest Peace Center in partnership with Bahçeşehir University, in Istanbul, Turkey in February 2025.

Peacebuilding Initiatives

Rotary, one of the world's largest membership service organizations has made peacebuilding the cornerstone of its global mission. Rotary is taking action to address the underlying causes of conflict, including poverty, discrimination, ethnic tension, lack of access to education, and unequal distribution of resources.

Empowering Peacebuilders Globally

Each year, Rotary awards 50 fully funded fellowships for master's degrees and up to 80 fully funded fellowships to peace and development leaders from around the world.

Rotary's Continued Commitment to Peace

Since 2002, Rotary partners with leading universities around the world to host Rotary Peace Centres that empower, educate, and increase the capacity of peacebuilders. The peace centres program has prepared more than 1,800 peace fellows working in more than 140 countries to create a more peaceful world.



Stephanie Urchick
President
Rotary International



Rtn. Vikram Datta
District Governor
RI Dist 3181



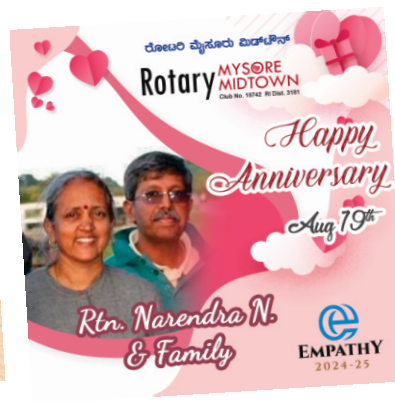
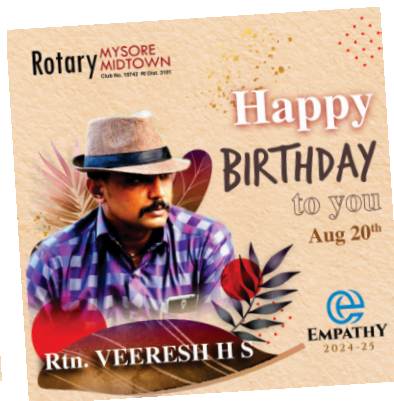
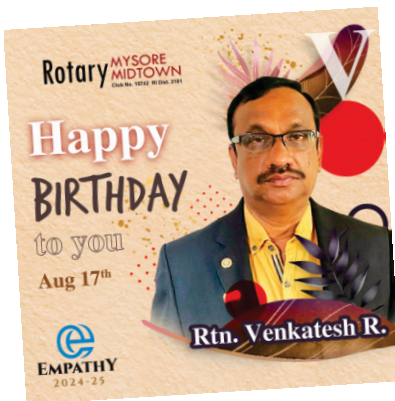
Rtn. Kumar Swamy K
President 2024-25



Rtn. Elizar Milton
Secretary 2024-25



Rtn. Badri Narayan Krishnan
Editor 2024-25



Next Week Meeting

Aug. 21st - 6.30 pm
at **RCL Hall**